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Over 200 women took part in The Pink Knickers Swim at Inchydoney Beach on October 23, raising €10,000 for The Irish Cancer Society, as part of Breast Cancer Awareness Month, and to support local fundraising efforts for a new inclusive playground in Clonakilty. Pictured taking part are (l-r) Ann O'Higgins, Brenda Crowley, Niamh McDonald & Ann Acheson. Pic: Anna Groniecka Photography

Ballineen and Enniskeane are Pride of County Cork

Ballineen and Enniskeane Tidy Towns has scooped this year's coveted overall Pride of County Cork award. The group's entry this year included the sculpture project 'An Garraí' and the 'Goirtín Rua' garden projects in Enniskeane Village.

There were a number of West Cork towns, villages, and groups recognised at this year's awards ceremony, with groups from all over Cork City and County participating.

Clonakilty Tidy Towns was the winner in the Large Town West Cork category and Ballinasally Community Association were victorious in the Best Small Village area. Bandon Allotments was the winner in the Social Inclusion Category.

In the Tourism category, Schull Tidy Towns received Commended and Baltimore, Highly Commended. Rosscarbery was Highly Commended in the Biodiversity award. In the New Entry category, Bandon Environmental Action Group received Commended and St Catherine's Culture Centre, Kinsale, Highly Commended. In the Healthy Town Village category, Kinsale Tidy Towns was Commended and Ahiohill Today Towns, Highly Commended.

County Mayor Cllr Danny Collins said that he was delighted that so many groups entered the competition. He commented that it was great to see the effort being put in by community groups in developing

projects, adding that, "This great competition recognises and rewards community groups who develop new or existing locally-based amenities or projects, which are of long-term benefit to the local community".

The Judges from Cork County Council and Muintir na Tire were very impressed with the high standard of entries this year. Mr Sean Holland Chairman of the organising committee pointed out that the competition seeks to make local people conscious of their local environment and also to promote litter-free communities.

The Awards are organised by Cork County Federation of Muintir na Tire in conjunction with Cork County and City Councils.

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The daughter of a lighthouse keeper, Mary Ruth Glanville McCarthy spent her childhood in lighthouses on the coast of Ireland, from Donegal down as far as Galley Head in West Cork. The sprightly 90-year-old recalls her journey to the Galley Head and life there with exceptional clarity, as if it were yesterday, to **Mary O'Brien**, in particular the events of the early hours of March 13, 1945.

Mary Ruth's father, Sam Glanville, was a seafarer and had volunteered for service in WWI at the age of 19 before becoming a lighthouse keeper like his father before him. Mary Ruth's memories of her father include much talk of ships, the sea, and far-flung shores, exciting places he had visited on his travels. She enjoyed listening to his stories and recalls how he had a very dry sense of humour. "We saw him as a very wise and capable man."

Born in 1932, Mary Ruth was one of three children, with an older brother Michael and younger sister Martha.

The only time she ever remembers feeling insecure

during her childhood was when her father talked of "joining up" after WWII broke out in 1939. He was stationed at Cobh at the time. Although Ireland had adopted a policy of neutrality during World War II, as a former soldier who had seen action in the First World War, Mary Ruth's father took a great interest in wartime talk and events, listening to broadcasts on her grandparent's radio.

"My mother was furious and threatened to leave with us children if he went to war," recalls Mary Ruth. "There was no further talk of enlisting."

From Cobh, the family moved to Skerries, Co Dublin before a final posting to Galley Head Lighthouse in West Cork in 1942. Mary Ruth remembers her mother being disappointed with the posting. "She saw the location as being very isolated, particularly for Michael's secondary school education," explains Mary Ruth. Sam Glanville had spent time at the Galley Head as a young boy, as his father had been stationed there. "My father was philosophical. He sang the ballad 'Skibbereen': A sad song about the effects of the Great Famine..." she recalls.

"As children our biggest concern was our cat Scamp." It was decided that Scamp would travel in a hamper with the family.

"The journey from Skerries to the Galley Head felt very long," recalls Mary Ruth.

"It took us all day to travel down from Dublin to Cork, as with fuel rationing, the trains were running on reduced speeds. Scamp had to travel in the baggage van, which we weren't very happy about! Although it was long, it was quite an enjoyable and exciting journey for us children, with our heads stuck out the window. After many stops, we finally arrived in Cork City, where we had to walk from Glanmire station to Albert Quay Railway station to set out on the next part of our journey to Clonakilty."

Mary Ruth says she has never experienced such darkness as the walk down Barrack Hill



Mary Ruth Glanville McCarthy today.

from Clonakilty station to the Imperial Hotel in the town. "There were no lights anywhere and the town was so quiet," she recalls.

The following morning, December 18, after shopping in Clonakilty for some essentials, the children staring dumbstruck at the women in the West Cork hooded cloak, the family set out on the final leg of their journey for the Galley Head in a pony and trap driven by a local man called Jer.

"I don't remember noticing the dwellings when we arrived at the top of the road, just the lighthouse tower," recalls Mary Ruth. "How lonesome it seemed."

A week later, the family celebrated their first Christmas at Galley Head.

"I don't know how my parents managed to get the shopping done for Christmas that year," says Mary Ruth. "My father's bicycle was our only transport and you'd only get to town once or twice a month in the local farmer's horse and cart. In those days, Clonakilty felt as far away as America!"

"Somehow my parents pulled it off...there was chicken on the table for Christmas that year and Santa brought little black patent shoulder bags for me and my sister."

The Galley Head had a telephone line, possibly because of its monitoring role in wartime. However, it was a few years before rural electrification and there was only cold running water in the house.

Mary Ruth recalls helping to

polish the brass in the lighthouse and how if you didn't wind up the 'weights', the light would go out.

She and her siblings attended the local national school, a long four mile walk from their home along a rough road. "The school children had a great grasp of the Irish language, much more so than us, and I remember that everyone had lots of cousins nearby," recalls Mary Ruth, "which of course made us feel even more like blow-in's."

Entertainment would have been provided by the 'play crowd' who pitched a tent at Fisher's Cross occasionally. "They were what we call 'fit-up's' today," explains Mary Ruth, who recalls one group called 'The Merry Scamps'. Aside from that, there were concerts in Ardfield Hall or a rare visit from a circus.

"My father opened the door of the bedroom where Martha and I slept and, as if it were an everyday occurrence, said: "There are German soldiers in Joe's house. Do you want to see them?"

Possibly the most exciting event to ever take place at the Galley Head however, and one that Mary Ruth still remembers vividly, happened on the night



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Michael, Martha and Mary Ruth Glanville at Innishowen lighthouse.



Above: The u260 and crew coming into a port after a mission.

of March 13, 1945.

Mary Ruth's recollection of the night has been published in a booklet by her daughter Mary Rose McCarthy, who has researched and chronicled the events surrounding the rescue of German submariners at the Galley Head. She has also made contact with the son of Oberleutnant Klaus Becker, one of the German submariners. Mary Rose's hope is to see the Coast Watchers eventually receive the deserved recognition for their work on that night and service during WWII.

As detailed by Mary Rose in the booklet, the Irish Coast Watchers guarded the coast of Ireland in 82 look out posts in often brutal conditions for the duration of WWII. Conscripted young German sailors lived in 'iron coffins', as the submarines were called, also in grim conditions. By their actions, in the early hours of March 13, 1945, the men at Look Out Post 27 Galley Head saved the lives of 48 German submariners from the scuttled submarine U 260.

This is Mary Ruth's memory



of the night, which is published in the booklet 'Safely to Shore':

"My father opened the door of the bedroom where Martha and I slept and, as if it were an everyday occurrence, said: 'There are German soldiers in Joe's house. Do you want to see them?'"

"This statement was beyond our understanding. Why were they in Joe's house? Why were they in Ireland? Germany, we understood, was at war with other countries somewhere in the world but not in Ireland. Bewildered, we got out of bed and went with Michael and my mother into Joe's kitchen.

"The assistant keeper at Galley Head, Joe O'Byrne lived beside us with his wife and baby daughter. A third building called 'The Spare House' was alongside Joe's. A telephone was located there.

"On the night of March 13, 1945, all of us, except my father, went to bed.

"He said, 'I will stay here in

the kitchen for a short while'.

"This puzzled me. He was not on duty. Joe had lit the lantern at sunset and he would keep watch until sunrise. The man on duty stayed in a room in the tower, or in his kitchen where the range was always lighting.

"Sometime after we went to sleep, a loud explosion woke us and our bedroom was flooded with a pink light. We were alarmed for a while but quietness ensued and we went back to sleep.

"Our second disturbance was my father telling us about the soldiers. Of course, we wanted to see them. We rushed to Joe's kitchen where we saw my father and Joe with five or six young men in uniform. The strangers were talking cheerfully together and did not have guns. From his experiences during WWI, my father had a smattering of French and Ger-

Continued on next page...

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Light keepers' daughter.. cont'd from previous page

man which enabled rudimentary conversation to take place.

"Soon afterward a Coast Watcher came with more uniformed men making a total of eleven. All were happy to see each other. Joe's baby was brought in to be admired by the soldiers. One was their Captain, according to my mother, and had children in his home country. They had scuttled their U Boat – submarine – and made their way to the cliffs in a rubber dinghy.

"Which cliff?" I wanted to know, since being an agile climber, I had explored many of them.

"My father said he did not know but I suspect he did. How did they manage to get safely up the cliffs? Their uniforms, as far as I could tell, were not wet with sea water.

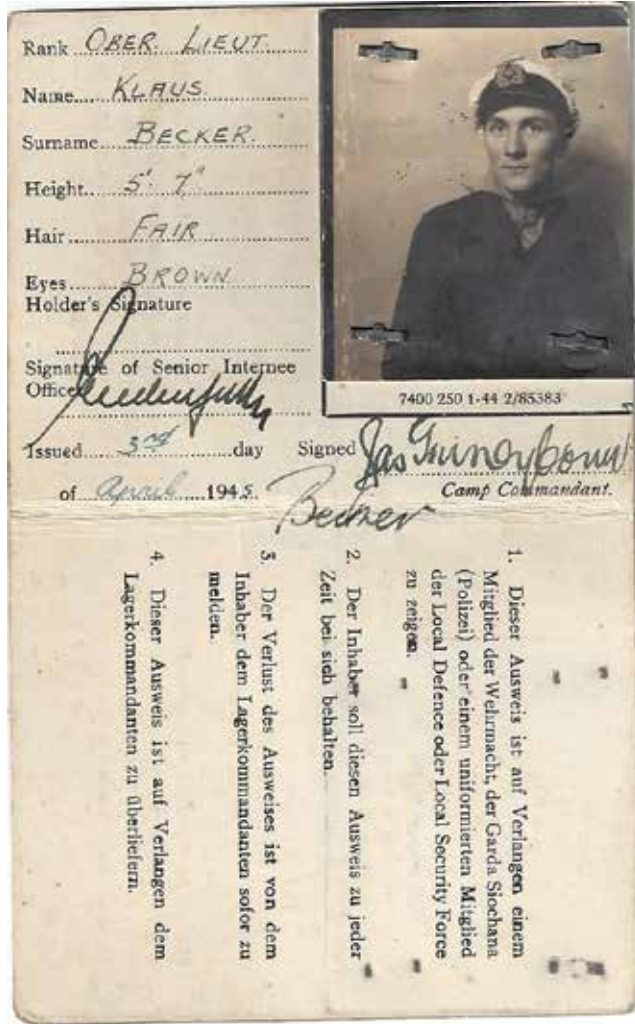
"We children took a great interest in the discussion as to what food to give them. Tea was rationed and very precious. It was decided to give them coffee because as was said they 'were from the continent' and were accustomed to that and not to tea. Ground coffee was not available. Irel coffee was made with boiling water added to the sweet syrupy essence. What food they were given I cannot remember. The 'Cork Examiner' with EIRE printed on it was shown to them and they were delighted. The men knew Ireland was neutral.

"All the while, my mother and the three of us were observing and enjoying the excitement. Either my father, or Joe, or a Coast Watcher, telephoned an authority somewhere to inform them of the situation. There were procedures to be followed in an event like this at the Galley and there had been similar instances in other parts of Ireland. "At sunrise, a member of either the LDF (Local Defence Force) or LSF (Local Security Force) from Clonakilty, with perhaps a Garda Síochána, arrived in a small lorry. Mick Murphy, the driver said to my mother 'I was just rising the cup to my lips when the call came'.

"They had come to take these sailors, or soldiers, to the Curragh Camp, where they would be interned until the war was over.

"They were happy as they left Joe's house. They gave us cigarette-tobacco, much appreciated by my father, strange-tasting white chocolate, and pemmican – dried powdered beef – which also tasted strange.

"This I will always remember: as they were walking towards the lorry, a soldier noticed a young woman who had come from the village with the local men to see what 'was happening on the headland'. He gave a flirty, skipping dance



towards her and went away in the lorry.

"I never knew any of their names..."

On that night the Coast Watchers alerted the Courtmacsherry Lifeboat, which subsequently picked up the remaining 37 crew off the coast of Glandore.

Two months later the war in Europe ended and all 48 men returned to Germany.

The wreck of the U Boat is still at the bottom of the sea off Glandore

Following her father's retirement, the Glanville family moved to Clonakilty. Mary Ruth travelled to England to take up a teaching post and went on to train as a nurse in Birmingham before returning home to Ireland where she

Klaus Becker's Irish identity card when interned at the Curragh and below as a young man. Photos courtesy of Hansjörg Becker.

continued working as a nurse in Cork. She married her husband Jerry in 1961 and the couple raised six daughters and two sons together. Mary Ruth returned to nursing for a few years when her youngest reached the age of 10, a time she now recalls with some hilarity.

"I'd been out of nursing for so long, I didn't have much of a clue about anything," she says. "Penicillin had been renamed all sorts of things and patients were knocking on the door every night looking for valium, which I wasn't allowed give out. The electric fires in the nursing home were an accident waiting to happen. Twas madness!

"There's another book in that really!" she says with a twinkle in her eye.

The Coast Watchers of LOP 27 Galley Head (as listed in the Bureau of Military Archives): Corporal O'Sullivan J. Volunteer O'Mahony, James. Volunteer O'Donovan, John. Volunteer Connolly, Jerome. Volunteer O'Mahony, J.P. Volunteer Keohane, Patrick. Volunteer O'Regan, J. Volunteer O'Sullivan, James. Pte Daniel Deasy. J. Mullins. Pte Patrick O'Leary. Pte John Twohig. E. Sweeney.

Letter from the Editor

Welcome to the November issue of West Cork People.

Clonakilty is a sorrowful place this week as we say goodbye to well-respected Cork and Clonakilty footballer Pdraigh Griffin. The much-loved school teacher with the easy smile will be missed by many. Sincere and heartfelt condolences to his family and close friends. Rest easy Pdraigh.

It's times like this that make us all stop and appreciate our family, friends and health. Time is so fleeting. I was lucky enough to reconnect this month with a group of my oldest friends. We picked a city accessible from Cork Airport and had one of those weekends where you return home, your face aching from laughter, a warm feeling in the pit of your stomach from all the old memories shared and new ones made. Our trip was enriched by the company of someone new to the group...a new friend who felt like an old one by the end of the weekend.

It's been said that, "The joy of life comes from our encounters with new experiences." I feel new friends should be added in there too.

This month I was lucky enough to meet the wonderful Mila, who introduced me to – my new experience – the joy of the belly dance. In the spirit of adventure, I dare you to give it a go!

I also met an incredible lady in her nineties with the sharpest memory. She shared some of her childhood memories at Galley Head and also, a fact I wasn't aware of, that one of my relatives Pte. Daniel Deasy was one of the Coast Watchers of LOP 27 Galley Head.

Darragh McLoughlin tells us about his innovative circus project coming soon to Skibbereen and about how learning to juggle taught him to love learning in general.

Kieran Doyle concludes his fascinating article on the Russian Civil War; Eugene Daly introduces us to Irish words, many used in everyday English conversation; Lauren Guillery shares some very important Christmas market dates for your diary; and Sarah Murray discusses the controversial topic of punishment and managing misbehaviour in children.

This time of year, although Halloween isn't even behind us yet (don't forget to take a trip to Leap to see this year's Scarecrows), we are very much focused on Christmas. As usual, I would urge you to shop as sustainably as possible, support your local shops and craftspeople and endeavour not to create too much waste. Inside this issue, you'll find some of our wonderful West Cork shops and a selection of unique products they stock, with a particular focus on fashion this month.

Next month is our December issue, the last before Christmas, so please do get in touch before the deadline date, November 24, if there is something you want to share with West Cork.

I hope you enjoy the read,

Until next month,

Mary

Brow Head feasibility study

Funding of €100,000 has been awarded to progress a feasibility study for the 'Four Points of the Island' project, examining the potential for connections between the four extreme geographic points on the island of Ireland – Brow Head in West Cork (most southerly), Banba's Crown, Malin Head, County Donegal (most northerly), Burr Point, Ards Peninsula, County Down (most easterly), and An Dún Mór/Dunmore Head, County Kerry (most westerly).

The objective of the study is to identify and develop existing tourism experiences within the 'Four Points' of the project via an all-island collaborative approach, enabling the pooling of resources and shared opportunities to develop a unique tourism product.

Coppeen Society presents talk by Michael Collins historian Tim Crowley

Coppeen Archaeological, Historical & Cultural Society presents 'Michael Collins – the final journey' by Tim Crowley of the Michael Collins Centre, Castleview, Clonakilty. Contributions will be made by local historians Michael Galvin & Sean Crowley. Venue: An Caipín, Coppeen, 8pm on Wed. 2nd Nov. Non-members €5 inc. refreshments, all are welcome.



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West Cork People

A juggling life

On November 5, Darragh McLoughlin of contemporary circus company Square-head Productions brings his beautiful and challenging circus project 'For As Long As We're Here' to Uillinn: The West Cork Arts Centre in Skibbereen. This innovative concept will see world class performers push their bodies to their limits by performing single circus actions for four hours within a gallery context. Ahead of the event, Darragh chats to **Mary O'Brien** about the project and the path that juggling and circus performing has brought him along.

Circus performer Darragh McLoughlin, 34, is the son of well-known West Cork chefs Karen Austin and Con McLoughlin, who ran the successful Lettercollum Kitchen Project in Clonakilty until their recent retirement from the business. Currently living in Berlin with his partner Sophia and their one-year-old son, Loki; although he doesn't see himself there forever, for now Darragh is enjoying life in a city known for its diversity and inclusivity. "Weird is normal and normal is weird in a city like Berlin," shares the performer.

Growing up in Timoleague, circus performing couldn't have been further from Darragh's mind. "I was never into playing sport, in fact I avoided it at all costs," he shares. "I remember not being very flexible and thought that was just the way my body was. I didn't have much interest in the arts, performance or anything of the sort."

He says that one defining feature that connects teenage Darragh to the person he is today is that he's an independent thinker. "Some might say stubborn!" he laughs. "Unless I saw a good reason for doing something, you would have to drag me to it. Which was basically how I went through the whole Irish school system."

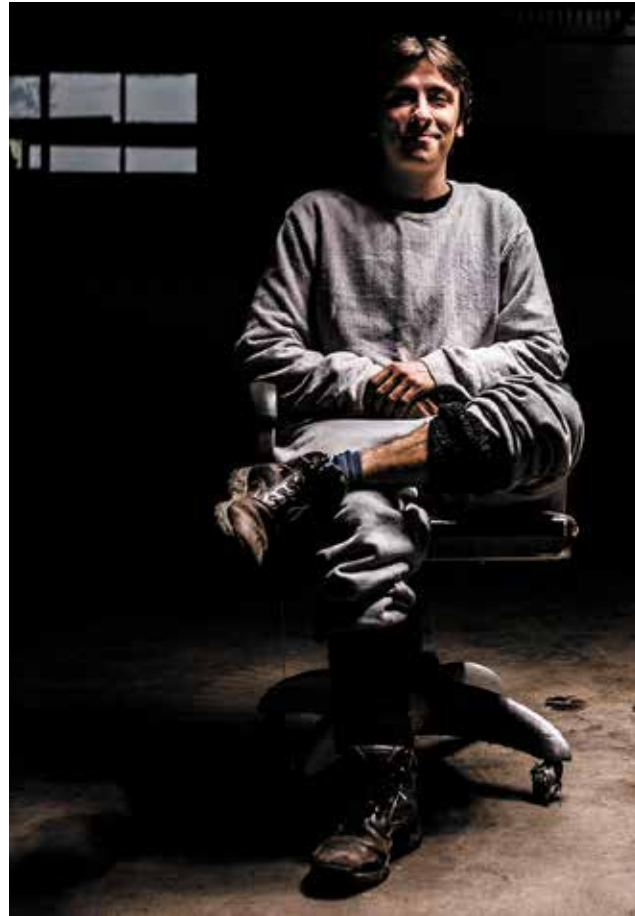
This changed however when Darragh learned to juggle at the age of 15 – a life-changing experience. "Juggling taught me to love learning," he says. Completely addicted from the get-go, Darragh practiced his new-found skill for hours every day. "It also made people 'see' me, which was great for my confidence."

Hailed for its cognitive benefits, juggling has been known to actually change the processing speed of the brain.

A few weeks after finishing school, Darragh packed his bags and headed for Berlin where he joined the Jonglier Katakomben School of Juggling. "I didn't know anyone in Berlin or speak any German," he shares. He now holds a Bachelor Degree in Circus Arts.

He began making money – on good days pulling in €30 an hour – by performing short juggling routines in front of cars at traffic lights in Berlin.

"You'd basically have to find the right light that gives you



enough time at rush hour to jump out in front of the cars and do a flashy 30-second routine, and then you have around 20 seconds to walk down the rows of cars and anyone who liked what you did would roll down their window and give you some money," he explains.

"It can be exhausting having to constantly make decisions about abstract things that nobody (yet) cares about! Still, I believe in what I do, and that keeps me going clear and steady into the abyss."

With tough competition for the best locations, he used to rise at 6am in winter, performing in the snow to make sure he got the best spot.

Darragh has been performing and teaching full-time for the past 10 years, creating performances in more than 20 countries and gaining recognition internationally for his work. He measures his success by his freedom to do and make what he wants. "I (almost) never make compromises in the type

of work I do."

His interest and studies into psychology, philosophy and cognitive science help him to understand his audience. "I like to think I'm doing my part in human exploration, finding strange things nobody thought of looking for before," he says. "It can be exhausting having to constantly make decisions about abstract things that nobody (yet) cares about! Still, I believe in what I do, and that keeps me going clear and steady into the abyss."

Darragh's upcoming project at Uillinn, 'For As Long As We're Here' (FALAWH) will include the audience. "I want them to stay with us long enough to look past the obvious skill and see the human that is in front of them," he explains.

Circus is normally known for routines of quick, exciting and difficult tricks. However, this dramatic performance will last for hours pushing the minds and bodies of the performers to their limits.

Darragh will be accompanied at Uillinn by two other amazing artists, Namer Golan and Theresa Kuhn. It's a collective of nine artists; the rest will be performing at another festival

Continued on next page...

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Life's a juggle.. *cont'd from previous page*



on the same day.

Each of these world class performers has a different circus discipline: Darragh's involves laying flat on the floor and balancing a (broomstick length) stick with his sternum for four hours without break.

The performers will be accompanied by folk singer Branwen Kavanagh, who is half of 'Twin Headed Wolf'. She will aim to sing one song that lasts the full duration of the performance. A durational feat in itself!

"I think a lot of people can empathise with the feeling of enduring. No matter who we are, we are all enduring a lot. Especially over the last few years. I hope this work can inspire people to stay strong and keep pushing. There is something beautiful to be found when we overcome ourselves."

For now Darragh is happy to keep on doing what he's doing but he would love to one day have his own space to work from, perhaps even in Clonakilty or somewhere else

in West Cork. "West Cork is really lacking proper alternative spaces for people to meet and express themselves in a platform that isn't connected to pubs. I think it would be a game changer. The old brewery in Clon would be a perfect space: Anyone want to set up a theatre with me?"

FALWAH will happen in Uillinn on November 5 from 12-4pm.

For more information go to westcorkartcentre.com

Contract signing is key to delivery of 34 social housing units in Bantry

Mayor of the County of Cork, Cllr Danny Collins has welcomed the announcement that the Housing Infrastructure Services Company (HISCo), will deliver the infrastructure required to facilitate the development of 34 new houses in Bantry.

The €9.5m turnkey social housing development will be constructed by Kieran O'Sullivan Builders and consist of a mix of one, two, three and four bedroom houses, all of which will be A-rated and will assist in meeting demand for social housing in the area. The homes are due to be completed in three phases with the first 10 due to transfer to Cork County Council next year. The development

also forms part of Cork County Council's ambitious target under 'Housing for All' which will see almost 3,200 new social houses constructed across the county between 2022 and 2026.

Mayor Collins highlighted how this development will support social housing requirements in Bantry, saying, "I am delighted to stand on this site and witness first-hand the delivery of this much-needed turnkey proposal. This is a real example of working together, as Elected Members, HISCo, Kieran O'Sullivan Builders, Cork County Council's Housing Department and D.M.C.A consultants to identify a suitable site and progress it. This development of 34 turnkey social

houses will be a very welcome addition to Bantry during 2023 and demonstrates Cork County Council's commitment to 'Housing for All'."

HISCo's Chief Executive Officer Niall Morrissey stated: "HISCo will construct the roads, footpaths, water supply, wastewater pipes, storm water system, public lighting, boundary walls, utility ducts and all ancillary services required for the new homes. Our collaboration with the Developer and Cork County Council demonstrates how the HISCo business model can remove barriers to the delivery of residential accommodation."

Rural areas crying out for proper public transport service



SOCIAL DEMOCRACY

Holly Cairns TD

There is no good argument against cheaper and accessible public transport writes Holly Cairns, Social Democrats TD for Cork South West.

Public transport helps to improve employment and social connections, it enables older people and others to get out of the house, and it reduces dependence on cars. It makes even more sense as we head into a winter of increasing fuel costs. There are innumerable economic, social, and environmental benefits to public transport.

Public transport is a vital service in rural areas. Families have to travel for activities such as sports, games, and dance classes, while cinemas and swimming pools are a

great distance away for many. Reliable transportation would help people attend hospital appointments, visit some of our many markets, and spend time supporting family businesses in our towns and villages. Frequent buses that run later in the evening are essential to help disabled people access employment and socialise.

Unfortunately, despite the many benefits, many people who need public transport have to fight for this service or they are simply denied it.

Successive governments have not invested properly in our infrastructure which has led to less people using these services, which leads to less investment and so on. Even with a Minister for Transport from the Green Party, this government's record on public transport is falling well short of what is needed.

Workers, students, families, whole communities are screaming out for proper public transport. Local link and other providers in the area do incredible work and are proactive in trying to find solutions, but ultimately this comes down to government funding.

Here is just a selection of public transport issues I have been working on with constituents recently:

- the lack of a bus service for students in Goleen and for young adults in Castletownbere to access day services and training.

- the need for a commuter/local bus route connecting Kin-

sale and Cork rather than going via the airport causing delays due to the extra time taken in accommodating tourists.

- poor connections resulting in students (who have to commute to college due to the chronic shortage of student accommodation) not being able to attend classes on time.

Bus stops are an important part of public transport. We have a shocking lack of sheltered bus stops, given our climate. No-one should have to wait in the rain for a bus, not to mind older people, people in wheelchairs and children. Villages like Riverstick, Belgooly and Drimoleague are screaming out for proper, basic bus stops. Bandon is very poorly served by public transport, meaning many older people cannot access these services.

The current government plans offer little hope. For example, access to Castle-townbere is under doubt under the Connecting Ireland plan, which classifies it as a local route rather than a regional one, which would downgrade the connectivity of the entire Beara Peninsula.

Public transport needs to be cheaper, more accessible and more frequent. It is an investment in communities, in families, in vulnerable people. Until we have a government that is willing to put its money where its mouth is regarding public transport then little will change.

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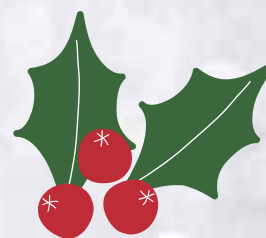
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The Miami Showband massacre and the unknown soldier



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.

"That bomb was definitely placed there with a view to killing all in that band."
- James O'Neill

On July 31, 1975, in County Down, five people were killed, including three members of the popular Miami Showband, in an attack in by the Ulster Volunteer Force (UVF), a loyalist paramilitary group. Despite the story of the Miami Showband killings

being well-known throughout Ireland, there are some quite peculiar aspects of the night that fly a little under the radar. In fact, when studied deeper, they become the most pivotal aspects of the whole story; none more so than the man with the 'educated, English accent' who appeared on the scene on the night in question. As testified by surviving members of the band, the mood and actions of the checkpoint soldiers immediately changed on the arrival of this man, who was clearly in charge.

The Miami Showband massacre was an attempt by the British Army and the UVF to kill all the members of the popular Irish showband by placing a bomb inside their van. The hope was that the optics of the night would represent a failed attempt by the Miami Showband to transport a bomb across the border to kill British Army personnel, when in fact it blew prematurely and killed the band themselves. This would then allow the British Army to lobby the government to tighten restrictions at borders from the republic into the North and, with that, give the British the upper hand. However, it did not go to plan.

There were six members in total in the Miami Showband – Tony Geraghty, Fran O'Toole, Ray Millar, Des McAlea (Des

Lee), Brian McCoy and Stephen Travers. Five members of the band were travelling home after a performance at the Castle Ballroom in Banbridge, County Down on Thursday, July 31, 1975. Ray Millar, the band's drummer, was not with them, as he had chosen to go to his home town of Antrim to spend the night with his parents. The band's road manager, Brian McGuire, had already gone ahead a few minutes earlier in the equipment van. At about 2.30am, when the band was seven miles (11 km) north of Newry on the main A1 road, their Volkswagen minibus (driven by trumpeter Brian McCoy with Stephen Travers in the front seat beside him) reached the townland of Buskill. Near the junction with Buskill Road they were flagged down by armed men dressed in British Army uniforms waving a red torch in a circular motion. This was so common during the Troubles that the band assumed it was a legitimate checkpoint. The unsuspecting band members (still wearing their stage clothes) got out and were politely told to line up facing the ditch at the rear of the minibus with their hands on their heads. More uniformed men appeared from out of the darkness, their guns pointed at the minibus. After McCoy told them they



The Miami Showband (l-r): Tony Geraghty, Fran O'Toole, Ray Millar, Des McAlea (Des Lee), Brian McCoy & Stephen Travers.

were the Miami Showband, one gunman, Thomas Crozier (who had a notebook) asked the band members for their names and addresses, while the others bantered with them about the success of their performance that night. As Crozier took down the information, a car pulled up and another uniformed man appeared on the scene. He wore a uniform and beret noticeably different from the others. He spoke with an educated English accent and immediately took charge, ordering a man who appeared to have been the leader of the patrol, to tell Crozier to obtain their names and dates of birth instead of addresses.

The jocular mood of the gunmen abruptly ceased. At no time did this new soldier speak to any of the band members nor did he directly address Crozier. He relayed all his instructions to the gunman in command. Travers, the band's new bass player, assumed he was a British Army officer; an opinion shared by McCoy. Just after the arrival of this mysterious soldier, McCoy nudged Travers, who was standing beside him, and reassured him by saying "Don't worry Stephen, this is British Army". He was almost right – there were roughly 10 soldiers at the checkpoint, four of which were members of the UDR, the Ulster Defence Regiment and branch of the British Army. However, all 10 in fact were members of the UVF, the Ulster Volunteer Forces, a loyalist paramilitary organisation.

Out of sight of the band members, two of the gunmen placed a ten-pound (4.5 kg) time bomb in the rear of the minibus. The UVF's plan was that the bomb would explode once the minibus had reached Newry, killing all on board. Had it all gone according to plan, the loyalist extremists would have been able to clandestinely bomb the Republic of Ireland, yet claim that the band were Republican bomb smugglers carrying explosives on behalf of the IRA. They had hoped to embarrass the Government of Ireland, as well as to draw attention to its under-patrolled border.

This would have resulted in the Irish authorities enforcing tighter controls over people crossing the border, thus greatly restricting IRA operations. Stephen Travers recalls being concerned about what was taking so long. "My guitar was in there. I had a very unusual guitar, a transparent Dan Armstrong Plexiglas bass, and I was very protective of it. I was damned if I was going to let some awkward soldier manhandle it. I loved my guitar."

When the device was tilted on its side, clumsy soldering on the clock used as a timer caused the bomb to explode prematurely, blowing the minibus apart and killing UVF men Harris Boyle (aged 22, a telephone wireman from Portadown) and Wesley Somerville (aged 34, a textile worker from Moygashel) instantly. Hurling in opposite directions, they were both decapitated and their bodies dismembered. What little that remained intact of their bodies was burnt beyond recognition.

The other assailants opened fire, killing the band's frontman, Fran O'Toole, trumpet player, Brian McCoy, and lead guitarist, Tony Geraghty. Stephen had also been shot. Face down in the grass and motionless, he played dead, his only thoughts of survival. After some time had passed, Des McAlea, who also survived the attack, called out to Fran, Brian and Tony. He heard Stephen moaning and called out to him, saying he was going to try to get help. Des pleaded with a lorry driver who had stopped to take him to Newry police station, but he refused. Then a young couple in a car pulled up and agreed to take Des to Newry.

Stephen says that Des saved his life. "I had managed to roll on to my back. I slowly brought my hands across my chest and carefully counted my fingers," he says. "It was suddenly very important to me, as a musician, that I had all my fingers. They were all there. I thanked God, as I heard my platform shoes click against each other; I still had both legs." Stephen remained there for almost an hour before help arrived. To this day he is

"still in that field" according to Stephen.

"When I discovered music I discovered Tír na nÓg, and I lived there for a while, but now I just get to visit it occasionally. Some day I might get to move back there permanently. Who knows... but I'll have to get out of the field first," Stephen says.

Stephen Travers has spent 47 years trying to prove that there was collusion between the British Government and paramilitary organisations in the North that ultimately led to the killings and the lifelong damage caused to the survivors' lives. Last year he succeeded, Mr Travers was awarded £425,000 and Mr McAlea will receive £325,000 in damages. The court ruled the personal representatives of Fran O'Toole and Brian McCoy would receive £375,000 and £325,000 respectively.

The legal action followed a 2011 'Historical Enquiries Team' report, which raised concerns about collusion around the involvement of an RUC Special Branch agent.

It found that Ulster UVF man Robin 'The Jackal' Jackson claimed in police interviews he had been tipped off by a senior RUC officer to lie low, after his fingerprints were found on a silencer attached to one of the weapons. Two Ulster Defence Regiment soldiers were convicted for their roles in the attack. However, it is the man with the 'educated English accent' that is of the utmost importance, because his involvement is proof of ongoing collusion between the organisations. He went unidentified, as he was protected by the British government. He is said to have organised the Dublin and Monaghan bombings, as well as the Miami Showband Massacre. He has now been named as being almost certainly the man in charge of the massacre and next month's column will go into detail on his involvement and the fact that he has posthumously been awarded the George Cross by the British Government for his involvement in British Military procedures in the North of Ireland.

