



Download a free digital copy at www.westcorkpeople.ie

the best **FREE** read in west cork

December 2, 2022 – January 12, 2023, Vol XVIII, Edition 244

FREE

westcorkpeople

Old Town Hall, McCurtain Hill, Clonakilty, Co. Cork. E: info@westcorkpeople.ie P: 023 8835698



**TAKING
2023
ORDERS
NOW**

**CLARKE BROS
(BANDON) LTD**

Main Peugeot Dealer,
Clonakilty Road,
Bandon, Co. Cork.
Tel: 023-8841923
www.clarkebrosgroup.ie
Contact Ian Carey
087 2624747
icarey@clarkebrosgroup.ie



(l-r) Kevin O'Leary, Sarah Coakley, Jean Henry and Karl Henry at Clonakilty's Charity Ball 2022 at Dunmore House Hotel last month. Pic: Anna Groniecka Photography

New community café to open in Bantry

A new community café with trained volunteers ready to offer a listening ear will open on Bridge Street in Bantry early in the New Year. It will be a warm, safe space, open to all over-18's where individuals may wish to just have a cuppa, make a connection, join a trained volunteer at a listening table or may wish to join in one of the many activities that are planned in the café including peer support groups, creative activities, relaxation, learning and laughter. The café is supported by Cork Mental Health Foundation.

Brendan McCarthy, CEO said, "We are proud to be associated with this exciting new venture in West Cork. The café is one of a number of community projects supported by CMHF. Other projects include The Clonakilty Community Resource Centre, The Aurora Charity Shop in Mallow and The Next Step in Cork. Each of these projects con-

tribute to bringing positive mental health into the community in their own unique way and I am sure that this new Community Café will do the same."

The community café has received great support to date from the community. A bed push organised by Bantry Bay Lions Club member, Nora Lynch, raised €3,000. Sally Elsbury, a member of the Winter Water Warrior Women swimming group raised €810 through a GoFundMe campaign. The landlord and his team, the neighbours in RAWR Charity Shop, the committee and the 15-strong trained volunteers have all made this community café possible.

The café will be staffed by three people at any one time, all of whom have been trained in listening skills, peer leadership and facilitation. Users of the café do not have to have had or currently have mental

health difficulties but supports are available should they be needed. Nuala Kenny, HSE Support Worker believes, "Our shared experiences and humanness are what unite us. Our stories, collective wisdom, strength, and support for each other are what guide us and our community forward". The idea is that it is a space to help break down the stigma of mental health difficulties by showcasing, that people do and can recover from mental health difficulties.

The Community Café on Bridge Street, Bantry will open its doors on Christmas Eve from 4pm to 6pm offering a cuppa, non-alcoholic mulled drink and a mince pie to anyone who wants to find out more about the project or to just come for a chat. The official launch will be at the end of January. In the meantime, for further information, please contact Nuala on 087-6074908.

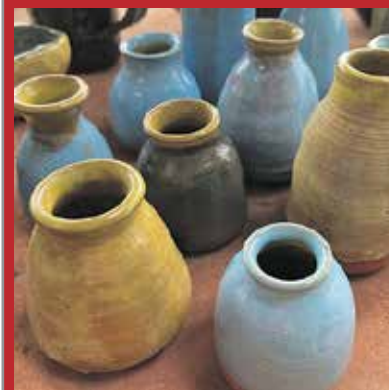
FIELD KITCHEN

Restaurant & Gallery

Fri-Sat: open 6, dine 7pm
Sun: open 12, dine 1pm

fieldkitchen.ie

086 826 3429



CRAFT FAIR

12 - 6pm

Sunday 4 Dec



Thank You to
all our Customers
Nollaig Shona



THE GIFT OF SOMETHING TO LOOK FORWARD TO....

Weekend Breaks | Day Spa Packages | Afternoon Tea | Dinner for Two

Tel: 023 8833143 www.inchydoneyisland.com

Iranian roots in Irish Branches

With the world watching on in horror as Iran hands out death sentences to anti-government protestors, the Iran of today under supreme leader Ayatollah Khamenei, where women are treated as second-class citizens, forced to wear the hijab (Islamic head covering) in public and punished by Morality Police for non-compliance, is a very different Iran to the one that Parvin (Gholami) Branch grew up in. The longterm West Cork resident is praying that the arrest and death of Mahsa Amini and so many other women protestors will not be in vain and the women of Iran will know the civil rights that she took for granted growing up in her home country.

Parvin, 74, reflects to **Mary O'Brien** on her childhood and the path that brought her to Rossmore in West Cork, where she raised her two children Samira and Robert with her husband Martin, and where for many years the couple ran a busy ceramics business together.

Parvin grew up in Abadan, a port city and oil refining centre in the southwest of Iran. Her childhood was during the period of the last Shah of Iran's reign, a time when women's rights had improved significantly.

"You were free to do what

you liked then, to dress as you wished, to be religious or not religious. Nothing was forced on people, there was a lot of freedom," she remembers.

One of seven children, Parvin says her mother and father were affectionate, caring parents. "If they rowed, it



was never in front of us," she shares.

Her father, an engineer, did not practice any kind of religion. He encouraged his

children to choose their own beliefs. "He was the very opposite of my grandfather, who prayed five times a day and insisted the women in his family wore a chador," says Parvin. (A

chador is a large piece of cloth that is wrapped around the head and upper body leaving only the face exposed).

"My father was very liberal, never interfered and I think because of that we children always behaved," says Parvin.

"In those days, where we lived was very influenced by the West. Women wore western-style clothing, went to nightclubs, fancy dress parties, and while women didn't really drink, alcohol was not prohibited."

"He had a very good job so we were quite well off but he was not at all materialistic," she says. Parvin's father preferred to spend money on his family's education, also supporting many of his relatives and their families. "We were given two pairs of shoes in a year, one for school, the other for Nowruz, the springtime

celebration."

Celebrated today by Iranians and non-Iranians all over the world, the roots of the Nowruz celebration are as a feast day in Zoroastrianism, a religion practiced in ancient Persia that viewed the arrival of spring as a victory over darkness. The holiday survived the Islamic conquest of Persia in the seventh century.



Parvin as a young child in a more liberal 1950s Iran.

Traditionally the new year begins the second the vernal equinox does. "I remember being woken up by my father

CARPETS

Huge range of choice in pattern & plain

SPECIAL OFFER:
80% WOOL/20% NYLON
PLAIN CARPETS now in stock

BLINDS

Great selection of Roller, Blackout, Wooden, Venetian, Vertical & Velux blinds

FREE QUOTATION & PROFESSIONAL FITTING

CURTAINS

Made-to-measure with a large selection to choose from. ALSO READY-MADE

BEDS & Mattresses

Available in all sizes
WE'LL TAKE YOUR OLD MATTRESS AWAY FOR FREE!

WEST CORK CARPETS & CURTAINS
EST. 1983

SHOWROOM: The Miles, Clonakilty P85 YK44 T: 023 8834113
W: westcorkcarpetsclon@gmail.com www.westcorkcarpets.ie
Open Mon – Fri 9am-6pm Sat 9.30am-5pm!

Happy Christmas to all our Customers

TOM SHEEHY

.CO.LTD Your Home, Our Experience EST. 1949

CHRISTMAS GIFTS FOR HOME COOKS AND BAKERS

LOTS MORE GIFT IDEAS INSTORE!

Astna Square, Clonakilty 023 8833362 | The Bypass, Bandon 023 8852515
www.tomsheehy.com

in the early hours of the morning for the feast,” says Parvin nostalgically. “The table would be laid with all sorts of sweets, fruits, delicious dishes; and always seven food items beginning with ‘S’ for good luck.”

Parvin was a passionate dancer and gave dance classes – the Tango, Cha Cha and Square dance – to students at the University in Abadan.

“In those days, where we lived was very influenced by the West,” she says. “Women wore western-style clothing, went to nightclubs, fancy dress parties, and while women didn’t really drink, alcohol was not prohibited,” she says.

In 1967, after completing a Diploma in Natural Science with a dream of becoming a botanist, Parvin left Iran for England. “There was only one university in Iran offering a course in botany at the time so the choice was very limited,” she explains.

In England, her path changed course and she went on to train as a nurse and midwife. “I fell in love with London, the night-life, pop festivals, I was a big Rolling Stones fan,” she says. She joined a soup round for the homeless, got engaged to an Irishman, a match that didn’t work out, and met her husband Martin.

“I met Martin at a pop festival,” says Parvin. “He was the brother of the girl I was sharing an apartment with. I remember thinking at the time that he very rigid really,” she laughs. “He was dressed in a suit jacket and tie.”

Her first impression of him softened as they got to know each other and the pair became good friends before falling in love. “We ended up hitchhiking around Africa together,” says Parvin.

Martin still wears a suit jacket today. “It’s not the style he likes, it’s the pockets...he carries his office in them,” says Parvin smiling.

Martin is a ceramicist. “He made sculptures and fantastic big vases in those days, he was always pushing the limits,” says Parvin.

In 1974, the couple married in a simple ceremony at the Iranian embassy in London. They honeymooned in Iran. “At the time it was mandatory for women to serve for a period of time in the army in the Iran and, as Christian marriages were not recognised there, Martin became a Muslim before our marriage, so I could go back without the risk of being conscripted,” says Parvin.

Five years later, in 1979, the Islamic Revolution happened in Iran, with women’s rights restricted almost overnight: Women lost the right to divorce, custody of a child, had to adhere to a strict public dress code and the age of mar-



Parvin (centre) at a fancy dress party in the 1960s.

riage for girls dropped from 18 to nine-years-old.

“My parents managed to get out just in time,” says Parvin. “They actually left the same day as the Shah, amidst all the confusion.” Parvin’s parents joined some of her siblings in America.

“At the time it was mandatory for women to serve for a period of time in the army in the Iran and, as Christian marriages were not recognised there, Martin became a Muslim before our marriage, so I could go back without the risk of being conscripted,”

After getting married and living in the UK for a time, Martin and Parvin bought a van and came to Ireland on holiday with their young daughter Samira. They landed in West Cork to visit one of Martin’s college tutors, which is when the seed of the idea of settling here permanently was planted. “Our friend suggested we look for an old house to do up in the countryside, which is exactly what we did,” says Parvin.



This photograph of Parvin’s mother with bare arms and head illustrates how much more freedom of dress Iranian women had in the 1960s.

After the holiday, Martin returned and found a property on half an acre in Rossmore. “After renovations, we moved out of our tiny terraced house in Rochdale, Lancashire, packing our bags and the children into the van and coming back to live in West Cork for good,” says Parvin.

She recalls the moment they drove up to the house in West Cork. “I remember being over the moon,” she says. “I stepped out of the van and my heels sank into the mud...I was so happy I shouted ‘I love this place in the mud’” she laughs.

Now retired from their pottery business, Martin and Parvin both still share a love of music and are passionate members of a local choir.

In 2001, Parvin experienced a very different Iran to the one she grew up in. “I took my daughter Samira with me to visit family. It was awful. Women had no rights, we had to cover up all of the time and were constantly fearful of doing something wrong when we did go outdoors.”

A nephew and a niece are the only members of Parvin’s family remaining in Iran today. “They have applied to get out,” she says. “I really hope they do and I hope that the bravery of the women protesting in Iran will be rewarded with change. I pray for it.”

Find the perfect gift for under your tree from our lovely range of lamps, art, cushions & occasional furniture.

Glentree
FURNITURE & CARPETS

A huge thank you to all our customers past & present, we wish you all a very Merry Christmas & a peaceful New Year.

from Paul & Evelyn
& all the Glentree team

Brookpark, Dunmanway P47 VW95 | 023 885 6666 | glentreefurniture.ie

Give them something you know they will enjoy.



A Fernhill Gin Hamper
or Gift Voucher for:

Sunday Lunch | Vintage Afternoon Tea
Special Occasions

Available from reception or www.fernhillhousehotel.com

Fernhill House Hotel & Gardens, Clonakilty, West Cork P85 X322
Tel: 023 8833258

The State continues to fail survivors



SOCIAL DEMOCRACY

Holly Cairns TD

In the past few weeks, three news stories have highlighted how the State continues to deny justice to the survivors of recent scandals and historical abuses. The tragic death of Vicky Phelan brought the cervical cancer scandal back into the headlines. The documentary on Blackrock College reminded us of the sexual abuse in schools. And, the deeply flawed legislation to provide redress to some survivors of Mother and Baby Homes is passing through the Dáil.

There is a shameful common thread in each of these stories. Abuse or harm caused by people acting on behalf of the State, usually in a supposedly caring role, is denied – historical abus-

es are often denied for decades. It is only after survivors have to seek justice that there is even an acknowledgement. In many situations the State forces them into lengthy and expensive court cases. Then there is the long battle for redress.

The redress scheme for survivors of sexual abuse in schools, only came about through the bravery of Louise O'Keeffe who had to take her case to the European Court of Human Rights – and even after that judgement the State was still not willing to compensate her. However, this scheme was incredibly limited meaning very few people could apply. Some changes were made last year, but it is still designed to exclude survivors, as it is only open to those who had begun legal proceedings prior to July 2021. The government is fully aware that many cases were dropped or even not initiated after the Supreme Court ruling against Louise O'Keeffe in 2009. I raised this with the Tánaiste, and called for all restrictions to be removed to allow survivors to seek justice and reparation.

A similar pattern is found for the survivors of Mother and Baby Homes. The Commission of Investigation only came about due to public and international pressure after the revealing of the mass grave in Tuam. A State apology followed,

which was of course welcome, but the real test of justice is will survivors be compensated and will those responsible be held to account. On both matters, the government is failing.

The Mother and Baby Homes Redress Scheme excludes over 25,000 survivors, including those who spent less than six months in an institution as children, people who were boarded out to cruel and abusive homes, and those who were subjected to illegal medical experimentation. The government's own consultation with survivors has asked for all these survivors to be eligible for redress, as have several UN human rights experts. But the government is blankly refusing to give justice to these individuals and their families.

In terms of accountability, the government is in negotiations with religious orders, instead of compelling them and pharmaceutical companies to pay their fair share to the cost of redress. Even more worryingly is the reality that no one will ever be prosecuted for some of the worst human rights violations in the history of the state.

Again and again, successive governments have failed survivors. Unfortunately, this government is no better, it is giving just enough for a good headline while continuing to deny justice to thousands of people.

Letter from the Editor

Welcome to the December issue of West Cork People,

It seems like only the other day we were enjoying long hot days on the beach and evening bbqs. Where did the last few months go? This time of year is always a bit of a blur for us...our lives pass by in papers...and suddenly it's almost Christmas! On the positive side, I have an 88-page issue of amazing West Cork shops and gifts to inspire my very long shopping list. I hope you'll enjoy perusing these pages too and support your local shops where possible. There are so many amazing small local retailers and producers to buy from. I will admit to buying one early gift for myself, which I'm sharing with you because it's so amazing...a sunrise alarm clock. Get yourself one to go into 2023 with. I've been such a ray of sunshine in the office every morning after waking up to its gentle light and birdsong that all of my colleagues have now bought one!

This is also the time of year where I get to do battle with insurance providers. Every renewal comes within a few weeks of each other and every year without fail there's at least a few hundred euro added on to last year's figure. This year, with inflation, I imagine it's going to be even more fun than usual! I'm sure they must all have 'major pain in the a**' written on my account but it's always been my experience that if you don't ask, you don't get. So ring around and make sure you question any renewal quote you're given and ask for a discount. I learnt on one phonecall that you can ask for the manager's discount on top of the first discount they give you!

It's been a difficult year with the price of energy and food in particular hitting so many families hard. Local charities like St Vincent de Paul do great work in supporting people through hard times so if you have anything to spare, please do donate...there will be collections taking place in December.

Inside this issue you'll find everything from gift and book recommendations to interviews with local people and businesses, from history to farming to entertainment to sport. We also have a fabulous selection of prizes to give away to readers, from €500 worth of Clonakilty Shopping Vouchers, B&B with dinner at the Celtic Ross Hotel in Rosscarbery to book vouchers, a sauna session, family passes to the Everyman panto and a candle gift box. Hopefully you enjoy the fun competitions Sheila has come up with!

We have really enjoyed putting together this Christmas issue and feel very privileged that so many of you have shared your stories with us and supported the paper over the past year with editorial contributions and advertising. Sincere thanks to all of the businesses, writers and readers who support West Cork People. We've had wonderful feedback about the paper this year and we look forward to bringing you the 'Best Free Read in West Cork' again in 2023.

Here's hoping for some blue skies in December so we can all get out and about over Christmas and enjoy beautiful West Cork. It will be lots of long walks, sea swims and saunas for me...with some good eating and drinking in between!

I hope you enjoy the read,

Until next year,

Mary

Darrara Gym open night

There is an open information evening at Darrara Community Centre Gym, (near Ring, Clonakilty), this Friday 2nd December from 6-7pm. People are invited to call in to view the facilities and avail of the great prices for unwaged, retired and students at just €80 for the year; Singles waged at €130 and Couples for just €190.

These are specially discounted rates and will increase on 1/1/2023. Further details on the "Darrara CC" Facebook page. Please bring photographic I.D. on the night.

'Kilmichael Ambush presentation

Coppeen Archaeological, Historical & Cultural Society presents: 'Kilmichael Ambush: the lead-up, the battle & the aftermath'. An illustrated presentation by Colum Cronin, on Wednesday, December 7, at 8:30pm sharp, in An Caipín, Coppeen. Non-members €5 inc refreshments.



Mary O'Brien
Editor



Sheila Mullins
Creative Director



Natalie Webb
Sales Consultant

Contributors

Kate Arbon
Karen Austin
Hannah Dare
Tina Pisco
Louise O'Dwyer
John Hosford
Sean Creedon
Tania Presutti
Noah Chase
Shane Daly
Pauline Murphy
Kieran Doyle
Sherna Malone
Tommy Moyles
Fiona Hayes
Grace O'Sullivan MEP
Dr Rosari Kingston
Matthew Hurley
Eugene Daly
James Waller
Liz O'Mahony
Mark Grace
Lauren Guillery
Melissa Murphy
Sarah Murray

West Cork People

Old Town Hall,
McCurtain Hill,
Clonakilty, Co. Cork.
P: 023 8835698/8835696
E: info@westcorkpeople.ie
www.westcorkpeople.ie

Advertisers Please Note: West Cork People does not accept liability for any loss or damage caused by any error or inaccuracy in the printing of any advertisement. We reserve the right to refuse or amend any advertisement, notwithstanding where, when or by whom accepted for publication, more-over we reserve the right to discontinue with the publication of any advertisement previously published. Please note further that we cannot accept responsibility for one or more incorrect insertion and that no re-publication will be granted in the case of typographical or minor changes which do not detract from the value of the advertisements.

West Cork People

HOLLY CAIRNS TD

Cork South West

Progress | Equality | Democracy | Sustainability

Please get in touch with me and my team if you have any issues.

If we can help at all, we will.

☎ 086 3615830

✉ holly.cairns@oir.ie

🐦 @HollyCairnsTD

📘 Holly Cairns TD

**Social
Democrats**

A West Cork hotspot

There is a reason the Finnish have been voted the happiest people in the world and it seems West Cork has cottoned on, with sauna-going now joining sea swimming in the new favourite pastime. A keen sea swimmer and sauna-goer herself, **Mary O'Brien** chats to sauna owner Donie McAuliffe and some of his regular customers about what makes The Balmy Barrel Sauna experience stand out from the crowd.



West Cork has found its happy place, a winter tonic, and it comes in the unlikely shape of a wooden barrel atop wheels. The Balmy Barrel Sauna is owned and run by Donie McAuliffe, whose 'grá' for conversation and music lends this sauna a personality the people of West Cork are finding irresistible. Aside from the health benefits, it's a hugely social space: Young and old sit companionably in the heated barrel, exchanging stories and banter and occasionally there's even song. It's a place where old friendships are rekindled and new ones made.

Sea swimming became a popular pastime for many in Ireland during the restrictions of Covid and with no sign of this abating and more and more people frequenting Irish waters all-year-round, it's not surprising that mobile saunas are now becoming a part of the West Cork landscape. Intrinsic to Finnish culture – it is estimated that there are almost three million saunas for a population of 5.5 million people – saunas are known to reduce stress and improve mood by causing a release of endorphins, the so-called happiness hormones.

The physical and mental benefits of taking a dip in the ocean are well-known, from better circulation and boosted immune system to raising the spirits. Combine this with the heat of a sauna (especially one where the 'craic' is known to be mighty) and you have an excellent treatment for pain and inflammation reduction, as well as managing stress, improving sleep, mood and boosting metabolism. As with sea swimming, research is now showing that regular sauna use could also reduce the risk of developing Alzheimer's disease

or dementia over time.

Pat McSweeney has Huntington's disease and travels regularly from his home just outside Cork City to use The Balmy Barrel Sauna in West Cork. A rare inherited disease, Huntington's stops parts of the brain working properly over time. Pat was diagnosed 26 years ago. He uses the sauna at least once a week if he can make it, sometimes for as many as three hour-long sessions at a time, going back and forth between the icy-cold of the ocean and heat of the sauna and taking breaks in-between to rest and replenish fluids and electrolytes lost through sweating "I get great benefit from sauna use," he shares. "The hot and cold therapy helps to reduce the inflammation caused by my disease and the swelling in my hands. I also enjoy the social aspect of Donie's sauna; it's a very relaxed and easy atmosphere and there is always great banter with Donie. My sleep has improved too; I'm doing very well overall."

Sauna owner, Donie, has also personally found the sauna really beneficial for sleep. "I

had insomnia for two years because of tinnitus (ringing in the ears) and now I sleep like a baby thankfully," he shares. "I also find it is a great pick-me-up in the winter and it's great for managing Seasonal Affective Disorder." Seasonal Affective Disorder (SAD) is a type of depression triggered by the change of seasons.

While not overly enthused at the beginning about the idea of sitting in an enclosed space with a group of strangers, local swimmer Patty Mullaney from Timoleague, says she is now addicted to the sauna experience. "I'd happily go along a few times a week to Donie's sauna on Broadstrand," she says. "It's a comforting space in which to unwind. We all sit in swim togs on our towels; it's far too hot for phones so we chat about nothing in particular, relax and meditate, before eventually, when it's too hot to bear, going off for a welcome cooling dip in the sea. Oddly enough the water never feels that cold, just refreshing, before it's back for another twenty minutes of heat."

"Donie is lovely; bright and cheerful, runs the sauna

Continued on next page...



Greg Bradley and Alice Glendinning



Cork College of FET
Cork's Further Education & Training Service

WEST CORK CAMPUS
A Pathway for Every Learner

ADULT EVENING CLASSES JANUARY 2023

Class	Start Day	Time	Tutor	Duration	Cost
Art & Mindfulness (Bring own watercolours & pencils)	Mon, January 16th	7-9pm	Fiona Walsh	6 weeks	€110
Music Production for Beginners	Mon, January 16th	7-9pm	Liam Davin	6 weeks	€110
Barbering (Bring own Clippers, Razor & Combs)	Mon, January 16th	7-9pm	Luke Kelliher	6 weeks	€70
Creative Photography (including Smartphone techniques)	Mon, January 16th	7-9pm	Nicholas Cooper	6 weeks	€110
Crochet for Beginners & Enthusiasts (Bring own wool & tools – list being issued to participants)	Mon, January 16th	7-9pm	Jordyn Lynch	6 weeks	€90
Introduction to Drama	Mon, January 16th	7-9pm	Sarah Ryan	6 weeks	€100
Microsoft Excel – Intermediate Level ONLINE	Mon, January 16th	6:30-8:30pm	Joseph Henchin	6 weeks	€100
Tai Chi (in cordoned off Canteen Area)	Mon, January 16th	5:30-6:30pm	Carmel O'Connor	6 weeks	€90

€10 OFF IF YOU BOOK ONLINE TODAY

westcorkcampus.corkcollegeofcommerce.ie

For information on the above ring the West Cork Campus on 028-21644 or email westcorkcampus@ccoc.ie or email the Coordinator maireosullivan@ccoc.ie



QQI
Quality and Qualifications Ireland
Dúshláirí Calálaithe agus Calálaithe Éireann



Rialtas na hÉireann
Government of Ireland



Cómhaoineithe ag an Aontas Eorpach
Co-funded by the European Union

SOLAS
learning works

This project is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.

THORNHILL
BROTHERS

FURNITURE
BLINDS
FLOORING
HARDWARE
BATHROOM & HEATING

Skibbereen Store:
3 & 4 Bridge Street
Skibbereen
Phone: 02821013

Bantry Store:
Bantry Business Park,
Bantry,
Phone: 027 50415

www.thornhillbrothers.ie

A West Cork hotspot .. cont'd from previous page

efficiently (he can even be persuaded to sing!). I always feel better after the sauna and head home in a relaxed state, not caring what the rest of the day may hold."

The Balmy Barrel Sauna has recently started doing full moon and also bioluminescence sauna sessions. There is always a special atmosphere at these nighttime gatherings, with the light of the full moon shining in through the panoramic window of the sauna, the sea turned a pale shimmering silver under its gaze. "Coming straight out of the sauna and jumping off a pier into the bioluminescence is just magic," shares Donie.

Susan O'Regan from Baltimore travelled to do the swim and sauna under a recent full moon at Broadstrand with a group of friends. Describing it as an "absolutely magical" experience, she says: "When I woke the next morning, I almost had to pinch myself to believe we actually did that, at night, in mid November!"

"We alternated between the bracing temperature of the ocean and the comforting heat of the sauna where we could sit and watch the rolling sea sparkling in the moonlight. It was an amazing feeling of real wellbeing and pure joy at being alive!"

Originally from Monkstown, Donie's roots are in West Cork – his mother's people hail from Skibbereen and he spent a lot of his childhood here. While he was over a decade abroad living in Australia, Canada and the States and doing some travelling in Asia and Latin America in between, he says he always knew he'd end up in West Cork eventually.

"The one thing I've found that stands out about Ireland compared to other places is the ease of conversation here. You could have an hour-long



Mary Deasy and Patty Mullaney of the local Broadstrand swimming group, sporting the traditional Finnish sauna hat and bunch of leafy, silver birch called a 'vihta' used for gentle massage in the sauna. Pic: Gearoid Holland, Kilbrittain.

conversation with a stranger you just bumped into while out walking, you don't really get that in other countries," he shares.

Attracted by the idea of having a business where people could commune and socialise without alcohol involved, when he came upon Ireland's first mobile sauna, the 'Bosca Beatha' in Garretstown some years back, Donie kept the idea in his back pocket until he was in a position to set up his own business. "As the saying goes 'everything is borrowed'" he

says, "so I copied the concept and, with the help of John from the Luxury Hot Tubs business in Skibbereen, the sauna was designed and built, bolted on to a trailer and ready for road." Smiling he adds, "I recently did my Ancestry DNA test and it came back that I am one per cent Finnish, so no wonder I'm in the sauna business!"

After starting by giving out some free sauna sessions on Red Strand near Clonakilty to build up interest and establish a customer base, Donie has since brought The Balmy Barrel Sauna to Courtmacsherry, Schull and Ballylickey, where "it has been 'warmly' received if you'll excuse the pun," he laughs.

Since then, the sauna has become a part of the fabric of West Cork, weaving its spell on people from all walks of life and nationalities, young and old. "I really enjoy the social aspect of the sauna and how it can bring people together," says Donie. "Long lost friends have found each other during a session after not seeing each other for years."

"Once in Red Strand, a young lady and her mother and grandmother had the sauna all to themselves for an hour and when they came out they were absolutely buzzing, saying they haven't had a chat like that for years. It was very gratifying being able to facilitate three generations bonding like that."

Donie has a big interest in



St James' GAA recuperating in the sauna after training

traditional Irish music and enjoys singing himself, so it's not surprising that from time to time a singsong breaks out in the sauna. After a Thursday evening session on Red Strand, it has become a tradition to go up to the music at O'Donovan's of Fisher's Cross afterwards. "There is a great gathering of musicians and singers there every Thursday; the atmosphere is very welcoming and anyone can join in," says Donie.

Research shows that saunas can alleviate muscle soreness and aid post work-out recovery so The Balmy Barrel is also a big hit with local sporting organisations, who use it for team bonding, as well as athletic recovery. Alan O'Shea,

player/coach of the West Cork Football Championship winning St James' GAA club says, "It's a great resource to have on our doorstep, the lads benefit big time from it, and Donie is good craic as well."

Ballinascarthy Carbery title winning hurlers frequent the sauna after their championship matches too. Ricky O'Flynn, in his 21st year of adult hurling, says, "I need all the help I can get to recover after a game and the hot and cold therapy is perfect for winding down after a championship match."

Is it any wonder that famous local songwriter, Micheal O'Brien, the Bard of Butlerstown, has already penned a song about The Balmy Barrel,

where come rain, hail, or shine, there is known to be never a dull moment!

"I go every weekend and it nourishes me on so many levels. It allows me to fully embrace the elements any time of the year. No matter if it's glorious sunshine or torrential rain... it's always a wonderful experience," says Lisa Brinkmann. "It's a great space to socialise and get to know new people too."

"We go to the sauna on Red Strand most weeks," says Greg Bradley. "It's a great location, brilliant to have such a beach and service at hand. We enjoy the chats and the craic in the sauna as well. It's great fun all around."

The Balmy Barrel Sauna is also available for private hire for birthday parties, weddings and other special occasions.

Regular locations include: Broadstrand, Courtmacsherry on Friday morning and afternoon; Dereenatra Pier in Schull on Friday evening; Red Strand, Ardfield on Thursday evening, Saturday and Sunday.

Over the Christmas holiday season, Donie is planning on touring West Cork and visiting Schull, Ballylickey and Kilcrohane Pier with The Balmy Barrel Sauna.

Keep an eye on Instagram and Facebook for updates: Instagram: @westcorksauna. Facebook: West Cork Sauna.

For more information or to make a booking message Donie through WhatsApp on 085 1013648.

Go to page 57 to take part in our Secret Santa Sauna competition and be in with a chance of winning a one hour sauna session for a group of up to eight people.



(l-r) Harri Barker and Megan O'Connor relax at Red Strand.



The Dereenatra mná

West Cork Ukrainian and Irish communities unite through song

The Museum of Song, an uplifting song collecting project, co-created by artists Tess Leak and Sharon Whooley, has now been expanded to include members of the Ukrainian community in West Cork. **Mary O'Brien** finds out more about this collaborative project.



Some of the participants at the Museum of Song Ireland and Ukraine Song Sharing at Top of the Rock Pod Páirc, Drimoleague.

A Museum of Song Ireland and Ukraine, which debuted at this year's Drimoleague Singing Festival, will culminate in a special musical gathering in December that will bring Ukrainians based in Skibbereen and Drimoleague together with the local community choirs to share Irish and Ukrainian traditional folk songs, creating a bridge between both cultures through the powerful emotion of song.

A number of successful musical events and workshops

have already taken place with the West Cork Ukrainian community as part of this REACH funded project, including a song sharing session at Drimoleague Singing Festival and at The Glebe in Baltimore and most recently a traditional Ukrainian headdressmaking workshop with local creative stylist Alice Halliday at the Top of the Rock Pod Páirc, Drimoleague.

Ivan Humeniuk, a Ukrainian translator working with the

West Cork Development Partnership said the Ukrainian people involved in this project are "very happy to participate in it and share their culture".

"People are simply delighted with the emotions and positive impact that this project has on them," he shares.

Susan McManamon, Director of Drimoleague Community Choir says that meeting in song can be a great way to share and to find common ground.

"It sometimes allows us to express and connect in a very meaningful way. As singers in Drimoleague, we look forward to exchanging and experiencing much-loved Ukrainian and Irish songs together."

The Drimoleague Singing Festival was delighted to collaborate again this year with the Museum of Song in a song sharing session involving the local community and their new Ukrainian neighbours.



I would like to wish all my constituents a very Happy Christmas & New Year, thank you for your continued support.

If I can be of any assistance now or in 2023 please feel free to contact my team on 023 8811011 or email christopher.osullivan@oireachtas.ie

Christopher O'Sullivan TD FIANNA Fáil THE REPUBLICAN PARTY

Paul O'Brien, co-director of Drimoleague Singing Festival says: "The act of singing together and hospitality to visitors are two fundamental characteristics

of Irish society and this event incorporated both in our coming together in the Pod Páirc at the Top of the Rock, Drimoleague.

Continued on next page...








CLONAKILTY PARKHOTEL

ONE GIFT VOUCHER, MAGICAL MEMORIES

Gift Vouchers can be used across our complex for:

- Hotel Accommodation
- Twist Bar & Bistro
- Leisure Centre Membership
- Park Cinema
- Adventure Centre
- Adventure Golf

ONE VOUCHER, SIX WAYS TO SPEND

BUY ONLINE OR BY PHONE

T: 023 88 36400

www.clonakiltyparkhotel.ie

CLONAKILTY PARKCINEMA

TWISTBAR & BISTRO

CLONAKILTYPARK LEISURECENTRE

CLONAKILTYPARK ADVENTUREGOLF

CLONAKILTYPARK ADVENTURECENTRE

Communities unite through song ...continued from page 7



Alice Halliday and the group wearing Vinoks, traditional Ukrainian headdresses.

It was very moving and uplifting to hear Ukrainian songs being sung in that setting given the very difficult circumstances in which they find themselves and in response the locals sang a variety of Irish songs to give a flavour of our culture.

"With each song being so well-received, it confirmed that music is indeed a universal language and that of course the themes of traditional songs are

the same the world over. It was a joyous occasion, and we look forward to repeating it again soon."

When they began this project a few months ago with groups in Drimoleague and Skibbereen, Sharon and Tess had no idea how much they would learn about the richness and beauty of the Ukrainian culture of songs and singing.

"We have been really interest-

ed to learn about the history and background of some of the songs, which are often so poetic.

"We are grateful to all our participants for sharing their songs with us so whole-heartedly and we are especially grateful for our translator Ivan Humeniuk because without his commitment and enthusiasm this project would not be possible."

Tess and Sharon would also

like to pay tribute to O'Donovan Rossa GAA Pavilion Skibbereen, Top of the Rock Pod Páirc, Drimoleague, The Glebe, Baltimore, the Eldon Hotel, Skibbereen, the Drimoleague Inn, Drimoleague Singing Festival, Camilla Griehsel, Donna Treya, Teresa O'Sullivan, Danielle Daly, Liz Clark of Skibbereen Community Choir and Garda Bridget Hartnett who have been so supportive of this project.

Originally developed as part of the Arts for Health partnership programme in West Cork, the Museum of Song project started in April 2020 at the start of the Covid 19 pandemic, as a song collecting postal project, in response to the isolation of older residents in community hospitals. It has since connected with over 120 older people throughout West Cork; in towns and villages, on the West Cork islands, the valleys of Bantry and the Sheep's Head and Beara peninsulas, with funding from Creative Ireland, Cork County Council and the National Lottery. It was also expanded to collect songs from the Irish Pensioner's Choir in London. The beautiful resulting songbooks gather together the hundreds of songs collected, some well-known, others rare, and incorporates the themes of 'Songs of Our Mothers and Fathers', 'Songs of Leaving and Returning', 'Songs of Spring', 'Flower Songs', 'Love Songs' and 'Songs of the Land'.

The collection will be donated to the Irish Traditional Music Archive in Dublin in early 2023, where people in 100 years time can find out what songs people in West Cork were singing today!

Sharon and Tess are currently finishing the 'Museum of Birds and Beasts', a folklore collecting project in collaboration with residents in five commu-

From Museum of Song Postal Project Songbook Vol 2

Songs of our mothers and fathers

From Matt Murphy, Sherkin Island

"Growing up, our house was not a singing house so I don't have many memories of songs from my childhood. However, coming from Cork City I have special memories from the 1940s of the Echo boys, so named because they sold the 'Evening Echo' on the streets of Cork. I got to know many of them when Fr. Roch brought some to Sherkin during the summer months in the 1970s, 1980s and 1990s. They were amazing children who were like one big family. They loved the freedom of island life. The only fear they had were the dark nights. To them the city was so different, with the bright street lights on all night.

"When my Eileen died, I asked that they would come down from the city on 25th January 1979 and be the choir at her funeral mass and then in the Abbey for the burial. There they sang The Boys of Fairhill to send her on her way to Heaven. So this is my pick..."

Boys of Fair Hill 🎵🎵🎵

Come on boys and you'll see, Lads and lassies full of glee
Famous for all they will make your heart thrill.

The boys they won't harm you and the girls they will all charm
you Here's up 'em all says The Boys of Fairhill.

Come on boys and spend a day with our Harrier Club so gay
The loft of the bowl it will make your heart thrill.

When you hear the Shea boy say
"Timmy Delaney won today" Here's up 'em all
says The Boys of Fairhill.

Now come on up to Fahey's Well for a pint pure spring water
The grandest place of all sure the angles do sing.

Thousands cross from o'er the foam just to kiss the Blarney Stone
Which can be viewed from the groves of Fairhill.

Come on down to Quinlan's Pub that is where you join the club
Where 'round us in gallons the porter does flow.

First we'll tap the half a tierce and drink a health to Dashwood's rule
That's the stuff to give 'em says The Boys of Fairhill.

The stink on Patrick's Street is wicked How does Fr. Matthew
stick it? Here's up 'em all says The Boys of Fairhill.

Shandon Steeple stands up straight The River Lee flows under-
neath Here's up 'em all says The Boys of Fairhill

Kitty Barry sell crubeens

Fairly bursting at the seams

Here's up 'em all says The Boys of Fairhill

In Blackrock there is no law

The next Lord Mayor is Andy Gaw Here's up 'em all
says The Boys of Fairhill

Christy Ring he hooked the ball We hooked Christy, ball and all.
Here's up 'em all says The Boys of Fairhill .

The Rockies thought that they were stars

Until they met with St. Finbarrs Here's up 'em all
says The Boys of Fairhill.

Blackpool girls are very rude

They go swimming in the nude Here's up 'em all
says The Boys of Fairhill.

But then they are no good at all Up against the Sunbeam wall
Here's up 'em all says The Boys of Fairhill.

nity hospitals, master basket maker Joe Hogan, the National Folklore Collection in UCD and the Museum of Country Life in Mayo. The project is part of the Arts for Health partnership programme, West Cork and was funded by the Arts Council of Ireland. The exhibition 'The Museum of Birds and Beasts' will take place in Cork County Library Headquarters from January 26, 2023.

Tess Leak is an artist and musician who has worked with the Arts for Health Programme in West Cork for the past twelve years. In 2021 she was part of the Irish Hospice Founda-

tion's Compassionate Culture Network, developing the project 'Haiku Shelter' for participants in Cork County.

Sharon Whooley is a co-director of Harvest Films working as writer, producer and director. Most recently, she has produced Songs of the Open Road (2022) on singer Thomas McCarthy for RTE and Clouded Reveries (2022) on writer Doireann Ní Ghríofa which is in cinemas now.

Museum of Song Ireland and Ukraine was funded under SOLAS REACH 2022, through Cork ETB.



THINKING OF SELLING?

We have a number of approved buyers in the West Cork area urgently seeking properties.



Raymond O'Neill



Olivia Hanafin



Con O'Neill

CONTACT US NOW
FOR A FREE VALUATION

023 883 3995 | 028 21404 | INFO@SFONEILL.IE

PSRA No. 004158

It's not just about property. It's about people.



HISTORY & POLITICS

Kieran Doyle

This is not simply an article about sport. It is about how sport is used to legitimise evil regimes. It is also about asking ourselves: What am I going to do about it?

By the time you read these words, the 2022 World Cup will be in full swing in Qatar, with the final being played on December 20. Weird right? Even if you only had the smallest grasp on football, everyone knows the football world cup is a summer sport when all the worlds' leagues are finished and the players are free to flaunt their skills, to thrill, to enthrall and to infuriate in equal measures. Its place on the sporting calendar is sacred. Not this time! The 2022 World Cup is taking place right now, mid-season, so the worlds' leagues have been

The politics of sport and why I won't watch the World Cup in Qatar

forced into a month's compulsory hibernation. It is also happening in a country that has scorching heat, where standing at a bus stop would be impossible, let alone running for ninety minutes. To counter this, these brand-new stadia will create an additional huge carbon footprint in order to keep all the stadia cool enough for people to watch and play in comfort. Many of the delegates fighting for new climate controls, who were at the environmental gathering at COP27, will probably unwittingly watch these games across November and December.

So why did Qatar get the World Cup? It's the same reason why these oil rich countries get whatever they want – money. But it helps that world soccer is run by a corrupt organisation called FIFA. There were half a dozen men associated with 'winning' enough votes from the delegates to ensure Qatar got to host the 2022 version of the World Cup. Two of them were formerly the biggest leaders in global football, Sepp Blatter and Michel Platini. Both have since been banned from any football-related activities or involvement. So too has Mohammed bin Hammam, president of the

Asian Football Confederation, who just happens to be from Qatar. The other major force behind persuading people to vote for Qatar was – guess who – Vladimir Putin. Fine bunch of blokes.

So why did Qatar want it so badly anyway? The very same reason Mussolini wanted the world cup in Italy in 1934 and Adolf Hitler wanted the Olympics in 1936. It's to create the same façade that the military Junta used when they hosted the 1978 World Cup in Argentina or that Putin's autocratic and despotic government needed when they hosted the 2018 version – legitimacy for their regimes. The term used today is 'sportswashing'. This essentially means governments and regimes, whose reputations have been tarnished by how they conduct their affairs, seek to find a way, through sport, to improve their reputation and be accepted by the international community. Qatar's human rights record has been lambasted long before there was any mention of the event taking place there. Their ultra-strict Islamic laws have meant that their female citizens are subjected to conditions that infringe their human rights – ones we take

for granted in the West. What happened to Mahsa Amini in Iran, when she was arrested for not wearing her hijab correctly and who allegedly 'died of a heart attack' [aged only 22] in police custody, sparked a revolt in Iran against police brutality and the repressive treatment of women. You won't hear of a similar revolt in Qatar, because it would never get off the ground, such is their iron grip on society. There also has been as much attention drawn to the issue of their draconian laws against the LGBT community. The counter argument is to say, well that's their beliefs, get on with it... Why should we tell other countries what they can or cannot do? Unfortunately, these 'beliefs' go against the charter of human rights and that cannot be accepted simply because they happen behind some other country's borders. The international community has a history of 'interfering' in other countries when the people in those countries have been oppressed. Why not Qatar? Currently citizens can be given a life sentence or indeed be stoned for engaging in homosexual activity. It's a seven year sentence for a foreigner who breaches the rules. James Cleverly, the current

Conservative Foreign Minister, was criticised hugely when, instead of using this global stage to defend the LGBT British citizens who may travel there, told them instead to 'respect' the 'tradition' of the country. Gary Lineker, host of BBC's match of the Day, queried did the British Foreign Secretary mean that, 'Whatever you do, don't do anything gay?'

Ongoing investigations and research shows that an inconceivable amount of human beings – a massive 6,500 foreign workers – have died building World Cup stadia and infrastructure. [Some human rights organisations put the figure as high as 15,000]. Qatar authorities claim the figure is only 39 and claim the other deaths cannot be associated with the World Cup infrastructure projects. Imagine 39 deaths in Ireland on any building project. It would be scandalous. It would be a national shame. Now imagine it to be 6,500 or even half that! For the record, the figures were not plucked from the sky, but based on figures provided by embassies from India, Bangladesh, and Nepal, to name a few.

As I said, sportswashing is nothing new. We allowed Putin's



2018 World Cup go ahead, in spite of Russia's invasion and illegal occupation of the Crimea in 2014. An unfancied Russian team even made it to the quarter final having the 'fitness' to outrun any opposition in their attempts to nullify more skilful opponents. Since then, Russian athletes have been banned when state-sponsored doping programmes were uncovered. It was one thing for Italy to host the World Cup in 1934; the fascist dictator, Benito Mussolini wanting to show the world that Italians were the greatest under his guidance. He summoned the head of the Italian FA, Giorgio Vaccaro and told him, "Italy must win the World Cup". Even the cities that had been chosen

Continued on page 11...



CLONAKILTY CREDIT UNION

Christmas Opening Hours:

Closed Saturday 24th - Thursday 29th December

Open Friday 30th December

Open Saturday 31st December

Closed Monday 2nd January

Normal hours resume Tuesday 3rd January




Wishing all our members a Merry Christmas & Happy New Year!






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.

Of all the Christian festivals, Christmas was considered by the Irish people as the most important. The mid-winter solstice (December 21) is a turning point in the year, with the sun weakening day after day and then miraculously recovering. It was a good time for a feast and mid-winter festivals were celebrated through northern Europe long before the Star of Bethlehem blazed in the Mediterranean sky. A Christian celebration was assimilated to the old traditions as happened with other festivals.

Christmas past and present

Up to 1917, Advent, like Lent, was a time of fasting. Children were encouraged to say additional prayers; this custom was still strong in Aughadow in the 1950s. Ireland, like many countries, has a number of Christmas traditions that are all of its own. Many of these customs have their root in Gaelic Christian culture, while others pre-date Christianity.

Seán Ó hAó (1861-1946), usually called Hamit, who lived in Cregg, Glandore, was a fisherman, fluent Irish speaker and storyteller. He was recorded by folklore-collector, Seán Ó Cróinín, in 1939. In all, Ó Cróinín collected over 1,500 pages of folklore from him, including a chapter on Christmas. He called it 'Féile na gCórsan' (The Neighbours' Festival); he relates how the people of Cregg, Brulea and Reenogreena depended mostly on fishing when he was young. Their neighbours, who concentrated more on farming, used to bring presents of butter, potatoes and vegetables in the days before Christmas, but he goes on to state that people had become less sharing – 'Nil an grá anois mar a bhíodh sí roimis seo'. (The same love isn't there now like it used to be).

Everybody gave their dwellings, the outhouses and the farmyard a thorough cleaning in the days leading up to Christmas. Usually the dwelling houses were whitewashed. A block of bog-deal or some timber was procured for the Christmas fire (bloc na Nollag). Holly and ivy

were the only decorations and they were placed on the cleevy, the mantelpiece and on the small windows on Christmas Eve.

I can vividly remember cutting holly and garlands of ivy in the Cúl Mór field on Christmas Eve. Unfortunately, there was no berried holly in Turkhead, but we were quite pleased with the plainer variety. Shortly before Christmas my mother went to town (Skibbereen) to 'bring home the Christmas', but making sure that the basics were bought in the local shop, Whooley's. Usually at Christmas there was some extra money, as there were turkeys to sell at the Christmas market. Every family tried to have plenty food and drink at this time and the purchases included meat, dried fruit, currant cakes, barm bracks, sweets, fruit, bottles of stout and whiskey and toys for the children. Shopkeepers gave Christmas 'boxes' to their customers, consisting of seasonal fare, the size of the present proportionate to the amount of the customer's business during the year. The arrival of the 'American letter' or 'letters' from relations living in the USA, and always containing some welcome dollars, added to the Christmas cheer.

Seán Ó hAó says that in Cregg people used to have a keg of porter and some whiskey which was shared with the neighbours when they called in. Often a pig was killed for Christmas and pieces were shared with the neighbours.

On Christmas Eve dinner was eaten late in the evening and in many parts of West Cork it consisted of 'stockfish' (dried ling), potatoes and white onion sauce. This custom still lives on with some families. As darkness fell candles were placed in every window, usually positioned in a hollowed-out turnip. The main candle – always red – (Coinneal mór na Nollag) was placed in the kitchen and lit by the youngest member of the family (with assistance if necessary), while the man of the house said, 'Go mbeirimid beo ag an ám seo arís' (May we all be alive this time next year). The lighted candle signified a welcome invitation to Mary and Joseph who could find no place in the inn; it was also a token for family members away from home and for weary travellers who might be out that night.

Seán Ó hAó says that people used to stay up later on Christmas Night (Oíche Nollag). About ten o'clock the family had the second 'supper'. At this tea the rich Christmas cake would be cut; tea or coffee was drunk. The older people used

to have a hot whiskey. While drinking this, they would say: 'May we all be well years from now and all our relations wherever they are living'.

Contrary to other times of the year, to hear the cock crow at midnight was considered lucky. This belief existed in Shakespeare's time. In Hamlet, Act One, we read: 'Some say that ever 'gainst that season comes / Wherein our Saviour's birth is celebrated / The bird of dawning singeth all night long.'

It was held that Jesus was born on the stroke of midnight on Christmas Night, hence the popularity of Midnight Mass. It was believed that in remembrance of that, every year at this time the gift of speech was given to cattle. It was also believed that the cows and the donkey knelt at midnight in memory of Christ's birth. Thomas Hardy, the great English novelist and poet, expresses this belief in his poem, 'The Oxen'.

'Christmas Eve, and twelve of the clock / Now they are all on their knees / An elder said as we sat in a flock / By the embers in fireside ease. / We pictured the meek mild creatures where / They dwelt in their strawy pen, / Nor did it occur to one of us there / To doubt they were kneeling then. / So fair a fancy, few would weave / In these years! Yet, I feel / If someone said on Christmas Eve / 'Come; see the oxen kneel. / In the lonely barton by yonder coomb / Our childhood used to know' / I should go with him in the gloom / Hoping it might be so.'

(Barton is a farmyard; Coomb is a wooded valley)

Seán Ó hAó talks about Christmas morning when everybody dressed in their best clothes and walked to Mass, a big crowd together. It was usually dark as they had to be in the church by seven. Sometimes they carried lights – lanterns, but these wouldn't be necessary if there was a moon. Three consecutive Masses were said. Every family made certain that they brought a bottle of holy water home from church. When they came home the mother sprinkled the holy water in every room of the house and in the outhouses.

The excitement of Christmas Eve was probably surpassed by the anticipation and wonder of Christmas morning. Santa in the 1950s was poorer than today's Santa, but we were happy with what we got. Maybe my memory is selective, but Christmas morning always seemed crisp and cold with a star-studded sky and a light cover of frost. Patrick Kavanagh, in his poem, 'A Christmas Childhood', captures the wonderment of a little boy on Christmas morning: 'As I pulled on my trousers in a hurry / I knew some strange thing had happened. / Outside in the cow-

house my mother / Made the music of milking. / The light of her stable-lamp was a star / And the frost of Bethlehem made it twinkle.'

Entering the church it seemed to us that the crib inside the altar rails was a hushed island of peace. The Christ-child in a bed of straw stretched out welcoming arms to us. The statues that represented Mary and Joseph, the shepherds, the farm animals that gazed on Him, were all bathed in a warm light. It was the simplest and most touching thing we would ever see. It remains so to this day; a surprising and welcome constant in a fast changing world.

On Heir Island, where I was born, Christmas Day was a day of sport, singing and dancing. After rising as early as four o'clock to cross to Cunnamore Point and walk to Lisheen Church, the people had to walk back again after Mass. After a quick breakfast, all the young men and women gathered on the Trá Bán and most of the day was spent singing and dancing. There were also athletic events – races, long jump, weight-throwing and a football match.

Tomás Ó Criomhain describes Christmas Day on the Great Blasket Island in his book 'An tOileánach' – The Islandman. 'On Christmas Day there was a match in which the whole village was engaged. Two were appointed captains, one for each side. Each of these called in turn until all present on the strand were divided. The match was played with hurleys and ball on the White Strand without stockings or shoes, but out to the neck whenever the ball went into the sea'.

In Cregg, Seán Ó hAó states that they also played hurling. 'They used to go to the ditches and cut a stump of furze that had a bas (wide part) and a handle. The ball was made of old rags or stockings, tied together with cord. Then they used to select two teams in a field that a farmer would cultivate that year. They used to spend the day playing. Middle-aged men as well as youths, and they would be worn out in the evening, as tired as a hunting hound'.

One of my happiest memories is of Christmas night, seeing the twinkling candles in every neighbour's window. 'Would you think Heaven could be



a thing so small / As a lit window on the hills at night.' (Helen Jane Waddell)

It was considered lucky to see a robin on Christmas morning, so we were all on the lookout for the perky little bird which has become so associated with the festival.

In 1840 Queen Victoria of England married Prince Albert of Saxe-Coburg-Gotha. The young consort brought with him from his native Germany the custom of bringing a tree into the house at Christmas to decorate and hang presents on. The fashion quickly spread from the royal household and people have been putting up Christmas trees ever since although the custom had not reached Turkhead in the 1950s.

The custom of having holly in the house seems to be very old. It is said to have been done to appease the fairies or the 'good people' who appear to have had a considerable say in how harsh the weather was long ago. The custom was Christianised and a new symbolism was given to it. The wreath of prickly berried holly commemorates Christ's crown of thorns and the drops of blood at the Crucifixion.

The writings of Charles Dickens, especially 'A Christmas Carol', had a big influence on Christmas customs in England; customs which we have adopted. People became emotionally involved with the tale of Ebenezer Scrooge, Bob Cratchit, Tiny Tim and the four ghosts – Jacob Marley, Christmas Past, Christmas Present and Christmas Yet to Come; also with scenes of snow, trees and robins.

The Christmases I have described in Turkhead in the fifties, Cregg in the early twentieth century, Heir Island up to the middle of the twentieth century, are quite different to Christmas today. The Christmas we celebrate today is a mixture of old Irish customs, and imported customs principally from England and America. Christ-

Continued on next page...

Senator Tim Lombard

Bandon Constituency Office
open Monday to Friday

☎ 021 477 3399
☎ 023 882 9409
✉ tim.lombard@oir.ie
🗳 @voteTimLombard

I would like to wish all my constituents a very Happy Christmas & New Year. Thank you for your support and I look forward to working for you in 2023.

Christmas past and present .. cont'd from previous page

mas was always a season of giving presents but it has been transmuted out of recognition under commercial pressure. The commercial festival has been assimilated to the Christmas celebrations, all but overwhelming it.

Christmas, at its core, is a time of giving, of peace and goodwill with the little Babe at its core. It's time to put Christ back into Christmas and to attempt to practice its message of generosity and love throughout the year. Today's Christmas, consumerised and to a large degree artificial, does not do justice to the wonderful message of Christmas: joy, generosity and peace.

It's not unusual nowadays for people to say that Christmas has become too commercial. Curiously St. Francis of Assisi said something similar in 1224 when he made a crib in Greccio, not far from his home town. For too long, he felt, the Incarnation had been a subject of study by theologians and academics, and lacked a three-dimensional expression for ordinary people. The simplicity of Francis' Crib became the model of all future cribs throughout the Christian world.

Ireland today is more prosperous probably than it ever was, yet people seem to be less happy, as indicated by the increased number of suicides and the increase in the use of alcohol and drugs. It appears that in this era of posh cars, foreign holidays, big houses and general excess and the need for instant gratification, there is less joy, less neighbourliness. Goldsmith in this poem 'The Deserted Village' might have been writing about Ireland today: 'Ill fares the land, to hast'ning ills a prey'; Where wealth accumulates and men decay'.

Máirtín Ó Direain, the great Irish poet from the Aran Islands, captures the simplicity and spirituality of Christmas in his poem, 'Cuireadh do Mhuire' – (Invitation to Mary) translated as follows:

'Do you know, Mary, / Where you will go this year / Seeking shelter / For your Holy Child, / When every door / Is closed in His face / By the hate and pride / Of the human race? Will you accept / My invitation / To a sea-bound island / In the remote West? / Shining candles will be / Lit in each window / And a fire of turf / Kindled on each hearthstone'

The politics of sport .. cont'd from page 9

to host this event were carefully selected for optimal effect to promote the Italian ideal of fascism. In qualifying, Italy got a walkover when the Greek team pulled out. It emerged in the intervening years that the Italian FA paid for a new headquarters for the Greek FA. Long before we had the scrutiny and cameras of today, Italy's victory has been tarnished by allegations of referee interference. None of that mattered. Italy won. Fascism won. Sportswashing won.

If you travel to Argentina today, you will see groups of people gathered sombrely in squares, holding a candlelit vigilance to the 'disappeared'. An estimated 30,000 people vanished during the brutal regime of that junta who took power by force in 1976. Once in power, they brutally and systematically arrested and, in many cases, killed opponents of their regime. Yet despite the overt assault on democracy and barely covert extermination of their own citizens, FIFA rolled out their now infamous soundbite, "We don't get involved in politics". Sure, there was the usual dubious refereeing decisions in favour of the host nation, who of course won. But what is chilling are the stories that emerged years later, of prisoners listening to the roar

of the crowd, as they lay beaten and broken, behind iron bars. One of the main stadia, the 'Jose Maria Minella' stadium was a mere twenty blocks from the biggest detention centre for political prisoners.

For me, one of the darkest images of sportswashing came from an English team. In 1935, Germany was scheduled to play England in White Hart Lane in London. The Nazis were beginning their ascent and their Aryan politics was international news. The Nuremberg laws had

already banned intermarriage between Jews and Germans. A mere two years later, they were herding their Jewish citizens into concentration camps. As the dark shadows of October fell over the ground, the English players raised their hands in a Nazi salute by order of the English FA. The players were not too keen to comply and indeed there had been letters and calls from some of the public to boycott or stop the game. Those with the power, did what they do best – ignored the common man and women and sport washed Hitler's Germany in an act that most go down as one of their darkest in

sport.

As you read this, Qatar 2022 will have commenced. You can ignore the politics, shrug your shoulders and mumble, well what can I do? I'm only one person. It's the same response we tend to use for climate change, or a litany of other abuses we perceive outside our control. We are often moved by injustices but sadly don't follow through on our disgruntlement. I'll leave the last words with Irish philosopher Edmund Burke: "The only thing necessary for the triumph of evil is for good people to do nothing".

Social Democrats

**Season's greetings to one and all.
Wishing you a peaceful Christmas
and a Happy New Year!**

Cllr. Ross O'Connell

Cork County Council

☎ 085 7527520

✉ ross.oconnell@cllr.corkcoco.ie



Christmas in Cork County

*Support your Local Businesses, Spread the word
and Spend Christmas in Cork County!*

Mayor of the County of Cork, Cllr. Danny Collins said,
"Christmas is such a magical time of year, for the young and the young at heart. This year why not visit a town near you, where you can discover something special that's made in Cork and will support businesses across the county. Not only will you have something that just isn't online but I can guarantee you will have a great day out. There is nothing like Christmas in Cork County."



