

celebrating
20 YEARS
of westcorkpeople



EDUCATION & OPPORTUNITIES
What's out there for you?
pages 25-32

Find out who's coming to Guitar Town this year!
page 53



Download a free digital copy at www.westcorkpeople.ie

the best **FREE** read in west cork

August 4 – September 7, 2023, Vol 21, Edition 252

FREE

westcorkpeople

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

CLARKE BROS LTD

Clonakilty Road, Bandon
Tel: 023-8841923

Sales contact **Ian Carey**
087 2624747

icarey@clarkebrosgroup.ie

clarkebrosgroup.ie



SUPPLIERS OF NEW & QUALITY USED CARS

Servicing all makes & models



Jo Vessey, Olive O'Neill and Nicola McCarthy enjoying this year's Skibbereen Arts Festival 80s Street Party. Pic: Garry Minehane

Unique literary event for Garinish

Aclaimed Irish writer Cónal Creedon joined Head of Heritage at the Office of Public Works (OPW) Rosemary Collier, on Garinish Island on Tuesday, August 1, for the launch of a unique literary event, which will take place on the island this month.

To mark the 70th anniversary since Garinish Island was bequeathed to the Irish state, the OPW is working with the Good Room collective to present 'Crosstown Drift Goes To Garinish', a bespoke, two-day literary festival from August 12 to August 13.

Visitors will be able to enjoy readings and conversations with renowned Irish writers while discovering the timeless beauty and sheltered world of Garinish's famous gardens.

The festival opens on the Saturday afternoon at 5.30pm with writers Doireann Ní Ghríofa, Conal Creedon, Catherine Kirwan, Danny Denton and Lisa McInerney, in a ticketed event hosted by Eoghan O'Sullivan from the Irish Examiner.

It continues on Sunday from 12pm to 4.30pm with a range of free events all around Garinish Island covering a broad range of topics including sports, food, re-wilding on the Beara peninsula and the ecology of the Birds of County Cork with engaging writers such as Eoghan Daltún, Patrick Smiddy and Mark Shorten, Eimear Ryan and Ciarán Murphy and Denis Cotter.

Welcoming the festival's launch, Minister of State with responsibility for the Office of Public Works

Patrick O'Donovan TD said: "Garinish Island is a unique place and we are privileged to have been able to share this treasure with visitors from near and far for 70 years. It is only fitting to celebrate the anniversary of the Bryce family's gift to the nation with a special treat for visitors this year."

Looking forward to the festival's start, acclaimed Irish novelist, playwright and documentary filmmaker Cónal Creedon said: "Glengarriff is the gateway to Beara – and Garinish Island is the jewel in the Crown of Bantry Bay. My mother's people are from Beara and my father from Iveleary – Garinish Island is always a homecoming. It's a soulful place and I'm looking forward to being back among my own."

FIELD KITCHEN RESTAURANT

veggie, vegan, carne
local organic food

7pm Thu-Sat; 1pm Sun



Book on **OpenTable.ie**

FAIR DAYS FESTIVAL

Kíla · Katie Phelan
Mark Geary · Éadaoin
Gamelan

2-10pm Sun 6 Aug

Bar, Coffee, Food



Tix on **Eventbrite.ie**
fieldkitchen.ie



WEST CORK CREATES



VISUAL ARTS EXHIBITION 2023

'THE FOUR SEASONS'

Exhibition open August 5th-20th 11am-5pm, every day

Cnoc Bui, Union Hall, P81 X274

More details online at
WWW.WESTCORKCREATES.COM

Exciting new work by some of West Cork's finest artists and craftspeople.



Fighting the corner for people with Parkinson's

Over 800,000 people are living with a neurological condition across Ireland and yet currently, there are only two partially staffed community neurorehabilitation teams up and running, which means that only 15 per cent of neurological patients in Ireland have access to vital care to support their recovery. Patient representative Tony Wilkinson from Bandon recently met with Cork/Kerry politicians to highlight the need for action by the HSE to establish teams without delay. As Chairperson of the Cork Parkinson's Association, Wilkinson is a passionate advocate for people living with Parkinson's: In 2022, he was named West Cork Volunteer of the Year in recognition of his tireless campaigning. Diagnosed with the condition in 2015, the Bandon resident shares his story with **Mary O'Brien** and his ambitions to drive better care, treatments and quality of life for everyone affected by the condition. Cork Parkinson's, which is helping to fund a number of Parkinson's-related research projects, is currently fundraising to create an information and resource centre in Cork, as well as campaigning for the development of a network of local support groups and for community-based Parkinson's nurses.



diagnosis we decided to do the move sooner rather than later," explains Tony.