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The Russian Civil War: The horrors of the conflict (Part II)



HISTORY & POLITICS

Kieran Doyle

Back in August, I wrote about the beginnings of the Russian Revolution and Civil War 1917-21, as well as the causes and the belligerents involved. It makes an interesting case study because it ran almost parallel to Ireland's revolution war and civil war 1919-23, yet the two couldn't be more different. It's incredible to think that twelve million perished in the Russian civil war alone. More recent scholarly research on the Irish civil war dead puts the figure here at anything from 1,600-2,400 approximately: Minuscule in comparison. Most people interested in this period will know of the gruesome kill-

ing in Ballyseedy, Kerry, where Free State troops deliberately tied together and blew up nine anti-Treaty IRA prisoners. It was nothing short of a war crime. More locally near Macroom, eight Free State soldiers were also blown to pieces by an anti-IRA booby-trap, with body parts found in adjoining fields over the following days. It's a mark of how brutal and bloody the Russian civil war was, that the aforementioned atrocities, would hardly warrant a footnote in it.

Civilians died in their millions in Russia. It didn't matter what side they took. The White army or Red army indiscriminately plundered and ravaged the villages for their own means. Politics would not save you from hungry armies, and famine conditions visited the homes of the ordinary peasantry right throughout this period. With no one to turn too and no one to protect you, for a short while a third 'force' emerged – they called themselves the 'Greens'. This group saw no advantage in being loyal to either of the belligerents. Their sole motivation was to simply protect themselves and survive. Their campaign amounted to very little beyond local villages,

trying in vain to defend themselves and employ guerrilla tactics. Needless to say, they were dealt with mercilessly by both the White and Red armies. One of the tactics used by the Greens was to capture communist soldiers, sent out to confiscate all the peasants' grain, in order to feed the city populations. [It was in urban areas where the Reds power was concentrated initially]. The villagers, as a warning, would slit open the stomachs of their prisoners and fill them with grain. It was a futile exercise that did nothing to stem the plunder and famine that resulted. The long-term effects were horrific retaliations and followed by official orders to confiscate even more of their produce.

Prisoners of war in this period had none of the protection that international law enshrined. The established customs of war were deemed irrelevant. One Red general declared that, 'Massacring all the wounded who fought against you – that is the law of civil war.' Murdering in cold blood is bad enough, but the methods employed to murder their victims were examples of extreme sadism. The fashion at the time meant officers wore large epaulettes, indicating their



stature and position. This was outlawed in the Red Army, as were the 'officer' class. The White army naturally didn't adhere to this and was littered with former Tzarist aristocratic officers – the class enemy. If captured, their epaulettes were nailed on to their shoulders. Prisoners could then face multiple horrid methods of mutilation, such as gorging out their eyes, bayoneting them to death (often to save ammunition) castration and amputation. A particular favourite was to soak the victim, then let them freeze to death in the unforgiving brutal climate. No one side could claim these tactics as their own.

The Cossack population of the Stepp region were particularly savagely dealt with by the Red Army. The Cossacks were famous for their horsemanship and had served in Tzarist armies with great acclaim. Coupled with this allegiance, the communist regime also felt threatened by the Cossack's semi-autonomous region and relative prosperity, thus Trotsky, Lenin and Stalin targeted them ruthlessly. Orders were issued to burn down their hamlets, shoot all persons who had taken part directly or indirectly in the uprising against the Reds, and shoot every fifth or tenth male in each village, regardless of their involvement. Famine ravaged the Steeps region soon after. Violence begets violence, and before long, Cossacks themselves slaughtered and razed villages to the ground, alienating a confused civilian population against White support. The Cheka, Lenin's secret police, were the most feared agents of terror. Without any oversight, and freedom to arrest and kill at will, they arrested, tortured and executed tens of thousands of regular people. This reign of terror was designed to extinguish any flames of rebellion or disquiet against Lenin's dictatorial and merciless rule. Mass graves littered Russia and authorities would often cite 'typhus' outbreaks to authen-

ticate the disappearance of so many people.

The White Army too were no stranger to atrocities. Jewish Russians were regularly targeted by them, resulting in multiple pogroms. The Jews were (wrongly) associated with Bolshevism and this added to the legitimacy of them being targets. The result? Hundreds of thousands were massacred. In Ukraine, both the Reds and the Whites massacred 60,000 Jews alone in pogroms. Hitler's final solution may have been a generation away, but the hatred of Jews was never simply a Nazi German trait. Far from it. They had suffered throughout Europe and the Russian civil war was a savage example of how vulnerable they were to extermination whatever the politics. [Think of the irony today of Putin claims, that he is de-nazifying Ukraine, when they led by the democratically elected Zelenskyy – a Jewish man.]

Kostantin Globachev, member of the communist party summed it up perfectly when he said, 'When the Volunteer Army (Whites) entered a town, people rushed up with tears in their eyes to kiss the stirrups of the cavalry, but before two weeks had passed, they hated the Volunteers as much as they hated the Bolsheviks (Reds). Many officers were just as brutal as the Reds.'

What is remarkable about the Russian civil war is how much Ukraine became a victim of it. The Ukrainians, even then, were trying to reassert their independence, once the former Tzarist Russian Empire collapsed at the end of World War One. The communist regime, bent on spreading their global class war, was not in the mood to let go. Ukraine had been given a modicum of autonomy after the successful communist revolution in 1917. Within a few months the Ukrainian Central Rada declared full independence. It would become a battle itself, wrapped inside the Russian civil war.

Like today, Odessa was a

prize fought over. It attracted the worst of the White officer class, who lorded over it, and it descended into a place rife with 'Cocaine, prostitutes and drunken White officers'. Described as the most cosmopolitan of cities, the Bolsheviks planned to capture it because of its strategic importance. Like today, the rich harvests of Kherson were much coveted. Like today, Kiev was fought over but changed hands on a number of occasions. When the Whites, with their Polish allies, liberated Kiev, a white General somewhat prophetically declared 'Every commander who has attempted to take Ukraine had come to grief'. Ukraine and other independent nations that had been ruled within the Russian empire, never stood a chance. Why? Because the ultimate goal of the Russian Whites, was the reestablishment of the Russian Empire. The alternative was to become part of the Soviet Union under the Reds. Ukraine, like today, was a possession that all Russians craved, no matter their political outlook. It is no wonder that Putin has explicitly denied that Ukraine had ever had 'real statehood,' and that the country was an integral part of Russia's 'own history, culture, spiritual space'. The historical footprint is there – the boots of Russia have marched over Ukraine and today's war is the latest chapter in its tragic history.

Could Karl Marx have imagined how his writings would influence a myopic, dystopian world when he penned 'Das Kapital' inside the reading rooms of the British Museum on wet dreary nights, where he sheltered for warmth and light? His imagination was for a better world. One without a class system, where the sole interests of the rich people of capital, would be replaced by a society where everyone had stake, and everyone was looked after. The vast profits of the elite would become the fruits of its labourers instead. The dream of his 1867 publication would become a nightmare fifty years on. In 1917, the promise of true communism died at birth. Yet it's terrible twin survived in the form of the Bolsheviks. Over time they thrived, fell, and other countries took up the baton, such as China, North Korea and Cuba, which have suppressed their own societies in the name of communism. Could it ever have worked in its purest form? Perhaps we could have had a more equitable world if it had, but communism has never found a way.



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EPISODE 1: Bridgemount (Dunmanway) – From the O'Sullivan Beara to german bakery

Original entry in Hodges, 1911: "Bridgemount is the Residence of Dr.J.J.O'Callaghan, and is picturesquely situated on the banks of the Bandon river, close to the town of Dunmanway. It is one of the oldest houses in the neighbourhood and was early in the last century (early 19th century) one of the homes of 'The O'Sullivan Beara', Dunboy Castle, Castletown, Beara".

Bridgemount Today:

In the last issue, I promised to visit original locations shown in the rare book 'Cork and County Cork in the Twentieth Century', which our company has reprinted. What has always fascinated me about the book was the promise of all the hidden stories of architecture and family history behind the old photographs of these houses. The burning question: What has become of house and

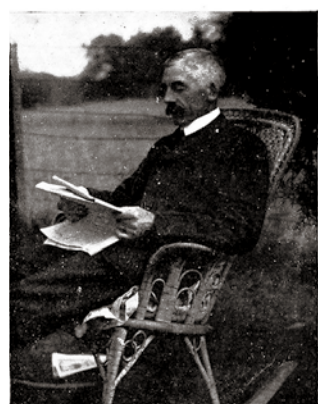
family since 1911?

According to historical records, the 'Bridgemount House' belonged once to the large Estate of Daniel Conner (Manch), who leased it from the O'Sullivan-Beara-Family during 'Griffith's Valuation' (which means between the years 1847 and 1864).

'Bridgemount' is rightfully the first house mentioned in this revisitation-project because it is very well known to me due to a long-standing co-operation with the Haubold family who arrived there from Germany and who have owned it since the 1980s. After initially running a restaurant on location during the 80s, the Haubold family have run their wonderful bakery, 'The Baking Emporium' since 1993 from the grounds of Bridgemount House. With a professional staff and several bakers on location, they initially only had

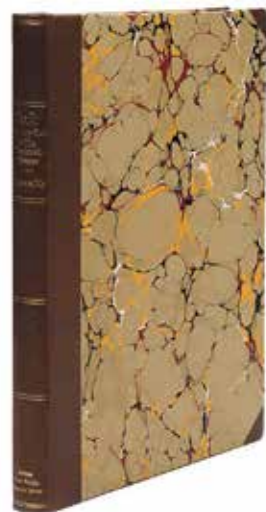
clients pick up their goodies and distributed their bread and cakes mainly in farmer's markets throughout the whole of County Cork. In 2016 the family added the now well-established bakery-shop in Clonakilty. The beautiful, historical 'Bridgemount House' is also home to 'Bridgemount Photo Studio' where Christian Haubold works as a commercial and industrial photographer. When you visit the grounds and compare the old photograph from 1911 with today, you will find trees majestically enveloping the property, a house and business full of life and enterprise and an example of success in restoration and preservation.

Next month we visit:
Ardnacarrig House (Bandon)
and the Allmann Whiskey-Distillery



Dr. J. J. O'Callaghan.

O'Callaghan.— JEREMIAH J. O'CALLAGHAN, Bridgemount, Dunmanway; fifth son of the late Jeremiah O'Callaghan, Corran, Ballinhassig; born at Clondrohid, Macroom, March 4th, 1856; educated at Classical School, Macroom, St. Finnbarre's Seminary, Cork, and Queen's College, Cork. Medical Officer, Coolmountain Dispensary District, 1883 to 1886; Medical Officer Dunmanway Workhouse, Consulting Medical Officer of Health Dunmanway Union and Medical Officer Dunmanway Constabulary. Fond of athletics in his youth, and won several prizes for running, weight-throwing, and cycling. Married, November, 1892, Nellie, daughter of the late James FitzGerald, Charlestown, co. Mayo.



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Photo by]

Bridgemount, Dunmanway

[C. D. Swift.



Bridgemount, Dunmanway as it looks today.

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INANNA
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English spoken in the Irish way

The policy of replacing the Irish language with English began in the 14th century, but was largely unsuccessful until the nineteenth writes Eugene Daly.

The defeat of the Irish at the Battle of Kinsale in 1601 was the beginning of the end of the old Irish order, but the native language was the everyday language of the people, outside of the cities and big towns, up to the nineteenth century. The national school system, set up in 1831, and the Great Famine of 1845-50, hastened the demise of the language. No Irish was taught in the national schools and children from Irish speaking homes were punished for speaking their own language. With the horror and deprivation of the Famine and the widespread emigration, Irish people began to associate Irish with poverty. They also realised that when they emigrated they would need English in the US and Britain, the destination of so many. The Irish people deliberately set out to learn English; what they created by 1900 was Hiberno-Irish, English spoken in an Irish way.

Irish continued to be spoken in remote areas, particularly along the western seaboard and the islands. While we still have areas where Irish is spoken – the Gaeltacht areas of Cork, Kerry, Galway and Donegal principally – and Irish words and phrases continue to enrich daily speech in rural Ireland; it's to a lesser extent than fifty years ago. The English spoken in West Cork when I was young was strewn with Irish words, phrases and turns of speech. Of course, Irish continued to be spoken in parts of West Cork up to the middle of the twentieth century, so the people of Heir Island, say, spoke English in an Irish way, including many Irish words, phrases and turns of speech.

The following is a sample of the words remembered from my

youth. I will confine myself to a sample of words beginning with the letters a to d, as a more complete list would fill many pages.

The adjective 'ainnis' (angish) means 'miserable, poorly, not feeling great'. A miserable sickly person could be called an 'ain-niseoir', – 'I am feeling angish after the flu'. 'Airy' from the Irish word 'aerach', means light-hearted, full of the joys of life. It can also have connotations of spookiness or the otherworld. In William Allingham's well-known poem, 'The Fairies', we read: 'Up the airy mountain, Down the rushy glen We daren't go a-hunting For fear of little men'.

When addressing a person in Irish, one uses a (the vocative case), so talking to Seán, say, you say 'A Sheáin'. There are many terms of endearment in Irish, many of which I heard the women of Heir Island use when I was young, for example a 'chuid' (my store, my all); a 'chuisle' (my pulse, literally); a 'lao' (literally, my calf); a 'stór' (my treasure) a 'mhúirnín', (my loved one); a 'rún', (my darling).

'Amadán' is the Irish word for a fool. An 'amadán', of course, is a male fool; a foolish woman is an 'óinseach'. 'Anam on diabhal' is an expression of surprise or displeasure (as on hearing surprising news). More usually expressed in the form 'Th'anam on diabhal', the phrase literally means 'your soul to the devil'. In its original form it is an evil curse, but it has lost its original meaning and is used instead as a general purpose exclamation.

'Anseo' (here!) is the answer given at roll call in schools. Paul Muldoon in his poem 'Anseo' from 'Why Brownlee Left', writes: 'Anseo, meaning here and now, All present and correct, Was the first word of Irish I spoke'.

'Banshee', from the Irish 'bean sí' (fairy woman) is a female spirit who wails in sympathy near the houses of certain

families when the death of an occupant is imminent. She was usually seen combing her long grey hair. In 'The Banshee's Song' by J.L. Forrest we read: 'O'er the wild heath I roam, On the night wind I come, And beauty shall pale at the voice of my wail. Hush! Hark to my tidings of gloom and sorrow Go weep tears of blood, for – Och! D'éag an corra (the dear one died)'.



Barmbrack, from the Irish 'báirín breac' (speckled loaf) is a large loaf made with flour, sugar, dried fruit and spices, generally popular, but particularly associated with Hallowe'en, containing tokens such as a ring, a piece of cloth, a little stick, etc, the ring meaning marriage etc. Winifred Letts wrote in the poem 'Hallowe'en'.

'Twas These cut the barmbrack and found the ring inside, Before next Hallowe'en has dawned, herself will be a bride'.

The Irish word 'bán' means 'white' or 'fair-haired'. It is also a term of endearment as in the Irish poem, 'Buachaill Bán', by West Cork poet, Seán Ó Coileáin.

'Beart' is an Irish word meaning a parcel or a bundle. A 'beart' of hay was what one could carry on one's back. 'Give

a heart of hay to the cows' a person might say.

'Bligéard' (in English 'blackguard') is a cafter, a trickster. 'Blackguarding' is now used with the sense of not very serious teasing or misleading, as in, 'sure I was only blackguarding when I said she was kissing Mikey'.

'Blas' (Irish, flavour, taste) is a complimentary word applied to one who speaks the Irish language well. The word also

'Brosna' is also the title of a collection of poems by Irish language poet, Seán Ó Riordáin. 'Brus' is a word borrowed from Irish, meaning small fragments, broken straw, dust. It is also used to connote small change as in 'I only have brus in my pocket'. 'Bruscar' (Irish for 'fragments') is a commonly used term for rubbish, in its original meaning close to 'brus'. A 'bosca brus-cain' is a dustbin.

'Bualadh bos', literally 'banging of palms of the hands', is the Irish term for applause. It is frequently used by the compère or 'fear an tí' (literally man of the house) asking the audience to applaud a singer, musician, etc. The Irish word 'bos' means the palm of the hand and also the wide part of a hurling stick.

'Mar dheá' means 'in pretence' and was commonly used in everyday speech as in, 'he was reading the paper 'mar dheá' (by the way) when I was trying to talk to him'.

A 'cábóg' is an Irish word for a clown or an eejit, used pejoratively to mean an ignorant or backward person. It is sometimes used in phrases like 'an ignorant cábóg'.

Caboose, from the Irish, 'cabús', is a nook or cranny in old houses in which were stored precious items like tea, tobacco, money, documents and so on. It could also mean a small house, as in, 'put the dog into his caboose'.

A 'caorán' means a clod or fragment, used to describe a small hand piece of dry turf such as might be used for lighting a fire.

'Céad míle fáilte' (in Irish, a hundred thousand welcomes) is a universal Irish greeting. It comes from a poem 'Eibhlín, a rún' (Eileen, my love) written by the poet, Cearbhall Ó Dálaigh (c1597-1630), – 'Céad míle fáilte, Eibhlín a rún'.

'Ceol agus craic' (in Irish music and craic) is used to describe an evening or weekend of sessions in pubs, drinking, singing and dancing.

'Ciaróg' is the Irish word for a beetle. It occurs in an Irish proverb, 'Aithníonn ciaróg ciaróg eile' (one beetle recognises another). The equivalent in English would be, 'Birds of a feather flock together'.

'Cnámhseáil' is an Irish word meaning to grumble, complain. A person might be described as a terrible 'cnámhseáiler' and one who complains a lot is said to be, 'cnámhseáil'.

'Codladh grifín' is an Irish phrase indicating numbness, or 'pins-and-needles', in the limbs. The Irish words 'codladh' and 'grifín' both mean sleep.

'Cogar', an Irish word for whisper, conspire, is used in Hiberno-English to request attention to a story or question as in 'Listen (Come here)'. Cug-



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.

ger-Mugger – whispering, low-voiced gossiping, from the Irish word 'cogar' (whisper) with a duplication rhyme word. Shakespeare uses a similar phrase in Hamlet – 'hugger-mugger'.

'Corragiob' is the Irish word for haunches. It is used in Hiberno-English phrases like, 'he was sitting on his corragiob', meaning squatting or sitting on one's haunches.

Crubeen (from the Irish 'crúibín') is the Hiberno-English for pig's trotter boiled and eaten from the hand. Commonly eaten in my youth (as were pig's heads), it was considered a delicacy and went well with a bottle of porter.

'Dallamullóg' is an Irish word for blindness, concealment, used in Hiberno-English for bluff or deception. To put a 'dallamullóg' on someone is to 'pull the wool over their eyes'.

'Deiseal' (from Irish 'deis' – right-hand) means turning to the right, following the sun, clockwise. Proceeding in that direction was regarded as lucky. Fisherman leaving harbours would always turn the boat 'deiseal'. Proceeding in the opposite direction, known as 'widdershins', was considered unlucky.

'Dríodar' is an Irish word for waste, dregs, commonly used in Hiberno-English to mean the dregs or residue of a liquid or drops left in the bottom of a cup. 'There's nothing but old 'dríodar' left. I'll make a fresh pot of tea'. Tomás Ó Cíomhain from the Basket Islands, in the opening sentence of his masterpiece, 'An tÓileánach' – the Islandman, writes: 'Is mise dríodar an chruiscín, deireadh an áil' – I am the dregs of the mug, the runt of the litter. Tomás was the youngest of a large family.



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Brookpark's growth continues with opening of new private office spaces



The committee of Brookpark Community Enterprise Centre is delighted to announce the availability of their new private office development at Brookpark Business Centre, Clonakilty Road, Dunmanway.

Supported by Enterprise Ireland, the new office development comprises four sound-proof, private offices suitable for individuals, remote workers or small start-ups. The offices are the result of the demand for private workspace, particularly for remote workers who want privacy, security and a long-

term solution.

Speaking to West Cork People, Centre Manager Peter Walsh said: "We are delighted to be finally bringing these office solutions to the market. There has been increased demand for desk space in recent times but particularly private and secure space. This development will attract more long-term users to our centre and help sustain Brookpark into the future."

Brookpark Business Centre is a community initiative just five minutes walk from Dunmanway town centre. It provides

hot-desk, co-working services as well as serviced office rental, training/conference and meeting rooms. All are serviced by 1Gigabyte Eir fibre broadband. Brookpark Business Centre will be celebrating five years in business in early 2023.

New Office development comprises two single occupancy offices (€250+vat per month) and two double occupancy offices (€300+vat per month) which includes broadband and services. For enquiries or viewings contact Peter at info@brookpark.ie or 086 4410484.

New watermains from Bandon to Clonakilty to support development

Irish Water, working in partnership with Cork County Council, will soon commence the construction of approximately 13.5km of new watermains from Bandon to Clonakilty that will relieve the challenges to the water supply in Clonakilty and cater for growth and development in the short to medium term.

The works involve the construction of over 13.5 km of trunk watermain connecting Bandon Water Treatment Plant (WTP) on Carhue Hill to the WTP at Jones' Bridge in Clonakilty via Baxter's Bridge and the N71.

Lisa Cogan, Irish Water Regional Delivery Lead said, "We are delighted to be commencing construction of this vital project that will support growth and development in the beautiful West Cork town of Clonakilty and will alleviate the current supply challenges in the area."

"The capacity of treated water available at Bandon WTP means we can deliver additional supply to Clonakilty

while continuing to supply and facilitate growth in Bandon; all without taking additional water from the Bandon River. As a result, both areas will be able to continue to grow both socially and economically.

"For Clonakilty, the additional supply provided by this project will allow for housing to be developed in the short to medium term while also playing an important role in the long-term solution for the town and the surrounding areas.

"The National Water Resources Project has identified the connection of Clonakilty to the Inniscarra WTP as the only viable, long-term solution to provide sufficient water to Clonakilty to cater for the future needs of the town and environs. This connection to Bandon is in line with this overall plan.

"We will be carrying out works on the busy N71 Bandon to Clonakilty Road. While we understand this may disrupt a busy commuter road, our crews will make every effort to minimise any disruption these

necessary works cause. To expedite the completion of these works we will have multiple crews working on the project.

"To complete the work safely and efficiently, some local road closure will be required. Where any road closures are required, residents of the affected areas will be notified, and closures will be advertised and signposted on approach.

"When works start on the N71, Bandon to Clonakilty Road, at the start of November a stop-go traffic management system will be in place five days a week at two locations to allow two work crews to operate simultaneously. These two work areas will be separated by 5km approximately. Working hours will from 7am to 7pm daily and the road will be fully open to two-way traffic from 3pm Friday afternoon until Monday morning.

The works, being carried out by Ward and Burke Limited, are expected to be completed by Autumn 2023.

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Thumbs up for new Clonakilty Community Youth Centre



Some incoming committee members celebrate outside the recently-completed, state-of-the-art Clonakilty Community Youth Centre following their recent AGM. (l-r): Jerome Lynch, (building project manager); James White; Cionnaith Ó Súilleabháin, (Asst. PRO); Anne O'Donovan, (Asst. Secretary); Anthony McDermott and Natasha Sutton, (Joint Chairpersons); Anne Marie McSweeney, (Secretary); Hazel Lavery, (Treasurer); Maureen Griffin and Cllr. Paul Hayes, (PRO). Unavoidably absent from photo were Laura Enright, Margaret Walsh, (Architect), Garda Joe Maher, Mark Van Dam, Shane Fleming, Courtney Canning, John Cocola and Cathy Neylon Kingston. (Photo: Lorcan Hayes).

New ferry for Cape Clear island

Cape Clear Ferries is currently undertaking a very significant investment in and upgrading of its West Cork fleet, which includes the purchase of the 200 Pax Fast Ferry, 'Spirit of Doolin' from O'Brien's Doolin Ferry Co., subject to local MSO approval trails.

Two vessels were recently sold – the 64 pax 'Dún Aengus' relief ferry and the fast Ferry 'Dún na Séad II'. The 'Dún Aengus' has been replaced by the 97 pax 'Carraig Mhór' and the new vessel will replace the fast ferry.

"We are delighted with the

Spirit of Doolin," says Cape Clear Ferries manager Séamus Ó Drisceoil. "This modern stylish vessel is in superb condition with a top speed of 20 knots. It will normally operate to Cape Clear Island at its economical speed of 15 knots reducing the passage time from 50 to 25 minutes. It has indoor seating for 90 passengers and includes an onboard bar/café. It offers outstanding views from the passenger saloon during all weathers and has ample upper deck seating with 360 degree all round viewing. It also has improved weather capability, offering greater passenger comfort

and convenience.

"The Fastnet Rock Lighthouse is one of Ireland's and Europe's most iconic maritime landmarks. It is very closely associated with Oileán Chléire (Cape Clear Island), also known as 'The Gateway to the Fastnet'. We are working hand in hand with Comharchumann Chléire Teo and other service providers to develop an outstanding maritime tourism experience based around the Fastnet Rock and facilities on Cape Clear Island."

This major investment by Cape Clear Ferries will bring new business to the Island and to its mainland hinterland. It

is currently envisaged that the vessel will operate mostly from Schull to Cape Clear and around

the Fastnet Rock Lighthouse. In addition to these routes the new vessel, with its large in-door

area and on board facilities will be available for private and corporate hire.



Cape Clear's new 200 pax Fast Ferry 'Spirit of Doolin' includes seating for 90 passengers a bar/café. It will reduce journey time from 50 to just 25 minutes.

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Funding available to benefit businesses in Cork's coastal communities



An information evening to learn how businesses based in Cork's rural coastal communities can apply for funding through the Brexit Blue Economy Enterprise Development Scheme will take place in the Maritime

Hotel, Bantry on Thursday, November 3 at 5.30pm.

With €25 million in funding available, this is the largest Scheme of its kind and is designed to stimulate growth in rural coastal communities.

Funding is available to

businesses operating within ten kilometres of the coastline, and involved in blue economy activities including seafood, coastal tourism, boat building and repair, marine leisure and sport, small non-commercial harbour or pier activities, and

renewable energy initiatives.

Find out more about the Scheme, how it can benefit you, your business and your community, and how to apply at the information evening.

For full details of the Scheme visit www.bim.ie

people Farming



FARMING IN WEST CORK

Tommy Moyles

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

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Return of the rain and rationing the ration

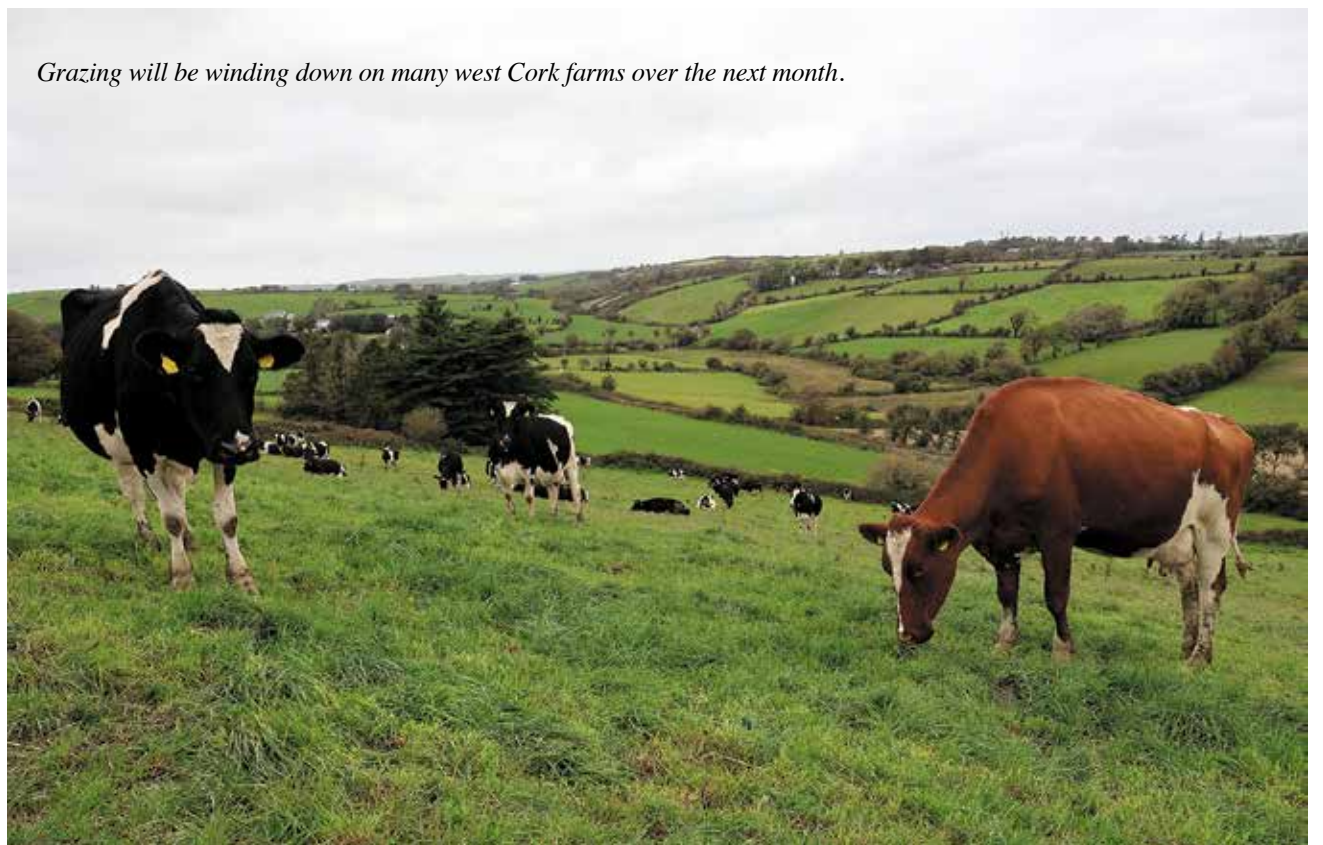
in the grazing groups. I prefer to have smaller groups at this time of year because if the weather goes against you ground tends to hold up better.

Ration

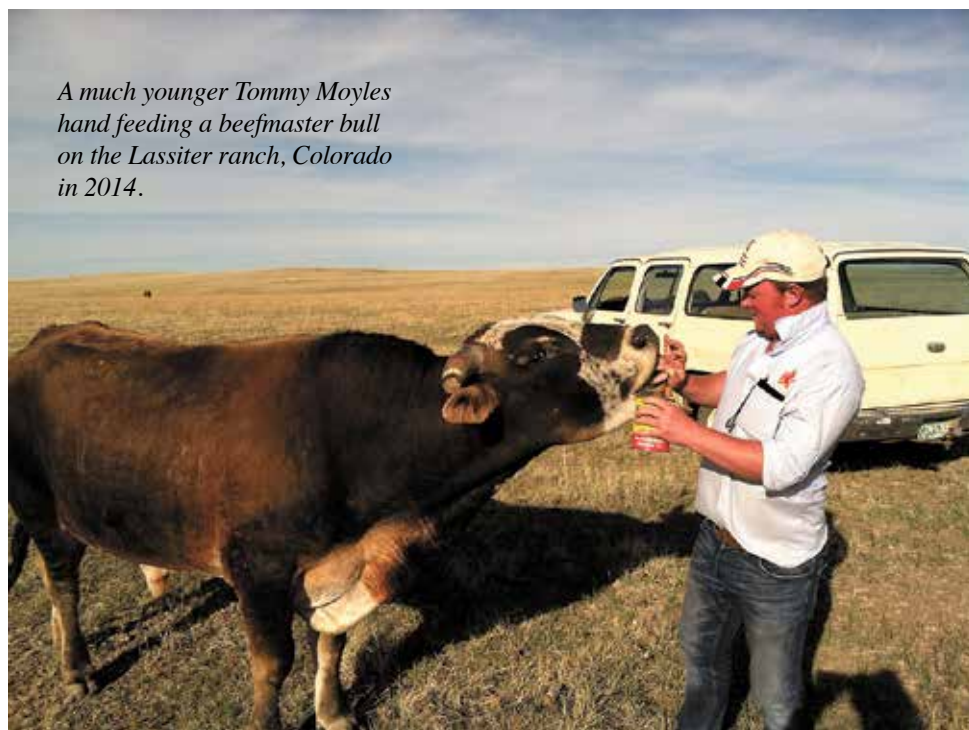
A bunch of weaned heifer calves have gone back to grass and the current plan is to keep them out as long as possible. For now it's only the poorest calves that are on ration in an effort to get them back on track; they will be joined on ration sooner rather than later by the bull calves that are inside already. Ration prices have risen by €100 to €120/ton since this time last year so, like most other inputs that have risen in price, more consideration has to be given to who gets it or not.

It looks like I'll be rationing the ration for the winter. Saying that, it's not part of the daily diet anyway. As I run a young bull system, it will remain central to their diet but this year's heifer calves might only get a kilo a week. They like it but don't need it and my main reason for letting them know what it's like, is for ease of management. A small bit in a bucket and they'll follow me where I need them to go. Cows might only get it if they are being finished, to get a fat cover on them, or if they are a heifer after calving and they get a handful as a treat, again as a docility measure and one I picked up on a visit to the Beefmaster foundation herd owned by the Lasater family in Colorado in 2014. The herd was established by my hosts' grandfather in the 1920s and has been a closed herd since 1937. That means that no bulls, cows, frozen semen or embryos – no outside genetic material – have been introduced into the herd since. The 600-cow herd has operated on a survival of the fittest breeding model that largely focused on six key traits. Disposition, fertility, hardiness, milk production, confirmation and weight. While there we drove through a 200-acre paddock and all his heifers followed us, all

Grazing will be winding down on many west Cork farms over the next month.



A much younger Tommy Moyles hand feeding a beefmaster bull on the Lassiter ranch, Colorado in 2014.



because we had a small container of ration in the truck.

Their diet was all grass but they knew what the cake, as he called it, was about. His reasoning was he couldn't hire people

to do that work anymore so, rather than round up the cattle, he trained them to follow him.

In order to do this every year at weaning he kept his calves in the yard and he would get

a chair and sit in the yard and hold the feed in his hand. If a calf ate it for three days in a row, they were left back to the paddock and any bull or heifer that wouldn't, wasn't retained

for breeding. One of his cows wandered over and stuck her head into the cab to see and I was taken to another paddock where I was able to hand feed his breeding bulls. This wasn't a few pet bulls in a corner field near the yard either, this was desolate open grazing country with the Rocky Mountains in the distance.

At the TB test, I was dealing with a bunch of heifers with disposition issues, and memories of that visit made me want to double down on making farm life easier in the future. Now it's not all bad, we've made a big effort to weed out wilder stock and that was evident over the two days too. About 90 per cent of the herd is relatively quiet and easy to manage while 10 per cent are the other extreme. Those can mainly be traced back to one AI sire we used a few years ago. Lots of progress had been made on that point in terms of breeding quieter stock so hopefully that setback is nearly rectified.

ACRES scheme launched for West Cork and Kerry farmers

The new agri-environmental ACRES Co-operation scheme has been launched for farmers in Kerry and West Cork areas.

Farmers are invited to meetings to inform them on how to find out if they are eligible for the ACRES CP or General stream of ACRES, how to apply, an overview of the objectives of the scheme and examples of actions they might be able to carry out on their farms under the scheme. The meetings will also outline what the Cooperation Project team will be doing to support the farmers and introduce the staff to each community.

The following are the dates and times of each meeting:

- Thursday, November 3, Ouvane Falls Inn, Ballylickey, 7.30pm.
- Friday, November 4, Kenmare Mart, 7.30pm.
- Tuesday, November 8, Durrus Hall, 7.30pm.

ACRES (Agri-Climate Rural Environment Scheme) is Ireland's new agri-environment climate scheme proposed as part of Ireland's draft CAP Strategic Plan. The new €1.5 billion flagship agri-environment scheme aims to help address biodiversity decline while delivering an income support for up to 50,000 farm families in Ireland.