Wishing you a Happy Christmas and Prosperous New Year



**Comhairle Contae Chorcaí
Cork County Council**

A helping hand in a time of 'Impossible Choices'

This year's Society of St Vincent de Paul (SVP) Annual Appeal is one of the most difficult in the Society's 177-year history. Christmas will be different for everyone this year but the theme 'Impossible Choices' reflects the really hard situation families on low incomes face in the lead up to Christmas.

In the coming months, the cost of living crisis will hit home for many families in different ways, particu-

larly with the rising costs of food, energy and housing. Add in Christmas costs, and you will see how families are

facing impossible choices this Christmas and into the New Year. While the cost of living measures being provided by

the government will help, these measures are temporary, and even with them, many families will continue to struggle to heat their homes, feed their children and pay their bills. They are all facing impossible choices this Christmas and into the new year.

The Clonakilty branch has been working with people in need in the local community for over 160 years and the work done by the organisation and its members has never been so important as now, when people are under such severe financial and psychological stress due to the economic uncertainty caused by the rising cost of living.

If you are struggling to keep a roof over your head, how do you choose between a decent dinner and a warm house? What do you sacrifice to buy your children those precious gifts when you don't know what you are facing into over the next number of months?

St Vincent De Paul Clonakilty helped nearly 300 families last year to the tune of €160K to keep their heads above water. Poverty is never easy to confront and yet, every Christmas it is impossible to ignore. Never has it been so important as it is 'now' with the cost of living going through the roof and no certainty as to when or where it is going to stop. "People are on their knees wondering what do to next, wondering how to pay the next bill or fill the schoolbag with books, and how they will feed their family every night. It can be very difficult for people to make that initial contact with the Society, especially if they haven't been in a position where they have needed to ask for help before," said Agnes Cahill, President of the Clonakilty branch of St Vincent de Paul. "But based on the need of the individual or family, assistance is given in a non-judgmental spirit of compassion," she emphasises.

"Our members are very accessible, and our door is always open to anyone."

The Society of St Vincent de Paul provides practical financial support and advice, assistance with grants for fuel and a short-term safety net for those who fall outside the welfare state. It also provides social housing to the over-50s at affordable prices: There are 24 housing units in three locations around Clonakilty town.

There is also an Education

Church & Street Collections:
SATURDAY, DECEMBER 10
& SUNDAY, DECEMBER 11



Clonakilty Church; Rosscarbery Church;
Ardfield/Rathbarry Church;
Timoleague Church; Clogagh Church;
Barryroe Church; Courtmacsherry Church.

Grant scheme provided by the Society to which people can apply for financial assistance to pursue third level education. Last year alone, the Clonakilty branch invested over €50,000 in supporting more than 30 students attending college and university.

It is only through the generous donations and fundraising efforts of the people of Clonakilty and the surrounding areas throughout the year and in particular during the annual appeal in December that makes it possible for Clonakilty SVP to support so many people and families through the different assistance programmes mentioned above.

The need for donations this year has been exacerbated by the increased cost of living. St Vincent De Paul Clonakilty is asking people to please donate whatever they can spare at either a local collection, online or over the phone to help people who are struggling now and will continue to struggle through this winter and into the new year.

"Everyone deserves a helping hand when needed and all help is given with the utmost respect to the privacy of the individual or family. We'd like people to approach us as if they were approaching a family member who is in a position to help them financially through a difficult period," says Agnes.

"In what has been a difficult year for charities all over Ireland, we would like to assure people that any monies donated to the local branch of St Vincent de Paul are distributed in the immediate locality."

If you wish to make a donation to Clonakilty St Vincent de Paul you can do so by:

- Going to the Clonakilty Saint Vincent de Paul Fundraising Page: svp.ie/stannescloonakilty
- Phoning 0818 176 176. It is important that you specify that your donation is to go to SVP Clonakilty
- Donating to one of the fundraising events at any one of the following locations:

Friday, December 2 and Saturday, December 3: Lions Club, collection at various Clonakilty shops.

Saturday, December 3: Lisavaird Co-op promotion day.

Saturday, December 10 – Street Collection: Clonakilty Street Collection - Asna Square; Barryroe Co-Op Collection.

Saturday, December 10 and Sunday, December 11 Church Collections: Clonakilty Church; Rosscarbery Church; Ardfield/Rathbarry Church; Timoleague Church; Clogagh Church; Barryroe Church; Courtmacsherry Church.

- Contact a member of the conference. All donations greatly appreciated. To contact the Clonakilty branch directly for assistance call 087 3769935.

The numbers for the other branches in West Cork are as follows: Bandon 086 8255092; Bantry 086 1710559; Dunmanway 086 3458037; Skibbereen 0879182698.

I wish you a very safe and Happy Christmas season and a peaceful New Year.

Cllr. Gillian Coughlan
Cork County Council

✉ gillian.coughlan@cllr.corkcoco.ie
☎ 086 881 4196

FIANNA FAIL
THE REPUBLICAN PARTY



SHOP LOCAL

AtkinsDIY CLONAKILTY
TEL: (023) 8833319

Wide range of Artificial Christmas Trees from €99.00

Tom Chambers Easy Fix Self watering Christmas tree stand €19.95

Blue Diamond 4.1KW Mobile Gas Heater with 3 Heat Settings €169.00

33 light Candle Bridge €24.95

Tom Chambers Metal Christmas Tree Stand Available in Green, Black, Gold €24.95

Sruffs Winter Essentials Pack €19.95

SO MUCH MORE THAN A DIY STORE
A Member of Topline

Here to help. Happy to advise.



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

Holger Smyth, Inanna Rare Books, Skibbereen, revisits houses shown in the rare Hodges publication 'Cork and County Cork in the Twentieth Century'.

EPISODE 2: Ardnacarrig Residence, Bandon – malt, pot and the Allman whisky legacy

There have been several interesting articles written on the Ardnacarrig Residence in Bandon; as recent as 2016, when this beautiful country house was on the market once again, having been purchased by the eminent hotelier Tom McCarthy in the late 1980s. McCarthy contributed to the survival of the historic Allman-Family home, built c.1840, for decades to come by applying all of his experience and love for detail, and by inviting professional architects to upgrade and start the restoration-process.

The Hodges publication, from which we take all our stories in this series, does not talk about Ardnacarrig in detail but in 1911, when the book was published, Ardnacarrig was clearly not one of the houses in West Cork that could be left out of this monumental project of cataloging important houses of County Cork.

The photograph you see here, and which you can find on page 103 of the Hodges-publication, is possibly the most famous image of this befitting residence of a 19th century whisky-baron and shows the famous but now long gone pedestrian suspension-bridge, built by the Allman's in the late 19th century, towering over a swollen Bandon River.

Just recently we were lucky enough to be invited to visit the grounds of Ardnacarrig by the present owners and it was a masterclass in understanding the need for continuation in preserving and protecting a building and grounds that come with so much history. Comparing estate agent-images of Ardnacarrig in 2016 with the situation in 2022 delivers proof of how much the present owners respect and understand that ownership of such an estate is a blessing but also a mandate to preserve with authenticity and

competence.

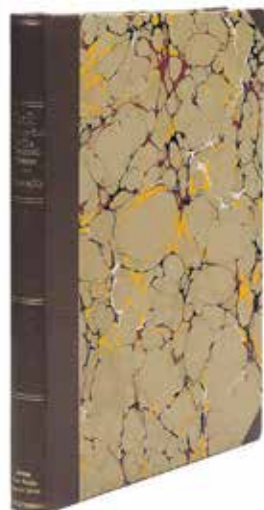
A quick visit to Bandon's Heritage Centre also allowed us to understand the respect the local community still has for the Allman family legacy. We can highly recommend a visit to this heritage centre. You will not only be greeted by two very knowledgeable and friendly local historians but the exhibition highlights Bandon's history from Cromwellian times all the way to the important distillery employment of 19th and early 20th century Bandon.



Allman whisky bottles at Bandon Heritage Centre



Allman.—JAMES CLUGSTON ALLMAN, J.P., Ardnacarrig Bandon, co. Cork; son of the late James Allman, Bandon born at Bandon, March 24th, 1822; educated at Dr. Brown's School, Bandon. Distiller and brewer; joint owner (with his late brother, R. L. Allman, J.P., of Woodlands, Bandon) of Allman and Company's Distillery, and Allman, Dowder and Company's Brewery. Recreations: yachting, hunting and shooting.

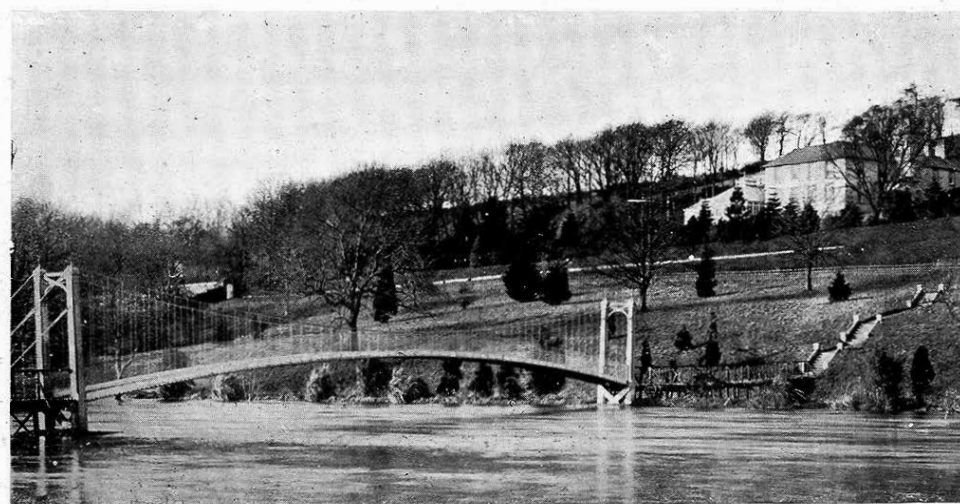


The article above refers to a rare publication, now available in a high-quality reprint and hand-bound limited edition from **Inanna Rare Books**, Skibbereen. Phone: 087 1025412. W: www.inannararebooks.com / e: info@inannararebooks.com

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

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

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



Ardnacarrig, Bandon, Residence of J. C. Allman, J.P.



Ardnacarrig in 1911 (top) versus 2022 (this image)

17 - 21 DECEMBER 2022
DAILY FROM 10:00AM - 4:30PM

SALES - EXHIBITION
AT UILLINN: WEST CORK ARTS CENTRE

Rare Books – Old Maps – Historical & Modern Art
Curated by INANNA RARE BOOKS & INANNA MODERN
www.inannararebooks.com

Clonakilty RFC is building for the future




CLONAKILTY RUGBY CLUB
ELECTRIC CAR DRAW
ASTRO PITCH DEVELOPMENT

2 x ELECTRIC BIKES
 Value €2.5K each

Grand Prize ELECTRIC CAR
 Value €55K

2 x ELECTRIC SCOOTERS
 Value €1K each

Tickets:
www.clonakiltyrfcprizedraw.ie




As we head from an extremely wet November into long winter evenings, Clonakilty RFC is again faced with very poor playing conditions at the club, which year on year has created very challenging conditions for the numerous teams of girls and boys. The new astro pitch development – the first of its kind in the whole of County Cork – which the club is currently fundraising for, has never been more necessary.

While the anticipated cost of such a facility is more than half a million euro; with support from the Sports Capital Grant Programme and the Club's own fundraising efforts in recent years, funds are already halfway there, which is a great starting position.

To fundraise towards the outstanding €250,000, Clonakilty RFC is busy selling tickets for its once-off 'Electric Car Draw'. Ticket sales are very good so far and the Club expresses its gratitude to those who have already purchased tickets.

The draw, which will take place on New Year's Eve, comprises of a First Prize of a

fabulous Volkswagen ID4 Life Electric SUV (worth €55,000), Second Prize of two Orbea Keram 30 Electric Bikes (value of €2,500 each) and Third Prize of two Audi Electric Scooters (worth €1,000 each).

The draw is limited to 2,500 tickets at a cost of €100 per ticket.

This proposed facility is a greater community project: It will not only serve Clonakilty but all communities within a 10-kilometre radius of the Club here in West Cork.

An all-weather training pitch will alleviate the pressure on the existing pitches, especially in poor weather conditions and will enable Clonakilty RFC to cater in a better way for its youths and adult teams throughout the whole season.

This proposed facility is a greater community project: It

will not only serve Clonakilty but all communities within a 10-kilometre radius of the Club here in West Cork.

Tickets are available online at www.clonakiltyrfcprizedraw.ie and from the following outlets - Kevin O'Regan, Fuchsia Footwear, Pearse Street, Clonakilty; Justin Crowley - A Cut Above, Rossa Street, Clonakilty and Scannells Bar, Connolly Street, Clonakilty or at the club on Saturday mornings from 10am to 12.30pm alternatively call Eoin Hurley 087 6008492, Jimmy O'Regan 086 2559799, Martin Kingston 086 2443556, Helen O'Hea 086 8162613 and Rob Walsh 087 8833425.

Clonakilty RFC asks you to give this worthwhile initiative your support by purchasing a ticket or alternatively purchasing a ticket for a loved one as a special gift for Christmas.

With your very generous support of this initiative, you have a chance to drive into 2023 in a shiny new environmentally-friendly electric car, whilst at the same creating the opportunity for Clonakilty RFC and West Cork to realise the new astro facility in time for next season.

Wishing you a very Happy Christmas and a prosperous New Year from all the team in..



Bank of Ireland

We're here to support our local community



Clonakilty Accessibility Group €500
 Special Olympics Ireland €500
 Caheragh Threshing €500
 St Vincent de Paul Skibbereen €500
 West Cork Drama Festival €500

Ballinadee Community Assoc. Suicide Awareness €500
 Clonakilty Playground €1000
 Macroom AFC €500
 Irish Wheelchair Assoc. €500

Ballineen & Enniskeane Community Walkway €500
 Dreeny National School €500
 R.N.L.I. €1000
 My Canine Companion €500

Dick Barrett Centenary weekend at Ahiohill

Following a series of successful, reflective events in November, the Dick Barrett Centenary Commemorative Year will conclude on December 3-4 with a weekend of events in Ahiohill.

On November 19, attendees at a symposium in Clonakilty GAA Complex heard four academics from UCC Dept of History deliver a full day of talks on all aspects of the Civil War, along with a keynote address by Former Supreme Court Judge Gerard Hogan. Under the direction of Gabriel Doherty from UCC, the objective was to ensure an impartial and reflective symposium on this tragic period of our history; this has been the aim of the Centenary Commemorative Committee throughout this important year.

An updated biography of Dick Barrett, edited and collated by Michael O'Mahony in conjunction with Ballineen and Enniskeane Historical Society, has also just been published and is available to purchase locally and a radio play by Mike Russell will be aired on C103 in coming weeks.



Finally, to conclude a busy November, a tribute night to both Dick Barrett and Sean Hales was held on November 18. Kilmeen Drama Group and Clonakilty Dúchas remembered these two former friends and comrades whose deaths were so intimately intertwined.

The success of all these events has paved the way for the Centenary Weekend.

On Saturday, December 3, at 2.30pm, the final of the Rebel Óg U15 ground hurling league competition will be held in St. Oliver Plunkett's GAA Grounds, Ahiohill. Teams are competing for the Dick Barrett Shield and the Cork County Board hopes to continue this

competition over coming years. This will be a special moment for family members as Dick was a very prominent GAA man in Knockavilla Club whilst he was Principal of Gurrane School.

At 5pm that evening a Centenary mass will take place in the Church of the Assumption, Ahiohill with Monsignor Kevin O'Callaghan delivering the ceremony. The Bandon Concert Band will perform and floral tributes have been created by Clonakilty Flower club.

At 2.30pm on Sunday, December 4, Dick Barrett's death will be commemorated at his graveside in the Church of the Assumption, Ahiohill to conclude the entire centenary year. The keynote oration will be delivered by former Taoiseach Bertie Ahern. Attendees are encouraged to arrive early for parking and to convene in Ahiohill village, where a piper will lead everyone to Dick's grave. All are welcome to commemorate and celebrate Dick and all the men and women who fought for Irish independence.

DON'T STRUGGLE TO COMMUNICATE

We will make your **Smartphone, Apple Device, Laptop, PC or Tablet** look & function like new!



COMPUTRONIC GROUP

26 Ashe Street, Clonakilty, P85Y277
(023) 885 9003
info@computronic.ie
www.computronic.ie

DID YOU KNOW WE ALSO DO...

- Internet Networks, Fiber Optics Networks & Network **WiFi** Extensions
- School & SME Support
- Data & Recovery
- Microsoft 365 and Share Point Business Integration
- Web Design & Hosting

- PSA Licence **CCTV** & Access Control Installations
- Licensed **Drone** Services
- Phone Unlocking
- Printing/Scanning Services

Being the best in our field means that we have ingenious ideas that become reality for you.

FULLY INSURED

Licensed by The Private Security Authority
PSA Licence Number: W9249

FOA
Licensed by The Fiber Optic Association

eset
Authorized Partner

Microsoft
Partner

Microsoft
Partner

GIFT TIME IN A PLACE THAT CHARMS & ENCHANTS

Buy Gift Vouchers Now
Online or at the Hotel.

Eccles Hotel & Spa, Glengarriff, West Cork | 027 63003 | eccleshotel.com

Est. 1745



ECCLES
HOTEL & SPA
GLENARRIFF

Robert Nairac and the planning of an execution

Following on from last month's column on the Miami Showband Massacre, **Shane Daly** shares more on involvement of the soldier with the 'educated English accent', Captain Robert Nairac.

"When it awarded him The George Cross, was Buckingham Palace aware that Captain Robert Nairac was named, in an official Ministry of Defence document, as having been 'involved in the planning and execution of The Miami Showband murders' or was the palace misled by the government?" – Stephen Travers

Robert Nairac was known by several different aliases, depending on the company he kept: To the republican community and the IRA, he was known as Danny McErlaine or 'Danny Boy'. To the Ulster Defence Regiment (UDR), a subset of the British Army, he was known as Charlie McDonald. Loyalists consisted of a large number of the UDR's membership, which is an important point to note. To the Loyalists in Ardoyne, he was known as Charles Johnson. He is also known to have swapped between accents, again depending on who he was speaking with and whether he was on a phone call or speaking in person. After his death, three different berets were found underneath his bed in his Military quarters at Bessbrook: A fawn beret of the elite British Army force, the SAS; a feathered beret of the Argyll Highlanders, a regular regiment of the British Army stationed in Northern Ireland; as well as a black beret of the Provisional IRA. Between 1974 and his death in 1977, Nairac's movements are shrouded in mystery. However, during that time period there have been allegations that not

only was he part of some of the darkest atrocities of the Troubles in Northern Ireland, but that he led, managed and orchestrated many of them. One of the most notorious cases he is linked to, is the Miami Showband Massacre in 1975, which was covered in last month's column. He is said to be the man at the scene who spoke with the 'educated English accent'; the one who directed the killings of the band members on behalf of the British Army. New information has recently been uncovered that seems to corroborate these allegations.

Nairac was born in Mauritius, then a British Crown colony, to an English mother and a father of French Mauritian origin. His mother, Barbara (née Dykes) was Anglican and his father, Maurice, a Catholic, who worked as an eye surgeon. Nairac was the youngest of four children; he had two sisters and a brother. He had a devout Catholic upbringing, which is thought to be why he was able to camouflage himself so well as a spy into the republican areas of Northern Ireland. He attended Oxford university and studied medieval, as well as military history. He played



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.

rugby and was a trained boxer, receiving blues awards for his achievements in boxing whilst a student there.

Nairac's first tour of duty in Northern Ireland was with No.1 Company, the Second Battalion of the Grenadier Guards. The Battalion was stationed in Belfast from July 5, 1973 to October 31, 1973. The Grenadiers were given responsibility first for the Protestant Shankill Road area and the predominantly Catholic Ardoyne area. This was a time of high tension and regular contact with paramilitaries. Ostensibly, the battalion's main objectives were to search for weapons and to find paramilitaries. Nairac was frequently involved in such activity on the streets of Belfast and was a community relations activist at the Ardoyne sports club. The battalion's tour was adjudged a success with 58 weapons, 9,000 rounds of ammunition and 693 lbs of explosives taken, and 104 men jailed. The battalion had no casualties and did not shoot anyone. After his tour ended, he stayed on as liaison officer for the replacement battalion, the First Battalion of the Argyll and Sutherland Highlanders. On their first patrol, Nairac

narrowly avoided the impact of the explosion of a car bomb on the Crumlin Road.

Rather than returning to his battalion, which was being transferred to Hong Kong, Nairac volunteered for military intelligence duties in Northern Ireland. Following the completion of several training courses, he returned to Northern Ireland in 1974, attached to Four Field Survey Troop Royal Engineers, one of the three subunits of a Special Duties unit known as 14 Intelligence Company (14 Int). Posted to South County Armagh, Four Field Survey Troop Royal Engineers was given the task of performing surveillance duties. Nairac was the liaison officer for the unit, the local British Army brigade and the Royal Ulster Constabulary. Nairac finished his tour with 14th Int in mid-1975 and returned to his regiment in London, having been promoted to Captain on September 4, 1975. Following a rise in violence culminating in the Kingsmill massacre, the British Army increased their presence in Northern Ireland and Nairac accepted a post as a liaison officer. On his fourth and final tour, Nairac was a liaison officer in Bessbrook Mill.

The documents back up the claims of survivors and family members, over many years, that British security force personnel were directly involved in the murders, which sent shockwaves across the island of Ireland.

It's late in the evening in the 'Three Steps' pub in Dromintee, County Armagh. A stranger walks into the pub and gets talking to some locals at the bar. He says he is a member of the Provisional IRA in West Belfast. He gives his name as Danny McErlaine, says he is from Ardoyne, a strictly Republican area of Belfast and that he works as a car mechanic. He mingles with the locals, speaking in an impeccable Northern Ireland accent and, at one point, he gets up on stage to sing a known republican song 'The Broad Black Brimmer' to an amused crowd. However, something is off. His story isn't matching up and he starts to draw attention to himself from genuine members of the IRA.

When the stranger leaves the pub at roughly 11:45pm, he is followed out into the carpark by several members of the IRA who suspect him to be a spy. They do not know at

this point that the stranger is Robert Nairac, however their suspicions are proved right. He is a spy, collecting information for the British Government. After a short scuffle, Nairac is bundled into a car and taken to a field close to the border of the Republic of Ireland. He is then tortured and beaten to within an inch of his life by the IRA man but still does not give up his name. Terry McCormick, one of the IRA, impersonates a priest in order to try and get Nairac to reveal information. He never does. Nairac's last words to McCormick are 'Forgive me Father for I have sinned.' – he is then shot in the back of the head by Liam Townson and buried.

Over the coming days, with the ensuing media frenzy for the missing British Army Intelligence officer, the IRA men realise that they have killed Captain Robert Nairac.

Terry McCormick flees to the USA, remaining there for the rest of his life, never returning to Northern Ireland. Liam Townson is found by police. He names all the other men involved: Five men from the South Armagh area. Three of them – Gerard Fearon (21), Thomas Morgan (18), and Daniel O'Rourke (33) – are charged with Nairac's murder. Michael McCoy (20), is charged with kidnapping and Owen Rocks (22), is accused of withholding information. Fearon and Morgan are convicted of Nairac's murder. O'Rourke is acquitted but found guilty of manslaughter and jailed for ten years. McCoy is jailed for five years and Rocks for two. Morgan dies in a road accident in 1987, a year after his release. Liam Townson is convicted of Nairac's murder, for shooting him in the back of the head, and serves the longest sentence. He serves 13 years in jail and is released in 1990, however he never reveals where the body of Nairac is buried. Nairac remains one of the infamous 'Disappeared' 19 people that vanished during the Troubles. Most notable of these vanished people are Nairac and Jean McConville. McConville's body was found in 2003, however, Nairac's body still remains missing. Fifteen of these bodies have been found; four remain missing.

Nairac is alleged to have been involved in many terrible events during the Troubles. He was accused of taking part in the Dublin and Monaghan bombings in May 1974, as well as the Miami Showband Massacre in 1975, in which new evidence has come to light that seems to prove his guilt. A long battle for justice for three members of a popular Irish music group, Miami Showband, who were murdered during The Troubles in Northern Ireland received a huge boost in January 2020 with official confirmation



Robert Nairac in his Grenadier Guards uniform

that an undercover British Army soldier was involved.

Heavily redacted Ministry of Defence papers released to the lawyer for the family of one of the victims confirmed the involvement of Captain Robert Nairac. The documents back up the claims of survivors and family members, over many years, that British security force personnel were directly involved in the murders, which sent shockwaves across the island of Ireland. The papers were released to solicitor Michael Flanagan, who represents the widow of one of the murdered musicians.

The redacted documents suggest that Nairac obtained equipment and uniforms for the killers and that he bore responsibility for the planning and execution of the attack carried out by members of the notorious Glenanne Gang. Finally, there is proof of Nairac's involvement and some closure for the victims. Stephen Travers a survivor of the attack said he was hugely disappointed to be proved right with the revelation that a British Army captain had planned the attack, which saw three of his friends lose their lives, "This was a case of the British army being involved in the planning of an execution," he said. The documents were released to the solicitor representing Varlie Andersen, widow of Fran O'Toole, who is taking legal action against the Ministry of Defence and the chief constable of the Police Service of Northern Ireland (PSNI), "When I first saw it, I must have read each line at least 10 times, desperately searching for some reason to be sceptical. But the stark reality of his name on the page before me was both dreadfully sad and at the same time tremendously exciting," said Travers.

Captain Robert Nairac has posthumously been awarded the Victoria Cross for the work he did for the British Government.



Bantry
Bespoke Joinery

BLENDING TRADITIONAL SKILLS & CRAFTSMANSHIP WITH MODERN MANUFACTURING TECHNIQUES.

- Windows & Doors
- uPVC
- Mouldings & Kitchens
- Staircases
- Doorframes, skirting and architraves
- Firescreens & Firedoors

Tel: 027 54140
E: info@bantryjoinery.ie

Best wishes to our customers from all at Bantry Bespoke Joinery



50 years experience

Bantry and Clonakilty Credit Unions offer new Transfer Loan

In the past year, the traditional banks have escalated their withdrawal from rural Ireland. Ulster Bank and KBC are exiting the market. Last year, Bank of Ireland closed over 100 branches on the island of Ireland. In July this year, AIB announced and then retracted a decision to turn 70 of its 170 branches into cashless outlets.

Credit unions are responding to this process by broadening their product and service offerings to offer a credible alternative to bank customers. Part of this is a new offering called the Transfer Loan. This allows customers of other financial institutions to move their loans to their local credit union with ease. The transfer process is straightforward, with an emphasis on personal service, delivered

locally.

Bantry and Clonakilty Credit Unions are offering this new loan. Finbarr O'Shea, CEO of Bantry Credit Union, said: "As the pillar banks reduce their presence and personal service offering, we are providing an opportunity to consumers to transfer their loans to a local lender who is always there for them. Personal service and member care are what set credit unions apart."

Finbarr continued: "We are expanding our online and digital services all the time, so that we can meet the needs of people who prefer to do business that way. But we remain totally committed to providing in-person service in our offices, in the same way we always have done."

Anthony Forde, CEO of Clon-

akilty Credit Union, commented: "Credit unions continue to be an integral part of local communities across the country. We are one of the most trusted brands in Ireland and have just topped the CXi Customer Experience poll for a record eight years running."

Addressing the perception that a person needs a long track record to do business with a credit union, Anthony explained: "You don't have to be an existing member of a credit union to transfer your loan. Joining is easy and we welcome new members every day."

The Transfer Loan is a collaboration between the Irish League of Credit Unions (ILCU), Credit Union Development Association (CUDA) and Collaborative Finance.

Residential Zoned Land Tax Draft Map for Cork County now available for public to view

Mayor of the County of Cork, Cllr Danny Collins is asking members of the public to check the draft maps that show lands in County Cork which will be subject to the new Residential Zoned Land Tax with the last date for submissions of January 1, 2023.

"The RZLT is a commitment under Housing for All, the Government's housing plan to 2030. This new tax aims to increase housing supply by making zoned, serviced residential development lands, including mixed-use lands, available for housing. Greenfield and brownfield land which is

identified and zoned for housing, including land zoned mixed-use, will be subject to this tax from 2024."

The Draft RZLT Map is available to view on www.corkcoco.ie and in Cork County Council's public offices.



Cork County Council
Comhairle Contae Chorcaí



Oifig Fiontair Áitiúil
Local Enterprise Office

Oifig Fiontair Áitiúil Corcaigh Thuaidh & Thiar

Local Enterprise Office Cork North & West

Wishing all our entrepreneurs, start-ups and established small businesses a peaceful Christmas

We are here to continue to support our clients in 2023. Our range of services are aimed at micro-enterprises (those employing 1-10 employees).

We can help you if:

- You are someone with a business idea who wants to research it further.
- You are a small business start-up looking for support.
- You are an established small business looking to expand.

Our range of services include:

- A wide range of subsidised business training – currently online.
- Free business advice appointments – currently online
- One to one mentoring
- Trading Online Voucher scheme (a website grant for online trading)
- Funding supports (subject to eligibility criteria)
- Brexit advice for small businesses.

Please check our website for up to date information on our services and supports for your business: www.localenterprise.ie/corknorthandwest

Contact us at our Clonakilty, West Cork office on:
T: 023-8834700 E: westcork@leo.corkcoco.ie

Personal information collected by Cork County Council is done so in order for us to process your representation/enquiry and legally we can process it as it is necessary for us to comply with our statutory/legal obligations. The information will be processed in line with our privacy statement which is available on our website: www.corkcoco.ie




NEW

Transfer Loan >>

Local lending you can rely on



t 023 88 33842
e loans@clonakiltycreditunion.ie
www.clonakiltycreditunion.ie



t 027 50535
e loans@bantrycu.ie
www.bantrycu.ie

WARNING - THIS NEW LOAN MAY TAKE LONGER TO PAY OFF THAN YOUR PREVIOUS LOANS. THIS MEANS YOU MAY PAY MORE THAN IF YOU PAID OVER A SHORTER TERM.

WARNING - IF YOU DO NOT MEET THE REPAYMENTS ON YOUR LOAN, YOUR ACCOUNT WILL GO INTO ARREARS. THIS MAY AFFECT YOUR CREDIT RATING WHICH MAY LIMIT YOUR ABILITY TO ACCESS CREDIT IN THE FUTURE.

Loans are subject to approval. Terms & Conditions apply. Credit unions in the Republic of Ireland are regulated by the Central Bank of Ireland.

people Environment : Making a difference

Cork Environmental Forum awards shine a light on community environmental activism

Cork Environmental Forum has announced its award winners for 2022, shining a spotlight on the wonderful activism, commitment and work being done across the sectors to support our environment.

The Community and Voluntary Award, a very competitive category, has been awarded to the Oceans Plastic Project, a partnership with six schools in West Cork, to go out on the beaches, cleaning the litter, collecting and logging it and educating the students about marine waste, pollution and improving marine literacy on coastal biodiversity and marine life. It also incorporates an element of reuse of materials salvaged from the marine environment.

The popularity of the recently established Circular Economy category continues to grow and Skibbereen based Cycle Sense is this year's winner. Cycle Sense's reuse projects help to reduce the need for raw materials by reclaiming discarded existing products and giving them an extended life through

repair and repurposing.

The Outstanding Individual category winner is ornithologist Pat Smiddy who has spent a lifetime recording, researching and writing about birdlife in Cork and beyond. He has published over 100 papers and notes in a wide range of natural history journals, as well as several book chapters. He recently co-authored *The Birds of County Cork*, a comprehensive account of the ecology of all species known to have occurred in the county, with an emphasis on distribution, population change and migration.

A commendation has been awarded to Niamh Guiry for her efforts in spearheading the establishment of a Nature Forum in Cork which is about forming a coalition in order to mobilise action to address biodiversity loss.

Liberty Grill and Café Gusto food business partnership are a very well-deserving winner of the Business and Commercial Award. The business group have taken lengths to invest in low energy food preparation



The Community and Voluntary Award, a very competitive category, has been awarded to the Oceans Plastic Project, a partnership with six schools in West Cork. Some of the volunteers pictured on Long Strand.

equipment with a conscious vision towards a low carbon economy. As well as consciously implementing circular economy practices and choosing to omit out of season and/or environmentally damaging ingredients and products from their menus.

A commendation has been given under this category to L'Arche Cork, Go Green Project, which provides short courses and workshops on horticulture and sustainability specifically tailored for people with Intellectual Disability focusing on food security, biodiversity

and recycling.

Cork City Council has scooped the Award under the Public Sector for the Marina Park Phase One for the way in which accessibility, mobility, space for recreation together with space for nature have been considered and consciously blended in the delivery of this public green space.

Meitheal Mara have received a commendation in this category building the traditional Irish Currachs from natural, renewable materials. They create beautiful tote bags from 'end of

roll' materials whilst handles are made from materials salvaged during river clean-ups.

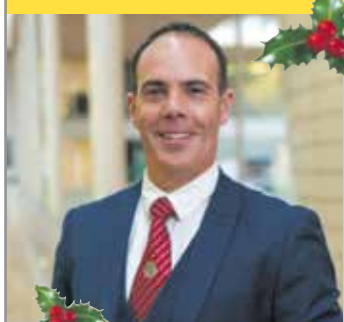
CEF is delighted to see such great quality across all nominations and thank everyone who took the time and effort to make a nomination. The task of the selection panel is a very difficult one given the merits of all entries and it is so uplifting to see the level of activity being carried out by so many dedicated people across the Cork city and county.

As always there is a mix of those who have been quiet-

ly but consistently active in strengthening the awareness, understanding and activism for sustainability and new initiatives that capture in an inspiring way both the public imagination and reflect societal change. "Ultimately we will address the dual challenges of climate and biodiversity loss at a local level and this is why it is so heartening to see such activism in such a range of areas that are contributing to focusing on the solutions and shifts that are required" said Bernie Connolly, CEF Coordinator.

Cllr. Declan Hurley

INDEPENDENT



I would like to wish everyone a very Happy Christmas and a Prosperous New Year.

I look forward to working with you in 2023.

YOUR INDEPENDENT VOICE FOR WEST CORK

COMMITTED TO COMMUNITY, DEDICATED TO PROGRESS
M:086 363 4592 E:cldrdeclanhurley@outlook.com

EPA report shows that local authorities are not monitoring over a quarter of small private supplies for E. coli

The EPA last week released the 'Drinking Water Quality in Private Group Schemes and Small Private Supplies 2021' report, which alarmingly shows the continuing risk to public health, as private drinking water supplies are not being monitored and improved on.

Drinking water is provided by over 380 group water schemes to approximately 200,000 people across rural communities in Ireland. Additionally, over 1,700 small private supplies (premises like hotels, pubs and restaurants, crèches, nursing homes and national schools) provide water to approximately 60,000 staff, customers and service users on a daily basis.

Meeting E.coli standards is a basic requirement in the provision of safe drinking water. In 2021, one in twenty private supplies were found to have E. coli contamination, indicating that the water supply has not been properly disinfected. The failure of

these disinfection systems put the health of approximately 6,000 people that use these drinking water supplies throughout the country at risk.

In addition, twenty-one private group schemes (seven pc) failed to meet the standard for THMs, including five schemes that the European Commission has identified as being of particular concern. Trihalomethanes (THM) are a by-product of the treatment process and are formed where there is an excess of organic matter in the water source.

Commenting on the findings of the report, Dr Tom Ryan, Director of the EPA's Office of Environmental Enforcement said: "Compliance with drinking water standards in private supplies for E.coli and THMs hasn't improved in recent years. It is essential that works to improve water quality are carried out as soon as possible to eliminate serious risks to people's health. Private water suppliers are obliged to make sure their drinking

water is clean and wholesome for consumers. Local authorities must investigate supplies that fail to meet drinking water quality standards and, where necessary, follow up with enforcement action to protect public health."

Funding is available to group water schemes and household well owners for improvements to their supplies through the Multi-Annual Rural Water Programme (MARWP). During the 2019-2021 MARWP funding cycle over 60% (€36 million) of funding available for infrastructural improvements went unused by water suppliers.

Noel Byrne, Programme Manager of the EPA's Office of Environmental Enforcement said: "Water quality in private supplies consistently lags behind public water quality. It is disappointing to see that €36million of funding was not used by suppliers to address infrastructural needs at problematic private supplies. The Department of Housing, Local Government and Heritage needs

to complete its review of rural drinking water services, with the purpose of providing direction and support to water suppliers and to eliminate public health risks."

During 2021, over a quarter of small private supplies, serving food businesses, nursing homes, crèches and B&Bs were not monitored. In addition, although there are 1,700 small private supplies registered with local authorities there may be many more that are unregistered. If a supply isn't registered and hasn't been monitored, there is no information on the quality of the drinking water provided to consumers. Water suppliers in conjunction with local authorities must ensure that private supplies are registered, and that monitoring is undertaken in line with the Regulations.

This report outlines the actions that need to be taken to address the issues highlighted.

The report is available on epa.ie.



Cllr. Paul Hayes

"Nollaig Shona! Looking forward to working on your behalf again in the New Year"

☎ 086 858 9019
✉ cllrpaulhayes@gmail.com
f Cllr Paul Hayes
t @cllrPaulHayes

people Environment : Making a difference

We all need to take personal responsibility for climate change to ensure any hope of a collective response



ENVIRONMENTAL MATTERS
Fiona Hayes

As I write, I am sitting on a veranda in Ko Yao Noi island in Thailand looking out over Phang Nga Bay watching a pied hornbill cavorting on the wall. I am on holiday.

I have many friends who, like me, have taken a flight overseas this year. I excuse this visit to Thailand explaining that we needed to meet our grandchildren, the youngest of whom is four-years-old though we had never met him.

The family members we are sharing our holiday with have flown from Australia and whilst I am in Thailand another daughter has flown from London to Spain and back for a work conference.

This morning, as I look out of over the bay and pick up news of the COP27 on my iPhone, the talk of the need to totally phase-out fossil fuels is once more being raised in that part of the media that still takes climate change seriously, yet I feel no guilt at having flown here, which is surprising to me. Even I, who have consistently shouted against the fossil fuel industry, nevertheless deem meeting my grandchildren more important than denying myself an aeroplane flight, despite the emotion that flying raises in the fight to stem climate change.

COP27 is itself held in Sharm El Sheikh, Egypt this year and requires many, if not most attendees to fly to get

“...that so many of us still fly and drive regularly is indicative of how hard it is to change our habits. Even being grounded during the Covid lockdowns has not stemmed our cultural norms of travelling.”



there. This year's conference brings together leaders in government civil society industry and finance from all around the world in an attempt to accelerate action to achieve the goals of the Paris agreement and the UN Framework on climate change; nevertheless all the reports that I read from COP27 climate activists and environmental activists speak of loopholes in the recommendations and loopholes in the different country's commitments, all of which will enable life to go on as normal, business as usual. I will still fly on holiday, my daughter will still fly on business. World leaders will fly to meet each other.

Of course, the need to combat climate change does not only focus on air traffic, the aviation industry producing just 2.1 per cent of all human-induced Carbon Dioxide Emissions. Indeed this is just 12 per cent of transport emissions, with 74 per cent coming from road transport. Nevertheless that so many of us still fly and drive regularly is indicative of how hard it is to change our habits. Even being grounded during the Covid lockdowns has not stemmed our cultural norms of travelling.

Reports from COP27 centre on the need to develop the next generation of innovative clean climate solutions, yet

populations in most developed countries, are still more focused on the price of fossil fuels than on how to rapidly phase them out; another illustration of the difficulties in changing a deeply embedded culture.

We already hold the solution to many of the issues. Our collective cultures however are unable to envisage a way forward and commit to implementing it rapidly. Collectively and individually, we are afraid of the changes to our lifestyles that real commitment to climate neutrality will bring.

Instead, seven years on from the legally binding Paris Agreement and 27 years on from the first COP held in Berlin, the five United Nations Regional Groups and Small Island Developing States continue to meet; report; refresh commitments, go home, repeat next year.

In amongst all of this, governments have the challenge of business as usual. Of keeping the country's economy going as part of a global economy that is reliant on growth. An economy in which people and environment barely signify. Governments have the task of pleasing enough people with wide-ranging views to enable them to remain in power inside so-called democracies, to enable them to run the machinery of state, interacting with neighbouring states who, as can be illustrated with Russia, may be running on a completely different agenda with completely different cultural norms.

As climate changes and, as a consequence, living conditions destabilise; more migration occurs. Migration within countries, for example, as farmers who can no longer farm move to cities looking for work, creates social unrest often result-

ing in political conflict and civil war, as happened in Syria. This leads to greater migration and adds to the pressures of population increase felt by countries accepting immigrants.

The more I look at this, the more I understand the 'head in the sand' approach that many people take, for the more I am inclined to focus down, to ignore the bigger picture; yet we cannot do that.

We cannot ignore the future, which means we cannot ignore the present with all its challenges and complexities, yet until we are all willing to take personal responsibility we have no hope of taking collective responsibility, no matter how many years COP discussions run for.

So, as I get on a plane to fly home, I am seriously considering my travel plans for seeing family at Christmas and I am reflecting on my responsibility to future generations.

Certainly, if collectively we fail to respond to climate change both in terms of mitigation and adaptation, the world we know will continue to become less and less socially and politically stable, with the result that rather than our choosing to change, change will be forced upon us.

I do not envy those in government having to juggle all of this; and it is clear to me that we must think deeply as we choose our public representatives. We need to be represented by people with integrity and wisdom. People who care enough about future generations to courageously make difficult decisions and coherently explain those choices to the electorate.

Electing and supporting wisdom is our collective and individual responsibility.



GREEN FOR MICRO PROGRAMME



- 2 full days of consultancy with a qualified Green specialist
- Open to businesses up to 10 employees
- Turnover must be 30k+
- Businesses must be trading for 6 months+

Benefits of this programme:

- Cost cutting
- Improved efficiency and business performance
- Improved business reputation with YOUR customers
- Reduced environmental footprint and greenhouse gas emissions

SCAN ME TO APPLY



LEAN FOR MICRO PROGRAMME



- 2 group workshops + 5 half day 1:1 mentoring sessions
- Participation cost €150
- Generally aimed at businesses up to 10 employees
- Primarily businesses trading 6 months+ with 30k+ turnover

Benefits of this programme:

- Average savings of €32k
- Improved efficiency in workflows
- Programme tailored to YOUR business needs
- LESS wastage of time and resources

SCAN ME TO APPLY



DIGITAL START PROGRAMME



- 5 days 1:1 mentoring with a qualified digital expert
- Completely FREE to participate
- Generally aimed at businesses up to 10 employees
- Primarily businesses trading 6 months+ with 30k+ turnover

Benefits of this programme:

- Improves your overall digital strategy
- Gives YOU the digital edge over your competitors
- Work with highly qualified digital experts
- Personal advice tailored to YOUR business needs

SCAN ME TO APPLY



If you have any questions on any of these schemes, contact us at our Clonakilty, West Cork office on:
T: 023-8834700 E: westcork@leo.corkcoco.ie
www.localenterprise.ie/corknorthandwest



people Environment : Making a difference

Volunteers surveys and citizen science – How you can help our birds?



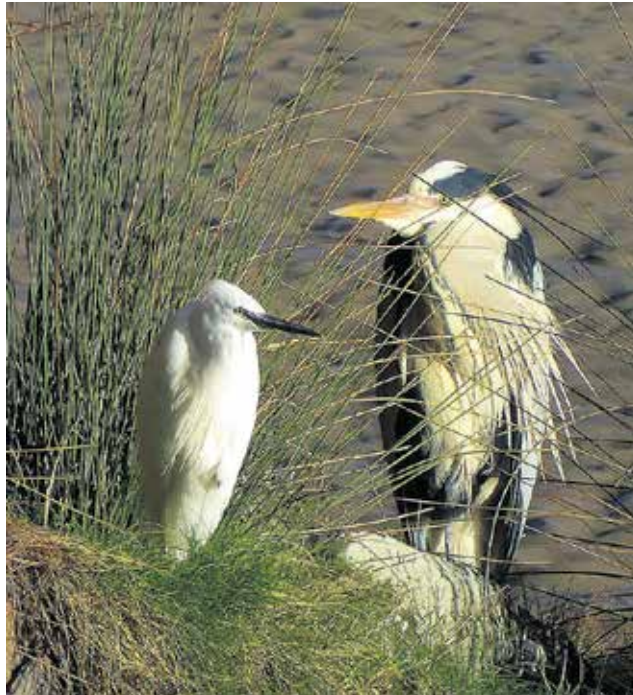
This month Bird Watch West Cork writes about how you can get involved in two important bird surveys that are run by BirdWatch Ireland. The Irish Wetland Bird Survey (I-WeBS) is introduced by **Damaris Lysaght**, I-WeBS West Cork co-ordinator and **Nicholas Mitchell** reminds us about the annual Irish Garden Bird Survey.

Estuaries and mudflats are fairly quiet in the summer but, as autumn progresses, they miraculously come alive with an amazing variety of waterbirds. From July onwards, swans, geese, ducks, and waders leave their breeding grounds in arctic regions such as Greenland and Iceland. Some will spend the winter months here where it is milder, and food is more available. These migrants join our native flocks that live here all the year round. Others stop for a few days or weeks to refuel and rest before flying further south to their winter grounds.

I-WeBS was set up in 1994 to monitor the population trends of wintering waterbirds in Ireland

and also the variety of natural and manmade watery sites that they use. Sites are counted, mostly by volunteers, once a month from September to March on a designated weekend. Counts are generally done on a rising tide and, depending on the size of the site, several counters may be required. Smaller sites can be counted by one individual.

Volunteering to count a site is a great way to get to know your local patch. You learn which species use your site, where they feed depending on the tide and time of day, and where their high-water roosts are. Weather is a big factor as to where the birds will be. It is exciting to watch for returning migrants. Fascinating too is studying their behaviour, how the birds move and interact,



Little Egret and Grey Heron Jez Simms

their 'gizz', all of which can aid identification. Taking on a site is also an excellent way to improve your bird identification skills. Counting the gulls and terns is

optional though desirable. There is also a section for raptors. A pair of binoculars is essential and for most sites a telescope is also necessary. It's a wise idea to have a good Field Guide and a camera with you to help with identification. It is a thrill when a rare bird turns up on your site! Exciting too is finding a colour-ringed bird and discovering where and when it was ringed and about the sightings since it was first ringed. There is nothing boring about a muddy estuary or mudflat!

Counts are submitted to Birdwatch Ireland; numbers are analysed, and trends become evident. These trends inform conservation and planning policy. 'What doesn't get measured doesn't get done'. Sadly, since the beginning of I-WeBS, most waterbird species have been shown to be in decline. Special Protected Areas (SPAs) have been created as a result of data from I-WeBS. The January count is the most important as the maximum number of birds are present and the data is fed into the International Waterbird Census (IWC) which receives data from 143 countries.

If you are interested in water birds and their conservation, have a reasonable level of identification skills and are willing to make the serious commitment to count a site once a month from September to March perhaps I-WeBS is for you! More information on I-WeBS can be found at irishwetlandbirds.org, or you can contact Damaris Lysaght at damarislysaght@gmail.com.

In the meantime, a survey that anyone can get involved with immediately is the Irish Garden Bird Survey. This is Ireland's



Greenshank Jez Simms



Coal Tit Nicholas Mitchell

biggest survey and is open to everyone. Not only is it a great way to learn about garden birds, but it again provides BirdWatch Ireland with important data, this time on our garden bird populations and how the different species are faring. This is a fantastic example of citizen science in action. The survey runs from Monday, November 28 to Sunday, February 26. Loads of information about the survey can be found at birdwatchireland.ie.

If you are reading this and thinking: "But I don't know the difference between a Blue Tit and a Great Tit; how could I take part?" Don't worry, everyone has to start somewhere, and the Branch can help. If you are not sure of the identification of a particular species, then get in touch with us on Facebook or Twitter and we will be there to help you. You will be surprised how quickly you get to know the different bird species that visit your garden. Also, why not share pictures of the birds in your garden, or records of unusual birds? If you want more 'hands on' help with general bird identification, then join us on our Christmas Walk where we will encounter most of the birds that you will also see in your garden.

One thing that you can do straightaway is attract birds to

your garden by putting up a few feeders. If you are getting them out of storage, then don't forget to clean them. Frequent cleaning throughout the winter is important to prevent the spread of disease. Now sit back, enjoy the birds in your garden and become a citizen scientist.

The Branch wishes you all a very Merry Christmas and a Happy New Year. A membership subscription to BirdWatch Ireland makes a great Christmas present.

BirdWatch Ireland West Cork Branch News
Upcoming outings being held by the Branch are:
Sunday, December 4: Harper's Island;
Wednesday, December 28: Christmas Walk at Court-macsherry

Visit our website www.birdwatchirelandwestcork.ie for more information about these events. To receive news and reminders about our events join our mailing list by sending an email to mailinglist@birdwatchirelandwestcork.ie. For more information about the Branch, contact Fiona O'Neill at secretary@birdwatchirelandwestcork.ie.
Facebook: @BirdWatchIrelandWestCork
Twitter: @BWIWestCork



Nollaig Shona Dacil!

Wishing you a Happy Christmas & New Year

from our Cathaoirleach Cllr. Oliver Walsh, Assembly Members & Staff



Contact us for information on:

ERDF Regional Programmes

Regional Spatial & Economic Strategy for the Southern Region

EU programmes & projects



Rialtas na hÉireann
Government of Ireland



Có-mhainithe ag an
Aontas Eorpach
Co-funded by the
European Union

Assembly House, O'Connell Street, Waterford

Tel: +353 51 860 700

info@southernassembly.ie www.southernassembly.ie



people Environment : Making a difference



GOING GREEN

Lauren Guillery

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

Christmas is a notoriously excessive time of year, and for me it is synonymous with over-spending, over-eating, and wrapping paper covering the entire living room floor on Christmas morning. Celebrating this special time of year shouldn't cost the Earth however, so I'd like to share some ideas on ways to tread more lightly with our consumption this festive season, so we can spend the holiday without costing the Earth more than our fair share.

Christmas dinner

With an increasing awareness of the importance of sustainable food choices, many of us face a dilemma over what to put on our plates at Christmas. Few would want to miss out on the highlight of Christmas day, but it's no longer possible to ignore the environmental impact of the Christmas dinner and everything that comes with it.

There is no denying that meat significantly adds to one's carbon footprint. A 'less is more'

approach would entail reducing a typical meat consumption in the run-up to Christmas and on the big day itself. You could still go traditional but avoid loading up on meat by adding a few more vegetables and a little less meat to your casserole, or you could switch a few meals to veggie alternatives, such as cooking a vegetable lasagne instead of beef, and a nut roast one day instead of yet more roast meat. I'm the only true vegetarian at our Christmas dinner table each year, but everyone digs into my specially made veg dinner, proving that vegetarian options are enjoyed by all.

When doing your groceries, buy your ingredients from suppliers that use minimal packaging, such as your local butcher or a local vegetable producer at your farmers' market where you can buy everything loose and put it in your own reusable bags and containers. Choose locally produced, seasonal food as much as possible, and food you know will get eaten – if your guests don't eat cranberry sauce or Brussels sprouts, don't buy a large amount, but do choose bigger packs of crisps and snacks rather than individual portions to cut down on packaging.

At Christmas, people go through metres of aluminium foil, baking parchment and cling film. It is true that kitchen foil is recyclable, but if you want to cut down on both your costs and waste, you could invest in reusable wax wraps and tin liners.

Christmas decorations

The first ever Christmas I spent in Ireland, I was rather surprised by the tradition of popping Christmas crackers at the end of the meal. I never really understood their point, not only because the dogs are terrified of the bangs, but I found them extremely wasteful as they generate a lot of rubbish and the so-called gift toys inside them are always a let-down. But

it's true that the kids are quite fond of them, and I've come to appreciate the silly jokes. To remedy the waste problem, I collect empty toilet rolls a few weeks prior to Christmas and fill them with useful gifts for school or the office – things like highlighters, pencil-sharpeners, and rubber, or little hairpins and tins of lip balm. Jokes are collected throughout the year and written on pieces of paper, crowns are cut from old calendars and magazine pages, and the lot is wrapped with some colourful fabric or napkins, and a bit of ribbon.

Since a very young age I've considered the chopping down of beautiful evergreen conifer trees for Christmas a rather cruel practice. The decorated trees are cut down for an enjoyment of a short few weeks and die a slow death in the corner of a living room before being dumped at the tip. You may call me over-sentimental, but I was so glad to hear that a Cork-based business came up with the innovative idea of leasing Christmas trees, whereby you rent out a potted tree for the festive season and return it to the lender come January. For those of us who don't have a garden space to plant up our potted tree after Christmas, this is the most practical option.

In our household, we like to go on a little adventure to our local woodland with a pair of secateurs a few days before Christmas, and we collect branches of holly, larch, and spruce to decorate our kitchen walls and the table. Holly berries are a very pretty decoration indeed, but do be mindful when harvesting the branches, that many species of birds rely on the berries, as their other food sources dwindle in the winter, so only take what you need.

Wrapping gifts

It is often assumed that wrapping paper goes in the recycling bin along with cardboard and plastic

packaging but that couldn't be further from the truth. Any shiny, glittery, or laminated wrapping paper isn't recyclable, so choose matte wrapping paper or, even better, reuse or repurpose gift wrap. Plastic wrapping bows and ribbons that come with gifts can be reused many a time – you could assign someone to be on 'bow duty', whereby they collect and save them for future use during present exchanges.

Magazines, newspaper, cat-

alogues, and old calendars can be another sustainable option to wrapping gifts, but I love the Japanese technique of Furoshiki that uses cloth and fabric instead of wrapping paper, and natural ornaments to make it prettier. The ideal fabric is sturdy and thick enough to protect the objects, but not so thick that it's difficult to tie the ends. Handkerchiefs, bandanas, scarves, bed or pillow covers, tablecloth, and tea towels are all contenders for the

job, and they can help you declutter the wardrobe and put old and unused fabrics to good use. Add a small cutting of spruce and a cinnamon stick, or a twig of larch complete with cone, and you got yourself a lovely, sustainable gift wrap that can be used over, and over again.

@seasidesquirrel
www.seasidesquirrel.ie



people Environment : Making a difference

Bringing the outdoors in for Christmas



an tobairín
health food store

STATION ROAD, BANDON Eircode P72 AW60
Open 10 to 5 Monday to Saturday

Delicious treats and vegetarian lunches made in our dedicated gluten free kitchen.

Gathering and walking is a lovely way to enjoy the mid winter bringing us up close and personal with native trees and shrubs. **Sonia Caldwell** of Kilcoe Studios shares some ideas on how you can use some of these as indoor decorations to expand beyond the much loved holly and ivy. If budgets are tight, using natural materials like greenery can transform your home into a winter wonderland without even having to buy a Christmas tree.

Alder (Fearnóg) – A tree that is often overlooked a bit, this is a great time to look up close at those lovely mini cones and catkins. These can be incorporated into a Christmas wreath or used to make a swag, which is essentially a well-crafted bunch of beautiful natural materials hung upside down and tied with a nice ribbon or something similar.

Willow (Saileach) – Often the willow that grows in the hedgerows gets cut back at some stage and will then send out long shoots which really is accidental coppicing! These are great for twisting into circles for wreaths – practice it a few times to get the hang of it to stop it from kinking. Twist a few together to make a more durable one. You can use this as a base to add lots of other bits, like greenery, berries or some shop bought bits or hand made decorations.

Take your branch – bring it into a circle shape but cross



over with a good length left on both ends and start winding these around the circle – like many things it's hard to explain, you just need to give it a try!

Birch (Beith) – one of my favourite branches to collect at Christmas; its branches are so bendy and have such dainty twigs. If you twist these like the willow into a circle, you will get a much more rustic-looking wreath. Take the end branch part of your cutting and twist that around and leave the twiggy bits sticking out. You can keep doing this all the way around to get a big impact wreath.

Use the twigs in other ways in the house – like in a vase with decorations hanging from them.

Pine (Giúis) – If you have pine growing nearby you can just use some cuttings to decorate instead of buying a Christmas Tree. I tie sections to a large piece of rope (this gets kept each year with the decorations). Then you can drape this over doorways or up the stairs and wind around some Christmas lights.

Ivy and Holly (Eidhneán agus Cuileann) – needs little introducing – just collect and decorate!

Dried flower heads – Wander your roadways and fields and see what dried flowers are still intact and have not been battered by wind and rain. The Umbellifers (Hogweeds / Angelica etc) leave lovely star-like heads behind. Meadow Sweet and Loosestrife, also Nipplewort, can be beautiful too. These can be used in a winter dried arrangement, or you can dip the tips in silver, white or gold paint. I prefer this to spray paint but that can also be used.

Bracken (Raithneach Mhóir) – Dried bracken can also look very dramatic in a winter dried flower arrangement.

Cones and Berries – Many berries are well gone by Christmas – but you might find the odd bit of hawthorn or maybe some rosehips to add colour. Fir cones can of course be used in multiple ways, the limit is simply your own creativity!

Once everything is in, bring out your silver, gold and co-

loured decorations and add that finishing touch of colour and magic. Better still, get making your own bits like hearts, doves and stars from old felt pieces, recycled silver packaging and metals or paper and card. Or go to the local craft fair and buy from the craft makers!

Christmas and New Year Workshops at Kilcoe Studios:

WILLOW STARS AND BULLRUSH ANGELS with Rosemary Kavanagh (basket maker). Saturday, December 3, 11am-1pm, €40. (Book both workshops for €70). Willow stars – learn the techniques of weaving and working with willow and leave with a beautiful woven willow star. 2.30pm -4pm, €35. Bullrush Angels – weave your own Christmas angel from river bullrushes and hedgerow plants and learn some of basic fibre arts techniques.