Shocked at the lack of services here – there hasn't been a specialist Parkinson's consultant at Cork University Hospital since 2016 and at one point the country was down to three specialist nurses (Tony's last appointment with a consultant was in 2021 and his next is in 2024) – Tony joined the Cork Parkinson's Association, very quickly becoming Chair. He has since spoken on a number of occasions in the Dáil on the lack of Parkinson's resources in Ireland, particularly at CUH. 'We gained six dedicated Parkinson's nurses in the 2022 Budget, which brings us up to eight, with two specialist nurses promised for CUH,' explains Tony.

Tony and the Cork Parkinson's Association are involved with a number of research groups including the Parkinson's Disease Research Cluster (PDRC), a group of researchers at UCC, who are working together to better understand Parkinson's Disease.

Cork Parkinson's Association and the PDRC carried out a grant-aided national mapping project to identify people in Ireland with Parkinson's and the services currently available.

The PDRC team is currently conducting a study into a potential link between the use of pesticides, in particular pesticide exposure on Irish farms, and Parkinson's Disease.

Some studies have found that individuals who have prolonged exposure to pesticides have a 70 per cent higher rate of developing Parkinson's, for example the highest rates of Parkinson's in France are in areas of vineyards and in the Netherlands in the flower growing regions.

According to Professor

Tony and his wife Kate, a native of Castletownbere, moved to Bandon from the UK in 2016 not long after Tony's diagnosis with Parkinson's. An engineer and former member of the British Army, Tony was diagnosed at the age of 56, which is considered early, as most people are diagnosed with the condition in their early 60s. After suffering a stroke in 2017, Tony went on to run the Cork City Half Marathon in 2022 in under three hours.

Parkinson's is a progressive disease of the central nervous system caused by a loss of cells in the area of the brain that produces dopamine. It affects one in every 100 people aged over 60.

Tony's diagnosis was made after he underwent a series of operations on his neck to correct disc damage. During this period he was dropping items and falling over. At the time Tony and Kate were living in a terraced house in London: the couple kept bees and chickens in their garden.

"I'd been falling and stumbling a lot and Kate kept blaming the chickens," he says.

Tony was subsequently referred to see a specialist in Parkinson's. "I didn't even know what he specialised in at the time," he shares. "He got me to open and close the door a few times and asked me to walk around and do some exercises. He then sat me down and told me I had Parkinson's. I didn't hear a word after that."

An adventure sports enthusiast, Tony was working in the area of fibre optic network planning. "I went from being a complete daredevil hanging off the side of cliffs to being unable to move, completely frozen, in the middle of a busy street," he shares.

"In hindsight there were many signs early on, so it's possible I had the condition

four or five years before I was diagnosed."

Two weeks after diagnosis a Parkinson's Nurse Specialist employed by the NHS arrived at the couple's door to offer support. "She handed me a card and said if you have any problems, there's my number."

There is one nurse to every 300 people with Parkinson's in the UK.

When Tony and Kate moved to West Cork in 2016, there was an estimated 12,000 people in Ireland living with the condition and six nurses to cover the entire country. With Ireland's aging population, it is the fastest growing neurological condition and this number is expected to double over the next 15-20 years.

"We had always planned on moving here: Kate has a lot of family in Bandon. So after my

GLENVIEW MOTORS

Limited Macroom CVRT

wishes to recruit the following staff:

VEHICLE MECHANIC

with a view to becoming a Vehicle Tester

APPRENTICE MECHANIC

- will be affiliated to SOLAS and trained accordingly

Regular hours Monday to Friday

Modern, bright, clean, spacious work environment

Excellent terms and conditions

Apply with CV to nora@glenview.ie



McCarthy Insurance Group

www.mig.ie

Call us today for a Comprehensive & Competitive Home Insurance Quote.

- Business Insurance
- Farm Insurance
- Health Insurance
- Home Insurance
- Life Assurance
- Motor Insurance
- Pensions

Barrack Street, Bantry
Bridge Street Dunmanway
Market Quay, Kinsale
Bridge Street, Skibbereen

(027) 52233
(023) 8845185
(021) 4772121
(028) 21272

Bantry@mig.ie
Dunmanway@mig.ie
Kinsale@mig.ie
Skibbereen@mig.ie

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

The Money Advice and Budgeting Service (MABS)

is the State's money advice service, guiding people through money matters for 30 years.