Unlike its previous incarnations such as REPS and GLAS, it has two approaches, ACRES General and ACRES Co-operation.

Contracts have been awarded for the management of Co-oper-

ation Projects (CP), and farmers will be supported by new teams, who will develop local action plans for their zones.

Based on success of the award-winning MacGillycuddy Reeks EIP Project, South Kerry Development Partnership (SKDP) tendered for and secured the contract to administer the ACRES CP in Kerry and West Cork on behalf of DAFM. It's estimated that just over 5,000 herd number holders will qualify across the catchment.

Two agri-environment officers will be based at each sub-office to meet with farm advisors and farmers as needed,

and carry out results-based assessments on commonages. The two officers for covering West Cork will be based in the West Cork Development Partnership office in Bantry.

The ACRES Kerry/West Cork CP Project has four overarching objectives:

- The protection of watercourses;
- Supporting carbon storage and sequestration and the protection of rare and threatened habitats;
- Supporting the conservation of rare and threatened species and the management of invasive species.

ACRES General is available to farmers nationally and offers a range of actions for individual farmers, both targeted and general. The Co-operation model is available to farmers in defined high priority geographical areas, and involves results-based payments as well as bespoke farm and landscape actions. Most West Cork farmers will be eligible for the ACRES General but to the west of the region a number of areas, chiefly on the Beara and Sheep's Head peninsula, the ACRES Co-operation is the only model. Following a series of meetings, local steering groups will be put in place and local action plans will be prepared to ensure the needs and priorities of each locality are identified. For example some of the coastal areas may require a different scorecard to uplands.

Cooperation Project teams will develop either, non-productive investments or landscape actions depending on local needs and objectives.

Non-productive investments enables a farmer to improve the habitat quality score of their land though extra actions such as water provision for livestock,

control of invasive species or improvements to grazing infrastructure. Examples of these would be the likes of virtual fencing, sheep wire fencing and diverse swards.

Landscape actions are extra actions for higher level actions that may be carried out on a landscape-scale. These could vary from peatland restoration to grazing management or flood prevention measures.

The core payment for all co-operation group participants is results-based and depends on the habitat quality scores for land. Scorecards will be used for peatlands, grasslands, and woodlands. Farmers who participated in the REAP scheme last year will be familiar with the scorecard process. Over the five year contract a farmer stands to earn a maximum payment of €52,500 or €10,500 annually.

All results-based scorecards must be submitted by an approved ACRES advisor by the deadline date assigned by DAFM in Year one of the ACRES contract and any subsequent years that scorecards must be submitted. It is mandatory for a scorecard to be submitted in years one, three and five for

each owned forage CP land parcel/field that was declared in the participant's 2022 BPS application and any rented or leased forage parcel that has been included in the ACRES contract.

Intake of applicants will be on a phased basis via tranches for both measures subject to DAFM and advisor capacity. In the event it is oversubscribed there is a tiered structure to the applications.

Applicants will receive priority entry based on which tier they are eligible for:

1. TIER 1 Priority Environmental Assets ('PEAs'): To qualify for Tier 1, the applicant must commit to completing appropriate mandatory actions relevant to the Priority Environmental Assets (PEA) on their holding e.g. Private Natura, Commonage

2. TIER 2 Priority Environmental Actions: Farmers whose lands include a Vulnerable Water Area may apply for access to the scheme under Tier 2

3. TIER 3 General actions

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Michael Collins Béal na Bláth organiser honoured

One of the people responsible for keeping the Michael Collins legacy alive over the decades has received the October Cork Person of the Month award.

Dermot Collins from Kinsale, one of the longest serving committee members and past chairman of the Béal na Bláth Organising Committee was named Person of the Month to mark his work in honouring and preserving our Collins history for future generations.

An estimated 12,000 people attended the Michael Collins centenary commemoration last August, and many thousands also followed it on TV, to hear Taoiseach Micheál Martin say, "Michael Collins deserves to be remembered as one of the greatest Irishmen to have ever lived." Following the ceremony,

the Taoiseach and Tánaiste Leo Varadkar also made a presentation to Dermot Collins and others to mark their lifetimes work of spreading the Michael Collins story.

Tánaiste Leo Varadkar offered his heartfelt thanks to the members of the Béal na Bláth Commemoration Committee, "and to your forebears, for your admirable work in making this event a worthy tribute to our lost leader, this year and every year."

Taoiseach Micheál Martin added, "This commemoration is an important statement of remembrance and gratitude and we should acknowledge the special role which the Collins family and the Commemoration Committee have played in this over many decades."

Awards Organiser Manus

O'Callaghan said, "The events at Béal na Bláth had enormous consequences for Irish history and immortalised this small Cork valley forever."

"Congratulations to Dermot Collins and his fellow Béal na Bláth committee members, who have been keeping the Michael Collins story to the fore for future generations. It is important that we always honour this great West Cork man as one of the truly great heroes of Irish history" added Manus O'Callaghan.

Cllr. Garret Kelleher, current Chairman of the Collins Commemoration Committee, said it was people like Dermot Collins and indeed many committees over the years that helped build the Béal na Bláth event to the huge national occasion it has become.



Pictured at the award presentation l/r Manus O'Callaghan, Awards Organiser; Sandra Carey, Irish Examiner; Cllr. Garret Kelleher, Chairman of Béal na Bláth Committee; Dermot Collins, Cork Person of the Month; Breda Collins; Pat Lemasney, Southern. Photograph by: Tony O'Connell Photography.

The Battle of Ballineen and Enniskeane

This month marks the passing of century since a day-long battle played out in the neighbouring West Cork villages of Enniskeane and Ballineen. **Pauline Murphy** tells us more about November 4, 1922, when a fierce fight took place between large parties of Anti-Treaty IRA volunteers and Free State troops, resulting in casualties on both sides.

This major engagement began as dawn broke on a stormy Saturday morning in November 1922.

Having escaped from internment in Kildare just months before, General Tom Barry led a large contingent of IRA

volunteers, made up of his own flying column and men from the Macroom Company, in an attack on the Free State base at O'Donovans Hotel in Ballineen.

The Free State troops in Ballineen consisted of 38 soldiers of the First Eastern Division and two officers-in-command. Their comrades in neighbouring Enniskeane numbered 25 soldiers and one officer. Captain Ben Byrne was in charge of the Ballineen troops while Captain Larry Finnegan of the Dublin Brigade was in charge of the Enniskeane base; both had been members of Michael Collins' squad in Dublin during the War of Independence.

The IRA took the ground floor of O'Donovan's Hotel and besieged the Free State forces on the top floor, firing through the ceiling at the soldiers above with a Lewis gun. Captain Byrne climbed out of a back window and tried to fire on

those below but the stronger IRA party overpowered Byrne and took him and his men prisoners.

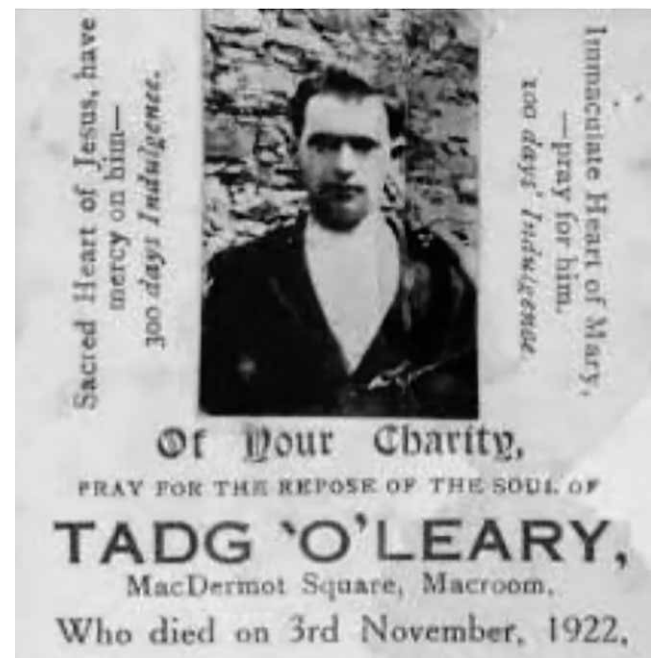
Private Thomas Gallagher was one of those who was fatally shot at Ballineen. The 18-year-old from Kill O'the Grange in Co. Dublin was a student before joining the Free State Army Medical Corps. Gallagher was struck as he went to assist Private Michael Woods, who had been hit by a bullet in the abdomen.

Gallagher managed to stagger across the road where he collapsed in the doorway of a Mrs O'Sullivan. He died a day later and was buried in the Free State plot in Glasnevin Cemetery.

Private Woods, a 22-year-old from Drogheda, was a textile worker before joining the 15th Infantry Battalion of the Free State Army. He was taken to Bandon Hospital where he died later that night.

The IRA party then moved to Enniskeane, where house-to-house fighting took place.

Whilst manning a Lewis gun, Free State Private Andrew Hogan was wounded when an IRA bullet hit his thigh. Hogan was 24-years-old and a native of Clonmel, where he worked as a van driver for his local Co-Op. Although still so young Hogan was already a veteran of WWI and, during the War of Independence, had fought with the famous IRA Third Tipperary Brigade. In May 1922 he joined the Second Company of the South Eastern Division of the Free State Army. He was taken to Bandon Hospital where he died from sepsis three days later.



There were two casualties on the IRA side; 26-year-old Section Commander Tadhg O'Leary was shot during the attack on the hotel in Ballineen. Today a plaque marks the spot, near what is now O'Driscolls shop. From South Square, Macroom, O'Leary worked as a harness maker and joined the Irish Volunteers in 1916 with his older brother John, while his sister Hannah joined Cumann na mBan. The siblings were active during the War of Independence, which resulted in the family home being targeted by Crown forces. O'Leary died hours after being shot and is buried in Inchigeela Cemetery.

IRA Volunteer Jack Howell was a native of Doneraile, North Cork. The 31-year-old was shot through the heart in Enniskeane and died instantly. A plaque at The Village Inn marks

the site of his death. Howell worked as a butcher in Magner's Butcher at 2 Pearse Street, Clonakilty and lived above the shop. Before that he worked in Middleton and Dundalk, where he joined the IRA. In 1920 Howell was captured by Crown forces and spent time in both Ballykinlar Internment Camp and Preston Prison in England. Once released he returned to Cork where he joined the West Cork Brigade. Howell is buried in Old Court Cemetery in Doneraile.

The Republican forces under General Tom Barry held onto Ballineen and Enniskeane for just a day before Free State reinforcements retook both villages. The Battle of Ballineen and Enniskeane was brief but brutal and added yet another sad chapter to the bitter civil conflict in West Cork.

KILMICHAEL COMMEMORATION

Sunday 27th of November, 1.30pm

Guest speaker: Michelle O'Neill
MLA & and First Minister designate

Aifreann Gaeilge at Castletown Kenneigh, 10am
Followed by wreath laying ceremony

Dinneár & tráthnóna cheoil
in Parkway Hotel, 3.30pm

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people Environment : Making a difference



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Public urged to stop stashing old electrical items

Headphones and remote controls are among the most hoarded waste electrical and electronic items in Europe, new data shows today.

Old and broken clocks, irons, hard drives and routers also make up the mountain of e-waste lying in our cupboards, attics and garden sheds.

The statistics were released as part of International E-waste Day today (Friday, Oct 14), which Ireland's WEEE recycling leaders are backing by urging consumers here to root out unused, stashed electrical items.

The grim figures show that of

16 billion mobile phones worldwide, 5.3 billion will become waste in 2022 – and stacked flat on top of each other, would stretch to 50,000km.

This year alone, the world will produce 24.5 million tonnes of small e-waste – four times the weight of the Great Pyramid of Giza.

“Despite containing rare precious metals and other recyclable components, a large volume of small appliances are hoarded in drawers, wardrobes, cupboards and garages or worse still, are discarded in rubbish bins bound for landfill or incineration,” said

Leo Donovan, CEO of Waste Electrical and Electronic Equipment (WEEE) Ireland.

“This is an incredible waste of resources, is bad for the planet and prevents us from either re-using these items or harvesting these important and scarce resources so they can be used again to manufacture new products.

“We would therefore urge the public to drop their e-waste to authorised collections points in their local electrical retailer or recycling centre.”

See weeireland.ie for a map of free recycling drop-off points for WEEE beyond repair or reuse.

Sustainable gifting



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.

You might not have started thinking about Christmas just yet but watching supermarket aisles getting fuller with chocolate

selection boxes, mince pies, and cinnamon-scented candles, I can't help but feel a sense of dread as we move nearer to December. You may call me Grinch if you want – after all Christmas is supposed to be a joyful time of year, but I've disliked the season since childhood, having come from a broken home where I was made feel bad for choosing the wrong parent to spend the holiday with. But I digress – Christmas is not only about family, or at least maybe not anymore, and I've come to accept it as an inescapable part of the consumerist society we live in, one that offers people bank loans to buy gifts they can't afford for their children, fills our screens with advertising to sell us the next electronic gadget, and tons and tons of plastic goods that factory workers in China and elsewhere have sweated to produce and which will inevitably end up in landfill. Bah humbug!

In his 2012 The Guardian article 'The Gift of Death', British environmental activist George Monbiot described our consumption of goods as 'pathological' and brilliantly

analysed the many factors – socio-political, technological, and environmental, that render the excess associated with the purchase of Christmas gifts as absolute insanity. If you look at online footage of Black Friday; the day that traditionally marks the beginning of the Christmas shopping period in the US, you will see stampedes at shop entrances, and shoppers wrestling and drawing punches to be the first to get to the bargains. If that's not complete madness, I don't know what is! As Monbiot concludes in his essay, “stop trashing the planet to tell someone you care. All it shows is that you don't”. So with this in mind, I'd like to offer suggestions on how to gift heartfelt, sustainable presents to your loved ones this year, ones that will leave a lasting impact with their beneficiary, at minimal cost to our beautiful Earth.

Make your own gifts

There's something quite special about receiving a gift handmade by someone you love. If you've been meaning to get back to drawing, brush up on your knitting skills, or try out embroidery, the long November evenings are perfect for doing just that. I like to keep my hands busy when I'm watching a film, and I can crochet all night provided there's enough light to see what I'm doing. It really doesn't have to be very intricate work – it could be a simple scarf made with locally spun sheep wool for your uncle, a framed photograph or a watercolour portrait of your little niece for your sister, or delicate floral decorations on a table runner for your mum. Youtube videos are an excellent way to learn any skill you can think of, and you can slow the videos down to suit your level as needed.

If you're not the creative type, why not make some preserves for your friends and family? I went to pick blackberries last month and stewed them with fallen apples from the garden. The result is a deliciously sweet jam that will be enjoyed on Stephen's Day morning, and I plan to gift jars of my spicy beetroot pickles, complete with a colourful fabric on the lid wrapped with some red ribbon. You could also forage some sloes from a blackthorn bush and leave them to mature in sugar to make sloe gin. Transferred into a pretty glass bottle, it can be enjoyed on its own, as a tasty flavoured gin and tonic, or splashed into a glass of Prosecco. Very fancy!

Gifting experiences

If a family member has been longing to learn oil painting, genealogy, or a new language, these are skills that will stay with them for the rest of their lives. One of the best gifts I ever got was a voucher for a crochet evening class – a craft I still use today and that has broadened my horizons in many ways. Simpler experience gifts could be a spa or beauty treatment, a voucher to a favourite restaurant, entrance tickets to a theme park or a concert, or tickets to a favourite sports game and a club membership. For animal lovers, you could get them a whale-watching trip, a membership to Birdwatch Ireland, or a bespoke portrait of their pet.

Gifting for charity

Gifts that have the most powerful impact are ones that give back; and those that support a charity make a lasting impact to a greater cause and are very rewarding for both the giver and the receiver. While many charities offer gifts to raise

funds for their cause, I see mass-produced presents such as homewares and stuffed animals with a charity logo on them as problematic because they are made with materials that are not sustainable. Instead, you could sponsor a goat or a cooking stove for a family in Africa on behalf of your brother, and your dad might appreciate a gift of a bag filled with school essentials to support a child in need, or a mosquito net to combat malaria in Asia.

Supporting local businesses

There are many places in West Cork that offer ethically made goods by local artists and artisans. West Cork Crafts in Skibbereen and Forest and Flock in Bantry spring to mind, but Green Dot in Clonakilty goes a step further and offers 'eco-toys' made of sustainable materials such as wood or recycled plastic. If you must buy toys, avoid plastic, and cheap, low quality, mass-produced items of clothing and jewellery at all costs. You may consider buying a voucher for heirloom

seeds, or a monthly wine or gin subscription, whereby the subscriber receives a fine bottle of their favourite beverage.

Dates for your diary

The big craft and design fairs taking place in Cork this year are the Glucksman Gallery in UCC on November 11-13 and Ballymaloe Grainstore on November 18-20 and 25-27.

Arts and craft markets announced for West Cork:

- November 27 - Court-macsherry Hotel and Ballydehob Community Hall
- November 28 - St Patrick's Hall, Dunmanway
- December 3 - O'Donovan's Hotel, Clonakilty
- December 4 - Myross Wood House (Leap), Deelish Garden Centre (Skibbereen), Celtic Ross Hotel (Ross-carbery), and Camus Farm (Clonakilty)
- December 10 - O'Donovan's Hotel (Clonakilty)
- December 11 - Eccles Hotel (Glengarriff)
- December 14 - Temperance Hall (Kinsale)
- December 17 - O'Donovan's Hotel (Clonakilty)
- December 21 - Temperance Hall (Kinsale)

With so many options to choose from, there's no doubt you will find something to delight your loved ones this coming season. However, remember that the gift of time is the most precious of all, so do take a step back from this fast-paced world now and again and appreciate the people who surround you, because THAT is the true meaning of Christmas.

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Lots of eco Christmas gift ideas instore like beeswax wraps, stainless steel water bottles and bamboo coffee cups.



people Environment : Making a difference

Cork Nature Network asks you to name the otter for their upcoming education pack

Cork Nature Network is working on an education pack for primary school children (and curious adults) to learn all about otters, their importance for wildlife and humans, and the need to protect them.

CNN is asking for creative names for the otter who will be appearing in the education pack! The age range for participants is 5-13 years old.

The winner will receive the book 'Lets find out about...Otters' produced by the International Otter Survival Fund, as well as an otter keyring.

To participate, please submit your otter name to educationcnn@gmail.com, along with your name and age.

Submissions will close on November 5. The winner will be announced through CNN's Instagram and other socials.

Concern over "smelly" Kinsale Waste Water treatment plant

For years Kinsale residents have been complaining about really bad odours and noise coming from the town's waste water treatment plant and the EPA have now backed up their complaints in a new report criticising the continuous and ongoing breaches at the plant.

The EPA has questioned the capacity of the plant to cope with the intake especially during the summer months, when the sun, heat and lack of wind can exasperate malodorous conditions and there is an increased level of visitors to the town. The EPA is concerned about the inability to reduce ongoing breaches in Chemical Oxygen Demand (COD), carbonaceous Biological Oxygen Demand (cBOD), Suspended Solids (SS) and orthophosphate.

The EPA reported that, "Odour is an ongoing issue, particularly during the summer months...and odour mitigation measures taken to date have not resolved the odour issue...On

investigation, the cause of the odour was found to be an open manhole at the top of the sludge holding tank."

The Green party and a lot of local residents are concerned about the negative impact of the existing waste water treatment plant and its capacity to address existing loads; particularly when new developments in Abbey Fort where hundreds of new houses are being built below the existing GAA pitch, and new planning applications for a further 80-plus houses on the GAA pitch, could result in a huge amount of additional load on the existing struggling infrastructure.

Green Party Bandon Kinsale Representative said: "It seems really unfair on local residents that they have to put up with what seems to be poor management of the site, with manholes being left open on sludge tanks, pumps and back-ups not working due to power outages, and what seems to be a lack of control of biological materials and chemicals. This needs to be

addressed with great urgency especially before new houses on stream for occupation. On researching the topic, and reading the reports it seems that the Kinsale wastewater treatment plant also does not have an ultraviolet disinfection process before treated water is released into the river. This is a major concern for the Green party, as local fisherman depend on shellfish harvested directly downstream from the waste water egress point and we have a lot of swimmers and water sports which would be directly affected. The ultraviolet disinfection process kills harmful bacteria which could infect shellfish, potentially leading to illness if eaten. After contacting the EPA it turns out that Irish water have not risk assessed the potential damage of released treated effluent into the harbour of Kinsale. We therefore ask that Irish water as a matter of urgency to carry out a risk assessment and install ultraviolet disinfection at Kinsale waste water treatment plant."

Warmer Homes Scheme

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If you are in receipt of Fuel Allowance you will qualify 100% for a free energy upgrade.

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Christopher O'Sullivan TD

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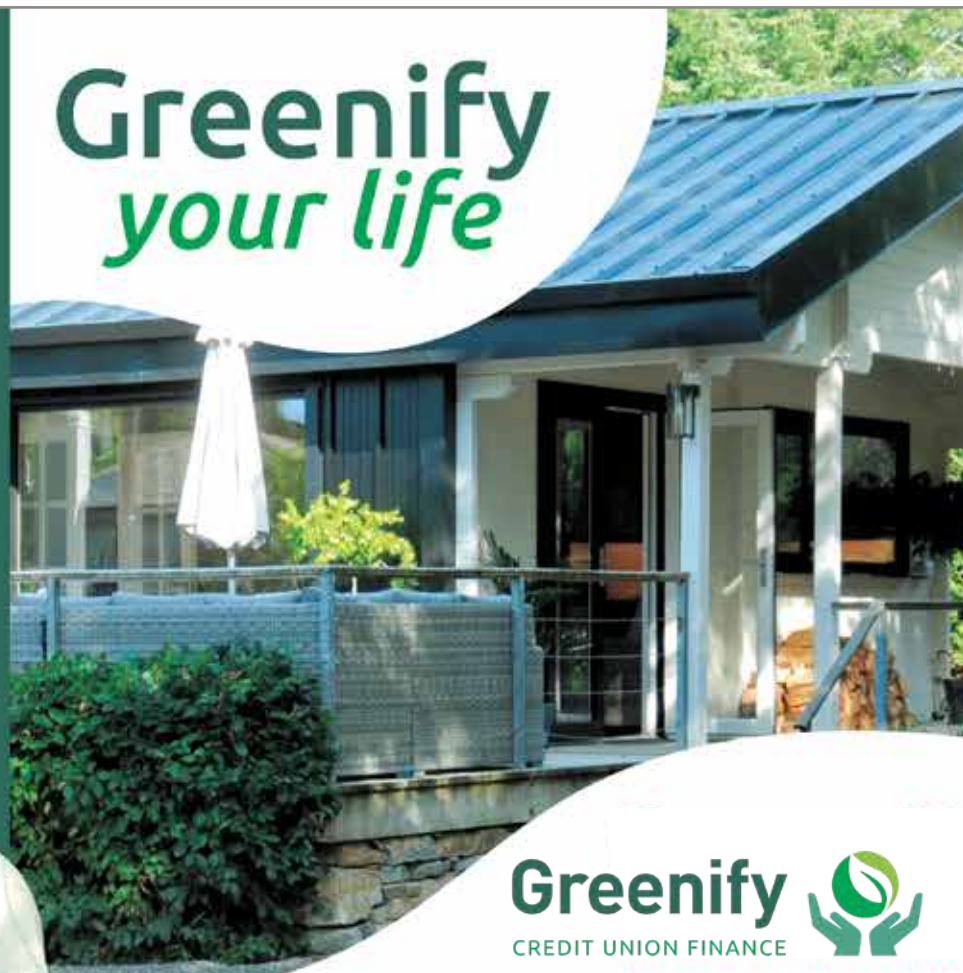
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people Environment : Making a difference

Kilcoe Studios launches ferns calendar

Ferns depict the seasons in such a visually prominent way. The way they uncurl in the spring has such an air of drama about it, and when they have stopped uncurling and have reached full height, we know summer is really here, and then from late summer we get the beautiful rust of the bracken dying back down for the winter. For 2023, The Kilcoe Studios Calendar has watercolour illustrations of native Irish ferns and it also delves into our cultural use of ferns in times past, as **Sonia Caldwell** explains.

Many people can identify bracken, our most abundant fern. Like most plants that were abundant in the past people found uses for them. It was used for thatching,

food, fuel, medicine, manufacture of glass, bedding, a source of potash, making soap, bleaching and dyeing. In 1917 one ton of bracken ash could be sold for £17 (British pounds).

Bracken leaves contain a carcinogenic compound, ptaquiloside, which breaks down when it is composted and seems also to break down in other ways when prepared by some societies for eating.

In general, most ferns are not considered edible, but those with a serious interest in foraging for food may be surprised that a few are, once they are prepared properly.

At one point in history, before botany and microscopes helped our understanding of the lifecycle of plants, ferns were not really understood. People could not quite understand how they could reproduce without seed, so they had a somewhat mythical status.

Some Irish stories refer to a fairy changeling. If this changeling was banished into a river or lake, it would turn into a clump of fern or yellow Iris. The fern also appears in the 'Cattle Raid of Cooley' – The warrior Nera enters a fairy mound at Samhain and he returns from the mound carrying golden fern, wild garlic and primroses.

In the 19th Century, ferns were subject to over-collecting during the 'fern craze'. Before the 1830s there was no obvious interest in ferns other than essential use for common ferns like Bracken or the odd fern with medicinal value. The Victorian era saw a surge in interest in collecting, studying and other

artistic pursuits among the middle classes, mostly in Britain but of course this all came to Ireland.

Also around this time Killarney had become a popular tourist destination and ferns were part of the Killarney experience, especially the Killarney fern, which was collected until it was nearly extinct. To this day any patches of it are guarded secretly and protected. The Killarney fern painted in this Calendar was painted from a specimen in the Botanic Gardens in Glasnevin.

Other ferns that feature are Maiden Hair fern, which was also over-picked for tourism, the male and female fern {which along with the Buckler fern are very tricky to identify}, the Hard Fern, Harte's tongue, Royal Fern and Maiden Hair Spleenwort. There is information accompanying each image.

The Calendar is also highly practical with good matt paper for writing on and a full A4 page for each month to write in everything.

Workshops and events in December

Suitable for adults and children over 13 – unless stated otherwise.

Saturday, November 26: Foraging for, and making Christmas wreaths from local materials from the hedgerows with Sonia Caldwell, 3pm-



5.30pm, €35.

Sunday November 27:

Shop open all day during the Ballydehob Craft Fair. Drop-in craft for children – gnomes and stars, 12pm-4pm. Donations.

December 3: Willow Stars – make your own Christmas decorations with Rosemary Kavanagh, 11am-1pm, €40. Bullrush Angels – 2.30pm-4pm, €35. Book both workshops for €70.

Sunday, December 4: Straw craft for Christmas – Stars and Spiral straw craft with Sonia Caldwell, 2.30pm-5pm, €35.

Thursday, December 8: Talk/

discussion about the Wren traditions in Cork and beyond and demonstration on making a straw boy hat. Please come and learn and share your old memories and stories and also to discuss the practice of the Wren in Cork today and especially Ballydehob. 7pm-8.30pm. Free. **Early 2023 events:** Textiles, Sewing and Willow growing with craft experts. More details next month.

Please email events@kilcoestudios.com to get more information and to book a place or call 087 0667871.

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2023 Calendar
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Heritage Craft
Workshops for Christmas
in Ballydehob studio
*See website for details or
email events@kilcoestudios.com
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More than 1,200 students sign climate change petition

Students from Skibbereen representing the 1,282 petition-signers from Skibbereen, Clonakilty, Bantry, Schull and Rossscarbery travelled to Leinster House to petition West Cork's three TDs.

"It goes to show how clearly concern for our climate future is worrying our future leaders – and we have to listen to them," said Deputy Christopher O'Sullivan, who is vice chair of the Climate Action Committee and Fianna Fail's spokesman on spokesperson on Environment, Climate Action and Biodiversity.

"The world is at the brink of catastrophe, and the kind of resolve these students showed us last week is frankly the best shot we have at turning things around.

"West Cork has always

produced leaders in the fields of science, climate change mitigation and technology and that won't change, so it renews my own resolve to do my bit to help secure their future when I see that kind of focus and resolve from our young people.

Among the student's recommendations were to keep all fossil fuels in the ground while increasing our wind, solar and tidal capacity, as well as increasing affordable public transport in rural areas and placing restrictions on single use packaging.

"Thank you to the students of Skibbereen Community School for the debate, the chat and the ideas. You all provide hope, and ye have very sound teachers too," said Deputy O'Sullivan.



Transition Year Students from Skibbereen Community School, outside Leinster House with Deputy Christopher O'Sullivan and Deputy Michael Collins

people Environment : Making a difference

Water water everywhere...and none of it safe to drink



GROUNDING

MEP Grace O'Sullivan

It has been a busy few weeks for the Environmental Protection Agency (EPA) and unfortunately, it hasn't been good news for the state of Ireland's nature. Almost half of our rivers and lakes are now polluted and almost a fifth of them in 'bad' or 'poor' condition, according to the agency's latest report on water quality. Pristine rivers in Ireland have dropped dramatically from 500 to just 20 in the last half century.

The results are shocking but unfortunately, they don't come as a surprise. Ireland's natural heritage has been in decline for as long as I can remember and

we have only recently had a government that has made it a priority.

Agricultural run-off, in particular from nitrogen-based fertilisers, impacts more than 1,000 of our waterbodies and the south coast is more affected than anywhere else due to the intensification of modern farming. Ecosystem collapse is the single greatest threat to the future of farming in this country and it's clear that for a liveable future in farming we need to find better balance with nature.

Historically there has been little political will in Ireland to tackle our environmental problems head on. Too often, successive administrations were happy to avoid any concrete environmental action and to wait for the European Union to slap us with million euro fines for not tending our own garden.

This has led us to the situation we are in today where we are taking drastic action to fight back against declining environmental standards, water quality, as well as climate change. A new River Basin Management

Plan will help to tackle issues such as inadequately treated sewage. We are also putting record levels of investment into water infrastructure. Places like Castletownbere and Cobh have benefitted directly from an end to pumping raw sewage into the sea, but 32 places in the country are still doing this for lack of any alternative.

Things might be looking brighter for our oceans however given recent action at EU level.

The European Commission just closed off about 16,000km² of Irish deep-sea waters to human interference due to the presence of vulnerable marine ecosystems. In the European Parliament my team and I had a hectic few weeks negotiating a resolution for a strong EU position on marine protection ahead of the upcoming climate talks at COP27. The ocean produces half our oxygen and absorbs a third of CO₂ emissions so it is imperative that Ireland, as an island nation, plays a leading role in protecting it.

In the European Parliament there is no government or

opposition, so we have to build partnerships and alliances with many different parties to get legislation over the line. It makes for tense arguments, but often means a refreshing break from party politics. In the case of the resolution on ocean protection, the process worked well and we achieved language calling for strong governance of our oceans, including a ban on gas and oil drilling in the Arctic and an end to bottom-trawling in Marine Protected Areas.

There are a few fights on our hands coming this year however. The government is to designate 30 per cent of our waters as marine protected areas by 2030 and this will not be easy given the size of our marine space. The coming EU Restoration Law will be very ambitious and will require us to restore our many failing habitats and ecosystems to healthy status. In Ireland, given the latest reports, it is clear that this will be an uphill challenge.



I'm fighting for fair and sustainable fishing, Marine Protected Areas and clean coasts for all to enjoy.

Please feel free to reach out to me on these issues and any more at any time
- Grace

people Food, Health & Lifestyle



A FLAVOUR OF WEST CORK RECIPE

Karen Austin

Greek flavours in fritters



We arrived into Amorgos, the third of the Cycladic islands that we have visited on this trip, late last night. We kind of ended up here by default after the ferries were cancelled due to extreme wind. This turnaround of our plans had the man in the ferry ticket bemused. “Amorgos” he said when we asked for two tickets. “Are you sure?”, “Why?” At which point we asked if there was something wrong with Amorgos. “It’s so far away” said the ticket man who had never been here... and it was. Six-and-a-half hours bumping through the sea in a small ferry boat but now that we’re here we glad we made the trip.

We did wonder last night when we landed. It was super windy, howling, but otherwise very quiet. We woke up this morning with the wind still whipping through the narrow streets but it cleared the clouds to reveal a blue sky.

Amorgos is quite a big island but sparsely populated. There’s one main road that seems to traverse the central spine of the island with side roads that switch backwards and forwards down to the sea on either side. It’s very steep and there are lots of steps. Steps up into the towns, steps down to the coast and lots of rough donkey paths when the steps peter out.

Steps are something most of the Cycladic islands seem to have in common, along with lots of very small churches and bakeries that make great pies. ‘Pies’ is quite a loose term, as they come in all shapes and sizes, savoury and sweet. Perfect for a picnic. We pick one up before we head for the hills. They get tucked into our backpacks along with half of our wardrobe, as you never know what you might need – jumper, sleeveless fleece and raincoat, which is for wind protection, not rain. We also throw in our togs and a towel in case we find a beach that we can clamber down to. The sea is pristine, pretty cool, but still delightful if the sun is shining.

The churches are scattered about the islands, often on top of the highest thing in sight or in the middle of nowhere. They are immaculately maintained, painted pristine white and blue. Some are unlocked and when we peep inside there are candles burning and beautiful pictures and icons.

Today we came across a monastery that was built high up, hugging the cliffs. It was up several hundred steps and was manned by two monks, two volunteers and lots of cats. We

were invited in, up lots of steps, to an amazing church overlooking the sea, which looks out to a sheer drop below. It would be a great location for the next Star Wars movie.

Apart from the aforementioned steps, pies and mini churches, each island has its own distinct personality. We’ve been having great fun exploring and getting spectacularly lost. The signposts are erratic and all in Greek, which brings a new level of meaning to the phrase ‘it all sounds Greek to me’. It’s made me make a note to myself to learn the Greek alphabet. Wherever we go we make a point of learning how to say good morning, good evening, please and thank you. Counting is also an asset but there isn’t usually a problem with the alphabet.

The islanders are very proud of their food, most of the ingredients used are local or from neighbouring islands. There’s the bounty from the sea and the land with plenty of goats and sheep to produce the masses of cheese that are on offer.

The menus in the tavernas are quite simple and comprise of mezze, salads, grilled meats (goat, lamb and rabbits) and fish.

Mezze are made for sharing and mopping up with fresh bread. Aubergine, tzatziki, taramasalata, fava, hummus, beans and so on, and then there are plenty of fritters – courgette fritters, fish fritters, cheese fritters and tomato fritters.

Here’s a recipe for tomato fritters. The island of Santorini seems to lay claim to this origin of this particular recipe but

there are many variations.

Our Greek friend Elisa reckons the fritters are best made with a mature Graviera, which she says is similar to mature Gruyere but most of the tavernas here use feta, which is also much more accessible in Ireland so I’m using that too (sorry Elisa). They include lots of fresh herbs and are delicious served with tzatziki on the side.

These fritters come in all shapes and sizes, anything from a small golf ball to a tennis ball and they are very difficult to photograph so please excuse the dodgy photo. It’s a tennis ball sized fritter – eaten in the daylight on one of the days when we went off exploring without any pies!

Use the ripest meatiest tomatoes that you can find.