STRAW CRAFT FOR CHRISTMAS with Sonia Caldwell. Sunday, December 4, 2.30pm-5pm, €35. Stars and Spiral straw craft – Create your own beautiful Christmas decorations using the delicate material of Straw and using traditional craft techniques.

TALK ON WREN TRADITION AND STRAW BOY MASKS
Thursday, December 8, 7pm-8.30pm. Free. Talk and discussion about the 'Wren' traditions in Cork and beyond and a demonstration on making a straw boy hat. Please come to both learn and share your old memories and stories and also come to discuss the practice of the 'Wren' in Cork today.

2023 SPRING WORKSHOPS BEGINNER'S DRESSMAKING with Tamsin Blackthorn, Tuesday evenings. Including how to use a pattern amongst other techniques.

GROW YOUR OWN WILLOW TALK with Rosemary Kavanagh.

WEAVING WITH RUSHES with Sonia Caldwell ...and more

Please enquire more on events@kilcoestudios.com or 087 0667871. More information soon on our website and in West Cork People in January



KILCOE STUDIOS
Heritage & Nature PRINTS & CRAFT

2023 Calendar
Native Ferns from Ireland
available now on website and shops in West Cork

Heritage Craft Workshops for Christmas
in Ballydehob studio
See website for details or email events@kilcoestudios.com
www.kilcoestudios.com



McCarthy Insurance Group
www.mig.ie

Wishing all of our Clients a very Happy Christmas and Best Wishes for 2023

- Home Insurance
- Business Insurance
- Farm Insurance
- Motor Insurance
- Health Insurance
- Life Assurance
- Savings & Investments

Barrack Street, Bantry | (027) 52233
Bridge Street, Dunmanway | (023) 884 5185
Bridge Street, Skibbereen | (028) 21272

Visit our website at www.mig.ie

Charles McCarthy Insurances Ltd t/a McCarthy Insurance Group and McCarthy Financial Services are regulated by the Central Bank of Ireland.

people Environment : Making a difference

Ireland must stand on the right side of history



GROUNDED

MEP Grace O'Sullivan

Back in the 1980s, I spent plenty of time in and out of police cars, military boats and detention centres, as a result of various demonstrations and protests with Greenpeace and the Rainbow Warrior. In a way, we were asking for it with the provocative activism that was the Greenpeace modus operandi back then. Nowadays, Greenpeace is a massive organisation that is capable of mobilising massive amounts of people and funds in order to combat climate change and tackle environmental issues on the ground. I still feel strongly that their work paved the way for the massive climate movement we see today, but it came

at a significant cost to activists and their families, including Fernando Pereira who ultimately lost his life in the bombing of the Rainbow Warrior in 1985.

I was lucky, as I was only ever detained or deported and was never arrested or had to face the uncertain justice of foreign courts far from home. Thousands of activists continue to face persecution and criminalisation for their passion today worldwide.

One such activist is young Seán Binder, who grew up in Castlegregory, not far from Dingle. Some readers will recognise Seán as the brave young man and lawyer-to-be who went to the Greek island of Lesbos in 2017 to help search and rescue efforts for people fleeing from places like Syria and Afghanistan.

His friend and co-accused, Sarah Mardini, had escaped from wartorn Syria to find her way to Germany with her sister Yusra. In an incredible story, which has now been adapted for Netflix movie 'The Swimmers', Sarah and Yusra jumped into the Mediterranean water when their refugee boat began to take on water and they pushed,



Sean Binder and Sarah Mardini

pulled and swam ashore in a journey that took over three hours. Some time later, Sarah made the incredibly courageous decision returned to Lesbos intent on helping others who found themselves in similarly precarious and life-threatening circumstances.

Together, Sean, Sarah and others worked to provide a warm welcome for some of the most vulnerable people on this earth. While they found the locals of Lesbos were receptive to their work, the powers-that-be came down hard. The humanitarian workers were

arrested, put in prison for over 100 days of pre-trial detention and interrogated.

About this time last year, Sean and Sarah were due to face a Greek judge on charges of espionage, forgery and assisting a criminal organisation related to this work. Charges which human rights organisations have described as spurious and 'trumped up' in a deliberate attempt to discourage civil society organisations from working in Greece. The trial was postponed on a technicality and justice delayed for another year.

On January 10, they go back

to Lesbos to face the judge again, and I will go too. It is vital that Irish political and civil leaders show their solidarity with Sean and his co-accused, not only to support one of our own, but to stand up for the very basic acts of humanity that they embody.

As an island nation we have seen our tragic share of shipwreck and death at sea, and we know that saving lives on the water is a fundamental tenet

of the seafarer's code, let alone international law.

In a trial motivated by political machinations and shadowy reasoning, designed to deter and to discourage, we must bring everything to bear to have this trial thrown out and the charges dropped. I invite you, dear reader, to join the campaign.

Grace O'Sullivan is the Green Party MEP for Ireland South, mother, former Greenpeace activist, and ecologist.

Roaring Water Wholefoods
47 Main Street, Schull
028 27834

Organic & local seasonal veg
Wholefoods
Chilled & frozen food
Range of supplements, eco toiletries & cleaning products (some with refills)

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



GRACE
O'SULLIVAN MEP

Nollaig Shona

agus athbhliain faoi mhaire daoibh

As we prepare for and celebrate this holiday season, I want to wish you all a peaceful and safe time full of love and warmth.

Thank you for your continued support to me locally and in the European Parliament.



Grace

MEP for West Cork



THE GREENS/EFA
in the European Parliament

Contact Me

✉ grace.osullivan@europarl.europa.eu

📷 [graceforeurope](https://www.instagram.com/graceforeurope)

📘 [GraceOSullivanIE](https://www.facebook.com/GraceOSullivanIE)

🐦 [GraceOSllvn](https://twitter.com/GraceOSllvn)

🌐 [graceforeurope](https://www.graceforeurope.com)

people Farming

Out of the box thinking

Ella Goddin, founder and CEO of Cork-based company FodderBox chats to **West Cork People** about her innovative technology that is taking the livestock and equine worlds by storm.

FodderBox's fully-automated, computer-controlled hydroponic fodder production systems produce 500 to 100,000 kg per day of the highest quality fresh animal feed—ideally suited for both livestock and equine nutrition — at the touch of a button.

FodderBox Ltd is currently working with their solar partner in Oman to develop an integrated solar system alongside an independent water management system, taking FodderBox systems completely off-grid.

So, what is hydroponic technology? "Hydroponics is the science of growing plants in water," explains Ella. "Hydroponically grown fodder or 'Hydro-Fodder' is grain or seed that has been germinated in water. What results looks like a carpet of the best grass you've ever seen. The entire mat is fed, including the roots, which contain valuable micro-nutrients.

"FodderBox is literally a field in a box, only the field is pure water, and it farms itself. Effectively FodderBox technology is stackable land that requires no labour input and uses the lowest water input of any production method."

With a FodderBox system, a ton of grain or seeds becomes approximately six tons of HydroFodder that effectively replaces around three tons of grain. So, FodderBox users roughly triple their grain value and reduce their feed costs by

two-thirds.

As if this is not good enough, the enormous health benefits make HydroFodder a true game-changer. Recent US research found that animals supplemented with HydroFodder are measurably healthier, more productive and produce less methane — 24 per cent less methane in dairy cows and 48 per cent less methane in beef cattle.

This methane reduction is significant, not only as an environmental benefit; but because methane is a waste product of converting food to energy. A decrease in methane production signals an increase in digestive efficiency.

Animal Health Benefits

Significant health benefits are soon realised in using a FodderBox system. Ella explains how "before germination, grains are inherently difficult for most animals to digest. Of course they

are. Plants want their seeds and their grains spread far and wide. Not digested. They're meant to go in one end and out the other.

"Fascinatingly, the digestive efficiency of germinated grains has been appreciated for tens of thousands of years. In fact, germinating grains is arguably the most ancient food tradition, other than fire, as evidence suggests the use of germinated grains by hunter-gatherers over 100,000 years ago."

So too, germinating grains for animal feed is an ancient tradition known for its value in promoting health and vitality. Throughout history, a prized animal slated for trade or sale would be given germinated grains to quickly and visibly add weight to its frame, shine to its coat, and strength to its hooves. Animals suffering from illness or injury were given germinated grains to bring them back to health.

Ella emphasises: "The number one benefit for producers, whether they're dairy or beef or sheep or goats or chickens — or even green energy producers using biodigestion — is seen on the bottom line. Manual systems have been on the market for 15 years. Why? Feed security and profitability. The bottom line is always the bottom line."

In a fully-automated FodderBox system, users triple their grain value, reducing feed costs by two-thirds.

On top of the direct saving are profitability increases due to the health and productivity gains across all livestock categories.

For example, chicken eat 25 per cent less feed overall and produce eggs with thicker shells and yolk a deeper yellow. Sheep produce more twins, they hold more pregnancies, lambs are less likely to die, even in bad weather. Goats produce milk

year round, while housed. It also cuts out the use of antibiotics.

An organic Dexter producer on Bere Island, David Andrews, reached out to Ella when he saw FodderBox Ltd had won an innovation award. He wrote, "The benefits to the cattle are plain to see. I don't know why everybody isn't doing this! My feed costs are one-tenth of the average organic feed cost."

Ella continued, "In dairy you see huge benefits as there's an uptick in milk production alongside a significant cost reduction."

Dairy Producers Reap Big Benefits

Protein levels are as much as 25 per cent higher than in the parent grain. High digestibility means dietary energy is not wasted on digestion in the animal, resulting in greater energy efficiency. Phytic acid levels

Continued on page 26...

€12 million rainforest project aims to restore thousands of acres of native Irish woodland

An ambitious €12 million euro plan to restore more than 4,000 acres of wild woodland in the west of Ireland has been launched. The Wild Atlantic Rainforest Project is spearheaded by Hometree, a not-for-profit organisation based in west Clare. It works to establish and conserve permanent native woodland in Ireland through restoration, afforestation, and education. The multi-million euro plan is targeting the reforestation of eight sites from Cork to Donegal.

Tommy Moyles reports.

Hometree is headquartered in Ennistymon, west Clare, and employs seven people. Working to establish and conserve permanent native woodland in Ireland through restoration, afforestation, and education, the not-for-profit organisation has a well-established record of working closely with the communities it operates within. The organisation's involvement in a European Innovation Project (EIP) with landowners in the Glendine Valley in County Clare resulted in hundreds of thousands of native trees being planted and has delivered over €750,000 worth of community and agri-environmental projects over the last three years.

They have issued a funding call and are now inviting public, private and corporate partners to join the project. Historically, up to 80 per cent of Ireland was covered in wild forests of birch, pine and oak. Today only one per cent remains and fragments of rainforests cling in gullies, cliff faces and secluded islands.

The Wild Atlantic Rainforest Project aims to restore 4,000 acres over eight sites. Phase one has already begun, with the purchase by Hometree in October of the 280-acre Knockaunbaun site in Connemara's Gaeltacht region. The area has been overgrazed to the point where as few as ten native trees remain on the entire site.

Other project destinations include West Cork, Kerry, Clare, Galway, Mayo, Sligo and Donegal. The hubs will be created on large, contiguous parcels of land, the sort typically used for sheep farming as the rainforests don't need deep rich soils to grow.

Matt Smith, CEO of Hometree said: "The Wild Atlantic Rainforest Project is all about creating woodlands where they once existed. Our vision for the spaces is not limited to woodland creation; we'll also restore blanket bogs, species-rich grasslands, and hopefully support vibrant human communities. This is a unique opportunity to build climate resilience and repair

our connection with nature. The natural habitat of our western uplands is temperate rainforests, with flora and fauna that only exists in five or six parts of the world. It would be fantastic to see some of it restored."

Project Lead Ray Ó Foghlú says Hometree is hopeful of broad support in this very worthwhile and important project, "We are a charity working with an independent board of specialists across areas such as science, ecology and forestation, all unified in our mission to create a better and more sustainable eco-system for future generations in Ireland. Until now, all Hometree's woodland creation sites have been made possible by grassroots contributions, but the scale of the Wild Atlantic Rainforest Project will require a broader network of public, private and corporate partners coming together for a project that will resonate with every home in Ireland."

O'Foghlú said: "Initially we created a hub around one site near Ennistymon in Co Clare



Engagement and Education Officer for Hometree, Ray O'Foghlú and General Manager, Matt Smith on the organisations' recently acquired site at Knockaunbaun, Co Galway.

and began working with local farmers who were interested.

We have 10 neighbouring farmers and each put a varying percentage of their farm towards planting. They were farmers who had a genuine interest in the project and on average planted 3,000 trees per farm. Most put 10 to 15 per cent of their farm in trees and their existing farm enterprises continue to exist as normal. It's been successful to date and we'd like to build on that."

"The project also tries to tie in with existing forestry schemes where possible and we are planting trees where appropriate and currently putting a fund in place, which allows a one off top up payment for par-

ticipants in the native woodland scheme."

Oak, willow and birch are among the native trees that will be planted. They are ideally suited for life in the wet, humid uplands and can support immense biodiversity. Each tree can host up to three hundred insect species, as well as thousands of lichens, fungi and moss. They also provide excellent habitat for rare pine martens, red squirrels and even the white-tailed sea eagle. The woodlands can turn hills from sources of carbon into powerful carbon sinks; in the process they can build soil, clean air and filter river water.

Despite only launching in late November, it's received good

interest to date including from farmers but more is always welcome said Ray.

"We're looking for support, so if farmers want to get involved, they could contact us and we'll be creating a data base for the next six months or so. It's largely targeted at more marginal land and we're getting a good bit of interest so far."

As part of the plan, Hometree has allocated a budget of €2.4 million for the local community, farmers, and landowners. The money will be focused on tree plans that best serve farmers, as well on creating access to public amenities, and supporting landowners in protecting critical ecosystems on their lands.



FODDERBOX

A FIELD IN A BOX



AgTechUCD
START-UP OF THE YEAR 2021

VISIT US IN CORK AND ONLINE

FODDERBOX.IE



LOOKS LIKE
GRASS
FEEDS LIKE
GRAIN



PUSH THE
BUTTON



PRINT THE
GRASS
10¢ PER KG



people Farming

What lies ahead going into 2023?

FARMING
IN WEST CORK

Tommy Moyles

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

In association
with



Introduced with much fanfare earlier in the summer, Agri-Climate Rural Environmental Scheme (ACRES) has taken up a lot of head space of late. Having spent a lot of time since its introduction reading about it it's only in the last few weeks that I've been trying to work out how, and if, it will be a runner for the farm. For a brief period, I was considering giving it a miss altogether. The flagship environmental scheme reminds me of that riddle of

how to move a fox, chicken and corn across the river but only by taking one at a time. I had hoped to focus on a few particular areas of the farm but if you chose some measures in a field then others are ruled out. So I've gone through lots of different variations of what could be done and worked out the pros and cons of each.

As roughly half of the home block is a designated Special Protection Area (SPA), access to the scheme shouldn't be an issue but finding measures that suit the farm and time limitations are much more of a challenge. Even within the SPA, it looks like less than 15 per cent of that will qualify trying to get a field where there's ryegrass content of less than 30 per cent is challenging to say the least. That will be less of an issue on more marginal land but the coastal fields around here have largely been in crops or grass for well in excess of a century. Some of the land will be suitable and after that it looks like planting hedgerows will be the main option. Making this choice on paper is one thing but finding the time to get around to the tasks when they move to physical work could be a challenge, but not insurmountable. It's easier to plant trees from a laptop keyboard than to dig a few thousand holes with a spade to plant them.

I've planted a good share of hedges in recent years but mainly inside existing ditches, as this is generally not permitted in agri-environmental schemes. With a number of areas held



Grazing came to a close for most of Tommy Moyles' cattle at the end of October.

back for the replacement scheme for GLAS, I thought I was super organised. I should have read the small print earlier though.

The on-farm issue with that is the areas that would have benefitted most from a hedge are in the SPA and are therefore ineligible. Tree planting could be a runner but it might be worth checking out the new forestry programme instead given there's a longer time frame involved. If I take the tree planting option, it is likely to be in a riparian area near a stream. The balance of the actions I will take centre around laying hedges. I did this successfully about 15 years ago so I'm hoping it works out the same this time

around.

By all accounts, farm advisers are under pressure trying to get plans submitted for farmers and the initial deadline was extended by two weeks to December 7. A further extension is unlikely as information from ACRES is required for the new CAP farm payments process that will begin around February 2023. Having been delayed by COVID-19, the new incarnation of CAP will see advisers with an increased work load from now until June next year, as both they and their clients get their heads around the new changes.

ACRES isn't the only plan I've been trying to work out. The 'what cattle go to where'

winter plan has also been occupying a bit of head space. That's been much easier in comparison to ACRES and, by December 1, all but eight cows are housed and the winter routine is slowly bedding in. Their role for the next few weeks is to tidy up grass on the fields across the road. Those fields are primarily used for silage, as moving cows with young calves to them in early in the year is much more trouble than it's worth. Hopefully they will stay out until close to Christmas.

It's certainly been an interesting 12 months and as the year draws to a close the most important 20 weeks of 2022 remain ahead. No, it's not that I'm terrible at maths but from

experience I've learned that what occurs from January to early May tends to be the most important part of the previous year.

When a farmer saves fodder in summer, they have no idea of how long the winter will be. Yes, you can budget to an extent but you have no idea of what weather will be like from March to May. Over the last decade we've had years where late April and early May were below 10 degrees and grass growth was slow. The knock-on effect in those years puts farmers under pressure. After the washout of the last six weeks and the dry summer, hopefully settled weather will prevail for the start of 2023.

Out of the box thinking...cont'd from page 24

are very low in young plants, making phosphorus more bio-available. Starch in the parent grain is largely converted to sugars supporting better forage digestibility and a more stable rumen pH for dairy cattle.

Researchers have found that adding HydroFodder nutrient-dense fresh forage in the weeks prior to calving boosted feeding behaviour, increased milk production post-calving, and enhanced cow health performance fertility metrics.

Equine Wellness

According to Equine Wellness magazine, a natural diet of fresh hydroponic fodder offers greater health benefits than any combination of processed or dried feeds.

The first FodderBox system in Ireland was purchased by David Dunne, a qualified equine nutritionist and former jockey.

David is now a horse trainer in county Meath, 20 minutes from Dublin Airport.

According to David, people have a misconception about how much they feed their horses. Just because horses have weight on them, doesn't mean they are healthy. It is a sad fact that 80-90 per cent of racehorses have stomach ulcers due to grain-based feeds, which create an acidic environment causing ulcers which cause pain. Clearly horses don't perform well in pain. "I want horses to stop hurting from the feed we have been giving them," he says. "Horses are naturally a gentle animal. Ulcers make them grumpy. HydroFodder prevents ulcers. So why don't people give horses what helps them perform to the best of their ability?"

David also pointed out that hydroponic fodder is a natural

anti-inflammatory, meaning it helps prevent arthritic disease. Prevention is better than cure. David adds. "Not only is it far more cost-effective, it's ideally suited to horses' nutritional needs. All the amino acids a horse needs are in HydroFodder. The starch has been converted to healthy sugars. The hydroponic fodder is alkaline not acidic. It's a superfood for horses."

Many have described FodderBox as a 'no-brainer' for animal keepers and it is easy to see why. Little wonder, therefore, that the awards and accolades keep rolling in.

"We were delighted to be named AgTechUCD's Start-Up of the Year at the Enterprise Ireland Innovation Arena, Irish National Ploughing Championships 2021. Fodder Box Limited has also been short-listed for Ireland's Most Ambitious Com-

panies 2022," enthuses Ella.

Pioneering Integration

A clear success story, FodderBox Limited is set to pioneer the integration of automation and biodigestion, following independent Irish lab tests that found higher Biomethane Potential (BMP) in hydroponic fodder than in silage. The BMP of HydroFodder exceeded the theoretical limit of the BMP of silage, with more than 40 per cent more available energy in HydroFodder.

These lab tests demonstrate the extreme efficiency with which Hydroponic Fodder is converted to energy, in this case, by the microbes living in a biodigester.

The company has a 10-ton per day auto-FodderBox installation planned with agribusinessmen in Northern Ireland, where their biometh-

ane-powered electricity is sold directly into the grid. Science Foundation Ireland is on board to assess the data generated by their computer monitoring system.

Ella and her team are undertaking groundbreaking research with two mega-dairies in Vietnam (130,000 and 30,000 animals)—with feed quality assessment by Teagasc Moorepark—to develop the potential in germinating paddy rice at the scale of 50,000 to 100,000 kg per day.

A woman who clearly thinks outside the box and is set for phenomenal success, Ella closes by saying: "Why not push the button and print the grass? Because, sometimes, to think outside the box, we need to think inside the box. Inside a FodderBox! It's a field, in a box."

You can reach Ella on 086

7926999 or email ella@fodder-box.ie

Christmas Sale

A FodderBox 40ft container system, priced at €120,000, produces roughly 1000kg per day of premium fresh fodder. A FodderBox 20ft container system, priced at €80,000, produces 500kg/day. Place your order by the end of the year and pay €100,000 or €60,000 respectively. Custom builds into a suitable shed are an even better value with 3 tons/a day running you €200,000. In the Christmas sale that's now €180,000.

'tis the



Homevalue

★ euronics



season!

Fresh Christmas Trees

Only
€49.95

Free delivery to Bandon, Kinsale & Enniskeane areas. Choose your tree at one of our stores and have it delivered free of charge.



Celtic Pine Artificial Christmas Tree

6ft / 180cm **€69.95**
7ft / 210cm **€99.95**



AMAZING VALUE
From
€69.95



Huge value with low prices on all fresh and artificial trees. Check out our full range in store now!

Twinkle Effect Plug In Outdoor Lights



From
€23.95

Supabright Plug In Indoor/Outdoor LED lights



From
€19.95

Treebrights Plug In Indoor/Outdoor LED Lights



From
€26.95

Ultrabright Plug In Garland Lights



From
€32.95

Look for our full range of indoor and outdoor lights in store now!

Order online at bandoncoop.ie – free delivery on all orders over €50



Homevalue

★ euronics

Kilbrogan, Bandon, Co. Cork t (023) 882 9000
Farm Lane, Kinsale, Co. Cork t (021) 477 4080
Enniskeane, Co. Cork t (023) 884 7866

Opening Hours:
Monday – Friday 8.30am – 5.30pm,
Saturday 9am – 5pm.



Like Us



Follow Us



Follow Us

www.bandoncoop.ie

people Farming



Drinagh's Ian Kingston takes home overall award at Carbery Milk Quality and Sustainability Awards

Dick and Kathleen.

The family, consisting of Ian, his wife Marie, and their children Dylan, 14 and Emma, 13 as well as Ian's parents, are milking a herd of 181 cows on a 200 acre milking platform, producing an average of 430kg of milk solids per cow.

The farm is very much a family enterprise with Ian's parents still very involved, and Marie who helps with calves and other work. Dylan is also a keen farmer and helps out. Ian would describe himself as being very interested in the facts and figures about his farm, as well as trialling new approaches, "I am always tracking and reading up on what's happening and keeping up with the latest thinking to do the job right. I tend to be early in trialling new approaches because I trust the advice that I get and that we are never asked

to try what won't work. I also know my ground very well and I know what will work for me."

One of the first Monitor Farmers (a Carbery/Teagasc joint programme supporting farmers) in 1997, Ian is still part of that group and has also participated in fertility and other trials in Moore Park. He is also part of a Green Acres group. Ian has also done a term on the board of Drinagh Co-op.

On the sustainability front, Ian is a member of the Carbery Greener Dairy Farmers group and subsequently went on to complete the Diploma in Environmental Science with UCC. He has a focus on EBI and has been grass measuring for many years. He has trialled protected urea and all slurry is spread using a trailing shoe. He says, "I wouldn't spread slurry any other way now, I think the benefits are

enormous." He has clover on about 20 per cent of the farm, and also maintains hedgerows, and is planting new ones where needed.

On sustainability Ian says, "Farmers are out there working with nature everyday and I don't know any who are not trying to do their best. I think most new ideas are embraced and farmers will always try new ideas if they have confidence in them. I think for everyone it's about being realistic and only farming and taking on what we can manage, and what the environment and your land can manage."

Jason Hawkins, Carbery CEO, said of the Awards "It's a great opportunity every year to meet and recognise some of our farmer shareholders who are ambassadors for the sector and for what we do. Promoting and protecting Irish family farming

will always be the key objective of Carbery and being able to recognise farmers of the calibre of this year's winner, in Ian, and finalists, means that we can have confidence in both our quality credentials, and our reputation for sustainable farming."

Carbery Group Chairman, Cormac O'Keeffe added "The story of Irish family farming, is about the highest quality milk, grass-fed, healthy cows and looking after land handed down through families and across generations. Nowhere is this more evident than in our annual Awards, where we get to meet and reward the farmer suppliers who, with their families, are working hard every single day to produce high quality milk, in the most sustainable way possible. These are the standards and the story we want to show to the world about Irish dairy".

The judges for this year's competition, Paddy Barrett, Carbery Quality Manager and John McNamara, Teagasc Cork West, noted the very high standard this year, and in particular, the standard of facilities, the commitment to hygiene and quality and the integration of sustainable farming practices.

Owned by farming families, Carbery Group processed 612 million litres of milk in 2021, to produce award-winning cheeses and food ingredients in Ballineen, which were sold in over 50 international markets across the world.

There were three finalists from each West Cork Co-op (Bandon, Barryroe, Lisavaird and Drinagh) for the Quality Award. Carbery would like to congratulate all of the finalists and in particular the winners from each Coop.

Ian Kingston, farming in Sillertane, Dunmanway, is the overall winner of the 2022 Carbery Milk Quality and Sustainability Awards. A member of Drinagh Co-op, Ian is farming alongside his parents

people Food, Health & Lifestyle

Clonakilty Amnesty candle blows out due to dwindling committee members

Amnesty International is a movement of over 10 million members working for the release of prisoners

of conscience and in December the entire membership will be writing letters to and for 10 people imprisoned or under threat

for their human rights activities. You can join this annual effort by going to Amnesty.ie online and signing the petitions and writing your own message to the ten people chosen for this year's effort. In 2021 Germain Rukuki a Burundi activist was released after serving four years of a 32-year prison sentence... he had been featured in the 2020 campaign.

In 2021, we called for the release of Bernardo Caal Xol in Guatemala and he was freed in March 2022. In 2020, a Chilean psychology student Gustava Gatica was blinded by the police after he joined a mass protest against inequality. Amnesty took up his case and he wrote that, "Amnesty became a great support and ally in our struggle."

So do join us in this year's 'Write for Rights' campaign by going online

or signing letters in Clonakilty on December 10 when we hope to be in Spiller's Lane.

Sadly, from January next year there will no longer be a Clonakilty group of Amnesty. The group was started by Joan McGrath in 1985 and the first members were Joan herself, Aida Cullinane, Charlie Shinquin, Áine Ní Chonaill and Sister Theresina. Ten years later we had 17 members and, at one

point, 21.

Thirty-seven years later and our group has shrunk to only five (elderly) members and we feel we cannot function as a group anymore so will continue as individual AI members writing letters and sending appeals. In the past we held bazaars, took part in some Saint Patrick's Day parades (memories of battling in high winds behind a troupe of dancers and a brass band), gigs in De Barras, a disco, poster competitions, Christmas shops, classical concerts, carol concerts, flag days, and got people involved with signing letters and petitions. Over the years we have been privileged to have released prisoners of conscience come and talk at public meetings about their experiences. Ahmed Othmani spent 10 years in prison in Tunisia for campaigning for human rights and freedom of speech; he was tortured while in prison and was still feeling the effects. But sitting in O'Donovan's he told us how he believed his sense of humour had saved him from worse because he could make his torturers laugh. Meeting people like Ahmed and others over the years reinforced our commitment to Amnesty.

But now...we miss Joan,



George and Kernigan Bowen, Don Pollard, Sive Modell and Cally Mitchell who have all passed on. And remember what great friends they were.

And to all the people who have supported us one way or the other over the years. The Town Council for putting up our banner for so many years in December and for ensuring our memorial to Tiananmen Square was moved into a great spot by the sea; to the carol singers who joined us on so many Christmases; the musicians brought together by Justin for the annual classical concert, to De Barras for all the gigs over the years

and all the musicians who played for free; to the people who lent us a

shop for a few Christmases; to Fields for allowing the flag days in

Skibbereen; to all of you who have signed petitions, come to gigs and concerts, donated money and given your time when we needed it... anyone left out... you know who you are. THANK YOU.

But an enormous thank you to Dena and Tom and all the staff at

O'Donovan's who have put up with us and our occasional demands for the full 37 years, cheerfully and obligingly. THANK YOU SO MUCH

You have all helped keep the Amnesty candle alight in West Cork.



Craft Butchers National Competition
3rd place nationally and Gold Award Winner
for Spiced Beef

MJ O'Neill's, 7 Pearse St, Clonakilty
(023) 883 3345

Orders are now being taken for geese, duck,
our own award winning spiced beef and
turkeys (organic available upon request).

Happy Christmas
from all in O'Neill's

We have gift vouchers available which make
a perfect (and practical!) Christmas gift

@revelclonakilty

54 McCurtain Hill, Clonakilty

REVEL

COFFEE • LIFESTYLE • HOME

**Get your Christmas shopping
at REVEL while you enjoy
a speciality coffee.**

people Food, Health & Lifestyle

Give the gift of Irish Mead to someone special this Christmas
Handcrafted at our meadery in Kinsale

KINSALE MEAD CO.



Sincere thanks for your support this year

Wishing you a Christmas full of joy, hope and happiness

Warm your cockles with some mulled mead

Mulled mead has been around for at least 2,000 years and is a warming festive drink for cold winter days says **Kate Dempsey** of Kinsale Mead Co.

“Traditionally honey is harvested at the end of summer, leaving enough autumn honey in the hive to last the bees through to spring.

Mead-makers knew a lot about fermentation and added hedgerow berries such as blackberries, blackcurrants and sloes to the summer honey to help the yeast and finish the mead batch quicker,” Kate explains. “These berry meads were known as ‘Wine of the Berry’.

“Come winter, they added honey and any spices they had, such as foraged Alexander seeds or dried meadowsweet (aka meadwort), and heated it for a fantastic mulled mead drink to sip whilst gathered around the fire.”

Today in countries such as Poland, Ukraine and Hungary it is common to serve great vats of mulled mead at Christmas markets, sometimes heated with a red hot poker! An extra tot of vodka or homemade Krupnik honey liqueur may be added on top to raise a toast to the festive season.

“Heat in a pan in the kitchen and soon the whole house will be filled with lovely aromas,” Kate advises.

- 1 bottle of Wild Red Mead
- 1 cinnamon stick
- Piece of star anise
- strip of orange peel
- 2 tsp of honey to taste

Warm gently and serve in a glass. Slainte!



Adrift at Dunmore House honoured at prestigious Awards

her birthday.

Now in their fourth generation at the beautiful seaside property, Carol’s mother Mary O’Donovan accepted the award with members of the team on Sunday, November 6 at The Round Room at The Mansion House in Dublin, with 450 guests celebrating the best of Irish food and drink in a sold-out event hosted by Food&Wine editor Gillian Nelis. Adrift was keeping very good company as the Michelin starred Oak Room at Adare was named overall Hotel Restaurant of the Year on the day.

Speaking about the award, Carol Barrett said, “We are completely thrilled with this award from Food&Wine, to know that we were nominated by guests and then judged by some of the best food writers,

influencers, chefs and industry experts and to be acknowledged in this way is such a joy for us as a family and for our whole team who make this happen. I was equally as thrilled for my mother Mary, and thoughtful of my dad Derry whose parents started Dunmore, to be able to accept this award – we wouldn’t be here without her and we strive every day to maintain her standards.

Carol’s son and General Manager at Dunmore House, Peter Barrett added, “It’s a great honour to receive this recognition for Adrift, the whole team at Dunmore care deeply about what’s served on each plate, the experience of every guest that comes through the door and maintaining that sense of genuine Irish hospitality that started with my great-grandpar-

ents and hopefully will continue at Dunmore for generations to come.”

Adrift is a beautiful space seating 40 guests with sweeping views across Clonakilty Bay. The menus change regularly and feature some of the best produce in the area with a focus on seafood from nearby Union Hall cooked simply and beautifully – guests can expect poached lobster, John Dory, cod bouillabaisse and black sole on the bone, not to mention house black pudding, handmade ricotta and Gubbeen ravioli. Included in the Michelin Guide UK & Ireland 2022, Adrift is open seven days a week from 6.30pm-8.30pm.

For booking please call 023 883 3352. dunmorehousehotel.ie

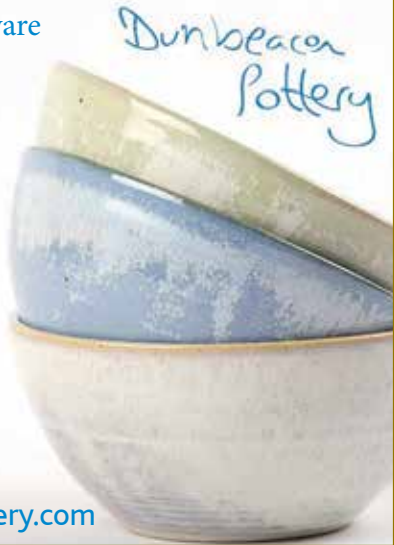
Beautiful tableware inspired by the landscape of West Cork.

Free shipping within Ireland on orders over €70.



Personalised Mug?
Order before Dec 9!

dunbeaconpottery.com



There were double celebrations for the family owned and run Dunmore House in Clonakilty last month as Adrift, the fine dining restaurant at the 30-bedroom hotel, was announced as Highly Commended Hotel Restaurant of the Year on the same day that owner Carol Barrett celebrated

Clonakilty’s 14th Pink Ribbon Walk raises over €8k

The organisers of Clonakilty’s Pink Ribbon Walk would like to thank each and everyone who helped in any way to make their 14th walk one of the most successful to-date.

The funds collected this year amounted to €8,125, which is an incredible achievement. As well as raising funds for the Irish Cancer Society’s Action Breast Cancer Programme, which provides breast cancer information and support services to thousands of

women and men across Ireland each year, it was, as always, a hugely social occasion.

“A big thanks again to each and everyone for their contribution to this amazing fundraiser, to all the sponsors involved but especially to Mike and Teresa O’Neill, family and staff of Fernhill House who make it all happen. See you all again in 2023.”

Sustainable wines for Christmas



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

everyday food, and the Christmas dinner table is a great place to celebrate these changes.

Dietary and environmental choices about meat consumption are also having an influence on the traditional Christmas dinner. Most families have a least one veggie or vegan diner, and they usually don't want to eat a bland meat substitute. Thankfully, we have an endless array of wonderful plant-based foods which ensure that no-one feels like they are missing out.

This year, my family have suggested an Asian-themed Christmas dinner. With a few vegans in the mix, this is a great choice, as the bright and

bold flavours of the foods of these regions mean that the meat element is often secondary. There are so many great Irish products available, like tofu made in West Cork, multiple spicy rayu brands, hot sauces, chilli jellies, and locally-made spice blends and pastes, that cooking is a joyful, heady and sensory affair. Of course, we also have traditionalists in our house, so we'll have the old reliables alongside the more exotic fare.

This could be a challenge for the wine pairing. In fact, when I'm thinking about wine for Christmas, I always think about wines for the days before and after, as well as the big day

Photos: Thady Trá



itself. All those lovely snacking moments, and of course the cheese board, are made even better with the perfect drop. I often enjoy the glass of wine with re-heated Christmas dinner on St. Stephen's Day more than the day before with all the prep and drama. Sometimes, the best wine is better saved for a cheeseboard

and a movie, when it is playing a central role. There's a lot of competition for our attention on Christmas day!

Bubbles are my answer to most Christmas wine questions. I always have something 'on the go' in the fridge, one of the great pleasures of a few days off. A Champagne style sparkling wine like Antech Blan-

quette de Limoux will keep its fizz for about three days after opening, so you don't have to wait 'til there's a crowd to open it. You can just pour a glass whenever the mood takes you. This is also a time of year for making an occasion of breakfast, preferably eaten at mid-day. Creamy, yeasty Pet-Nat,

Continued on next page...

From our family to yours,
Wishing you a happy, peaceful
Christmas and a healthy and
prosperous New Year,
Carol, Richard, Peter
and all at Dunmore House.

Included in the Michelin Guide UK & Ireland 2022,
Adrift restaurant at Dunmore House is open seven days
a week from 6.30pm – 8.30pm, the perfect location
for a Christmas get together. For bookings or
to purchase a gift voucher contact enq@dhh.ie
or call **023 8833352**.



DUNMORE HOUSE

CLONAKILTY BAY

www.dunmorehousehotel.ie f e



people Food, Health & Lifestyle

Cont'd from previous page...



TUESDAYS
**10:30am-12noon
& 6-7pm**
At Drimoleague
Methodist Church



A helping hand in times of need

**To book in for a food basket
contact us on 087 2879118**

Donations gratefully received,
please contact us to arrange a drop
off time or call in on a Tuesday.

a gentle sparkling wine with a beautiful textured mousse, is a pure treat with eggs or avocado on toast and a dollop of spicy peanut rayu.

My wine choices for the Christmas dinner, and indeed the days around it, are based on wines which are versatile, and which can stand up to a wide range of robust flavours, as well as the traditional meats. Pinot Noir and Gamay are always good red options. These are wines with low tannins, ripe red fruit flavours, and are usually not overpowered with oak. Spicy flavours don't work well with tannic reds, so these fruit-driven wines accommodate the more fiery dishes, while the lighter, juicy style compliments the turkey.

White wines are generally easier to pair with spicy foods, especially wines with ripe fruit flavours. I'm inclined to look to the New World also, as regions like Australia and New Zealand have a strong Asian influence in their food, which is usually a good barometer of the wine's suitability. Paddy Borthwick, who has visited here many times, makes this ginger-tinged Pinot Gris, quite different from its Italian cousin,



in, Pinot Grigio.

One of my favourite white wines is Riesling, from any part of the world. It can be anything from very dry to very sweet, but for spicy food, a bit of sweetness is ideal. We're not talking dessert wine, just a little 'residual sugar' which, along with the typical high acidity of Riesling makes it beautifully balanced for dishes with punchy flavours and a rich texture from creamy coconut milk. I know many people are afraid of Riesling due to the traumatic memory of the awful, cheap, sweet German wines of the 80s. Don't be, good Riesling is one of life's true joys!

Every year, we buy way too much food. This year, along with our shift to more plant-based and eastern-flavoured fare, I'm hoping that we will be more creative with vegetables and pantry staples like rice and noodles, leading to less waste. All those delicious condiments will bring the whole thing together, along with the reassuring gurgle of delicious wine filling our glasses.

My Christmas wine list, all delivered by Wines Direct:

Bubbles
Antech Blanquette de Limoux, Méthode Traditionelle, France €27.20

Di Filippo Malafemmana Pet-Nat, Umbria, Italy (organic) €20.75

White Wines
Bender 'I Love Mosel' Riesling, Germany €20.55

Paddy Borthwick Pinot Gris, New Zealand €18.00

Red Wines
Bender Pinot Noir, Germany €20.55

Corbillieres Les Griottines Gamay, Loire Valley, France €17.45

All wines sustainably farmed and from independent family-owned vineyards.

Prices based on a case of six which can be mixed. Free delivery anywhere in Ireland.

Contact me on 086 8533758 or fionnuala@winesdirect.ie for details.



Clonakilty gluten free kitchen

Make it an award winning Christmas with Clonakilty Gluten Free Kitchen

FREE FROM FOOD AWARDS SMALL PRODUCER OF THE YEAR 2022 IRELAND

GOLD AWARD WINNER 2022 IRELAND

SILVER AWARD WINNER 2022 IRELAND

MERIT AWARD WINNER 2022 IRELAND

The Irish Food Awards Silver 2022

The Irish Food Awards Gold 2022

The Irish Food Awards Bronze 2022

Exclusively available in SuperValu & Centra stores across Cork City and County

Bantry Bay Lions Club Diary
December 2022

The Bantry Bay Lions will hold its annual Christmas Food Appeal at SuperValu and Lidl on Friday and Saturday, December 9 and 10. 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 contributed €3,000 in November to the Cork Mental Health Foundation to support the creation of a Community Café Walk-in Centre in Bantry. The Centre will be located on Bridge St, opposite Biggs' wholesale building and is planned to open in early January. It will be a Community Café open to everyone over eighteen to come to just have a cup of tea or coffee, make connections, sign up for a peer support group, or sit at

a listening table with a trained volunteer if there is a need to chat about something on one's mind. The café will be staffed by three people at any one time, who have been trained in listening skills, peer leadership and facilitation.

The €3,000 was raised from the successful Bed Push race, which was held by the Lions in the Slob Car Park on June 19. It will be used to purchase items of furniture, a fridge, a dishwasher and other miscellaneous items.

Club President Jerry Harrington and all members of the Bantry Bay Lions would like to thank people in the local community for their generous support throughout this very challenging year and extend their warmest wishes for a Happy Christmas and a Healthy and Happy New Year.

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. LCIF is a worldwide organisation of 1.4 million men and women who are dedicated to serving their

communities and whose motto is 'We Serve'. It receives a four star rating consistently for Non-Governmental Organisation (NGO) evaluators in terms of financial health, accountability and transparency. Lions are dedicated to giving back to the community and supporting those in need at home and abroad. All members are volunteers and pay a yearly membership fee to cover administrative costs. Any costs for travel and sustenance are borne by the members so that 100 per cent of all funds raised go directly to the charity or disaster relief it is collected for. 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 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.

Provided by John Dervan,
PRO – Bantry Bay Lions Club

people Food, Health & Lifestyle

Swede offers many benefits when added to the winter diet



HERBAL HEALING

Dr. Rosari Kingston

Dr. Rosari Kingston PhD, M.Sc (Herbal medicine) is a medical herbalist practising in Dr. O'Reilly's integrative clinical practice in Clonakilty as well as Church Cross, Skibbereen. Dr. Kingston's area of research are the healing modalities present in Irish vernacular medicine and she incorporates them, where possible, into her clinical practice. In her clinical practise she specialises in infertility and digestive issues. www.rosarikingstonphd.com

We are all familiar with the swede turnip, more often than not calling it a swede or just a turnip. In Scotland, the swede is called neeps and in France and the US, rutabaga. It is a regular part of winter fare in Ireland, and along with carrots, parsnips, and other brassicas, provides solid nutrition during these months. They are easy to grow and can be left in the ground over winter, being picked as needed. They are ready to harvest three to four months after planting and grow in any well-drained soil. The one thing they do not like is fresh compost or manure when planted as, like carrots, this will cause them to fork.

It is very nutritious vegetable and a serving of less than four hundred grams contributes eight per cent of our daily protein needs and 36 per cent of dietary fibre. Additionally, it gives a whopping 33 per cent of daily potassium requirements. As well as these valuable nutrients, rutabaga supplies generous amounts of vitamin C, (160 per cent but destroyed/reduced by heat), iron (9pc), Vitamin B6 (20pc),

Magnesium (19pc) and calcium (16pc). They are also low in carbs so are a useful part of a low carb diet. Modern research has shown that they are high in antioxidants and anti-cancer compounds. Translating this information into health benefits means that the rutabaga helps against constipation, haemorrhoids, diverticulitis, inflammation, and colorectal cancer. It is also reputed to help in supporting sleep and hunger regulation. In vernacular medicine the swede was used to treat coughs, be it just a cough, whooping cough, or asthma.

This account comes from Co Mayo: 'A cough can be cured in the following way:- Get a piece of a swede turnip and make small slices of it. Then put the slices in a saucer, shake a grain of sugar on them and cover them by means of another saucer or deep plate and leave there for a few hours. Then take out the slices and drink a teaspoonful of the juice before your breakfast for fifteen mornings in succession. This cured a severe cough which I had a few weeks ago.'

Continued on page 35...

It's The Berries...

Heavenly puddings, indulgent hampers and many other delights of the Christmas season are now available directly from our stall in the English Market and to click-and-collect via www.farmgatecork.ie

Treat yourself, friends and family to a scrumptiously memorable taste of Cork Christmas!

Farmgate Café
ENGLISH MARKET CORK
WWW.FARMGATECORK.IE

WEST CORK
TRIPLE DISTILLED
IRISH WHISKEY

THE ORIGINAL
BOURBON CASK

A delicate blend of grain and malt whiskey matured in bourbon casks, with a slight citrus and cracked pepper aroma. A smooth and balanced whiskey, the taste is one of malt, lingering sweetness, citrus, apple and nutmeg.

Visit our online shop at SHOP.WESTCORKDISTILLERS.COM for Christmas gifting ideas.

Please Drink Responsibly!

CARBERY CRACKER
CRACKING WEST CORK CHEDDAR

Happy Christmas from all at

people Food, Health & Lifestyle

Lettercollum's vegetarian sausage roll recipe revealed



A FLAVOUR OF WEST CORK RECIPE

Karen Austin



When I was a kid we ate sausage rolls every Christmas.

They came out when visitors called or when we got home after Christmas shopping – which was the day before Christmas, not the entire month before, so sausage rolls were quite a treat.

Sausage rolls are a great invention. Sheets of pastry that enrobe sausages or whatever will behave like a sausage, baked until the pastry becomes flaky and golden. They've been around since the time of the Greeks and the Romans who cooked meats wrapped in pastry and, in the seventeenth century, the Hungarians were filling croissants with sausages. Some years later the French were wrapping them in pastry and promoting them during the Napoleonic wars, which is how they made their way to London. The English embraced them and travelled with them all over the Commonwealth where they are very keen on pies. They became quite a food phenomenon. Apparently a leading American supermarket recently made the news with 'puff dogs' some kind of hotdog affair but I don't think they have a chance. Flaky pastry and delicious filling is hard to beat.

Sausage rolls actually became quite a presence in my life when we had the shop. We must have baked zillions. As the shop is now closed, I thought I'd share our very popular vegetarian sausage roll recipe.

Truth be told it's not really our recipe as, like most recipes, it has past life; this recipe came from Joe's mum Jane. I'm not entirely sure what

the original incarnation was but the recipe below has been tried, tested and enjoyed by many.

Sausage Rolls are easy to make, as the filling can be made ahead, and frozen puff pastry is widely available. Look out for butter puff pastry, as it will be vastly superior in flavour if you can find it, but no worries if not, I'm sure you will still be delighted with the result.

It's important to work quickly with puff pastry, as it needs to remain cool. If the pastry is lying about it will warm up and the (hopefully) butter or fat between the layers will melt. If your kitchen is very warm, chill the counter with a bag of frozen peas before rolling, this will give you a head start.

Vegetarian Sausage Rolls

Ingredients:

- 1 onion – grated
- 275g fresh breadcrumbs
- 250g grated mature cheddar
- 1 handful chopped fresh herbs – parsley, thyme, chives etc
- 1tbs Dijon mustard
- 1 large pinch cayenne pepper
- salt and pepper
- 1 packet frozen puff pastry
- Flour to roll
- 1 egg

Method:

Put all the ingredients for the sausage mix into a bowl and mix by hand. Keep squishing until the mix comes together and will hold its shape.

Preheat the oven to 180 degrees Celsius.

Lightly flour a clean counter and quickly but gently roll

the pastry into a rectangle, roughly 24cm x 40cm. Then cut the pastry in three lengthwise.

Take the sausage mix and roll into a cylindrical shape the width of a sausage and lie it along the middle of each section.

Crack the egg into a small bowl, add a couple of drops of water and whisk well. Brush the egg wash along the front edge of each section of pastry i.e. the side closest to you. Carefully take the other side of the pastry and bring it over on top of the egg wash. Gently press down the edge then use a fork to 'crimp' the edge together. Take a clean pair of scissors then run along the top of each roll making little snips. Brush with egg wash then cut each section into sausage rolls – small ones for cocktails or bigger

ones for appetite relief.

Carefully transfer to a baking sheet.

Bake for 20-25 minutes, until flaky and golden.

Makes approx. 15 sausage rolls.

Enjoy the festivities and if you are looking for a gift for the foodie in your life 'Food for Today' my vegetarian and vegan recipe book would make a great gift!

Wishing you all health and happiness.

Seasons Greetings,
Karen

Lettercollum Kitchen Project,
Timoleague
info@lettercollum.ie
www.lettercollum.ie
023 8846251

Minihane's
Gala

**3-6 Pearse St
Clonakilty
023 8833685**
 galaclonakilty

CHRISTMAS MENU
 Our delicious starters/ canapés, sides, desserts & sandwiches are perfect for any social gathering.
SEE OUR MENU INSTORE OR ON FACEBOOK.

AVAILABLE UNTIL DEC 24TH
CUSTOMER APPRECIATION NIGHT
Friday 16th Dec 5PM TO 7PM
FACE PAINTING GIVEAWAYS FOOD & WINE TASTINGS SPOT PRIZES FREE TEA/COFFEE
Happy Christmas & thank you for all your support this year!

LETTERCOLLUM
COOKING CLASSES 2023

14th JANUARY THAI
21st JANUARY MEDITERRANEAN
28th JANUARY VEGAN
11th FEBRUARY G/F BAKING
25th MARCH VEGETARIAN
1st APRIL LEBANESE
15th APRIL MEXICAN
29th APRIL SALAD + HERBS

023 8846251 karen@lettercollum.ie
 The classes are held at Lettercollum in Timoleague. They begin at 10.30am and finish around 3pm. The cost is €120 and includes all recipes, tastings and a large lunch

Food for Today
by Karen Austin

A collection of Lettercollum recipes for everyday eating and baking.

AVAILABLE AT: Kerrs Bookshop, Green Dot and The Olive Branch in **Clonakilty**
 Urru and An Tobairin in **Bandon**
 Organico and Bantry Bookstore in **Bantry**
 Kitchen Stories **Ballydehob**
 Rohu in **Innishannon**
 Quay Coop, DuBray Bookshop **Cork City** and a few more....
 Online from us **www.Lettercollum.ie**

Food, Health & Lifestyle

✂ CUT-OUT & KEEP RECIPES

Panroasted Castletownbere Cod with roasted organic beetroot and Toonsbridge buffalo mozzarella topped with a sweetened apricot salsa.



Annemarie Kiely,
Head Chef at Wild
Garlic in Dunmanway
shares her recipe for
dish that will wow the
table but is actually
very achievable for the
homecook.

Ingredients:

- 1 x 225g cod fillet
- 50g salted butter
- 1x small onion diced
- 100ml vegetable stock
- 10ml whipping cream
- Salt and pepper for seasoning
- 1x cinnamon stick
- 1x star anise
- 100g sugar
- 100ml water
- 10 apricots (dried)
- ½ small red chilli
- 2 x spring onions finely sliced
- 1x buffalo mozzarella ball
- 1 cooked beet diced



- 10g brown sugar
 - Balsamic vinegar
 - 100g Arborio rice
 - 1x clove of garlic (crushed)
- Preheat the oven to 180°C.

Method:

Place the beet on a roasting tray, sprinkle the brown sugar over it with a drizzle of balsamic vinegar.

Roast for approx. 20 minutes or until the sugar has been absorbed.

In a saucepan bring the white caster sugar, water, cinnamon and star anise to a soft boil.

Add in the apricots and cook until soft and sweet and then allow to cool.

Once chilled add the diced chilli and spring onions to the apricots and set aside until ready to plate.

In another pan add half the butter and sauté the white

onion and one clove of crushed garlic until soft. Add in 100g of Arborio rice and stir to coat in the butter.

Add the stock and allow to simmer on a low heat for seven minutes.

Add the roasted beets, mozzarella and cream.

Season with salt and pepper.

In a hot non-stick pan sear the cod, skin side down, until golden. Turn over for a further two minutes and then finish in the oven until just flaky.

Place the risotto at the bottom of a bowl then place the cod directly on top, skin side up.

Sprinkle the apricot salsa over the top of the cod – but not so much that you take from the cod.

Finish with a lemon wedge and micro-herbs if desired to add some colour.

Suede...Continued from page 33

And from County Tipperary: 'Slice a swede turnip; add half a pound of brown sugar, and take two or three spoons of the juice when the cough is felt coming on.'

Swede turnips were used to treat chilblains in the following way: Chilblains are easily cured by getting a swede turnip. Cut the cap of the turnip and cutting a hole in the middle of it put a fist of salt in the hole. Then put the cap back on it. Then leave the salt to melt, and rub the juice on the chilblains for a couple of nights.

Moreover, adding salt to a turnip aided the removal of corns: Scoop a hole out of a swede turnip, pit a large spoonful of salt in the hole, leave it there for three days. The liquid, which will have formed at the end of that time, will cure the most obstinate corn. This liquid can be

put in a jar and kept covered till required. Then bathe the corn in warm water and apply a small quantity of the liquid night and morning.

The seeds were also used in traditional medicine and when powdered and mixed with camphor oil were reputed to be an effective as a rub to alleviate rheumatism.

Due to its high vitamin C content, the swede turnip also helps in the absorption of vitamin C and this in turn helps to absorb iron.

The swede is also familiar as the 'jack o'lantern.' It was hollowed out and a candle or lighted coal placed inside to light the way for the revellers as they proceeded through the streets



in scary masks to frighten people. The swede turnip was abandoned as the lantern when the pumpkin was introduced, the latter being much easier to prepare.

When it comes to cooking, swede turnips may be prepared in many different ways, including roasting, boiling, steaming, stir frying and raw in salads.

This common winter vegetable is then a valuable storehouse of nutrients, and unless you suffer from irritable bowel syndrome, (which it may well exacerbate) should be a regular part of the winter diet.

Join us on our

Christmas nights!

December 3rd, 10th, 17th, 23rd & 31st
January 7
Women's Little Christmas

The Square,
Dunmanway
eat@wildgarlic.ie
023 88 55643

Open Tues-Sat otherwise,
9am - 4pm for breakfast,
brunch & lunch

Full coeliac menu available.
Outside catering available.

Wild Garlic
Coffee Shop & Restaurant
A fine taste of West Cork

Wild Garlic vouchers make the ideal Christmas gift.

SOME TRADITIONS ARE WORTH KEEPING, HAPPY CHRISTMAS.

A family of great taste

people Food, Health & Lifestyle

Fernhill joins the prestigious Ireland's Blue Book

The O'Neill family and team at Fernhill House in Clonakilty were celebrating last month after it was announced at a gala event in Glenlo Abbey in Galway that the hotel has been invited to join the prestigious Blue Book.

"We are absolutely delighted to have been asked to join the Blue Book as it represents the cream of Irish hospitality," Teresa O'Neill commented. "It has been a massive goal for us for many years to be asked, so we are over the moon!"

The Blue Book was founded by Myrtle Allen of Ballymaloe in 1974 and is a collection of Ireland's finest hotels featuring castles, estates, historic country houses and more. These are charming and stylish hideaways renowned for their food that are popular choices for romantic getaways, weddings, or a mid-week retreat.

"This is fantastic news for us



Celebrating the announcement that Fernhill was to be included in Ireland's Blue Book are the O'Neill Family, Michael, Teresa, Michael jnr and his wife Freda.

here at Fernhill," agrees Michael O'Neill jnr. "It represents a new level and we have worked very hard to improve standards to achieve this. We launched Fernhill Garden Gin, developed

hampers, acquired over 500 new pieces of art, redecorated all of the bedrooms (individually themed on an Irish plant), refurbished all of our dining rooms, created new outdoor

dining spaces, developed our walled Victorian kitchen garden and added many gorgeous new features in our gardens, acquired new chandeliers for our ballroom and did so much more. We

would like to invite everyone to come celebrate with us and see the changes for yourselves.

"The process of joining was very tough as the Blue Book is just so prestigious. You really must polish every aspect of your business and only then will you even be considered. After that there are a series of undercover inspections where everything must be perfect, especially the food as that is so vital to the Blue Book experience. It took a constant, huge effort, over a number of years so you can imagine how happy we are to hear that we will be part of the Blue Book. It will be such a massive boost for everyone here."

Michael continued by saying that, "Joining the Blue Book should really help us to grow the business even further and employ more people. The Blue Book is held in such high regard and gets so much attention that

having another member in West Cork will hopefully bring more visitors to the area which will be great as tourism is so important for our region."

Neil O'Neill finished by saying that: "We would like to thank our amazing customers and team for all of your support over the last few decades. We would not be here without you so thank you from all of us."

The invitation to join the Blue Book has capped off a very successful year at Fernhill. The Clonakilty venue was named 'Best Wedding Venue In Ireland' at the hospitality industries Oscars, the Gold Medal Awards and was ranked as the seventh best hotel in Ireland on Tripadvisor in their annual rankings.

For updates and details of competitions to celebrate see Fernhill's social media channels @fernhill.house and www.fernhillhousehotel.com.



Clonakilty Gluten Free Kitchen

mince pies won the Gold Medal for seasonal produce at this year's Free From Food Awards. A great small gift to bring when visiting this Christmas.