FREE, CONFIDENTIAL AND INDEPENDENT

Dunmanway 0818 07 2450 dunmanway@mabs.ie

MABS Helpline number 0818 07 2000

HOW MABS HELPS

MABS advisers provide advice on managing money and help people deal with a wide range of debts. The service is available for everyone, regardless of their financial circumstances. Common types of client queries include, but are not limited to:

- Mortgage & Rent Arrears
- Credit Card Debt
- Personal Loan Debt
- Utility Arrears
- Legal Moneylenders
- Budgeting
- Income Maximisation
- Saving Tips
- Court Fines



Follow MABSInfo on



mabs.ie

Funded and supported by the Citizens Information Board



Aideen Sullivan of UCC's Department of Anatomy and Neuroscience "Some farming pesticides are highly persistent and can be found in treated soils and dust up to decades after application..."

"Rural living can mean that people are exposed to pesticides through the air or well water."

The Tyndell Institute is currently working on a type of wearable technology that could help monitor 'red flags' in people with Parkinson's. It's a project that Cork Parkinson's Association seed funded and Tony expresses excitement at what it could mean for people living with the condition. "We hope to have a working model soon," he shares. "The idea is that someone who is living in a location that's far from the hospital, say Goleen or Castletownbere, will wear this technology. Once a week it pings back to CUH and the algorithms read it. If it red flags, for example that the person's gait, balance or tremors are worsening, it alerts a consultant."

On a personal level Tony's own health has improved dramatically since he started using a light therapy treatment at home. The SYMBYX PD-Care is the world's first ever medically-approved laser for Parkinson's symptoms and is applied across the bare skin of the abdomen (gut), where about half of our natural occurring dopamine actually originates.

"My mum had the surprise of her life when she came to visit this year and saw how well I was doing," says Tony.

Prior to using the light therapy, Tony was getting very little sleep, suffered from bad constipation, would sometimes fall out of bed and couldn't roll over when lying on his back.

Tony jogged the 21km in the half marathon last year holding a fitness device known as Smovey Rings. The vibration from the rings stimulates the musculoskeletal and nervous systems, helping to stabilise people with Parkinson's as they move.

"It's made a huge difference," he shares. "Not everyone will respond so well to this therapy but I'm feeling so much better and with permission from my medical team, I have been able to halve my Levodopa tablets, the backbone of my treatment."

Research on the gut-brain axis in a variety of brain disorders has accelerated over the past 15 years largely driven by the realisation of the importance of the gut microbiome (the trillions of microbes within the gastrointestinal tract) to health and disease. Increasing evidence implicates the microbiome as a possible key susceptibility factor for neurological disorders, including Alzheimer's disease, autism spectrum disorder, multiple sclerosis, Parkinson's disease, in addition to stress-related psychiatric disorders such as depression and anxiety.

Recently Professor John Cryan and his colleagues at UCC showed that microbes from young mice could slow down the effects of aging on the brain. Moving to humans, they have shown that a diet targeting the microbiome (rich in fermented foods and fibres) could have anti-stress

effects and ongoing research is focused on various lifestyle factors that positively influence the gut which will have feedback effects on the brain.

CEO of Parkinson's UK, Caroline Russell, has traced her heritage to West Cork and will be visiting Tony later in the year. His hope is that going forward Cork Parkinson's, Parkinson's UK and UCC will work in collaboration on groundbreaking research and trials for people with Parkinson's.

Tony jogged the 21km in the half marathon last year holding a fitness device known as Smovey Rings. The vibration from the rings stimulates the musculoskeletal and nervous systems, helping to stabilise people with Parkinson's as they move.

"Exercise is key in keeping healthy," says Tony, who walks over four miles, at least three times a week.

But it's not just physical exercise that is key for people with Parkinson's. "Exercising your mind and your voice are just as important," shares Tony. "With Parkinson's your voice softens and could eventually disappear altogether."

Tony is a part of the Perpetual Motion Cork Parkinson's Choir, which has between 20 and 30 members.

Studies have shown that singing can slow the progression of Parkinson's, as it can help maintain strength in the muscles involved in speech and voice.

Tony is currently recording his own voice so he will be able to communicate using this rather than a mechanical voice if his speech deteriorates.