Tomatokertes – Greek Tomato Fritters

Ingredients:

- 4-5 ripe tomatoes – about 450g
- 1-2 red onions
- 2-3 spring onions
- 1tbs chopped mint
- 1tsp dried oregano
- 2tsp chopped fresh thyme
- 1 egg
- 120g crumbled feta
- 120g flour
- 1 tsp baking powder
- oil to fry

Method:

Cut the tomatoes in half and discard the seeds. Dice the flesh into small pieces, season with a little salt then put into a sieve over a bowl for 10-15 minutes. This will get rid of excess

juices.

Peel and finely dice the onions, then stir into the tomatoes. The tomato juice will soften the onion.

Put all the tomato/onion mix into a bowl together with the chopped herbs, crumbled feta and egg. Season with salt and pepper. Take it easy with salt as feta is already quite salty. Mix everything together.

Combine the flour and baking powder then begin to add to the tomato mix. You may not need it all, it depends on how wet your mix is. You are looking for a thick batter that will hold its shape in the pan. If it’s too wet, add more flour.

Put a frying pan on the heat and add enough oil to just cover the bottom.

When the oil is hot, not burning, add spoonfuls of the batter and encourage into a tidy shape. Cook on a medium heat for 2-3 minutes then flip the fritter and cook the otherside. Lift out onto a piece of kitchen paper to drain before putting onto a serving plate.

Serve with a little tzatziki, Greek yoghurt or mayonnaise on the side.

I’ll be home by the time you read this!

I’m looking forward to giving classes again. I haven’t given a class since before Covid but I’m hoping it’ll be like riding a bike!

Island greetings,
Karen

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people Food, Health & Lifestyle

West Cork writer recognised at Irish Food Writing Awards

West Cork's Kate Ryan has scooped the award for Food Writing at the second annual Irish Food Writing Awards.

Over 75 award finalists attended from throughout the island of Ireland, competing for the 20 awards on offer covering Irish food and drink journalism, cookbooks, feature writing, blogging, podcasting, photography and social content. The awards were attended by some of international judges including the US-based award winning writer Colman Andrews, writer and columnist at The Telegraph Xanthe Clay, food writer and TV personality Andy Clarke, and Charlotte Pike, Chair of the UK Guild of Food Writers. Other judges included Rene Redzepi, Tom Parker Bowles, Jay Rayner and Fiona Beckett.

"I'm so delighted and proud to be the 2022 winner of The Irish Food Writing Awards in the Food Writing category," commented Kate. "I consider this category to be one of the 'biggies' and the competition was huge, up against some



Irish Food Writing winner Kate Ryan. Pic: Paul Sherwood.

of the most established food writers in Ireland today – fellow writers I have admired for many years. It's fair to say, it's only just sinking in!"

Despite the challenges of two Covid years, which saw Kate having to close and move on from the food tours and

events side of her business Flavour.ie, she has continued to develop and enjoy success in food writing.

Kate is secretary to the Irish Food Writers' Guild and has had articles on Irish food and food culture published in the UK for BBC and Vittles. She

is also due to have a piece published very soon in Scoop, Ireland's first printed food journal dedicated to long-form food writing.

Irish Food Writing Awards founder, journalist Suzanne Campbell, said, "We were overwhelmed with the amount of entries in this, our second year of the awards. It's been a great experience again working with our international judges and Irish food and drink sponsor companies without which the awards couldn't have happened. Myself and colleague Paul O'Connor set this up just last year to recognise excellence and the hard work of writers and food media."

The Irish Food Writing Awards were established to recognise and celebrate the high quality of food and drink writing from throughout the island of Ireland, across print, broadcast and online. In all categories, entries were accepted from the nominees themselves, or by a third party and were open to writers, journalists, bloggers and photographers.

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Fusion of international and local flavours at Kinsale Hotel & Spa



Thai chicken wings

Dining at the Rockpool Bar and Restaurant in the Kinsale Hotel and Spa is a relaxed and enjoyable experience in very comfortable and tastefully decorated surroundings, where you can enjoy the stunning view of Oysterhaven Bay. You'll be welcomed by a friendly and professional restaurant team before being served a delicious meal from the varied and seasonal menu. While it's a lovely spot for a relaxed family meal, it's also the perfect location for a more formal celebratory occasion.

Chef Guilherme De Fino mixes ingredients and traditions using different techniques and flavours from all over the world; his passion for fusion cuisine creating a unique dining experience. De Fino's menu

changes seasonally, as he is dedicated to using the finest of fresh local ingredients.

Summer menus will always have fresh, sea focused dishes – for example delicious local oysters, beautifully prepared for diners in various forms. A firm favourite this year was the 'Duo of Oysters' starter; two fresh oysters served with orange, ginger and red chilli dressing, accompanied by two deep fried oysters which had been marinated in Gochujang (Korean fermented chilli paste).

Another dish that had diners coming back for more was the delicious 'Catch of the Day' option; boiled oysters, bacon and breadcrumb formed the delicious pangratto, which accompanied popular fish such as halibut, black sole, monkfish



The restaurant has panoramic views over Oysterhaven bay.

and turbot, each served with fregola pasta and Brazilian curry sauce to bring a cultural fusion to the plate.

A member of the West Cork People team recently enjoyed a meal at The Rockpool Restaurant and had this to say:

"We were really well looked after by the lovely staff at the Kinsale Hotel and Spa, who were attentive at all times without being intrusive. There is an excellent choice on the menus available. One of our party was a vegetarian and one was gluten-free and there was no problem in accommodating these requirements. In fact, we were handed a separate vegetarian menu. As well as a decent children's menu, there is also a pizza menu available.

"To start, a firm favourite

on the a la carte menu was the 'Thai style chicken wings', definitely more-ish! The 'Mussels cooked in white wine, shallots and garlic cream sauce also went down a treat. The vegetarian was delighted to have a choice of starters and was very satisfied with her 'Soy honey cauliflower wings'.

"Mains chosen included the 'Kinsale beer battered fish and chip' – the fish was cooked to perfection in a light and crispy batter; the '8 hours braised beef with roasted celeriac risotto, crispy bacon, basil oil' – the perfect marriage of ingredients and a really comforting dish, perfect for a stormy autumn night. The vegetarian 'Aubergine stuffed with mozzarella and ragout' also got the thumbs-up, as did the Hawaiian pizza

– the leftovers boxed up and brought home for breakfast.

"We couldn't leave without sampling the tantalising dessert menu – the teenagers very happy with their 'selection of ice-creams with cream and toppings' and adults won over by the 'Lemon tart with Italian meringue, lemon mousseline profiteroles and tangy lemon and mango gel' and the very decadent vegan treat of 'Chocolate almond coconut mousse with fresh raspberries and raspberry coulis'. It was the perfect finish to a very enjoyable meal on a very wet and windy Sunday evening."

A unique and innovative menu with lots of fresh and interesting flavours at its core.

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Chef Guilherme De Fino, born in Brazil, with Italian roots and ancestry, started his career back in Brazil, coming to Ireland in 2018 after a short period in Italy. Guilherme began his career in Ireland as a senior Chef de Partie learning the Irish food culture and traditions before his promotion to Sous chef working in various restaurants and hotels, where De Fino was then offered his first role as Executive Head Chef, at Kinsale Hotel and Spa.

people Food, Health & Lifestyle

Always an occasion for cake when it's from Sharon's View

Mention mince pies to Sharon or Laura O'Driscoll at this time of year and they both sigh heavily. "It's like opening Pandora's box," explains Sharon. "we're literally walking over boxes and boxes of mince pies for weeks on end." Baked with Sharon's homemade mince meat and mouthwatering almond pastry, it's not difficult to understand why these festive treats cause such a frenzy in West Cork.

In the short time since they've been running Sharon's View at the Uillinn Cafe, locat-

ed in the West Cork Arts Centre in Skibbereen, the mother and daughter team have gained quite a reputation for their friendly service and delicious cakes and treats baked fresh every day at their eco-friendly bakery, which runs completely on solar energy in Castlehaven. Conversation and laughter mingles with the scent of freshly brewed coffee and home baking at their bustling little cafe at the heart of Skibbereen town.

Professional baker Sharon is up with the birds each morning enjoying the sunrise from her window in Castlehaven

and always busy baking in the kitchen before 5am. Most of the cakes and baked goods such as scones reach the cafe by 11, followed by the quiches and sausage rolls. Sharon also makes a selection of appetising chutneys and jams – chilli jam, beetroot chutney, spiced apple, apple and chilli jam and rhubarb chutney – using ingredients grown in her polytunnel: these are served with the cafe's tasty panini's, bagels and sausage rolls. Whatever produce isn't homegrown is sourced locally for the cafe. There are also a number of gluten-free and vegan options available and a different soup each day. The cafe serves McCabe's specialty fair-trade certified coffee. McCabe's is Ireland's first carbon negative coffee roastery.

Originally from Wales, Sharon met her husband Willie, a Castlehaven man, while she was working as a chef on one of the Channel Islands. After their daughter Laura was born in 1994, the couple decided to relocate to West Cork and moved back and forth between Castlehaven and London for a number of years for work commitments before finally settling here permanently 12 years ago. Between 2005 and 2009, Sharon ran the coffee shop in Union Hall, so she is well experienced in running a busy cafe.

Laura and Sharon O'Driscoll (below) and their staff at Sharon's View at the Uillinn Cafe.



After Laura graduated from University and moved back home, and with orders for baked goods flying in during the pandemic, it felt like the right move to both women when the opportunity presented itself to go into business together. With Sharon in the kitchen and Laura running front of house and a reliable and personable team – made up of mostly neighbours and friends – behind them, it's a business that has all the right ingredients for success.

Inspired by her grandmothers, baking has always been Sharon's passion. "One of my grandmothers always

baked the most amazing apple tarts and every time I visited my other granny, she would open a cake tin and almost as if by magic there would be a different incredible cake inside it each time," she remembers nostalgically.

When Sharon isn't busy baking, she's coming up with new and delicious cake recipes like her best-selling cappuccino cake, a three-tiered wonder of coffee, vanilla and walnut layers. Other bestselling and tempting creations include her apple tarts, her grandmother's bread and butter pudding recipe, lemon drizzle, chocolate orange

or coffee cake, cupcakes in all shapes and sizes, and home-made brown bread and cheese and chive scones (she also supplies her scones to The Coffee Cup in Reen, Union Hall).

Laura has been baking with her mum since she could reach the kitchen countertop. "I've always loved the idea of running a cafe with my mum," says Laura "and there's a really great energy to this place. It feels right."

Everything on the menu is also available for takeaway and cakes are available for order and collection at either the bakery in Castlehaven or at the coffee shop.

Sharon's View at The Uillinn Cafe is open Monday, from 9am-4pm and Tuesday-Saturday, 9-5pm.

To place an order phone 086 853 7685 or email sharons-view@hotmail.com.





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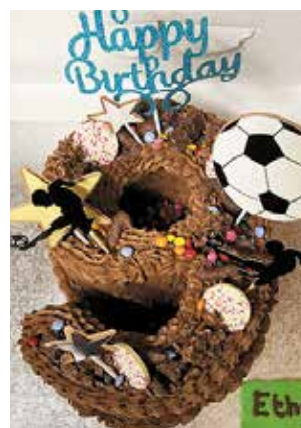
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OUT & ABOUT



Network Ireland West Cork's Majella Galvin of DNG Galvin won a National Highly Commended award in the 'Power Within Champion' category at Network Ireland's prestigious 2022 Businesswoman of the Year Awards at Galway's Salthill Hotel on Oct. 7. Majella (pictured right), who is the first candidate in NIWC history to win two categories in the same year, was recognised for her inspiring resilience and success as the first chartered female estate agent in West Cork. NIWC President Marie Wiseman (pictured left), said she's thrilled that more women are overcoming their reluctance to shine the spotlight on their accomplishments so they can better succeed in business.



Just a small taste of the huge range of Sharon's View cakes and buns that have appeared at West Cork occasions recently.

people Food, Health & Lifestyle

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

Even though we associate November with Halloween and the many fun and games associated with this festival of the dead, I felt the humble potato deserved a mention this month. As we have had

The humble potato and its many health benefits

such fine weather, there are very few potatoes still in the ground and most, if not all, are carefully stashed away for the long winter months. Storing potatoes is not such a task today, as we are so used to having them available in the shops 24/7.

We accept the potato as part of the staple diet of the Irish people, but it has also become synonymous with Ireland because of its association with the potato famine of the 1840s. The dependence of the Irish people on the potato as their main food developed due to its nutritious value and its ability to produce large crop on a small amount of land.

The potato possesses many nutrients, as it is a rich source of antioxidants, vitamin C, B1, B2, B6, B9 and numbers of trace elements. These are all needed in our diet and play a functional role in maintaining our bodies. The skin of the potato also contains phenolic acids. Both antioxidants and phenolic compounds have ability to suppress cancer cells and improve heart health by lowering the risk of hypertension.

Potatoes also contribute to:

1. Maintaining bone structure and strength, as they contain iron, calcium, magnesium, and

zinc. Both Iron and zinc help in the production and maturation of collagen. Bones are made primarily of collagen, so when a body's collagen production decreases, your bones weaken, making them more susceptible to fracture.

2. Potatoes help control blood pressure. Potassium, calcium, and magnesium are all present in the potato. These have been shown to decrease blood pressure naturally. Potassium widens blood vessels thus reducing the pressure on the vessel walls.

3. Potatoes and the heart. There are significant amounts of fibre in a potato and fibre helps in lowering cholesterol. The potassium present in potatoes also helps maintain a healthy heart.

4. Inflammation. Learning, memory, and the movement of muscles all benefit from choline, which is present in potatoes. One large potato contains 57mg of this nutrient. The daily requirement is 550 mg for men and 425 for women. Choline also a) Maintains cellular membrane integrity; b) Helps in the transmission of nerve impulses; c) Helps in fat absorption; d) Contributes to early brain development.

5. Cancer There are a number of reasons why potatoes are



helpful in preventing cancer.

a) Firstly, they contain folate and folate, due its role in DNA synthesis and DNA repair prevents DNA mutations forming.

b) Secondly, fibre intake (present in potatoes) is associated with a lower risk of colorectal cancers. c) Free radical damage to cells is reduced by the presence of vitamin C and quercetin in potatoes.

6. Gut health is maintained due to potatoes containing fibre, thus preventing constipation, and ensuring regular bowel movements.

7. Potatoes contain few calories. One baked potato (without butter) contains 164 calories approximately. They thus prevent one from snacking as they make a person feel full for longer.

In this way they help towards maintaining a healthy weight by not eating excess calories.

8. Vitamin B6. The presence of Vitamin B6 in potatoes is important for the breaking down of carbohydrates and proteins into smaller compounds. These are then more easily utilised for the energy requirements of the body. One potato contributes 30% per cent of our daily B6 requirements

9. Skin. Collagen is important for skin. The vitamin C in potatoes and other antioxidants in potatoes helps to maintains the overall skin texture.

The bottom line is that potatoes are a superb food and are well worth the effort of cooking them, especially as there are so many ways of cooking them, as well as so many different varieties to choose from.

Try buying unwashed potatoes, as washing removes the protective coating present in the skins. They are best stored in the dark, as light can cause them to turn green and this is toxic. The storage area also needs to be dry. Do not store in a fridge as an unpleasant flavour can develop. Do not store near onions, as both vegetables emit natural gases that cause the other to decay.

Even though we are used to peeling potatoes, this is not a good idea, as the vitamin, mineral and fibre content is mainly in

the skin.

The green discolouration on potatoes may contain solanine, which can cause issues such as diarrhoea, headaches, and muscle cramps. So, if a potato has shrunk and looks green when peeled, do not use.

Cook at a temperature below 120° C. Above this temperature, potatoes produce a chemical called acrylamide. It has been linked to the development of several cancers, as it has neurotoxic properties.

Too many potatoes should not be eaten if a person is taking beta blockers, as this medication increases potassium in the blood. This, plus the potassium in potatoes (or in bananas and tomatoes) could lead to the problem of having too much potassium. This is generally not a problem as most people do not eat the skins and this removes some of the nutrients. For example, a medium (5.3 oz) potato with the skin contains 620mg of potassium and 27mg of vitamin C. Removing the skin eliminates approximately 150mg of potassium and 4.5mg of vitamin C.

Non-starchy vegetables should be eaten with potatoes, as this prevents the intake of too many carbohydrates.



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Celebrating life and death



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.

Like the traditional Irish Wake and the Jewish custom of 'sitting shiva', Dia de Los Muertos, also known as Mexico's Day(s) of the Dead, has always stood out to me as a uniquely rich and beautiful tradition honouring both the living and the dead for extended periods of time. Traditionally it is held on November 1 and 2 (but can also include October

31 to November 6 depending on locality).

It seems people are now more familiar with this holiday, as it has received increased media attention over the years and was also made famous by the Disney film 'Coco'. In a nutshell, it involves families and friends gathering to remember their dead. As much as it's a time for deep reverence, it's also about culture, art, music, food and a notably humorous tone in many of the celebrations, as funny events and stories are recalled about the departed. There are so many wonderful places to experience Day of the Dead, and my husband and I experienced it in October 2021 in San Miguel de Allende, a well-preserved, walkable and visually stunning city in the central highlands of the country. During the previous year (Autumn 2020), as the world was still locked down, I'd studied and collaborated online with an end of life doula community there. Serendipitously, several of us developed and maintained friendships over the months so this connection made our first Day of the Dead very special despite the fact that it was Mexico's first year of celebrations cautiously returning to some degree.

Our first stop on a tour was the local cemetery. We arrived

early being mindful of numbers; understanding that as the day went on, more families and communities would gather. As we came nearer, there was no shortage of tables set up selling the most perfectly shaped roses in shades of white to pink and red, marigolds and cockscomb (a crinkly magenta or wine-coloured flower). There were other varieties as well but these I recall the most. Marigolds with their bright orange colour and pungent scent seem to be most culturally important; cockscomb are long-lasting and colourful as well. As we entered the site, these flowers had been made into wreaths, garlands or crumbled into bits appearing to cover a grave like a blanket or perhaps made into a design or shape such as a cross. We observed the graves of young people adorned with balloons; another with personal items: headphones and some medals – likely awards received for sport. Many of the graves had what appeared to be gates around them; symbolically like a crib or a protective layer of sorts, while others were interred spaces within a memorial wall; vases of flowers and offerings of a favourite drink such as tequila or beer alongside. What stood out the most was an area where I observed simple graves. There was one in particular where family or friends appeared to be lovingly turning the soil there; some with tools, others simply moving hands in the earth, then embellishing it with flower petals. This act, more than the graves filled with material objects and offerings, moved me deeply at the time.

Meanwhile, walking around the city was a spectacle, as many of the hotels, shops – businesses of all kinds – had decorated their doorways with imposing flower garlands, 'ofrendas' (altars) that



At the Frida Kahlo House in Mexico City

included photos of deceased people, personalised items, and food/drink. There were also images and sculptures of larger-than-life skeletons most notably 'La Catrina' – a tall female skeleton often adorned with fancy dress and a hat with feathers. One hotel had filled the centre of its lobby with an immense 'ofrenda'. And it wouldn't be unusual to see a fountain in a public park filled with marigolds. What a sight!

Our guide also took us to a street market especially for creating one's own altar. Most unusual were the hundreds of colourful and tiny objects made primarily of sugar, representing everything from foods to animals to miniature skulls and coffins. It was here that we also selected our flowers and candles. The choices and intricacies of all that was on offer was pretty overwhelming so in the end we had our helpful guide choose for us!

We called into a favourite local bakery to buy pan de muerto (bread of the dead). I'd seen it before but didn't think it looked particularly appealing to eat (a

part of me also thought it wasn't actually meant to be eaten, rather used only as an offering for remembering the dead!) I was wrong on both accounts. We had a sample with some coffee and I'm now hooked on the fusion of orange and cinnamon flavours. I will definitely miss having it this year!

Fast-forward through to the evening – we had our faces painted skull-like for fun and in support of local artists, enjoyed a delicious home-cooked meal with our friends, the finale being that pan de muerto this time was dipped in warm cacao drink (not your average hot chocolate). and went off to a parade for a couple of hours to admire the costumes and view more ofrendas around the city.

A magical first taste all around – but the most essential part was still to come.

After the parade, later that evening my husband and I remembered our guide suggesting that we really get in the spirit by putting together an 'ofrenda' for our ancestors before going to sleep. This was the heart of it, she'd said. And so the candles

were lit, the food and drink offerings and little trinkets were laid out. I began to wonder if we might have ghostly visitors. Not exactly – but shortly thereafter, I received a whatsapp message from our lovely guide. I'd forgotten that she had asked for any photos we might have of our ancestors. At first we'd felt woefully unprepared, but then recalled making a remembrance altar back at home in the months prior. So we went through our phones locating whatever pictures we could find that friends/family had shared.

The message sent that evening included these very photos in a digital collage with much of the Dia de los Muertos symbolism we'd discovered that day and the words 'Welcome back, November 2, 2021'.

To learn more or to connect with Melissa, email her at starsbeyondourskin@gmail.com or visit www.starsbeyondourskin.com.

She also welcomes your questions or ideas for future columns!

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New safety booklet launched to combat technology-facilitated abuse in domestic violence

As technologies and platforms that make our lives easier are increasingly being used by more and more people every day, perpetrators of abuse are also adopting these technologies to exert coercion and control over their partners. In response, Safe Ireland, in association with the National Cyber Security Awareness Taskforce, has launched a new safety guide titled 'Supporting Women: Responding to Technology-Facilitated Domestic Abuse'.

The booklet has been designed for specialist domestic violence professionals but family, friends,

neighbours and other community members may also find the guide useful if they are supporting someone at risk of technology-facilitated abuse.

What is technology-facilitated abuse?

Abusive behaviours may include:

- Denying access to devices and technology to isolate the victim so she is unable to contact friends, family or specialist services for help and support, or to protect herself from abuse.

- Posting abusive comments about the victim on social media accounts or sending ex-

cessive amounts of voice calls, emails and texts.

- Using technology to control or manipulate home appliances, locks and connected devices.
- Using tracking devices in toys, cars and devices to monitor locations and activities.
- Creating a fake account to harass or abuse the victim, her friends and family.
- Sending menacing messages and images that threaten the victim, her friends, family and pets.
- Sending menacing messages and images that aim to cause the victim reputational harm.

- Sharing or threatening to share intimate images without consent.
- 'Doxing' by posting the victim's personal information on social media or elsewhere online.
- Accessing someone's personal accounts without their knowledge or consent with the use of known passwords or shared devices.

According to Mary McDermott CEO of Safe Ireland, digital abuse follows the norms of other forms of abuse where victims are often blamed, disbelieved or dismissed:

"Technology-facilitated abuse

has become a powerful means of coercion by perpetrators which allows significant reach beyond the boundary of the home. As healthy behaviours regarding the use of technology have not yet been culturally settled, in many cases women may not recognise technology-facilitated coercion and abuse as the behaviour may be perceived as normal."

Users of the booklet will also have access to a number of support-training initiatives including free Cyber Security Essentials Training webinars provided by Hewlett Packard Enterprise and a series of informational videos

created by security software development company Trend Micro. This will be further supplemented later in the year by access to a new online accredited course in technology-assisted abuse which is currently under development at University College Cork. The course will be available nationally and is designed specifically for frontline domestic abuse professionals, but is also expected to be of significant interest to University staff and students.

Both the booklet and training can be accessed on the Safe Ireland website safeireland.ie

people Food, Health & Lifestyle

Bantry Bay Lions Club Diary

Provided by John Dervan, PRO,
Bantry Bay Lions Club

The Bantry Bay Lions donated €500 in October to the Pakistan Flood Appeal. The money was sent to the Lions Club International Foundation fund as part of a worldwide fundraising drive by Lions Clubs. The fund will be used to purchase water purifying tablets and facilitate other needs in this dire situation for the Pakistani people.

The Bantry Bay Lions will be holding their annual Christmas Food Appeal at SuperValu and Lidl from December 9-11. This year, with the cost of living and energy price increases, the appeal is even more critical in meeting the needs of those struggling to make ends meet. They will be collecting food and money and will be converting everything collected into €50 'Food Only' Vouchers. Once again, the Lions will be relying



on the continued generosity of the general public to make this another successful appeal.

The Bantry Bay Lions Club is a non-profit organisation and is affiliated to the Lions Club International Foundation (LCIF) which has 100 years of service. The members support the local community and

provide assistance and financial support to various programs and local organisations. They normally meet at the old Gaelscoil in Bantry at 7pm on the second Thursday of the month. To learn more about the Bantry Bay Lions you are cordially invited to visit their website at www.bantrybaylions.com.

Beware of teen dieting



Amanda Roe

Trauma therapist
& Mind coach

An eating disorder is a very serious health condition that affects your mind, body and emotions. They can begin as emotional issues that cause stress, reduced appetite and disordered patterns of eating, or as dieting where nutritional deficiencies start to affect memory, mental health and cause unhealthy behaviours like skipping meals, binge eating, food restriction, weight loss and weight gain.

With the use of smartphones we are less aware of the influences that others have on our children and so it is important to be aware of mood changes, low energy, withdrawal from family, friends or school, fixation with body image and weight loss.

What can initially appear as a desire to get fit and healthy can lead to fad diets, over-exercising or skipping meals.

As parents it is important to be aware that fixation on weight can start at a surprising-

ly young age; in fact statistics indicate that that 81 per cent of 10-year-olds are afraid of being overweight and 46 per cent of nine to 11-year-olds are already sometimes or very often on diets.

Eating disorders affect boys and girls and often develop slowly over time. Because they can be camouflaged as getting healthy, it may take family members a year or more to realise that there is a serious problem. Therefore it is important to watch out for disorders patterns of eating and unhealthy weight control techniques such as skipping meals, fasting, smoking cigarettes, vomiting and taking laxatives.

Diets don't work, they lead to unhealthy eating habits and cravings or binge eating when our body is hungry or not receiving enough nutrition.

Because it is so common for eating disorders to start off as dieting or 'healthy eating', it is important for parents to be aware that healthy eating means eating nutritionally dense foods from all of the following food groups daily.

Vegetables – are an important source of fibre, minerals and vitamins. Eat a diverse selection; I love the expression "eat the colours of the rainbow" i.e. peppers, tomatoes, carrots, salad leaves, broccoli, cabbage, spinach, celery and so on.

Fruit – are a source of antioxidants and vitamins.

Carbohydrates – Vegetable and fruit are carbohydrates.

The national recommendation is five a day of fruit and veg. I find most people eat more fruit than vegetable and I prefer Australia's policy of 2 fruit and 5 veg a day as most essential nutrients are found in vegetables. Wholegrain carbohydrates include foods like quinoa, oats, sweet potato, brown rice, wholegrain breads and potatoes.

Proteins – Animal proteins like eggs, fish, meat and dairy are essential. They are your only natural source of B12. B12 provides energy, helps to make DNA, and keeps the body's nerve and blood cells healthy. Other sources of protein are beans and pulses such as lentils and chickpeas, seeds and nuts, soy products like tofu and the grain quinoa. However beware you only get B12 from eating food from animal sources of protein so becoming vegan has longterm health implications.

Essential Fats – are needed so the body can absorb fat soluble vitamins A, D, E and K. The best food sources of essential fats are avocado, chia seeds, eggs, fresh tuna, herring, mackerel, salmon, trout, flax seeds, almonds, brazil nuts, walnuts, organic nut butters, olives, olive oil, flax oil.

Eating sugar, junk food and processed carbs will deplete nutritional reserves, so encouraging your child to eat a wide range of vegetables will help to replenish these reserves. If you feel their diet could be better then supplementing with a good quality multivitamin and








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Omega 3 from the health food shop is a good idea.

Many children and adults skip breakfast but it is in fact the most important meal of the day, as it gives you the physical and mental energy to be active and productive. There is little or no nutritional value in cereal so encourage them to think differently about breakfast, perhaps eating leftover dinner or freshly squeezed orange juice, porridge with seeds and nuts, a boiled

egg, wholegrain toast and coffee with some pouring cream – this is nutritious and delicious, will curb cravings and set them up for the day.

If you feel your child's disordered patterns of eating are rooted in anxiety, fear or other emotional issues or causing black and white thinking or OCD behaviours then seek help.

Amanda Roe is a Clinical Hypnotherapist and Acupuncturist. She uses a range of holistic therapies including guidance around food to improve physical, emotional and mental health and support natural recover from trauma, eating disorders and other chronic health conditions. For more information or to book a session visit www.roehealth.ie or call/text Amanda on: 087 633 1898.

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West Cork Social Prescribing Service holds information morning

The West Cork Social Prescribing service held an information morning in Bantry library on September 30. Link Workers, Jennifer Riney and Wendy Bond were

in attendance to give people information on the service and how people can link into it. This free and confidential service, which is funded by the HSE, is hosted jointly by The

Caha Family Resource Centre and Dunmanway Family Resource Centre and is available throughout West Cork.

Essentially Social Prescribing, or Community Referral as it is sometimes known, is a new name for an old idea: that people are 'happier and healthier' when they are connected to their community.

Who is it for? Anyone over 18-years-of-age who would like to make a change in their lives or who is going through a transition in their lives and would like some support whilst going through this change.

How does it work? People can self-refer to the service or

can be referred by a health professional. The Link Worker will spend time talking to you about your interests and what changes you might like to make in your life. This could be to meet new people, learn a new skill, take up a new hobby or new form of exercise, link in with a support group for a specific issue. People have been linked in with activities such as walking groups, Men's Sheds, Women's Groups, art and craft groups, gardening clubs, community gardens, exercise classes, local ETB courses, Family Resource Centre activities, book clubs, volunteering and many other activities.



Link Workers, Jennifer Riney and Wendy Bond

The Link Worker will support you in identifying and setting health and wellbeing goals for yourself and assist you in setting up a simple plan which will help you to achieve these goals. The Link Worker will also support people to access their chosen activity if required, attending groups with them initially if they need support and assisting with accessing

transport.

Many people have found social prescribing to be a very beneficial way to support their health and wellbeing. If you are interested to find out more or have any questions about this service please call Jennifer on 083-1491543 or Wendy on 083-2040729.

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Breaking free from chronic stress

Everyone knows intuitively that stress is bad for your health. It is also true that stress does manifest in real physical symptoms and changes to your physiology. In clinic, I am regularly seeing

manifestations of stress in teenagers, which can potentially, over time, lead to ill health.

Dilated pupils

Dilated pupils are when the black part of the eye are bigger



Eoin Roe
Chiropractic

than they should be; this is often quite easy to spot and is a direct result of the sympathetic stress response. The body responds this way in times of stress to improve visual acuity (how well you see).

Certain drugs can also cause pupil dilation including common recreational drugs and some pharmaceutical ones.

Cold hands and feet

Many people come into clinic

with chronically cold hands and feet, even young people who do not have circulation problems. In times of stress your body automatically causes peripheral blood vessels to constrict and the large blood vessels supplying the heart, lungs and large muscles to enlarge, therefore allowing for a better physical response to fight or to run away.

Variable heart rate or raised heart rate

Your heart rate is controlled by the autonomic nervous system (ANS), which includes the sympathetic and para-sympathetic responses or, in layman's language, the stress response versus the resting response. When these systems are stressed you can experience a variable or raised heart rate.

Stomach ache and feeling like not eating

When the sympathetic stress response is over active, the rest and digest response will not work well. This affects our body's ability to release digestive enzymes at the correct time. When this happens people often feel full very quickly, nauseous or have a lack of appetite.

What causes the stress response?

There is often a lot of attention given to emotional stressors – work, money and relationships – as being the main culprits in the stress response. It is true that these will add to the total amount of stress and can trigger a real stress response.

However there is much less attention given to the things we do every day and how they affect our stress response. The most important stressor I see



is people not eating regularly and not eating enough. Not eating has a direct effect on your ability to maintain stable blood sugar level through the day and this is a very significant stressor.

The first thing we can do to manage stress is to eat a well-balanced breakfast, lunch and dinner.

Secondly, exercise will help us manage stress; the research is very clear that exercise and being physically active are some of the best ways to manage our stress levels.

Thirdly, get adequate sleep between 10pm-7am. Lack of sleep or sleeping at the wrong time has a direct effect on how our body manages stress by altering our circadian rhythm and stress hormones.

The other two common things that contribute to a heightened level of stress is caffeine intake and smoking. Both of these products are known as sympathomimetics – meaning they directly mimic the stress response.

So what do we do?

Once someone has got themselves into a significant level of autonomic dysregulation, it can be hard to get out of. 'Stoicism'

is a school of thought from ancient Greek and Roman times. One of the tenants of Stoicism is to concentrate on what you can control and don't worry about what you can't.

Many of the things we get stressed about are out of our control, realising that, and choosing to not worry about them can be very liberating. This is the same for health – sometimes we can't control things but there are number of things that are under our control.

We can choose what to eat and when to eat, we can choose to do some exercise or stay active and get outside, we can choose to go to bed at a certain time, we can choose decaffeinated drinks, we can choose to stop smoking and, if we are struggling, we can seek help.

If you would like some help to manage chronic stress please feel free to contact us at www.roehealth.ie or give me a call on 087 958 2362.

Eoin Roe is a Certified Functional Medicine Specialist and Doctor of Chiropractic based in Skibbereen, West Cork.

Get in touch for free and confidential career support in the Clonakilty area.

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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.

Compassion-based mindfulness helps us to grow in self-awareness of how we behave in the world and how we take care of our feelings. Mindful reflection can also help us to take responsibility for our actions or lack thereof, without being too hard on ourselves or others. I have understandably been feeling a bit off kilter lately, two major losses in recent months have left me somewhat unregulated and fragile, sometimes experiencing a gentle softness and opening

to life, and at other times being aware of having too short a fuse and too narrow a focus. But in gently seeking a state of calm equilibrium between these opposing feelings and mind states, I notice a real rawness and honesty in myself, potentially an opportunity for personal learning and growth.

Accepting that I really have no control over life, I still notice a tendency in myself to try and control the smaller things, this can include other people and the choices they make, particularly when I disagree with those choices. We can tend to project our own beliefs and values onto others and assume that their way of thinking and doing things is like ours. This assumption or expectation that others should have the same values and ethical base as us means we can fall into the narrow trap of 'right or wrong' thinking, for example 'I'm right, you're wrong'. You might like to reflect for a moment yourself on where this kind of thinking gets us. Can anyone always be 'right'? And at what cost, or what amount of suffering to ourselves or others? Or can there be a middle ground?

Perhaps we don't want to acknowledge our mistakes or human imperfection, so we keep the focus or blame firmly on someone else instead of checking in with our own role in the story and easing up on

everyone. Most of us will know how awkward it can be to admit when we are wrong or to apologise, and on the opposite side, I noticed lately that it can also be hard to accept an apology. It can be especially tricky to 'back down' when we have made our stance on an issue clear. We can dig our heels in so stubbornly and so deeply, that to pause, step back and look at the situation through a different lens might feel impossible. We can operate out of deeply embedded habitual behaviour and thought patterns, so familiar to us that we do not even notice them, far less question them.

If we accept that people sometimes live by very different values, and that we cannot force our values onto others or vice versa, we are left with choices for how we wish to live our lives. Why not take a moment to pause in your day now. And without forcing or falsifying anything, simply notice if there is any situation in your home or work life, where you have reached an impasse? What are your choices? Is there room for any softening around the situation? Cultivating an open, forgiving heart helps us to move easier through our lives. Can we learn to forgive ourselves and each other even in the face of deep hurt?

At the end of the day, we cannot change the behaviour of anyone else but ourselves, but to

help make the most of this most precious life that we share with our fellow beings, it is worth taking a moment here and there to reflect. Every new day, new moment, new breath is another opportunity to take a mindful pause, to accept our flaws and imperfections, to recognise that it's ok to make mistakes, that there is freedom in being able to admit gently that we get things wrong sometimes, that we react at times and that's part of being human. Our mistakes provide plenty of fertile ground for us all to grow and learn.