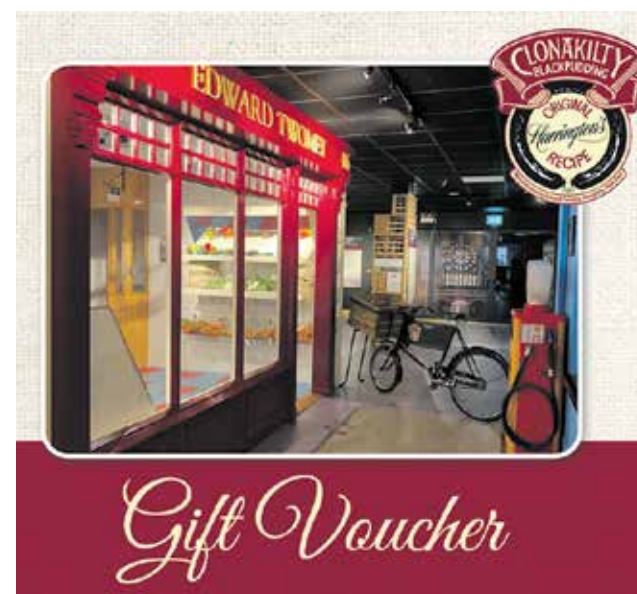


Give the gift of local produce with a Neighbourfood Voucher, available from Neighbourfood.ie, Lisavaird & Skibbereen

Enjoy premium Fernhill Garden Gin at home. Single bottles and hampers available from fernhillhouse hotel.com



Beautiful handmade stoneware wine cooler €45 available at Dunbeacon Pottery, Durrus and online dunbeaconpottery.com



Treat a loved one to a Clonakilty Blackpudding Visitor Centre Family Pass Voucher and let them discover the story behind Ireland's favourite blackpudding. Contact the visitor centre directly for your date and time of choice on 023 – 8834835.

If you are looking to treat yourself or a loved one with a special tasty treat this Christmas, then look no further. This Clonakilty hamper is filled with an array of delicious products with something for everyone. It's the ultimate full-Irish.

The Black and White Cookbook celebrates Clonakilty Blackpudding and Clonakilty Whitepudding and is packed full of delicious meal ideas. Sit back, enjoy reading and get creative this Christmas!



Exploding Tree chocolate bars are the perfect gift topper - handmade in Clonakilty from Fairtrade Ghanaian cocoa beans & organic coconut sugar and using only compostable packaging. Find their full range online at www.explodingtree.com and at small independent shops around the country.



Golden Cake Server set was €40, now €20 and HK Living coffee cups €7 at Revel, Clonakilty



Make a cook's life easier with this Morphy Richards health fryer €119.95 or Kenwood Prospero+ kitchen machine €230, both at Tom Sheehys, Clonakilty

people Food, Health & Lifestyle

Olives West Cork



SUPPORTING WEST CORK PRODUCE

Olives West Cork has been supplying a wide range of local artisan products and Mediterranean fare to our farmers market customers and fine food emporiums for over 20 years.

Satisfy your wildest foodie dreams!



Wholesale enquiries welcome.
Contact us at
087 7376682

We hope all our customers have a happy and delicious Christmas season.
– Thanks for your custom and best wishes for a happy and prosperous new year.



Christmas in Kinsale



- FESTIVE SUNDAY LUNCH
- CORPORATE FESTIVE DINING
OPTIONS FROM €39pp
- TWIXMAS BREAKS
- SPA PACKAGES & GIFT SETS
- BEAUTIFULLY PACKAGED GIFT CARDS
- LEISURE CLUB MEMBERSHIP VOUCHERS
- FESTIVE INTERNATIONAL TASTING MENU €49pp

Visit Us Here:



021 470 6000 reservations@hotelkinsale.ie www.kinsalehotelandspa.ie




For your Christmas get-togethers pick up some freshly dressed olives from **Olives West Cork**, at all West Cork markets and fine food emporiums. Their 100% Koroneiki extra virgin cold pressed, single variety olive oil (1ltr) €13 makes a thoughtful gift.



A box of 4 Boozy Truffles from **Hungry Crow** €10, available at the Hungry Crow Shop, The Pike, at Clonakilty & Skibbereen Markets and at select retail outlets.



Kikkerland Fish Corkscrew €16.50 from **Courtyard Crafts, Schull**



Set of nesting bowls €40 and porcelain cups €15 each, by Keiko Ceramics, at **The Loft, Clonakilty**



Pick up some of Danni's little goodies for yourself or someone else who deserves them! at **An Tobairín, Bandon**



For a discerning palette....the Irish Tastemakers Hamper €78 from **Organico**, online or in Bantry



Timeless favourites in any kitchen. Find the full range of Le Creuset at **Thornhill Brothers** in Skibbereen and Bantry.

people Food, Health & Lifestyle

Victory is sweet for Mizen beekeepers with all-Ireland honey award



mella's
Irish Butter Fudge

Treat that fudge-lover in your life to our **Fudge Gift Boxes!**

Mella x

The Irish Food Awards
Blas na hÉireann
Silver 2022

for our Salted Caramel Fudge!

Find stockists or shop online at **mellasfudge.com**

Baan Sujittra
THAI RESTAURANT & TAKEAWAY

OPEN THURS - SUN **CURRIES IN SHOPS**
From 5pm, takeaway You can purchase our
pre-orders from 4pm curries in local shops

SIT-DOWN DINING **GIFT VOUCHERS**
Bring your own beer/wine Give the gift of a
for a small corkage fee delicious Thai meal

30 Ashe Street Clonakilty • baansujittra.com • 023 883 4604

YERMANOS
TAQUERIA

EST. 2022

TACOS **SALSA**

SERVING FRESH TACOS
-WEST CORK-

WE DO WEDDINGS
AND ALL OTHER EVENTS!

YERMANOS.WESTCORK@GMAIL.COM

As the all-Ireland winning association of the year 2022, Fastnet Area Beekeepers Association (FABKA) has put the Mizen Peninsula on the map again. Beekeeper **Michael Love** reflects on the bee hives of old scattered throughout West Cork, sadly a fading memory; and the work that FABKA are doing to ensure they return and ensure a future for these precious pollinators.

We all look forward to the stepping stone out of winter into spring when we see the signs of fresh new life from the earth. A prevailing memory of the spring time of year for me is the country bus drifting out past the Cork City limits and shaking its way to Goleen with the sounds of day old chicks, ducks and other creatures twittering in the boxes overhead. The bus was the country peoples' courier for the South West Fastnet area.

The gorse and the dandelion never failed to brighten up the otherwise darker looking landscape through the hills and valleys that make up the topography of this coastal terrain.

Passing through the country towns and villages en-route to the Mizen Head Peninsula you see a few places starting to clear away some of the winter drab and the new signs for spring and coming events and planned activities being posted along the way home.

Clonakilty is the town where, in times past, lots of travellers would stop and look around to find a tea shop and maybe visit a shop or two for any bargains before making the next staging post 'so to speak'.

We were always on the look out in February for preparation for early planting and maybe spot a few bee hives scattered here and there in gardens and fields along our journey, as many country people kept bees. Unfortunately these days, that scene is a memory. 'Progression and development' pushed many a household to the limits along the way and necessitated regrettable changes in work and agricultural practices in many cases. It certainly did not help our bees.

Thankfully we still have bees and other pollinators to do the work that ensures our crops and fruits of the earth remain and proliferate; we just need to be mindful of their value.

Our Association, Fastnet Area Beekeepers Association is based west of Skibbereen (the next staging post) on our way home and from here north over the hills through Drimoleague, Dunmanway, Bantry and Durrus and on to the Mizen Head where we and most of our members are located on the beautiful South West peninsula jutting south and west into the ocean that

surrounds us.

The motivation to start FABKA was grounded in the fact that we were so far away from CCBKA in Cork City, which is a four-hour round trip; it was usually midnight before we returned home. We subsequently inaugurated our new association in 2020 and held our meeting in the local Teagasc Office. Paul O'Brien president, Gus McCoy now FIBKA secretary and Eleanor Attridge lecturer and honey judge, all gave us tremendous support with their time and advice as to how we should move off the 'blocks', for which we remain eternally grateful.

We prepared for our first intake of beginners and 22 students applied. All was moving along beautifully until Covid struck. Only half way through the syllabus, we hoped that the restrictions would lift quickly and we would get on with our training sessions. We know now that this awful pandemic has altered our every day things so very much.

However, we got going again, this time online. Who would ever have imagined beekeeping would be an online subject for budding beekeepers and veterans alike!

We are now going into our fourth season with more confidence than when we set out in October, 2019. We are optimistic that we will continue to prosper and support beekeeping and beekeepers alike for a long time to come.

In the future we envisage that the new Federation beekeeping training methods being adopted

now will produce a neat crop of competent local beekeepers who will mentor the beginners of tomorrow and ensure that this wonderful beekeeping craft will be passed down to the next generation of beekeepers with the enthusiasm that all good hobbyists bring to the fore. All efforts are totally voluntary and this really adds to the cohesiveness of our group.

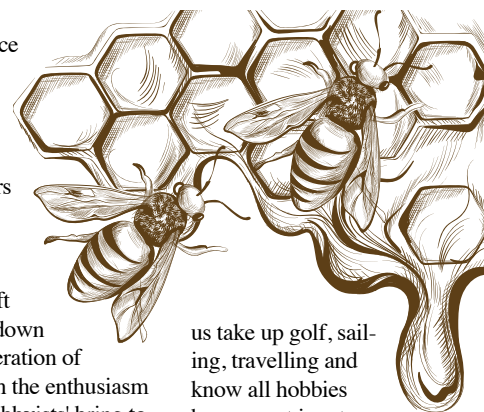
FABKA has a wonderful opportunity to foster the idea of creating a voluntary Native Black Bee *Apis Mellifera Mellifera* conservation area in our local Mizen peninsula, but it's early days yet because we have to have a robust Queen-rearing group in place to achieve such an aspiration. From little acorns and so on!

Fostering enthusiasm for nature, we must at all times care for the future success of our planet and ourselves to keep reaping the wonderful rewards mother earth can provide, including the golden prize of honey.

Winter into Spring is a time of quiet but critical months for the care of honeybees. Historically this is about the time of year when we start thinking of checking our stock and beekeeping stuff, The bees will be clustering for the rigours of winter and using up their stored harvest to take them through to spring when they start stirring to avail of the better weather that signals the new season ahead.

We all hope the bees will prevail and with all our continued help and husbandry we remain optimistic because the word is out there now and many more people are thankfully making a meaningful effort to help all the pollinators in differing ways. Long may it last.

Beekeeping is a truly wonderful hobby for all ages and it's never too late to start. Some of



us take up golf, sailing, travelling and know all hobbies have a cost input.

Beekeeping requires some investment of time and money and maintenance to learn how to nurture these wonderful little creatures and is a very fulfilling hobby.

Our bees are truly blessed in the South West because intensive farming is curtailed by nature's furniture, where machinery cannot go, which thankfully gives way to an abundance of wild bramble (briars) and the endemic gorse, fuchsia, dandelion and so much flora that our bees forage on.

It is no wonder that one of our neighbours, the late Diarmuid Griffin, won the world champion prize for his honey at the London Honey Show many years ago in 1983.

We beekeepers can all take a leaf out of Diarmuid's book and set our sights on the same prize.

One of our FABKA members won the all-Ireland cup for best run honey in show this 2022 season and was truly delighted to find out that the cup has Diarmuid's name on it. Plus one of our students won the novice first prize and cup.

If you would like to take up a new and rewarding hobby or would like to gift someone the opportunity to become a beekeeper, go to fastnetareabeekeepersassociation.net.

The web application portal opens in December and the six-week online course is followed by hands-on training through the season, plus regular lectures during the year.



The Fastnet Area Beekeepers being presented with the trophy for best Federation Association in Ireland 2022. (l-r) Mary Downey, Paul O'Brien, CEO of the Federation of Irish Beekeepers's Associations, Michael Love, Mairead Love, Felicity Calanan, Mark Newenham and Armanda O'Donovan.

Low carb and diabetic-friendly baking



HEALTH

Hannah Dare
Organico Bantry

I'm enjoying a day off at home today, and one of the things I'm doing is making some bread. But I'm not making ordinary bread – I'm making a super-seedy low carb loaf that is tasty and nourishing, and best of all, easy to make!

I love bread, toast, and actually most baked treats – but I know that my body needs less carbs, and less sugar. It's not just about weight, it's also about energy and sleep – I sleep better and have more sustained energy when I eat more protein and less carbs. I also know that blood-sugar imbalance – which can easily lead to Metabolic Syndrome if not taken care of – can in turn lead to chronic diseases such as cancer, diabetes-type 2, heart disease, dementia and many other serious longterm conditions. So making dietary changes to balance my blood sugar makes a lot of sense.

However, I know I'm in a

fortunate position – eating low carb isn't life or death for me. Whereas for many people, it's essential for their health. If you are diabetic, or suffer from epilepsy, or are coeliac; reducing carbs or avoiding gluten can be a matter of survival. But it's not always easy in a country obsessed with bread and pasta.

Thankfully, we recently met Timea from The Best Free From – a small company based in Castlereagh in Roscommon making the BEST low carb baking mixes you will ever taste. We stock all eight of her mixes in Organico – she has a carrot cake mix, a brownie mix, a versatile sweet mix and many different savoury mixes, including the super-seedy bread, which I'm making right now. They are all easy to make at home, even for pretty basic bakers like me. And they suit people who have diabetes, coeliac disease, are gluten and dairy intolerant, and anyone who wants to eat a low carb, keto or low sugar diet. That's a pretty impressive claim – and it might leave you wondering what is actually in the mixes!

Timea started her business out of necessity. Her own health had deteriorated and she found going off sugar and carbs completely was the only way to become fit and healthy again. And then through sharing her baking experiments with friends and family she found many others who also needed to make dietary changes but didn't find it easy, and so she researched and tested and eventually came up with a range of high quality, easy-to-follow mixes that ev-

eryone loves, not just the people who need them.

What we love about Timea's mixes is that she never compromises on the quality of her ingredients. She uses whole foods and healthy fibres and sugar alternatives, not the cheaper over-processed de-glutenised wheat that many companies use. The Seedy Bread mix I love is made from almond flour, sunflower seeds, oat fibre, chia seeds, flax seeds, and psyllium husk powder as well as baking powder and salt – all good, healthy ingredients.

In general (unless we have a very active physical life or a very healthy diet) we get too much sugar and carbohydrates in our diet in Ireland, so reducing our intake of both can be a very positive move. For many people with specific health concerns, such as a reduction can be life changing. For example, Keto and Low Carb programmes, which focus on burning fat and protein rather than carbohydrates for energy, can have amazing health outcomes for many people.

The issue with carbohydrates is simply that they are not nutrient dense. They fill us up, and feel good to eat, but they don't contain enough vitamins and minerals, healthy fats or other micronutrients to keep us healthy or sustained. So we eat more and more. This can often lead to a situation where we are overfed but under-nourished, which can lead to metabolic syndrome and diabetes, excess weight and other health long-term problems.

Reducing carbs and increasing nutrient dense foods makes a lot of sense, but it can be so hard to do. Bread is so convenient! An easy way to do this is by having low carb breads to hand – which is where Timea's mixes come into their own.

If this subject interests you and you want to try making your own Low Carb breads and cakes, pop in and have a look at the range. We think it's really

impressive, and the feedback from our customers is really good so far – the instructions are easy to follow, and the results are tasty and healthy.

In other news...

On Thursday, December 8, we have 10pc off Instore (for our online customers it's on December 1). Our last guaranteed shipping day for online orders before Christmas is December 14.

Organico Shop Deli & Bakery is open from 9am-6.30pm, Monday - Saturday, on Glengarriff Road in Bantry. Call 027 51391; email info@organico.ie and buy online on www.organico.ie.

Send someone you love a...

TASTING WEST CORK HAMPER

AND SCAN HERE TO SEE OUR WHOLE RANGE OF FABULOUS HAMPERS ONLINE

www.organico.ie | 027 51391

EXPLODING TREE
Bean-to-bar chocolate makers, Clonakilty

WISHING YOU & YOURS A JOYFULLY ETHICAL CHRISTMAS

explodingtree.com



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

Coffee shop with a selection of fresh snacks, sandwiches, cakes & breads from Sharon's View Bakery.
Celebration Cakes available.

Monday 9am - 4pm
Tuesday to Saturday 9am - 5pm
DOGS welcome in our courtyard!

it's beginning to look a lot like Christmas

Order your Christmas baking now ...including our famous mince pies!
Laura: 086 4071506 | Sharon: 086 8537685

OUR BAKERY IS RUN ON GREEN ENERGY! Follow us on

people Food, Health & Lifestyle

Irish donors empower Africa to make change

With less developed countries around the world feeling the effects of climate change, conflict and rising food prices – Somalia is suffering from its worst drought in a century – organisations like World Vision are focused not only on providing emergency support to countries but developing sustainable solutions to challenging issues and empowering communities to make change.

World Vision is the world's largest child-focused humanitarian and development organisation. Clodagh

McLoughlin from Dunbeacon works remotely from her home in West Cork as Programme Manager of Development Programmes for World Vision

Ireland and has recently returned from trips to Tanzania and Uganda to see some of the organisation's longterm projects on the ground. Clodagh grew up on a farm and is currently completing her Green Cert so she is very interested in agriculture and innovative growing methods and the positive impact that sustainable agriculture projects can have on people's health.

Clodagh is in charge of the AIM Health Plus, a programme that is aimed at tackling maternal and infant health challenges and has seen an inspiring improvement in birth outcomes with a drop in the numbers of women and infants dying during childbirth.

AIM Health has been running in Mundemu, Tanzania for the past 10 years. It has now reached a point of viability and sustainability and has been taken over by the local community, who are operating it independently. Funded by Irish Aid, the programme is being implemented in four countries in Africa: Mauritania, Sierra Leone, Tanzania and Uganda.

"One lady we met on the trip to Tanzania shared how much the programme has meant to her," says Clodagh. "She told us how one of her twins had died after birth and the other was

very malnourished. She was able to access support from the health facility to treat her malnourished child, who is doing very well now."

The project has improved medical care in terms of capacity building to staff, infrastructure and equipment.

"The programme has really made a difference; there has been an increase in use of community health services, a much greater number of women accessing health facilities to deliver their babies, improvements in child nutrition, mothers exclusively breastfeeding and there is also a greater engagement of the male partner in the pregnancy process," says Clodagh.

AIM Health Plus is delivered largely through Community Health Workers (CHWs). Interventions for covering the first 1,000 days of life are promoted to mothers and their supporters through home visits.

The programme also employs World Vision's Citizen Voice and Action (CVA) model, an approach to community level advocacy that aims to increase dialogue between ordinary citizens and the people who provide services to the public. This has been successful in securing more health workers at health facilities, more health facilities



Clodagh McLoughlin from Dunbeacon works remotely from her home in West Cork as Programme Manager of Development Programmes for World Vision Ireland and has recently returned from trips to Tanzania and Uganda to see some of the organisation's longterm projects on the ground.

and improvements to services/equipment and stocks.

At Mpendo Dispensary, which serves four villages, the doctor-in-charge, Hassan, has been working closely with the CHWs and AIM Health Plus to try to increase the numbers of deliveries in the facility. Hassan went on visits with the CHWs to each sub-village to speak with women to understand their needs and encourage them to

access services. Through working together, the dispensary is now seeing over 400 deliveries a year. When he started, the delivery target was 312 deliveries per year but the facility was only reaching 182. They are now ranked as number one in the district.

Clodagh and her colleague visited a number of other health facilities in the region support-

Continued on next page...

Christopher Minhall
BSc Hons Osteopathic Medicine, BSc Hons Biology
CRANIAL OSTEOPATH

Wishing all my clients a happy & healthy Christmas & New Year

P: 086 886 1007 Bantry and Skibbereen
www.westcorkosteopathy.com



Amanda Roe

Trauma therapist
& Mind coach

Reducing Christmas stress

The holiday decorations and music insist that, 'it's the season to be jolly' but the reality of balancing work, home and finances at Christmas time can be stressful and affect your energy levels and mood.

The emphasis is for families to come together, so for those who are bereaved, without family or whose loved ones cannot make it home, it can be a sad and lonely time. For others,

family grievances can add to the stress and frustrations.

Acknowledge your own feelings, especially if someone close to you has recently died. It is normal to feel sadness and grief and it's ok to cry. It is not necessary to pretend to be happy just because it's the holiday season.

Normal levels of stress are motivational but it is necessary to keep an eye on your mood

and emotional stress levels to prevent them becoming overwhelming, as high levels of stress can lead to anxiety, depression and stress-related illness.

To manage stress, it is important to be realistic with your time and what you know you can achieve. It is important to ask for help when you need it and ok to tell others when you have over-committed and need to step back for a while.

Make a list of all your commitments over the holiday period and the budget you have to work with. You could suggest only buying gifts for the children, or for adults to exchange homemade gifts, or do Secret Santa where only one name is chosen from a hat and a limit on the price of the gift agreed.

Large family dinners can be time-consuming and expensive for the host. If you decide on your menu early, you can start to buy long-life food items at the beginning of December to spread the costs through the month. Or suggest that everyone contributes, make a list and ask relatives to bring one of the following...a starter, vegetable

dish, main, dessert or beverage. Have a to-do list and ask your children or guests to pick something that they are happy to help out with. Many hands make light work and can make the occasion more enjoyable for everyone. Whenever possible continue with healthy eating habits, as over-indulgence only adds to the stress and guilt afterwards.

If you know someone who lives alone, inviting them to join you for a meal or taking time to visit can mean a lot to them. Social media can help us to stay connected with family abroad by sending pictures or scheduling a live chat that works with everyone's time zone.

Calling a truce or putting aside your differences with a family member can reduce your stress levels: As Buddha said, "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else...you are the one who gets burned."

Prioritise time for yourself to recharge your batteries especially if you are caring for loved ones. This valuable time will help you to relax, re-energise

and reduce stress.

Try these suggestions: Take a walk out in the fresh air daily, go to bed early, read a book, listen to some soothing music. Deep abdominal breathing is a free, quick, and easy way to reduce your stress levels. Sit comfortably and place both hands on your belly, breathe gently in and out through your nose, and notice how your breath moves down from your chest to your belly. Five to 10 minutes of belly breathing daily can reenergise you and makes real physiological changes in your body to reduce stress.

Wishing you a Merry Christmas and may the new year bring joy, peace and happiness to you.

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 mind/body illness. For more information or to book a session visit www.roehealth.ie or call/text Amanda on: 087 633 1898.

When YOU feel good everything is possible!



I can help you with
Anxiety/Stress, Depression
Fear, Phobias, Trauma & PTSD
Psychosomatic (mind/body) illness
Weight loss & Eating issues
Inner Child Healing
Womens Health & Hormone Balancing

Call/text Amanda Roe: 087 633 1898
www.roehealth.ie Email: amanda@roehealth.ie

ROEHEALTH+ HYPNOTHERAPY & ACUPUNCTURE

people Food, Health & Lifestyle

World Vision ... cont'd from previous page

ed by the AIM Health Plus programme.

They also visited the home of Mzee Amon Tulus and his wife Monica, who have been implementing many of the elements of the AIM Health Plus local partner CESuDE's Kaya Bora (holistic household) approach. They have a five-acre farm with crops like maize, millet, ground nuts, cassava and sunflowers as well as cattle and goats. They also grow banana, mangoes, lemons and papayas.

Prior to training by CESuDE and government agricultural extension workers, they used to think their land was not productive. Now they grow crops and trees. What they do grow, they are doing in a more productive manner than before. Their income is no longer sporadic, and they no longer go into town to buy fruit.

They are even growing types of fruit they thought were only possible to grow in areas like Kilimanjaro. They no longer face any issues of hunger and have begun expanding their house. Neighbours and community members now come to learn from them and some have begun applying similar approaches.

The Nguji CVA working group has made much progress since Clodagh's last visit in 2018. "When I was here last, their action plan was to build a health facility in their area and they had collected a pile of bricks," she shares. "This year, the facility was nearly built. It amazing to see that progression."

Other projects showing the positive outcome of longterm initiatives supported included a bee-keeping project run by an enthusiastic and skilled group who are training individuals in the community to set up their own hives; a community savings scheme, where people living in financially challenged circumstances come together to share their carefully gathered resources and support others in the community to take out loans for personal needs or small enterprises; a group of women running a piggery. One of the women, Judith Mulugu, encapsulates the success of the enterprise, which is committed to building and bringing new members on board. Judith is a widow and mother of five. Through her pig-breeding business she has managed to

support her children and make improvements to her home and living circumstances, including the installation of a solar panel, which provides her with light.

The region is hot and dry, and the worsening impacts of climate change over recent years means that projects like those supported by World Vision around conservation growing are vital.

"Our indicators are showing that for many households in Tanzania and other East African countries, food security is becoming more challenging due to the effects of climate change," says Clodagh.

Agriculture is a vital source of sustenance and money, and with supported learning around innovative growing methods, individual farmers, families and communities have been producing nutritious fresh fruit, vegetables and grains.

Regular donors in Ireland contribute to particular children via World Vision's child sponsorship programme, with donations and direct correspondence, in what has become a focus-point of World Vision's work. It provides funding that is carefully invested in supporting

the child, their family and the wider community.

While World Vision is providing life-saving emergency relief in places like East Africa, where its teams in Somalia, Ethiopia and Kenya are assisting people on the brink of starvation, the work in places like Tanzania is also hugely important.

"It's essential that we continue this work, in parallel with the emergency aid we provide. It's about giving hope and continuing with our focus on helping children, along with their families and communities, to build long-term infrastructure, skills and experience that will see sustainable solutions to the

many challenges faced in some of the world's most difficult places...solutions made possible with support from you, the general public, and other funding sources, including, importantly, Irish Aid."

Go to www.worldvision.ie to donate or sponsor a child.





CHRISTMAS SPECIALS

BOOZY TRUFFLE BOXES

(featuring Velvet Cap Whisky, Blacks Kinsale IPA, Kinsale Mead & Champagne)

Box of 4	€10
Box of 12	€27.50
Box of 18	€37.50
Box of 24	€50

Whisky Soaked Christmas Cakes €15
(Limited – order early)

Lemon Marzie Gift Bags €7.50

Apricot Nut Honey Squares
Sold by weight

Available at the Hungry Crow Shop, The Pike, at Clonakilty & Skibbereen Markets and at select retail outlets.

www.hungrycrow.ie 

HAVE A MERRY XMAS & A PEACEFUL 2023 from Niamh & Mark



OUR VOUCHERS
MAKE A
GREAT GIFT!

**MAKE A BOOKING
NOW ONLINE
OR BY PHONE**

023 884 6348
www.monkslane.ie

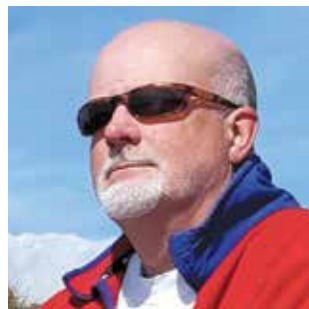
Music every weekend in December

Happy Christmas from everybody at Monk's Lane





people Food, Health & Lifestyle



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

For those thinking of taking a DNA test or providing a gift for Christmas, special offers on testing kits have been available in October and November.

My West Cork DNA Projects (Part 5)

A potted history of the West Cork MENNIS Family

As described in the family tree in the 1933 letter introduced in last month's introductory article, the West Cork family descend from a retired Presbyterian soldier John MENNIS who married a Miss Galloway around the turn of the C18th and who settled in West Cork. Their son John MENNIS (c1725) married a Katherine O'DONOVAN and in turn their son James MENNIS (c1750) married Hanora O'DONOVAN, the daughter of Andrew O'DONOVAN and Mollie O'HEA which is where the story in West Cork really starts. James and Hanora are my wife's 4x great grandparents.

Mary O'MAHONEY who married James and Hanora's son Michael is reported in the letter to be the daughter of Denis O'MAHONEY and Nancy WHITE. Nancy is given as the daughter of William WHITE and Elizabeth KINGSTON, the daughter of William KINGSTON and Ann ARUNDEL. The Arundels were noted castle builders in the area around Clonakilty. Members of the US family report to have family heirlooms from this ancient time, which includes an initialised silver spoon belonging to William KINGSTON and a silk shawl handed down from Elizabeth KINGSTON, his wife.



The chimney in the centre of Reenascreena that was part of the flax mill owned by John MENNIS.

The MENNIS family were involved in the fibres industry from the growing, through processing, weaving of cloth and the making of clothes. Pic: Mark Grace

DNA matching has been instrumental in tying together branches of the West Cork family not mentioned in the 1933 letter. Four children of James MENNIS and Hanora DONOVAN have been connected by DNA. Fourteen shared DNA data sets have been fundamental in establishing this relationship with four of their children providing DNA vectors to descendants worldwide. There are twice as many relationships indicated in online family trees and databases where DNA data has not been shared. The four children are Mary MENNIS (c1780-1870) who married James HICKEY and emigrated to Canada, as mentioned in the last article; James MENNIS (c1783-1868) who married Catherine DALY (c1790), my wife's 3x great grandparents; Michael MENNIS (c1797-1891) who married Mary MAHONEY; and Margaret 'Peggy' MENNIS (c1800) who married John HAYES or HEAS. There may be other children in pre-recorded history.

The 1826 Applotment Book index for Moreagh near Dunmanway has entries for a James MINNER and James MORRIS (both of whom are James MENNIS mistranscribed). The 1826 records around the townlands of Reenascreena, the later area of residence, had no MENNIS families then. All baptisms of children prior to Moreagh were from 'Two Neeves' (suggested by local historians to be the townland near Kilmichael), the last being in 1826. Margaret MENNIS, who married in 1827, was recorded as being from Moreagh.

Michael MENNIS

The following synopsis is for the family headed by Michael MENNIS (c1797-1891) of Moreagh and Mary (Margaret) MAHONEY (c1801-64) who married in 1825 Kilbrittain. Their children, particularly daughters, are matriarchs of many well-known families in West Cork.

Surviving children include James MENNIS (1827-96) who farmed at 'Saroo' (Sarue), Reenascreena and 'Saugmore' (Snugmore in Garraha townland, Kinsale) and who appears to have married four times respectively to Catherine DONOVAN of Ardfield and Rathbarry in 1851, Ellen DONOVAN at Ballinspittle near Kinsale in 1862, Mary 'Minnie' MAHONEY of 'Saroo' in 1885 at Rossmore Chapel and Margaret COLEMAN in 1888 Kinsale.

Mary MENNIS (1829) married Richard 'Rick' DONOVAN (1825-78) of Derrinasafagh, Dunmanway. Denis MENNIS (1830-82) a farmer of Moreagh married Ellen CROWLEY in 1857 and the farm at Edencurra eventually passed into the hands of the DONOVAN family. The family of the 1933 letter, James MENNIS (1862) was the part of the family that settled in the Bronx, New York.

Ellen 'Nelly' MENNIS (1833) married Daniel DONOVAN and lived in Gurt-nadihy townland near Leap and had three children baptised between 1855 and 1860. Descendant families include our neighbours, the SCULLY family of Ardfield (Dunowen Farm and Clonakilty Distillery).

Honora MENNIS (1835-95) married Michael DINEEN in 1863 Dunmanway. Hanora is



John MENNIS (1846-1900), Shopkeeper of Strand Road, Clonakilty

matriarch to the O'DONOVAN and BARRATT families of Dunmore House Hotel and Scannell's Pub as well as part of the LOWNEY family in Clonakilty. Her children also include ancestors of local Clonakilty businesses such as SHEEHYs and the original founders of Clona Dairies.

John MENNIS

John MENNIS (c1814), the brother of Michael, married Ellen HENNESSY. Their children included James MENNIS (1819-95), farmer at Lisbealad and 'Saroo' (Reenascreena). Honoria Teresa MENNIS (1826-1896) married Henry George ALLEN in 1864 in Boston, USA. Honoria arrived in Boston from Liverpool in 1850 onboard the 'Josephine', not travelling with obvious family members. Ellen MENNIS (c1827-96) married Michael WALSH in 1854 Dunmanway. The couple had seven children and lived in Hollybrook, north of Skibberreen.

James MENNIS

The family of James MENNIS and Catherine DALY are my wife's 3x great grandparents. James is the older brother. His age on death suggests a birth

year of 1783 (about 14 years Michael's senior). Their son, John MENNIS (c1814-1902) married Catherine 'Kate' COLLINS in 1838 Leap (c1815-1864) and are my wife's proven 2x great grandparents. Children to John and Kate born in Reenascreena South include seven daughters who are the source of the family tale of 'seven daughters marrying seven whiskery men'. Six of these were as 'made marriages' to local farmers, which included Ellen, my wife's great grandmother, who married into the O'NEILL family of Reenroe, Kilgarraffe, Clonakilty.

One of John and Kate's sons John MENNIS (1846-1900) married Catherine 'Kate' SHEEHY (1855-1910). The couple ran a shop in Strand Road, Clonakilty which later became known as Nugent's when their daughter Margaret 'Maggie' MENNIS (1889), who was running the shop, married George NUGENT in 1923.

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

PERROTTS
HOME LIVING INTERIORS

Luxury Christmas gifts & decorations
from Clonakilty's finest interiors store.

Gift Vouchers Available

- cushions
- tealight holders
- blown glass candles
- lacquered serving trays
- & much more...

Clogheen Industrial Park, Clonakilty. P85 W303
T: 023 8850855 M: 086 2420602
E: homelivinginteriorsclonakilty@gmail.com
Open Tue-Fri 9.30 - 6pm. Sat 10 - 5pm. Closed for lunch.
www.perrotts.ie. HAPPY CHRISTMAS TO ONE & ALL!



IMAGE

Louise O'Dwyer
Image Consultant

How is it almost Christmas again already? I genuinely feel that this year, someone put extra-strength Duracell batteries into the 'Time' machine because it is whizzing by. One thing for sure, I'm not going to get into that manic Christmas stress and pressure. I adore this time of year. Christmas looks good, smells good and feels fantastic. There will be an empty seat at our table; my daughter won't be coming home for Christmas for the first time in her life. Oh but please don't feel sorry for her, she will be experiencing everything that California has to offer for Christmas, minus me pulling her out of bed early on Christmas morning. We will all really feel her absence, especially the way she instigates all of the Christmas games and, to be completely honest, she makes a mean Jameson, 7Up and lime cocktail with blueberries. It's such a huge transition when your kids grow and no longer wake you at an unearthly hour to open their presents on Christmas morning. I've been paying it back for the last few years by waking my three up early. The response is always wonderful – lying through my teeth here. They do get up but conversation is normally minimal until massive tankards of coffee have been guzzled down. Oftentimes the lads can't remember where they have hidden their presents for us so there is lots of running up and down the stairs, last minute wrapping, doors banging and 'oh sorry, that wasn't meant for you' after you open something. I wouldn't change any of this, not for a second. I feel truly blessed and there is no greater gift in life than to see your children happy and healthy and following their dreams.

So what is happening in the world of Christmas style? It's very simple, anything that sparkles or twinkles – wear it. Get those WOW pieces out of your wardrobe... If there is a sequin or gold thread in it, it's a seasonal winner. These pieces do not need to be expensive, cheap and cheerful gets a free pass

Put the sparkle in your Christmas

here so no pressure allowed. A plain black dress can be instantly turned into a Christmas party dress by adding a sparkly belt or glitter heels. The black tights and gold sandals combo is a bit like marmite but I'm definitely a fan. It does look really chic if you have the confidence to wear them together. Quite a few of you have been asking what kind of footwear you should wear with wide leg trousers. A pointed sock boot or a block heel boot are a great addition to a wide leg trouser; make sure that the trousers are literally grazing the floor, to visually lengthen the legs. An almond shaped toe or pointed toe on a boot or sling-back shoe will also add even more length to your look, especially if they are the same colour as your trousers! Platform trainers are a cool alternative day wear look with the same wide trousers that can carry you from day into partying the night away. They are a great way of dressing down smart trousers.

In early November, Marks and Spencers introduced a red narrow trouser and red jacket for sale as 'separates' but together they created the most gorgeous and flattering red suit. Not for the fainthearted and it certainly didn't break the bank... needless to say I couldn't resist it. The trousers come in four lengths, so depending on how much or little of your ankle you want to show off, your perfect length will be there. The trousers have an elasticated waist and are so comfy. The red blazer will carry you through the entire year, dress it down with jeans or leggings or 'sex it up' with a slinky little dress underneath. The trousers too will also carry you right through every season, providing a splash of colour to lift your spirits, even on the darkest of days.

Velvet is luxurious and comfortable, what a wonderful combination! Most of you are afraid to wear it even if you love the look. I love it, this glorious material can be dressed up (obviously) but you can also dress it down for everyday wear. I got married in New York at Christmastime and wore a velvet dress, a dress that I would still wear today. Yesterday I wore a lilac velvet jacket with jeans while going shopping. It's all about getting more comfortable, dressing down clothes that can be perceived as 'more formal'. Let that be your motto when you go shopping. If you are buying something formal for an event over the holidays, ask yourself 'How can I dress this down?' Every single item that we buy now needs to be used and reused multiple times. It is no longer acceptable to leave clothes hanging in your wardrobe for months or

years on end! The ultra relaxed look is to add sneakers to any outfit and it instantly pulls it back to daywear.

So what kind of gifts do you buy for someone when we all have everything? What about a weighted eye pillow/mask. These eye masks are incredible – I have a faux fur one. They help to destress and ease tension around the eyes and forehead and have a weighted-bead insert infused with lavender that you can toss in the microwave or freezer for different thermo-therapy benefits. A good quality thermo-therapy weighted mask costs about €50.

Do you have a Fashionista on your Christmas list? I know it might sound bizarre that I would recommend a really good pair of oversized sunglasses but they are something that we all need and use all of the time. This season, the bigger the better, and the more glamorous. A super gift if the person doesn't need a prescription in them.

Whether they love to travel or perhaps you need to buy a student a gift, a leather backpack is the ultimate 'in' and sophisticated practical pressie this year that anyone and everyone will love to carry on their back.

Skip gifting traditional jewellery pieces and opt for an anklet instead. I'm not suggesting that you spend €150 on a Missoma anklet, spotted on a lot of A-list celebrities, but there are lots of price options out there and whoever



receives one will never want to take it off.

You might think it a tad strange that I am recommending a salt lamp as a stylist Christmas gift but think they are wonderful; they're calming and provide a lovely glow instead of the harsh light from a lamp. They definitely purify the air, lift your mood, enhance your sleep and improve breathing conditions.

Don't forget to treat yourself – even if money is dreadfully tight, find a way. I have a gift for you and it comes at minimal cost. I have come across so many women who lost a dramatic amount of hair after having Covid. For some, it actually fell out in clumps. I couldn't believe it myself; a month after being sick, every time I washed my hair, so much fell out. A good friend gave me a really old tip that works so very well. I was researching extensions to add thickness (in case it continued to



fall out in dramatic levels) and looking for recommendations from hairstylists. These were not cheap options, so I was sitting on the fence and then my friend suggested that I try a rosemary rinse, as I had a rosemary plant in my garden. Years ago, women would make tea out of a rosemary plant, drink some of it and let the rest cool to be used as a rinse after washing hair. It is supposed to boost hair growth by inhibiting hormonal changes that can lead to hair loss, improving circulation to the follicles, acting as an antioxidant and decreasing inflammation on the scalp. I decided to give it a go. After using it a second time, I could feel the difference in the texture of my hair and now, six weeks later, I have loads of new hair growth. I have been making a conscious effort to drink fresh rosemary tea at least every other day, so that I am getting the benefits inside and out. I cannot

recommend this enough and I make enough rinse to last two weeks so I always have some in supply. This is my Christmas gift to you.

Have yourselves a wonderful Christmas and if you are feeling bad inside, find someone who is struggling and help them, it will lift both of you. Make some time to spend with others. Hug everyone and hold each other for the longest time. If you lost someone close during the year,

be still and know that they are still with you. To my friends, you are the treasures in life that I hold so dear to me and, to my family, here's to loads of games and laughing and PJ days and lots of precious time together or on video calls to San Diego. I know that there will be tears but there will be so much love and that transcends even the greatest distance.

"The best Christmas gift is to realise what you already have."

PEBBLES
DESIGNS

SCHULL | WEST CORK



Open Wed to Sat in Winter. Call 028 28165

SUSU
7 Ashe Street,
Clonakilty
023 8835049



Get inspired with our range of Christmas gifts such as jewellery & beautiful super soft scarves.
We've got your present list sorted.

people Food, Health & Lifestyle


Twomey Jewellers
excellence since 1976

With homeware, watches, jewellery and much more to choose from, you will find a present for all your family and friends – male or female, young or not so young. Boxed, wrapped, labeled and ready for under the tree.

4 Market Square, Dunmanway (023) 884 5366  
TwomeyJewellers.ie



Wide range of knitwear.

Knitwell Wools
The shop that hand knitters dream of!

34 Ashe St, Clonakilty
023 8836982 / 086 8249876
& Marino St, Bantry 027 52640



A WEST CORK LIFE

Tina Pisco

And just like that it's the last month of the year. After such a great summer and a lovely autumn, I almost forgot that the dark days were on the way – until I looked up at 4:30pm and noticed that it was pitch black outside. Let's face it, it should come as no surprise to feel the cold, or to hear the rain hammering, and the wind howling. As someone commented in the pub last night: "Winter's not coming, mate. It's arrived."

This year I'm ready for it. A

Easing into Christmas

great summer of building up my vitamin D reserves, topped up with some serious sunshine abroad in June and October has me winter fit. Let the layers of fleece encase my body, let the fire blaze in the stove and may the leak in my bedroom ceiling remain manageable. I'll make it through the darkness just fine. It's less than a month to the solstice, and after that the days start (very slowly but surely) to get longer. Before we know it the green shoots of the daffs will be pushing through the dead leaves on the drive. In the meantime, it's hibernation mode when you shouldn't do much apart from seeking out warmth, good food and good company. And then, of course, there's Christmas.

I'm not one to rush into Christmas. I think it should be illegal to even mention the subject until well after Halloween. In addition, we celebrate Thanksgiving (which falls on the fourth Thursday of

November) so no jingle bells when there's still leftover turkey from Thanksgiving dinner. I do understand the need for retailers to get their Christmas groove on early, but I try and avoid the whole kit-and-caboodle of tinsel and carols until around the first week of December. I spend most of November shielding my eyes and covering my ears, as my local shops start looking more and more like Santa's grotto. Only once the month is over will I let myself even consider buying a panettone or thinking about presents. In Belgium and the Netherlands St Nicholas brings the presents on the night of December 5, kicking off the festive season. In West Cork, December 8, also known locally as 10 per cent day, was the traditional day for turning on the Christmas lights and starting in on the Christmas cheer. Proper order. The first week of December is a sensible date to set the whole thing in motion. The trick is

not to jump in too fast. Easy does it, building momentum up until December 24 when the 12 days of Christmas take off at full throttle. After two years of Christmas lockdowns, I am really looking forward to the first truly festive season in what feels like a very long time.

Christmas is about community: family and friends, school and church, pubs and house parties. It's a time to mingle, to have the chats, raise a glass, and sing a song. To hug people that you haven't seen in yonks. All things that have been cruelly missing from Christmas for far too long. This year we can finally celebrate together again.

So put on the flashing jumpers and Santa hats, throw on the tacky tinsel and blast those cheesy carols on a loop. Eat, drink and be merry, for tis the season to be jolly. This year I'm going to enjoy every bit of it.

Wishing you all a very happy Christmas and a peaceful New Year.

OUT & ABOUT IN WEST CORK



Ci Ci BOUTIQUE
Sparkling style whatever the season

OCCASION WEAR
SMART CASUAL WEAR
FASCINATORS
EVENING BAGS
JEWELLERY
Lots of lovely gift ideas!

Pearse St, Clonakilty
023 8858527
shop from anywhere:
dressesonline.ie



State Solicitor Malachy Bowhig (centre) with his family : brother Bill, sisters Catherine and Orla, daughter Sarah, brother in law Michael and legal, Garda, Prison Services colleagues on his retirement at Cork Courthouse, Angelsea Street. Pic Michael Mac Sweeney/Provision



Dancers Michaela O'Connell, Dunderrow and Pat O'Regan, Belgooly pictured at Kinsale's Strictly event for the Friary Renovation Fund in Actons Hotel. Picture. John Allen

The elusive 'Griffin Girl' of myth and legend

In a true tale of two families with a tinge of Christmas, **Séamus Ó Drisceoil**, former manager of Cape Clear Co-operative shares how Cecelia Uí Drisceoil (the Griffin Girl) and now retired principal of Cape Clear National School came to settle on the island and how she featured larger-than-life in his family lore long before they actually met her. Well-known for her involvement in island church affairs, the local heritage centre and Cape Clear Co-operative, Cecelia is well-admired for her competent and unassuming contributions to her local community.

During the 1950s my father and uncle, Seosamh and Paddy Ó Drisceoil, from Durrus, West Cork shared a flat in Dún Laoghaire. Downstairs resided Mossy Griffin with his wife and young family. All being country men and with interests in common, they became good friends.

Later both Paddy and the Griffins moved to the North side of the city leaving Dad alone to marry my mother, Peggy Kearney from Inchigeela and start our family. All direct contact between our family and the Griffins was lost.

But not so our Uncle Paddy who stayed in touch and during our visits to Swords would regale us with the goings-on of the Griffin family. But all this would have passed unnoticed by us younger folk except that as the 1970s dawned, the news from the Griffins took a fairly interesting turn.

You see the second Griffin Girl opted for Teacher Training College. Since teaching and farming were the two finest professions in our worldview there was an immediate arousal of interest in our parents. I could sense that this 'Griffin Girl', whoever she was, would probably have no problem finding a job in any of their schools!

But this was not to be because a few years later came the dramatic news that the Griffin Girl was to leave her cushy teaching position in Dublin for Scoil Náisiunta Inis Cléire (Cape Clear Island National School). My parents were astounded. They too had been invited to teach on Oileán Cléire early in their married life and had seriously considered the proposal. But my mother, in trepidation of stormy seas had demurred. It was the greatest 'What might have been' of their married life and now this Griffin Girl had boldly and bravely gone where they had not. Our mother especially could

not fathom how a girl used to city comforts could survive in such a stormy, isolated and windswept Island. Though they admired her, they confidently expected that her stay would be short-lived.

As it turned out the Griffin Girl not only survived, it seems that she thrived, because later came news that drove my parent's interest, possibly now an obsession into the stratosphere. Because the Griffin Girl was now to marry an island man, a 'feirmeoir' (farmer) and was even to become an Ó Drisceoil like ourselves!

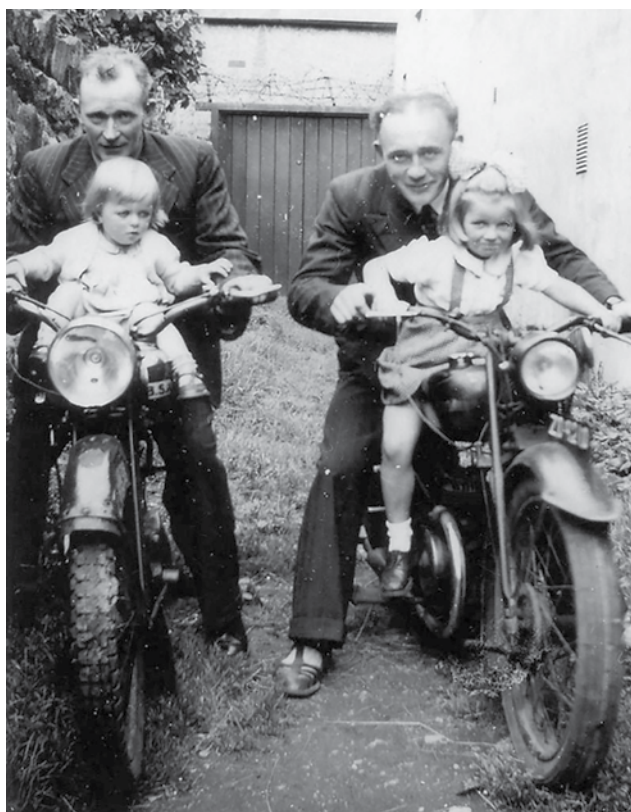
By now she had become for us a sort of 'Joan of Arc' or perhaps one of those never met but impossibly accomplished American cousins.

Years later when I departed for Oileán Cléire, my parents cautioned me with a similar dire prognosis for a very short stay indeed. And they said, "make sure you look up the Griffin Girl when you get there" with a strong undertone of "since you probably won't last too long!". There was no need to look too hard however, because at my first ever Co-op meeting in 1987, I came face to face with the 'Griffin Girl'.

Years later, as dad grew older, I started cataloguing the many photographs he had taken in his younger days. Coming across these wonderful photos of his motorcycling days, I asked him who were these other people?

But dad, never great at remembering names, muttered and spluttered for quite a while before he said, "Sin í, sin í, you know who, tá a fhios agat, An Griffin Girl".

As it was coming up to Christmas, I got copies made for ourselves and gifted the originals to Cecelia Uí Drisceoil, Príomh Oide of Scoil Náisiunta Inis Cléire (Principal of Cape Clear National School), on the last ferry in before Christmas that



Mossy Griffin and Seosamh Ó Drisceoil (Seamus's father) with Ceceila and her sister, in approx 1956.

year. And she said that it was a most welcome bolt from the blue to receive, so unexpectedly, such memorable photos from her childhood.

The unasked question is of course whether my parents ever met the elusive and quixotic Griffin Girl who had found such a place in their hearts and imaginations? Indeed they did and, better still, they were not disappointed at all because they found her to be exactly as they had imagined her. That is the fine 'múinteoir, máthair agus bean céile' (teacher, mother and wife) that they expected that

such a daughter of Mossy and Margaret Griffin would turn out to be.

I am sure that all will agree that Ceceila and her sister were adorable children, that her mother was an absolute stunner and that her father and mine together with their friends and their magnificent machines were an impressive group of men by any standard.

May I dedicate this story to all the O Driscoll's and Griffins and most especially where they are to be found sharing the one roof. Cléire go brách agus Nollaig shona.

Rosscarbery Pharmacy

West Sq, Rosscarbery. T: 023 8848127 / 083 4397126

www.rosscarberypharmacy.ie

SHOP ONLINE

Free Delivery over €40
or Free Click & Collect!

We have gifts for men, women, children of all ages and something to suit all budgets.

Can't decide on a gift? We also have Gift Vouchers available!

A sincere thank you to all our customers for choosing Rosscarbery Pharmacy from Noelle, Bernard & all the staff. We wish you all a very Happy & Safe Christmas & look forward to seeing you in 2023.

Opening Hours: Mon-Fri: 9.30-6.30 Sat: 9.30-5.30

wishing all our customers a wonderful Christmas

THE CRAFT SHOP

11 GLENGARRIFF ROAD, BANTRY

Mon-Sat: 10am-6pm
027 50003 | craftshopbantry.com

Warm Christmas wishes from all of us to all of you..

Holistic Massage & Reflexology Gift Vouchers available

Solace Holistic Centre
Supporting Healing from Within

Joyce O'Sullivan

Sarah Forristal

Ana Mephram

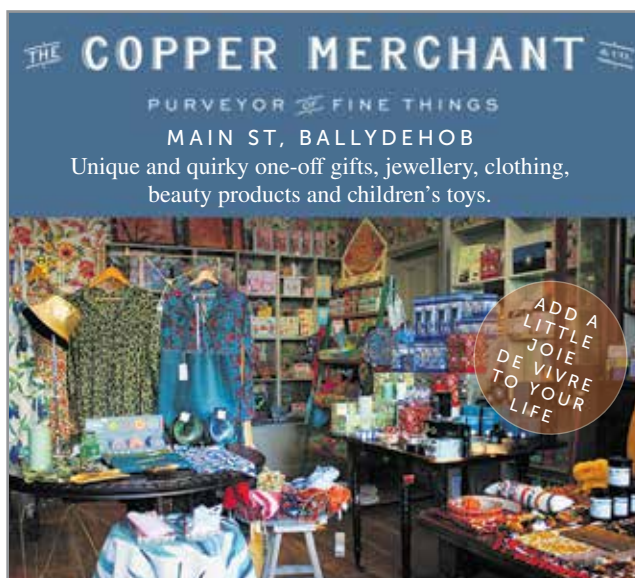
Gift Vouchers, Oracle Cards and Kotanicals products are available to purchase online at www.solaceholisticcentre.com or in **Solace, 10 Sands Quay Mill, Clarke St, Clonakilty** 087 9510554 or 023 8859701

people Food, Health & Lifestyle



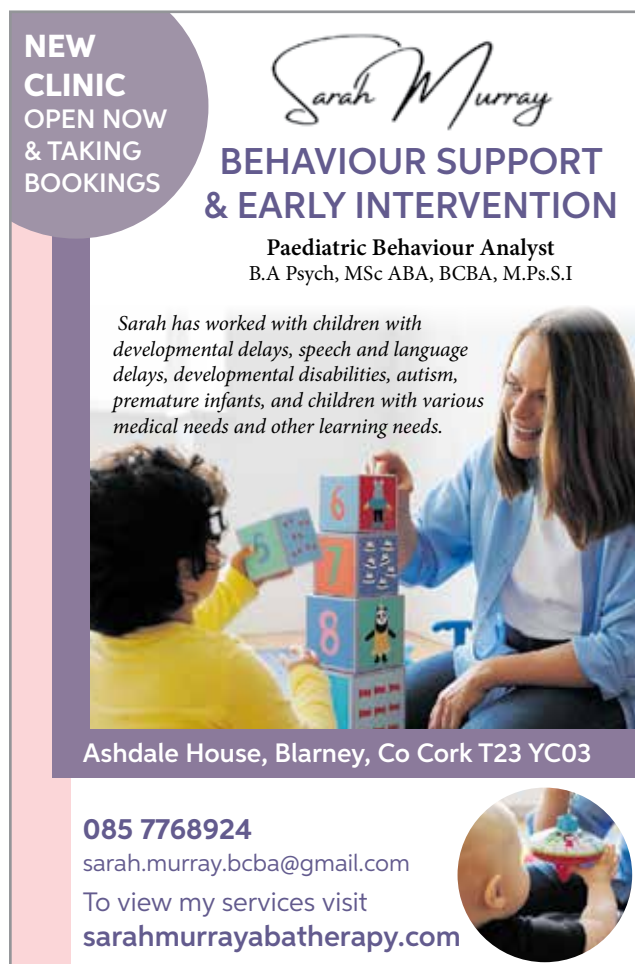
WEST CORK CRAFTS
A beautiful array of local Art & Craft in the heart of Skibbereen
4 Bridge St, Skibbereen • 083 895 4823
www.westcorkcrafts.ie

Shop local this Christmas



THE COPPER MERCHANT
PURVEYOR OF FINE THINGS
MAIN ST, BALLYDEHOB
Unique and quirky one-off gifts, jewellery, clothing, beauty products and children's toys.

ADD A LITTLE JOIE DE VIVRE TO YOUR LIFE



NEW CLINIC OPEN NOW & TAKING BOOKINGS

Sarah Murray
BEHAVIOUR SUPPORT & EARLY INTERVENTION
Paediatric Behaviour Analyst
B.A Psych, MSc ABA, BCBA, M.Ps.S.I

Sarah has worked with children with developmental delays, speech and language delays, developmental disabilities, autism, premature infants, and children with various medical needs and other learning needs.

Ashdale House, Blarney, Co Cork T23 YC03

085 7768924
sarah.murray.bcba@gmail.com
To view my services visit sarahmurrayabatherapy.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 looks at the research and what it tells us about autism in infants and toddlers including the crucial aspect of time in diagnosis and early intervention

Have you ever had concerns about your infant or toddler's development? Have you noticed that they are missing some key milestones or perhaps they are developing atypical behaviours? Has your toddler lost skills that they once had?

Research now shows us that early behavioural markers of autism begin to emerge between three to six months of age, becoming readily apparent by the age of 12 months. At 18-months-of-age, an infant can be reliably diagnosed as meeting the criteria for an autism diagnosis. However, wait times for an assessment across Ireland mean that children can be anywhere from three- to six-years-of-age and beyond before they receive their assessment and diagnosis.

From the age of birth to 24 months, an infant's brain undergoes rapid development, the most rapid that any of us will experience in a lifetime. During this period, an infant's brain density will double in size and they will develop 700 neural connections every second. It is during this period that skills are only beginning to emerge as their neural circuitry

Autism in infancy

is laid down. Connections are strengthened as they participate in their environment, whilst other non-essential connections are pruned. It is at this crucial point in development, as social, cognitive and language delays become apparent, that pre-emptive intervention (intervention prior to the age of 18/24 months) can transform a child's developmental trajectory.

It is important for caregivers to know that they do not have to wait for a diagnosis for their infant or toddler in order to receive therapeutic input. Infants who are presenting with delayed, absent or atypical behavioural markers can and should receive early intervention at the first signs of developmental concerns. Early intervention seeks to realign the trajectory of a child's development by mapping onto what we know about the many typical

indicative of a later diagnosis of autism.

Motor Delays

The earliest known indicator for a later diagnosis of autism are motor delays, poor or weak motor ability, or atypical motor development. For example, when you pull an infant into a sitting position, does their head lag back, indicating poor motor control? Are they late to meet their milestone of crawling or have they developed an atypical method of moving around, for example rolling, dragging?

Social Engagement and Communication

Another key marker identified is poor or absent social engagement. Parents and clinicians report noticing a lack of shared social interest, which is called joint attention. Infants might have low affect meaning that

and grasping of items.

Infants who later go on to receive a diagnosis of autism can show preference for objects over people and can engage in repetitive inspecting, turning of objects as opposed to engaging in cause and effect with them. Poor imitation skills and lack of babbling, cooing and spoken words are also key indicators of a social and communication delay.

Regression

One very interesting piece of research has discovered that up to 88 per cent of children with autism experience a regression of skills and this appears to be exclusive to autism. However, only around 29 per cent of parents will notice a regression of skills unless the regression is very noticeable, for example a loss of spoken words.

If you have noticed some behavioural markers with your infant, you may have been told by some that each child develops at their own rate, which granted is true to an extent, but be mindful of clusters of markers. Sometimes parents might be told to 'wait and see'. There is a very interesting study that asks the question, how much does a month matter in terms of early intervention. What does it cost an infant to wait and see? From a sample of infants who were screened as presenting with markers for autism, the infants who received early intervention before the age of two, 90 per cent of these toddlers made significant gains in their development throughout the first year of their early intervention. In toddlers who were between the age of two to two-and-a-half, these significant gains dropped to 70 per cent in their first year of early intervention. In toddlers aged between two-and-a-half to three, their significant gains made during the first year of early intervention dropped to 30 per cent.