"I have seen the pain in people who can't communicate. Their personality and character disappear with their voice," says Tony.

While he's well and able, Tony has no intention on slowing down in his fight for people with Parkinson's.

"Parkinson's has changed my outlook on life," he says passionately. "I have become a fierce advocate and I will continue the fight."

"If the government doesn't do something now, we are in trouble and it will cost the country a huge amount in the future."

"A person with Parkinson's stays in hospital a third longer than anyone else. With more nurses and a neurological rehabilitation team, for every euro the government spends, it will save 11 in the longterm. I see that as good odds!"

Tony can be contacted on tonywilkinsoncpa@gmail.com



West Cork's Premier Furniture Shop

TRADE-IN SALE ON SOFAS, BEDS & MATTRESSES

WE'LL GIVE YOU CASH & TAKE IT AWAY!



- FURNITURE
- INTERIORS
- OUTDOOR LIVING
- CARPET & FLOORING

Brookpark, Dunmanway, P47 VW95

☎ 023 885 6666 ✉ info@glentreefurniture.ie www.glentreefurniture.ie



Seated: Ray O'Neill. Back Row, L-R: Hugh O'Neill, Con O'Neill, Olivia Hanafin, Linda Burke, Cliona Kearney.

Sherry
FitzGerald
O'Neill

Serving the West Cork property market

OUR STRENGTH IS IN **NUMBERS**

Your local agent for over 90 years

Thinking of selling this year?

Contact us for a free sales valuation

Clonakilty. T: 023 883 3995. Skibbereen. T: 028 21404 Bantry. T: 027 31030.

PSRA No. 004158

Champions for children

Dave and Tina Louks have never looked back since they were given their first foster care placement in 1996. Over the past 27 years, despite the challenges thrown at them by life and the system, the couple have opened up their home and their hearts to a steady stream of children in need of foster care. With 5,597 children in care in Ireland at the end of January 2023 and Tusla reporting that there are currently approximately the same amount of foster carers leaving as entering fostering care, the role that foster carers like Tina and Dave play is more important than ever in a system that's struggling. Today living high up in the hills of Inchigeelagh, on 15 acres of land with rivers running through and animals roaming freely – you're as likely to see a deer from the window as find a chicken in the dishwasher – Dave, 73 and Tina, 62, share with **Mary O'Brien** why they continue to welcome children in the foster care system into their family.

Tiny in stature, for what she lacks in height, Tina Louks more than makes up for in personality, which is warm and engaging. Dave, possibly best known affectionately by many as 'Chicken Dave' from his years selling free range chickens in Clonakilty and Skibbereen markets, is friendly and good-natured, with a mischievous twinkle in his eye. The couple, who have been happily married for 41 years share a sense of humour and fun, traits that must be appreciated by the foster children placed in their care.

Tina had served three years in

the British Army when she met Dave, a reluctant dairy farmer. In the decade after meeting and falling in love, the couple had four children and, in the early nineties, after a brief holiday in Baltimore to visit friends, they decided to make the move to West Cork permanent with their children, age four, six, eight and 10.