Danna Faulds begins her beautiful poem 'Walk Slowly' offering wise words "It only takes a reminder to breathe, a moment to be still, and just like that, something in me settles, softens, makes, space for imperfection".

Drop-in compassion-based mindfulness sessions at Myross Wood, Leap (CECAS.ie) on Tuesday mornings from 10am-11am. €10. All welcome.

Another Re-connect and Re-engage programme for CECAS is currently being planned. A chance to explore and deepen our connection to ourselves, nature and community. Please get in touch for more details. www.mindhaven.ie Phone: 087 2700572 email: susanoreganmindfulness@gmail.com or facebook page (Mindhaven)

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ALONE calls for West Cork volunteers

ALONE, the organisation that supports older people to age at home, is looking for volunteers throughout Cork county, but particularly in West Cork in the towns of Skibbereen, Kinsale, Bandon, Castletownbere, Bantry and Glengarriff.

ALONE's Visitation Support and Befriending service matches older people who would like extra social contact with volunteers in their area, who provide companionship through a weekly visit. The organisation asks that all volunteers commit to at least one

year, as this commitment gives the volunteer the opportunity to have a meaningful experience while ensuring continuity of service for older people. Volunteers must be over 18 years of age, and be able to provide support and companionship to an older person by visiting them at least once a week.

ALONE's Telephone Support and Befriending service is a free friendly, support and information telephone service for older people, providing personal daily or weekly contact to ensure that recipi-

ents are safe and well in their home.

A long-standing volunteer with ALONE, Jonathan O'Sullivan shares how, as a volunteer "you develop a great sense of community from a weekly visit to an older person."

Valerie Mannix started volunteering earlier this year. "It's an exceptionally rewarding experience for both parties," she explains. "I provide an ear and company for the older person and I also gain in learning from their life experiences."

ALONE is also encouraging older people who may need

support to get in touch.

If you are interested in becoming a volunteer with ALONE. Please access ALONE's Volunteer Expression of Interest form available from www.alone.ie.

If you have concerns about your own wellbeing or you are an older person who would like to receive ALONE's Support and Befriending services, contact ALONE on 0818 222 024 from 8am-8pm, seven days a week.

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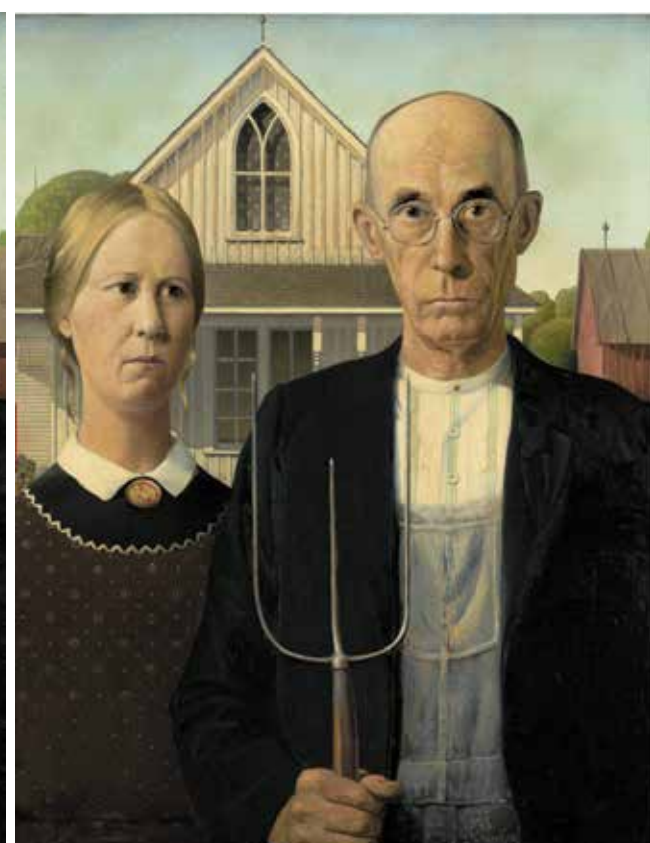
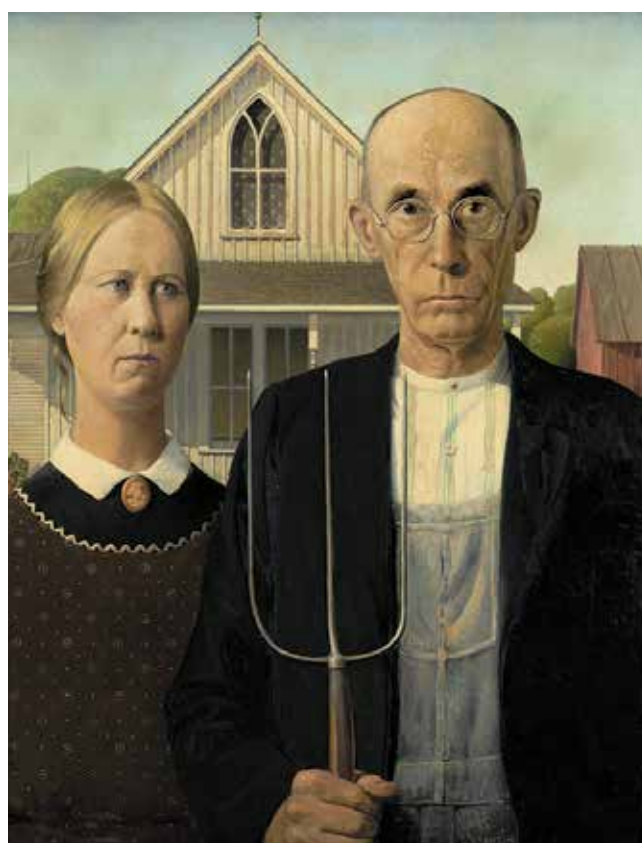
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Physio-recommended footwear at Batemans

Embracing the weather and heading out on a run or walk is guaranteed to improve your mental and physical health in winter months – but the right footwear is absolutely essential. Bateman's Footwear in Clonakilty and Bandon stocks a huge range of running and walking footwear from doctor/physiotherapist recommended brands that specialise in tackling foot and gait problems.



For less challenging terrain, such as roads and well-trodden forest paths, you need a lightweight supportive shoe with a reasonable amount of flexibility to help your foot move naturally. While running shoes are designed for the rigorous demands of running, they make for excellent walking shoes too.

Saucony, New Balance and Brook shoes are a great choice whether you are pounding paved streets or uneven country trails, or are required to stand or walk for long hours at work. Brooks's patented GuideRail technology is designed to keep your foot, ankle, and knee stable whilst in a recent video, TikTok famous podiatrist Nadia Martineau named New Balance and Saucony as plantar fasciitis-fighting footwear.

A wide range of styles is available in Batemans to provide extra support for different types of wearers, like those with high arches or flat feet. All staff have been trained by Aetrex Orthotics to use its 3D Gaitway foot scanner to accurately access your feet (size, length, width, height, pressure distribution while walking, arch

type and much more), in under one minute.

If you have a neutral foot, you will have a wider selection of footwear but should choose a shoe that supports your natural arch height. Generally, if you are an overpronator or 'flat-footed' you may benefit from a stability shoe with more arch support. If you wear the outside of your shoe or supinate, you may find more comfort in a shoe with more cushioning.

If needed, Aetrex Orthotics are available instore in a variety of options based on foot type and footwear style, for both men and women.

Whether you run or walk, shoes made from Gore-Tex are a good addition to your wardrobe to avoid soggy feet. Because its a breathable fabric, Gore-Tex allows sweat to evaporate, keeps the rain out but also means your shoes dry faster when you get indoors again.

Amongst the large selection of Brooks running shoes at Batemans is the Gore-Tex 'Ghost' model and there are also several waterproof Ecco styles. All Meindl and Merrell

walking shoes are made with Gore-Tex but these brands also have a stiffer sole and more grip than a running shoe to provide a more stable platform on rougher ground.

If you intend to be moving over uneven or very steep ground, for example hill walking, then you'll need a more rigid boot with good ankle support. There are several choices from Meindl and Merrell in hiking boots, all of which are

lined with a waterproof membrane, allowing you to cross streams and ditches without a problem on your adventures.

Because its so important to get expert advice and try a walking shoe on before buying, a visit to Batemans in either Clonakilty or Bandon is a must as we head into a winter of walking!



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THE DNA OF WEST CORK PEOPLE

Mark Grace

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

This month continues the story of the MENNIS family in West Cork.

Having all but disappeared as a surname in West Cork, MENNIS 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 and a book on the family

My West Cork DNA Projects (Part 4)

has been published in Australia. While much of what has been written is fundamentally correct, several family stories have been subsequently disproven by birth, marriages and death certificates that are now freely available online; supported by DNA matching.

Research has had many challenges even using public records. One James MENNIS death was indexed with an age of 35, when the original death record was 85. In another, a couple's marriage certificate gave them as aged 26 and 21, when in fact they were 34 and 17 based on their birth/baptism.

One unresolved problem is that a baptism and a marriage for two girls of the same name is mistakenly assumed by many researchers to be the same girl. 'Girl A' is known by family to have married someone else (proven by the baptismal records of her children where her maiden name is given). It is her baptism that is recorded, but her marriage is not yet located. The marriage is for 'Girl B' whose baptism has not been found. Confusion results from them being married around the same time. Also, deaths for the first two of the apparent four wives of a James

MENNIS have not been located. He does not always appear to be referred to as a widower when he remarries.

Project statistics also indicate why research was so complex. The total number of people born as MENNIS connected to the West Cork tree is 135; 73 males and 62 females. The most popular male names are John (21), James (14) and Michael (14), i.e., more than 80 per cent of all the boys have these three names. Most of the other male names are found outside of West Cork, but the traditional family names remain popular. The most popular female MENNIS names are Mary (12), Catherine / Kate (9), Ellen (7), Hannon and variants (6), i.e., over half of the girls are known by one of these four names. The earliest baptism record is 1819 at Dunmanway and the earliest marriage record is in 1825 at Kilbrittain.

The key document to clues about the earliest family can be found in a 1933 letter written by a member of the family in the US. Various transcripts can be found with descendants in West Cork today. The letter stated that the family were originally Presbyterians from England or

Scotland. They appear to have settled in Ulster (which has a high relative name density), but one branch (my wife's family) at some point in time, settled in County Cork. The MENNIS family in West Cork appear to have converted to Catholicism prior to 1819 as all records are in Catholic churches.

The headline story refers to the soldier son of an 'English' Presbyterian minister, John MENNIS who married a Miss GALLOWAY (in Ulster) who was the 3x great grandfather of the first generation mentioned in the 1933 letter and who would be my wife's 6x great grandparents. It is likely that this family moved south as part of the wool and flax trade to establish farming and milling businesses in West Cork after John retired from military service in the earliest part of the C18th. A timeline is not specified but is based on intervening generations.

Records confirm that the letter refers directly to the branch of the family who settled in Moreagh, near Dunmanway. James MENNIS, who starts that tree, was born in 1862 Moreagh but settled in the Bronx, New York. Unfortunately, the 1933 letter provides only a direct line and

no clue on how all the other West Cork MENNIS families tie in, which is why DNA has proven so useful.

Based on the letter, confirming research dates for the three most recent generations on the 1933 letter and a suggestion that Michael MENNIS (born c1797, based on his given age at death) who settled in Moreagh, it is possible to conclude that the MENNIS family were already established in West Cork by the turn of the C19th, which in turn suggests the original John MENNIS probably met and married Miss GALLOWAY at the end of the C17th or in the earliest part of the C18th to allow for the two reported generations between. The timing of the move to West Cork remains unknown, as is the conversation from Presbyterianism to Catholicism. However, with both the son and grandson of John MENNIS & Miss GALLOWAY reported as marrying DONOVAN women, and DONOVAN being a main surname of West Cork, the move south and marriages took place in West Cork in the 1700s.

A few records provide some hints about some of the earliest family in West Cork. In 1818 Dunmanway, there is the

baptism for David HICKEY the s/o James HICKEY and Mary MENNIS. As this record is just when church records begin, it is not known how long the couple had been married. Information from Canada (Kingston, Ontario) shows that the couple emigrated and settled on farmland there in the 1820s, with their HICKEY children later marrying. Fortunately, the Catholic registers record both parents, with Mary as MINNIS and MINNES. This raised the interesting question of whether there were other MENNIS siblings from Cork that settled the same area, and indeed Canadian records suggest there are MINNIS families originally from Ireland with names such as John & James. Whether they are related is unknown but may be revealed by future DNA evidence.

In next month's article, the West Cork MENNIS family will be explored in more detail.

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'.

Age and running

It's no secret that our bodies change as we age. However, whilst you may feel that your days as a whippet-like twenty-something are behind you, it doesn't necessarily mean that you are no longer able to perform at your best. As the old adage says, 'age is just a number' and many runners find that through a combination of smart training and experience, they actually flourish once they hit the veteran ranks. So how can you ensure that age doesn't

get in the way of your running goals? Physiotherapist Eoin Everard gives some tips for runners as they get older:

Include cross training
Many runners find that as they age the high impact nature of running can be unforgiving and persistent injuries and niggles start to creep in. Your tendons become stiffer and therefore less able to tolerate stress.

However, cross training can be the older runner's saviour.

Low impact activities such as cycling, swimming and aqua jogging make a great alternative to running and can reduce your risk of sustaining an overuse injury, strengthen alternative muscle groups that are not predominantly used when running, whilst also improving your aerobic fitness.

Listen to your body
Whilst no training plan should ever be set in stone, it becomes even more important to listen to your body as you



savvy and know how to get the most 'bang for their buck' from training.

You may find that it is beneficial to reduce your overall mileage to ensure that you are recovering optimally between your harder workouts and races. Focusing on the quality of your training rather than the quantity should also help you to achieve a healthy balance with the other commitments in your life.

Work on your mobility and core stability

As you age the elasticity of your soft tissues decreases and joint motion becomes more restricted, meaning your flexibility is reduced. This can be further impacted if you have a sedentary job and spend most of your day sitting behind a desk.

I came up with Sports Pilates to help me counteract aging and getting stiff while still trying to run at my best. Doing Sports Pilates moves helps to restore and keep the movement at your hip, your balance and core stability and glute strength. We have these things naturally enough when younger but need to work on them as we age.

Use experience to your advantage

One of the greatest benefits of hitting veteran status is that you



PHYSIO HEALTH

Eoin Everard

Eoin Everard is a Chartered Physiotherapist, Lecturer and Founder of www.backawarebelt.com

can use your experience to your advantage. Older runners are far more likely to make smart and sensible decisions about their training because they have learnt from previous mistakes!

I did a podcast with Runner'sWorld on this subject. If you want to get a 30-minute audio version where we go deep into this subject simply email everardpilates@gmail.com with words podcast and we can get you that straight away.

Community Wellbeing

You are invited to join Cork County PPN at the following workshops to develop a vision for our future!

7th Nov Leap 8th Nov Bantry

Workshops also in Bandon, Macroom, Kanturk and more

see corkcountypnn.ie for details

people Food, Health & Lifestyle

Cork company celebrates one year in bringing fashionable footwear and clothing to children with additional needs

Keeks, a family-run adaptive fashion retailer dedicated to offering footwear and clothing for kids with all abilities, is celebrating one year in business. Keeks is the only marketplace in Ireland bringing together the best adaptive fashion brands from around the globe, allowing people with disabilities or additional needs to look and feel their best.

Rob and April Mullen, based in Cobh, founded the company last year after stumbling across Billy Footwear for their son Kian; and subsequently being approved as their Irish retailer. Billy footwear is a stylish adapted footwear brand designed for people with limited mobility or to fit over orthotics. After launching Keeks, Rob and April set a goal to source a wider range of products to help assist parents and children with additional needs. Their first year has seen them add 10 new brands from around the globe and has far exceeded what they could have imagined when starting out.

Kian Mullen, the inspiration behind Keeks is a happy eight-year-old, living life to the fullest – triumphing every day over his disability. Kian was born with a rare genetic condition called Fox-G1; it means that he is non-verbal, non-mobile and tube fed. There was always challenges to help Kian live to the fullest, from sourcing equipment and



April and Rob Mullen with their son Kian.

clothing to the intensive medical assistance he needs. Rather than seeing those difficulties as a burden, April and Rob have embraced it in a courageous way – constantly finding the solutions to overcome them.

Rob explains “The company was set up after years of struggling to find fashionable and functional products for our son Kian. Over the years we discovered a number of products that had the ability to make life that bit easier while also meeting our fundamental requirement of being both fashionable and functional”.

After initially starting with Billy Footwear, Keeks now also sell Friendly Shoes, Mum 2 Mum bibs, Sam sensory clothing, Polly and Andy socks, SmartKnit socks, Befree zipOn pants, Bundle Bean wheelchair blankets and ponchos, and a range of other products.

April added, “We are delighted with how the first year has gone. We have been able to help so many people source products they so badly needed and the feedback has been great.

We spend a lot of our time helping people find and size the right solution for

them, but we offer a very flexible returns policy just in case. This is a huge advantage when compared to the gamble people may have taken when ordering from the US in the past. Getting anything to Ireland was massively expensive and returns were just not viable. We are now sourcing the products and bringing them to Ireland.

At times it has been difficult to juggle life with three young kids with running a business, but it has been so rewarding and we wouldn't change it. We never expected we would ever end up running a business and it has been a steep learning curve, but we genuinely feel that we have made life easier for parents and kids by sourcing adapted solutions while keeping it stylish. There is no reason why fashion and a disability cannot go hand in hand”.

The primary products Keeks sell include: Mobility and AFO friendly footwear; seamless and AFO friendly socks; sensory friendly clothing; weighted collars and chewy fidgets; youth bibs and bandanas; adult bibs and bandanas; large sleep suits; full zipOn pants; wheelchair cosy and poncho; tubie pads

What will year two bring? Other than carrying over the momentum from year one, Rob and April plan to add a Baby and Toddler section to Keeks and raise awareness of the business.

“We want to grow awareness around our products. Billy footwear is our number one brand,

however we have other products such as Sam sensory clothing or Bundle Bean wheelchair blankets and ponchos that can help a completely different customer to someone buying adaptive footwear,” Rob added.

www.keeks.ie. Email info@KEEKS.ie or phone 087 1859488.



Bantry fundraiser raises over €8k for cancer charities

The annual Bantry fundraiser for cancer charities was held this year in the former Credit Union Shop, with storage provided across the street with the kind permission and generosity of the owners of each premises. Organisers are very grateful to the

community for their unbelievable generosity in providing a wide range of items for sale and to all of the volunteers who helped raise a total of €8,150, which will be donated to Cork Cancer Research (Breakthrough Cancer Research), Cancer Connect, Arc Cancer Support House, Gories and the Stroke Unit in Bantry Hospital. Any unused items are donated to local charity shops.

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Dress, shirt and trousers, all from **CiCi, Clonakilty**



Roxy fleece and Billabong fleece, both **Jellyfish Surf Shop Clonakilty**



Vintage solid silver curb bracelet, c.1920, with heart shaped padlock & 1960s gemstone bracelet both **Lindas of kinsale**



Rieker boot & Una Healy heels, both **Fuchsia Footwear, Clonakilty**



Knight & Day gold & pearl earrings **Spiller's Lane Gallery, Clonakilty**



Yerse wool coat & sport jacket both **Gooseberry, Clonakilty**



Faux fur coat, velvet coat, top & necklace, all **Violette, Skibbereen**



Organic knit cotton infinity scarves from **Green Dot, Clonakilty**



West Cork

mix & match from these unique shops



Childrens' wear from Grasshopper, Clonakilty



Helle Hansen t-short & Musto jacket both CH Marine, Skibbereen



Brakeburn top Designs, Skibbereen



Padded coat with detachable sleeves and floral print dress both Options Boutique, Clonakilty



Newbridge Charm Bracelet Twomey Jewellers, Dunmanway



Cordroy pants & jacket; fleece hat & scarf, all Pebbles, Schull

Boots all Batemans, Clonakilty & Bandon

Dress and jacket both SuSu, Clonakilty

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Bantry international law student calls for safe migration routes in Europe



Brothers Malik and (the late) Isaac.

Clonakilty Parkrun marks 350th run

Clonakilty Parkrun is a free, fun, and friendly 5k community event that takes place at 9.30am every Saturday morning at Clonakilty Showgrounds, with the support of the Clonakilty Agricultural Show Committee. Suitable for all ages and all abilities, Clonakilty Parkrun is now in its ninth year; it recently held its 350th run, which is a testament to the continued success of this event.

Running or walking is one of the most convenient forms of exercise and free events like the Parkrun make it accessible to everyone. Niamh Ryan, one of the volunteers says: “We have people who walk it every week, others who fly around the course and everyone in between. All are welcome and everyone feels a great sense of satisfaction when finished. Participation in a Parkrun offers huge enjoyment, a sense of identity and community connectedness, and has resulted in enduring friendships for many people.”

The beneficial effect of running on our physical and mental health is scientifically well-established. For instance, across a range of the studies runners reported lower depression, anxiety and stress symptoms, and higher mood and vitality compared to non-runners. Furthermore, even

those new to running found it improved their emotional wellbeing, self-image, self-confidence, happiness and reduce tension and anxiety.

Niamh says: “Whether you are just trying to be more active, recovering from injury or a more serious runner, why not come along and give it a go.”

To register for the event and for further details see www.parkrun.ie/clonakilty



Chris Hayes and Ruadh Ó Fearghail



Liam Quinlan, Mary Quinlan, Pat Mulcahy and Anne Mulcahy

Following the death of her friend's brother attempting to cross the border between Turkey and Greece, humanitarian aid worker and international law student Amy Boyden (26), from Bantry, is appealing for safe migration routes to be established in Europe.

Amy was volunteering in the refugee camp on Lesbos in Greece in 2021 when she became friends with Isaac, a Syrian who fled during the civil war when he was just a minor, leaving behind his family and most of his belongings. They remained in contact and met again when Isaac was transferred to the Netherlands where Amy was doing her Masters in Public International Law.

Isaac's older brother, Malik (25), fled Syria earlier this year hoping to reunite with his brother. However, in attempting to cross the border between Turkey and Greece, a treacherous journey multiple times however, allegedly he was caught and

beaten by border police.

Upon reaching the EU, all individuals, no matter their background or origin, have the right to apply for asylum.

“The Greek border police, and the EU-funded Frontex, which patrols the borders of EU Member States, have a bleak record with their treatment towards refugees and respect of International Human Right Laws,” says Amy. “These people are not just figures they are children, women, and men.”

According to Adriana Tidona, a migration researcher for Europe at Amnesty International: “It is clear that multiple arms of the Greek authorities are closely coordinating to brutally apprehend and detain people who are seeking safety in Greece, subjecting many to violence, then transferring them to the banks of the Evros river before summarily returning them to Turkey”.

On June 11, 2022, during Malik's last attempt to cross the border to reunite with his

brother, he was involved in a horrific car accident while being pursued by border police. Malik, at the age of 25, passed away before arriving at the nearest hospital.

Amy is finding it very difficult to come to terms with the fact that her friend's brother died trying to reach safety, security and to finally reunite with his sibling. “I'm finding it particularly hard to swallow, as I have no issue crossing any border and will never face discrimination because of my skin colour or religion,” she says.

Since the start of the Covid-19 pandemic, EU countries are thought to have carried out around 40,000 push-backs, resulting in 2,000 deaths. Due to the political pressure on Greece to effectively deal with the refugee crisis, they are cutting corners to reduce the arrival of refugees by forcibly returning refugees and migrants against their will, which violates international law and well established international human

rights norms.

“People's rights are being infringed upon and these illegal practices are continuing without significant enough consequences to stop the countries from operating push-back practices” Amy says.

Malik's death was preventable, and underscores the need for the EU to create safe migration routes, especially to enable efficient reunification of families.

“No parent should have to bury their child, but sadly that is what Malik's parents will have to do,” says Amy.

Isaac and his family now want Malik's body to be returned to Syria for a burial, however the paperwork is incredibly difficult with neither side making it easy.

But Amy, Isaac and his family remain hopeful.

If you would like to donate to help get Malik's body home to his family go to the ‘Help us bring home a loved one’ page at gofundme.com.



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.

Paediatric Behaviour Analyst Sarah Murray discusses the controversial topic of punishment and managing misbehaviour in children

The term 'spare the rod and spoil the child' has done a lot of damage in guiding healthy parenting practices. Punishment is now widely misunderstood, misused and overused when it comes to changing child behaviour. It does have some effects, but these effects are limited and come with a ream of unwanted side effects, calling into question whether it is even worth utilising. Many families seek out my guidance on how best to respond to unwanted behaviours that they see in their children. However, my work centres on proactive approaches to misbehaviour and skills teaching replacement behaviours to ensure that misbehaviour is less likely to occur in the first place and thus, discipline is deemed unnecessary.

Punishment can range from shouting, verbalising harsh statements, to removal of privileges and time outs. Really, any form of reactionary consequence after a child has misbehaved. Technically, punishment (in the world of behaviourism) is anything that follows a (mis)behaviour that decreases the likelihood of that behaviour happening again in the future. Parents can penalise child behaviour for a multitude of reasons – to seek justice, to teach respect to authority, to show who is in control, (does "because I said so" sound familiar?) and more importantly, to teach children right from wrong. However, in

the moment may not be the best time to teach these things!

We are hard-wired to only notice the negatives, to only notice when things go wrong, and it is human nature to also automatically revert to discipline as the primary means of responding to unwanted behaviour. We are all too often overly responsive to misbehaviour, and irresponsible to good behaviour. However, when it comes to addressing misbehaviour, we need to work against our natural tendencies in order to notice, promote and encourage more positive behaviours in order to decrease unwanted behaviours.

Punishment only serves to teach children what not to do and in my work with children exhibiting unwanted behaviour, the focus needs to be on teaching them what is seemingly so obvious to us adults – what to do instead. Instead of biting, ask for it back, instead of pushing, say "no it's not your turn", instead of throwing, ask for help. This is where the skills teaching comes into play.

Some things to note about punishment:

1. Punishment suppresses the behaviour in the moment, but does not have long term effects (unless you teach a positive opposite behaviour to replace it with – see below for more on this).

2. When your child is upset at your punishment (be this shouting, scolding and so on), don't confuse this with effective punishment. What you are seeing is a genuine upset child and he or she may very well carry on and do the same thing again in the future, therefore, your punishment was only effective to stop the misbehaviour in the short term, and not the long term. If you find yourself stuck in a cycle of misbehaviour-punishment-cessation-repeat, then your punishment is not working.

3. Don't fall into the punishment trap. As mentioned above, the cycle that you can get stuck in can lead to parents using punishment more and more often, as it stops misbehaviour in the moment. This is one pitfall in the punishment trap. Another is using punishment more harshly. Children habituate to things a lot faster than us adults and they can get quite used to the level of punishment you dole out and the effect-

tiveness in the short term can wear off, so what do you do? You amp it up. No longer are you shouting, but also taking away toys, increasing minutes in time out and so on and then you achieve the same effects – short term misbehaviour cessation, and the cycle continues with added frequency and intensity of punishment mixed in the loop.

4. Mild and properly used discipline can have positive effects when coupled with the strategies listed below, but it can fail in certain ways. The biggest one is when the reactionary consequence does not immediately follow after the misbehaviour occurred. An example of this would be stealing. Your child steals something and gains instant gratification, and may not be noticed for this until a couple of days later. By this time, how you address this behaviour will be ineffective (a reason why the individuals who break the law and are caught at a later date often go on to be repeat offenders). If only eating the cake put you up on the scales instantly – we wouldn't do it! The punishing consequences are too far removed from the behaviour.

5. Punishment has some nasty side effects. Children get quite distressed, upset and angry, which will in turn break relations between adult and child. A wedge between child and adult is not conducive to the strategies outlined below. Another unwanted side effect is that children will punish their peers the same way they have been punished. Bear this in mind when you feel like physically punishing your child, as this has been shown within the research that can translate to your child being more physical and aggressive toward their peers. Punishment can also serve to escalate things in the moment, leading us down another path to arriving at the destination of the punishment trap, amping up what you dish out.

Some tips to assist with misbehaviour that I would recommend are these proactive strategies and, if you are going to discipline your child (which I personally and professionally deem unnecessary with the right set up and supports), some

things to note:

Catch your child being good: Children will typically not always respond with misbehaviour within a given context every single time (for example they will sometimes share, but not always). Catch your child actively sharing and praise them in the moment! Praise behaviour, the specifically "great sharing"; and not the child specifically "you are so kind". We want to promote the behaviour and not deflect back to the child, because when and if things go badly, this can have a huge impact on self-esteem of the child and inadvertently send a message that I didn't share therefore I am not a kind person.

Promote positive opposites: What is the opposite to the misbehaviour that you are seeing? You already know what you want your child to stop doing, but what would you like to see your child do in its stead? Determine the positive opposite, promote and encourage it, (specifically teach it if you have to) and reinforce this positive opposite. This will see you get a lot further down the track than punishment will. Rather than punishing 'not sharing', praise, acknowledge and reward sharing, making this behaviour more likely to occur as time goes by, and thus not sharing will begin to naturally decrease.

Give your child notice: Tell your child exactly what behaviours you want to see less of and what behaviours you want to see more of, and focus in heavily on those 'want to see more of' behaviours. Throw everything good you got at it to make it grow and strengthen. When a behaviour occurs that you want to see less of, you can either ignore it or discipline it, but do so mildly, briefly and in a calm and controlled manner. The punishment should absolutely 'not' fit the crime. One minute in time out is perfectly fine, ten minutes is not! You may feel like the scales are disproportionate but I can assure you, plenty of research shows us that mild and brief is just as effective and harsh and long.

Do not discipline when you are angry: Being rational and calm in the moment will assist you with how to address misbehaviour after it has occurred. The way in which you respond to difficulty will be modelled to your child for teaching them how to respond to difficulty. Of course, parents are human, they get mad, but in the moment is not the right time to teach your child how to deal with an angry adult. When you are angry you can lose sight of your judgement and what technique to use. Also recognise that some children like

to push your buttons and get this reaction from you, so reacting hot headed may very well serve to strengthen their misbehaviour in the future to get the same response from you. Your best bet is to remain calm even if you are boiling up on the inside!

Do not threaten a punishment: "Do that once more and you won't be going to the party".

One warning will suffice and once you issue this statement, you will then have to follow through with it, so be careful and ask yourself before you threaten "can I follow through with this"? Repeatedly dishing out warnings lose their effectiveness if not followed through on, so say what you mean and mean what you say.

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Sarah Murray

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Paediatric Behaviour Analyst
B.A Psych, MSc ABA, BCBA, M.Ps.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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To view my services visit
sarahmurrayabtherapy.com



people Food, Health & Lifestyle

November newness

Seoulista Beauty Super Serums & Seoulista Cryo Cool Elevate your daily skincare ritual with new Seoulista Super Serums, a supercharged range of three concentrated formulations designed to address specific skincare concerns, including hydration, brightening, and

calming. The Brightening Super Serum with niacinamide, squalane, and bisabolol promotes a brighter, more even-toned complexion. In addition to the new serums, the new Seoulista Cryo Cool tool soothes, depuffs and lifts the complexion to a healthy, radiant glow. Harness-

ing the power of cryo-technology, the thick, aluminium cooling plate remains icy cool, even if stored at room temperature for convenient use anytime, anywhere. Powerful alone but better together, the serums have been designed to be used in tandem with the Cryo Cool Tool to create a high-performance daily skincare ritual. Available from selected pharmacies nationwide, Dunnes Stores and online from seoulistabeauty.com. Seoulista Super Serums €24.00 each, Cryo Cool €25.

Sothys Hydra-Plumping Mask

The dual hydration and youth solution in a mask. This mask combines two Sothys patented active ingredients with high molecular weight hyaluronic acid. Designed to provide an instant burst of hydration, this mask also has a pleasant rich and enveloping texture. In minutes, skin is visibly plumper and appears rejuvenated, and the complexion glows once again. One hundred per cent of people noticed who tested the Hydra-Plumping Mask saw an immediate hydrating effect after removing. The skin recovers lasting suppleness and intense hydration with every application, €37.90 available in selected salons and spas nationwide. Facebook: @SothysIreland

Marie Reynolds Eye-Drate

Eye Cream and Eyeballs MRL Eye-Drate (€48) is a rich soufflé, hydrogel consisting of a sumptuous combination of natural ingredients to help quench and nourish your skin without leaving a greasy residue. The unique cocktail of botanical oils includes Kukui, and Green Coffee Oil known to soothe, protect and stimulate the skin around the eyes. The ergonomic and cooling MRL Eyeballs (€26) are the perfect way to apply Eye-Drate, whilst supporting drainage of stagnant lymph and blood flow. Eyeballs soothe and



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.

calm the skin around the eyes as you glide the spherical metal ball around the orbital of the eye socket, focusing on key acupressure points to stimulate the meridians associated with eye strain, migraines, and tension. For an added cooling affect the MRL Eyeball can be kept in the refrigerator overnight. Available online from mariereynoldslondon.ie and selected MRL stockists nationwide.

Murad Deep Relief Blemish Treatment

Inspired by dermat procedures for deep, uncomfortable blemishes, Murad's New Deep Relief Blemish Treatment with two per cent salicylic acid provides accelerated healing and helps clear skin, while a premium, ground cherry extract reduces redness and hydrates to soothe discomfort. The powerful leave-on treatment stacked with actives and skin-healing ingredients gives quick and long-term relief. The best part? It's all backed by our exclusive phytosteroid-based blend and clinically

proven results to deliver a clearer, healthier complexion. Amino acid technology precisely targets the 'bad bacteria' (c. acnes) that triggers among the most severe types of acne while an invisible film-forming polymer creates a 'second skin' to keep ingredients in place longer on the skin for better penetration. Top Tip! It can also be used as an occasional targeted treatment for blemishes that flare up here and there, €46 available from selected Murad Stockists nationwide and online from ASOS.

Garnier Body Superfood

Skincare shouldn't stop at the neck! New from Garnier, Body Superfood is a moisturiser as comforting as it is efficient. This new take on body care combines the power of active skin supplements with superfoods providing 48 hours of hydration and instant visible results. There are four formulas to choose from depending on your concerns, among them Body Superfood Repairing Body Butter with Cocoa and Ceramide. This rich and creamy formula quenches dry skin and provides ultra-nourishing benefits. The luscious body butter features 97pc natural origin ingredients, including moisturising cocoa and ceramides encouraging lasting soft and supple results. Fast-absorbing, the cream leaves skin feeling silky without any greasy residue, so you can apply, get ready and go. €12.99 available to pharmacies and stores nationwide.