What I would like to stress to caregivers who are reading this, is that it does not mean that your child cannot learn these skills. What this study points out is the crucial aspect of time. The earlier intervention begins, the faster and more readily skill acquisition occurs, because intervention prior to the age of two capitalises on what we know and understand about neuroplasticity in the brain of a 0-24-month-old child.

If you are having concerns about your infant or toddlers development, please feel free to reach out at: sarah.murrayaba@gmail.com



and expected developmental milestones and guiding the infant's development in order to ensure that these milestones are attained. Many milestones during this period are crucial for further learning and development. For example, if an infant is not attending to people in their environment, then they could fail to grasp the shared fun and enjoyment that can come through engaging with others, or they might not learn the communicative opportunities that are had when interacting with caregivers.

You might ask yourself, what are these early behavioural indicators of autism in infants and young toddlers? There are a few, but it is important to be mindful of two things; not all of these markers will be applicable to all the children who later go on to receive a diagnosis of autism. Some children may show many of these behavioural signs, others may not. It is also very important to note that a typically developing infant may show one or two of these markers, but when you are noticing a cluster of these markers, it is this cluster that can be

they can appear 'expressionless', and may not engage in social smiling. Social smiling begins to emerge at the age of three to four months, where a baby will smile back at a smiling caregiver. Infants can present with lack of eye contact and an absence of looking at people in general or attending to their voice. Infants and toddlers who do not respond when they hear their name called is the most commonly reported behavioural marker for a later diagnosis of autism. Some may notice that their infant has a low anticipatory response. An example of this is when a caregiver says "ready, steady" and pauses, typically children will squeal in delight at the anticipation of what is to come, but this kind of response can be absent in infants who later go on to receive a diagnosis of autism.

Gesturing to people such as waving or pointing may be limited or absent, as can responding to a caregivers gestural cues such as responding to what a caregiver might point to in order to bring this to their infant's attention. This ties closely with poor visual tracking, reaching

people Food, Health & Lifestyle

New cancer community support services for Cork families impacted by childhood cancer

Cancer Fund for Children and the Katie Nugent Fund have joined forces to launch a new cancer community support service for children across Ireland diagnosed with cancer and their families. Support will be provided to young people aged 0-24 diagnosed with cancer of which there are an average of 340-360 each year, and one of these support specialists will be assigned to Cork and surrounding counties.

The partnership between the two charities will see them roll out four new Cancer Support Specialist roles nationally to provide social and emotional support to families across the island of Ireland impacted by a childhood cancer diagnosis. Support will be available to all young people who are diagnosed with cancer, regardless of where they live.

Cancer Fund for Children and the Katie Nugent Fund have been working together for over two years to plan for and develop this new service. In April this year they recruited their first Cancer Support Specialist based in the National Children's Cancer Service in Children's Health Ireland at Crumlin to provide informal emotional and social support to children under 16-years-old diagnosed with cancer and their parents. The impact of this work is being independently evaluated by Trinity College Dublin. In addition to this, another role will be recruited to provide support to older young people who are in-patients, recognising the unique set of needs that this age range has.

Lesley Cullinane's son from Cork was diagnosed when he was nine-years-old. "We had the very solemn phone call calling him in for further tests one hour after the birth of our third child, while still in the recovery room of the CUMH. It was a blur of panic. We just didn't know where to turn.

"The doctors and nurses both in the Mercy Hospital Cork and Crumlin Hospital were absolutely incredible with their kindness and availability, no question was too big or too small, but they are also trying their very best to cover a large workload. This is where the Cancer Support Specialist in Crumlin was invaluable. Having Kim available to provide a trained ear and safe space to process difficult news and information was quite honestly a gift. Her role only came into place in the middle of our journey so I am absolutely overjoyed to know that this service will now be available in Cork and for families just starting down this challenging road.

"The difference these Cancer Support Specialists will have for families impacted by childhood cancer in their community will be huge. Childhood cancer, and other conditions requiring the same treatment, is such a lonely path to have to travel that, having a trained ear whose sole role is to support you as a family is just amazing."

Cancer Fund for Children has over 40 years' experience delivering this model of support to children diagnosed with cancer in Northern Ireland where they have an established team based in hospitals, in the community and at their therapeutic short break centre, Daisy Lodge in Newcastle Co. Down. The charity is committed to ensuring that every child impacted by cancer on the island of Ireland has equitable access to services, a vision and commitment shared by the Katie Nugent Fund.

"Charities coming together to work in partnership to support children, young people and their families is the only way to make this happen, it is a much needed and exciting venture," said Neil Symington, Director of Services at Cancer Fund For Children.

"A cancer diagnosis affects the whole family and we understand that beyond the excellent care provided in hospital wards, the need for ongoing emotional support for the whole family is significant. Together with the Katie Nugent Fund we are committed to providing flexible, relational and needs led support. The fact that the needs of siblings and the wider families can now be met by a team working in the community goes a long way towards our ambition to ensure that no family should face childhood cancer alone."

"The ambitions of the Katie Nugent Fund are closely aligned to those of Cancer Fund For Children and these community appointments have been made possible by the time, effort and money of many different people. Having seen the benefits that the service already provides within the National Children's Cancer Service at CHI at Crumlin, I am excited to roll-out these four community specialists nationally. All of this will hopefully prove of immeasurable benefit to many families for years to come," said, Alice Nugent of the Katie Nugent Fund.

The community-based staff will work with diagnosed children aged 0-24, their siblings and wider families through informal therapeutic social and emotional support, in their own homes, communities and shared care centres.

"This new cancer community support service across Ireland will have a major positive impact on young persons diagnosed with cancer in Ireland and their families. I am personally very excited that this service is being

OPTIONS BOUTIQUE

PEARSE ST, CLONAKILTY (023) 883 4738

Taking deposits for Christmas.

Shop online at optionsboutique.ie

20% off Dec 8th!

HAPPY CHRISTMAS TO ALL OUR CUSTOMERS! Follow us on

Gooseberry

Men & Women

Stockist of labels:
TRAFFIC PEOPLE
Hanita
Pennyblack
Rains
YERSE
Quod'Ame
WHITE STUFF
Fruch
and many more

gooseberry
gooseberry.ie

4 Ashe Street
Clonakilty
(023) 8835812

Shop online www.gooseberry.ie

developed and am extremely grateful to the Katie Nugent Fund and the Cancer Fund for Children for developing this service that is desperately needed," said Dr Cormac Owens, Consultant Paediatric Oncologist at the National Children's Cancer Service and Board member of Cancer Fund for Children.

The introduction of these new community-based staff will provide direct support to young people like Penny O'Brien (8) from Co. Tipperary who was diagnosed with osteosarcoma (a bone cancer) in 2020.

Speaking about her daughter's diagnosis Penny's mum Sinead said, "Penny's diagnosis definitely affected her sisters more than her. She was so young. I feel her diagnosis has had more of an impact on Emma and Abigail because her treatment was so intense. It was a three-week cycle. We would go into hospital on a Sunday night and you might get home on Thursday. Then you're back up at the hospital again the following Sunday night, then out again on Thursday. We would then get two weeks off, but those two weeks were tough – it's the temperatures, the nose bleeds, then rushing to the hospital in the middle of the night. Penny would always have either Kevin or me with her. I always felt this was harder on her sisters".

The four community-based roles will be cover the following areas: Dublin and surrounding counties; Cavan/Westmeath; Cork and surrounding counties; Galway and surrounding counties.

shop online at www.batemansfootwear.ie

Batemans FOOTWEAR

Our fully stocked **Bargain Basements** have some amazing Christmas deals!

Clonakilty 023 8834544
Bandon 023 8844061

50% OFF

Ladies Gents & Kids

70% OFF

Plus get 10% off full price stock on Dec 8!

Christmas gifting



Crowley's Pharmacy
CLONAKILTY

49 Pearse St 023 8833361 
7 Day Pharmacy at SuperValu 023 8895055 

10% OFF
Giftsets & Fragrances
8th – 11th Dec

We wish all our customers a happy and peaceful Christmas & New Year. Thank you!

The ultimate beauty gift guide to help you find the perfect presie guaranteed to put a smile on the face of your loved one this Christmas morning.

REN The Gift of Glow Trio: Give the Gift of Glow with REN's 3-step brightness-boosting routine, featuring Ready Steady Glow Daily AHA Tonic, a skin-resurfacing toner proven to brighten, smooth skin texture and minimise the appearance of pores. Glow Daily Vitamin C Gel Cream, a lightweight moisturiser proven to deliver an instant glow with visibly brighter, firmer, and plumped skin after seven days and Glycol Lactic Radiance Renewal Mask, an exfoliating gel mask clinically proven to brighten and smooth for firmer looking skin after 30 minutes. Formulated with sensitive skin in mind, The Gift of Glow Trio will leave skin energised, glowing, more even looking, and silky smooth, €34 available online from www.renskincare.ie and selected stockists nationwide.

Ayu Hollywood Eyes: Create a glamorous eye look this Christmas with the Ayu Hollywood Eyes Set. This beautiful collection of Ayu eye products comes ready for gifting in an exclusive Ayu black cushioned make up bag. The set contains Ayu Hollywood Lashes Mascara, a jet black, volumising mascara infused with hyaluronic acid that will create volume and length and won't flake or smudge. Ayu Liquid Eye Liner for the perfect winged line, a quick drying long wear, water-proof, smudge-proof, intensely black felt tip eyeliner. The super precise applicator tip makes it easy-to-use, so you can create a perfectly defined eyeliner. Lastly, Ayu Nude Eye Liner, this nude tone eyeliner will create the illusion of more wide-awake, bigger brighter eyes, €36, available online from www.ayu.ie

Seabody Sea to Self-Gift Set: Seabody, a County Kerry based biotech company, is unlocking the next generation of marine molecules from ocean plants, and developing a high-tech range of skincare and supplements, sustainably, from sea to self. Research shows that marine plants, like seaweed, have unique benefits for our skin and overall wellness. Give



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.

the gift of sustainable luxury with one of Seabody's carefully curated collections. Sea to Self is the signature Seabody collection and contains their bestsellers, Glycan Enrich Moisturiser, Aquasurge Day Serum, Overnight Elixir Serum and their much-loved Beauty Supplement. The perfect range of products for those with a keen interest in skincare, natural ingredients, and supporting Irish, €243, available online from www.seabody.com

BYSK Powder Highlighter: The BYSK 'Higher Love' highlighter with a beautifully lightweight formula sculpts, shapes, and defines the skin with the smooth finish of a liquid highlighter and the weightlessness of a powder. The patented hybrid gel-powder features a bouncy, marshmallow sensation with impressive colour payoff and a long-lasting formula, giving an ultimate red-carpet glow. Pearlescent pigments in their purest form bring light and glow not only to the high points of the face but also the inner corner of the eyes or pressed on the centre of the eye lid or to shape the brow bone. The unique collective of ingredients guarantees a silky feel and blurring effect to the skin with a transparent, light reflecting finish, €28 available online from www.sarahkeary.ie

Nunaia Beauty Sacred Space Candle: Nunaia Beauty has launched Ireland's first eco-luxury candle as part of their wellness collection. The Sacred Space Candle, €28, is designed

as the first step in the Nunaia night-time skincare ritual crafted to help relax, calm, and prepare for a good night's sleep. Nicola Connolly founder of Nunaia (pronounced [noo-nigh-ya]) says: "Our Sacred Space Candle is a beautiful eco-luxury scented essential oil candle that will fill your room with the Nunaia signature well-being boosting scent that smells wonderful but also has a positive effect on mind, body and spirit encouraging restful sleep and a greater sense of calm." Also check out the Nunaia Ground Mini Ritual Set, the perfect travel companion, it contains Nourishing Radiance Serum to restore radiance and hydration to the skin, Superfood Cleansing Balm to deeply cleanse and nourish and a super soft Facial Cleansing Oval, €29, available online from www.nunaia.com and selected Nunaia stockists nationwide.

Ultracuticals Ultra Super Serums Gift Set: Carefully curated for all skin types and concerns, Australian cosmeceutical skincare brand Ultracuticals has created a collection of luxury gift sets for the festive season. Featuring a selection of duos and trios of skincare must-haves there is truly a gift for everyone on your list. For the ultimate indulgence look no further than 'Ultra Super Serums' a luxury collection of bestsellers for the skincare fan in your life to refine, firm and hydrate skin. Contains Ultra Brightening Foaming Cleanser, Ultra A Perfecting Serum, Ultra B2 Hydrating Serum, Ultra C Firming Serum, Ultra UV Protective Daily Moisturiser SPF 50 Hydrating, and a limited-edition beauty bag, €240 (valued at €285.00). Available in participating Ultracuticals Clinics nationwide, to find your nearest one, www.ultracuticals.com

Pestle & Mortar The Daily Routine Gift Set: Spoil the skincare lover in your life with a stunning skincare set from Pestle & Mortar all beautifully presented in signature minimalist chic packaging for maximum impact. The Daily Routine gift set is a collection of four products to strengthen the skin barrier, calm inflammation, hydrate the skin, and protect against environmental stressors. Renew illuminating gel cleanser is enriched with superoxide dismutase to fight free radical damage. Balance magnesium-rich facial spritz calms and clarifies the skin, while two of

their most-loved daily hydration heroes will lock-in moisture, reduce fine lines, and smooth the complexion. Suitable for all skin types, it's the perfect gift for those who want an effective daily routine for skin that looks and feels its best, €58, available online from www.pestleand-mortar.com and Pestle & Mortar stockists nationwide.

He-Shi Classic Collection: As the first tanning brand in Ireland, He-Shi has always been at the forefront of self-tanning products, with a skin-first focus born in the lab. This fabulous four-piece gift set has everything you will need for the ultimate luxurious festive tan. Your skin will be gently exfoliated with the Tan Remover and Primer, leaving skin silky smooth. The award-winning He-Shi Express Liquid Tan will have you party ready in a flash with skin glowing and flawless. And for the finishing touches, HD Wonder Glow, a light-reflective skin perfecting liquid brings a luminous glow and a sculpted finish to your skin to complement the perfect party outfit! The set also contains a velvet tanning mitt, €34.99, available from He-Shi stockists nationwide and online from www.he-shi.eu

Clarins Aroma Ritual: This set is dedicated to well-being and relaxation, the perfect way to unwind over the festive season and beyond. Transform your bathroom into a real spa at home – light the Tonic Scented Candle with its stimulating citrus notes, follow with Tonic Bath & Shower Concentrate, a cleansing treatment that activates with the heat of a warm bath or shower – releasing the invigorating, aromatic virtues of rosemary, mint, and geranium. Extracts of gentian and pine cleanse and refine. Lastly Tonic Oil Balm, a moisturising body balm combines nourishing plant extracts with toning essential oils to revitalise the skin and mind, bliss! €68, available from Clarins stockists nationwide and online from www.clarins.ie

Skngredients The Serum Squad Gift Set: This limited-edition gift set from Skngredients is a match made in skincare heaven. Skin Veg Hydrating Hyaluronic Acid Serum is an award-winning, vitamin-enriched formula that puts the bounce back into even the most lacklustre of complexions. With its super juice recipe, Skin Veg plumps skin and



Areola RESTORATION

3D Areola & nipple tattoo

Registered Nurse
Aislinn Horgan

16 Rossa St, Clonakilty
087 2239308
byaislinnstudio@gmail.com

Instagram: @byaislinnstudio



"Our mission is to give you beautiful hair that doesn't cost the earth"

Sustainable Hair Salon

pin-up hair

doona o' neill | hair artist
021 4701833



targets fine lines and wrinkles for a healthier, more youthful looking bounce. Fan favourite Skin Protein Retinoid Serum revamps and re-educates skin. This vitamin A blend, powered by retinyl palmitate is the ideal intro to the pro-ageing benefits of vitamin A. With a huge value-saving saving of 23% (worth value €116.50) the gift set also includes a FREE bonus Cleanse Off Mitt, €89.50, available in selected pharmacies nationwide and online from www.skincare-ingredients.com

Ground Wellbeing Comfort Stocking Gift: Along with their beautiful selection of gift sets, Ground Wellbeing have introduced a lovely selection of stocking filler gifts to choose from. The Comfort Stocking Gift contains their Comfort Essential Oil to help settle-down and bring a sense of calm to your space. This naturally comforting aromatherapy oil blend features Marjoram, a herb that evokes a sense of belonging and helps calm and regulate the heart, combined with Lavender, Bergamot and Roman Chamomile to soothe nerves and ease stress and anxiety. This oil can be used as part of a sleep ritual to prepare the body for rest or create a calming environment by adding Comfort Essential Oil to an atomiser or diffuser. You can also add a few drops to a warm bath or foot soak, €25, available from www.groundwellbeing.com

Kennedy & Co Gift Set 1: For the man in your life who takes his skincare seriously, this gift set from Kennedy & Co will keep him and skin happy! Peat Scrub combines the power of peat, minerals and natural exfoliants to help remove dead skin cells and unclog pores leaving skin feeling refreshed and renewed. Daily Moisturiser with SPF 20 delivers all-day hydration and protection. The skin mattifying, caffeine-based formula combines three active

ingredients of Pro-Vitamin D, Vitamin E and Sodium Hyaluronate, to help combat lines, wrinkles, and dullness. Revitalising Eye Gel is a cooling gel with stimulating caffeine to wake up tired eyes and improve the appearance of fine lines, dark circles, and puffiness, €26.28, available from Kennedy & Co stockists nationwide and online from www.kennedycogrooming.com

L'OCCITANE Eau des Baux Collection: For L'OCCITANE gifting is about the thought you're putting into your presents, the care that comes with wrapping them, and the tangible gesture of handing it over, like a little bundle of joy. The Baux Men's grooming collection draws inspiration from the legendary knights of Les Baux, defenders of the 11th Century castle in Provence. The sensual and mysterious Baux scent features head notes of red peppercorn and cardamom blossoming around a warm heart of Provencal cypress and oriental incense. This tantalising set includes Eau des Baux Eau de Toilette, Eau des Baux Shower Gel and Eau des Baux Stick Deodorant all wrapped up in a signature L'OCCITANE gift box, €75, available from L'OCCITANE stockists nationwide and online from www.loccitane.com

La Roche Posay Lipikar AP+ Gift Set: La Roche-Posay Lipikar Baume AP+ Gift Set is a complete routine to comfort dry, very dry, and irritated skin. Minimalist formulas ensure extremely high tolerance and make it suitable for use on even the most sensitive skin, including babies. The set contains, Lipikar Syndet AP+ ultra-gentle wash, Lipikar Baume AP+M helps provide immediate soothing for itchy, dry skin and flares up with its triple action formula to immediately lock in moisture and provide 24-hour hydration and Thermal Spring Water is

perfect to comfort and refresh the skin, simply spritz regularly to hydrate, and soothe, €21, available in selected pharmacies nationwide.

Skin Formulas Mask Duo: This set contains the luxurious 100pc bamboo Cleansing Mitt and the Mask Exfoliator, an ultra-hydrating mask containing fruit enzymes to gently exfoliate and remove build-up of dead skin cells. Perfect for all skin types, nourishing active ingredients promote a healthier, more radiant appearance and essential antioxidants improve general skin health. Apply a thin layer of the Mask Exfoliator to the skin and leave for 15 minutes. Lightly soak the mitt and massage the skin to gently exfoliate away dirt, impurities, and dead skin cells to reveal refreshed skin with a radiant glow, €44 available from Skin Formulas stockists nationwide and online from www.skinformulas.ie

Maison Lancôme Ôud Bouquet Eau De Parfum: Lancôme has been composing luxurious fragrances inspired by a love for the most beautiful raw materials since 1935. Ôud Bouquet is an enigmatic and sensual woody-amber scent with fragrance notes of rose and warm spices housed in a precious bottle made of glass and gold. It draws its mysterious depth from the heart of oriental wood and its strength from warm, captivating spices. Fabrice Pellegrin, renowned for his subtle creations, blended a trio of bold woods – composed of 20-year-old Oud Wood and smoky Guaiac Wood softened by the enveloping sweetness of Copahu Wood. The Praline Rose signature, crafted from Centifolia Rose Absolute, Vanilla, and a Praline Accord, gives this fragrance an infinitely seductive power. In a word, divine, €218, available online from www.lancome.ie

Sherma Malone Gift Voucher: Give your loved one the gift of healthy beautiful skin. Gift Vouchers available to purchase online from www.shermalone.ie Wishing you and yours a very Merry Christmas and every happiness for 2023. I look forward to bringing you more beauty and skincare updates next year.

Abbey Furniture

2 Bridge Street, Skibbereen
Phone: 028 - 22131

View our Facebook page for gift ideas!

Beautiful Christmas decorations in stock!

OCCASIONAL FURNITURE | SOFT FURNISHINGS
BEDS & MATTRESSES | LIGHTING

OPEN FROM 1-5:30PM SUNDAYS 11TH & 18TH

Unique gifts for a beautiful home

labeauty LASER CLINIC

HydraFacial
NEW TO LA BEAUTY CLINIC ...
the most sought-after facial

- CLEANSE AND PEEL
- EXTRACT AND HYDRATE
- FUSE (Hyaluronic and Peptides) AND PROTECT

CANDELA LASER IPL SYSTEM

Clinically the fastest, safest and most efficient treatment for:

- Hair removal on face & body
- Thread veins on face
- Sun-damage/pigmented skin
- Acne
- Photo rejuvenation facials

Treat someone you know or yourself with an LA Beauty gift voucher. Also available online

For a FREE consultation call us on 023 8834565

BOOK ONLINE
www.labeauty.ie

10% OFF
8th & 9th of December on Vouchers & Yonka Gift Sets.

LA Beauty Laser Clinic
29 Ashe St, Clonakilty, Co Cork.

Thank you to all my loyal customers and staff for their continued support and wishing you a very happy & peaceful Christmas ... from Anne Marie

Einhell multi-functional
tool €60.99
Hi-Koki Disc Grinder
€9.99 at **Atkins**, Clonakilty

www.**HARRINGTONSPHARMACY**.ie

The perfect Gift for everyone

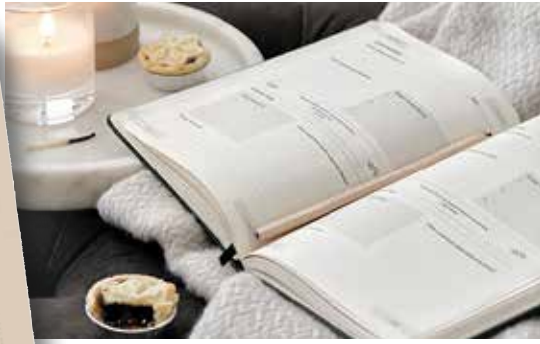
with Free Gift Wrapping!

24-day Advent Calendar
Follow our social media to see our daily discounted item/range – announced every morning!

Scan this code to find all these gifts & more on our website.
FREE delivery on orders over €39!







Sixty Second Journal – in forest green hardback and fine paper quality this journal is designed cleverly to stop for a moment and enjoy our reflection's on life. €32 at Forest & Flock, Bantry

Hydration Collection Hydra: no1 Creme 50ml plus travel size Lotion Yon Ka PS and 30ml Lait Nettoyant €65 (save €18.20). Ultimate Anti Ageing Collection: Excellence Code Creme 50ml plus Excellence Code Contours 15ml €175 (save €59) LA Beauty, Clonakilty



Musto Essential Softshell Jacket €108.75 at CH Marine, online and Skibbereen



Sterling silver and gold name necklaces, available in different designs from Twomey Jewellers, Dunmanway. Enquire online or message for details. Approx €75



Moon Mna diary €20 and The Nature of Things Christmas scent gift Set €29.50, both at Organico, online and Bantry



Handcrafted silver jewellery, inspired by nature, crafted by hand. Aoife de Burca ocean blue Apatite Pendant €125 at West Cork Crafts, Skibbereen



Baylis & Harding sport citrus & lime set €12.95 and Baylis & Harding slipper set €35.95 from Rosscarbery Pharmacy



ECCO trainer €100 at Kevin O'Regan Fuchsia Footwear, Clonakilty & Skibbereen



Colourful Standard merino beanies €35 at Gooseberry, Clonakilty



Daughters of Flowers Onead Nourishing Facial Mask with milk, honey & wildflowers €18 at The Olive Branch, Clonakilty



Kate Appleby ankle boots €59.95 at Batemans, Clonakilty & Bandon



Stay cosy in this Mosh Mosh down coat at Pebbles, Schull, which also stocks some beautiful scarves for the perfect gift.



Knight & Day watch €55 at Spiller's Lane Gallery Clonakilty



A fabulous present for a new or improving knitter. Book is €25 or kits of any price point can be made up including yarn and tools such as this beautiful stork scissors. Olga's Own in Ballinspittle or online or contact via WhatsApp or email.



Jewellery from just €15 and pretty evening bags from €29 at CiCi, Clonakilty



Wizard and Grace candle (made in Kinsale), sustainable & vegan €35 from The Copper Merchant, Ballydehob



Rino & Pelle scarf €30 and Paris hat €20 at Options, Clonakilty



The Spillers Lane Gallery

JEWELLERY
HOMEWARES
ART

Newbridge • Knight & Day
Tipperary Crystal
Inchdoney Candles
Paul Maloney &
Nicholas Mosse Pottery
Genesis & Mindy Brownes
SallyAnn Bags,
Wild Goose Studio Crafts
& much more.

CLONAKILTY
023 8834815
Open 10-6pm.
Find us on
also open Sundays
4th, 11th & 18th Dec!

DEPOSITS TAKEN FOR CHRISTMAS Gift Vouchers available

Violette

Beautiful gifts for the woman who loves colour.

Clothing, scarves, hats, bags, jewellery & more.

6/7 Main St, Skibbreen
028 40935

Thank you to all our customers... we wish you a very Happy Christmas!

Moments of Solace Daily Guidance Oracle Cards
€35 from Solace Holistic Centre, Clonakilty



Handmade earrings with semi precious stones €50 and faux suede gloves €24 from Violette Skibbreen



Discover the full range of Mervue organic skincare and home scents at An Tobairin Bandon



Wild Wave candles (made in Cork) €25 at Revel, Clonakilty



The full range of Clarín gift sets are available at Coen's, Bantry for all ages & skin concerns



Corona Silver necklace €75, FRAAS hats and scarves from €25.95 and FRAAS wool scarf €69.95 from SUSU, Clonakilty



For the main event Caudalie perfume trio €25.95 or Pestle & Mortar Daily Routine set €58 (value of products €114) and as stocking fillers Burts Bees trio €14.95 or Art Deco eye set €12.95, all at Crowleys Pharmacies, Clonakilty



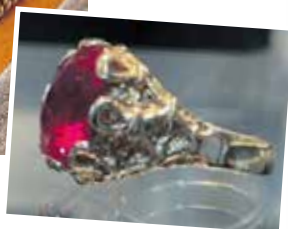
Tree of Life earrings €15 at Ilen Designs, find on Etsy or instagram.



Shock of Grey earrings €50 at The Loft, Clonakilty



Suede two tone gloves €25 from Designs, Skibbreen



Lindas of Kinsale carry a whole range of vintage diamond earrings to contemporary studs. Above are 2 carat natural diamond Art Deco studs from the 1920s. Next is a vintage 9k gold collar €2900. Also a wartime gold and glass ring from 1930s/40s when a lack of precious gemstones meant using glass or paste. €390 www.lindasofkinsale.ie



Organic facial serum from €79 or a gift set of four organic perfumes €120, both at Water + Wild, online and Union Hall.



Trilogy organic rosehip oil €38.95 at Roaring Water Wholefoods, Schull



Gold foil Maidenhair Fern handmade notebook by Skibbreen brand Petal to Petal €25, at Revel, Clonakilty



Hairy Henry's 2023 calendar features their wonderful therapy animals with all proceeds used to further improve services. Go to www.itsplainsailing.com/org/hairyhenry where you can buy the calendar under 'Merchandise'.



30 Seconds game €29.99 and Julia Donaldson 10-book Story Collection €40 **Coughlans, Clonakilty**



Barbie Mermaid Power €70, The Lord of the Rings Battle of Osgiliath Middle Earth Strategy game €160, Lego Avatar €50 **Happy Go Lucky, Clonakilty**



Batman slippers €14, **Batemans, Clonakilty**



Vtech interactive Nursery Rhymes Book €17.99 Paw Patrol Rescue Knights dragon €29.99 LEGO Optimus Prime €169.99 All from **O'Sullivan's Toys, Skibbereen**



Personalise all your Christmas gifts this year, plates, baubles, mugs & more with sets and workshops from **Cre Pottery, Skibbereen**.



Adidas nemeziz football boot €55 at **Kevin O'Regan's Fuchsia Footwear, Clonakilty & Skibbereen**



This Bruder baler is just one of the many toys for girls and boys at **Collectors Toys in Innishannon**



Felt "flying pig" decoration €13 by **Tamzen Lundy Designs at The Loft, Clonakilty**



Treat your pet with something nice from the excellent selection of dog and cat beds and accessories at **Atkins, Clonakilty**. This cat bed is €29.95



Clockwise from top left: Waterproof and windproof winter coat for baby with fleece lining. Made from recycled materials €99.95, Mikk-line Teddy fleece jacket with extra lining made from recycled materials. €69.95, Super soft Merino wool jacket from Mikk-line in aquatic blue €54.95, all at **Grasshopper, Clonakilty**



Dreamy star and moon mini clips set €10 from **Courtyard Crafts, Schull**



Cross stitch on leather is a forever gift. Kits include instructions & everything you need. Prices range from €20 for a luggage tag to €75 for A4 bookcovers pictured. **Olga's Own, Ballinspittle**



Hollywood Film camera €24.95 and snuggly toy (made from recycled materials) €8.95 at **Green Dot, Clonakilty**



Lego Minecraft Fox Lodge €26.99, Barbie Skipper €22.99 and Pollys Pony Adventure €9.95 all at **Stowaway Toys in Bantry**



Surfing Ireland since 2003

Jelly Fish Surf Shop

Whatever the weather.
#vitaminsea

Lots of gift ideas for those who love the great outdoors.

Merry Christmas to all

Spiller's Lane, Clonakilty • www.jellyfishsurfshop.com
023 8835890 • shop@jellyfishsurfshop.com Deposits taken.

Claire Marie Barton
CONNECTING THROUGH SOUND

SOUND HEALING EXPERIENCES ADULT UKULELE LESSONS

UPCOMING EVENTS

8 Dec 2022
'Sacred Sounds' Kirtan
at the Cabin, Long Strand

6 Jan 2023
Little Women's Christmas Retreat, Long Strand

14 Jan 2023
New Beginnings Sound Bath, Myross Woods

16 Jan 2023
Ukulele Time for Beginners -12 week Online Course

To book: visit website or phone 087 2323623

GIFT VOUCHERS AVAILABLE
www.clairemariebarton.com



Gifting an experience shows how much you know and care about someone and can be an opportunity for them to tackle something on their bucket list, learn a new skill or just relax and treat themselves. **These ideas will have them trying something new and enjoying all that West Cork has to offer.**

The Great Outdoors

Wild Atlantic Glamping offers gift vouchers so someone can experience their stunning Bere island retreat with 10 luxury bell tents, fully equipped facilities and direct access to the sea, making it a getaway to remember. (see advert on this page)

A gift voucher for **Jellyfish Surf Shop** in Clonakilty will get them all the gear they need to stay warm and dry.



Music & painting

Do they have an artistic streak? The only studio school of its kind in West Cork, **Clonakilty School of Painting** offers Taster Class Vouchers for just €30. Artist James Waller offers a range of studio-based courses for children and adults in Classical painting, drawing and printmaking. No previous experience required! paintingschool.jameswaller.org

Would they love to learn to play an easy, fun instrument suitable for absolute beginners? **Claire Marie Barton's 'Ukulele Time for Adult Beginners'** online course starts in January. (see advert on this page)



Beauty & Wellness



Get them glowing with a beauty treatment! **LA Beauty** vouchers can be used for Yonka facials, Candela Laser sessions, spa treatments or makeup makeovers at their Clonakilty salon. Call in or purchase instantly printable gift vouchers online at labeauty.ie

Give them a sound healing experience by the sea with **Claire Marie Barton** of 'Connecting Through Sound'. Vouchers can be used for 1-1 sound healing sessions, sound baths and sound healing retreats. (see advert on this page)

Solace Holistic Centre in Clonakilty specialises in Massage therapy and Reflexology...ideal for someone who needs to relax. Call or text 087 9510554 / 023 8859701

Give the gift of a unique island experience

WILD ATLANTIC GLAMPING
BERE ISLAND

Gift vouchers available from
www.wildatlanticglamping.ie

Treat a loved one this Winter with a gift voucher to **Eccles Hotel & Spa**. Soak in a hot tub overlooking Bantry Bay and be engulfed by the crisp, winter air. Experience a wide range of spa treatments available in luxurious treatment rooms. Enjoy delicious food created with locally foraged produce by award winning Head Chef Eddie Attwell, followed by a peaceful night's sleep and a scrumptious breakfast in the morning. www.eccleshotel.com.

An **Inchydoney Island** voucher can be used for weekend breaks, day spa packages, afternoon tea or dinner for two. 023 8833143 or www.inchydoneyisland.com

The Spa at **Kinsale Hotel** gift voucher may be redeemed against individual spa treatments, day spa packages, rituals, or products. There are also dining & stay vouchers available. www.kinsalehotelandspa.ie

Animal lovers

Hairy Henry in Ballylickey offers gift vouchers for a wide range of services - therapeutic riding, farm tours, riding lessons, care farming sessions or animal assisted learning.

Visit www.itsplainsailing.com/org/hairyhenry to find vouchers under the 'Merchandise' tab.

A membership subscription to **BirdWatch Ireland** makes a great Christmas present. Adult membership €50; Junior, Student & Senior €30.



Dining

West Cork is rightly renowned for fine food in a relaxed atmosphere. A voucher for any of these restaurants will be much appreciated by any foodie, especially during the dark nights of Spring.

Dunmore House Hotel: For bookings or to purchase a voucher contact enq@dhh.ie or call 023 8833352.

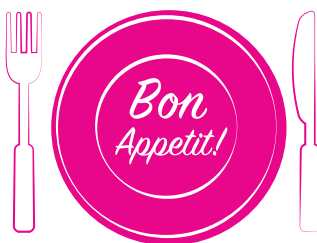
The Field Kitchen at Camus Farm: www.fieldkitchen.ie

Clonakilty Park Hotel: Vouchers can be used for all the facilities at the hotel. 023 88 36400 or www.clonakiltyparkhotel.ie

Fernhill House Hotel: Tel: 023 8833258 or www.fernhillhousehotel.com

Monk's Lane, Timoleague: 023 884 6348 or www.monkslane.ie

The Dock Wall, Union Hall: call/whatsapp: 087 330 7277





Nordman Fir scented candle by La Bougie at **Designs**, Skibbereen



The scents of home...handmade Inchydoney & Clonakilty candles. €12.95 from **Inchydoney Candles**.



Bedroom signs by Jo Veasey €14 each at **West Cork Crafts**, Skibbereen



Relax & unwind with **The Handmade Soap Company's** Home Fragrance Edition, Lemongrass & Cedarwood Set: RRP €45 at pharmacies & gift shops.



Circles of happiness and joy in these unique wreaths. Choose from dusky romantic roses, earthy & eucalyptus, in sizes from Petite to XL. Handmade by Grainne, Cork City. From €40 onwards at **Forest & Flock**, Bantry

RHS seed tin, **Clonakilty Garden Centre**



Modena Hanging Pot, **Clonakilty Garden Centre**.



Trowel gift pack €14.99 (save €10), Eversharp Bypass Secateurs €30 (save €20), Peckish feeders €12.99 (save €7), all from **Bandon Coop**



Bees cushion €17 and Electric wax melt burner €29 from **Abbey Furniture**, Skibbereen



Gardening clogs €40 from **Designs**, Skibbereen



Glistening hand-painted baubles from Hannah at **Sayers Studio**, Dingle. €12 and handstitched and adorned Irish Linen Decorations, choose from Reindeer, Twinkle Star, Sleepy Clouds, or Polar Bears. €22 at **Forest & Flock**, Bantry



'Evening Walk' painting by Pauline Agnew €595 at **The Loft**, Clonakilty



Brass Hare Hook €28 at **Revel**, Clonakilty



Something that will be used year after year... Newbridge Silverware pheasants christmas tree decoration €15, just one of a large selection at **Spiller's Lane Gallery**, Clonakilty



Irish made wooden vase with glass insert €25 at **Green Dot**, Clonakilty



Silhouette fabric lamps €25 from **Abbey Furniture**, Skibbereen

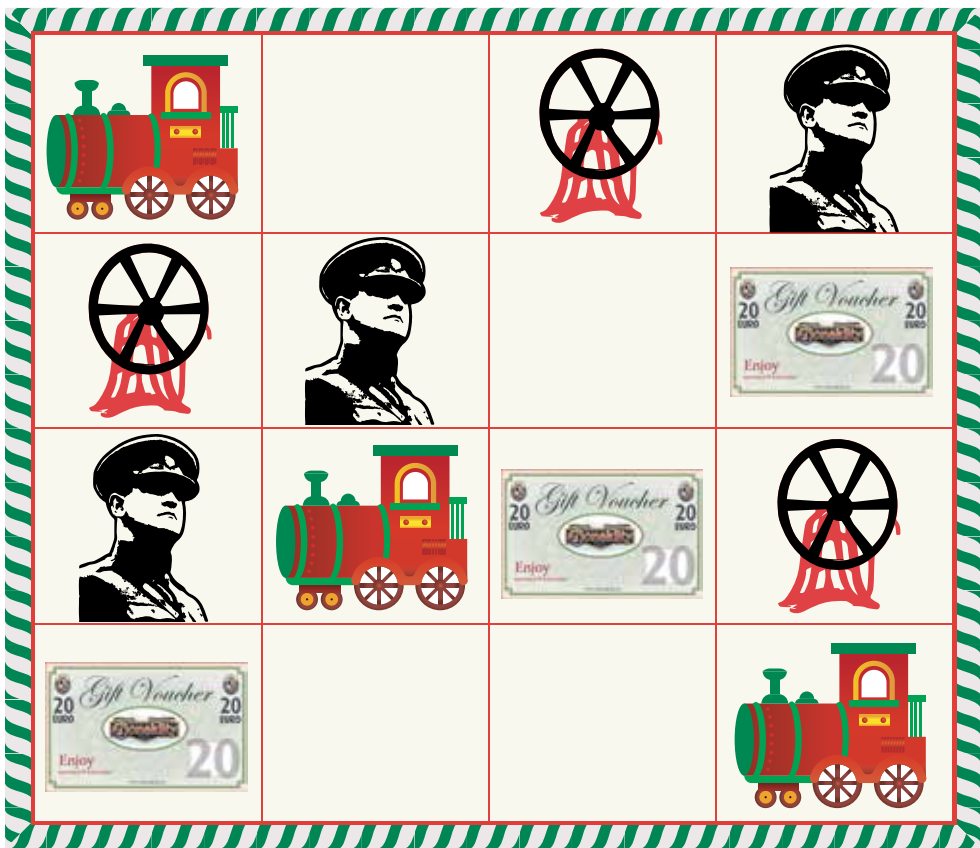
COMPETITION : CLONAKILTY SODUKO

€500 of Clonakilty Vouchers up for grabs!

Clonakilty Chamber of Commerce is offering five readers a €100 voucher each to experience for themselves all that Clonakilty has to offer this Christmas. You can spend your voucher in over 60 local businesses including shops, supermarkets, fuel suppliers, health practitioners and more. Available in €20 & €10 denominations, a Clonakilty Voucher makes a very versatile gift that also helps the local economy....a win, win!

To be in with a chance of winning a €100 voucher, fill in the missing boxes with one of the four choices on the right (draw or write!) so that every line and quadrant contains one of each symbol.

Take a photo and email it, with your name, location & phone number to info@westcorkpeople.ie before December 12. Please put 'Clonakilty Competition' in the subject line.



- Clonakilty Train
- Michael Collins
- Wheel Pump
- Clonakilty Vouchers

COMPETITION

Win a West Cork sauna session

We have a one-hour session for a group of up to 8 people at The Balmy Barrel to give away (see page 5). To be in with a chance to win tell us who our five secret Santas are (clue: they are all from Cork!). Email your answer with your name and phone number and with 'Sauna Competition' in the subject of email to info@westcorkpeople.ie. Entries must be in by Dec 12.



Top Quality
HEGARTY LIGHTING
★ DESIGNER LIGHT FIXTURES ★
Since 1993

For the finest selection
of lighting in Munster

10% off
Thursday 8th December
instore only

Open Monday to Saturday 9am to 6pm
Open Sundays 11th & 18th from 12pm to 4pm

Industrial Park, Clogheen, Clonakilty
023 883 4780 • www.hegartylighting.ie • sales@hegartylighting.ie

Thank you from EmployAbility Service West Cork

COURTYARD CRAFTS

Main Street, Schull 028 28209

A carefully chosen range of products showcasing the finest of Irish and international craft.



GIFT VOUCHERS available

Gift Ideas | Ceramics | Jewellery
Homeware | Clothing & Knitwear | Cards & Stationery

Happy Christmas to all our customers & friends
– thank you for all your support.

Visit us in Schull or SHOP ONLINE at www.courtyardcrafts.ie

HEAD TO TOE THERAPIES

Caroline Neville & Tracy McCarthy
Physical & Holistic Therapies
086 270 9173 | 087 057 7013

Lorriane O Halon
Osteopath, Craniosacral Therapist
087 227 5500



BOOKINGS AVAILABLE AT
WWW.HEADTOTOETHERAPIES.IE
RECEPTIONHEADTOTOE@GMAIL.COM



EmployAbility Service West Cork would like to wish everyone a merry Christmas and thank the employers for all their support this year. The service would also like to congratulate all of its clients and wish them continued success in the New Year.

Funded by the Department of Social Protection and managed by a voluntary board of directors, EmployAbility Service West Cork is one of the top performing supported employment services in the country. EmployAbility

Service West Cork prides itself on its innovative and unique approach to creating employment opportunities for their clients. The Job Coaches are known for their commitment to helping people search, secure and retain work in the West Cork region from one of their five offices.

“The key is to get to know the candidates well, to know their strengths, experiences, their employment preferences and of course their personal goals. With extensive coaching and support our Job Coaches work with employers to match

the right job for each client.”

EmployAbility Service West Cork Job Coaches also support businesses in the area by partnering with and offering hands-on support and advice. Furthermore Job Coaches have the knowledge and experience to assist client and employers with information about applying for grants and supports that are available from the Department of Social Protection.

This year so far, EmployAbility Service West Cork has worked with 151 new clients and secured 122 new jobs.

EmployAbility Service West Cork thanks all of the West Cork businesses for availing of the service, for their ongoing support and for bringing employment opportunities to EmployAbility clients. It is this trusted and supportive ongoing collaboration that has been the driving force of EmployAbility’s work over the past 21 years.

For more information about EmployAbility Service West Cork, please visit empwc.org for further information.

COMPETITION

Win a three candle gift set from Kinsale’s Wizard & Grace

For Christmas Wizard & Grace is offering people the option of sending a ‘complete gifting service’ with a Wizard & Grace giftset (which can hold one to four candles) accompanied by an Irish made sustainable Christmas card from Pickled Pom Pom (printed on recycled paper). Wizard & Grace will hand write your designated message in the card so you can rest easy that your loved one will receive a full gift experience and tick one job done of your lengthy list.

Wizard & Grace founder Paula explains this is a service she has looked for herself and found difficult to find. “I come from a large family of nine with siblings, friends and cousins spread out all over the world and I have often thought

wouldn’t it be great to find a full gift service - a card and a beautifully presented gift from one source. No repackaging or reposting required, saving time and minimizing waste and travel.

“Providing a full complete gifting service is a really nice way of being able to help people gift to their loved ones in a quick and convenient way that also minimizes air and road miles. All my candles and gift sets are delivered in a beautiful kraft box with sustainable Christmas trimmings with the additional option of sending a personalized hand-written Irish Christmas card from Pickled Pom-Pom.”

Order now at wizardandgrace.com.



To be in with a chance to win this giftset find 10 differences between the two images below, take a photo of the circled differences and email it with your name and phone number and with ‘Candles Comp’ in the subject of email to info@westcorkpeople.ie. Entries must be in by Dec 12.



people Food, Health & Lifestyle

Digitisation of the 1926 Census will provide a unique snapshot of life in Ireland

Individual returns from the 1926 Census will be published online, searchable and free of charge in April 2026. The project will be undertaken by the National Archives of Ireland.

The 1926 Census was the first census undertaken following the foundation of the state. The Central Statistics Office (CSO) published information generated by the census including population, age, occupation, religion, housing and the Irish language.

On the night of April 18, 1926, the population of Ireland was 2,971,992 with 49 per cent female and 51 per cent male. At the previous census in 1911, the population was 3,139,688 demonstrating a reduction of 5.3 per cent in the population in 15 years to 1926. Dublin was the only county to record an increase in population of almost six per cent in the intercensal period, while all other counties recorded a loss. In 1926, a total of 92.6

per cent of the population was Catholic and 18.3 per cent could speak Irish. Of those employed, 51 per cent were in agricultural occupations, four per cent were fisherman, 14 per cent were in manufacturing and seven per cent were domestic servants. Details are published on cso.ie.

Personal information entered on individual census forms can be published 100 years after a census is taken. Since the personal information contained in the 1901 and 1911 census returns was published a decade ago, public interest in genealogy has

mushroomed, and this continues with a growing interest in the detail contained in the 1926 census. These returns contain personal details of each individual alive at the time in Ireland. The 1926 census collected 21 data sets such as name, age, sex, marital status, religion, housing conditions and ability to speak Irish. It is planned to digitise and publish all data sets. This information will undoubtedly provide a fascinating snapshot of life in Ireland in 1926 and will be of great use to both the Irish public and diaspora worldwide.

Work will now commence to preserve, transcribe and digitise the individual census returns at a cost of €5 million. The funding has been allocated by Minister Martin for the time-consuming, specialist works necessary to allow these records to be made available free of charge to the public in April 2026. This policy of open access aligns to the Governments overall Open Data Strategy and holds significant potential for comparison between the pre-1922 data and the 1926 data at a time of radical change in Ireland.

At present, the 1926 census is stored in 1,344 boxes, containing over 700,000 return sheets, each measuring approximately 630mm x 290mm (A3 is 297x430mm). The returns are laced together in 2,464 canvas portfolios each representing an enumeration area within each of the 26 counties.

Digitising the 1926 Census will be undertaken by the National Archives of Ireland in close cooperation with the CSO – the current and future bodies responsible for the census.

Green Dot keeps it lit with handmade Focus Ireland project



Focus Ireland works with and for people that are homeless or in a precarious housing situation and their important work is needed now more than ever. The team at Clonakilty-based Green Dot – Irish Design Makers wanted to do something to help and so developed and made a sweet candle holder from jesmonite clay, in the shape of a house, with €5 from every sale going directly to Focus Ireland.

As owner and maker Lisa Tonge says: "It's so tough for people at the moment and it's really good to be able to

contribute something, even in a small way. These 'little house' candle holders are carefully made in our Clonakilty studio with the hope that one day we will all have a safe and secure place to call home. We thought the 'little house' idea would speak to a lot of people and ties in well with the invaluable work that Focus Ireland does."

Green Dot – Irish Design Makers has always had an ethical and community focus in its evolution from a small maternity-leave project to a craft and design hub and gift shop with the work of over 70 Irish

based creatives/makers, it's own in-house craft studio and quite probably, Munster's best eco-toy corner. A main aim is to promote well-made, unique, handcrafted work from all over the country (and especially Cork), as well as supporting the genuine people behind it.

Lisa sees huge potential in the role that ethical business and craft can play in our communities, helping people create sustainable livelihoods, making our town centres alive and vibrant and also supporting projects and endeavours that provide essential and worth-

while actions in our community, such as Focus Ireland. "We have co-ordinated other community projects supporting, for example, Cork Penny Dinners and The Hope Foundation and also tree planting efforts where over 6,000 Irish trees have been pledged. We hope this year's venture will be just as supported and are very proud to be of the whole project".

Visit the shop at 15 Ashe St., Clonakilty or see the newly revamped website www.greendotdesignshop.com to get your very own 'Little House' candle holder for Focus Ireland.

Candle holders €15
€5 of every purchase goes to Focus Ireland

VISIT OUR WEBSITE
& ONLINE SHOP
GREENDOTDESIGNSHOP.COM

STOCKING AND SUPPORTING THE WORK OF OVER 70 LOCAL DESIGNER-MAKERS

GREEN DOT
IRISH DESIGN MAKERS

15 ASHE ST, CLONAKILTY
023 8836543

OUR IN-HOUSE CRAFT STUDIO IS HOME TO LITTLE GREEN DOT & OTHER CREATIVE PROJECTS.

Shelf upon shelf of uniquely crafted gifts!

The Loft Gallery & Frames

4 Western Road, Clonakilty
(023) 883 5625

Stocking **100% Irish makers** of original artworks, ceramics, prints, handmade gifts & cards with local scenes.

Visit us to find something special.

Lots of stocking fillers & pocket money gifts!

people Food, Health & Lifestyle

A bite-size Christmas

The deepening of the season offers us a chance to turn towards ourselves and our lives and perhaps reflect over the highs and lows, the gains and losses, the joys, and the sorrows that the year has held for us. As we approach the

year end, our focus may turn towards what really matters to us, to the life lessons we have learned during the past year. It is strange in so many ways that we are continuously bombarded with advertising and pressure to consume, when it is rarely mate-

rial things that take precedence at Christmas. Gifts, of course, are lovely to give and receive, as is the care and intention behind them, but it is generally how we are feeling about life and our relationships with ourselves and others that can enhance or diminish the holiday season. People can feel under pressure from many different angles at Christmas so my own practice this year is to attempt to manage things mindfully, in bite-sized little chunks.

The wheel of life is always rolling and changing, as are we, and this fills me with great gratitude and curiosity. Knowing that things are in constant flux and change can spark hope and a gentle determination to make the most of each moment and to look for the good. Sometimes we can tend to either laud or dismiss whole years, days, or experiences by labelling them as “good” or “bad”. See if you can notice yourself making broad ‘blanket’ statements like “I’m having a bad day” and take a pause. Maybe we are simply feeling bad in that moment, and it will pass. This year may have been at times, a very difficult one but we must remind ourselves that it was not difficult in its entirety. Where there have been losses, there may also have been great privilege, goodness and kindness.

Compassion-based mindful-



MENTAL HEALTH & MINDFULNESS

Susan O'Regan

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

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

ness encourages leaning into our emotions little by little. Emotions come and go. Allowing ourselves to feel our feelings is crucial to healing. Learning to recognise and experience emotions as they arise frees us up and allows us to move through them gently, so they don't get stuck. It is literally the moment-by-moment awareness that mindfulness fosters in us that can help us move kindly through what may feel like all-encompassing states of being, like grief and allow us to take joy again in

the simple and special moments of our lives.

To help manage our expectations and emotions we can also approach the Christmas season in bite-size pieces, carefully, step by step. We can plan a mindful Christmas and, if there are empty spaces at our tables this year, we can be extra kind to ourselves and more consciously manage our expectations of ourselves and others. Can we find ways of honouring our absent loved ones? It may not be a wholly wonderful time but there will be moments of goodness, gratitude and joy and we can learn to savour these as we build new memories and traditions.

What supports or plans can you put in place for yourself now in the run up to Christmas? Christmas time is full of sensory experiences, see if you can notice what brings you joy through your senses and let yourself consciously savour and soak in these delights, perhaps watching the sparkle and twinkle of lights or the glow of a candle flickering. What scents or smells do you love at Christmas? Tune in to your sense of touch, perhaps the feeling of a soft blanket or socks warming you on cosy evenings by the fire. Enjoy the multitude of flavours and tastes associated with Christmas, walks in nature, the company of good friends and family members, the lovely songs and sounds of the season.

Plan small and cosy get-togethers. Do what feels right and choose simple, nourishing little rituals and activities to bolster you and create meaning at this time of the year.

I find huge meaning, compassion, and kinship in my work, and in the wonder of groups. Both the process of guiding mindfulness sessions and the community of people I meet cultivates humility in me and has a calming, grounding effect. In January 2023, I will be guiding another free three-week series of wellbeing workshops, this time for family carers. Being a family carer is part of my own story and developing this programme is my own small way of honouring the empty spaces at our Christmas tables this year. Always present in our hearts.

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

Re-connect and Re-engage free mindfulness-based wellbeing programme for family carers at CECAS begin in January 2023. A chance to slow down 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)

Reconnect & Re-engage for family carers

CECAS, Myross Wood House, Leap

Slow down, take time to reconnect and re-engage... with yourself, with nature and with community. This free wellbeing programme for family carers is made up of a series of 3 workshops from 10.30am - 1.30pm on:

Wednesday 18 January

Wednesday 25 January

Wednesday 1 February

plus optional Eco Arts session date tbc.

The programme focuses on learning and practising mindfulness skills and immersing ourselves in nature in the wonderful grounds of Myross Wood. Light lunch provided.

Please contact Susan O'Regan to book your place: susanoreganmindfulness@gmail.com or 087 2700572



Gifting presence for the holiday season and beyond



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.

Recently a friend expressed appreciation for a social media post I'd shared featuring practical reflections for how to be present

for someone who is dying. It inspired this month's column when I realised it might be helpful to expand this to include being present for ourselves and one another in loss and life in general. It seems especially needed at this potent and tender time of year for many. For some, it's an exciting season of much light, as we move into the darker days of winter: a time of abundance and giving, gratitude and long-anticipated reunions, while for others it's a reminder of what we have lost and long for. Perhaps a home we can no longer return to and being ever-reminded of precious people that are no longer with us. Not to mention the wild times we humans are collectively living in.

So let's start with ourselves. Here's an invitation to take a moment to pause and breathe. What is true for you at this time of year? What do you feel in your body? How is your heart? Consider what the holidays were like for you as a child – do you have a favourite memory?

What stories and memories do you carry? Do you know about your ancestry and any of the traditions they may have held? As you've grown older, what do you look forward to during this season? And are there things you honestly dread? What do you long for this time to be like, to feel like, to represent? What does your holiday grief need from you in terms of care? (A loving reminder that grief isn't just for death – it can be missing the certainty you once felt, living with financial changes, self expectations, health issues and so on). The things we grieve for are a non-exhaustive list really! At the moment, I'm considering many of these questions for myself while living far from family, sensing a shift in friendships that had once been close for years, reflecting on the work I've done over the past year, what I'd like to let go of, simplify, or change, the grief and loss witnessed, as well as what I'm presently carrying; the choice made to bypass the Christmas period this year; taking space

from familiar celebrations. So equally I am holding both the blessings and beauty of my days, as well as broken-heartedness. We can indeed feel the joy, sorrow, struggle or a combination of all these days.

Presence (meaning you're offering the energy of possibility, being open, spacious, aware, quiet) is the most precious gift you can give to yourself and this is also so for another human being. It's been said by teachers and leaders such as Marshall Rosenberg, the Dalai Lama and others. But how true it is. Can you recall a time when you've experienced authentic presence from another person even just for several moments? It really is special and indeed rare. So, as we meet others who, like ourselves, are walking with grief in these days to come, we need not avoid them. I hear this time and again from griever – (maybe you've even experienced it too). Someone crosses the road to avoid you, perhaps because they might feel like they don't know what to say or fear saying

something wrong. We can simply be honest and say just that. Don't be afraid to just listen. How are they doing now? But also honour them if they don't want to talk. Let them know you hear them regardless of what and whether they share or not. And if they do, refrain from comparing their story with your own. Let them feel what they feel, be open to their needing to be and do things differently whether it's for the holidays or for any day. Follow their lead as much as possible. Grief has no timeline and it takes up a lot of bandwidth in the brain. However, don't be afraid to make someone laugh. Please don't try to fix or change them. If they've experienced a death for example, it's ok to say the name of the deceased or share a memory if you knew them, but resist catch phrases such as “they're in a better place,” any personal or religious beliefs you might have (even if you see them at mass, they may not feel the same as you in this matter) and skip the “at least

you have x,y,z...” It's not easy – we humans want people to feel better – this includes ourselves (and perhaps to gain some distance from the grief stuff!). Many also cringe with the very well-meaning “let me know if you need anything.” Rather ask them what they'd like or might need. You can also offer specific support, and always thank them for what they have shared with you. Follow through and show up on what you've offered. A little presence is a big deal and goes a long way. Truly this being present is a lifelong learning experience, so be gentle with yourself. Like love and grief, this practice has no end.

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.

people Health & Lifestyle

Jump in for Mozambique

The annual Inchydoney Christmas Morning Swim is happening again this year, as usual to raise funds for Clogheen native Rev. John Kingston's Mission to Mozambique.

In some ways Mozambique, despite natural disasters and wars which will not end, was somehow spared the worst ravages on the Covid 19 pandemic, although as elsewhere, businesses came to a standstill and people who thought their livelihood was assured saw hard times.

"From what we observed around us there is no increase in traffic to the cemeteries such as we saw at the worst moments of the AIDS epidemic," Fr John says.

Now that life has returned to normal, Fr John and his fellow missionaries are maintaining their usual programme of fostering education in a variety of ways. "We continue to promote the education of the rural poor, including orphans and people with fragile family support," he says.

"Dionisia, an AIDS orphan whose education we paid for, has now graduated and has found work as a laboratory technician

Fr John Kingston in a tractor donated by West Cork Community Fund.



in the health service. At present we have a number of students, male and female, doing similar courses and are happy that the education being provided is of high quality. The same cannot be said of many areas of education in Mozambique, except in the private sector."

Finding the financial means to support and subsidise the education of these vulnerable young people can be difficult, so Fr John is most grateful for the funds raised by the Inchydoney swim.

"I appeal to all who can, to support the swim again this Christmas morning, knowing that even with rising prices of everything in Mozambique, the

euro you donate will make a difference to some young person's life here. Your solidarity and generosity are essential so that we do not interrupt the education we are trying to provide in a reliable way."