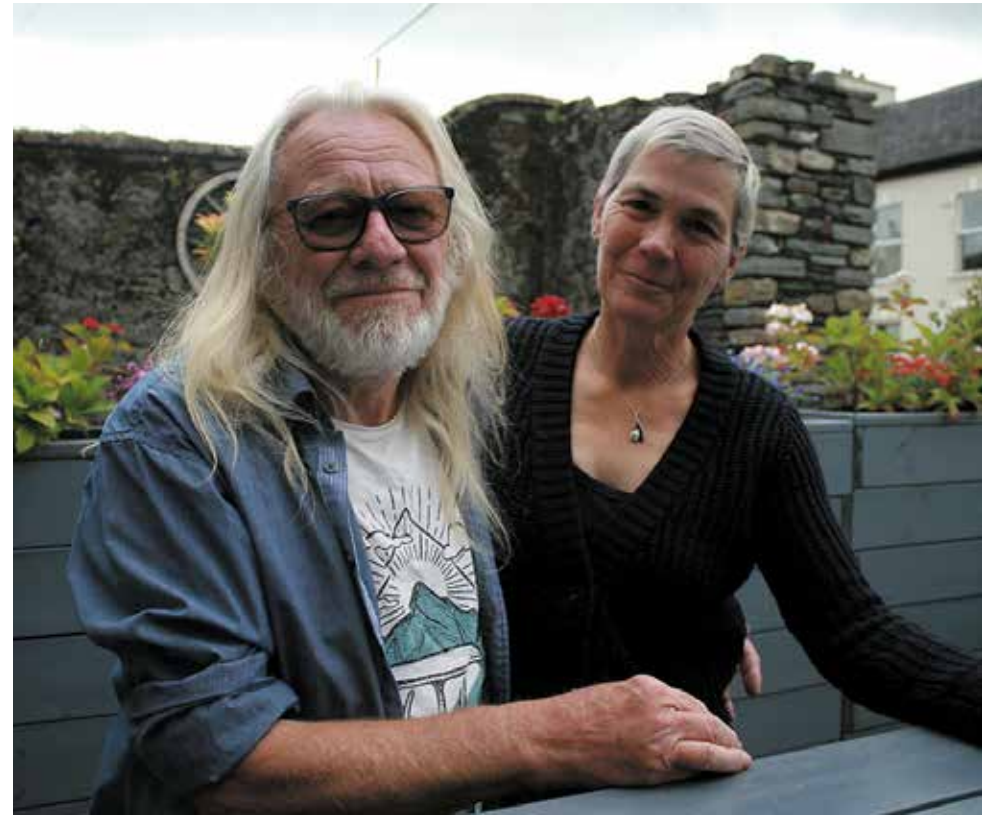
Arriving in Ireland in an estate car with four children, 1500 pounds sterling, two cockatiels and a present of a bottle of whiskey under the seat, the Louks family didn't have much besides the certainty that West Cork offered them the lifestyle

they were searching for. A friend brought the rest of their belongings over in a horse box! "We had no idea what we were going to do but we were certainly loving life," shares Dave.

While in the UK, Tina had been childminding for a social worker who had advised them that they'd make excellent foster parents.

With this in mind, they started the fostering assessment process straight away in Ireland and after six weeks of training received their first placement.

Their daughter, Rachel, now 23, has been with them since she was just five weeks old,



in what was supposed to be a short respite placement. Rachel recently legally changed her surname to Louks.

"We sat down with our kids and talked everything through with them before we went ahead with fostering," says Tina. "I think that's essential if you're considering becoming a foster family. As our children have grown they have reassured us that we did the right thing in


fostering and that the effect it had on them was a good one. They're all in their thirties now and one is a qualified social worker and another works with the Cope Foundation."

While the narrative is often negative in the media in relation to the foster care system – not every child has a social care worker and not every foster care family has a link social worker (16 per cent of children

were without an allocated social worker at the end of January, although Tusla are working to mitigate this) – Dave and Tina stress that their experience in 27 years of fostering has been for the most part overwhelmingly positive.

"You're only as good as the team behind you and we've been very lucky with the support we've had," they share. "We have a fabulous link social

Continued on next page...



Make Leap your timber flooring destination.

Ted O'Donovan & Sons

Leap Village since 1925.

Composite high performance decking & cladding

Call (028) 33144 e: hardwareleap@eircom.net

Trade, domestic & commercial enquiries are welcome.

Minister launches 2023 Town and Village Renewal Scheme

Minister for Rural and Community Development, Heather Humphreys TD, has launched the 2023 Town and Village Renewal Scheme – a €15 million fund designed to revitalise and regenerate our rural towns and villages.

The fund will support dozens of projects nationwide with a focus on tackling vacancy and dereliction and bringing additional footfall into the centre of our towns.

Grants will be made available to support the development of outdoor projects such as plazas, parks, playgrounds and green spaces.

Under the initiative, funding will be provided to local authorities to acquire land for regeneration purposes.

Farmer and artisan markets will be supported under the scheme and there will also be funding ring-fenced for projects on our offshore island communities.

Priority will be afforded to projects that align with the objectives of 'Our Rural Future,



Town Centre First and Our Living Islands' with a focus on:

- Investment in infrastructure to support town and village centre markets;
- Bringing vacant and derelict buildings back into use as a multi-purpose community spaces, or to address remote working needs.
- Investing in the development of parks, green spaces and

recreational amenities in town centres;

- A new option to allow local authorities to acquire plots of land to enable development of town regeneration, such as town parks, plazas etc; and
- Refurbishment of existing community centres.

worker,” adds Tina. “The workload is huge and it takes a really special person to do the job.”

Of course there are challenges but there is also support.

Child-centred and rights-based, The Irish Foster Care Association (IFCA) provides information, support and learning opportunities for all those involved in foster care.