Dr Haushka Cleansing Balm

With its innovative gel-to-milk texture, the new Cleansing Balm now complements Dr. Haushka's facial cleansing range. Its application is quite simple: When mixed with water, the balm forms a light milk that thoroughly removes impurities and make-up, leaving the skin feeling smooth and refreshed. The main ingredient which

acts as a cleansing substance is Rügen chalk which absorbs impurities and excess sebum. Organic apricot kernel oil nourishes the skin and makes it supple, while extracts of anhyllis, birch and calendula give it a revitalising boost. The result is a mild formulation which helps preserve the skin's own oil-moisture balance and prepares your skin perfectly for the next care step. Simple to use, thorough and nourishing, €22.95 from Dr. Haushka stockists nationwide and online from drh.ie

Ultracuticals Ultra Calming Moisturiser

This very gentle, soothing moisturiser was created for even the most sensitive skin types and will leave your skin feeling instantly soothed, cool, and calm. Ultra Calming Moisturiser counteracts the four core characteristics of sensitive skin by calming hypersensitivity and reducing visible redness with a calming peptide, reinforcing the skin's natural protective barrier with a complex of ingredients to hydrate and nourish and balancing the skin's microbiome with a prebiotic ingredient. Hypoallergenic, dermatologically tested, non-comedogenic this vegan friendly hydrating moisturiser is effective for all skin types. FACT: Ultra Calming Moisturiser increased hydration by up to 60 per cent after 30 minutes of use, €59 available from Ultracuticals clinics nationwide and online from ultracuticals.com/ie

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IMAGE

Louise O'Dwyer
Image Consultant

Unwrapping a smile

and she would be called upon to strengthen those ties, remembering that true community is formed not only by blood ties, but also by shared values and ideals. While we might not be summoning Hestia these days, we most definitely spend November focusing on those who are precious to us. Whether it is choosing presents or making plans to meet up in busy December, we tend to engage more with our own bunch of kindred spirits, keeping Hestia very happy indeed.

Everywhere we look, every time we turn on the radio or tv, we are reminded that the cost of living has gone through the roof. Everyone is feeling it, it's not just you! The whole idea of giving presents does 'not' need to fill you with dread, please don't get stressed out. One positive remnant of Covid lockdowns is the fact that most of us decluttered (I prefer to say DUMPED) a load of useless rubbish that we had gathered, never used, yet we held on to it. Perhaps many of you, like me, walk away from things now unless we really need them. Trust me, it gets easier the more you

do it. I had a jam-packed walk in-wardrobe, and an obscene amount of coats (Is it an Irish thing?), too many pairs of jeans, probably every tan boot that was ever made and so on... and I purged a lot of it. Was it painful? Hell yes, at the time! But I don't miss any of it. It was all 'just stuff' taking up space. So now when I go shopping, I'm in a completely new head space, unless it blows me away, can be worn or used lots and lots, I have no interest in whatever it is, no matter how well it fits or what it might match – because I generally have something similar at home. So here I am now looking at what kind of gifts to buy at Christmas. I want to give gifts that are useful and practical and beautiful and stylish. I set off with a budget, but how I was rewarded; every box was ticked and I could actually picture 'my crew' unwrapping these gifts with big smiles on their faces. Isn't that what it's all about?

I don't often feature just one shop because every lovely town in West Cork has the most beautiful bougie stores laden with a glorious multitude of potential



gifts and 'spoil me' treats but allow me this privilege this time. Burke by Design on the main street in Clonakilty is extraordinary. Not only was it effortless to find gifts for women or girls but the men in my life were covered too. So sit back and allow me to take you on a whirlwind tour around what you can find in this absolute gem of a shop.

There is no easy way to say this than to spit it straight out. Times have changed and now, more than ever before, we have to acknowledge that theft is something that happens all around us. It's so important to

protect yourself, as much as is humanly possible, that's why I simply have to recommend that you buy an RFID-blocking card holder. Some of you will immediately know what I am talking about and for those of you who don't know, they are essential to block someone from putting a scanner device near you and ultimately stealing money from your card...in the same way that you would tap your card to pay for something. My daughter bought one for my husband a few years ago and he has used it since then. The SECRID wallets (the brand stocked here) are a fabulous sleek design to fit

into your pocket perfectly too. Starting at €29.95 they are the ideal gift for anyone, especially all the men or teenage boys in your life. Also, these card holders are wonderful for anyone with arthritic fingers, as there is a button to push the cards out, making it so much easier to get a card out of your wallet and thus the ultimate gift for grannies and grandads too.

Speaking of grannies, this shop has the most gorgeous double wallets in a variety of colours with a very practical strap attachment for the zipper. No fumbling to open a small zip, just pull the strap along. Little things like this can make a huge difference to someone by making day to day life easier. Luxury and style is not sacrificed, as they are very stylish and everything is very visible inside. The price at €24.95 is fantastic and a 'must' on your gift list.

How about a 100 per cent vegan leather backpack or handbag? They are stunning and come in the most gorgeous shades of burnt orange, tan, bis-

Continued on next page...

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Unwrapping a smile... cont'd from previous page

cuit and black. The backpacks are €44.95 and the crossbody bags are €30.95. I must admit that I am smitten with a tan satchel spotted for €43.95 and I just know that you would be too! Backpack handbags are fantastic for day trips and avoiding shoulder pain – when you constantly wear your bag on the same shoulder and load it full of stuff (I need to take my own advice here!). Or if you fancy a Tote bag, then you will be torn trying to pick just one because the colours are divine. Retailing at €22.95, an absolute steal for these super chic accessories, and I just love how Pam (shop owner) and Sorchá colour-coordinate them with multi-coloured scarves. I have often tied a scarf around one of the straps, and left it there, with zero intention of ever using that scarf other than as an eye-catching attachment on the bag – it looks so lovely!

Who can resist Ted Baker? Burke by Design has a gorgeous collection of jewellery, watches and bags from Ted Baker with everything from luxurious wedding to fun fashion jew-

ellery. You will definitely find something to cherish.

If you are looking for WOW jewellery, then have a look at the incredible collection of Climber Earrings in this store. They are a 'must' for the girl who loves some tasteful bling and you get the effect of a piercing higher up on your ear without having to go through the pain. Very shortly we will be partying-a-plenty and these earrings will add that little extra sparkle leaving an even lovelier you to look at. Starting at €19.95, they are the ultimate gift for the party girl in your life.

Teenage boys are difficult to buy for...or maybe they are just difficult full stop? They can drive you round the twist 97 times a day and then give you a hug and you just melt entirely. Am I right moms? Gift shopping for them can be excruciating, especially the older ones, but Burke by Design makes sure that they are very well taken care of in all the right places. How about a three-pack of Calvin Klein boxers? Impeccable quality and comfort for

€49.95 adult sizes; and for the younger boys (come in a two-pack) they start at age 10-12 up to age 16 and retail from about €27. Of course the girls are taken care of too but you simply must wander in and check out the range available for women and girls in CKOne bralettes and knicker packs.

Leather bracelets are a super stocking filler for boys or men too and they won't break the bank at €7.95 for a set of three. Everybody loves scented sachets and the collection is fabulous, a lovely addition to any present or for bulking up a hamper. They come in a variety of fragrances and look so attractive, at €5 each.

I'm going to finish by ranting and raving about the baby Levi's gifts. OH MY GOD, they will melt your heart and pull at your clock and you will buy them even if you don't have a baby gift to give... it's what I call the 'just in case' present. The little gift sets include a baby grows, booties and a hat and there was one in an army green that I almost ran out of the shop with. I calmed myself down and rationalised that they wouldn't fit either of my



19-year-olds unfortunately! Only €25.95, I think that any new mom would unwrap these sets with a huge smile! And just in case you want to make sure that baby is covered in designer gear, €13.95 will get you a three-pack of Tommy Hilfiger tiny socks, the ultimate in cuteness.

There is so much more for you to see. Pay a visit or go online at burkebydesign.ie and

shop to your heart's content. Nothing is too much to ask for and anything can be sourced because in towns all around West Cork, shop owners take care of their customers. Relationships develop, quality is always ensured and advice given is always honest. These owner-run businesses need to be supported and protected. They make our towns look even prettier than we thought possible. From

Innishannon to Kinsale, Bandon to Macroom, Clonakilty to Skibbereen and Bantry to Glenarriff, support your own and support each other. Go on day trips, leave the city shops alone this present-picking season and instead give all of your business to the smaller businesses in your area, where you will find some niche presents that everyone will unwrap with a smile.

OUT & ABOUT IN WEST CORK

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

West Cork Campus Graduations – Congratulations to all students!



Business Admin: Front: Máire O'Sullivan (Coordinator), Judy Sexton (teacher), Kieran Grace (Graduate), Orfhlaith Dinneen (teacher). Back: Emma Lupton (teacher), Graduates: Rebecca O'Farrell, Hazel O'Sullivan Daly, Noreen O'Keeffe, Aneta Winnicka, Jacinta Mahon, Adam O'Brien, Cian O'Mahony & Ingrid Fuller



Medical Admin: Front: Emma Lupton (teacher), Steve Redmond (Special Guest), Orfhlaith Dinneen (teacher). Back: Máire O'Sullivan (Coordinator), Graduates: Michelle O'Donovan, Olivia O'Sullivan, Jannette Downey, Julie Tobin & Judy Sexton (teacher)



Healthcare: Front: Mary O'Donoghue (teacher), Jude O'Donovan (Graduate), Steve Redmond (special guest), John Allan (Graduate), Máire O'Sullivan (Coordinator) Back: Graduates: Gearóid O'Driscoll, Monica Looney, Duangrutai O'Sullivan, Nikole O'Sullivan, Zineb Lemzouri & Aleksandra Arnautova

Every shoebox counts in Christmas appeal

Team Hope Shoebox Week runs this year from October 31 to November 6 and to get involved you'll find plenty of inspiration on gifts to include, or not, in your shoebox, how to donate and where to drop off your shoebox at www.teamhope.ie. You can also drop your shoebox off at any Dealz store nationwide.

In Skibbereen, Christmas Shoebox organiser Sally Daly is appealing for donations of items and would be particularly grateful for donations of soft toys. These must be clean (not necessarily new) and must fit into a shoebox.

A guide to other items:

W-Wash - toothbrushes, toothpaste, soap and face cloths.

W-Wear - hats, scarves, gloves, socks, pyjamas, t-shirts and underwear.

W-Write - pens, pencils, copies, rubbers, rulers, pencil parers/cases, colouring material.

W-WOW - toys, dolls, cars, balls, games, lego, sweets, jewellery and soft toys.

There are so many benefits to the Team Hope Christmas Shoebox Appeal. It is so important for the child who receives it, both for the joy the physical

gifts bring and for them to know that people are thinking about them. There are also benefits for the child that donates.

Dr. Malie Coyne, a clinical psychologist who specialises in working with children and families said, "Study after study has shown that volunteering im-

proves our mental health. Being kind and showing altruism for others boosts serotonin, which is the neurotransmitter responsible for feelings of satisfaction and well-being, a phenomenon also known as a "helper's high". It reduces stress, strengthens the immune system and increases

happiness. In a world which can often feel topsy-turvy for children, involving your child in creating a shoebox empowers them to make a real and tangible difference in another child's life."

Sally Daly can be contacted at 087 6854489.



Skibbereen Library Knitting Group with Sally Daly (front left) displaying their fantastic work for the Christmas Shoebox Appeal. The group also supply baby knits to CUMH neonatal unit. New members are always welcome – Skibbereen Library on Wednesday morning from 10.30am – 12 noon.

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State pensions and other supports for older people

Is everyone over 66 automatically entitled to a State Pension?

There is no automatic entitlement to a State Pension. You have to apply and be assessed to check your eligibility. There

are two types of State Pension which you can apply for at age 66 – the State Pension (Contributory) and State Pension (Non Contributory). To qualify for a State Pension Contributory you must have a certain amount of

PRSI paid while for the State Pension Non-Contributory, you must pass a means test and be habitually resident in Ireland

How does someone approaching pension age know which to apply for?

If you have been in employment or self-employment and have a minimum of 10 years reckonable PRSI paid, you may have entitlement to a minimum State Pension, while if you have either no PRSI paid here in Ireland or you have less than 10 years paid, you may be eligible to apply for the State Pension Non Contributory. If you contact your local Citizens Information Centre we can go through your situation in detail and let you know what your options are.

How can one establish how much PRSI they had paid and what amount of pension they will receive?

You can request a copy of your social insurance record from the Department of Social Protection. The quickest and easiest way to request a statement is through MyWelfare.ie. When you receive it, you can contact your local Citizens Information Centre and they will go through it with you and make you aware of the likely level of pension your contributions entitle you to and how it is calculated. If people have gaps in their record, particularly people who may

have been out of the workplace raising their children, they will check if they are eligible for either the HomeCaring Period Scheme or Homemaker Scheme. These Schemes make it easier for people who take time out of their working lives to care for children or adults to qualify for a State Pension (Contributory)

Can the person's spouse claim for them, if they do not have enough contributions in their own right?

Yes, the spouse can claim an Increase for their Qualified Adult (IQA). However, that IQA is means tested. It is important that if the spouse has a change in circumstances, perhaps inherited money or property subsequent to the pension being approved that they inform DSP.

Does time worked abroad count towards your pension in Ireland?

If you have worked in Ireland and also in one or more EU states, your reckonable social insurance contributions from each EU state will be added to your Irish PRSI contributions to help you to qualify for a social welfare payment, such as a State pension. However, it will be a pro-rata pension i.e. it will be proportionate to the amount of reckonable contributions you have in Ireland. This can also be used in the same way for time worked in any non-EU country that Ireland has a bi-lateral social security agreement such as the US, Canada, Australia etc.

What about people who worked in the UK – has it changed since Brexit?

Irish and UK citizens living in Ireland can still benefit from social insurance contributions made when working in the UK in the same pro-rata way under the current agreement

How does one qualify for the State Pension Non-Contributory?

The State Pension Non Contributory is means tested so when applying you will need to give details of all your household income, as well as details of savings and capital. You must live in Ireland and meet the habitual residence condition.

What does the means test take into account?

The main items included in the means test are cash income that you or your spouse or partner may have. It also takes into account the value of savings,



For people who live alone there is the weekly Living Alone Increase. This is an extra payment for people on social welfare payments who are living alone. People getting the Living Alone Increase will get a lump sum payment of €200 the week starting November 14, 2022.

If you get Fuel Allowance and you get the Living Alone Increase, you will get both once-off payments (€400 plus €200) in November.

Also if you receive the Fuel Allowance and Living Alone Increase you will automatically receive the Telephone Support Allowance of €2.50 per week. You do not need to apply for it.

If you are caring for someone and you qualify for the Carer's Support Grant, you will receive a once-off payment of €500 the week starting November 21 also.

Will the Christmas Bonus be paid to people on State Pension this year?

A Christmas Bonus of 100 per cent will be paid in early December 2022 to people getting a long-term social welfare payment including State Pension. In the week beginning October 17, people getting a weekly social welfare payment also got a once-off payment of an extra week also called a 'double week' as a cost-of-living support.

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

WEST CORK HELPLINE
0818 07 8390

Bantry office is staffed from 10am-5pm from Monday to Thursday and on Friday from 10am-4pm. Alternatively you can email on bantry@citinfo.ie or log on to www.citizensinformation.ie

Gaggin walk in aid of Creeslough

A community walk in aid of Jack and Friends and The Creeslough Fund in Donegal will take place on Sunday, November 13, starting at 10.30am at Gaggin Hall carpark. Everyone is welcome and there will be refreshments afterwards.

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The power of belly dance

Dancing for Ludmila Bondarenko (Mila) is an expression of femininity, elegance and tenderness.

"I dance because I feel, I love, I live," she shares passionately.

Originally from Muldova, after her daughter started University, Mila moved to Ireland almost a year ago to join her husband and now teaches a belly dance class in Clonakilty.

Before moving here, Mila, who holds a Master's Degree in Psychology, worked as a psychologist and director of art therapy at a high school in Moldova, providing psychological support to people with disabilities and assisting in their social integration.

She is also a violin teacher and yoga and gymnastics instructor, as well as holding qualifications in mindfulness and meditation and Thai massage.

On the dance floor, Mila is a mesmerising vision, as she



Mila Bondarenko

twirls and shimmies and undulates in a graceful and creative blur of colour and movement. In dance her body becomes her voice; and her passion and zest for life is compelling to all who are lucky enough to witness it. "Dancing gives me the bravery to listen to myself and follow my own path step by step," she shares. "For me, belly dance is a perfect art form, harmoniously combining choreography, music and theatre."

As a teacher, Mila is warm and supportive, with a ready smile. She believes that a happy woman is one who appreciates

herself, trusts her intuition and listens to her body. "Through dance, a woman can fully liberate herself and gain confidence," she explains.

According to Mila, belly dance will not only improve your physical and mental health but also help you find your inner powerhouse. It's about celebrating the fact that you're a woman.

One of the oldest forms of dance, the earliest forms of belly dance originated in Egypt in the 19th century. It was made famous in Europe by authors and painters who were fascinated by its exotic nature. While in Western society, belly dance has a somewhat sensual reputation, many claim the dance originated in fact from female celebrations such as fertility and child birth.

Belly dancing is no more seductive than any other dance form such as hip hop, zumba, tango or salsa," says Mila passionately. "It's a dance for women of all shapes, sizes and ages. It's about celebrating your body and having fun."

"Women who have a negative self-image and believe their



bodies do not fit western beauty ideals find self-acceptance in belly dance because it doesn't have those restrictions of height, weight, body type or age," explains the dancer. "Belly dance gives women a way to feel good about themselves and their bodies."

"Every women can belly dance and can be graceful and look beautiful doing it. An important component of oriental dance is improvisation, which alone fosters creativity and the release of bad energy."

Mila describes her own profession as being related to "the healing of souls". "Art

therapy is based on the theory that creative expressions can foster healing and emotional well being. Dance therapy is based on the philosophy that the brain and body are connected so physical movements benefit both the body and the mind."

Through her work as an art therapist, she has seen the healing power that belly dance has on a person's emotional health. "It has helped people deal with breast cancer surgery, bulimia, fibromyalgia, lower back pain and much more," she says.

Although the movements are easy to learn, Mila does give fair warning that belly dance

is not an easy dance form to master. "It takes one month to learn a dance; one year to see your body as a whole and to start understanding what the hell are you doing with it; three years to be amazed by the hidden capacities of your body; a lifetime and, if you are like me, then you will need your daily dose of dance."

If you're looking for a class that you'll smile all the way through and for a long time afterwards, join Mila's belly dance class in Clonakilty. Text or what's app her on 086 455 1257 for more information.

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CANINE CORNER

Liz Mahony

Liz Mahony is an experienced Dog Trainer and Holistic Therapist for all animals. In her monthly column, Liz aims to promote mutual respect between carer and dog. Contact Liz at corkdogtrainingclasses.com.

What qualities does it take to own a dog? Years ago, there were fairly obvious reasons to buying a dog. A farmer wanted a good sheepdog to herd his flock and/or cattle. Those who

The art of dog ownership

went shooting needed either a good dog to sniff out the birds and/or retrieve them. These dogs had a job and, if you like, a status in the family.

It's different these days. We don't need a dog to 'do a job' for us. We just have a fuzzy notion that we, or our children, want a family pet. And the only decisions are: male or female; big or small; and which breed.

Here are a few thoughts that may help you when deciding if you want, need, can afford a dog in your life. We live in a 'must have it now' world and often succumb to every whim with no thought to the consequences. Just because we've always wanted a dog doesn't mean that we have the right lifestyle to look after one.

When it comes to breed, that's where things can fall apart. There's a huge choice out there. Breeders are refining the conformation of breeds and not necessarily for the right

reasons. Others are mixing the breeds with no real thought or basic knowledge of whether it's a good match or not and then charging a huge price for what used to be known as a mongrel or mixed breed. But, now they are 'designer dogs'.

The refinement of these breeds has led to health problems. Having a sick dog can be expensive. But, also the problems often lead to a shortening of a dog's life, which is devastating for a family. For example, Huskies can suffer from autoimmune disease; Bull-dogs from respiratory problems; Boxers from heart problems and cancer; Pugs from eye problems. The list of common ailments or diseases in dogs is huge.

Dog ownership brings with it great responsibility. It's like having a child: we take on the onus of training, feeding, and looking after its health. Dogs also thrive on routine and sta-

bility. They need exercise. They also like to be part of the family, a companion to each and every member.

Life became a lot easier for owning a dog when lockdown was in place. With the easing of restrictions, our zest for travel whether at home or more likely abroad has returned as a major feature in our lives. Some of us have been summoned back to work and suddenly, we have a problem with what to do with the dog.

And our dog's routine and lifestyle is upended. And sadly, the dog may be surrendered to a shelter. Then, as a rescue, he comes with emotional baggage if he's fortunate to be rehomed.

- First of all, look at your lifestyle. Does a dog fit in with it?
- If your children have been 'begging' for a puppy and you finally give in, are they all old enough to welcome a canine into the home without getting jealous of the time and attention

that will be bestowed on him?

- Are they also old enough to listen to you when you try to establish 'ground rules' for both them and the new arrival? Too much constant attention can be as bad for a puppy as intermittent attention.

- Are you, as a parent, available to devote the time and effort needed to train and look after him? After all, the care and devotion always ends up with the parent, and generally the mother.

- If you live in an apartment, then how will you toilet train the puppy during the first few months? Living a few floors up means having to dash downstairs and there may be no garden for this.

- Do you live in a busy household with not only school runs but also the exhausting extracurricular activities that make you a glorified taxi driver?

- Who will walk the dog whatever the weather?

- Will your dog be left for long hours while you go about your daily life?

If you're still determined to bring a puppy into your life, then make sure you do your research to find a breed or mix that will fit into your lifestyle. If you're going to get a rescue, then try to get as much information about the reason why the dog was previously surrendered.

And find a good breeder if you go down that route. A good breeder loves just one particular breed. Don't support the puppy farm or person only in it for the money.

And, whatever dog you get, help him grow to his full potential with love, exercise and training. But, do look for help if you're struggling. Sometimes, all you need is a bit of help and ongoing support.



Neutering

Neutering is a topic that is of major importance but, as an animal welfare organisation, RAWR has found that many people don't understand why they are advocates of neutering. Deirdre O'Brien explains.

So let's start with the ladies. A lot of female animals, not just dogs, that are entire (un neutered) can suffer from womb infections or pyometra. This often occurs in older female animals that have never had off spring but is not exclusive to them, any female is a potential risk.

Pyometra is a serious and life-threatening infection that can be fatal if not treated. The nasty thing about womb infections is that often there are no obvious symptoms. Animals may display a general air of being unwell but with few or no symptoms. Lethargy, lack of appetite, vomiting, excessive drinking or discharge from behind may be present. Infections usually occur after seasons, where the muscles around the cervix relax and bacteria can enter. Womb infections can be open or closed.

In an open womb infection the cervix remains open and allows the infection or pus to drain out, animals may over groom their private areas or even leave staining behind when they sit on bedding or floors and so on. Despite allowing infection to drain out, they

still require urgent veterinary treatment.

Closed womb infections are much more likely to be fatal. The infection continues to grow in the womb and with the cervix closed the infection has nowhere to go. The womb expands to a point and then can rupture releasing infectious material to enter the abdomen and resulting in peritonitis and possible rapid death.

The best way to prevent womb infections is to have your female animal spayed/neutered. No womb—no womb infection, simple! On a serious note, surgery on a womb infection is higher risk due to the critical nature of the patient and usually more expensive than a standard neutering operation for the same reason.

Next up: Cancer. A serious and scary word; we don't like to hear it or even think about it, but it is a huge problem. Both male and female animals can suffer from it. Female animals can suffer from ovarian cancer or cysts in various forms. Both these conditions are preventable by neutering—once again no ovaries—no problem. Females, cats, dogs, rabbits and guinea

pigs can suffer from various forms of ovarian cancers, which can often be malignant or spreading types of cancers, the signs of cancers can be wide and varied, they can include but are not limited to behaviour changes, alterations to heat cycles or lack thereof and fluid build up in the abdomen or chest. All these animals can also suffer from ovarian cysts which, amongst other things, can be extremely painful and seriously affect the animals ability to enjoy life.

Ovarian issues are not the only ones; mammary gland tumours—basically the animal equivalent of breast cancer—is a very common type of cancer found in entire female animals. Some forms are malignant and some will be benign. X-rays may be needed to determine if a growth is localised or has spread further. If a female is not neutered, depending on their ability to cope with the surgery, many vets will recommend spaying at the same time as removing the cancerous lumps to reduce the possibility of reoccurrence.

Male animals can also suffer from cancers related to not be-

ing neutered. Testicular cancer is probably the most common type, like all cancers it again can be malignant or benign. Symptoms can include behaviour changes and one testicle can be more swollen than the other, often causing the second testicle to shrink due to the changes in hormone production. Cryptorchid animals, or male animals with one or both testicles that have not descended into the scrotal sac are at higher risk. Cryptorchid animals should always be neutered to remove the risk of cancer and also to stop prevent them from breeding as the condition is believed to be hereditary as it appears to run in families, although what exactly causes it is unknown.

More for the boys with the Prostate! Some types of prostate disease and infections are also related to not being neutered; once again neutering reduces the likelihood of these diseases. Symptoms of prostate diseases, like pretty much every condition we've talked about so far has nonspecific signs, such as fever, anorexia, severe stiffness, general feeling of being unwell and abdominal pain.

In summary, the point of this article is to try and explain that despite the fact that neutering is advocated by all animal welfare groups to reduce the over population problem, resulting in less unwanted animals looking desperately for homes and spaces in rescue centres that are chronically over stretched, as well as for some behaviour problems such as wandering, straying or fighting, there is also a serious list of health benefits

to take into consideration. There is nothing worse than learning about a health condition when it is too late or not knowing what you could have done to prevent a condition.

So please take time to understand the importance of neutering your pet. You will be giving them a better quality of life and

saving yourself the heart ache and financial demands that can result from the veterinary care associated with diseases that an unneutered pet is at risk of developing. Being a pet owner comes with responsibilities and neutering is one of first things you need to do.

Kinsale volunteer coffee morning in aid of Irish Guide Dogs for the Blind

The Kinsale Branch of Irish Guide Dogs for the Blind is holding a volunteer coffee morning to encourage more people to give their time to support the work of the charity which provides Guide Dogs to those who are vision impaired and Assistance Dogs to the families of children with autism.

The coffee morning takes place on Saturday, October 29 at 10am in Acton's Hotel, Kinsale.

The morning will be an opportunity to find out more about the work of the charity, the type of fundraising activities involved and to meet the local branch of volunteers (and their dogs).

The Irish Guide Dogs for the Blind organisation has 60 teams of fundraising volunteers located all over the country, many through its branch network. These teams plan and run a variety of fundraising events in their local communities including street collections, shopping centre table sales of gift items, raffle ticket sales, donation box distribution and collection, church gate collections, fun sponsored events and sports, table quizzes, golf classics, dinner dances and much, much more.

The guide dogs are making an extraordinary difference in the lives of people with vision impairment and families of children with autism. Now you can too.

If you are interested in being part of a community which collectively strives to empower others to actively engage and participate in every aspect of their lives, please attend the coffee morning on Saturday, October 29 or contact: info@guidedogs.ie with 'Kinsale' as the subject line.

To find out more please visit www.guidedogs.ie.

people Food, Health & Lifestyle



HEALTH

Hannah Dare
Organico Bantry

'The Menopause Breakthrough' in Bantry

I have to admit, my interest is very personal. When I first realised I was entering the menopause, I asked a few menopause experts why, if this is a natural transition, it's so hard for some women? Why do we experience traumatic night sweats, disturbed sleep, anxiety, mood swings, joint problems and more? Why is it so disruptive?

The responses were varied, but basically one of the things I realised was that part of the 'problem' is that we are out of sync with our biology. In earlier times, we would have started certain things at a younger age – primarily we would have had our children younger. And by our mid to late 40s, we would be grandmothers – not quite sitting back and enjoying the good life, but certainly not being up all night with young children, or juggling school runs, demanding jobs, and managing the stress of meeting mortgage payments. We would have had the hardest more active parts of our lives completed, and the transition to menopause would quite possibly have been much easier without all the modern day adrenaline-inducing stress.

'Stress' is the important word here. And the effect it has on our nervous systems, and hence on our hormones. Because much as we might be oblivious to it, those two are inextricably linked.

However, something that is often misunderstood, I think, is that it's not necessarily as straightforward as being the menopause that causes stress – according to the experts I consulted, it's the underlying (and often unrecognised) stress in our lives that is causing the

problematic menopausal symptoms. And this is an important distinction, because it means that one of the first things we need to examine when we enter perimenopause is the causes of stress in our lives. And then we need to consider how to reduce these stresses. Because if we don't do that, and we simply focus on the symptoms, that stress won't go away. We need to find and 'treat' the cause, not just the symptoms.

I found that I needed much more rest. For me, this meant cutting out caffeine, alcohol, late nights and trying to reduce my workload. Instead of parties, I started going to personal development workshops and swimming in the sea. I also took a variety of different herbs and supplements all aimed at calming my nervous system and helping me to deal with the stresses I couldn't remove from my life.

And now, nearly three years on, I feel great. And I'm able to start socialising again – with caution!

I'm very aware that we are all different, and what works for me might not work for you. But we can all learn from each other, and be inspired to make simple changes that can make all the difference.

The main way of working out what works for you is to ask questions, and learn – about yourself, about your body, and about what you need. What we found was the most effective for people during our Webinars was the Q & A. And with Marilyn this time, we are offering an extended Q & A – a space for you to bring your own questions and have them answered directly.

So if you are perimenopausal

or menopausal and would like to learn a bit more about what you can do to deal with the ups and downs of the menopause using lifestyle adjustments, diet and supplements, come and join us on Thursday, November 10 in the Maritime Hotel in Bantry (6.30-9pm).

Tickets are €20 (which includes access to the talk, plus tea and coffee and a €10 redeemable voucher to spend on the night) and are available through the shop or through our website on organico.ie.

Organico is open in Bantry from Monday to Saturday from 9am-6pm, and our Deli is open from 9-4pm for takeaway coffee, lunch and treats. Our online shop ships all over Ireland from www.organico.ie. Call us on (027) 51391 or email us on info@organico.ie if you have any questions we might be able to help with.

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The Menopause: Does discussing it make you feel uncomfortable? There are so many topics that have traditionally been hidden away or unspoken in Ireland. Thankfully this is changing and, as female biology is fundamental to our existence as a species, it's about time! Fifty per cent of us menstruate and sooner or later will go through the Menopause, and these are important aspects of our health that we need to gain a better understanding of.

In our family there is a tradition of organising talks about the Menopause. About 35 years ago, our mother Caroline organised some of the very first Menopause Days ever held in West Cork. In the meantime much has changed, but bringing women together to talk about this vital topic is still close to our heart – since 2020, over 1000 women have signed up to our online Menopause Webinars, so it's clear that there is still a lot of interest in this topic.

Which is why Organico is hosting a Menopause talk on November 10 called 'The Menopause Breakthrough' with Dr Marilyn Glenville. This time it's a live event at the Maritime Hotel in Bantry, and we are very excited to have Marilyn coming here in person to answer all your menopause questions.

Clonakilty's Pink Ribbon Walk is back

After a two year absence, the organisers of Clonakilty's Pink Ribbon Walk are delighted to announce the return of this annual event, which will take place on Bank Holiday Monday, October 31.

Registration is at Fernhill House Hotel from 10am onwards and for health and safety reasons all participants must depart together at 11am sharp. The entry fee is €10 or a donation of choice. After walking the

4km round trip participants will return to Fernhill House Hotel for 'Pink Refreshments' and entertainment.

Runners, walkers, cyclists, children in buggies and any other mode of transport are invited to come along and enjoy some light exercise whilst donating to a worthwhile cause.

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November 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.
email: astro@katearbon.com
www.katearbon.com

November has the potential to be a month to remember in history. It carries the prompt for significant endings and beginnings or switches in a direction that will have a long-term effect worldwide. It could also trigger several hotspots in your birth chart which can give current events more of a personal twist. Wherever you have Taurus and Scorpio in your chart indicates the areas of life that are likely to be an important focus over the coming months especially if you have sensitive points or any inner planets there.

The main planet players during the first half of November are all bunched up in opposite signs and in a challenging square aspect to Saturn. In fixed signs Scorpio, Taurus and Aquarius, this adds continuation to existing trends. Events, promises and people – authority or establishment leaders – may come and go again at quite a pace. Saturn wants to keep order and

constrain, whilst Uranus is here to shake it all up and bring in the new. So this current tension can see a bit of a swing from one to the other. The discontinuity is most likely to come from unexpected or sudden revelations and events that create a need to make rapid adjustments. Things that were said in the past or deals and negotiations may come back to haunt and be unworkable or no longer be a good representation of what is true. There could be a lot of backtracking or redacting going on in the political spheres.

The month starts with Venus, Mercury and the Sun all connecting with the South Node. Uranus is joined with the North Node. The nodes of the Moon are points which indicate our collective evolution and global events that can activate changes affecting mass populations. The North Node represents our future direction in life and what we are adjusting to as a new development. The South Node

is always in the exact opposite position and represents the past, established habits and what we are releasing or leaving behind. The nodes are always involved in an eclipse event.

The Lunar eclipse puts the focus on the North Node with the Full Moon Uranus in Taurus. We can expect this to be a time of emotional triggers and reactivity with Mercury and Sun in Scorpio opposite Moon and Uranus. Any Eclipse brings big shifts, departures and new arrivals, but it takes several months to see the full effect. Late October and early November will be the beginning of a visible breakdown connected to possessions or resources. Financial markets and property investments can take a turn. The following weeks and months can be a time of instability but also this is a time when the direction or focus moves to something new. There is overall continuity as recession and inflation continue but this

eclipse also allows for or even insists in some cases, a change in perspective. It can be similar to when the scenery is changed for a stage play. There is a momentary disruption to the story as the curtains close whilst props and backdrops are shifted around. But then the curtains open to a new scene and the story narrative picks up to develop the ongoing drama.

On a personal level, we can be shown ways to make new choices about where we invest our time, energy and our attention. There is an ongoing movement of social values towards something more sustainable, inclusive and evolved. Often it is by seeing what we don't want that we become clearer about what we do want and more determined to achieve our desired goals. Having something taken away or the threat of it is a great way to recognise the true worth of something or someone.

With Mars now in retrograde

through Gemini until next year we must speak wisely and consider many options before reacting or committing. It is important to choose our battles now and not simply jump to defend at the first offence. This is especially true as we reach late November when Jupiter the planet of expansion and exaggeration starts a forwards journey once more and heads back into Aries, a forthright and assertive sign.

This month is going to bring clarity and opportunity to make choices for the future. It is an exciting time and this is the opportunity to really imagine the best possible outcome or scenario in your life and move away from the fears and anxieties that keep your choices limited.

November has a Full Moon Lunar Eclipse at 17 degrees-Taurus on November 8 at 11.02am and a New Moon at two degrees Sagittarius on November 23 at 10.57pm



Aries: This Lunar eclipse is a time for getting on with important business. It's a good time to put the past behind you as you're likely to be less sentimental during the next few weeks. Keep moving onwards, concentrating on the things that matter. Strip away and discard non-essential items, memories and old habits. The drive to improve your finances and material security is strong. The desire for autonomy makes you reconsider areas where dependence on others may no longer serve the original purpose. You could find some welcome inspiration for a new direction or opportunity you hadn't previously considered.



Taurus: A strong desire to express your unique personality becomes a priority. Relationships are meant to be a two-way flow but this Full Moon eclipse will find you wanting the ball firmly back in your court. Your basic energy and drive are strong so if you can avoid being directly confrontational you will soon manage to charm even the most obstinate. How you respond now could largely shape the direction of an important relationship. If you achieve a new intimacy or understanding, enjoy it. It's hard to keep that level of focus going but the message underneath is sincere and needs to be taken seriously.



Gemini: You're sifting through the experiences of the last several months, in preparation for making a new start in some area of your life as you move forwards after this Full Moon eclipse. Discrimination and self-examination show you that living the ordinary life is not the whole story for you now. You want to contribute something worthwhile and you're happy to take on extra responsibilities. Additional support will be offered by friends or your community if they see your true intention is sincere. Taking care of your needs both spiritually and physically is a balancing act that you strive to achieve now.