Sponsorship cards available from Mary White (087 2806063) or O'Donovans Hotel, Clonakilty or you can donate through GoFundMe.

"Once again I take the opportunity to wish God's blessing on you and your families as you celebrate the certainty that God so loved the world that he sent us his own son. May you all have a great Christmas and a happy, healthy New Year."

Linda's
OF KINSALE

50 years of vintage diamond jewellery

Also old gold, wedding rings and bridal jewellery

Family run. GIA trained.

✧ DEPOSITS TAKEN FOR CHRISTMAS ✧

Jewellers
to BAFTAS
2020

Open 7 days: Mon - Sat 10.30am - 5.30pm, Sun 2pm - 5.30pm

Main Street, Kinsale, Co. Cork • T 021 4774754

www.lindasofkinsale.ie



10% off
plus many more
surprise offers
instore on
December 8

KEVIN O'REGAN

FUCHSIA FOOTWEAR

We'll get your Christmas gift list sorted!

Love where you live, work and play.... you can help to lift up everyone in your community with every euro you choose to spend locally.

8-9 Pearse St, Clonakilty T: 023 8833136
38 North Main St, Skibbereen T: 028 21629

www.fuchsiafootwear.ie



people Food, Health & Lifestyle



www.etsy.com/shop/IlenDesigns
ilen.designs

ARTISAN JEWELLERY, DESIGNED & HANDMADE IN WEST CORK

Inchydoney 'Dog Walk' in memory of Jean Lowney

A 'Dog Walk' in memory of the late Jean Lowney, an animal lover from Clonakilty, will take place on Inchydoney beach on Sunday, December 11.

There was great sadness and shock in Clonakilty on July 28 last when Jean Lowney died suddenly and unexpectedly. Jean, (50), was a great lover of animals – both domesticated and wild, and a few years previously had set up her dog caring service, 'The Pet Jeanie'.

At her funeral, around 30 of her canine friends and their owners, attended at St. Mary's Graveyard for a guard of honour. Now, some of those friends, with the support of Jean's family, have organised 'Jean's Memorial Birthday Dog Walk' at Inchydoney Beach on Sunday, December 11 at 2pm – three days after what would have been Jean's 51st birthday (December 8).



Inchydoney Beach and dunes were favourite haunts of Jean and her canine clients and they all had many happy hours there in the past.

Dogs and their owners are welcome to assemble at the 'small' car park at the end of the one-way traffic system at Inchydoney at 1.45pm on the Sunday.

All dogs must be kept on leads for the full duration of the event, and the organisers will distribute free 'Mutt Mitts' (pooper scoopers) to all

dog owners at the start of the walk. After a welcome and photos, they will then go onto the beach at 2pm and spend an hour walking with their dogs, chatting and remembering Jean, before returning to the starting point where complimentary tea/coffee will be available. The tide will be out, so there will be plenty of time to walk the two famous beaches.

The event will conclude with everyone present remembering Jean by singing (and howling!), 'Happy Birthday'.

Participants are asked to make a suggested donation of €10, (or alternative donation of choice), to the West Cork Animal Welfare Group – an organisation which Jean supported and interacted with regularly, in advance online or on the day.

See Facebook/Jean's Memorial Dog Walk to donate online.



Blood sugar stability, circadian rhythm and stress



Eoin Roe
Chiropractic

some, poor control of blood sugar caused by skipping meals or eating diets that are too high in carbohydrates.

Your body will respond in the same way to an emotional stressor and a physical stressor.

Unfortunately we can't always get away from emotional stress, for instance if you are caring for a loved one or going through a divorce, but we can do something about physical stressors.

Blood Sugar Stability and Stress

It is very important for you to maintain stable blood sugar, especially for your brain. Stable blood sugar is normally maintained by eating food and,

in times of fasting (when you sleep) by your adrenal glands releasing cortisol and prompting the liver to make blood sugar from proteins and fats.

So if you are skipping meals, especially breakfast, this can cause your blood sugar levels to slump. Combined with a diet that is low in protein and fats, the problem will worsen because your body will find it harder to have an efficient fasting response to raising blood glucose. This can cause sleep problems making you wake in the middle of the night.

Circadian Rhythm

Your circadian rhythm governs your sleep wake cycle. We all know intuitively that if we don't

get enough sleep we will be grumpy or cross. However a lack of sleep is also essentially stressful because if we continue with poor sleeping patterns it will affect our stress response, or more accurately, the hormones that govern our stress response.

It is the hormone cortisol that ties blood sugar stability, the circadian rhythm and stress together. Cortisol is the hormone responsible for waking us up in the morning; it is also the hormone released by the adrenal glands when we are stressed, and one of the actions of cortisol is to prompt the liver to produce blood sugar.

So, if we don't have adequate energy stores to maintain stable blood sugar, we will experience a stress response and this will elevate cortisol. Elevated cortisol will de-stabilise blood sugar and, if that happens during sleep, it will also wake us up.

Looking at the diagram we can see that all of these things interact and, whilst we sometimes don't have control over the stress we are experiencing, we can change the other two factors in this cycle.

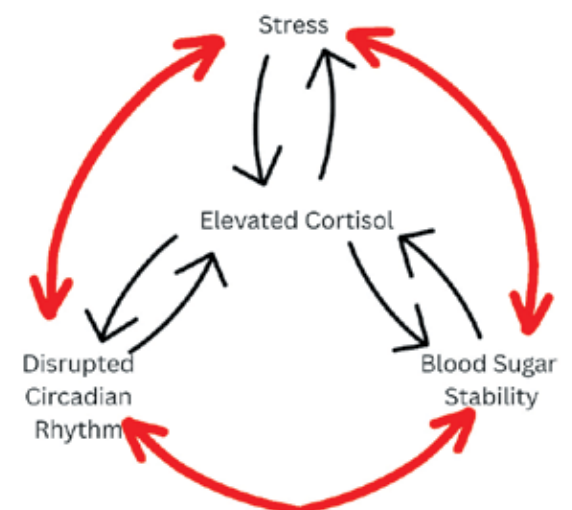
If you are skipping meals and find that you are getting hungry (angry because you are hungry), waking up in the middle of the night, and eat a diet that is low in protein and fats; It may well be an indication that your blood sugar is functionally too low. This will cause instability in your blood sugar. The fix for this is to eat more regularly; you

should also focus on eating a breakfast that is high in protein and fats and low in carbohydrates and, if very severe, you may need to eat smaller meals more frequently.

A poor diet that is full of sugar and processed foods will

– this is particularly challenging for those who are doing night shifts.

Developing regular sleeping and eating habits can really help you to manage stress and by adding in regular exercise this can help you more resilient and



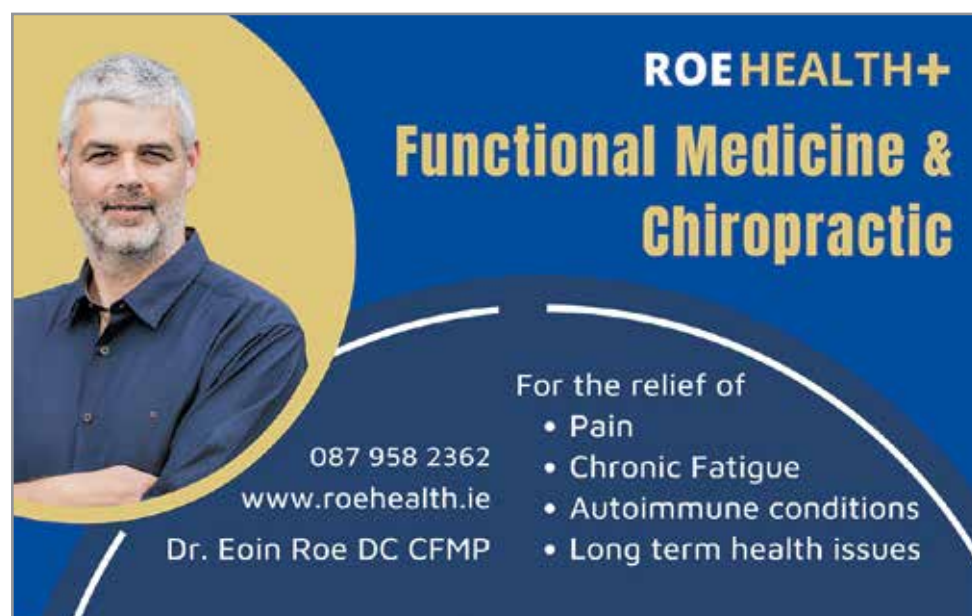
be stressful and inflammatory in its own right but is likely to cause your blood sugar to be too high; and this will often result in you feeling sleepy or have low energy especially after meals.

Again, if you are having problems sleeping or you are just choosing to go to bed too late this will increase your stress. The ideal time to go to bed is around 10pm and seven to eight hours of solid sleep is ideal. An adequate sleep habit is very important and can be difficult to achieve if we constantly chop and change our sleeping pattern

better able to handle the normal stress that life throws up.

I would like to wish all readers a Happy Christmas and New Year.

Eoin Roe is a Certified Functional Medicine Practitioner and Chiropractor based in Skibbereen at Roe Health Clinic. If you would like to contact him for help with chronic health problems or for pain issues please do so through the website www.roehealth.ie or by calling 087 9582362.



ROEHEALTH+
Functional Medicine & Chiropractic

For the relief of

- Pain
- Chronic Fatigue
- Autoimmune conditions
- Long term health issues

087 958 2362
www.roehealth.ie
Dr. Eoin Roe DC CFMP

Step into Christmas in Designs

It has become something of a tradition that the festive window display in Designs of Skibbereen heralds the start of the holiday magic each year in the West Cork town. Once the fairy lights are switched on and the elves appear in Designs, you'll often find shoppers standing outside front soaking up some classic holiday spirit. Designs' co-proprietor Finola Byrne has been known to work through the night to create her striking traditional Christmas display. "It's a window into the shop, but also something more than that; I think we all need a little sparkle and magic in our lives right now," she says.

Finola and her husband Alan Byrne run this fabulous little craft shop in the busy market town of Skibbereen. First established in 1977 by Alan's mother, Eileen Byrne, Designs will celebrate its 45th Christmas this year.

Finola and Alan are proud to be carrying on the tradition of supporting Irish craft and design that Eileen Byrne, 80, initiated all those years ago. "Eileen was very much ahead of her time," shares Finola. "She was never afraid to step outside the box and regularly drove the length and breadth of the country searching out new Irish makers and designers. She attended the very first Showcase at Dublin's RDS, a mere seven stalls at the time."

Today Finola and Alan carry on the practice of going the extra mile for their customers sourcing unique and quality products, from traditional crafts to contemporary homewares. "You can't take your finger off the pulse; you really have to listen to your customers, taking into account their needs and budget," says Finola. "And of course without good customer care, there is no doubt that your

business will falter."

A native of Clonakilty, Finola grew up greatly influenced by her close family relations and the great work ethic in their respective businesses, Lowney's Coach Hire and Dunmore House Hotel.

This care and attention to detail regularly reaps well wishes and thank you cards from customers all over the world. "A customer making the effort to send a card by post really brings a smile and makes it all worth while," shares Finola. "When we reopened after the first lockdown, I realised that it was the interaction with our customers more than anything else that I had truly missed." Alan, a keen sports man, thoroughly enjoys his regular chats with customers about rugby, golf, football, soccer and also cricket with one lovely lady.

Anyone searching for a beautiful and timeless gift will find a wonderful selection to peruse at Designs. Ceramics range from Nicolas Mosse pottery to closer-to-home Charlie Mahon Ceramics Pottery Collections from East Cork to Paul Maloney Craft Pottery and Art. Bring light and scent into



Finola Byrne with her daughter Clodagh and below her wonderful Christmas window display.

your home with the local ranges of La Bougie candles from Kinsale or Inchydoney Candles from Clonakilty. Looking for a baby or children's gift? Look no further, as Designs has gifts that will be treasured forever. Check out the selection of super soft quirky toys from Jellycat and organic children's clothing from local company Cotton Caterpillars. They also carry a beautiful selection of waterproof and breathable children's coats from Irish company Lighthouse. Adults aren't left out either with the latest styles from Brakeburn and Seasalt.

Christmas shopping is well underway in Skibbereen and Designs has a wonderful selection of items to choose from. Share the warmth of 100 per cent wool slippers with a loved one, the practicality of a pair of rubber garden crocs, the luxurious style of faux suede gloves, matched with a bag or purse, or the sparkle of one of the many jewellery ranges in store. For house proud friends, check out the Mindy Browne collection of table runners, oven gloves and napkins or invest in a timeless set of glassware from Newgrange. Add even more panache to your gift with one of local artist Sonia Caldwell's beautifully decorated cards or calendars.

For this and so much more, call in to Designs in Skibbereen today.

Designs, 32 Main Street, Skibbereen. 028 21221. Follow on Instagram and Facebook.

DESIGNS GIFT SHOP

32 Main St, Skibbereen
028 21221 • designscraft@hotmail.com
Follow us on **Instagram & Facebook**

OPEN SUNDAYS IN DECEMBER,
12.30-4.30pm. FREE PARKING

10% off
on Friday, Dec 9
& Sat, Dec 10

Gift
Vouchers
available

**CHRISTMAS
DECORATIONS,
CANDLES,
JEWELLERY,
POTTERY
BABY GIFTS
& MORE!**

We wish all our customers a happy & peaceful Christmas & New Year





FOREST & FLOCK

For all your Irish makers under the Tree!

H, BY GOSH, BY G
S TIME FOR MISTL
AND HOLLY
H, BY GOSH, BY G
S TIME FOR MISTL
AND HOLLY
H, BY
S TIM
H, BY
S TIM
H, BY
S TIM
H, BY GOSH, BY GULLY
S TIME FOR MISTLETOE





OPEN SUNDAYS

December 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

Don't wait until New Year's Day to set your intentions for 2023. December is the month for dreaming up your future. With the powerful and creative forces around right now, you can use the Astro energies to manifest the future you want.

The month starts with creative passions activated by Venus in Sagittarius opposite Mars in Gemini. Venus joins with Mercury in Sagittarius and this combination completes a tense square to Neptune in dreamy Pisces. This sequence urges us to tap into the potential for fulfilment. Venus is looking for adventures and Mercury is brimming with ideas. Mars wants to do something new and exciting and Neptune gives us visionary insight. The Moon slips into the orb of Neptune on December 1. This provides an intuitive sense that can see into the alternative possibilities that lie ahead.

The first few days of this month give extra manifestation

power to our intentions and it is wise to use this time for imagining the most positive vision you can muster. Neptune turns from being retrograde since late June, adding momentum to the force of our creativity from December 4.

Four planets move into Cardinal signs this month and these are extra potent Zodiac points that contribute to the energy of new beginnings.

In addition to the more dreamy start to the month, we have several other indications that December is a time of laying a foundation for what is to come. Mercury and Venus move into Capricorn on December 6 and 10 and this earthy sign is capable of tangible actualisation. The results from our visions and intentions can be grounded in reality.

In the midst of this, the Full Moon on December 8 combines with Mars in Gemini. This is a time when what we have sown

comes back to us in fruition. Our previous words and thoughts can rise to the surface. Mars in retrograde may make us feel some discomfort over what was said in the past or about beliefs we expressed openly. It may also be a time of super-assertive forms of communication, as emotions will run high and confrontation is possible. The best use of this wave of energy is to use it as a moment to confront our less peaceful ideals and deliver some compassion to ourselves and others. Take the insight and new perspective as an indication of how your personal intentions can be forged into a more positive plan for our collective future.

The bold and expansive planet Jupiter started its forward motion again in late November and is now heading into Aries on December 20. This puts us in the mood for taking big steps towards our goals. The Moon is in Scorpio (the other Mars-ruled sign) during the ingress. This

energy puts the individual experience centre-stage and fires up courage and assertiveness to get what you want. It is a very potent time. The Solstice occurs the following day drawing pure fire energy through the grounding sign of Capricorn. This sea-goat sign expects to reach the heights of its ambition through effort and diligence. It has a determined attitude and can undergo hardship to achieve its vision. The Solstice is a trigger point for new beginnings and the next phase of growth. The combined life-enhancing energy of the Sun with Jupiter in a tense square aspect at this pivotal point sets the trend for the next six months. This urges us to make the best of ourselves and reach our highest expectations. Be sure you love what you want.

The New Moon also occurs in the early degrees of Capricorn on December 23, adding to the theme of aspiration and creative force. The month ends with the

start of a Mercury retrograde phase that continues through to mid-January and ensures we'll have the chance to reflect on what we have created during December.

With a strong Neptune energy enabling creative manifestation and the Capricorn materialisation making our dreams into reality – be aware of what you are dreaming up and imagining, as this can very easily become your reality in the following months.

This is the time to do, be, and align with, what you love most.

Look for the 2023 year ahead preview in the January edition. Warmest wishes for the Solstice Season.

December has a Full Moon at 17 degrees Gemini on December 8 at 4.08 am and a New Moon at 2 degrees Capricorn on December 23 at 10.16 am



Aries: Any difficult emotional experiences may result from having strong differences of opinion. Could it be that everybody is trying to get their message through but no one is listening. Conversations are easily swayed by irrational arguments and emotions. Finding a peaceful balance is the goal but takes a dedicated focus to achieve. Tie up important loose ends and meet deadlines over this Full Moon. Later this month will bring more time for a new project or mental challenge that will refresh you. You could be making plans for travelling or starting a new class or training programme in the following weeks.



Taurus: This Full Moon will find your attention on personal resources and economic fluctuations. You can be a very kind and giving person but you also need to feel secure. Being a little more concerned with your financial status now is probably a good thing although some people may view you as unusually materialistic and possessive. This is a time to cash in on some of your hard-earned investments and name your price for your efforts. Be confident in your skills and abilities and turn them to good use now as others will notice and reward you later.



Gemini: With the Full Moon in your sign, it's time to bring any critical personal projects to a conclusion whilst you have the energy required to satisfy your own high standards. You are likely to be a glowing example of both vitality and attractiveness in the coming weeks so let your personality truly shine. You can expect to have a powerful impact on your surroundings through your moods and feelings. You may be emotional or sentimental, but you know how to provide a truly nurturing environment for others. You're motivated to show how much concern and care you have for loved ones now.



Cancer: You need to withdraw from the world from time to time and commune with nature or your inner feelings. During this Full Moon, you are extremely sensitive to your environment and could spend a lot of time enveloped in a very private emotional world. Ideally, create a place of your own which is sacred to you where you can be alone. In this private retreat, you can work more consciously with the inner world of your imagination through creative work or meditative practice for a few days and then see your dreams manifest over the following months.



Leo: You have the desire for strong bonds with your friends and you are extremely sensitive to how they treat you over the Full Moon. You are both caring and concerned for their personal development, but easily hurt if they let you down in any way. Ensure that you spend time only with people that elevate and support you. Disconnect from the daily grind and tap into your lighter side for a while. Over the next few weeks, you will remember that enjoyment of the good life is more about your own sense of well-being and not dependent on money, friendship or possessions.



Virgo: You have a strong sense of duty and you can feel that your role is primarily to live up to family or social expectations over this Full Moon. You may have been striving to achieve some predefined goals and you want the recognition now. Over the coming weeks, you can reach out for what you want for yourself. Stand in the spotlight whilst acting the part of your unique self in all your glory. Ensure you take time out to wave your own flag and get noticed for your contribution before a new surge of personal creativity rolls in after this eclipse mid-month.



Libra: Think big and stretch your imagination this Full Moon. In the past, you will have unconsciously been affected by the convictions and values of those close to you. Nurture your personal beliefs. Attend to what is solid and true for you now. Your interest in philosophical and spiritual areas is heightened this month so use the time to expand your inner window on the world and break new ground. The feeling of suddenly having understood something can have you wondering where to put your focus next, but that will take care of itself down the line.



Scorpio: Over this Full Moon, your experiences will confirm that you must not depend on other people or your possessions to provide emotional security for you. This could be a very transformative few days when you might unearth resources within yourself that you were previously unaware of. Allow yourself to stand aside for a moment and recognise what has really tied up your energy in recent weeks. You no longer need to rely on certain items or belongings as you become more emotionally stable. New beginnings require the space to grow and this sense of freedom will help your creativity.



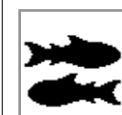
Sagittarius: With the Sun shining in your own sign it puts the Full Moon focus on your relationships. This marks the start of a new phase. Tune in to yourself, and allow your partner or close friends to have their moods without imagining they are a result of your own actions. Connecting with others in a special moment can be enjoyed. When close allies or partners become your main focus you could be thinking that you have all got a little too involved or caught up with each other recently and soon you'll need to stand back. This month will help get you back to balance.



Capricorn: Basic tasks could take up all of your attention. It's easy to get distracted from the broader vision of your life during this Full Moon. You are likely to make yourself indispensable by being of service to the physical needs of others. Being happy to take on new responsibilities, both in your career and around the house is part of this month's theme. If you are not careful, however, other people will take advantage of you. Early December starts a phase of getting things together for yourself. Once done, you'll be able to stand back and take pride in your accomplishments.



Aquarius: Spontaneity is the keyword for you this Full Moon and it's time to loosen up and have some fun. Taking the lead and making some strong statements is also an option. Going just a little bit over the top will be acceptable now as this is a time of celebration for all. Passion and intensity can run rampant as your enthusiasm overflows so get creative with your energy. You have a strong emotional need for some romantic encounters but you do know how to nurture and maintain the romance in an existing relationship too. So go the extra mile and enjoy!



Pisces: This month you may find you need to spend more time at home. You can find great pleasure in looking after children or family, cooking, making home improvements and so on. Feeling very sensitive to the moods of others is also heightened, especially if you share your personal space. Although you'll be strongly motivated to create a caring and secure environment, a crowd can become claustrophobic. You can get on each other's nerves. Later this month there is more time to acknowledge the comfortable and familiar environment that supports you. Draw on it as a source of strength for building a future that really suits your personality.

ASTROLOGY

Personal & Traditional

Phone consultations available

Your Questions Answered

Relationship, Career, Moving House, Business Venture, Lost Items.... resolve your problems

with **Traditional Horary Astrology**

No birth data required

Horoscopes & Birth Charts

Personal Consultations & Chart Readings by Appointment

Printed Astrology Reports

Yearly Forecasts Relationship Analysis
Delivered by post or email – The perfect gift

Kate Arbon

089 9608286

www.katearbon.com astro@katearbon.com

Years of wonder at O'Sullivan's Toys

Perhaps its most charming quality, time appears to stand still at O'Sullivan's Toys in Skibbereen, where for over 70 years generations of children have found magic within its walls.

West Cork's longest established toyshop, operating under the Toymaster banner, this Aladdin's cave of treasure is upstairs filled from floor to ceiling with toys. Children are welcome to touch and test the huge selection from popular brands like Paw Patrol, Bruder and Sylvanian Families to classic favourites such as Barbie, Schleich and Roly ride-ons. The wall of lego will impress all ages and the selection of board games offers perfect material for a winter of power cuts!

It's not unusual to see a young farmer gathering speed down the long aisle at O'Sullivan's, perfect for testing out the latest model in John Deere tractors, or to pass a young aspiring babysitter trying out his or her skills on the latest Baby Born.

Once upon a time the O'Sullivan family lived upstairs in the building. In those days, the shop sold mainly hardware and household goods with some toys thrown in for good measure. Today, while downstairs is still an eclectic mix of household items, kitchenware, memorabilia, greeting cards, decorations, fuel and knick



Eileen O'Sullivan (centre) with staff members Kathleen Courtney (left) and Mary Casey.

knacks of all shapes and sizes – upstairs is now home to the wonderful selection of toys that captures the imagination of every child who crosses the threshold.

"We meet so many wonderful children in the shop and we learn an awful lot from them about the toys," shares co-proprietor Eileen O'Sullivan, who also admits to still having a soft spot herself for dolls. "I loved dolls as a child. In those days they were made of porcelain so very precious...they'd break if you left them fall."

Eileen and Peter O'Sullivan took over the shop from Peter's parents, Connie and Carmel, in 1973. Peter runs a fuel business, so Eileen, a trained nurse, took over the running of the shop while also raising their six children. "It was a juggle at times but we've been lucky to have amazing staff who kept the show on the road for us over the years," she says.

An enthusiastic sea swimmer today, when Eileen isn't taking a dip with her local swimming group the Lough Hyne Lappers and Dippers, you'll more than

likely find her somewhere on the shop floor. "It's really lovely to meet so many parents who came into the shop as children now returning with their own children," she shares. "It's often a real trip down memory lane."

With 12 grandchildren of their own, Eileen and Peter are possibly the coolest grandparents in town...it's not every day you get to assemble a Roly Ride-on or play dolls when you visit granny and grandad!

O'Sullivan's Toyshop, 1 Bridge St, Marsh, Skibbereen. Phone 028 21103

TOYMASTER
O'Sullivan Toys, Skibbereen
REAL VALUE from a REAL TOYSHOP

LEGO Technic Ford Mustang Shelby GT500
OUR PRICE €49.99

John Deere Tractor
OUR PRICE €49.99

Playmobil plane
OUR PRICE €24.99

Smellephant
OUR PRICE €42.99

Ring & Reserve!
Call us now 028 21103

Stocking toys for all ages from birth to teen

Gift a tree and grow a school

West Cork Sudbury School (WCSS) is launching an

innovative 'Plant a Tree, Grow a School' project in an effort to raise funds for the school, while

also promoting the planting of native trees in West Cork. The launch will take place at the



(l-r) Archer Little, Peter Little, Ruari Baker, Mattie Keane, Maria Collard-Keane, Hannah Keane, Conor Baker, Obi Thornhill, Tracy Wall and Corinna Fisher.

school's Christmas market in the Stables, Coomhola Lodge (P75 YW30) on December 10, from 11 till 5pm.

Working with Future Forests, the school will be planting a woodland of native broadleaf trees.

All you have to do is make a purchase and the WCSS students and staff will plant your tree for you in newly managed areas in West Cork where the landscape was once thick with woodland.

WCSS offers a different choice in education, a self-directed and democratic model where students choose what and how they learn. Although the school aims to be affordable and accessible, it receives no state funding, therefore fundraising is vital to its continued success.

Gifting trees is becoming

Grasshopper
Jump, Laugh and Play

22 Rossa St, Clonakilty
023 8858784

Stockists of: Småfolk, Katvig, JOHA, Papfar, Mikk-line, Molo, Didriksons and Lasticot.

Great selection of sustainable clothing with organic cotton and independent ethical brands.

20% OFF
instore only
on Dec 8th!

order online at
www.grasshopperkidswear.com

A big thank you for all your support this year. Have a Happy Christmas!

a great way to increase tree cover and promote biodiversity. Ireland has one of the lowest European averages for tree cover, despite the island once being covered in trees. Tree planting is essential to help reduce the impacts of climate change and reducing the risks of flooding.

The hope is to see the school grow at the same time as the woodland.

There will arts and crafts

stalls, local producers, a raffle of great local prizes, a cafe and lots of yummy treats at the Christmas market. You will also have the opportunity to enter a raffle to take part in one of the school's Tree Planting days, and meet some of the staff, students and parents of the school.

To buy a tree, or to find out more visit westcorksudbury-school.ie/plant-a-tree

people Food, Health & Lifestyle

From banker to baker to candlemaker

While punctuality and politeness aren't bad traits, for one Swiss family getting away from the stress, hecticness and strict adherence to social etiquette that defines their home country and moving towards a more relaxed way of life is what brought them to West Cork.

COEN'S PHARMACY
Wolfe Tone Square, Bantry (027) 50531

A beautiful range of CLARINS giftsets for every age to suit every skin type.

Prices from €27 to €113 plus hampers made to any budget

Buy all these at the Clarins counter in Coens Pharmacy.



WATERS + WILD
organic perfume and lifestyle

Visit WATERS + WILD organic perfumery and shop at WILDS, Glandore

An eco ethical store and cafe selling WATERS + WILD and curated gifts from around the world.

email hello@watersandwild.com | 086 2384953

The Square, Glandore, P81D992

Wednesday 12-5pm, Thursday 11-5pm
Friday 11-5pm, Saturday 12.30-5pm

Shop online at www.watersandwild.com
complimentary shipping for all orders over €50 in Ireland



From banking and managing a bookshop to baking, running a bed and breakfast and candle making...from Switzerland to Ireland. Life is slower now, more relaxed, there is time to stop and chat; as they say in West Cork, watch the grass grow!

Ballyroe is a beautiful place near a lake surrounded by nature: A place to stay, eat and craft. The family behind this relaxed West Cork retreat are the Lamprechts: Fabienne, a former bookshop co-owner, Roland, a former banker turned union worker and their two children Kolja and Youri, now happily settled into Leap National School.

A year-long sabbatical in 2018 that took them on an adventure across Canada to Newfoundland changed the course of their lives.

The family's suburban existence in Basel, Switzerland involved working long hours with little quality family time. It was fast-paced, frenetic and unsustainable.

"When we spent time with each other during the sabbatical, surprisingly we realised that it's not that bad," jokes Roland.

"In Switzerland, everything has to be done a certain way, it is never acceptable to have a plan b. Canada gave us a window into another way of life, one where we could try out new things and succeed or indeed fail without judgement."

Deciding they wanted to start a business together that would allow them to spend more time with their boys in an open-minded English-speaking country, close enough to Switzerland that they could still visit; after some research into the tourism and hospitality market in Ireland, Roland and Fabienne found a property in a rural setting just outside Leap suitable for starting a bed and breakfast business and moved here permanently in 2019.

Roland discovered a new passion and talent for baking, which complemented the accommodation side of the business. Throughout the pandemic, he was baking three times a week, sometimes through the night to supply local markets, shops and households.

He also started candle making workshops for children and adults. The Swiss do Christmas really well and one of the most popular traditions in the run up to the festive season is candle dipping.

"Everyone goes to a Christmas market where each child gets to make a candle," explains Fabienne. "My grandmother



Fabienne, Roland, Kolja and Youri Lamprechts in their garden near Leap

had a whole collection from me."

Roland, who also volunteers as a soccer coach with Ardfield FC U10s, is a great workshop facilitator, turning it into a fun as well as learning experience for young and old.

"It's pretty fantastic that you can make a living here doing whatever you want," he says.

"The pandemic gave us a real feel for society here," shares Fabienne. "The vulnerable were protected in Ireland and it reaffirmed for me that this was the place where I wanted to live."

While it wasn't easy starting a new business in a pandemic, the couple took the opportunity to do some work on the property and started growing their own veg. "When we first started we were mainly feeding the snails," laughs Fabienne. "But now our freezer is well stocked for the winter...with beets, pakchoi, spinach and more." The family also keeps and eats their own chickens.

"Our goal is to be 50 per cent self-sufficient," says Roland, who relates that the family are now at around 15 per cent.

Fabienne loves making jam with their homegrown or foraged produce and guests are treated to a welcome pot on arrival, as well as in the breakfast hamper. It's a nice touch that's appreciated going by the many positive reviews.

One of the upsides to the pandemic for Ballyroe has been the amount of repeat Irish business it has generated.

"It's been a learning curve, challenging at times, but we're very happy with how it's going," says Roland.

"We're also fortunate to have really good neighbours to show us the ropes when we get into difficulty," he shares.

"They have taught us that Irish people handle problems differently, in a more relaxed way. Even something as simple as unblocking a pipe with a stick is new to us. In Switzerland you would call in a plumber straight away."

One experience in particular in the run up to Christmas last year has stayed with Fabienne. "We were in bookshop in Skibbereen and one of the boys decided to sing a really long Christmas song for the owner. The shop was really busy with lots of people queuing and yet everyone stood by patiently. I was feeling quite stressed, as in Switzerland people would have gotten really mad with the delay, but here everyone was happy to stop and wait and listen to that child sing his song. At the end everyone in the shop applauded. That was such a nice feeling."

This year the family plans on staying in Ireland for the festive season, travelling after Christmas Day to visit Switzerland.

The Christmas tradition of Santa Claus in Switzerland differs somewhat from the Santa we know in Ireland. Santa has an evil sidekick, a helper all dressed in black, who accompanies him to each home on

December 6. "Each child has to recite a poem," says Fabienne "and Santa has his big book with him, which lists what you did well and not so well during the year."

"If you've been really bad, the threat is that they will take you in the big bag to the Black Forest, where you will have to work for one year!" says Roland, his eyes widening for effect.

Little Jesus is the one who brings the presents on December 25.

While Ireland is now home, the family are looking forward to the highlights of a trip to Switzerland...the mountains, big forests and experiencing a proper dry cold winter.

"We do miss these things but they are minor," shares Roland. "We have so many more good things here in West Cork...our life is way better in a place where people are friendly and interested in what you do, which can be just about anything really. We feel like we have become a part of the community here in a very short time."

The next candle making workshops at Ballyroe take place on Saturday, December 17, 12-4pm; Sunday, December 18, 10am-2pm; and Monday, December 19, 5pm-8pm.

Time slots can be booked to avoid any waiting times. A new group starts every hour. For more information go to Ballyroe.org.



Pay at the gate or book now and save big at fundamania.ie

people Food, Health & Lifestyle



CANINE CORNER

Liz Mahony

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

There has to be commitment in every relationship. If our hearts and souls aren't in it, then we're less inclined to continue, especially if we encounter difficulties along the way.

My philosophy in life is that any relationship is built on a two-

What does 'commitment' mean?

way street of mutual respect. If respect is lacking on one side, then the relationship is out of kilter. That applies just as much to those bonds between us and our dogs. Owning a dog is the same as having a child: it's a huge responsibility.

I place a lot of importance on this mutual respect. In my book that means recognising that my dog is a sentient being and allowing her the space to 'grow' into her full potential. There's no place for force or dominance if there's mutual respect.

To help my dog reach that full potential, I train her, look after her food and health needs to the best of my ability and all in a loving fashion. Most importantly, I give her direction, not as an Alpha leader, but as a parent gives a child. I don't mean that I treat her like a child because that would be disrespectful, but I show her what I want and thus give her choices.

And with that responsibility and respect comes trust. As our relationship grows and deepens, I trust her to respond to me when I ask her to do something even in places of distraction.

Dogs trust us to give them love and direction. Just loving them doesn't work because they



Remember the importance of 'quality time' with your dog. Just choose that time with care.

will lose respect for us. Never assume that dogs know what to do. We expect them to live with us on our terms but wonder why it goes pear-shaped because we're not teaching them HOW to live with us. If we abdicate that responsibility, they will simply do as they please and start challenging us.

As dogs are 'black and white' in their thinking, they like to know what we want from them. When we put in the boundaries through training, we're teaching them a way of living with us. Consider it a bit like a Sat Nav to help them on their journey with us. The clearer our guidelines, the easier it is for our

companions to understand.

Once there is a meeting of minds, so to speak, it's like both parties are on the same wavelength. As we all differ in character (and I include dogs in that as well), it's often easier to connect with one pet more than another. That I feel is because the energies synchronise with less effort. However, with perseverance, it's possible to make a meaningful connection even where the energies are slightly off key. And, in a way, the rewards of teaching the less receptive animal are much greater.

But how do you do that when each of you is pulling

in a different direction? I'm thinking of the wilful puppy that you welcomed with open arms who, after a few short weeks, has turned into a manipulative tyrant.

Here are a few tips to help you make and deepen that connection with your dog:

- Try very hard to focus on your dog's good points.
- Remember that no matter how bad yesterday turned out, today is a new day with a new opportunity to start again.
- Try to be as positive as possible.
- Don't have an argument with your dog. He'll probably learn to 'answer' back! Ignoring him is a much more powerful tool.
- If your dog is being bold, replace that misbehaviour with a more appropriate conduct.
- Praise every good behaviour you get during the day. (We all thrive on a bit of praise as long as it's sincere!)
- Consider whether your own behaviour towards your dog is prompting an adverse reaction from him.

- Never over-train or use forceful behaviour. Ultimately, you're setting yourself up for failure.
- Remember the importance of 'quality time' with your dog. Just choose that time with care. He's not going to respect you if you're always praising and indulging him when he's done nothing to deserve it or has just peed all over the sofa!
- Teach him to use his brain, to think for himself and, thus, reach his full potential. If we don't allow him to thrive with some independence, we will have a robot who waits to be programmed.

Life with any dog is never dull but life with a dog that is happy, self-confident, and fulfilled due to your commitment to help him reach his full potential will bring you your greatest enrichment. You will suddenly find that your dog knows what you want even before you think it. That's because your training and commitment has brought about a true meeting of minds. That experience is the highest reward you'll ever attain!

Christmas is not the time for new pets

RAWR, and other animal welfare organisations, are in strong agreement that pets should never be given as Christmas gifts. If you are pondering such a purchase, **Deirdre O'Brien** from RAWR outlines why you should seriously reconsider, or maybe just delay it.

At RAWR we are not against pet ownership; in fact we think the world would be a better place if more people had meaningful relationships with animals. Our concern is for the future of adorable puppies that show up under the Christmas tree.

The atmosphere of Christmas morning is frightening: Your new pet's experience of leaving its mother and litter-mates, its arrival in a new home and introduction to a new family, can permanently affect its ability to bond with, and trust, humans. A pet needs to be introduced during a relaxed, quiet and gentle time. Christmas morning is absolutely the worst time, in terms of a pet's developmental needs, for introducing them to a

new family.

The timing teaches children the wrong values: Many families who value pet ownership do so, at least partly, because of what children learn about care and responsibility, love, loyalty, and respect for other living beings. Think of what happens to the other gifts from under the Christmas tree. Most of them have now broken or been forgotten. The excitement inevitably wears off, and the once compelling toy becomes something to use, use up, and then discard in favour of something newer.

A living pet should not be thought of in the same category as a Christmas toy. Children need to learn that a pet is being adopted into the family – as a living family member who will contribute much, but will also have needs of its own, which the rest of the family is making a commitment to meet.

The puppy grows up: Many people have a somewhat romantic view of what pet ownership is like. This romanticism can be exaggerated further by the Christmas season. People who have not had pets before, or not since they were themselves were children, are often completely unaware of, or have just forgotten, how much work it is to raise

a pet.

Dogs require a huge commitment from at least one person who is prepared to teach the dog what behaviours are expected of him, under a wide variety of circumstances. Adults may remember a faithful friend from their youth who seemed never to need training. But they were children at the time and did not necessarily see all the work that went into training and socialising that pet.

The reason that I mention this is because a lack of owner knowledge is one of the main factors contributing to a huge problem: young dogs being 'given up' within the first year or so of having acquired the animal. Untrained, unsocialised puppies might be 'cute' and 'natural' but they are tolerable only for a few weeks, if even that. Then they start to be a nuisance. Then they start to be a major problem.

It's a sad fact that a dog is often brought to the vet for euthanasia by a frustrated owner because they are 'uncontrollable' or have 'behaviour problems'. Perhaps they are taken to a shelter in the faint hope that it will be adopted by someone else.

The right thing to do: 'Christmas pets' often are impulse purchases, in the seasonal spirit

of love and generosity, without the hard self-assessment of 'Have we the time, energy and inclination to give the necessary commitment to raising, socialising and educating this pet?'

It is better to get that new pet at a less emotionally charged time of the year, when the decision is a more carefully considered one.

If you are absolutely set upon getting your family a pet for Christmas, consider this alternative instead: Purchase a lead, a collar, a feeding bowl, a cage, a good book on caring for a pet, a book or DVD on the topic of how to select the right pet for your family or a donation certificate such as the one RAWR has available in its shop

Before you go...

Like so many other charities out there, RAWR is funded by donations and the kindness of people in West Cork. RAWR remain one of the few 100 per cent volunteer run charities (NOBODY receives a wage).

RAWR has several food donation boxes, including Supervalu Bantry, The Veterinary Clinic, Bantry and Cronins of Ballylickey. If you wish to donate food, even a couple of tins, you can do so at any of these collection points. Or come and visit our Charity shop in Bridge Street, Bantry where we have hand-knitted tea cosies (€8) and dog jumpers in a variety of sizes (prices depending on size!). We also have handmade pet stockings (€5), sets of four notelets a volunteer artist (€1.50) and Christmas Cards from Alex Clark (€2.30). We will be fundraising in Bantry by carol singing on Fri 23rd from 11am. Anyone available to join in is very welcome! Call into the shop for more info or just join us on the day. Anyone willing to join us in making Christmas and 2023 a better, happier time for our animals please support the shop, donate or consider becoming a volunteer, even if you just want to give a few hours of your time we are more than happy to chat to you. Have a lovely Christmas and thanks for your support in 2022.



Bringing a story to life

A new children's book beautifully illustrated by Clonakilty-based artist Paula McGloin and celebrating nine Irish goddesses has just been published by Beehive Books. In 'Glorious Goddesses of Ancient Ireland' author Karen Ward depicts goddesses in a diverse range of ages, shapes and sizes, each with incredible stories: Áine, Aisling, Boann, Brigid, Danu, Ériu, Gráinne, the Cailleach and the Morrigan. Written in an accessible style with fascinating facts and amusing tales, this book will appeal to a wide range of readers. Award-winning Irish illustrator, Paula McGloin, known for her vibrant illustrations inspired by wildlife, folklore and storytelling, chats to **West Cork People** about work and life in West Cork where she lives with her husband Michael and a cat called Gatchino, and the approach she took to illustrating this beautiful book.

Inspired particularly by nature, travel and storytelling, illustrator Paula McGloin walks in the woods near her home in Clonakilty almost every day taking note of all the wild plants, flowers and trees. As an artist and illustrator, her curiosity means she is always observing what's around her – making mental notes, collecting things, taking pictures or making sketches. "You are almost always 'working' but I love it!" she shares.

Paula's husband Michael grew up in Clonakilty and, after spending an extended period here during one of the Covid lockdowns, the couple decided to make the move permanent. "Michael works in the Visual FX industry and is now able to work remotely, I can work from anywhere too. Two years ago we packed the car including our 14-year-old cat Gatchino and made the move!" says Paula.

Originally from a small rural townland in Sligo, Paula says that she and her twin sister were both painting, drawing and inventing stories from a very young age. Her official first illustration job was in national school illustrating the front cover of the third year collection of history essays for which she painted a portrait of Joan of Arc.



At the age of 17, she moved to Dublin to attend art college in NCAD. She went on to complete a B.A. degree in Graphic design and worked as a designer for a number of years,

before returning to college and doing an M. A. in Digital Media Technologies. "After this course, I developed a strong sense of purpose to become an illustrator," she shares.



Her first illustrated book was a collection of poems edited by Marie Heaney, which was nominated in two different categories in the Irish book awards that year. She also felt very privileged to illustrate a book that celebrated 100 years of Women's Suffrage, 'Our future will become the past of other Women' by Eavan Boland organised by the Royal Irish Academy and the Irish Mission to the UN.

Another interesting project Paula worked on was an 'Origami' style Lotto advertising campaign for the National Lottery, which ran during Covid when filming was impossible. "I



to draw from".

"This project was a bit of a revelation for me, I enjoyed learning about goddesses that I had frankly never heard of before."

Paula revisited the Archeology Museum in Dublin with her sketchbook to get a sense of the people that worshipped these Ancient Goddesses. "I observed the jewellery, the weapons, and the mark making techniques. It's amazing that we have so many artefacts from this period."

"For this project I wanted to try out the idea of intertwining the stories associated with the goddess in each portrait. This is a characteristic in medieval art, like in Irish high crosses and manuscripts where there is a subplot happening alongside the main action. I think this made the goddess illustrations more interesting and engaging for younger readers."

"Folklore and fairytales can sometimes be portrayed in a very traditional style. With this book, myself and Beehive Books wanted to approach it in a new modern way and show a diverse array of female representation. That prospect excited me and I hope the illustrations will make an impression."

worked with a team of 3D animators from Screen Scene Dublin, who brought the illustrations to life creating a paper origami-like world. The project was hugely successful, running for nine individual paper world stories," explains Paula. It won a number of awards.

Paula's illustrations are a mix of hand drawn elements and digital work; all of her book illustrations start with her drawing inspiration from the text. In illustrating 'Glorious Goddesses of Ancient Ireland' Paula says that, "Karen Ward's stories of the Goddesses are so rich in detail, there were plenty of visual cues

Cork County Council launches 2023 Arts Grant Scheme

Cork County Council has announced details of its 2023 funding opportunities for the county's arts sector and is inviting applications under a range of grant schemes.

Mayor of the County of Cork, Cllr. Danny Collins, explains how; "Each year Cork County Council provides funding for arts from its own resources. This helps to support a great range of arts activity, such as festivals, performances, exhibitions and other publicly accessible cultural programmes. Our funding supports the activities

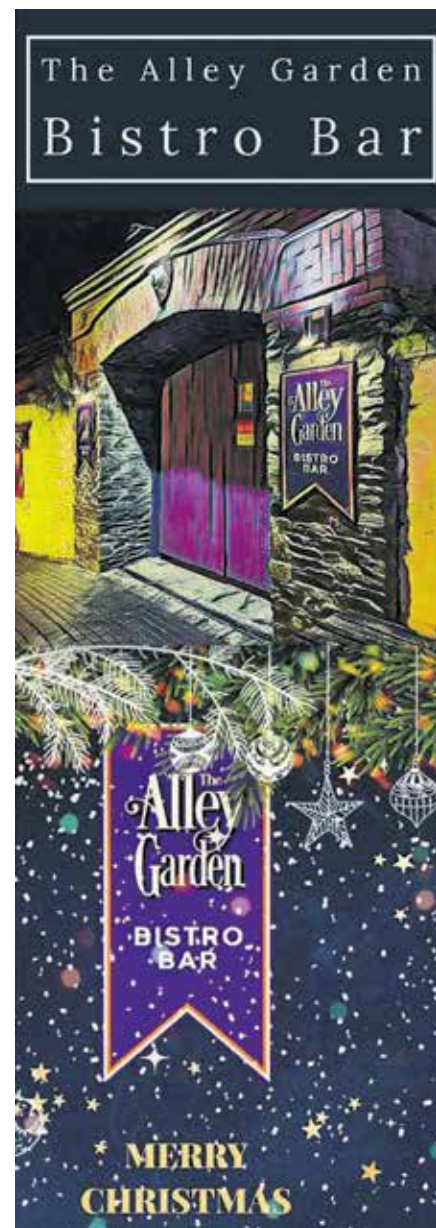
of many voluntary arts organisations who provide access to the arts across all communities.

"We aim to support opportunities for the elderly or for people with a disability to enjoy positive creative activities in their local settings. I would encourage anyone who has ideas for engaging, innovative arts events that connect with the public to look at the funding opportunities we have available."

In addition to the Arts Grants Scheme there are special targeted funding strands including support for developing

arts projects through the Irish Language, a scheme to support artists working in schools and a set of bursary and residency opportunities for professional artists of all disciplines. These include funding to make new work or to develop international opportunities abroad.

Applications for all schemes closes on January 10, 2023. Apply online at www.yourcouncil.ie, where you will also find guidelines. For further information please email arts@corkcoco.ie.



CHRISTMAS MENU

STARTER

Seafood Chowder

with soda bread and wedge of lemon

Homemade vegetable soup

with soda bread

Clonakilty black pudding

on a bed of fresh salad & side of apple sauce

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

Handmade pine cone owls

This month Natalie Webb shows us how to make our own Christmas decorations. "These little pine cone owls are great! They are so cheap to make that you can get carried

away and make as many as you want. Have a walk in nature to collect the cones and everything else (if you don't have at home already) can be purchased in your local craft shop.

Materials:

- Pine cones...as many as you like any shape or size!
- Felt..red, white and yellow
- Scissors
- Glue
- Needle and thread
- Small google eyes
- String

Draw a circle on the red felt using a template (I used the lid of a marmite jar!) its roughly 2" x 2".

Cut this in half then fold together using the straight sides to form a cone for your owl hat. Sew the edges

together.

Cut a length of string approx 6" and tie ends together to make a big loop. Sew this onto the top of the hat (this is to hang it with).

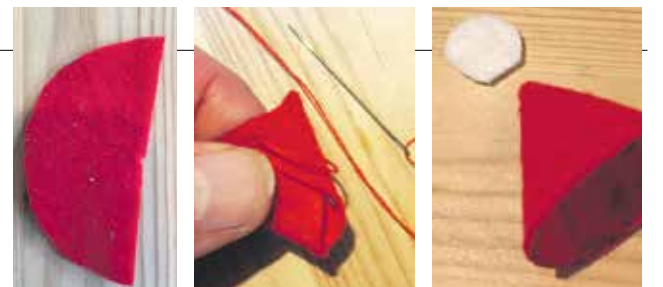
Cut out a small circle of the white felt and sew it onto the top of the hat.

Using quite a strong glue around the inside base of the hat stick it onto the pointy end of your pine cone.

Cut out a tiny triangle of the yellow felt and stick just at the base of the hat but on the cone. ...this is the beak.

Stick on the googly eyes either side of the beak...you have your cute little pine cone owl!

Hope you have fun making these.... HAPPY CHRISTMAS!



'HAIRY HENRY'
CARE FARM
for children and adults of all abilities

Sandra Schmid
Qualified Therapeutic Riding Coach
Bantry, Co. Cork 087 9389867
www.hairyhenry.com

Hairy Henry - an inclusive Care Farm:
Therapy & Education for people with additional needs

CHRISTMAS PONY RIDES
Friday 23rd December

Colouring Corner



people Arts & Entertainment

COMPETITION

Win a family pass to Cinderella at The Everyman

What classic tale do you think of when you hear of a grand ball, a magical fairy godmother, a lost slipper, love and friendship? Is it Cinderella? Oh yes, it is!

Cork's favourite family Panto returns to The Everyman from Saturday, December 3, 2022 up until Sunday 15 January, 2023 and as always the classic story is brought to life with a modern Panto twist.

Our scene is set in the elegant Cork, the most picturesque town in the history of the world! The gorgeous townsfolk of royal Cork live dreamily in their fairytale life – except for one – Cinderella (aka Cinders) who steadfastly refuses to be swept away with such nonsense. She is quite the woman of 2022 an entrepreneur with big ambitions!

Elsewhere, Prince William (aka Liam) is the heir to the throne of the Corkonians but alas this dashing Prince is totally into his music. Confident, fun and rebellious, he dreams of a life on tour rather than the throne.

A chance encounter between the Prince and Cinderella at the Farmer's Market sparks something – a blossoming friendship?

With the announcement of the Cork Royal Ball, Cinder's stepmother and stepsisters, Kim and Kourtney, make a wicked plan to stop Cinders attending. All looks lost for Cinders until she meets her Fairy Godmother, who can fix anything with a bibbidi-bobbidi-boo.

Cinderella will be a belter of a Pantomime for the 21st century. A gorgeous glitterball of a show so don't delay, the

ball can't wait, you're invited to get your tickets and be on your way! www.everymancork.com / phone 021 4501 673

We have two family passes (4 tickets, children or adults) to give away to Cinderella at The Everyman for Friday 6 Jan at 7pm. To be in with a chance to win this hamper answer this riddle:

You place a skirt around my bottom once I've been chopped. On the other end, a star or angel is how I get topped. What am I?

Email the answer with your name and phone number and with 'Cinderella Competition' in the subject line of email to info@westcorkpeople.ie. Entries must be in by Dec 12.

COMPETITION

Stay and dine at the Celtic Ross



The festive season is almost upon us. The most wonderful time of the year when we think of gifting for family and friends. Why not treat your loved ones to the gift of West Cork memories this Christmas?

Be it a gift for the festive season, a little something to mark that special occasion or a gesture of staff appreciation, a Celtic Ross Gift Card makes a thoughtful gesture.

A Celtic Ross Gift Card gives the gift of choice. Redeemable against accommodation, a dining experience in the hotel restaurants and bar or food to go from CRAFT West Cork. So be it a Wild Atlantic Getaway to West Cork, dinner

for two with wine or a fireside Afternoon Tea the Celtic Ross has thought of lots of lovely gifting solutions this Christmas. You will find a dedicated page of gifting inspiration on www.celticross.com – why not have a browse?

Celtic Ross Gift Cards come beautifully packaged and are available in denominations from €25 to €250. Gift Cards can be purchased online at www.celticrosshotel.com, by phone 023-8848722, or by emailing info@celticross.com.

A Celtic Ross Gift Card makes the perfect gifting idea while supporting local – an Irish family-owned hotel with the West Cork community central to its operation.



To be in with a chance to win one night's B&B for two with dinner at The Celtic Ross answer this riddle:

You can hold me and shake me, but I'm easy to break. I have lots of snow, even though it's all fake! What am I?

Email the answer with your name and phone number and with 'Celtic Ross Competition' in the subject line of email to info@westcorkpeople.ie. Entries must be in by Dec 12.

people Arts & Entertainment

Kiefer's 'Ashes of Gold' and the eternity that is Venice

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.

More than any other artist in history, the work of Anselm Kiefer conjures the tragic aftermath of war. His trademark canvases, typically heavy with oil, acrylic, tar, straw and lead, breathe the very atmosphere of desolation and ruin. They are monumental, full of surging, yet distilled energy; the human traces, whether they be blackened clothes, old shoes or strands of hair are filled with the utmost poignancy.

For Kiefer it could not have been any other way. The son of a Nazi lieutenant, the young Kiefer set himself the task, from the very beginning of his creative journey, of facing the shame of the Holocaust and the catastrophe of Nazism. Five decades later, and one of the most revered artists in the world, Kiefer's commitment to a psycho-aesthetic reckoning with Germany's past remains unabated. So much so that the aesthetic language he has built,

even if directed towards another subject, continues to echo all the ashen landscapes he has confronted and plumbed.

His recent collaboration with the city of Venice has proven no exception. Invited to create an installation of paintings for the Doge's Palace, to mark the 1600th anniversary of the city's founding, Kiefer has created possibly the most sublime evocations of ruin, spiritual darkness and spiritual light, of his career.

Stepping into the Sala delo Scrutinio, where the Venetian Doge's were once elected, visitors have been confronted this year with soaring canvases of ashen gold and silvery lead; an installation of paintings measuring up to 15 x 8 metres each, effectively forming a room within a room, an 'inner skin' of images, temporarily blocking works by Tintoretto, Palma the Younger, and others on the palatial room walls.

In the exhibition catalogue Gabriella Belli acknowledges that Kiefer's Venetian cycle does not "arise from the glory of the Serenissima" (the most serene republic), but from the fire in 1577 that engulfed the Sala delo Scrutinio. Whilst this may be so on one level, it is probably truer to say that Kiefer's alchemical processes and decades-long themes happily converged with destructive episodes in the palace's history.

Where in the past painters were commissioned to glorify the state through history painting, the engagement between artist and state today is quite different. With respect to an artist of Kiefer's acknowledged standing and calibre it is especially so. For though he may alter some written references and add some new iconographic elements, in respect to the given context, Kiefer will always follow his personal, alchemical



vision. The universality of this vision is what enables him to embrace a context such as the Doge's Palace in Venice, so wholeheartedly.

It is true to say that the two – artist and city – serve each other, but ultimately the city has received a Kieferian cycle more than a Venetian one. It could not have been otherwise, and happily so, for the contrast and synergy of Kiefer's work within the Sala delo Scrutinio is positively electrifying.

For all of Kiefer's material complexity and thematic scope his pictorial strategy, when it comes to painting, is often beguilingly simple: land/sea, horizon, sky. It is a format which has served the artist well, even when dealing with interiors, where floor boards replace furrowed fields or lines of waves. Unsurprisingly it is

also the stage upon which he performs his Venetian cycle.

In one enormous piece perspectival lines lead to a distant horizon. The surface, heavily built up with staccato strokes of oil and milky emulsion looks for all the world like a classic Kiefer snow-covered field. Sculptures of submarines, made out of lead, are anchored to the canvas, 'riding' the furrows. Kiefer has used the submarine motif for decades, and not always to represent the obvious; in this context it stands for Venetian historical maritime power, and the furrows read as waves.

Suspended across the top half of the dark, charred, gold-shot sky, are five supermarket trolleys, a rusted tricycle, cargo bike and bicycle, laden with straw, coal, clothing and linen. A colour scheme of black, red

oxide, Naples yellow, ochre and gold harmonises the suspended objects with the painted sky. Lead tags hang from the trolleys, each inscribed with the name of a Venetian Doge, the sole sign connecting the work to Venice. It is a work of incomparable genius, its energy and resonance unmatched by any contemporary. The trolleys and bicycles, as signifiers of Venetian trade, are startlingly incongruous – they hit just the right note. But does the work really connect with Venice? Does it matter?

In terms of scale, colour and energy, the works emanate a sublime grandeur every bit equal to the Doge's Palace. The history of the palace, in particular the fire of 1577, in which many paintings and books were lost, also gave Kiefer a conceptual inroad for the cycle,

connecting with decades of his own work involving books and entire libraries made of lead.

The opening work, in the smaller room before the Sala delo Scrutinio, is a vintage Kiefer snow-covered field of burnt-out stumps. Protruding from the canvas are charred books made of lead, whilst along the horizon line is scrawled the title of the series: "Questi scritti, quando verranno, daranno finalmente un po' di luce" (These writings, when burned, will finally cast a little light). The quote, from the Venetian philosopher Andrea Emo, in a way sums up Kiefer's modus operandi.

The scrawled title, in Italian, anchors the entire cycle in its Venetian context, even whilst the stumps of a burnt field, lead submarines and rusted tricycles stubbornly recall Kiefer's earliest evocations of Germany's war-ravaged landscape. The combination is energising and points to Venice's own history of war, from its sacking of Constantinople in 1204, to its naval battles with the Republic of Genoa and the Ottoman Empire.

Kiefer's work ultimately has a life of its own. He offers up to the city of Venice the elements of the earth in all their creative and ruinous fury. If there is any hope of transcendence, it comes with the full weight of the darkness it purports to rise above. Kiefer is not in the business of glorifying a state, but of confronting its dark shadow and transforming it into gold.