Cancer: You can always bring an unexpected twist or insight to anything you set your mind to. This Full Moon eclipse brings the opportunity to improve or make the best out of a current situation. Your recent creativity and increased sense of enjoyment are enhanced by a sincere appreciation coming from others. You can reap the rewards from past efforts whilst there's strong support for your ambitions and goals. Remember that not everyone is ready to make those moves at exactly the same time as you. Your vision is probably far-reaching and others may not see the bigger picture exactly as you do.



Leo: Your inward focus and quiet time since the recent Solar eclipse is paying off now. New energy directs you towards achieving something of value and puts you back in the full flow of life events. The November Lunar eclipse marks the end of an anxious time. Now you can see what was holding you back. You're able to secure your position, know what the limits are, and move forward. You've created a firm foundation to build on so now decide how you can make it work to your benefit. Injured pride and misunderstandings are a result of people taking themselves too seriously, so keep your sense of humour uppermost.



Virgo: This month's Full Moon eclipse is the culmination of energies from the past two weeks so now you can push on toward whatever goals you have in mind. Whilst your current mood is compelling you, it's a good time to reach for something different and exciting. You want to improve your position and are willing to take advice or seek extra knowledge. There may be additional details, communications or travelling to attend to but keep your focus on the bigger picture. Backed up by so much strong energy you are likely to feel an incredible drive to accomplish and achieve in life.



Libra: During November you'll have the impulse to do something quite liberating. Having considered what's worth keeping and what's just a drain on your resources you'll want to make some space in your life. This Full Moon eclipse gets you thinking about your own needs in all your relationships. New thoughts inspire you and send you off in a different direction. Consider how much your physical needs and personal assets are tied up with others. Ensure there is a balance so no one feels overly indebted. This burst of freedom will do you good and make it easier to keep things in perspective.



Scorpio: With the Lunar focus on your house of relationships and the Sun in your sign, it's no surprise that you want to take a close look at your personal associations. You're tempted to let go of anything you believe to be holding you back or simply uninspiring. You may also be torn between your individual or personal concerns in favour of a more active social life. Doubts fade into the background as a new sense of self, a more assertive personal style and a more dynamic approach to life emerges now. Your relationships need to reflect this energy and those that don't may suffer.



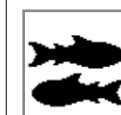
Sagittarius: The November Lunar eclipse will prompt you to focus your attention on the everyday demands of life. Dealing with the mundane aspects of your daily routine will be fully rewarded later. You'll have an increased ability to make your dreams a reality if you put the work in over the next few weeks. Any effort on your part to improve your health, diet, and physical condition will pay off. Your practical sense is enhanced and you can now make difficult decisions affecting your material welfare. Being of service to others or taking on extra responsibilities will prove to have been an investment in your own future in the long run.



Capricorn: You want to fully realise your dreams and this Lunar eclipse starts you on a new journey. Any attempt to put into practice your hopes and ambitions will pay dividends. Your tendency to compromise and settle for less than you are capable of can be a problem. Tension results when you ignore your own desires for achievement or acknowledgement. This is a very creative phase so allow yourself time to be playful with any new ideas and inspiration you experience. You'll find that despite everything you are actually on course, and making the right moves for getting to where you want to be.



Aquarius: The Full Moon shines on your home and private life, which can be very satisfying right now. Your feelings and need for security may find you seeking seclusion for a while or losing yourself in past memories. Events make it difficult to reach clear decisions concerning your career and life direction. With this eclipse, you'll begin to gather your resources around you so you can reach new levels. Circumstances may urge you to make a greater effort. But don't overdo things or try to go too far too fast. Despite appearances things are working with, rather than against, you so don't get overwhelmed. Let things take their natural course.



Pisces: This Full Moon is the perfect time to act on any impulse to improve yourself and your status. The eclipse may find you making plans to take up some study or make a journey. Even just mixing with people who are culturally different to you or exploring new ideas will prove worthwhile. A career opportunity or the chance to impress someone of importance is likely during this phase. Giving extra attention to details and keeping up with everyday business could be time-consuming but you can make the small things add up to contribute to the larger plan. Feeling good about yourself and what you are doing with your time enhances your sense of well-being.

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Ladies raise over €10K in Pink Knickers Swim in Clonakilty

Over 200 women took part in The Pink Knickers Swim at Inchydoney Beach in Clonakilty on Sunday, October 23, 2022, raising €10,000. The event, which is the first of its kind in Clonakilty, was held to raise funds for The Irish Cancer Society, as part of Breast Cancer Awareness Month, and to support the local fundraising efforts in Clonakilty to help build a new inclusive playground.

The sea was awash with colour as pink ladies travelled from all over Cork County to participate in a pink knickers-themed swim at Inchydoney Beach.

Amongst the women donning pink were friends Tessa Hanafin and Ger White, from Ballincollig who have both undergone

treatment for breast cancer this year. For Ger, it was her routine mammogram that led to her diagnosis, and for Tessa, she found a lump on her breast when she was self-checking at home. Both are now on the road to recovery, and they urge others to be breast aware and to not ignore the warning signs of breast cancer. They were joined yesterday by friends Eva McArdle and Anneliese Dressel (also Ballincollig).

Mother and Daughter duo, Valerie Crean and Sandra Quin, both from Bandon, joined the hundreds of women swimming in solidarity for Breast Cancer Awareness Month as they too have experienced family members undergo cancer treatments.

They joined the many women who attended yesterday's event to celebrate the memories of loved ones affected by cancer, and to share their own personal stories with each other. The road to recovery for some was greatly helped by taking up sea swimming and the many health benefits it provides. Liz Hilliard (Enniskeane) was joined by friend Val Walsh (Rochestown). Liz, who is in recovery from

breast cancer, found sea swimming was therapeutic during her cancer treatment.

Eileen McNicholl (from Leap), who has also recovered from breast cancer, took up sea swimming in recent years and she was joined yesterday at The Pink Knickers Swim with close friends Jacinta Looney (Glandore) and Helaine O'Regan (Blackrock).

Orla O'Donovan, an organiser of The Pink Knickers Swim event said, "We are thrilled that so many women joined us for the first ever Pink Knickers Swim in Clonakilty. We are so thankful for everyone's participation and their kind donations, and to the sponsors of the event who helped make this a huge success. We are looking forward to next year and we hope to see even more ladies turning up in their pink knickers to help raise vital funds for Breast Cancer Awareness Month."

To mark the Irish Cancer Society's Big Pink Breakfast and 'Care For Your Pair' campaign this October, those who registered were invited to an exclusive post swim beach picnic breakfast on the beach,

kindly supplied by Inchydoney Island Lodge and Spa Hotel.

The registration fee also included a goodie bag which contained a pair of pink knickers and surprise gifts, courtesy of Harrington's Pharmacy, Crowley's Pharmacy, Auntie Nellies Sweet Shop and Dunmore House Hotel. A Brakeburn changing robe kindly donated by Gooseberry Boutique, Clonakilty, was won by Nicola Gleeson from Clonakilty.

This October during Breast Cancer Awareness month, the Irish Cancer Society are asking women to 'Care For Your Pair' and are encouraging family and friends to do the same. To learn more about the signs of breast cancer and how to self-check, visit cancer.ie/careforyourpair

Proceeds from the event will help fund vital breast cancer research, as well as support the local fundraising efforts in Clonakilty to build a new, safe and inclusive playground. The new playground will focus on a design that caters for all with accessible equipment and a sensory play area as part of Clonakilty's plan to be an autism friendly town.



(l-r) Liz Hilliard & Val Walsh, Pic: Anna Groniecka Photography

You can still make a donation to The Pink Knickers Swim 2022 by visiting: idonate.ie.

Follow on Facebook and Instagram at @Clonakilty_playground to be alerted of upcoming fundraising events.

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7.00am – 8.00am

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10.00am – 11.00am

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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

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

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4.30pm – 5.30pm

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AERIAL YOGA
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Practicing Eternity: the dreamworlds of Alessandro Sicioldr



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.

A youthful face peers at the viewer, in the midst of a stream of sleep-walkers, wading through water in brightly coloured robes. All the faces are similar, reminiscent of the generic faces in the paintings of Piero della Francesca or Giotto. The gaze levelled at the viewer is direct, solemn, inscrutable. This androgynous figure with his/her strangely horned hat knows something that we do not. He/she is a part of Alessandro Sicioldr's dreamworld, a world of visionary images which seems to resist and invite interpretation in equal measure.

Alessandro Sicioldr, a 32-year-old painter from Tuscany, is a rising star of figurative painting in Italy. Entering an exhibition of his work, as I did in May, is like stepping into a room of medieval, moonlit riddles. Sicioldr writes, in the catalogue for his exhibition 'Il Maestro, La Voce, La Luce', "I look at what I have painted as if

I were observing the memories of a dream", and in another passage: "When the unconscious speaks one observes it." He professes not to initially understand the images that come to him, that flow from his hand, as if "in a trance" and, according to Luca Fiore, "prefers the viewer to take on the role of Dr. Freud, if they so wish, or else to join him on the analyst's couch."

It is a creative process which I identify with both as a painter and a poet. When poems arise from within me, they often flow, as if pre-formed onto the page; they come in magical lines which often defy meaning, but which feel extremely compelling. One particular example is a poem called 'Balance the Roses', the beginning lines of which I deleted three times, before allowing them to continue: "Balance the roses. What is that? Balance the roses. Again, what is that? Twins balance roses in the darkness. In the mirrors, in the darkness...". It was only sometime afterwards that I realised the finished poem's significance. This is the power of the creative subconscious and it is what flows through Sicioldr's work as a painter.

Paintings like 'Portaluze' / 'Light Holder' (2022) and 'Sonnambuli' / 'Sleepwalkers' (2021) are images which seem made for Samhain, presenting, as they do, collective submersions in dream and ritual. The pictorial element of water, in which Sicioldr places his figures, becomes an apt metaphor for the submersive dream state. In 'Portaluze' the central masked figure, knee deep in a water hole, flaming torch in hand, appears to embody the ancient archetype of the 'voyager between worlds', an archetype as old as the Mesopotamian epic of Gilgamesh.

The principle metaphoric elements in the works which comprise 'Il Maestro, La Voce,



'Portaluze', 90x140cm, Oil on linen

La Luce' are: light (emanating from a mouth, a container, a flame, the sun, the moon); water (in a vessel, a river, a pond); and: effigies and masks (miniature statues of the figures who hold them, marionettes, the plague doctor, the wife, the priest/ess).

The circularity of light between vessel, mouth, flame and moon is particularly intriguing and stands out in two relatively small works, 'Il Maestro o La Voce' and 'Il Sognatore'. In 'Il Maestro o La Voce' / 'The Teacher of the Voice' (2021) a face, emanating light from its mouth, is pictured nestled in a tree. One of three figures standing in water, leans towards the lit mouth, as if listening. The central figure is a black-robed 'plague doctor', whilst the third appears to support the 'listener'.

In 'Il Sognatore' / 'The Dreamer' (2021) a large sleepy figure drinks from a vessel of light through a straw, a face behind a curtain emanates light from his/her mouth, whilst in the distance falls the last light of dusk.

Sicioldr's compression of an 'inner light' with an open mouth or 'voice' is a deeply poetic one, endowing his scenography with both a visual and metaphoric logic. Everything points to revelation, spiritual sustenance, inner awakening, all shadowed by the presence of death (the plague doctor), as this too is a part of self-knowledge. Sicioldr's metaphoric use of light puts me in mind of the words of Lao Tzu: "Seeing into darkness is clarity. Use your own light and return to the source of light. This is called practicing eternity."

If Sicioldr's imagery speaks to the eternal it is only because his compositional design and painterly application enables it to. As a visual composer and oil painter he draws deeply from the Western figurative tradition. Through his work one catches echoes of painters from Bosch, DaVinci and Masaccio to Magritte, Arrivabene and Nerdrum.

Sicioldr's paintings are beautiful enigmas in the medieval dark; visions which cloak, not only a deep inner life but also a hidden mantle of art historical influences, from Hieronymus Bosch to Rene Magritte. His work is a torch of continuity, linking the past and the present; a space of compositional stability which invites us to enter our own dreamworlds, on this festival of Samhain.

Cork County's Teen Literature Festival returns

Cork County Council's Library and Arts Service has announced the return of its Teen Literature Festival for 2022. Taking place throughout November, events include the 'One County One Book' programme, online book discussions and creative writing workshops.

Over 1,500 secondary and Youthreach students have been offered the opportunity to partake in the 'One County, One Book' programme this year. Students will receive a copy of the featured book *Not My Problem* by Ciara Smyth, as well as the chance to meet the author either online or in person.

Online book discussions and creative writing sessions will also be held with authors Louise O'Neill, Mary Watson and Sue Divin. Students can meet the authors to discuss themes such as feminism, inclusion, diversity and managing friendships and relationships during the month of November.

All books by authors involved in the Teen Literature Festival are available from Cork County Council branch and mobile libraries. Contact details for libraries can be found at www.corkcoco.ie/library.

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people Arts & Entertainment

Between Sky and Land on show at Kenmare Butter Market

Kenmare Butter Market is hosting an exhibition of new works by three very exciting contemporary artists: Ian Calder, Fionnuala Nolan and Anne Marie O'Shea. 'Idir Spéir agus Talamh' opens on October 29 at 6pm and runs until November 25.

Though quite a diverse trio, all the artists show experience of the raw elemental landscapes of the Irish coast and shoreline and explore the expressive power of paint in their own unique ways, moving between abstraction and realism in varying degrees.

Ian Calder's subject matter is the wild spirit of horses and the emotive power of abandoned ship wrecks that he has sought out along the coasts of Ireland and Scotland. The Scottish born, Wicklow based painter says, "My work features images of once proud, sea-worthy vessels emerging at low tide as rotting, rusting, twisted hulks and of powerful equines emerging from an abstracted canvas."

Ian's equine paintings pay homage to the great horse painters of the past: Stubbs, Delacroix, Degas, Munnings and Blackshaw. They are loose, expressive, unsentimental images of the spirit of the horse, painted with a lot of surface interest, but are, nevertheless, anatomically correct.

Fionnuala Nolan's paintings seem to emerge from some mythical Ireland we all recognise but can't easily express. Our instinct is to cling to recognisable hints of mountains, cliffs, fields and oceans that materialise out of a mist or disappear in a torrent of sudden 'weather'. But are we looking from above the clouds, or from below the waves?

Fionnuala is continually inspired by her emotional response to the natural world. "These paintings came out of my experiences of the Beara Peninsula in winter — the churning sea and rapidly changing light, the mountains looming out of the rain in the distance, the gushing streams, the ancient vegetation — the whole primordial wildness, combined with the purity and elemental nature of the landscape."

"I have hundreds of sketches and photos of this elemental



Ian Calder



Fionnuala Nolan



Anne Marie O'Shea

landscape, but I painted many works from memory. I like the idea of layers in a landscape, of history, past lives and memories. I strive to capture that elusive sense of connection we all feel, the link between the natural world and ourselves."

Anne Marie O'Shea's work is a direct response to her immediate environment in Kenmare where she was born and raised around the family business 'Kenmare Homespuns'. Her work is rich, earthy and multi-layered.

"This body of work is about the South Kerry and West Cork landscapes. I am drawn to the elemental aspects of this dramatic place, the wildness, rock, mountain, water, precipitation, rhythms and spaces, the ever

changing weather and appearances of place.

"I have an obsession with making, with process, with creation. My grandfather supplied the people of Kenmare with electricity — making Kenmare the first town in Ireland to have electricity before the ESB. The bi-product of that availability of power was the processing of raw wool into yarn for knitting, textiles and tweeds.

"So for me, Ashgrove Woollen Mills became like an amphitheatre. I spent a lot of my childhood experiencing and differentiating this huge variety of rhythmical sights and sounds which I now realise has shaped my vision as an artist and musician."

west | cork | music
Longing

Sharon Carty
[mezzo soprano]
John Finucane
[clarinet]
& Finghin Collins
[piano]
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Bandon Library launches out of hours service

Bandon Library has launched a new addition to its service that will enable borrowers to access the library outside of the usual hours of operation. 'My Open Library' offers extended opening hours to library members on a self-service basis outside of normal opening hours, seven

days per week, from 8am to 10pm, 365 days per year.

A number of services will be available during these hours including the chance to browse and checkout or return books using the self-service kiosks. Daily newspapers, PCs with internet, access to free WIFI, printing and photocopying services are available. Leaving Certificate students and those studying for college exams can avail of a quiet space to study, while a meeting room for clubs and community groups can also

be reserved during 'My Open Library' hours.

While there are no staff present during 'My Open Library' hours, regular opening hours remain unchanged with library staff available to assist and help all users of the library, with an important commitment to customer service. Members must join separately to access this service and also attend an in-person induction. Please contact Bandon Library at 023 8844830 or email MOLBandon@corkcoco.ie

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Ballydehob singer Molly O'Mahony announces debut album

West Cork native Molly O'Mahony's power lies in her ability to feel deeply and to convey that feeling through her words and her voice. Her main mark on the music of Mongoose, both in writing and performance, is the raw emotion at its core. The pandemic gave rise to an opportunity, when she returned to her home place of Ballydehob after a decade of

living in Dublin, with nothing but time, a guitar and a broken heart.

With a back pocket full of personal songs – extensions of her compulsive journaling habit and products of all the life she had lived – she was compelled to step out, strip it all back and make an album that reflected her particular emotional experience of moving through the world.

'The House of David' is the product of her two years under lockdown, during which time she wrote, honed and recorded the songs which tell the turbulent story of her twenties; a journey through living, loving, failing and creating in the city that made her the artist she is.

Sound boarded against the musical ears of her siblings, Matilda and Fiachra, and utilising their complimentary voices to sit alongside hers, the arrangements were carved out with vocals at the fore. The rest of the textures came when it was time to record the album properly in the summer of 2021,



with producer Alex Borwick at the helm, and musicians Shay Sweeney and Ailbhe Dunne, chosen to fill out the rhythm section. The tracks were recorded in a concentrated haze of musical alchemy at Black Mountain Studios, Dundalk, over the course of just a week.

Finally, after a big crowd-funding effort and a timely bursary from the Arts Council of Ireland, the album was made manifest.

Molly has released three singles from the record so far

– 'Remember To Be Brave', 'Brother Blue' and 'Her Song' – samplings which reflect the broad span of influences in her songwriting, her verbal virtuosity and her ability to convey pure feeling.

Molly will unveil her highly anticipated album, 'The House of David', in its entirety on November 10. It will be available to buy on CD and vinyl via Bandcamp.



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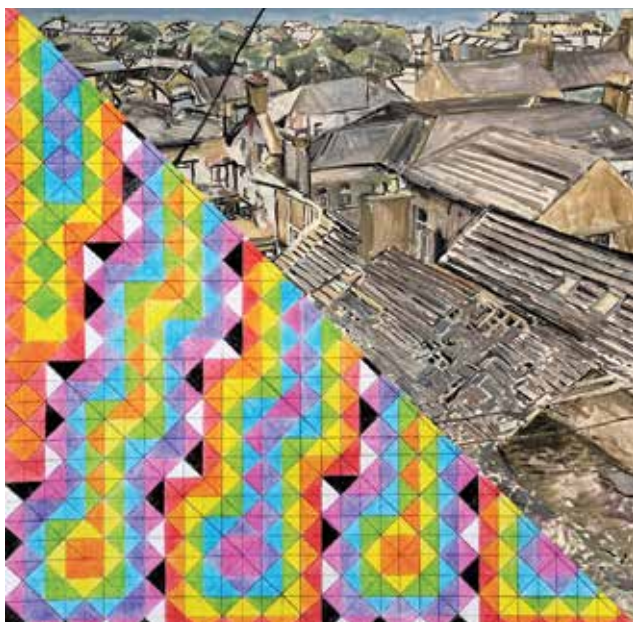
2 William St., Bantry. Tel 027 55127

Gallery Asna November show

'Time and Process' is a new exhibition at Gallery Asna in Clonakilty from visual artists Mark Beatty and Conor Wickham, who have both explored the theme of chaos theory and self-similarity in their new work.

Chaos Theory is the idea that existence, cosmic and terrestrial, is bound by interrelated systems; layers of complexity, states of transformation from one configuration to another, working within self-similarly patterns. Likewise, self-similarity within the natural world relates to repetition of forms, minuscule, massive and all the stuff in-between; the appearance of which can look similar but not necessarily identical. Interconnected lines repeat to become patterns that form fractals, clusters of cells form organs, numerous wavelets form the waves. Likewise, modern cities and natural geological forms like estuaries viewed from above follow self-similar traits in their shape and form.

The artists have explored these themes through their work. They have each worked within the framework of the square, the square being their chosen



self-similar format to present their findings. Beatty has made a series of nine drawings which have explored light and colour on geometric forms through the medium of pencil on paper. His work makes ritual out of repetition, each piece is a time-consuming examination of process and material.

Wickham has completed a series of six oil paintings. They are to be viewed as a set, with each

one elaborating upon and asking questions of the previous. The subject matter quickly distorts and deconstructs only to settle and find meaning again in the final three paintings. Wickham has looked at repeated patterns, shapes and textures in our living environment.

Exhibition opens on Saturday, October 29 at 5.30pm and runs until November 19.

Stunning classical duo in concert in Leap

St. Barrahane's Church Festival of Music, now in its 40th year, will celebrate its final concert of 2022 on Saturday November 12 at 3pm. This time the venue is in the lovely setting of Myross Wood House, Leap. Christian-Pierre La Marca, cello and Félicien Brut, accordion will perform a stunning classical duo of new generation French virtuosos with a genre-busting programme spanning the Baroque to the modern day.

Christian-Pierre La Marca is described by Gramophone Magazine "a master of his instrument ... and a musician of lyrical elegance". Le Figaro wrote that Félicien Brut is "A new ambassador of the accordion in the classical world." Despite any superficial assumptions about the improbable pairing of a cello and accordion, once their combination is heard, few things are as captivating as the sound of a cello and an accordion together.

The programme includes Bach, Chopin, Popper, Shostakovich, Gershwin, Astor Piazzolla and much more

This delightful classical duo brings Music Networks Autumn 2022 Season to a fantastic finish and also includes a not to be missed premiere of a new Music Network commission by Judith Ring.

This is a very special concert not to be missed!

Tickets: €20. are available online at Eventbrite; at the door 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.



Santa returns to Clonakilty this Christmas on The Polar Express

The West Cork Model Railway Village and Karl O'Connor Creative are going full steam ahead again this year with the return of Clonakilty's festive Christmas experience 'The Polar Express'.

The interactive walk-through experience, which promises magical moments for families, will open on November 25 and run until December 23, 2022.

"We're very excited to announce plans for a bigger and better Christmas event this year!" commented Paul Hayes, Chairperson of Clonakilty Enterprise Board/West Cork Model Railway Village.

"Last Christmas, we had to be mindful of Covid restrictions and had to limit numbers, but thanks to the diligent work of staff at the Model Village, Karl O'Connor Creative and colleagues on the Board, we were



still able to create cherished memories for hundreds of families, and we are looking forward to welcoming many more to our Polar Express extravaganza this Christmas!"

This year, on hopping aboard the Choo Choo Road Train, families will have to help out, as the train is powered by Christmas songs. Mrs Claus and the elves will also be sharing in

the fun. Children will enjoy a craft activity, see the action in the workshop, meet Dasher the talking reindeer, visit Santa in an authentic railway carriage and lots of other surprises along the way!

Twinkling lights and seasonal magic will fill the air, as you explore the Villages of Light and observe miniature West Cork, as you've never seen it

before. Follow the model trains and have fun trying out the remote control boats, mini diggers and indoor play area.

With the help of the Model Village Board of Management, staff and Karl O'Connor Creative, Santa plans to spread magic over Clonakilty this Christmas!

Tickets are on sale now from www.modelvillage.ie

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Quiet Lights music festival returns

The winter music festival 'Quiet Lights' is taking place in venues across Cork City from November 24-27, 2022.

The festival aims to shine a light on the new wave of Irish and International folk, traditional, and experimental talent that are quietly forging new paths, recollecting old tales, and creating new stories.

Highlights this year include Martin Hayes and John Francis Flynn, presented with festival partners Live at St. Luke's.

The festival has a special focus on Raelach Records this year, to acknowledge the very significant impact the label has had on

Irish traditional music. Expect a fantastic free lunchtime concert at UCC in association with FUAIM, curated by label founder Jack Talty, on the Friday.

Quiet Lights also welcomes artists Eoghan Ó Ceannabháin and Aoife Nessa Frances, who both have new albums on the way, Ora Cogan (Canada) and Cinder Well (USA).

As well as its usual folk and traditional programming, Quiet Lights continues to showcase exciting contemporary and experimental music in Cork. Máire Carroll performs a concert of Philip Glass' Etudes on the Triskel's beautiful Steinway piano as the festival's opening show.

SlapBang (Lina Andonovska and Matthew Jacobson) and Cúar (Neil Ó Loclaínn) bringing some experimental brilliance to plug records, as well as some of the most groundbreaking artists and bands in Ireland coming to town such as The Bonk and Rachael Lavelle.

Myles O'Reilly's Ambient Pharmacy is at St Peter's – where Myles and his fellow artists Simon O'Reilly and Gareth Quinn Redmond will create a three-hour soundbath on the Sunday of the festival that people can wander in and out of as they wish. Admission is free and all are welcome.

Tickets are on sale now on www.quietlights.net

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people Arts & Entertainment

Debut novel by Clonakilty author lauded for its touching love story



Sara O'Donovan

Clonakilty author Sara O'Donovan will launch her novel 'Within You, Without You' in Bantry Bookshop on Saturday, December 3.

The novel, published by Valley Press, has received praise from author and actress Carol Drinkwater who said, "This is a wonderful debut novel by Sara. She writes beautifully and there is such a sense of compassion

for her characters." Novelist Denyse Woods said, "This stirring evocation of love, Liverpool and the mysteries of time kept me gripped from the first exquisite word to the last."

Set in Yorkshire, Liverpool, Sussex and Cork, it has been called "a wonderful and moving love story. An accomplished novel of joy, passion, loss and years of regret" by Cork novelist Tadhg Coakley.

'Within You, Without You' is a Sliding Doors-style story of Kathryn who thinks that she has seen her first boyfriend Ed on the side of the road on a dark and stormy night. However someone doesn't just reappear like that. Not when they died twenty years ago. Uncovering long-buried memories of first love and its devastating loss, she returns to her past to try and rewrite her present, discovering that reality isn't what she had been led to believe.

Marketing manager with West Cork Music and manager of the West Cork Literary Festival in Bantry, Sara says that it is thanks to the festival that she came to write her debut novel.

"A number of years ago, I freelanced as an equestrian journalist and wrote a book called 'Horses of County Cork'

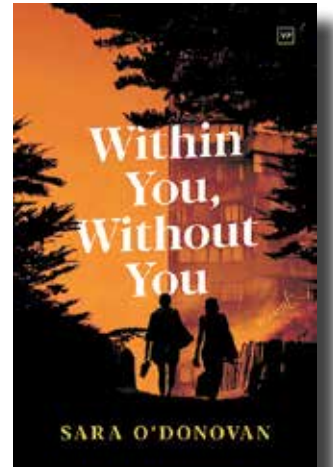
before turning my hand to fiction. I met an editor at the West Cork Literary Festival who encouraged me to develop a recurring thought I'd had and that thought became the opening of 'Within You, Without You'."

"The journey to publication hasn't been straightforward," says Sara. "Rejections are part and parcel of it and there did come a time when I wondered if I would ever get a yes. But nearly a year after I started to send it out, the novel was accepted by Valley Press, a small independent publisher in North Yorkshire. It felt particularly fitting as the book is partly set in the Yorkshire Dales."

Being able to set her novel in much-loved locations has been one of the enjoyable aspects of writing a novel.

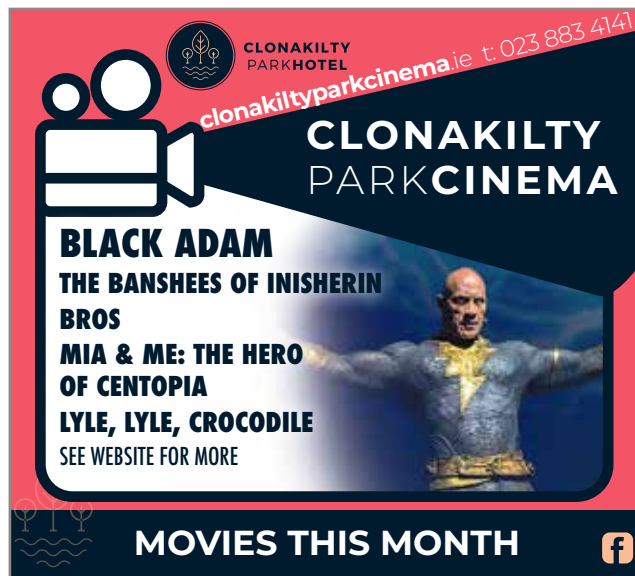
"To be able to spend time in my favourite places, both physically and in my imagination, was a treat. The Yorkshire Dales and Liverpool in particular are very special to me and so I loved having the freedom to place my characters there."

The novel also touches briefly on the world of horse racing, which isn't surprising, as Sara's background is in racing and



show jumping. She grew up on the south coast of England where her parents – her father is a former jump jockey who comes from Leap – worked for a racehorse trainer. An English degree was followed by a year as racing secretary with the Queen's trainer before she moved to Ireland. "Now that we have two young children, as well as horses, life can be hectic but I enjoy the balance of writing and horses," she says.

'Within You, Without You' is available from Valley Press (valleypressuk.com), local bookshops and Amazon.



Three Clonakilty writers shortlisted for the An Post Book Awards

The announcement of the shortlist of books nominated for the An Post Irish Book Awards is always an exciting time in the world of Irish literature. This year, however, it is especially so in Clonakilty with three local writers nominated. Louise O'Neill has been nominated twice, once in the category of Popular Fiction Book of the Year for her novel *Idol* and again as Author of the Year. Thaddeus Ó Buachalla has been nominated for his novel *EL* for the Irish Language Book of the Year and Paul McMahon's poem 'What Man Doesn't' is shortlisted for the Listowel Writers' Week Poem of the Year.

Bestselling author Louise O'Neill is a native of Clonakilty, while Paul McMahon and Thaddeus Ó Buachalla are more recent arrivals; However, both have now come to call the town home. Originally from Belfast, Paul McMahon is an



Authors Louise O'Neill, Paul McMahon and Thaddeus Ó Buachalla



author, poet and playwright and is no stranger to the An Post Irish Book Awards, having been already shortlisted in 2019. Thaddeus Ó Buachalla, originally from Cork City, writes exclusively in Irish and his work has received an Oireachtas award in 2021.

It would be safe to say that Clonakilty's literary scene is alive and thriving. When asked

about working in his adopted home, Thaddeus said, "Clonakilty is such an incredible place to live as a writer. It has that unique blend of being both peaceful and stimulating at the same time." As members of the DeBarra's Spoken Word team, both Thaddeus and Paul are active in supporting local writers by providing feedback and musical accompaniment



to other poets that perform at DeBarra's every month.

The shortlists for the An Post Awards have all been chosen by reputable judges but the final winners are decided by a public vote. People can support all three Clonakilty writers by voting for each in their respective categories by logging onto www.irishbookawards.ie.



Capturing the beauty and lightness of swifts in paint



A new mural in Clonakilty that celebrates the Common Swift was completed last month by local artist Sheila Kelleher. Adorning a formerly easy-to-miss yet perfectly curved wall, the mural is ideally situated as it faces Atkins DIY, where swifts roost in nesting season and can be observed performing amazing acrobatics against the evening sky. Sheila explains how the mural came to life.

“The mural was commissioned by Clonakilty Tidy Towns and Birdwatch Ireland West Cork Branch to raise awareness of our amazing Common Swift – Apus apus in Latin or Gabhlan Gaoithe (forked one of the wind) in Irish,” Sheila explains, “especially of its precarious position due to a decreasing population.”

“Birdwatch Ireland was keen to have the design feature the swifts in flight as these birds spend a lifetime on the wing and some iconic buildings of Clonakilty were also requested to be included.”

“The wall itself is quite long but not high so I needed to be careful not to compress the overall image of birds in flight and to create a sense of openness and light. I used a limited palette of colour: blue, white, black and brown so as not to distract from the importance of the birds themselves. The bottom half of the wall with building images is therefore kept ‘quiet’ with the use of greys.”

Whilst Sheila enjoys working on her own, she had only a short window of good weather to paint this mural so husband Martin and friends John Dillon and Kevin O’Donoghue helped lay out her design. “I am so grateful to them as this helped speed up work so much. Martin continued to work with me on the painting and he is responsi-

with The Shack Mural Project/ Artist and Youth Residency Scheme, amongst others.

“It was so enjoyable working with those young people. All young people love to see creativity happening... we got a round of applause from Clonakilty Community College boys while painting the swift mural – they lined up on Atkins footpath and cheered us on!

“I’ve also painted murals for Clonakilty/Waldaschaff Town Twinning Committee and in a few residential areas of Dunmanway; the residents got involved in the painting of those which was a wonderful experience.”

Sheila believes murals can transform duller areas of a town and create a sense of ‘pride of place’. They also help draw awareness to their subject matter as is the case with the swifts.

“Murals can be painted on most surfaces,” she explains. “They are not interfering with the environment and as paint is the only material used it is one of the most economical ways to transform an area.”

“I’d like to say a big thank you to Birdwatch Ireland West Cork Branch and to Clonakilty Tidy Towns for commissioning this mural, to butcher Micheál O’Neill for the use of his wall, Atkins for supplying the paint to prep the walls and to Anthony

Brennan and Frank O’Shea for prepping the wall, undercoating it and giving me a beautiful surface to paint on. Finally, Mile Buiochas le Martin Kelleher, Kevin O’Donoghue and John Dillon!”

Sheila can be contacted for mural commissions on facebook: Sheila Kelleher Artist or email: shekelleher@hotmail.com or on 086 3173958.

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Homemade vegetable soup
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Clonakilty black pudding
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Chicken wings
with fresh salad & buttermilk ranch sauce

MAIN

Turkey and ham
with seasonal vegetables & mashed potatoes

Roast striploin beef
with seasonal vegetables & mashed potatoes

Pulled pork sliders in Amish brioche bun
with skin-on fries & a side of slaw

Chickpea curry
with basmati rice, skin-on fries & naan bread

Homemade chicken goujons
with a fresh salad, skin-on fries & garlic mayo

DESERT

Chocolate fondant
with fresh cream & ice cream

Mince pie
with fresh cream & ice cream

Apple tart
with fresh cream & ice cream

Tea or coffee

BOOKINGS: 023 8833250 / 083 8798070

The Craft Corner

Feed the birds

This month Natalie Webb is showing us how to make birdfeeders. *“With cold winter days ahead our feathered friends will be very grateful of a little extra food. These bird feeders are so simple yet effective and will attract the small birds into your garden.”*

- Materials:
- Lollipop sticks (you can buy these in your local craft shop)
 - Strong glue
 - String or garden twine
 - Bird feed (seed or nuts)

Lay out 11 of the lollipop stick side by. Take 2 more sticks, glue them on one side then stick diagonally across the 11, this will join them all together, leave to dry.