CLONAKILTY SCHOOL OF
PAINTING

CLASSES NOW ENROLLING

at our dedicated studio in Clonakilty Community Arts Centre

Courses in oil painting, drawing and printmaking

SEPTEMBER - JULY

Adult classes:

Tues 11am-2pm; Wed 11am-2pm; Fri 7-9pm

Junior and Senior Cycle Program:

Tues 4-6pm; Wed 4-6pm; Thurs 4-6pm; Fri 4-6pm

Bookings & Enquiries: 087 7184399 | starfugue@gmail.com

or book online at paintingschool.jameswaller.org

Clonakilty Community Art Centre, 2 Asna Square, Clonakilty, Co. Cork



people CHRISTMAS READING

Literary picks

Eimear O'Herlihy grew up in Cork in a house where books were always part of the family Christmas presents. She is the festival director of West Cork Literary Festival, which takes place over one week in Bantry each July and includes writing workshops, readings, seminars and events for families and young people. Several events from previous festivals can be re-watched on the festival's youtube channel www.westcorkmusic.ie/WCLFYouTube. WCLF's Literary Advent Calendar launches online on December 1 and will feature a short reading by an Irish writer each day until Christmas. The 2023 West Cork Literary Festival is scheduled to take place from July 7-14.

2022 was another excellent year for Irish writers, including Cork writers, and I could provide an endless list of wonderful new books. It wasn't easy to narrow it down to six books but hopefully I have come up with a varied list that will appeal to many different tastes.

The Game: A Journey into the Heart of Sport

by Tadhg Coakley

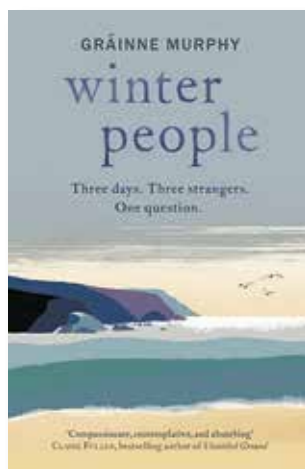
Cork writer Tadhg Coakley is known for his fiction, including *Whatever It Takes*, a crime novel set in Cork city but he is also a sportswriter and in May this year his non-fiction title *The Game: A Journey into the Heart of Sport* was published. It's partly a memoir in which Tadhg looks at his experiences as a player and a fan and how

sport has influenced his entire life. He also looks at the good and bad sides of sport – how sport brings people together and how important sport can be to communities and for physical and mental health but also the darker side of sexism, homophobia, racism, corruption that can infiltrate sport. *The Game* is a really enjoyable and moving look at a life lived in sport and is a must for any sports fan.

Winter People

by Gráinne Murphy

Winter People is the third novel by Gráinne Murphy, a writer who lives in West Cork. It was published in October and it is so beautifully written. It is set in a small coastal town on Ireland's Wild Atlantic Way and tells a story of forgiveness and



resilience from the perspective of three different characters, Sis, Lydia and Peter. If you like literary fiction and books set by the sea you will love this book. It's the perfect book to curl up with on a wintery day and what better place to do it than near the sea in West Cork.

Courting by Liadán Hynes

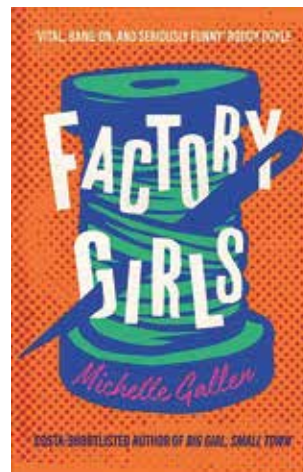
Courting by Liadán Hynes was published in October with the subtitle *Tractor Dates, Macra Babies and Swiping Right in Rural Ireland*. It's a non-fiction book and Liadán travels all over Ireland meeting people of all ages in rural communities to hear their stories of looking for love and companionship in rural Ireland, with quite a few stories from County Cork in the mix. The people she talks to represent the diversity of Ireland today and whilst there is laughter and sadness in many of the stories, they all contain hope. I think anyone living in a

small community will relate to the stories in this book and will find it a very enjoyable read.

Factory Girls

by Michelle Gallen

Michelle Gallen is a Northern Irish writer whose second novel *Factory Girls* was published in 2022. *Factory Girls* takes place in Derry in the summer of 1994. Maeve and her friends have just finished school and are working in the local shirt factory whilst they wait for their exam results and hopefully the opportunity to go away to university. As the summer progresses and marching season approaches tension grows between the Protestant and Catholic workers in the factory. The characters have no idea that the IRA will declare



a ceasefire at the end of the summer and as a reader it was so interesting watching the date of that ceasefire approach as the novel progressed. It a serious backdrop but Michelle's novels are also hilarious. You'll fall in love with the characters and this book is a definite winner for anyone missing The Derry Girls.

The Shop of Impossible Ice Creams, written by Shane Hegarty and illustrated by Jeff Crowther (ages 7-12)

The Shop of Impossible Ice Creams is a children's book written by Shane Hegarty and illustrated by Jeff Crowther. It was published in June and is suitable for ages 7 to 12. However I am a lot older than twelve and I also loved this book. *Limpet's* mum wants to open an ice-cream shop and sell crazy flavours like carrot and garlic and chicken and cheese even though *Limpet's* favourite ice-cream flavour is good old vanilla. His mum's shop is under threat when the evil Mr Fluffy comes to town and opens his Mega Emporium of Amazing and Spectacular Ice Creams. Ice-cream lovers will be on the edge of their seats with the laughs, thrills and twists and turns in the company of *Limpet* and his friends. This is the first book in a new series and you won't have to wait long for the continued adventures of

Limpet as the second book will be published in February.

Truth Be Told

by Sue Divin (Young Adult)

Truth Be Told is the second Young Adult novel by Sue Divin and it was published in April. This book is also set in Northern Ireland but in the present day. Two teenage girls, Tara and Faith, have been raised on opposite sides of the political divide and their lives couldn't be more different. Their paths cross on a school trip and they are surprised to discover that they look almost identical to one another. They both have to question everything they thought they knew about their lives and their families. I don't want to give too much away but it's a great read and I can highly recommend it for the teenagers in your life. An extract from *Truth Be Told* will feature in WCLF's online Literary Advent Calendar in December.

Happy Christmas and happy reading to all of you!

COMPETITION

In the news Crossword

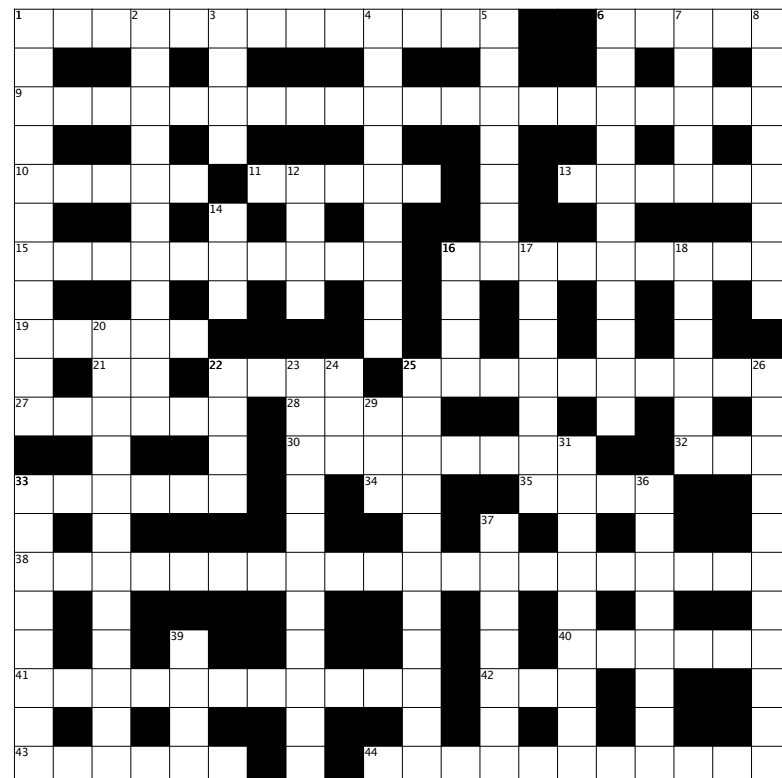
We have three €20 National Book Tokens to give away. Solve the crossword, take a photo and email it with your name and phone number with 'Crossword Competition' in the subject line of email to info@westcorkpeople.ie. Entries must be in by Dec 12.

ACROSS

- 1 Incomparable singer with a 1990 #1 hit (6,7)
- 6 Extract by injecting liquid into rock (5)
- 9 Economic growth indicator (5,8,7)
- 10 Having a sharp or piquant flavour (5)
- 11 Period of mourning in Jerusalem for example (5)
- 13 Value beginnings of Lauder makeup (6)
- 15 Native from the beginning (10)
- 16 Era that succeeded Victorian (9)
- 19 Members of an ancient southerly empire (5)
- 21 Ban Ki-moon's organisation (abbr.) (2)
- 22 Mouthful includes small piece of hair (4)
- 25 The French chef (5,5)
- 27 First Soviet space station programme, 1971-86 (6)
- 28 Hess or Goering e.g. (4)
- 30 Such a creature is used as a mallet in 'Alice's Adventures in Wonderland' (8)
- 32 Coalesce, come together (3)
- 33 Zoom and fisheye e.g. (6)
- 34 The life of 3.1416 (2)
- 35 Union dues (4)
- 38 Writer's cramp (6,6,8)
- 40 Instant, jiffy (6)
- 41 Do some DIY with this cocktail (11)
- 42 Priestly vestment (3)
- 43 Inferior substitute, famously coffee in World Wars (6)
- 44 Magellan's or Tom Crean's specialty (11)

DOWN

- 1 Zodiac archer (11)
- 2 Former state known as the GDR (4,7)
- 3 Bygone Mauritian bird (4)
- 4 American country home? (9)
- 5 Lion-hearted crown wearer (7)
- 6 How you knew straightaway the cat didn't like you? (4,7)
- 7 Shade of bright blue (5)
- 8 Drug that would fell a horse (8)
- 12 Call of a Christmas goose (4)
- 14 Where Putin got his professional start (3)
- 16 Fawn hue (4)
- 17 Tidal phase (pl) (7)
- 18 Composer of White Christmas, _____ Berlin (6)
- 20 The practice of preparing & presenting pleasing food (8,4)
- 22 Homes for future Christmas hams? (4)
- 23 Besottedness (11)
- 24 Cowboy's woman (3)
- 25 Electric guitar legend (4,7)
- 26 The practice of outlining something precisely (11)
- 29 Quickly microwave (3)
- 31 Exceed in quantity (9)
- 33 Game with netted sticks (8)
- 36 "_____ City", book about Dublin, also loose-morals woman (8)
- 37 Biblical eldest son of Abraham who settled in Mecca (7)
- 39 Foolish Elon Musk pronounced as Chief _____ (4)



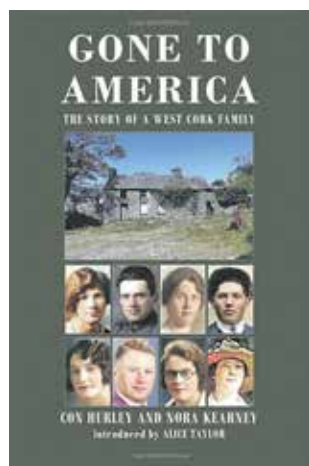
people CHRISTMAS READING

An emigration tale

In one of the many wonderful stories shared in this year's *Innishannon Candlelight*, **Con Hurley** introduces us to his new book 'Gone to America', which tells the entire story of the twelve Kearney brothers and sisters from West Cork. Over time they all left home – ten for America and two for England.

Christmas, 1914. Wyoming, USA. Mary Kearney served up the turkey and potatoes to the lodgers in the Valley View Hotel in the small prairie town of Douglas. Even though it was really more of a boarding house than a hotel, Mary was in a very happy mood. She had work and she had money. It was her first Christmas away from home.

Home! For the first seventeen years of her life, home had been a farmhouse in the townland of Gortloughra on a boggy mountainside 12 miles east of Bantry in West Cork. After her elder brother William left for America in 1913, Mary was left with her parents Patsy and Mary Kearney and her nine brothers



and sisters ranging in age from 15-year-old Pat down to Madge who was still in the cradle.

Then, one spring day shortly after William had left, Mary made the shocking discovery that she was to be married off to a man whose 'most unredeeming feature was the spittle on his beard!' At the fair day in Bantry, she had accidentally overheard her parents talking with a matchmaker and the man that was going to become her husband.

This shabby man was at least twice her age and lived on an isolated farm with his mother and sister. Mary rebelled against a future that would see her as a house-slave and child-bearer. She saw a different future in America and in April 1914, she joined her brother William, who

was working as a shepherd in Wyoming. Before long, Mary met and married a Dan Mullins from the Beara peninsula, and they went on to have a happy marriage and eight children.

Mary's predicament and her solution graphically illustrate the limited options open to country girls a century ago. For many their choices were largely limited to becoming a nun; being matched with a sometimes-unknown husband; following their brothers on the boat or to remain into lonely spinsterhood caring for their aging parents. Mary's choice was to flee; Yes, Flee!

In my book 'Gone to America', I tell the entire story of the twelve Kearney brothers and sisters – another child was born after Mary left home. Over time they all left home – ten for America and two for England. Eventually one boy returned to become the bachelor farmer, while one of the girls met her husband on the way to the liner in Cobh and ended up farming in East Cork.

Researching and writing their stories has taken me two years and I have uncovered some amazing experiences and facts about the lives and times of the Kearneys in West Cork, their journeys to America and England and the lives they led in their new homes so far away

from Gortloughra. And some amazing stories turned up in the research.

For example, every person I have asked about what it was like to cross the Atlantic as a third-class passenger a century ago use words like; horrendous, overcrowding, poor food and disease. Indeed, those were the words I would have used before my research turned up a wonderful, unpublished travel journal.

It was kept by a Jer Dineen, who sailed in 1926 to join his sister, who had married William Kearney. In this amazing account, Jer describes the good food, the singing, dancing and romancing that went on, as well as clean beds, toilets and washing facilities. Far better than what the emigrants were leaving behind them in Ireland.

Jer joined his in-laws in San Francisco, where eight of the Kearneys eventually got work, set up homes and reared families. They lived through the Roaring Twenties, Prohibition and the Great Depression of the 1930s and I uncovered some more interesting experiences during those periods.

For example, a basement in one of the Kearney homes became an illegal distillery – not at all surprising since many of the Irish immigrants brought the art of poteen-making with them.

Despite the total ban on alcohol manufacture and consumption, there was plenty to be had and the police largely turned a blind eye.

Until something happened! Which it did in 1928, when Bridie Kearney was shot dead during a wedding party. The shot that killed her came from a policeman's gun, but he was acquitted of murder by a jury in court.

Back in West Cork, there was some wrangling between three brothers as to who would take over the farm. John eventually returned from Canada and became the farmer, while Pat and Jimmy settled and married in San Francisco. My mother, Kathleen, immigrated to London but returned in the early sixties and lived for a while on

a farm in Ballinhassig. I was one of five children and the youngest three went to school in Innishannon.

The Kearney story in 'Gone to America' is a real-life story of emigration, where ordinary country people were pulled by the hope of a better life to a place where they could earn money, have some fun, find someone to marry, rear a family and live peacefully into old age. And, this is indeed what almost all of the Kearneys achieved.

'Gone to America – the story of a West Cork Family' is written by Con Hurley and his first cousin Sister Nora Kearney, who is a Dominican nun in San Francisco. The book is available on Amazon.

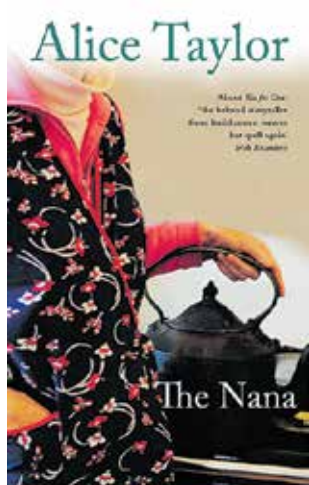
This year's *Candlelight* is a delightful read with a great variety of articles. Many regulars write for *Candlelight* but every year new contributors come on board. This year an American visitor whose mother and grandparents lived in Innishannon shares about returning to visit her family home and meeting up with people who went to school with her mother and the delight of walking in the footprints of her ancestors. Also Seán Óg Ó hAilpín tells about the challenges of imparting his love of the game to others and Michael O'Sullivan give a comprehensive report on the 1937-1938 National Schools Folklore Commission. Charlie Wilkins tells about the joy of the winter garden and Geraldine O'Sullivan writes beautifully about the dilemma of today's farm wife. This year's *Candlelight* will ring the pre-Christmas bells in your head and give you a pleasant relaxing read over the festive season

An ode to all grandmothers

Alice Taylor's new book 'The Nana' is a tribute to all grandmothers past and present. She herself is now a nana too, and explores the old and the new, the 'then' and 'now', the nana of yesteryear and of today, with her characteristic empathy and love. "My own grandmother was the first generation after the famine so was reared in an Ireland devoid of comforts and learned to cope with anything that life threw at her," shares Taylor. "She was a master of the art of 'making do' and passed on many life skills. In a time of no central heating and certainly no home insulation, she had her own way of counteracting the cold."

In chapter 3 of 'The Nana Knickers', Taylor transports us back to her nana's bedroom and nightly routine, which involved "the removal of her layers..." which "was akin to the unrobing of Charles de Gaulle or Eamon De Valera both of whom she resembled and revered."

"Our generation hurriedly dress and undress but our nana's generation unrobed at their lei-



sure. With the donning of the nana knickers, I think that I have joined the unrobing brigade. And with my grandmother this was an impressive nightly ritual and some nights I was her one child audience...

"First off came her head gear which was a knitted bonnet known to us children

as 'a pixie' which was one part of the female head gear of the time, knitted to the shape of the head with two strings knotted together under the chin keeping it firmly in position...

"Next off came the black cape that she wore around her shoulders which was double layered with scalloped edging and was either knitted or crotched and was quite substantial and warm. When unclasped this cape was swung on to the back of her leather seated bedside armchair. Then she reached behind her back

and undid the strings of her long black apron that was then eased off and folded carefully across the seat of the chair. All this was done carefully and slowly....

"Then she returned to her window viewing and

eased off her blouse and this joined the shawl on the back of the chair. She then undid the waist of her long black skirt that slid to the floor and she stepped out of it. Then she picked it up and carefully folded its pleats arranging them across the chair seat over her apron. Now she stood resplendent in her long sleeved flowing white chemise and brilliant flaming red petticoat...

"Then the petticoat slid in folds down around her ankles and she stepped out of it and this too joined the skirt on the seat of the chair. Now the Nana knickers came into view. This varied in colour from navy to blue or pink. But it was not the colour that made it impressive but its voluptuous capacity. It stretched from beneath Nana's bosom continuing downwards in a flowing flounce to be whipped into an elasticated edge just above her knee...

The Nana, €22.99 in hard-back.

Call for entries for €25,000 Puttnam Script Award

Fastnet Film Festival is delighted to announce that applications for the 2023 Puttnam Script Award are now open. The best script/screenplay, chosen by a panel of expert judges will receive a prize of €25,000 to go towards the production of one live-action drama short film. The film must be made on the Cork Wild Atlantic Way and have a duration of no more than 10 minutes. The subject/theme this year is: 'Lights, Camera, Action!'

Four finalists will be selected by a panel of industry judges to take part in a public pitching event at FFF 2023 (May 24-28), the winner of the 2023 Puttnam Script Award will be announced at the Festival Awards Ceremony and the award-winning film will have its premiere screening at FFF in May 2024.

Eligibility: The Puttnam Script Award is director driven with entry open to directors

who have made at least one short film that has had a festival screening. Full scripts should be original. Where the director is not the writer, the director must supply evidence that he/she owns the screenplay rights in their entirety, free of any third party interests or encumbrances. While submissions will be reviewed and assessed in the first instance on creative criteria, account will also be taken of a filmmaker's awareness of production and their ability to deliver a completed film on schedule and within budget.

This Award is a great opportunity for writers/directors to display original storytelling and to show strong production values suitable for the big screen. The application deadline to submit entries is March 1, 2023 and submissions will be accepted via the online application form.

www.fastnetfilmfestival.com

people CHRISTMAS READING

Take a leaf from an author's books

Gráinne Murphy is a West Cork-based writer. Her most recent novel, *Winter People*, was published in October 2022 by Legend Press. It follows *The Ghostlights* (2021) and *Where the Edge Is* (2020), both published by Legend Press. She also loves to read and below are her favourites from this year.

**Demon Copperhead**by Barbara Kingsolver (*Faber*, 2022)

Every new Barbara Kingsolver book becomes my new favourite of hers. This latest is a re-telling of David Copperfield – the parallels are very well drawn but you absolutely don't need to have read/remember the original. In this version, Damon 'Demon' is born into a rural Appalachian community characterised by poverty and violence, and comes of age during the growing opioid crisis. This is particularly good on the urban/rural divide – what Demon's friend Tommy divides into land economy versus money economy – and the ownership of history. A clear-eyed social commentary that never descends into condescension or preaching, this story is entirely alive and entirely furious about social inequality.

Standout line: 'People love to believe in danger, as long as it's you in harm's way and them saying bless your heart.'

**The Swimmers**by Julie Otsuka (*Fig Tree*, 2022)

This is in two distinct parts: the first introduces us to a group of swimmers at a local pool who know nothing about one another beyond their pool behaviour. When a crack appears in lane 4, an unease begins to grow about what it might mean. The second part focuses on Alice, an older swimmer who is slowly losing herself through the cracks in her memory.

This is the clearest, cleanest writing, full of the universal truth that we are all the same in our fear and our love, our dependence on memory and each other, and yet that memory and dependence makes individuals of us all. My favourite read this year.

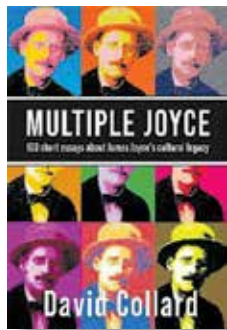
Standout line: "Up there," she says, "I'm just another little old lady. But down here, at the pool, I'm myself."

**Catchlights**by Niamh Prior (*JM Originals*, 2022)

Criss-crossing in time and place, these standalone chapters contain characters who interlink in small ways, rewarding the reader with a glimpse of familiar characters on the margins of other stories. In one story, a man buys a second-hand camera lens that superimposes images from the past on every photo he tries to develop; in another, a broken-hearted woman travels to India and finds herself unable to leave her hostel; in yet another, a plastic surgeon and his wife search for a more perfect love. At the centre of it all is a couple who met while working in a post office. This is delicate, unsparing, often strange, always compelling.

Standout line: 'Big time doesn't exist in here. Only small time.'

Luckily for us, Prior knows that small time is where all the good stuff lives.

**Multiple Joyce**by David Collard (*Sagging Meniscus*, 2022)

Part research, part rabbit-hole, this is a collection of 100 essays on various Joyce and Joyce-adjacent themes. The essays are all short and chatty, covering topics as wide-ranging as the website where you can insert a paragraph of your own text and see which famous writer's style you share, how long it takes to read a book (*Finnegans Wake* is somewhere between 42 minutes and eternity), and Joyce's dislike of dogs ('they have no souls' he claimed), via limericks, famous birthdays, and Joyce-related action figures. These are funny, joyful, smart and often delightfully smart-arse.

Standout essay: #50, where Collard talks more personally about his parents joining the Jehovah's Witnesses and the impact on a teenager of living in the certainty of the impending apocalypse.

**Towards a General Theory of Love**by Clare Shaw (*Bloodaxe Books*, 2022)

In the 1950s, Harry Harlow's infamous experiments on social isolation and bonding kept baby monkeys alone in cages with wire-covered 'mothers' that provided only food, or cloth-covered 'mothers' that provided only comfort; the monkeys spent more time with the cloth mothers, proving the need for comfort and contact. Many of Shaw's poems in this collection use a central character, Monkey, to explore what we need as humans to thrive and feel safe, and what happens when relationships malfunction or end, or we reach out and do not find what we need. These are poems of love and grief, of hope and missed connections.

Standout poem: 'Love as a SatNav'

'It is not infallible. Sometimes, it takes you up entirely unsuitable roads: it leaves you on the edge of a drop'

**The Agathas**by Kathleen Glasgow and Liz Lawson (*Rock the Boat*, 2022)

When Brooke Donovan's body is found in the water in pretty Castle Cove and a suspect is taken into custody, only lonely, troubled Alice and secretive outcast Iris think the police have got it wrong and begin an investigation of their own. This captures the teenage world very well – the social layers, the dramas and worries, the tension between being seen and being invisible, and the real friendships that make everything alright.

Alice is obsessed with Agatha Christie and quotes from her books are used throughout to set the tone, while references to Veronica Mars and *Riverdale* make the authors' more dramatic intentions clear. Adult readers will want the girls to be more alive to possible danger, but my daughter had no issue with them taking matters into their own hands.

Standout line: 'Miss Marple wouldn't take this crap and neither will I.'

Cré POTTERY STUDIO

- Pottery Painting
- Paint at Home Kits
- Personalised Gifts

Family Christmas Workshops
weekends in December
Bookings @ crepotterystudio.com

Cré Pottery Studio,
8 Market St, Skibbereen
P81 W867
☎ 028 22913

www.crepotterystudio.com

Coughlans Bookshop

Something for all the family to enjoy
BOOKS • ART & CRAFT SUPPLIES • GAMES & MORE
11 Rossa St, Clonakilty (023) 883 3068

CLONAKILTY PARKCINEMA

MATILDA THE MUSICAL
VIOLENT NIGHT
STRANGE WORLD
SHE SAID
WAKANDA FOREVER
SEE WEBSITE FOR MORE

MOVIES THIS MONTH

C-Pens available to borrow at libraries

Cork County Council's Library and Arts Service has announced that C-Pens are now available to borrow from any of their branch and mobile libraries. The reader pens scan text and read it aloud to assist with independent reading and are the latest offering in an inclusive range of literacy supports designed to be user-friendly and intuitive, regardless of the user's age or digital experience.

Reader pens are useful in the promotion of independent reading and can be of particular use to people with dyslexia or aphasia. They are also beneficial to anyone learning a new language or those who might be experiencing

problems with their vision.

C-Pens can be used at home, in school or in your local library and do not require internet connection or WIFI. They can be requested at any one of 25 library branches or four mobile libraries and the pens may be borrowed for a three-week loan period.

This initiative is supported by the Department of Rural and Community Development, Dormant Account Funds and Cork County Council.

For more information, email corkcountylibrary@corkco.ie or ask at your local Cork County Library branch or Mobile. A full list of all our library service points is available on the Library section of the Council's website www.corkcoco.ie/library.

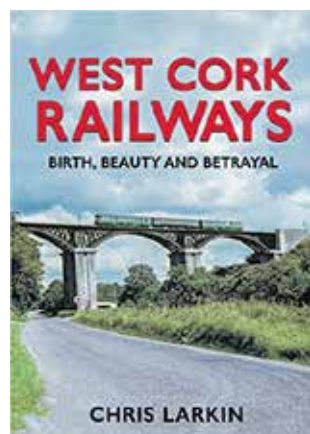
people CHRISTMAS READING

New book takes a time travelling trip on the West Cork Railways

A new publication 'West Cork Railways Birth, Beauty and Betrayal' provides a unique visual and historical record of the West Cork Railway as rail enthusiast and historian Chris Larkin warmly remembers the lifetime of the rail system in a travelogue, which allows readers to hop onto a West Cork train and savour the journey of a bygone era.

Fully illustrated throughout, material from Irish Railway Records is complemented by unique and rare images from private collections and the London Illustrated News. Photographs, vintage posters, postcards, colour slides, tickets, advertisements and images of railway paraphernalia fill the pages.

West Cork Railways takes the reader time travelling from



the famine right through to the rocking 1960s. Sit on a seat and be whisked from your West Cork home to villages and towns carrying along the dreams, needs and aspirations of bygone travellers. Observe railway life and the harmonious existence of dogs, cats, hens, ducks and geese at the level

crossings. Railway enthusiasts will savour detailed accounts of railway stations, length of lines together with steam locomotives and wagons, while those interested in social history will enjoy accounts of halt-keeper's houses and lists of people including those that worked on the Cork - Beara line.

The railway brought much prosperity to the region; however, decades have passed since its 1961 demise and the rapid physical decay of the line. West Cork life continued, albeit in a different way. While today connectivity is measured in speed, this railway is fondly remembered for linking its people. Heartbreakingly, if it had held its ground for a further 12 years until EEC entry (1973), the railway right of way for future generations would have been preserved.

Chris Larkin was born near the Chetwynd Viaduct, Togher, Cork, and has been an avid collector of railway material over fifty years. Notable railway historians such as Joe St. Leger, Walter MacGrath and Colm Creedon also entrusted him with much of their valuable records. He is a long-time member of the Irish Railway Record Society as well as the GAA, road bowling and vintage car clubs. He gives talks to many railway societies, heritage bodies and historical societies and is well known as a transport and military historian as well as being an artist, photographer and poet.

Chris will give a talk and slideshow and sell his book at Knocavilla Hall, Crossbarry on December 15, 11am-12pm. Admission is free.

Available in local bookshops €25.

The heartwarming story of Dunmanway's Maybury family



SPINS author, Sandra Maybury with her parents Mary and Sonny Maybury

'Spins – The life and times of Sonny and Mary Maybury' is a heartwarming, nostalgic and entertaining account of the Maybury family of Dunmanway, Co. Cork, from humble beginnings to entrepreneurial notions and the purchasing of a hotel with a young family in tow. The reader is transported back in time when family, friendship, and community were first and foremost, culminating with the present-day extended Maybury family.

It is an account of innocent times when 'divilment' prevailed, where there were no smartphones to capture events other than word-of-mouth recollections and a rummage through old photographs. Lovingly researched and documented by Sandra Maybury, daughter of Sonny and Mary; the precious memories, history, life and times of the Maybury family, their family, friends and staff over decades are shared and celebrated in this historical snapshot of Sonny and Mary Maybury.

"How my parents came to buy a hotel is one of my favourite stories," shares Sandra.

"But were they fearless or foolish? Either way, they have no regrets. Try to picture the scene. Dad is forty-one, and Mam is thirty-five. They have five children, aged sixteen,

twelve, ten, five, and a newborn baby, just four weeks old (that's me).

"In 1976, the Bostonian Bar, previously the Railway Hotel, at the top of Park Road was for sale by public auction. My father said to my mother, 'We should buy the Bostonian.' My mother's response was along the lines of, 'Are you mad? We've enough with the businesses we have and to rear five children, not to mention, we know nothing about running a hotel.'

"The auction was on May 25, Dad's birthday. That day, he went to the auction, bid, and bought a hotel. A few years back, we found the receipt. They paid £37,100. That was a huge amount back then, and they spent thousands more on refurbishments and extensions. This was an enormous risk to take. My father had an act first, and we'll figure out the details later attitude. And lucky for him, my mother is a cool customer and took a lot in her stride. When my father puts his mind to something, he'll make it work but only with her support. And that was the start of another wonderful journey and many great stories."

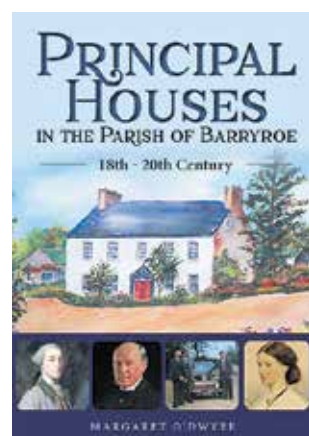
€16.95, available in local bookshops. Profits from the sale of books will go to The Irish Community Air Ambulance.

The Principal Houses in the Parish of Barryroe: 18th - 20th Century

A book of the stories of the history and architecture of 20 prominent houses in the parish of Barryroe in West Cork has been published recently. 'The Principal Houses in the Parish of Barryroe in the 18th - 20th Century', published by Inspire Books, brims with colourful images, paintings, beautifully drafted maps, and photos of past events.

Tracing the background of the resident families from the Norman Invasion to the present time, we get insights into the interactions of powerful families; the landed and the landless of their time.

Among the residents of these houses, we find bankers, lawyers, military men, and church-



men of some note. Famous names, such as William Penn, whose son founded Pennsylvania, are encountered. Edmund Spenser, the author of the epic poem The Fairie Queene, is

mentioned in the case of one residence, the home of his sister, Sarah. Research work by Horatio Townshend, author of A Statistical Survey of the County of Cork, published in 1810, features as he spent time relaxing in an Octagon building at Woodpoint Courtmacsherry.

Naturally, many of the stories represent the higher echelons of society in the parish of Barryroe. Yet, we are reminded of an outside view from a visit of a Bishop from New York on the poverty and work ethic of the Irish. While some houses reflect an age of comfort and splendour, others represent families' ordinary and sometimes difficult lives.

Supported by Cork County

Council, National Heritage, this work is a worthwhile addition to the published accounts on the history of Barryroe and will be a valuable reference for future generations.

The author, Margaret O'Dwyer, lives at Broadstrand, Courtmacsherry, where she is a full-time artist and runs art classes at her studio during the autumn and winter. Margaret is a graduate of University College, Cork and holds a degree in Art History and Archaeology and a Masters Degree in Local History. This history book is available in local bookshops in Clonakilty, Bandon Books, Lislavane Post Office, Barryroe Co-Op, and Courtmacsherry Community Shop.

IRELANDS PREMIERE
INK CARTRIDGE &
LASER TONER SUPPLIER

123toner.ie
Home of the 5 year warranty

ORDER TODAY | RECEIVE TOMORROW

VISIT US ONLINE AT WWW.123TONER.IE

The most westerly panto in Ireland is back

Lehanmore panto is back this year on Friday and Saturday, December 9-10 and December 16-17. 'Puss n Hoots' will run at the Lehanmore Community Centre in Beara.

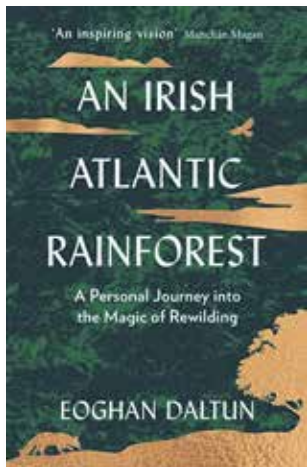
Lehanmore's pantomime productions are known for their originality and local creativity. There are no bought sets, no scripts printed off the internet and no outside make-up artists

drafted in. Sets are painted, many of the costumes handmade; scripts written from scratch by local writers, the actors adding their own flavour to the writing and then bringing it to life with a wide range of singing and acting talents.

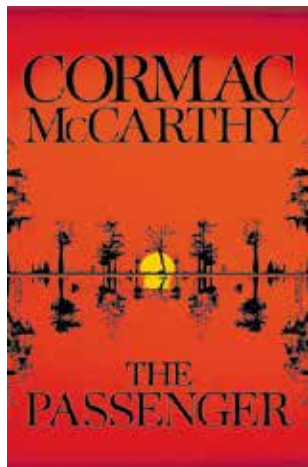
To book your tickets please ring or text Anne on 087 9810518 or Marie on 086 879 8802. Admission €10, cash only; curtains at 8pm.

people CHRISTMAS READING

Books for under the tree

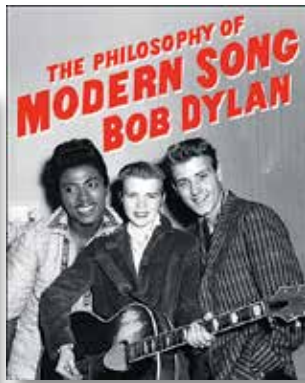
Recommended by **Worm Books Schull****An Irish Atlantic Rainforest**
- Eoghan Daltun

Conservationist Eoghan Daltun lives on the Beara peninsula since 2009. This is the inspiring story of how he helped bring to life a flourishing rainforest and ecosystem on his land. Part memoir and part environmentalist plea, this remarkable journey marks out a vision of how the change so urgently needed to save and preserve our natural environment can be achieved.

**The Passenger**

- Cormac McCarthy

Sixteen years on from his last novel, Cormac McCarthy returns with *The Passenger*, a mysterious decades spanning thriller. Bobby Western is a salvage diver, tormented by the past and hunted by a present we can scarcely make sense of. McCarthy's atmospheric prose lingers long into the dark night.

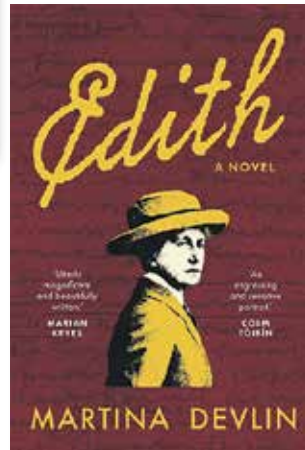
**Philosophy of modern song**
- Bob Dylan

Bob Dylan gets philosophical about his favourite songs in this beautifully illustrated hardback. From the well known to the more obscure with entertaining detours into movies, politics and pop culture, Dylan serves up brilliantly offbeat takes on the craft of songwriting. It reads like an alternative history lesson through the world of songs, their writers and singers. Essential.

Stories of the Revolution
- Terri Kearney and Margaret Murphy

A unique and beautifully illustrated book about the Irish revolutionary period.

Over four years, hundreds of primary school children gathered oral accounts from relatives and elders in their West Cork communities and rendered them with delightful drawings, animations and insights into what life was like during this momentous time in Irish history.

**Edith** - Martina Devlin

Martina Devlin's award winning novel based on the life of Edith Somerville. Set in West Cork during the war of independence. This big house novel brilliantly renders the turbulence and conflict of the time through the story of one woman's struggle to save her home and place in the fast changing world of revolutionary Ireland.

WORM BOOKS



SCHULL

Independent bookshop with a wide variety of titles for all readers. Give the Gift of Reading this Christmas with a Worm Books voucher.

Open 7 days a week in December.

☎ 089 2043327 @wormbooksschull

✉ thewormbookshop@gmail.com

The Myth of normal

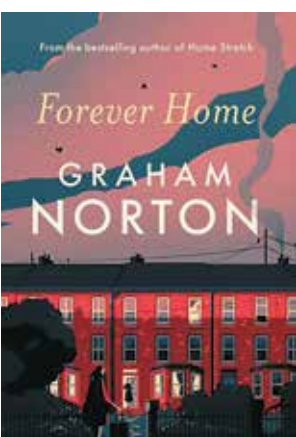
- Gabor Mate

Renowned Hungarian-Canadian physician and expert on trauma and its effects draws on his lifetime's work to explore

and challenge the conventional myths and realities of trauma, illness and healing in a toxic culture. A powerful, eye-opening read.

Recommended by **Bantry Bookshop****Point to Point – The heart of Irish Horse Racing** by Pat 'Cash' Healy and Richard Pugh (O'Brien)

A must for horse racing fans, this beautifully photographed book by Pat 'Cash' Healy, with words by Richard Pugh, details Ireland's unique point-to-point Horse Racing scene. Steeplechasing began in Ireland in 1752. Today the sport of point-to-point is thriving as a favourite rural pursuit and is for many their first experience of horse racing. At hundreds of pop-up races around the country dramas are played out, and horses, and riders, begin their glittering careers. €25

**Forever Home** – by Graham Norton (Coronet)

Compassionate, knowing and exquisitely tense, Graham Norton's gripping and darkly comic novel looks beneath the surface of everyday life to reveal that dangerous place where hidden desires and forgotten fears lurk. €17

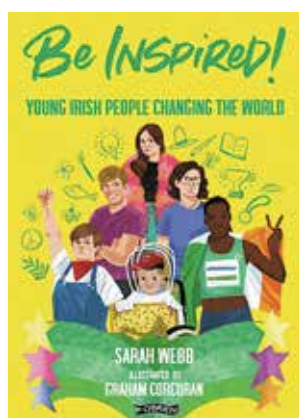
Poetry Unbound: 50 Poems to Open Your World by Pádraig Ó Tuama (Canongate)

A beautiful book of immersive poetry, based on the much-loved 'Poetry Unbound' podcast downloaded more than six million times – the perfect gift for all poetry lovers. This inspiring collection, edited by Pádraig Ó Tuama, presents fifty poems about what it means to be alive in the world today. Each poem is paired with Pádraig's illuminating commentary that offers personal anecdotes and generous insights into the content of the poem. €23

West Cork Railways - Birth, Beauty and Betrayal by Chris Larkin (Mercier Press)

Chris Larkin warmly remembers the lifetime of the West Cork Railway system in this travelogue, allowing readers to hop onto a West Cork train and savour the journey of a bygone

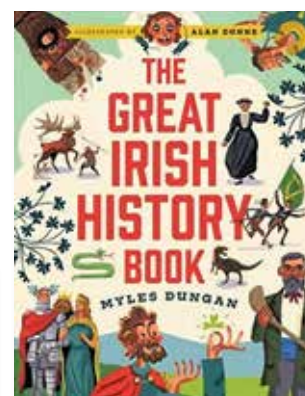
era. West Cork Railways takes the reader on a time travel journey from the famine right through to the rocking 1950s and early 1960s when people, animals, transport and mother earth happily co-existed for the benefit of all. €25

**Be Inspired – Young Irish People Changing the World** – by Sarah Webb, illustrated by Graham Corcoran (O'Brien)

Meet the inspiring young Irish people taking on the world! From activism to sport, the creative arts to science and innovation, discover the amazing young people who are making waves! €17

The Great Irish History Book by Myles Dungan (Gill)

Take in over ten thousand years,

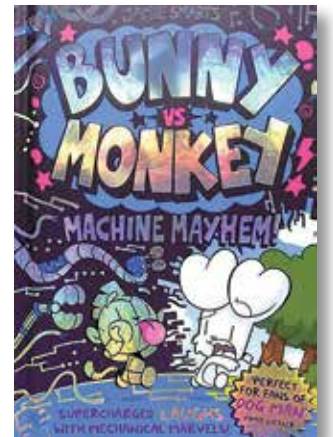


experience wars and uprisings, discover diseases and disasters.

Meet heroes, villains, artists and rebels, and visit castles, cottages and tenements in the place we call home. Discover all this in this amazing trip through the history of our island. €25

Bunny v Monkey – Machine Mayhem – by Jamie Smart (David Fickling Books)

The latest adventure from the comic genius Jamie Smart – lots of laughs for younger readers! Supercharged, and mechanical, with these hilarious characters and their fun and games. €16



WILLIAM STREET, BANTRY, CO. CORK

OPEN: Mon-Tue: 10am to 2pm | Thur-Fri-Sat: 10am to 5pm | Wed & Sun: CLOSED

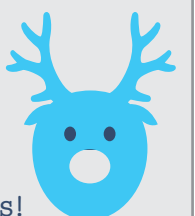
BANTRYBOOKSHOP@GMAIL.COM (027) 55946

f @BANTRY BOOKSHOP

Merry Christmas & Happy New Year to all our readers!



An independent bookshop for independent readers!



West Cork children of the 1930s recount Christmas customs

In the 1930s the Irish Folklore Commission tasked schoolchildren across the State with collecting local lore for what became known as the 'Schools' Folklore Collection'. This publication boasts thousands of tales and poems, including contributions by West Cork children on an array of Christmas customs of the time. **Pauline Murphy** digs out some gems for us.

Seasonal decór comes up in several accounts in this publication. At Connogh NS, Ballineen, a pupil describes how, "the houses are whitewashed for Christmas and decorated with holly." A child at Kilmacowen NS, Beara, confirms this with, "red berry holly is collected and put around pictures and sometimes altars are decorated with it. This is left in the house during Christmas, and then it is taken down and burned. This is a very common custom because it is not right to throw away anything."

Christmas Eve has many of its own special customs. From Connogh NS: "On Christmas night all the family are present when the oldest man lights the pound candles that are placed in the windows by the women of the house. While lighting the candle he blesses himself and then says 'that we may all be alive this time twelve months'. Then he blesses the house with holy water." We are also told how a big block of wood was placed in the fire which was called "na nodlag."

However a Corrovally NS, Ballydehob pupil says in their locality by tradition the

Christmas candle is lit by the youngest child in the house and also explains the name of these special candles: "They are long and thick and each one weighs a pound. Candlesticks are made from turnips, then beautifully decorated with coloured paper, holly, and berries and put in the window."

A child at Inchicough NS, Bantry, explains the reasoning behind the candles, "a Christmas candle is lighted in every window, and the doors are not shut or barred, as it is believed that the Blessed Virgin is supposed to be walking about on that night, seeking shelter as this represents the first Christmas night, when all the inns were full."

A pupil in Dromore NS, Bantry explains how in their area, rather than leaving out milk and cookies out for Santa, "whiskey and wine bottle are left on the kitchen table for fear any of the 'good people' from the other world may call, the door is left unlocked for the same reason."

Festive food features in many stories. Bandon NS:

"It was an old custom not to eat any dinner on Christmas Eve but to eat two suppers. At one of those suppers fish was eaten. Another custom was to bake a cake and then to hit the cake three times against the door for luck!"

Christmas Eve dinner consisted of "stock-fish and gravy made out of butter and new milk" in Ardroom and on Christmas day "the priest usually says two Masses, one at half nine and the other at half ten. Most people go to the first Mass and are home in time to cook the dinner."

A Dromore pupil agrees that everybody in their household wakes extra early in order to attend the first mass.

A child at Ballymartle NS near Kinsale remembers that, "the old people used always have two suppers every Christmas night, they used to have potatoes and fish for the first supper, and they used have tea after, and Christmas cake. After they had the tea drunk they would sit around the fire then, and have wine and biscuits, and they used to be singing songs."

Of course

singing the wren on St Stephen's Day comes up. A pupil in Ardroom NS describes how "the young garsuns" go from house to house. "They get six pence or a shilling in each house. Then St Stephen's night is a great night with the Wren boys spending the money. The big boys usually go to the dance on that night but the small boys do not."

The potential scarcity of food is remembered on New Year's Eve with a pupil from Dunbeacon NS saying it is a "great night of feasting as old people believed that if they did not eat enough on that night they would not have enough to eat for the year."

In Inchicough it was custom to throw a cake or bread at the door "to keep away the Famine for the year."

A Crookhaven pupil says New Year's Day is also important in their locality. "If a person is seen doing anything that day it is remarked to him that he will do it for the year. They also consider it very lucky to get money on that day."

Women's Little Christmas features prominently in these stories. Corrovally NS: "is so called in West Cork because

the men try to make everything as pleasant as possible for the women, so that they can enjoy a peaceful and happy time, the women having worked so hard to make the real Christmas day a happy one for everyone else."

A pupil in Crookhaven NS has another theory, explaining that on January 6, "if a person remained up 'till midnight on that night he would see water turned into wine. It is believed it occurs in memory of the time Our Lord changed water into wine at the wedding feast of Cana at the request of His Blessed Mother. Probably that is why it is known here as the Women's Christmas."

A child at Lisheen Upper NS also tells the tall tale of water being turned into wine during but adds some gruesome detail, "and one night long ago a girl remained up to drink the wine, and she was dead in the morning. It is also told about three men who stayed up on another Little Christmas night to drink the wine. In the morning one was found dead, the other blind and the other in a deep sleep."

Ballydehob NS offers a cautionary note: "the custom on Little Christmas is to bring in

the water early, because it is believed that fairies come to the wells and it is said that anyone who would go to the well on that night would be taken away. Long ago a woman went to a well late and she never came home again, and it is said she was carried away by the fairies."

Finally from Clonakilty NS comes this sad story about an unfortunate girl who was working as a servant in a house in the parish. On Women's Little Christmas this servant girl "told the people of the house that she would remain up until after twelve o'clock and watch the water to see if it would change into wine. The people of the house told her not to remain up, but she did not take their advice. They told her over and over to go to bed, that it was not right to remain up. She remained up and at twelve o'clock she got a vessel and went to the nearest well. She never returned to the house and was never seen again. When the people of the house got up the next morning there was not a trace of the girl to be seen. Anyone never since went out late for a bucket of water on Women's Little Christmas."



"It is also told about three men who stayed up on another Little Christmas night to drink the wine. In the morning one was found dead, the other blind and the other in a deep sleep."

American performance poet from Cork at Spoken Word

By **Moze Jacobs**

Performance poet Jason J. Fisher is the next guest at DeBarra's Spoken Word on December 8.

Poetry is not just about the words. At least equally important is the delivery, the energy, the engagement with the audience. "I'm never nervous," Jason says. "I don't understand stage fright. I just love that interaction and looking people in the eye. Being outgoing in general is part of it. And meeting members of the community."

Jason was born in Austin, Texas, but moved around a lot as a kid. "My Dad was in the Air Force. We lived everywhere including Japan. Military kids have to make friends pretty quick. You learn how to connect in a room full of strangers."

He ended up living in Cork although his only Irish credentials are a great-great-grandmother Kelleher. "I came because of a lady, many years ago. That relationship didn't work out but I managed to stay and do all kinds of cool, crazy things."

Jason performs to a rap beat in his shows. "It's got great rhythm. Other poets quietly

take command of the room. It's a skill I don't have so much but I know how to be loud and boisterous and all over the place."

The many open mic nights in Ireland gave him the courage to step up. "I've done open mic nights in Galway, Dublin, Cork, Belfast."

Increasingly, he's the featured guest. One of his poems is called 'Diamond Shine'. It's almost like a lesson, a light-hearted teaching. How to use art, creativity, to enhance life and make it worth living. "Go out at night, chasing the light to free stars, which flicker, in a picture (...) If you find the time to mind your mind,

then mine your mind."

Asked about his influences, he names a local poet called Niall Hearne. "Sometimes you find little stuff that's so impactful. He has a poem called 'Make'. I've been reading it two or three times a week. One of the best poems I've ever read. It has really carried me this year: "Whatever you can make, make. Whatever you can add, add. Do it. It's easy. Drown to the beat of your new heart's delight."

Jason J. Fisher plays DeBarra's Spoken Word at the back of DeBarra's Folk Club, Pearse Street, Clonakilty on December 8, 8:30pm, free event.

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

	7			8				2
		4						5
		1	9					
6				9				
3								
5			1	6		9	7	
				4			3	
					2	7		9
	6	5		3				4

#165858

Difficulty: hard

	3				2		4	
					1	5	8	
5	2				4			
	7						2	1
								6
	5		9	8				
		9	3	6				
								7
		3	2					

#13740

Difficulty: moderate

people Arts & Entertainment

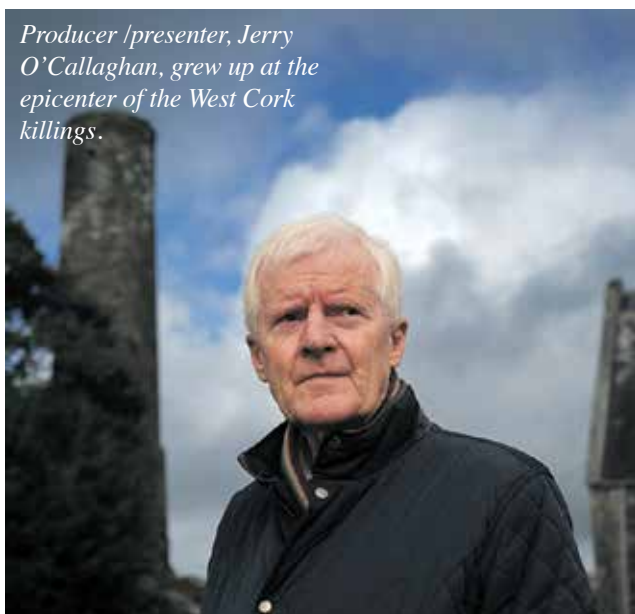
Murder in West Cork documentary airs on TG4

‘**M**arú in Iarthar Chorcaí’, a new documentary airing on TG4 on Wednesday December 7 at 9.30pm, will be of huge interest to readers. West Cork People columnist and author Kieran Doyle is one of the contributors to the production, sharing his knowledge on the history of Bandon Protestant community.

Over three dark nights in April 1922, 13 Protestant men were shot dead in West Cork. It was a brutal, vicious murder of defenceless civilians in a small area in the middle of the Truce between the Irish War of Independence and the Civil War. This was the Bandon River Valley, a rural area with the highest concentration of Protestants in southern Ireland, also the cockpit of IRA activity against the British.

At the time the Bandon Valley murders attracted widespread condemnation, but the memory faded with the passing years. It fell to a young Canadian historian to bring it back into the limelight 75 years later. According to Peter Hart’s 1998 book, ‘The IRA and its Enemies,’ the 13 men were shot because they were Protestants, sectarian killings carried out by members of the anti-Treaty IRA. Hart concluded that the gunmen, ‘did not seek merely to punish Protestants but to drive them out altogether.’ He said, ‘the nationalist revolution had

Producer/presenter, Jerry O’Callaghan, grew up at the epicenter of the West Cork killings.



also been a sectarian one.’

In 1998, these conclusions exploded like a bombshell in the history fraternity and set off a history war that continues to this day. Historians, commentators, politicians take sides with claim and counterclaim and allegations of war crimes and sectarian killings against the IRA in West Cork during and after the War of Independence. This documentary picks up on that debate leading on to a wider debate on the fundamental nature of the Irish revolution itself. Was it simply a war of liberation from the British empire? Or was it also a sectarian war, ‘a final reckoning of the ancient conflict between settlers and natives,’ a war to drive out

the British by force along with the Irish Protestant minority?

Producer/presenter, Jerry O’Callaghan, grew up at the epicenter of the West Cork killings. His father, Denis O’Callaghan, was an active member of Tom Barry’s West Cork flying column and a member of the anti-Treaty IRA’s police force set up during the Truce to protect the local Protestant population at a time of lawless uncertainty. Parts of a last long interview Peter Hart did a few months before his untimely death is featured, intercut with recorded debates in the history war over several years.

Contributors
Andy Bielenberg, Historian,

THE BREWERY BAR
DEOCHLANN

Western Road,
Clonakilty
T: 023 8834469

LIVE MUSIC
& a festive atmosphere throughout the season.

Kitty’s
GUEST HOUSE
at the
BREWERY BAR
CLONAKILTY

booking through
Airbnb

For updates see Facebook: O Sullivan’s Brewery Bar

UCC History Department; John Borgonovo, Historian, UCC History Department; Barry Keane, Author and West Cork Historian; Clare McCutcheon, Historian Bandon Protestant community; Theo Dorgan, Cork Poet, and Commentator; John Regan, Historian University of Dundee; Kieran Doyle, Author, history of Bandon Protestant community; Pat McCarthy, Military History Soc of Ireland; Don Wood, IT consultant, West Cork population movement. Niall Meehan, Historian Griffith College Dublin; Ian D’Alton, Historian Trinity College Dublin; Hazel Baylor, Grandniece of Protestant victim; Prof Brian Walker, Queen’s University Belfast; Mary Harris, Historian, NUIG; Danny Morrison, Sinn Féin, Author ‘The Good Old IRA’; Padraig O Ruairc, Author and Historian; Diarmuid Ferriter, Historian University College Dublin.

Midwinter music from West Cork Choral Singers

Two very seasonal concerts by the West Cork Choral Singers will take place on Saturday, December 17 in Abbeystrewry Church, Skibbereen and Monday, December 19 in Rosscarbery Cathedral. A programme of old favourites and other works, some

readings and spectacular solos is guaranteed to entertain, and audience participation at times is welcome and encouraged.

Both concert begin at 8pm with tickets costing €20. There will be mulled wine, mince pies and your ticket is automatically your raffle ticket as well.

Blue House Gallery in December

The Blue House Gallery in Schull is pleased to announce its special Christmas Exhibition featuring artworks for under €300, perfect for presents.

The gallery, situated on Main Street, will be open everyday between 11am and 5pm. Artist that are exhibiting include: Helen O’Keeffe; Alyn Fenn; Angela Fewer; Catherine Weld; Aoife Greenham; Paul Forde-Cialis; Johanna Connor;

Etain Hickey; Damaris Lysaght; Davis Seeger; Dick Richards; Geoff Greenham; Janet Murran; John Simpson; Kym Leahy; Lesley Cox; Melanie Black; Nadette Charlet; Oonagh Hurley; Sandie Hicks; Tom Weld and Birgitta Saflund. A preview slideshow is available on www.bluehousegalleryschull.com.

As well as the art under €300 there are a number of more expensive pieces upstairs.



Nadette Charlet

BAR & RESTAURANT

THE DOCK WALL
UNION HALL

Dining: Thurs - Sun
Bar: Mon - Sun

JOIN US THIS CHRISTMAS SEASON.
You’ll find us on Main Street, Union Hall!

Booking advised but not essential, call/whatsapp: 087 330 7277

BLUE HOUSE GALLERY
SCHULL

Set in the midst of Schull Village on Main Street.

SPECIAL CHRISTMAS SHOW ART UNDER €300

open Everyday between 11am and 5 pm for the month of December

www.bluehousegalleryschull.com



Alyn Fenn

people Arts & Entertainment

Contemporary Irish history through the prism of Sinead O'Connor at Clon Film Club

As an early Christmas treat, on December 13, Clonakilty Film Club will present a new and fascinating documentary film charting the extraordinary early career of Sinéad O'Connor.

'Nothing Compares' focuses on the years 1987-1993 and looks at O'Connor's troubled upbringing, her first steps into music, the meteoric rise she enjoyed after the release of her legendary single 'Nothing Compares 2U', and the very public protests that put her in the crosshairs of a cruel tabloid media.

What emerges is a testament to a brilliant artist and impassioned activist, as well as an insight into a woman who had to navigate devastating personal trauma and intense public scrutiny. Director Kathryn Ferguson also elegantly examines contemporary Irish history through the prism of O'Connor's life and career – all serving as a reminder of why O'Connor is one of Ireland's most vital and enduring voices.