Turn the stuck together sticks over then cover them all with glue, going in the opposite direction place another 11 sticks on top and this should make for a secure base for your feeder. Next put a dab of glue on each end of another stick and place it on one side of your base, then repeat on the opposite side. Next do the same on the other two sides and keep repeating to a level of 5 sticks per side, you can use more if you wish but I think this is a nice height for the birds to hop in! When this is all dry take another stick and slide it through the feeder on the bottom...this is to make a little perch for the birds before they hop in. In each corner thread a piece of the twine through and tie together at the top. And there you have made a bird feeder...hang somewhere outside

preferably where you can see it from a window to watch the birds...but away from cats! Fill with some bird food and enjoy seeing how many little birds come and visit!



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

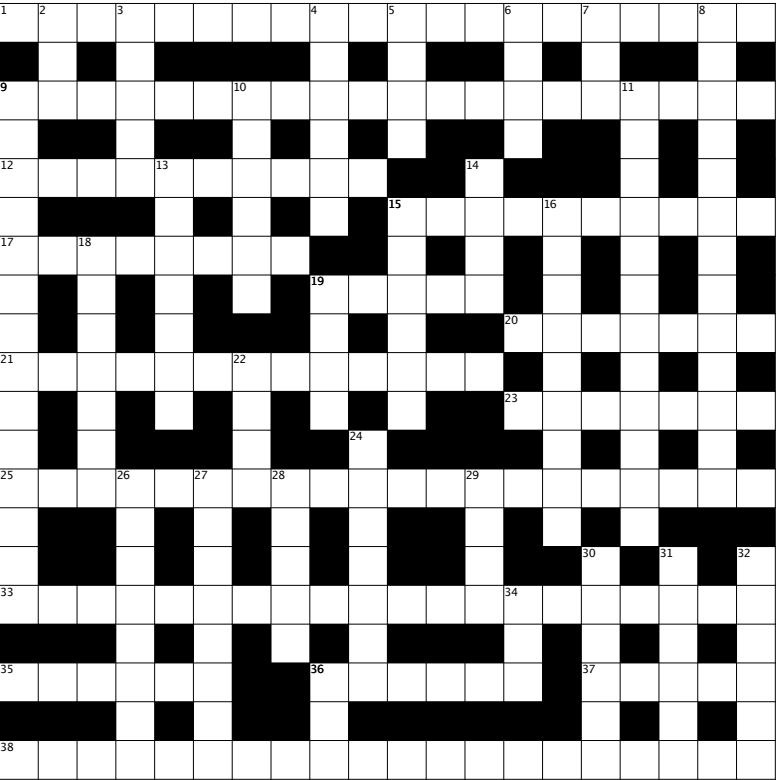
		8		1				
3	4			8			7	
	9			7	4			5
5					3		6	7
	7	6					2	
						6		
				4			1	2
	8	9		5				

#86612 Difficulty: hard

		3	2		4			6
					6	8		
							2	
	2					7		
		4	5	1	9			
							6	
	9			7			3	8
				5				9
5	4					1		

#86761 Difficulty: moderate

In the news Crossword



- ACROSS
- 1 Prevents improper parliamentary behaviour (9,11)
 - 9 Ibuprofen for example (4-12,4)
 - 12 Needless and unjustified (10)
 - 15 Innkeeper with no Sovereign (10)
 - 17 Support politician beaten by a lettuce (3,5)
 - 19 Deductive skill (5)
 - 20 Online alter-egos (7)
 - 21 It includes Sargasso sea (8,5)
 - 23 Visionaries (7)
 - 25 Multi-ethnic Balkan state (6,3,11)
 - 33 Home of El Capitan (8,8,4)
 - 35 I am a friend with a graceful antelope (6)
 - 36 Pair with tomato or bomb (6)
 - 37 Emulate the Lonely Goatherd (5)
 - 38 It may be patent where academic lives? (12,8)
- DOWN
- 2 “My ___ Private Idaho” (movie) (3)
 - 3 One for whom many guides have been written? (5)
 - 4 Have some association with a nautical measure? (6)
 - 5 Units of electrical resistance (4)
 - 6 Cretan’s Cupid (4)
 - 7 Dog show category (3)
 - 8 From the New World? - a rheumatic son (anag) (5,8)
 - 9 Blood flowed from her character’s pen (6,8)
 - 10 Thief’s strange fixation (6)
 - 11 Bringing about a weakened state. (12)
 - 13 The Nova Kakhovka dam is in which country (7)
 - 14 The Iliad in Greek literature is an example of such a poem (4)
 - 15 “A man has cause for ___ only when he sows and no one reaps”: Charles Goodyear (6)
 - 16 Expression of goodwill to a traveller (3,6)
 - 18 Die-hard types (7)
 - 19 Tapestry maker’s device (4)
 - 22 US State with caucuses (4)
 - 24 Rameses’ rank (7)
 - 26 Show me a snake using the same title (8)
 - 27 On the whole (3,2,3)
 - 28 Unaided vision, ___ eye (5)
 - 29 Target number of net emissions (4)
 - 30 Highten the drama (4,2)
 - 31 Male bird has a look (6)
 - 32 He believed he could fly... but is now caged (1,5)
 - 34 Contrary vote (3)
 - 36 Army bed (3)

ACROSS: 1. political correctness; 9. anti-inflammatory drug; 12. gratuitous; 15. Republic; 17. Lt Truss; 19. logic; 20. avatars; 21. Atlantic Ocean; 23. mystics; 25. Bosnia and Herzegovina; 33. Yosemite National Park; 35. Impala; 36. cherry; 37. yodel; 38. intellectual property DOWN: 2. own; 3. idiot; 4. league; 5. ohms; 6. Eros; 7. toy; 8. South American; 9. Angela Lansbury; 10. fetish; 11. debilitating; 13. Ukraine; 14. epic; 15. regret; 16. Bon Voyage; 18. zealous; 19. loom; 22. Iowa; 24. Pharaoh; 26. namesake; 27. all in all; 28. naked; 29. zero; 30. play up; 31. gander; 32. R. Kelly; 34. nay; 36. cot

people Arts & Entertainment

National Museum of Ireland seeking tales of the unexplained

This Samhain, the National Museum of Ireland is inviting people across County Cork to share and help preserve ghost stories that have been passed down through oral tradition in their locality.

The Irish Community Archive Network (iCAN), a Museum initiative that supports communities to collect and share their local history and heritage online, has launched a new project called 'Ghost Stories of Ireland – Seeking Tales of the Unexplained'.

"Ghost stories and encounters with otherworldly beings are a common theme in Irish folklore," explained Lorna Elms, iCAN Development Officer, "so this Halloween we are inviting the public to help us document those stories that continue to be told and to help us find out which county in Ireland is the spookiest!"

"Stories passed down through oral tradition give us a greater understanding of how our ancestors' perceived and explained the world around them, which is why the Irish

Folklore Commission was set up in 1935 to collect and study the folklore and traditions of Ireland. Much of this work continues to be carried out by local volunteer History and Heritage groups, such as those supported by the iCAN initiative."

The project also wants to revisit the ghost stories gathered by schoolchildren for the Irish Folklore Commission in the 1930s. The Commission prepared a guidance booklet that listed 55 subject headings – topics that the children could explore with older people in the community.

"Despite 'Ghost Stories' not being on the headings list, the collection contains over 1,000 spooky tales, suggesting that a belief in the unexplained strongly persisted in the public

consciousness at that time," added Ms Elms. "Going by the amount of ghost stories collected by county, Tipperary appears to have been the most 'haunted', with 95 accounts of frightful folklore. There are 78 ghost stories listed from Co Cork, so here is an opportunity to capture more stories from the county. As part of our 'Ghosts Stories of Ireland' project, we would also like to revisit and highlight those tales gathered by the children 75 years ago, and bring them back to life."

Visit ouririshheritage.org to learn more about the 'Ghost Stories of Ireland' project; submit a ghost story of your own; or choose your favourite story from the National Folklore Collection and tell the Museum why you like it.






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INTERIORS

Maura Mackey

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Make some seasonal changes without breaking the bank

things neatly or, if you are stuck for wall space, try to fit in some ladder-style shelving to store your books, pot plants and knickknacks. If you don't have any plants then buy some! Plants automatically make your home feel lived-in and loved, while reducing toxins in the air.

If you have a lot of photos hanging around then pick up some inexpensive frames to create a gallery wall – it will put a smile on your face every time you walk into the room! If



you like an eclectic look then use all shapes, sizes and colours of frames...see what your local charity shop has.

Rearrange your furniture. Can you take some pieces from another room to create a fresh look?

Be careful to lay it out well and don't cramp a room. If you need extra seating, ottomans/footstools are an inexpensive way of adding it.

To cosy up your seating areas add texture with blankets, cushions or a warm wool rug – employ bright or rich tones to add a splash of

colour to a neutral space. Play around with what you have already in the house or have a look around local shops that stock some stunning, sustainably-made soft furnishings.

The lighting in a sitting room also needs to be warm. Install a dimmer switch or move some floor and table lamps in. Use warm LED bulbs to create that cosy vibe.

Look at your accessories. Wood and other natural fibres add warmth to a room so could you move some wooden decor items or straw baskets to your sitting room or bedroom to cosy it up?

Create a welcoming smell with scented candles or diffusers – I love pomegranate and bergamot but pick whatever reminds you of a happy time.

Finally, a small spend that still makes a big impact is new bedding and towels. There is nothing more comforting than fresh fluffy towels.



Where have the past few months gone? Summer is now well in our rearview mirror and it's time to get the house ready for winter! You don't have to spend a fortune redecorating for every season, start by making a few small changes and repurposing some décor items that you already. This will make a big difference I can promise you.

The place to start is always with a good declutter to free up some space – put away what's not needed until next summer and dump, recycle or donate what will never be used again. See where you might fit some extra wall shelves to display

White Sage Decluttering

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

Have a paperless office space

Shred any documents that you no longer need and file the remaining documents into a drawer where they can be easily accessed. Try to avoid printing things as much as possible.

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

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ADVERTISING FEATURE : CARBERY OILS

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Carbery Oils Ltd. was founded by Frank and Mary Hurley in 1996 with the aim being to supply high quality oils at competitive prices with a fast, efficient and

friendly service.

From its original base in Schull, the locally-owned and family-run company has gone from strength to strength over the years with a loyal customer

base that covers a large area of West Cork. The business now employs over ten full-time and part-time staff.

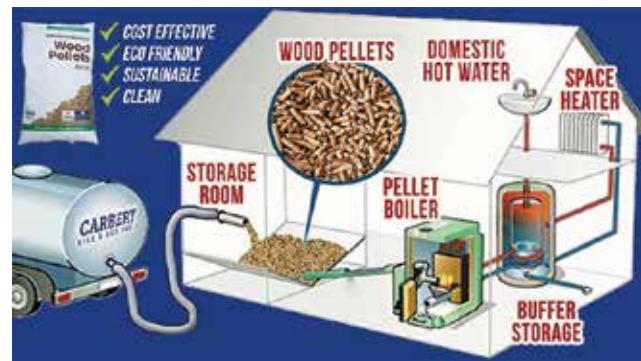
Since its inception as an oil company, Carbery Oils has expanded its product range to accommodate its customers' requirements. As well as supplying heating oil, agricultural and marine diesel and wood pellets, Carbery Oils also stocks a full range of coals and is an authorised agent for Calor Gas.

Expanding even further to become an authorised agent for both Shell Lubricants and Opus Lubricants, the company can now offer customers top quality lubricants for lawnmowers, cars, pleasure boats, fishing trawlers, tractors and trucks.

Products

Carbery Oils deals with everything from home heating oil, agricultural oil, marine diesel and commercial diesel. Carbery Oil's diesel is of the highest quality, with regular terminal sample testing. The company can supply bulk deliveries by rigid or artic truck and also has a small lorry for narrow driveways.

Automatic top-ups are offered for the convenience of Carbery's customers to ensure they always have home heating oil. The company also offers a tank replacement service along with gauges, plus an easy



payment plan.

As an agent for Shell and Opus lubricants, Carbery Oils can provide full technical data for specific vehicles for both Shell and Opus products.

Carbery Oils also sells wood pellets either bagged or loose. A delivery service is offered on the bagged pellets and, for larger quantities, a bulk blown delivery option is offered where the wood pellets are blown into your own storage area upon delivery.

As an agent for Calor Gas,

Carbery Oils strives to provide customers with the best products at the most competitive prices. All items can be delivered or collected from the business premises. Carbery Oils is a supplier of premium Polish coal, all types of smokeless coal, eco Logs, timber and kindling, all gas bottle sizes.

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Bulk pellets are delivered to Cork and Kerry.

Carbery Oils supplies to farmers, fishermen, private residence, and local commercial business

Advice for customers

"In today's climate it is impossible to predict the cost of heating oil prices from week to week but we do tell our customers to feel free to ring as often as they like to keep an eye on the prices; this hopefully means getting it at the lower price before any increases occur. It is very hard to save money in today's climate but a couple of ways would be to adjust the thermostat slightly and to make sure that your boiler is serviced regularly."

Thank you

The highlights of running a business in West Cork is the community spirit, everyone is always willing to fall in and help each other. We have lovely customers, whom we would like to thank so much for their support over the years. We are still growing year on year, and we look forward to many more years in business.

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Increased assistance with cost of removing lead piping in households

The Minister for Housing, Local Government and Heritage, Darragh O'Brien has announced the launch of an improved Domestic Lead Remediation Grant Scheme with effect from December 1, 2022 to assist further householders with the cost of the replacement of lead pipes and fittings, located within the boundaries of their homes.

Previously the grant was

means tested and the level of grant aid available was determined on the basis of gross household income and either 80 per cent or 50 per cent of the approved cost of the works. Following the completion of a review of the scheme, Minister O'Brien approved a number of key changes to the eligibility criteria, which includes a removal of the means test requirement with 100 per cent

of eligible costs now payable up to €5,000. Long term rental properties are also included as a qualifying residence. The minimum threshold for expenditure on eligible works to qualify for a grant has also been raised from €200 to €750.

Minister O'Brien explains: "The use of lead as a plumbing material was common in buildings built before and during the 1970s. We know that lead in drinking water poses a danger to people's health. This announcement will be a welcome development for many households and I encourage people to consider replacing old lead pipes with the support of this funding. In particular I'd urge people who have purchased older homes and may be renovating to incorporate lead pipe replacement into their renovation plans, utilising this available funding".

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GARDENING

John Hosford

The Weekend Garden Centre

November heralds in short days, more rainfall and perhaps colder nights. It is an important month to consider what plants, trees or shrubs will provide you with colour and interest at this time of the year. Fortunately there is a wide palette of trees and shrubs, which will provide berries, winter flowers and dramatic bark colour. Heathers of course are an essential component of any winter colour scenario, as they are hardy, indestructible under the worst of weather conditions.

If you haven't already included heathers in your garden already, I strongly recommend that you include a few groups or drifts. Most have green foliage but some also have bright gold foliage, which will brighten up the winter scene. Heathers prefer lime-free soil so add an ericaceous compost at planting time. Erica carnea and Erica darleyensis are both lime-tolerant groups of heathers. Add interest to your winter or spring display by adding dwarf bulbs such as Narcissi, Dwarf Tulips, Hyacinths, Dwarf Iris, Snowdrops,

November in the Garden

Anemone blanda.

Last call to protect tender plants: Dahlias, tender plants such as Begonias, Salvias and the more tender varieties of Fuchsia should be brought under cover now without delay, if not already done so. A thermostatically-controlled fan heater is well worth considering if you have some valuable plants that need protection.

November is tulip planting month: November marks the start of the Tulip planting season. You will probably have bought some Tulip bulbs back in August or September – now is the time to get them into the ground.

Plant your Tulips in a moist but well-drained soil, positioned in a sunny aspect. Plant at three times the depth of the bulb. Check that all bulbs are firm, sound and free of any mould or fungal infection. Tulips are also a good choice for containers and there are a wide selection of varieties, colours and heights available. Flowering time, generally February to early May, is determined by the variety and weather-prevailing prior to flowering. Add a good slow-release organic fertiliser prior to planting and ensure containers have functioning drainage outlets. Bad drainage is the worst enemy of Tulips or indeed any bulbs. If you haven't secured your bulbs by now check out the local garden shops, garden centres or Irish-based mail order companies. A word about colour combinations – you can plant all the one colour in a container or a combination of contrasting colours such as the dark Purple/almost black

'Queen of the Night' with 'White Dream', 'White Parrot' or 'White Triumphator'.

Other planting with Tulips suggestions include: Wallflowers, Pansies, Violas, Forget-me-not, Hostas, Box, Hebe (red), Bronze Fennel, Bluebells, Alchemilla mollis (lady's mantle), Primulas and Polyanthus.

Ideal time to plant and transplant: This is the most successful time of the year to both plant, move and transplant. After our warm, dry summer you are strongly advised to plant at this time of year so that you won't be a slave to watering.

Selection is greater and it is easier to track down specific varieties.

Larger trees and fruit trees should be staked with a stout stake and tied in securely. All heavy trees should be well mulched to conserve moisture. You can choose from farmyard stable manure (well-composted and free of weeds, both roots and seed). Bark mulch is a good mulch and can be bought in bags at local garden centres or in bulk direct from the suppliers such as Upton Bark Mulch.

Spring bedding plants: Plant out now: Pansies, Wallflowers, Forget-me-not, Sweet William. Adding a good slow release organic fertiliser together with Gee-up should get your plants off to a good start. Protect against slugs. Sweet William comes in a beautiful range of colours and are available in single or double flowered varieties. As well as being attractive in the garden they also make superb cut flowers to bring into the house.

They have strong stems and last well. The dwarf variety of Sweet William 'Indian Carpet' is about 15cm in height and is ideal for edging or in rockeries. All Sweet William like limey soil and a sunny aspect.

Fruit garden: Start winter pruning of apple and pear trees, cutting out crossing and rubbing branches and keeping the centre open.

Blackcurrants can be pruned now too, cutting out the oldest wood down to ground level. Gooseberries and redcurrants can be pruned now. Aim to keep the centre open and don't have any shoots too near the ground to keep the fruit clean and in the case of gooseberries to avoid getting thorned when picking the fruit.

Inspect apples and pears for canker and treat accordingly. Very infected branches should be cut off cleanly.

Young strawberry runners can be brought into a well-ventilated cold frame to prevent them from getting too wet.

Keep them well-ventilated to stop them coming into growth too early.

Greenhouse: Your greenhouse can be insulated with bubble plastic to reduce heating costs. Ventilate on fine days but close the vents by early afternoon to conserve heat. Keep dead leaves and flowers picked up on a regular basis. Discard finished crops of tomatoes, peppers, cucumbers, washing and disinfecting pots, trays. Be careful with watering at this time of year only watering if absolutely necessary. Water before noon using lukewarm water

and keeping water off the leaves.

Lawn care: It is now too late for lawn sowing. Apply an organic autumn lawn food. Keep the lawn clear of fallen leaves and debris. Compost the leaves – they will be a great addition to the garden next year.

Vegetable garden: You can still sow broad beans and peas. The best pea variety for sowing at this time of year is 'Meteor'. Cover with cloches, taking adequate precautions against mice. Protect brassicas (cabbage family) against pigeons.

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From the authors of 'The Art of Wild Swimming: Scotland and England and Wales' comes the expert guide on wild swimming adventures in Ireland. Filled to the brim with passion and advice from seasoned swimmers, 'The Art of Wild Swimming: Ireland' features over 100 amazing locations across the country.

Anna Deacon and Vicky Allan have shared the voices of the communities across Ireland and Northern Ireland who offer their expertise on the experience

Ireland's wild swimmers provide guide to the perfect plunge

and how to safely enjoy it, with the mentioned places picked as favourites by local swimmers.

Showcasing stunning locations such as Portally Cove, Bishop's Pool in Mullaghmore, Sandycove Island and Tourmakeady Waterfall in Co. Mayo, this book will allow you to fully experience the best rivers, loughs, waterfalls and beaches that Ireland has to offer. A map of all listed spots is also included, accessible through a provided QR code, to better plan your adventures.

Whether a beginner or regular wild swimmer, 'The Art of Wild Swimming: Ireland' has everything to provide you with the best experience. From managing different bodies of water, tips on what to wear and to be environmentally conscious. This joyous

book is an essential part of your kitbag, a gift for swimmers from the community itself.

Anna Deacon has worked as a photographer for over a decade, following a career in the music industry. Her travel book Wild Guide Balearic Islands came out in 2022. She hosts the popular Instagram account @wildswimmingstories.

Vicky Allan is an award-winning journalist and author. A staff writer for the Glasgow Herald, specialising in stories about wellbeing and the environment. As well as her book collaborations with Anna, she is also author of a taboo-busting collection of frank real-life menopause stories, 'Still Hot!' (co-authored with broadcaster Kaye Adams) and a novel, 'Stray'.

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The stories behind the country's GAA silverware

Ask anybody in Ireland about Liam or Sam and the chances are they will know you are referring to the trophies presented to the All-Ireland senior hurling and football champions. But what about the 2,000 other pieces of GAA silverware around the country, how many of us know the stories of these cups, how they came into existence or how they receive their names?

TG4's recent series 'Scéalta na gCorn' saw presenter

Gráinne McElwain travel across Ireland visiting clubs and county grounds, learning the lesser-known stories behind our nation's trophies.

On October 19 the final episode of the series finished in Cork, triumphant All-Ireland winners across football, hurling and camogie throughout the decades. Gráinne found out about some of the silverware honouring patriots such as John 'Flyer' Nyhan and his deep connection with the War

of Independence and former Cork Lord Mayors, Tomás Mac Curtáin and Traolach Mac Suibhne. She also heard about the trophies named in honour of some of the county's influential women in football such as Mary Quinn and a curiously named cup called Little Norah, whose history is explained by well-known West Cork GAA author Tom Lyons (pictured left with Gráinne).

All episodes can still be viewed on www.tg4.ie

Centenary of the greatest ever fishing catch....landed by a 5ft nurse



Dr Jeff Featherstone celebrates the achievements of Miss Georgina Ballantine, the inspiring fisher woman who, 100 years ago, made history when she hooked a 64lb salmon.

October 7 is an important date for anyone interested in fishing and particularly why lady fishers are so prodigiously successful when it comes to casting a line!

I always raise a glass on this date, and particularly this year, as it was 100 years since a wonderful lady, Miss Ballantine, became the most successful fisher of all time by catching a 64lb salmon from the mighty Tay in Scotland. Think about this, the fish was half her own weight!

This is a fishing story like no other. First, a little about Georgina. She was 33-years-old at the time, had worked as a nurse on the battlefields in France during the 1914 to 1918 Great War and had been decorated with the Red Cross for her services.

She regularly fished with her

father James, who was a ghillie looking after the fishing on the Glendelvine beat of the mighty River Tay. This would have been marvellous therapy and a perfect antidote to the horrors she had experienced as a nurse in France.

Saturday, October 7 was a beautiful Autumn day, perfect for fishing and, as luck would have it, the owner of the fishing, Sir Alexander Lyle, was indisposed, leaving Georgina and her father to have the day to themselves...and what a day it turned out to be – positively life changing for Georgina!

The morning went well with Georgina catching three salmon weighing 17lbs, 21lbs and 25lbs. The Tay is 60 yards wide and her father would skilfully row his boat across the river searching out known salmon resting spots or lies, with two rods, one with an artificial fly and the other with a type of spinner called a dace behind the boat; this method is known as harling.

Lunch was taken and they were back on the river afterwards. The weather was still quiet and balmy.

At 6.15pm, the spinner was taken! The shock nearly pulled the rod from Miss G's hands but somehow she kept control. Her father kept the boat steady, got the other fly rod in and cleared the boat ready for action.

The unseen monster led them back and forth across the river in 50 yard dashes. The line caught round a rock early on in the fight, disaster, but no, miraculously her father managed to manoeuvre the boat to free it, otherwise the fish would have been lost. The line was free

and there was still a chance she would land it.

It was now pitch black and the fish towed them down the river opposite the cottage where they lived. Mum appeared, a lantern in hand, wondering what was going on. They shouted to her that they would be late for supper! Tally Ho!

Not once did the fish show himself, just the great silent weight and the line slicing through the black water.

There was the challenge of being towed past the Caputh Bridge and avoiding disaster and after two hours of extreme tension and good team work Miss G was ready to drop from exhaustion.

Could she get the fish close to the boat so her father could hook it with the gaff? This was a challenge only she could answer.

The fish was tired, swimming in short bursts, the line vertical and the fish some five feet down. Now the really skillful action is taken by her father who leaves the oars, knowing there are five knots in the silk line between Miss G and the leviathan below, and uses his gaff hook to run down the line and counts off the knots by telepathic touch and great skill. Number five knot is reached, the fish just inches now below, the gaff is pushed gently forward, turned, and with a great sweep of his strong hands, his daughter's catch is brought to the surface and hauled into the boat. The fish carried on leaping in the boat and "father thought it was going to jump back into the river and threw himself on top of it" Miss G later said, "my arm felt paralysed and I was so



utterly exhausted I could have lain down beside the fish and slept".

The fish was weighed and witnessed by 16 people that night.

After a celebratory dram or two, she retired, but Georgina woke several times clinging to the brass railing of her bedstead, as she had clung to the rod for those two hours the previous afternoon. Her arms remained swollen for two weeks!

When she awoke the next morning she was famous, and still is. The newspapers throughout Britain on the Sunday carried the story of her great achievement and every

detail of the fish: Weight 64lb, length 54 inches and girth 28.5 inches.

The male Sottish chauvinists could hardly believe a young 33-year-old slip of a woman could land such a fish. One fisherman said, as he looked at the fish on display "A woman? Nae woman ever took a fish like that oot of the water, mon, I would need a horse and a block and tackle, tae take a fish like that oot." Georgina heard these comments and had a quiet chuckle to herself. They would have to get used to it, as women do seem to always get the biggest salmon!

The fish was gifted to the

Royal infirmary Hospital in Perth by Sir Alexander and casts were made to immortalise the fish that is still the biggest ever caught in Britain.

Georgina never married but loved to go from her cottage down to the river and relive that fateful afternoon, even when illness confined her to a wheelchair in later life. She would ask to be taken down to the spot where her Mum waved the lantern at the quickly disappearing boat all those years before. She lived on to the ripe old age of 81 years and passed on in 1970.

I wish I had met her. Saying fishing is a hobby is like saying brain surgery is a job!

Castletownshend's rising stars

Skibbereen Rowing Club might have claimed the headlines for the sport in West Cork but the Castletownshend Club has had their own success. Jack Calnan was the cox for the quartet that won bronze in World Coastal Rowing Championships for Ireland last month. Ella Cialis, Karen Hickey, Orla Hayes and Eileen Whooley were the crew that finished third in the CW4x+ A final. Calnan tells **Matthew Hurley** how he couldn't be any prouder of the team.

"It was pure elation for all of us. Best feeling we've ever had in a crew. Not having the expectation of coming home with a medal made it even sweeter I think. The team competed in Portugal last year. A lot of pressure was put on them to bring some sort of medal home, but it didn't materialise unfortunately. This year however was different. They went into the world championships in Wales under the radar and delivered."

The fact that the crew weren't expected to do much helped them according to Calnan.

"They trained well all year, and weren't as burned out (as last year). They hadn't the belief in themselves when we started the race. We usually put ourselves in a position thinking we know we're better than this, we can get higher than the crews in front. The rough conditions was also a big plus."

In terms of rough conditions,

Calnan means the wind and the rain on show for the big race. That was a great equaliser for the girls who then got a bit more confidence.

Usually a crew would look at its opposition's strengths before a race. Not the Castletownshend group.

".. we knew we wouldn't be as fast as others in the race, but we knew we had the ability to catch them with our strength"

"Before you go out there, you'd be googling the crews you're up against and you'd be getting yourself worked up over who's beside you. This year, the mentality was to go out, row our own race, never mind who's around us and what will be will

be," Calnan admits.

There is a great camaraderie between the girls and Calnan, which is reflected in their performances and, according to the cox, there's no reason why they can't push on further in their careers and compete with the best in the world.

"They're not as young as some of the other competitors, they know their own strengths and weaknesses. It's the experience of the crew too, we knew we wouldn't be as fast as others in the race, but we knew we had the ability to catch them with our strength," adds Calnan.

Compared to Skibbereen Rowing Club, Castletownshend is minuscule with only 12 active rowers. However, given the recent success of the quartet, it's likely this number might increase.

"We're a small club, a village in West Cork. We all have our ups and downs but work well together. We have the best

locations for training."

One of the biggest differences between river and coastal rowing is that coastal doesn't require competitors to stick with a particular lane during a race.

"The unpredictability and excitement of it gets me. You can go out tomorrow and row a race where it's calm and then a few hours later there's a savage gale.

"It's not like you expect the regatta to be cancelled any time and add to that the 4km course with particular lanes, where everybody is fighting for a spot on the water. You're allowed to have a few clashes if needed. There's huge excitement in that," explains the Castletownshend cox.

"There are a few strong river rowers who would have done coastal rowing and they wouldn't have experienced that before and they enjoy it still. Coming into the Olympics you might see a transition in the older river rowers into coastal."

Whatever the weather, the rowers in Castletownshend more often than not plough on.

"Our rowers might go into the local gyms here as well. On Sundays, depending on the weather, we'd hope to go out on the water. Even if it rains, we have to get used to the conditions. We're lucky to train in the harbour because it's well sheltered. You're guaranteed to get out two or three times on the water during winter. That's a big help," says Calnan.

"A lot of responsibility lies on me to pick the right line of course we're going and to make sure we're going in sync together. If I make a mistake in having the wrong call for example, responsibility lies on me. Not an easy job but I enjoy it,"

"With heavy rain we would go out, sometimes with heavy winds. That would be handy for inexperienced rowers to see how they get on. Obviously if it's biblical, we wouldn't go out in it. It stands well to us, not many other international teams would have to train in poor conditions."

Calnan himself used to play some GAA and soccer in Skibbereen up to his early 20s. Once he was given the opportunity to

cox around 12 years ago, there was no turning back.

"The older lads said they were stuck for a cox, and I said I'd give it a go. From the minute I got into the boat, I enjoyed it.

"The rowers have it tough in the physical aspect but mentally being a cox is quite challenging. You have to watch what's going on around you. A lot of responsibility lies on me to pick the right line of course we're going and to make sure we're going in sync together. If I make a mistake in having the wrong call for example, responsibility lies on me. Not an easy job but I enjoy it," admits Calnan.

While Calnan prefers coxing to rowing in a competitive set-

ting, he still does some rowing in his down time.

"I've been doing coxing for so long that it comes naturally to me. I'd be pushing on too much at my own age to pick up the rowing and competing on the girls level. On a leisure side, I enjoy it though. I go out on the harbour and get exercise and scenery. Just to relax and enjoy the moment. It's a time to switch off in a way."

There's speculation that Coastal Rowing will be a sport for the 2028 Olympic Games in Los Angeles. Let's hope for the sake of the four girls and Calnan that this will come to pass to showcase these West Cork talents on the big stage.



Ella Cialis, Karen Hickey, Orla Hayes and Eileen Whooley, Castletownshend Rowing Club, finished third in the CW4x+ A final. Pictured with cox Jack Calnan.

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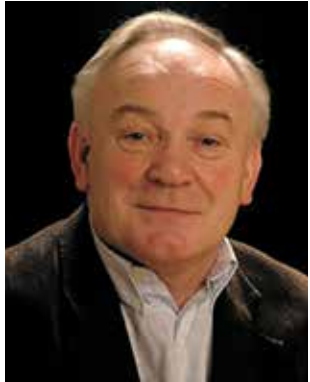


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CAR REVIEWS

Sean Creedon

Polestar tests the theory of online carbuying

from November they plan to have a temporary office near Spirit Motors in the Sandyford Industrial Estate in South Dublin.

Customers will be able to view the range of Polestar cars in this new office. Prospective customers will be able to go in and 'kick a few tyres,' but they will have to buy on-line; a deposit of 1,000 euro is the normal amount required to reserve a car.

The Polestar 3 was launched last month (Oct), but recently I had my first week-long drive in the Polestar 2.

I picked up the test car from the Automotive Team in Sandyford, who valet and charge the cars every Monday morning. The fully-charged battery said the range was 440km and I was very happy with that.

My test car came in a very attractive shade of midnight

blue. At first glance the logo on the bonnet reminded me of the St Brigid's Cross that RTE television used to use back in the sixties.

This is no retro logo, but the Polestar logo and it's also used on the boot door and inside on the steering wheel and just under the gear lever.

The dash is dominated by a neat tablet-like screen where you have all your infotainment controls.

The seats were dark and overall the interior is fairly dark as the dominant colour was Charcoal WeaveTech. There is a glass roof which certainly adds a lot of light. The weather wasn't too sunny last week, but I wonder would you need to wear Factor 50 suncream in the summer?

There is no stop-start button, you simply drive off once the key in the car or in your pocket.

And it's a very smooth drive.

The boot is huge, but no spare wheel is provided. However, there is a very deep well, that should be able to hold a spare wheel, if required. Talking of wheel, those fitted were 20-inch 4-V spoke Black Diamond Cut.

Kieran Campbell says that Polestar intend to have some more promotional events around the country in the coming months for the Polestar 3. They had a display in Mahon earlier this year and they will be back in Cork again at some date in the future.

After the Polestar 3, the company has big plans for 2023 and by the end of next year they are planning to have their cars on sale in 30 markets worldwide. On the way is an electric SUV and a four-door GT version.

Prices start at €51,135, but the MY22 version I drove will



cost you €65,200. Road tax is €120.

It's going to be interesting to see how this buying on-line idea works out. Most of the younger generation have no worries about buying items on-line. My daughter buys lots of clothes on-line and returns half of them; you cannot do that with an electric car.

I haven't heard Ryan Tubridy mention the 'Snowflake'

generation lately, but I know that most young people are not interested in doing old-fashioned things like buying a daily newspaper. I may be too old, but no matter what age, I think people would like to have a proper test drive before buying a new car on-line.

I enjoyed my time in the Polestar 2. Full details from: www.polestar.com/ie

PRAYERS

Call to/post to our offices – Old Town Hall, McCurtain Hill, Clonakilty with details of your prayer. Prayers: €10 each. Cash or Postal Order. No bank cheques please due to charges.

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. M.U.

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MIRACULOUS PRAYER

Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.D.

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Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. C.D.

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. E.O'B.

MIRACULOUS PRAYER

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MIRACULOUS PRAYER

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UNFAILING PRAYER TO ST ANTHONY

O Holy St. Anthony gentlest of saints your love for God and charity for his creatures, made you worthy, when on earth. To process miraculous powers. Encouraged by this thought, I implore you to obtain for me (request). O gentle and loving St. Anthony, who's heart was ever full of human sympathy, whisper my petition into the ears of the sweet infant Jesus, who loved to be folded in your arms. The gratitude of my heart will ever be yours. Amen NMCC

HEALING PRAYER

Heavenly Father, I call on you now in a special way. It is through your power that I was created. Every breath I take, every morning I wake, and every moment of every hour, I live under your power. Father I ask you now to touch me with that same power. For if you created me from nothing you can certainly re-create me. Fill me with the healing power of your spirit. Cast out anything that should not be in me. Mend what is broken. Root out any unproductive cells. Open any blocked arteries or veins and re build any damaged ares. Remove all inflammation and cleanse any infection. Let the warmth of your healing love pass through my body to make new any unhealthy areas so that my body will function the way you create it to function. Father restore me to full health in mind and body so that I may save you the rest of my life. I ask this through Christ, our Lord. Amen.

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