"'Nothing Compares' stands as a vital testament to the bravery and significance of this preter-

naturally gifted, much maligned and embattled artist" – Daily Telegraph

"'Nothing Compares' is a bold re-examination of O'Connor's all-too-brief window of wider influence, and a searing critique of the sexist and conservative backlash that led to her retreat from public life" – Indiewire

Clonakilty Park Cinema, Tuesday December 13 at 8.30pm. All are welcome, €10 at the door.



Rawney plays two December shows

It's been a busy few months for Clonakilty artist Rawney (Ciarán Calnan), who returns to West Cork for two December shows in Connolly's of Leap and Live At Levis Ballydehob. His EP 'Say It Loud' was officially launched in July to an adorably raucous full house at DeBarra's Folk Club in Clonakilty, making him only the second-ever act from the locality to sell out the legendary venue after the 10-piece West



Cork Ukelele Orchestra. Since then, the tour has seen further full houses at the International Guitar Festival and the Shanley's Sessions in Clonakilty, Winthrop Avenue in Cork, along with joint-headline shows in Waterford with Eoin O'Neill and in Dundalk with Míde Houlihan and Wayward Folk.

His two singles from the EP, 'Say It Loud' and 'Red Handed', have been getting regular radio play around the country since they were released, with 'Say It Loud' winning The Cork

Playlist Song of the Month for June. The release has been well-received in music circles, with one review from Pitch Perfect stating it was "...a bright and bold EP".

There will be a full band in tow for the December leg of the tour, which includes some of Clonakilty's finest musicians. The Connolly's gig will have special guest Gerron play support, while the Live At Levis show will be a double headline gig with Q.U.I.E.T., which is fellow Clonakilty artist Anthony

Noonan's new project. 2023 is set to be an exciting year for Rawney, as it will see the continuation of the tour, along with further releases and festival dates, so keep an eye on his social media channels @rawneymusic for updates.

Rawney plays Connolly's of Leap on Friday, December 16 and Live At Levis Ballydehob with Q.U.I.E.T. on Wednesday, December 28. Tickets €15 from www.connollysofleap.com and www.leviscornerhouse.com.

Save on your *home bills* by hotdesking with us!

- Warm, bright and spacious facility.
- Individual hot desks with 24 hour availability.
- Safe and secure with keypad access & CCTV.
- Multiple power points for devices.
- Free high-speed broadband.
- Soundproof meeting room for private calls and zoom.
- Break out facility with kitchen and free coffee.
- Business services such as printing and laminating available.



**LOW COST
HOT DESK
ACCESS 24/7**

Half Day AM or PM

€10 + VAT

Daily rate

€15 + VAT

**Start ups and local
enterprises welcomed.**

**BOOKINGS & PAYMENT ONLINE THROUGH
www.connectedhubs.ie**

Avail of the National
Voucher Scheme from
Sept 21-Dec31!

For queries contact: 028 35000 or emizen@mizenhead.ie
Mizen Enterprise Centre, Main Street, Goleen, Co Cork P81 VR99
A Community Enterprise initiative

Members Show at Gallery Asna

The Christmas Members Exhibition opens at Gallery Asna, Clonakilty Arts Centre on Saturday December 3 at 5.30pm and

runs until Saturday December 24. This year there is a very exciting and eclectic collection of Paintings, Prints, Photography Ceramics and Crafts, all

sourced locally here in West Cork, at very affordable prices.

The Christmas Members Exhibition is a great place to shop this Christmas for that perfect gift.

The Clonakilty Arts Centre team would like to thank all friends, members and patrons for your support throughout the year and wish you all a very Happy Christmas.

people Home & Garden



THE NATURAL GARDENER

Noah Chase

Noah studied horticulture at the Eden Project in Cornwall, England. He now co-manages a family run nursery, Deelish Garden Centre in Skibbereen, specialising in rare, unusual and edible plants. His passion is sustainable gardening, useful plants and care of the environment.

Deelish will host its annual Christmas Craft Fair again this year, with over 40 stalls, on Sunday, December 4, from 11am-5pm. Noah Chase shares how, Christmas fairs aside, the month of December is

Things are getting festive at Deelish

always busy at Deelish and gives some great advice on gifts for the gardener in your life!

Bare root trees, hedging and fruit have all now arrived and have been heeled in the ground. This year the selection, quality and value is better than ever, after a great year of growing. With prices starting from 90 cent for a 3ft tree, many gardeners choose this time of year to plant hedging or extend their forestry plantings.

We have a great range of bare root fruit trees, including Apples (as well as Irish heritage varieties), Plums, Plumcots (plum-apricot cross), Pears (as well as Asian pears, which are brilliant). Cherries, Cobnuts, Almond, Peaches and Nectarines to name a few! Soft fruit is also very popular, as we can supply this in bare root form as well. Rhubarb (three giant stools for €10), Strawberries (10 for €10), Asparagus (four crowns for €10), Raspberries (10 canes for €15), Red white and blackcurrants, Worcesterberries and Gooseberries are all good edible options. Newly arrived potted fruit includes Grapes (indoor and outdoor), Blueberries (eight varieties including our own native Bilberry), Chilean Guava (three varieties), Kiwis, Mulber-

ries, Jostaberries, Loganberries, Blackberries, Pomegranate, Sea buckthorn, Aronia, Figs, Feiojoa and Decaisnea or Dead man's fingers! As you can see from the list above, this is the best time of year in terms of variety and value to plan planting trees, hedging and fruit.

As usual, we only supply living Christmas Trees at this time of year. The quality this season is the best I have ever had, as they are from a specialist grower who grows them inside pots from a young age, which means minimal root disturbance and maximum chance of successfully growing it on for many more Christmas-es to come. The tree variety is Nordmann Fir, which is the most popular non-shed, soft-needled variety. We have small trees at 4ft high, as well as larger 6ft and 7ft trees. I have written in previous articles about the many benefits of switching to a living Christmas tree and each year I see more and more families making this positive switch, and I hope this trend will continue to grow each year.

If you are looking for an unusual gift for a gardener in your life, we have you covered this year with our newly-built,

covered sales areas, shade tunnel, outdoor living tunnel, as well as our large, heated shop. Gift ideas include a huge selection of unusual, hardy and beautiful plants, quality gardening tools, organic seeds, solar lighting, a fantastic selection of pots and garden ornaments, fire pits, outdoor furniture (including our popular eco chair), Indoor plants, air plants, Bonsai and Citrus plants, kids tools, as well as loads of bespoke useful gardening gifts. If you can't decide, our gift vouchers are always very popular.

On a final note, I am delighted to announce we have just built a coffee kiosk here at Deelish and have teamed up with Red Strand Coffee to offer our customers a quality cup of coffee seven days a week, while taking in all the new arrivals at the garden centre. We also have herbal, Chai and regular tea, as well as hot chocolate to keep everyone happy! I look forward to seeing many of you here at the craft fair or in the near future.

Wishing all West Cork People readers a Happy Christmas and remember, gardening doesn't have to cost the earth!

DEELISH GARDEN CENTRE

CHRISTMAS CRAFT FAIR

SUNDAY 4TH DECEMBER
11AM - 5PM

Fantastic selection of Gardening gift ideas.

NOW IN STOCK...

- * Pot grown Living Christmas Trees; 4ft 6ft and 7ft.
- * Huge range of bare root trees, hedging, fruit trees & soft fruit
- * Spring flowering bulbs
- * Organic Vegetable and flower seeds

RED STRAND COFFEE

Now serving Coffee & Teas 7 days a week!

We're on the banks of the Ilan, 1 mile west of SKIBBEREEN on the old Baltimore road. Fully signposted off the N71. OPEN MON TO SAT 10AM - 5PM, SUNDAYS & BANK HOLIDAYS 2 - 5.30PM. PHONE: 028 21374

Decorating for Christmas



INTERIORS

Maura Mackey

Maura Mackey is a Cork-based interior and retail display designer. A professional with an eye for detail and interior styling, she thrives on giving any home the 'showhouse feel' when up for sale or rental from a home staging point of view. On the other hand, if you are looking to give your home a makeover or restyling, 'Maura Mackey Design' will help you achieve the home of your dreams. P: 087-7699714. maura@mauramackeydesign.ie

Traditional

Red and gold, the colours of Christmas' past is very popular this year. Trends come and go but this classic combination will never go out of fashion when it comes to Christmas – the colours

The uncertainty we have experienced in the past few years with so many families unable to celebrate Christmas together has made us all appreciate the festive season and spending time together more, hence nostalgia is huge this year when it comes to decorating the home.

epitomise timeless elegance and luxury. Incorporating Nutcracker ornaments and paper decorations will add to the sense of nostalgia.

'Gonks' (gnome-like characters)

These can be bought in multiple sizes and colours and used on mantelpieces, stairs, by the fireplace, or under the tree. Grey and white and black and gold are trending this year.

Bring nature indoors

Using greenery as decoration indoors not only enhances our wellbeing but is beautiful. The more foliage the better for this look: Waxy leafed plants like bay or eucalyptus will last longer and can be added to garlands, around lanterns, window sills, hall tables and dining tables. Driftwood and natural twine can be used to display your foraged greenery. Hang your creations in windows, twist a garland around your stairs banister and on the mantelpiece and add a large wreath to your front door. Add dried orange and apple slices or even dried chillis, cinnamon sticks and pine cones

and you'll have a garland that will be admired.

Festive scenes

These are items that are inherent to Christmas, from the crib to white ceramic lit-up festive winter scenes. Display on any surface in your home, add greenery and lights...and your work is done!

Blush pink décor

Blush pink is trending big this year and adds tasteful elegance to a decorating scheme; it particularly complements green, so is a very good match with Christmas. You will find clip-on blush pink flowers in most shops, Pair with gold, pearl and sparkly ornaments for vintage glamour.

Sustainable décor

Never has it been more important



to think about reusing and recycling, in particular at this time of year, when traditionally there is so much waste. Opt for paper, cardboard or natural materials like wood this year and ditch the plastic. Purchase handcrafted decorations from small local producers instead of mass-produced cheap decorations made in China or make your own. If you have decorations that are looking tired, try upcycling them rather than throwing away.

White Sage Decluttering

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

Have clear kitchen counter tops in time for Christmas.

First tackle your food cupboards to create storage space, you will be very surprised at the amount of out-of-date food in there! Group all your food in one area if possible. If you need help to declutter your home contact Anne Marie on 087 6529901.

INTERIOR STYLING FOR YOUR HOME & BUSINESS



Maura Mackey Design

ALL THINGS INTERIOR

Virtual Consultations on Zoom, FaceTime or Skype

Single room to full home designs

Virtual Staging Consultations

Online personal shopping service available

Virtual Colour Consultations

Mood boards with store availability listings

087-7699714 maura@mauramackeydesign.ie
www.mauramackey.ie

White Sage Decluttering

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

Contact West Cork's award-winning Professional Declutterer
Anne Marie Kingston
on 087 6529901



whitesagedecluttering.com
whitesagedecluttering

people Home & Garden

December in the garden

December is upon us and our thoughts turn to Christmas and the many joys and traditions that the outdoors brings to it.

Choosing a Christmas tree

Choose a non-shed Christmas tree this year. The Nordmanniana species has overtaken the noble fir in popularity. Well-furnished trees with plenty of room to hang your lights and decorations,

they should be kept outside in the cool until you are ready to decorate. The stand should have an integrated water holder/receptacle, which should be topped up frequently with cold water. Do buy a fresh, locally-grown Irish Christmas tree. The needles of the Nordmann are glossy, dark and soft with a light blue underside and have a faint citrus scent. The trees have a wide, even, bushy shape. For a 6ft (1.8m) tree allow

**GARDENING**

John Hosford
The Weekend Garden Centre

5ft (1.5m) space.

Gifts for Gardeners

There are a wide array of gifts available for gardeners, from trees, shrubs, fruit trees and roses to garden tools and gardening books. Increasingly people realise the value of giving plants at Christmas or indeed to mark life's landmark occasions. A tree such as an oak, Liquidamber or Acer will give someone countless years of pleasure.

Magnolias come in a wide variety and deciduous and evergreen varieties are available. Some of the bigger varieties will achieve heights of 50 ft-plus (15m). Look out for the spectacular Magnolia campbelli (as seen at Fota) or Magnolia grandiflora, which has impressive white, globular flowers borne on a noteworthy evergreen tree. Grow Magnolias in a sheltered, lime-free area.

When choosing trees consider the ultimate size, attractions and features of the tree such as dramatic autumn leaf colour, berry or fruit-producing varieties, shape of the tree and ultimate height and

suitability for the designated location. Weeping trees are another consideration. Weeping forms of Birch, Beech, Flowering Cherries and Willows are available.

Roses make a very acceptable gift. Available in a wide variety of colours, heights and types, choose from miniature, patio, hybrid tea, floribunda, climbing, rambling, ground cover and standard types. Consider the disease resistance of the rose variety and height and suitability for the planned location. Choose rugosa species and hybrids of Rugosa roses for exposed coastal locations. Rugosa roses are very hardy and disease resistant.

Always purchase good quality plants from a reputable rose nursery or garden centre. Rose of the Year and Gold standard award-winning Roses are a good starting point.

Prepare ground well, adding plenty of humus. Change soil if replanting into existing beds or use Mycorrhizal fungi. Plant container roses with care, watering and feeding regularly in spring and summer, keeping water off the foliage.

When purchasing bare root Roses, it is important to keep the roots damp at all times and store in a cool, draught-free environment prior to planting. If necessary, cut back to three or four buds in the spring after planting.

Using a special Rose Food, feed Roses twice per season, in April and again in the first week of June.

Always water/irrigate Roses during dry spells. Deadhead Roses frequently throughout the growing season. Mulch beds with 4" (10cm) of compost or manure (weed-free) or Gee-up. Keep beds and borders weed-free,



*Helleborus Niger
Christmas Rose*

hoeing frequently – early in the morning on a fine, bright day for more satisfactory results – in the spring or summer. Keep an eye on weeds whose seeds are dispersed by wind.

Shorten back your Roses before the onset of winter winds and gales and take precautions against blackspot, downy and powdery mildew and rust. Make sure all stakes and ties are secure going into the winter.

Garden tools are available in garden centres and hardware shops throughout West Cork. Check out the excellent range of high quality garden tools at Fruit Hill Farm near Bantry.

Big ticket gift suggestions include a new greenhouse or polytunnel, conservatory or robotic mower – all very practical gifts that will give you years of pleasure and time well spent.

Bulbs

You can still successfully plant Daffodils, Narcissi, Tulips, Hyacinths, Dwarf and Dutch Iris. Check that all bulbs are firm and sound before planting.

Early-forcing Narcissi such as Paperwhite can still be planted and will flower in 7-9 weeks.

Vegetable Garden

Keep harvesting Brussel Sprouts, Cauliflower, Savoy Cabbage, Carrots, Parsnips, Swedes, Celery. Earth up Spring Cabbage

and Brussel Sprouts to give them better anchorage. Sow early crops in a heated area. Sow a few pots of lettuce, summer cabbage, carrots, spinach, salad onions and turnips. Keep temperature to about 13 degrees C.

Fruit Garden

Check tree stakes and ties are sound. Winter prune apples, pears, currants and gooseberries. Grape vines should be pruned now when dormant, as they bleed copiously if pruned in growth. Prune back to two or three dormant buds. Continue planting of new fruit trees where both soil and weather conditions permit. Check fruit in storage – discard any fruit that have turned mouldy. Check apples and pears for canker and treat accordingly.

Christmas and Winter Colour

Cheer up winter containers with Christmas cherries, Cyclamen, Pansies, Polyanthus, Violas, Winter Heathers, Euonymus with silver and gold variegation, Hyacinths, early Narcissi, Crocus. Secure the containers against wind, ensuring all drainage holes are functioning. Take precautions against slugs, rodents and vermin.

Wishing all readers a very Happy Christmas and peace and success in the New Year!

Bathrooms & beyond

Happy Christmas to all our customers & Friends

Give us a ring! We'll call out straight away to provide a **FREE** made-to-measure quotation for your bathroom renovation.

FIXTURES, FURNISHINGS, FLOORING & MORE
Timoleague 086 2595992 bathroomsandbeyond.ie

FACHTNA McCARTHY ENGINEERING
Specialising in **ENTRANCE GATES & RAILINGS**

- Steelwork for Conservatories
- Security Gates and Railings (automated or manual as required)
- Balconies
- General steel work

Castleventry, Rossmore, Clonakilty.
Home: 023-8838724 Mobile: 087-2519690

at Lisavaird Main Branch, Clonakilty. Ph: 023 8836917
Open 7 days!

CHRISTMAS TREES IN ALL SIZES PLUS HOLLY WREATHS + LIVING CHRISTMAS TREES – POT GROWN

Visit our shop for gifts galore!

Christmas & New Year at The Week-end Garden Centre

Signposted off N71 Bandon-Clonakilty road. We are on Road no.L6033.
Open Saturdays December 3rd, 10th & 17th 10-5pm
Sundays December 4th, 11th & 18th 10-5pm
Christmas Eve 10-2pm.
phone 087-6121285 or 086-4426450
john@hosfordsgardencentre.ie Card payments taken
Follow us on Twitter, Instagram & Facebook.

Happy Christmas everybody & thanks for your support

Quality, non-shed, Irish grown Christmas Trees
Christmas wreaths & bows made on the premises with local, natural materials
also Sweet William, Apple Trees Shrubs & Perennials

Order your Christmas trees & wreaths now by phone, text, e-mail or Whatsapp.

Vacant Property Refurbishment Grant expanded to more remote areas of West Cork

The expanded Croí Cónaithe Vacant Property Refurbishment Grant now includes eligible vacant properties in more remote rural areas of Cork (in addition to those in towns and villages, which have been eligible since July). The scheme's expansion will help bring vacant and derelict properties back into residential use and ensure the existing housing stock is used to the fullest extent possible.

Under the Croí Cónaithe Vacant Property Refurbishment Grant €30,000 is available to homebuyers to refurbish a home

which they will live in. Where a property is derelict, a maximum top-up grant amount of up to €20,000 will be available, bringing the total grant available for a derelict property up to a maximum of €50,000. The grants can also be combined with the SEAI Better Energy Home Scheme that covers works of up to €26,750.

Minister of State with responsibility for Local Government and Planning Peter Burke TD said at the announcement: "The scheme has proven to be extremely popular since it was first established in July with

over 420 applications received by Local Authorities across the country. My Department are ensuring our Local Authority teams are equipped and we now have 29 fulltime vacant homes officers across the country who are focused on bringing vacant stock back into productive use."

The updated application form, eligibility criteria and associated FAQs are on www.gov.ie. Further information will be available from the Vacant Homes Officers in Cork County Council.

THE TREE COMPANY
PROFESSIONAL TREE MANAGEMENT & MAINTENANCE

All aspects of tree work carried out.

Commercial and domestic tree care.

Emergency tree care.

Supply and planting of any size trees.

Fully trained and insured.

Contact for FREE quotes:
T: 028 37630
M: 086 8795755
E: info@thetreecompany.ie
www.thetreecompany.ie
follow us on

The fittest Christmas calendar



DIY FITNESS

Tania Presutti

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

Tania inspires us to fit fitness into the busy festive season

December is often filled with extra chores – cooking, baking, cleaning, shopping for presents and so on – so I don't blame you for thinking there is no time for anything else this month. It's the reason so many of us wait until January to do something for our health!

However, with my Christmas calendar, you can start right now and keep going through December and into the new year. It demands a minimum of time and effort and you are largely free to decide what kind of activity you want to do.

This calendar asks for 10 minutes of your time, six days a week, and 30 minutes one day a week. This is of course minutes outside of your already busy life. So, if you already walk the dog for 10 minutes, three times a day, you could then go for a fourth time or spend the minutes on something else.

It could be something as simple as going for a short, brisk walk outside your home: Five minutes in one direction, return and walk five minutes back. The 30 minutes could be a longer tempo walk.

You could also cycle, or put on a few tunes and dance around in your living room. You could spend the ten minutes doing push-ups. Start your month by doing them from the knees, taking as many short breaks as you need. With time and practice, the need for breaks will be fewer and you will soon be able to do a few push ups at a time from the full position.

You could also practice the art of the perfect squat (and hold something over your head to maximise the output of this exercise). Count to five while going down and up, making sure you are in full control during the whole of the movement. As you progress through the month, you could pick heavier objects to lift or stay longer at the bottom.

Jumping jacks or burpees are another full body exercise, which you can do in the comfort of your home. Doing them for ten minutes straight will be very hard, so what you can do is choose to do five or ten in a row, then take 10-30 seconds break and then another handful.

Finally there is also the choice to mix everything up. Do exercises one day, go for a walk the next, do an extra vacuum of the house on the third.

So why this 'Do it Yourself Calendar' in the busiest month of the year? First of all to attend to your health. Your fitness, muscles, ligaments, bones, heart and lungs will thank you for the extra attention. Our bodies were not made to sit still from dawn to dusk, even if it can sometimes feel like this is all we want to do. We were meant to move. Movement creates serotonin production in the brain, one of the feel good drugs, which makes us feel good: Good about ourselves and our effort, good about life and others. It helps us see the world in a better light.

Secondly, and just as important, following a calendar like this will help you carve out some time to yourself every day. Even it's just ten minutes, it's still your ten minutes. Not to be disturbed by others, by the smartphone, the tv or your computer. Don't dismiss the good of taking a small bit of time to yourself. As we grow up and get responsibilities, time to ourselves is growing smaller and smaller. Setting a goal to fulfill a Christmas calendar like this allows us to say, 'No thank you' to other distractions for the short amount of time there is dedicated to each day.

My hope for the calendar is also that this will create so much positive energy in your life that the activities you choose will become routine and habit that will serve you long after Christmas.

For inspiration I have put together this example:

Monday: 10 minute brisk walk **

Tuesday: 10 minute different exercises (Push ups, sit ups, jumping jacks, lunges, burpees. Do three and take 30 seconds rest, then another three until the 10 minutes are up)*



Wednesday: 10 minute dancing or brisk walk
Thursday: 10 minute brisk walk or biking **
Friday: 10 minute different exercises (If you chose push ups on Tuesday, you can choose lunges or sit ups this time. Three times, 30 seconds break)*
Saturday: 10 or 30 minute brisk walk **
Sunday: 10 or 30 minute brisk walk **

* 3 exercises/ 30 seconds break - week 1
4 exercises/ 30 seconds break - week 2
4 exercises/ 20 seconds break - week 3
5 exercises/ 20 seconds break - week 4

If you continue from week 4, you can – when it starts to feel easy – add in one or two exercises and/or take seconds from the rest period.

** Being outside will do you good. Even if the weather is not. Having to go for a short walk will get you fresh air, on your skin and in your lungs.

If you think this is too little time to have an impact on your health, in your life, I would not blame you. I think most people would be sceptical of how much 10 minutes exercise/brisk walking a day would do. However would you have time to do more every day? Or would it be easier to skip with excuses of being busy? Remember this is an activity you are doing outside of your normal routine. And something you do, just for you, and who would deny you 10 minutes regardless of how your life looks?

Now if you're looking for weight loss, it would come even with only 10 minutes a day, but it would be a slow process. So it shouldn't be your main reason to do this – you'll risk getting impatient and maybe give up before you see results. Your main reason should be to do something for your health

on the long track. I believe you will feel happier for taking time to do something for yourself and that this will help you build healthier habits and make good choices.

I wish you a wonderful Christmas.

Questions and comments are as usual welcome at: taniaskitchenfitness@gmail.com or via Instagram: @trainwithadane



MAGIC MARTIN
PROFESSIONAL
CARPET &
UPHOLSTERY
CLEANING
WEST CORK BASED
087 123 7141 @ f

ODOUR & STAIN REMOVAL FROM: Carpets, Hardfloors & Rugs, Upholstery & Leather Furniture, Mattresses, Car Upholstery



future forests
Choosing from our spectacular range of plants - or order a gift card online.
NURSERY OPEN everyday from
Wed 14th Dec to Friday 23rd Dec
WE ARE CLOSED from 24th Dec to 2nd Jan
NURSERY OPEN Tuesday 3rd Jan onwards
The COFFEE BEE is open on Weekends
www.futureforests.ie | (027) 66176 | P75 H958



CLONAKILTY
Tel. 023-8833398
E: shannursery@gmail.com
The Nurseries for the Connoisseur
Helping to Create Beauty in the Gardens of Ireland for over 70 years.

Season's Greetings to all our customers from everybody at Shanahan's Nurseries

- Berries give a richness no garden should be without.** There are some wonderful berrying shrubs – Skimmia, Holly, Viburnum and Nandina to name a few.
- Plant Heathers now for Autumn/Winter colour.** * Evergreen and hardy *Excellent ground cover * Easy to care for *Ideal for planted containers.
- Native Bare root trees** - A wide selection, including: Beech, Hazel, Hawthorn, Willow etc.
- Growing Christmas Trees** 3' to 6' tall

Gift Vouchers available at our Garden Centre or by phone/email.

Shanahan's Nurseries P85HX72
OPEN Tue-Sat, 9am-5.30pm (open through lunch)
For gardening tips like us on Facebook or visit our website! www.shanahansnurseries.ie



people Sport & Fitness

West Cork pride in rise of rugby star Jack Crowley

The rise of Innishannon native and Bandon Rugby Club graduate Jack Crowley has been remarkable, from Munster third choice out-half to Ireland starter. Munster Rugby Competitions Co-ordinator James Neville talks to Matthew Hurley about the new Irish out-half. A former Bandon underage coach

himself, Neville would have seen Jack from U13 to U18 level with the club. Neville is also a former Bandon RFC secretary. Jack Crowley received his first senior international cap after coming on for Munster teammate Joey Carbery in their 35-17 win over Fiji. A week later, he was initially named on the bench for their

final Autumn Internationals game against Australia but was drafted in at the very last minute due to an injury to first choice number 10 Jonathan Sexton.

Ireland won the match 13-10, with Crowley registering five points and receiving plaudits from former rugby stars too: Ian Madigan, Ronan O'Gara and Rob Kearney were just a few singing the praises of the 22-year-old from West Cork.

Neville had first seen Jack perform at U13 level when the Munster starlet was just 12. "A fantastic day for the club. Great for the young players coming through to have somebody, to see someone go through the same pathway as ourselves."

Jack's rise up the ranks hasn't all been plain sailing. For one thing, he came into Munster ranks relatively late.

"I think his first Munster involvement was at U19 level. He hadn't played schools or youth with Munster. He was also playing as a scrum half at the time. He would have played out-half at around 13-years-of-age but moved to scrum half for four or five seasons.

"It was the tail-end of the 2016/17 season where he moved into out-half and played there all season in 2017/18 when Bandon won their All-Ireland," explains Neville.

The All-Ireland U18 win came against Skerries by 20 points to seven in 2018, a game where Jack scored a try, two conversions and two penalties. This is an accolade that the club is extremely proud of.

Covid times were hard for everybody in various ways. For Jack, it was also a hindrance. "He came into the national consciousness with the (Ireland) U20s in 2019/20. That campaign had hinged when COVID hit," says the former Bandon club secretary said. "He had a few disturbed years in some respects. When Jack wasn't on the Munster team at that time, there was no All Ireland League for a season, he had no outlet with Cork Con for the following season.

"He was also in there with three other good out-halves in Carbery, (Ben) Healy and Jake Flannery. He's now number two if not number one in the Munster pecking order."

As well as excelling in his position for both province and country, Crowley has developed into a leader on the pitch too, even in his early 20s.

"He's more than led by example. He's very dedicated, unbelievably fit, always a very good goal kicker, even for a young age. Things like line kicking, drop kicking, dropouts. He worked very hard on those individual skills," adds Neville.

"I thought he'd get good game time anyway because Johnny Sexton was carrying a knock into the game. You're just delighted but equally you're hoping he does well and doesn't make any mistakes.



Jack Crowley scoring a try in the 2017/18 U18 All Ireland Final. Bandon RFC v Skerries. Pic: Seamus Heaney (Bandon RFC PRO)

The general consensus was that he got through the game solidly. Did nothing wrong. Kicked his goals, got good distances on his line kicks, made his tackles."

Not only is Crowley an outstanding up-and-coming talent on the rugby field but he was also good at other sports.

"He combined a triathlon of swimming, road running and horse riding. He was good at those apparently. He's a very driven character," shares Neville.

It's no surprise Crowley is a star

Fachtna (who used to play for Bandon) and Maria, are very supportive of him also," explains Neville.

Current underage players will be inspired by Jack's recent performances.

"It makes the dream realistic and tangible to see a guy, who's not that much older than themselves, come through the ranks and make it. Jack didn't get on a Munster team until relatively late in his underage career. It just shows, if you don't get picked on

half, which leaves two spots in the squad up for grabs. Crowley did play well in the Autumn Internationals, but Neville still feels there's work to do yet.

"It would be unbelievable, you're talking about the showpiece event in the whole sport. To have someone from your own club on that stage is great.

"A year is a long time in sport though, there's still a long way to go. From his own point of view, he has to keep putting in good performances for Munster and take his opportunities with Ireland when they arrive," explains Neville.

The Bandon Rugby Club isn't just celebrating their starlet this year. 2022 marks the 140th anniversary of when the club was founded in 1882. A fantastic feat for the long-running West Cork club whose current president is Billy Daly, father of Munster player Shane.

The club won the Junior, two County and South Munster titles, as well as competitions in U16 (x2), U14 (x2) and U13 in the 2021/22 season.

"The 140 years is something you can't take for granted, there is a load of people that have put so much into the club. There's a very dedicated committee there at the moment too," admits Neville.

"The underage coaches as well. It's hard to get your head around 140 years when you think about it. I don't think the people who started the club in 1882 would have imagined that 140 years later we'd still be going. Not many clubs around the country have done it."

The future looks very promising for the club too. There is more than just Jack Crowley being brought through at this great club. Another couple of young guns coming through according to Neville are Daniel Coughlan (out half) and Noah O'Sullivan (scrum half).

It looks as if Bandon Rugby Club won't stop producing talented players just like Crowley any time soon. The whole of West Cork will be hoping that this run of international games is just the start of a glittering Ireland career for the Innishannon dynamo.



Jack Crowley celebrating a Bandon RFC win

coming from a family that's so passionate about sport.

"His brother Jerry is player in the first team for Bandon, his other brother Billy is on the Cork Con senior team, his sister Tessa would have played underage football and camogie with Cork. His parents,

those teams initially, keep plugging away like he did and the hard work will pay off," says the former Bandon coach.

The chances of Crowley going to the Rugby World Cup next year have now risen. Sexton will undoubtedly be first pick at out-

SEAN LEHANE
WATER SERVICES

Cooldaniel, Macroom, Co. Cork

WELL DRILLING - micro drilling machine for tight spaces.

All types of WATER PUMPS supplied, fitted and repaired.

Complete range of WATER FILTERS - iron manganese, hardness, bacteria.

WATER TESTING

Avail of grants up to €5000 for well and pump, €1000 grant for filters.

Council grant forms and free quotations.

Full range of pipe fittings and 12bar piping.



CONTACT SEAN 087 2579752

Email midcorkpumpservices@gmail.com

CARBERY
OILS & ECO FUELS

Keep warm with our Eco Fuels!



ECO BRIQUETTES



WOOD PELLETS



HOME HEATING OIL



Our Diesel & AdBlue Pumps
Open to the Public!

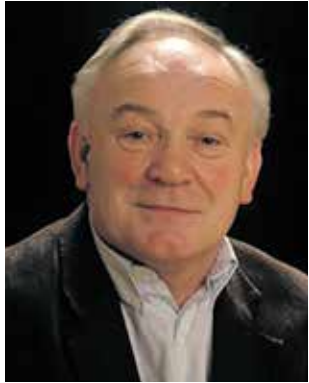
www.carberyoils.ie

028-23890 / 027-52199 / 023-8833999

FRANK: 086-2468555

JC DALY: 087-1027901

people Motoring

CAR
REVIEWS

Sean Creedon

I only have anecdotal evidence, but I think Irish motorists have in the past been wary of buying green-coloured cars.

So I turned to Google to see what they had to say. And it looks like the worry about green goes back thousands of years, before cars were even invented when green forest spirits were said to cause mischief for humans. People believed the fairies held the colour so dearly that they would be hostile towards anyone else who wore it. And of course we Irish loved our fairies!

Still I was a bit surprised when Peugeot launched their impressive new 308 in Athlone earlier this year to see that the colour of the cars was Olivine Green. And that was also the colour of my test car last week.

Gowans, the Irish distributors of Peugeot, probably had no say in the matter as they had to take the cars that were sent to them from Mulhouse in France. But Olivine Green is discreet colour and could not be described as

The luck of the Peugeot 308



'in your face.'

Peugeot chose the new 308 as the first model to wear the brand's new 'lion shield' logo and it certainly is a distinctive logo. Combined with a striking new design, digital interior and a range of engine options, the 308 heralds a new generation of Peugeot cars that moves the brand up a few notches in terms of design and quality.

The 308 is really impressive looking. At the front, the grille is large and impressive, with the shield logo. LED headlamps and hook-like daytime running lights add further impact. At the rear, there are new light clusters, which have a new 'claw' effect.

Inside the dash is very impressive with a beautiful wrap-around effect, all topped off with a very neat steering wheel. The seats are grey with a touch of green stitching.

As usual with Peugeot, the 308 is available in three trims level, Active, Allure and GT. Prices start at €31,765 for the 1.2 petrol automatic version. The price rises to €35,705 for the Allure and to €39,215 for the GT version. All 308s sold in Ireland now come as standard with an eight-speed automatic gearbox.



I drove a Hybrid version with a 1.6-litre engine, but I tended to rely mainly on petrol. I had just one very slow charging experience, 23 minutes to get 6km. After that I just relied on good old-fashioned petrol.

The boot is a decent size and while Peugeot used to always provide a spare wheel, there was no room in the Hybrid version for a spare this time. You also get keyless entry; the car locks as you walk away from it and the doors when you get close.

Peugeot are building some really impressive cars right now, so is it our change of attitude towards the colour green or the quality of the cars that Peugeot are building that Irish motorists

are loving? I think it's the latter.

It's a really classy motor and so comfortable to drive and travel in. I certainly got a lot of enquiries from neighbours young and not so young, about the green-coloured car that I was driving.

Going back to the so-called 'unlucky green' story. On the Monday that I picked up the Peugeot 308, I travelled to Cashel for an Alfa/Fiat/Jeep event. I was having a quick look at the famous Rock when a car, driven by a tourist, crashed into a wall below the Rock, not far from where I was parked. Was I lucky in my green car? I sure was.

UNIVERSAL TYRES Ltd.

- CAR • VAN • TRUCK • TRACTOR
- COMPUTERISED WHEEL ALIGNMENT
- BALANCING
- PUNCTURE REPAIRS
- ALLOY WHEEL REPAIRS
- FREE TYRE & OIL CHECK



023 8836583 / 8833182
Larkin Street, Clonakilty

CARBERY TYRES
THE BYPASS, CLONAKILTY
023 8858055

- Tyre Sales • 3D Alignment
- Computerised Balancing
- Headlight Focusing
- Exhausts • Brakes
- Batteries • Oil Change
- Puncture Repairs

Seasons Greetings
to all of our
customers!
Stay safe & thank
you all for your
custom over
the last year.



westcork
Friday Ad
www.westcorkfridayad.ie

TRADES & SERVICES

Phone in FREE ads
wording to 023 8888000
or ads@westcorkfridayad.ie

HOME ALARM Quantum 70 HKC plug on new GSM unit €475, 087 9474399, Clonakilty.
BREEDING EWES, crossbred breeding ewes 086 3186618
HEAVY DUTY DRILL, convective heater as new, Swivel clothes line, sofa, Kango hammer very good condition, petrol power washer, 086 0638858.
OIL TANK 1000 LITRE 087 6363136.
TWO SUMMER DUVETS two Winter duvets plus the covers for single beds €25 hardly used 087 7626072.
ALLOY WHEEL 15" four stud, with tyre as new 086 8431940.
NEW CONCRETE posts 087 9345380 Bandon area.

MANS DARK GREY overcoat Thomas Nash XL as new €15 087 7626072
MANS MICRO long raincoat padded XL dark grey €12 as new 087 7626072.
12 FOOT SINGLE tubular gate, also double drainer sink with taps 021 4775127
FOR SALE male Jack Russell

AL-ANON provide support for families of alcoholics.
Meetings in the West Cork area are:
Monday: Dunmanway 8.30pm behind the Catholic Church.
Thursday: Skibbereen 8.30pm Lisheen house (opp. Busy Bee).
Friday: Bandon 8.30pm Town Hall
FOR MORE INFO: 01 873 2699

pup, gone 8-wks-old, white and brown, phone after 6pm 087 9458401
LIGHTWEIGHT folding wheel chair, gc, €80, 087 2212969
SELECTION OF GOLF umbrellas, one Ping €10, one Dunlop €10, one Donay €5, 087 7626072
FOR SALE cats to good home, 5 mts, 087 7136909
OPAL COMBO van 152 as new, 087 2288684
GLENGARRIFF / BANTRY area. Gardener available for garden maintenance, clearing, planting etc. Call on Whatsapp or msg on 086 1753748.
FOR SALE kittens good homes only please 086 3048771

3 PIECE SUIT, pc, Skibb area 087 4193921
DUTCH 3 SEATER couch in gc, €50 086 3434488
SKIBBEREEN ANIMAL RESCUE would like to thank everybody that has supported us through the last year, a year that has been getting more and more difficult with the increasing amount of animals and the increasing price of all feed stuffs. We would love to have donations of bric a brac and clothes for our fundraising shop in Skibbereen or if anybody has any hay or straw or haylage at the right price, and we are also looking for somebody with a digger to clean out our barn, we are willing to pay the go-

ing rate, we need the barn cleaned out before the horses come in when the weather gets bad. 086 8795950
FOR SALE 3 year old Jack Russel female, well marked small breed excellent dog 087 6190740
SKIBBEREEN ANIMAL RESCUE are looking for pony rugs for outdoors from 12.2 to 14.2, we don't mind repairing, also looking for a round feeder to buy or even half a feeder, 086 8795950
WANTED old copper cylinders, copper piping and wire, also lead, brass and stainless steel 087 6420296
WANTED old car and tractor batteries contact 087 6420296
SKIBBEREEN ANIMAL SANC-

TUARY, we don't just have dogs and cats, we have horses, ponies, donkeys, stoats, sheep, 12 Cooney Cooney pigs, rabbits, guinea pigs, ferrets and about 50 chickens here so this Winter is going to be very hard for us, if anybody has anything we can sell in our fundraising shop in Skibbereen or could donate a bag of food we would be most grateful or look on our Facebook page, 086 8795950
CORRUGATED GALVANISED steel sheets used, 9 x 9ft, 12 x 12ft, 3 x 5ft, all 2ft wide, clean no paint no rust €250 the lot. Bantry area 083 2005011
HEREFORD HEIFER after calving with Belgium blue bull calf at foot, very quiet 087 2615841

PRAYERS

Call to/post to our offices – Old Town Hall, McCurtain Hill, Clonakilty with details of your prayer. Prayers: €10 each. Cash or Postal Order. No bank cheques please due to charges.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. A.B.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. K.C.

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. C.M.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. C.C.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will

be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. C.C.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.O.R..

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.L.L.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. D.O.S.

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.T.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. K.D.

ST. JUDE’S NOVENA
May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. K.O.C.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. K.O.C

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.M.B

ST. JUDE’S NOVENA
May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. N.S.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. S.M.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken

heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.C.

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. C.Mc.C.

THANKSGIVING PRAYER
O, most beautiful flower of Mount Carmel, Fruitful Vine, Splendor of Heaven. Blessed Mother of the Son of God, assist me in this my necessity. O, Star of the Sea, help me and show me herein you are my mother. O, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to secure me in my necessity (make request). There are none that can withstand your power. O, Mary, conceived without sin, pray for us who have recourse to Thee (say 3 times). Holy Mary, I place this cause in your hands (say 3 times). Thank you for your mercy towards me and mine. Amen. This prayer must be saidfor three days after which the favour will be granted and the prayer must be published. N.Mc.C

ST. JUDE’S NOVENA
May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. N.Mc.C

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. A.B.

MIRACULOUS PRAYER
Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.O.D.

PRAYER TO THE HOLY SPIRIT
Holy Spirit, who makes me see everything and shows me the way to reach my ideals. You who gave me the divine gift to forgive snd forget the wrong that is done to me and who are in all instances of my life with me. I in this short dialogue want to thank you, no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Amen. You must say the prayer for 3 days consecutively without saying your wish . You will receive your wish after the 3rd day. Though how difficult it is. A promise to publish the prayer after your favour is granted. M.C.

MIRACULOUS INVOCATION TO ST. THERESE
O Glorious St. Therese, whom Almighty God has raised up to aid and inspire the human family, I implore your Miraculous Intercession. You are so powerful in obtaining every need of body and spirit from the heart of God. Holy Mother Church proclaims you “Prodigy of Miracles...The greatest saint of modern times”. Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon earth...of letting fall from Heaven a shower of Roses. Little Flower, tie me your childlike faith, to see the face of God in the people and experiences of my life, and to love God with full confidence. St Therese, my Carmelite Sister, I will fulfil your plea “ to be made known everywhere” and I will continue to lead others to Jesus through you. Amen. B.M.T.

NOVENA TO ST ANTHONY
St Anthony I resort to thy protection and aid and as proof of my affection and faith I offer this candle which shall burn every day. Please comfort me in my difficulties and through thy lodgings in the house of my saviour. Intercede for me and those I love so that we may always hold God in our hearts and be provided for in all our necessities in particular I beseech thee to have infinite city and regard to the favour I now ask of thee (here mention the favour) Please help me overcome all the difficulties that I now lie at your feet.

Now say 3 our Fathers, 3 hail Mary’s, and 3 Glory be to the Father. Say this for 9 days in succession, on each day a candle must be litany a copy of this prayer should be left in a church to help another soul in distress and to increase devotion to Sy Anthony. This miraculous saint grants all no matter how difficult and before the termination of the 9 days, but even if your request is granted the novena must be fulfilled. Holy St Anthony Pray For Us. K.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. M.C

MIRACULOUS INVOCATION TO SAINT THERESA, LITTLE FLOWER
Oh glorious St Therese, whom Almighty God has raised up to aid and counsel mankind. I implore your Miraculous Intercession. So powerful are you in obtaining every need of body and soul, our Holy Mother Church proclaims you ‘Prodigy of Miracles... the Greatest Saint of Modern Times.’ Now I fervently beseech you to answer my petition (intention here) and to carry on your promises of ‘spending Heaven doing upon earth ... of letting fall from Heaven a shower of Roses.’ Henceforth dear Little Flower, I will fulfill your plea ‘to be made known everywhere’ and I will never cease to lead others to Jesus through you. Amen. Say the above for 9 days and your request will be granted. M.C.

THANKSGIVING PRAYER
O, most beautiful flower of Mount Carmel, Fruitful Vine, Splendor of Heaven. Blessed Mother of the Son of God, assist me in this my necessity. O, Star of the Sea, help me and show me herein you are my mother. O, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to secure me in my necessity (make request). There are none that can withstand your power. O, Mary, conceived without sin, pray for us who have recourse to Thee (say 3 times). Holy Mary, I place this cause in your hands (say 3 times). Thank you for your mercy towards me and mine. Amen. This prayer must be saidfor three days after which the favour will be granted and the prayer must be published. M.C

FOR SALE 2 kittens 4 months old, black and white both pets very friendly 087 0560118
ROOM TO LET between Clonakilty and Dunmanway, further info 086 8326487
FOR SALE Tabby kittens 086 3665436
TASIMO COFFEE maker for sale 086 4070021
SUPERB SEASONED HARDWOOD in small rings and blocks, dry stored for a year, mostly beech, ash and oak, ideal for stoves, sourced from our own sustainable woodlands, collection only. Builders "1 ton bag" €105 (+ €5 refundable deposit for bag). Trailers according to size, typical 8x4 is €200. 087 9396686
SQUARE TANK 1000 litre 086 0681666
PAINT, 10 LITRE Original Cream vinyl matt, never used. €35 Rathbarry area, 086 3778999

Paul O'Sullivan
PLUMBING & HEATING CONTRACTORS
For all your Plumbing & Heating Requirements. Solar & Heat Pumps
087-9182731

DOUBLE AXLE 8x4 with cribs 087 911155
NOBLE FIR FOLIAGE for Christmas wreaths and decorations, fresh, cheap and local, plenty of foliage available from our own plantation, fill a car boot for €50. A builders "ton" bag for €90. Always fresh cut if you

CLONAKILTY CAR CENTRE
The By Pass, Clonakilty, Co. Cork
087 7401942 / 023 8834862
Large selection of Hybrid Vehicles in stock
SERVICING NEW & USED CAR SALES VALETING
SPECIAL OFFER FOR westcorkpeople READERS
FULL SERVICE from €130
VALET YOUR CAR from €20
Full Service includes:
✓ Oil Change
✓ Oil Filter
✓ Air Filter
✓ Vehicle Health Check including brakes, tyres & suspension
Value Valet includes:
✓ Car washed
✓ Hoover including boot
✓ Plastics Cleaned & Shined
✓ Glass Cleaned & Polished
✓ Tyres Shined
*Offer applies to certain makes and models. Please call 023 88 34862 to make an enquiry
Check out our website clonakiltycarcentre.com

AtkinsDIY CLONAKILTY
Astna Street - Tel: 023 8833319
Rent a RugDoctor
Bring back that look and feel of a brand new carpet with **RugDoctor**
SO MUCH MORE THAN A DIY STORE
A Member of the **Topline Group**

order in advance. Length 30cm-60cm. 087 3638623
One and a half year old Angus and Hereford heifers, bucket fed very quiet ideal for cows 087 7460940
LADIES GOLF Proquip waterproof jacket and pants, pink in colour, brand new, labels attached, value €200 will sell for €130 086 1951121
PIERCE SPECIAL pulper very

Martin's CARPENTRY SERVICES
Excellent work | Good rates
no job too small
Contact Martin **087 4012276**

original, lovely condition 089 4192426

FOR SALE two lovely kittens, 3 months old, lovely colours 087 1342181
LARGE QUANTITY of children's toys, 2 bikes for girls and 3 for boys, Paw patrol, fireman Sam, age from 2-7, also a Maclarens single buggy used very little, only for moving, car seats, Fisher Price and many more items of children's small stuff, open to offers 086 3129743
WANTED 1100 gallon tank, must be in perfect condition 086 3960344
FOR SALE Collie dog working very well at sheep 087 2532108
LOOKING for 2 circular feeders 087 6489563

RSA/CVRT GALVINS TEST CENTRE Ltd
DUNMANWAY
For all goods vehicles
(023) 8845125

IAM JARS 150+ available 0863414166
PEIRCE 2 FURROW plough, pwo, 089 4192426

COAKLEY CHIMNEY CLEANING
BRUSH & HOOVER
PHONE: MICHAEL
023-8840003
087-6553195

14 PATIO DOORS suitable for glass house or garage also quantity of windows and panels all free to take away 086 1072420
MAGNATE 25 KVA single phase plaster generator 089 4192426
BREEDING EWES 086 3186618
OIL TANK used free to take away 086 2206441
ALL TYPES of clean bags very suitable for turf or timber 087 7460940
BUCKET FED HEIFERS Angus and Hereford, very quiet, suitable

for cows 087 7460940
BROWN IMITATION short fur jacket warm and lovely size 10 as new €25 0877626072

MD Marti's Taxis
Contact Martin @ **086-6008388**
8 seats for hire
Drimoleague, Skibbereen & all areas - including Airports/Ferries

HOWARD 60" rotavator needing covers, pwo otherwise €400 089 4192426
BED/COUCH in gc, 086 8326487
OLD SINGER sewing machine with stand 086 2754080
BAMFORD PULPER in gwo,

West Cork Fencing
086 3445956
All fencing types supplied & fitted

hand operated 086 2754080
STEEL BARRELS 45 gallon ex oil 086 2754080
PIERCE THREE row ridger for parts or repair, cheap to clear 086 2754080
FOR SALE 2 'Grogan' prints (1) Carrigrohane Castle (2) Glanmire bridge, all in original frames c.1800. 087 9946696
"RAYBURNS" Boy With A Rabbit in original frame 087 9946696
HAND OPERATED rotary fire bellows by Pierce of Wexford in

JIMMY O'SULLIVAN ENGINEERING
STAINLESS STEEL WELDING
ENTRANCE GATES Manual and Automated
Over 30 years in business. We manufacture gates and railings, also heavy duty farm gates, cattle head feeds, steel doors etc.
086 2696246 | osullivanjimmy1@gmail.com

pc, cast iron, 087 9946696
HUSQUARNA chain saw model 50 good bar and chain in need of repair, 086 275 4080

STAR PULPER no 9 in good working order, hand operated 086 2754080
FOR SALE, bed, single /pine and very clean mattress €70, kitchen dresser/pine open to offers, vanity mirror with storage pine €15, small folding coffee table €10, small office study desk €20, two seater and one seater navy dutch style oak couch open to offers, selection of kitchen chairs old style 087 7496348 Skibb/Ballydehob area
4ft divan base bed €50, Dimplex electric coal effect fire with brass surround €50, Skibb 086 3666766
WEST CORK UNATTACHED middle-aged man, likes music, walks, meals out and cosy nights in, would like to meet local lady 50-70, 086 0666303

What does 2022 hold for you?
Ring Teresa Collins
086-8102338
for a psychic-medium reading.
1titercol@gmail.com

BARBIE DREAM Plane & Vintage silver cross pram for sale. 086 3553497
2 ROCKING COTS for sale contact 086 3553497
CHRONOGRAPH WATCH by Festina, Super Quality all Stain-

WEST CORK APPLIANCE REPAIRS
• Washing Machines
• Cookers
Call John Powell
086 0461555
FAST & EFFICIENT

less steel in Excellent Condition €100. 023 8831670/0851002400
LEVELING RAMPS for motorhome or caravan, as new €15,

O.C.T.H. OLD CHAPEL TOOL HIRE & SALES
Old Chapel Village, Bandon
023 8852155 / 086 8573396
Diggers • Dumpers • Rollers
Hoists etc • Con Saws
Kangos • Welding etc

don't dump them, I'll collect 086 8325196
MITSUBISHI COLT 2008 1.3, Red Hatchback 255,000k, new tyres -new NCT September '22,

FINBARR COFFEY SCRAP CARS COLLECTED
Phone **0872449648**

in good condition €1,500, phone John 086 237 4629
TOWBAR BIKE CARRIER can hold up to 3 Bikes, scissors type easy on and off by Thule €50. 023 8831670/085 1002400
3 lever spool valve chest 086 8835807
Kids backpacks - Marvel themed/ Pony themed €5 each; Assorted DS games €5 each; Child's archery bow + two arrows €10 each; Hunger Games themed wooden circle earrings (new) - €20; PONY annual + 30 PONY magazines €15; 3 x decks of oracle/knowledge cards €15 each; XP - PEN Star G960S Drawing Tablet €30; Walking frame and commode, €15; Assorted jewellery, Celtic/bohemian style, good condition, €3 per piece;

Handyman Available
Carpentry • Roofing
Plastering • Painting & Decorating Reasonable Rates
Denis **023 8852842**
or **086 6662360**

Remington I Light hair removal device, unused gift, €70. Call or Text 085 2704970 /085 2293121 for more info or pictures.
BEYER MICROPHONE Dynamic Model M88 N made in West Germany. Super Quality in Leather case with lead, a rare find €200. 023 8831670/085 1002400
1971 vintage zetor 2511 tractor in good condition complete with original brown tax book. Purchased original from main Zetor dealer in Offaly. Complete with all parts. Needs some attention. Ideal restoration project. 087 8468418.
SHEEPSKIN COAT Gentleman's Stylish top Quality model, Super warm with grey lining in Black size L €150. 023 8831670/085 1002400
Set of 2 Tralee and Dingle

Clonakilty *garden* CENTRE

Experienced, qualified and friendly staff at Lisavaird Main Branch, Clonakilty. 023 8836917

CHRISTMAS TREES

in all sizes

Pot-grown live trees also available
Fresh wreaths made in house.

Visit our shop for gifts galore!

SEASONAL PLANT CONTAINERS MADE TO ORDER.
WINTER IS THE TIME TO PLANT BARE-ROOT TREES AND HEDGING - GREAT RANGE IN STOCK.

railway coach wheels on display stand. Very rare collectors item. Ideal for museum, pub, restaurant or hotel. 087 8468418.
PEACOCK Wool/Blend Sea Farers Double Breasted style, water resistant Super Warm XL

LEATHER JACKET Pilots Aviator style with unique lining size Large and in slightly Distressed Brown colour in Excellent condition €100. 023 8831670/085 1002400

8831670/085 1002400
SMALL HAY BALES 086 8254771
Folding lightweight wheelchair for sale in good condition. €80. Phone 087 2212969
BATHROOM SINK with pedes-

takethat.ie
MOVING & STORAGE
of Clonakilty
Boxes & Packaging
086 - 2515145
info@takethat.ie
www.takethat.ie
House moving with care

RALEIGH COMPACT bike 086 8835807
JEWELLERY POLISHER made in Germany. Professional model in Excellent Condition €125. 023

tal, taps, and waste included. €35. Text or call for further info please. 086 8510430

BALLINEEN SKIP HIRE

FULLY PERMITTED
WASTE CONTRACTOR
Industrial / Commercial
Skips: Mini, Small, Medium & Large

023-8847242 or 087-6258462
info@ballineenskiphire.ie



Iron, size 24cm Round in Red Enamel and Excellent condition €75. 023 8831670/085 1002400

DIVERS WATCH Top Quality fully Automatic by Beauchat all Stainless steel, brand new €250. 023 8831670/085 1002400
ROUND BALES of Hailage for

For all your sewing needs...

- Clothes Alterations
- Bridal / Bridesmaid Alterations
- Curtains • Repairs

Contact: **Patricia Duggan**
Diploma in Fashion Design
The Pike, Clonakilty 023 8835310

Sale, First Crop good Quality and Chopped no Weeds Reced-ed 2021. 086 2134943
24" MAN'S BIKE 086 8835807
LIGHT SUSSEX pullets on point of laying. Clon Area 087 0529262
WANTED OLD 10' x 6' Cow

Ballydehob Car Boot
INDOOR & OUTDOOR AVAILABLE
SUNDAY DEC 11TH
Bring your own table.
Longest running Boot Sale in west Cork! 087-6812347

Box and Tractor Cement Mixer. Clonakilty Area 087 0529262
PUFFER JACKET fully lined with Down and Feather, Super warm and light Size L in White and in gc. €75. 023 8831670 /0851002400
BABY ANNABEL doll for sale contact 086 3553497
SAMSUNG VIDEO RECORDER [silver] in good order, €40. 086 8325196 [Skibb]
100% SILK KIMONO full size with stunning colours and detail, reversible with belt and includes a pair of Ralph Lauren Velvet slippers, would make a wonderful gift to someone Special €100. 023 8831670/085 1002400
LE CRUSET Casserole Cast

CLONAKILTY TOOL HIRE & SALES

Clogheen Industrial Park
023 8834340, 086 2672291



BE PREPARED FOR POWER CUTS THIS WINTER

Full range of generators now in stock
ALL COME WITH 2 YEAR DOMESTIC WARRANTY!

To add to our ever expanding range of battery powered eco-friendly items such as the **Echo 40v Garden Tools** echobatterytool.com and the **Ambrogio Robotic Mower** ambrogiorobot.ie ...



NOW IN STOCK
COMPLETE RANGE OF
KRUZ PREMIUM
QUALITY EBIKES.
kruzofficial.com



GRILL GUARD To Suit Ford 7000,7600. Phone 086-8835807
OLD 16mm film projector as new. Make Bell and Howell

tion, near Bandon 086 2324744
FROZEN children's play vanity table with mirror, pc, €30, 087 9769540



D&M CRASH REPAIRS

• LOW BAKE OVEN • CHASSIS ALIGNMENT
ALL INSURANCE CLAIMS HANDLED

By-pass Business Park, Cloghmacsimon, Bandon

023 8844551

Dave Dineen: 086 3905594 Gary Murphy: 087 4112566
dandmcrashrepairs@gmail.com

P.W.O. Contact 087 2967491
FIRE surround guard and also a fire hearth surround, black with gold knobs. 5 feet long. Contact. 028 36269.

BICYCLES 2 mountain bicycles, as new and suitable for teenagers 10 to 16. Both PWO and would make an ideal Christmas present. Selling at half price as users have overgrown their use. 18 gears (6x3) Contact 087 2967491.
BEKO dryer, vented, as new 086 3677356
GIRLS BICYCLE in good condi-

WOODEN PLAY KITCHEN & wash machine, ideal for a small house as folds in, gc, excellent for imaginative play, €60, 087 9769540

Southwest Logging Co.

FULLY QUALIFIED
TREECARE SERVICE
PRUNING & REDUCTION,
CROWN RAISING, FELLING
HEDGING, GARDENING,
FIREWOOD PROCESSING
Call Peter 085 1489390
southwestloggingco@gmail.com



CHRISTMAS 2022 RECYCLING CENTRES SCHEDULE

Clonakilty Recycling Centre Clogheen Ind Estate. 023 8850982 | Bandon Recycling Centre, Knockaveale. 023 8843371

The management and staff of both Bandon & Clonakilty Recycling Centres would like wish all our customers and friends best wishes for Christmas & the new year.

	Fri 23 rd	Sat 24 th	Sun 25 th	Mon 26 th	Tue 27 th	Wed 28 th	Thur 29 th	Fri 30 th	Sat 31 st	Sun 1 st	Mon 2 nd	
Clonakilty WTS	Open	Closed	Closed	Closed	Closed	Closed	Open	Open	Open	Closed	Closed	BUSINESS AS USUAL FROM TUESDAY JANUARY 3 RD
Bandon CAS	Open	Closed	Closed	Closed	Closed	Closed	Open	Open	Open	Closed	Closed	

BOTH CENTRES OPEN: 9am-12.30pm & 1.30pm-4.30pm