The organisation also promotes the development of positive change for children in alternative care and influences policy, legislation and opinion through its Advocacy work.

Bridget McDonagh is a Membership and Volunteer Manager with IFCA. A qualified social worker with over 30 years experience working in the area of children and family. Bridget says that “Foster carers and their families often make a lifelong commitment, making a very valuable and significant contribution to the lives of children in care.”

IFCA is currently lobbying for a number of necessary changes for foster carers.

“Foster carers who give up employment to be available to care for children lose out on contributions towards the states non-contributory pension,” shares Bridget.

“The allowance given to support the cost of caring for children in foster care has remained static since 2009 when at that time it was increased by just €6.”

The foster care allowance is currently €325 per week for a child under 12 and €352 per week for a child of twelve and over.

“Foster carers are currently excluded from applying under the Back to School Allowance and receive no mileage allowance for the first 150km travelled.”

“It can be the case that children who enter care do so with very few belongings.

“As a society we should be applauding and thanking foster carers,” she says passionately. “The continuum of care does

not end at 18. For the vast majority it will go well beyond their 18th birthdays. Foster carers deserve recognition and respect. Give them the money they need to care for these children because without foster carers, there is no foster care system.”

“It’s not easy,” says Tina. “But we know our limitations and we look after ourselves. From 8.30pm on in the evenings is our time.” Tina enjoys crafting and jigsaw puzzles and Dave loses himself in his woodworking workshop. They both enjoy live music and getting out together to see a gig occasionally.

The couple are still in contact with many of the children they have cared for over the years “One lad, now in his mid-30s, comes to visit us with his own kids. It’s worth doing it just for that alone,” says Dave.

“Of course there have been times when I’ve sat with a link worker sobbing my heart out saying I can’t do this anymore, and yet we’re still at it!” she shares.

“Even if it’s just half a dozen kids that we can see thriving now, that’s what keeps us going.”

The couple are still in contact with many of the children they have cared for over the years “One lad, now in his mid-30s, comes to visit us with his own kids. It’s worth doing it just for that alone,” says Dave.

“One boy who had been with us for over a year left in April for the aftercare service. It took him a while to settle in but he really progressed in the time he was with us. We got together with him just last week.”

“I was delighted when he phoned me up recently to ask how to make a chicken curry. We’re very proud of him and how well he’s doing now,” says Tina

How do they do it. “We work as a team,” says Tina. “While we might not always agree, we are always a united front.”

“There are a range of reasons that children come into care and, as a foster carer, your role is to support them, nurture them and accept them into your home as part of your family.”

“It takes a long time for some kids to trust you so you have to give them consistency and stay calm at all times,” says Dave.

“We love doing what we’re doing and, for as long as we’re able, we want to continue to help these kids be the best they can be.”

“It can be a difficult role to do and, while there is no doubt that the system has its challenges and there needs to be change, foster carers say that what you get back from the children in your care makes the difficult times easier and enhances their lives greatly,” says Bridget.

The assessment process in becoming a foster carer can take from six months upwards.

All foster carers can join IFCA, in fact anybody can join IFCA and the first year of membership is free. You can join IFCA online at www.ifca.ie or by ringing their office at 01-4599474.

IFCA support workers are available on the phone and email five days a week from 11am – 3pm (01 458 5123 / support@ifca.ie). The service is confidential, responsive, and personal. All IFCA support volunteers have completed a Certificate in Counselling and Psychotherapeutic Skills and Practice course.

IFCA continues to advocate for fair and adequate funding for foster carers, ensuring that the invaluable work foster carers do is recognised and supported appropriately by the state.

in association with THE HAROLD BARRY TRUST

WEST CORK GARDEN TRAIL

VISIT 23 FABULOUS GARDENS IN IRELAND'S GARDEN PARADISE

For full details on all gardens, prices and opening times visit westcorkgardentrail.com

PURE CORK
WILD ATLANTIC WAY

THORNHILL BROTHERS

FURNITURE | BLINDS | FLOORING
HARDWARE | BATHROOM & HEATING
GARDEN FURNITURE

For a better night's sleep come try out our full range of

Respa.

100% IRISH HANDCRAFTED MATTRESSES

Skibbereen Store:
3 & 4 Bridge Street
Skibbereen
Phone: 028 21013

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

www.thornhillbrothers.ie

TOM SHEEHY

CO.LTD Your Home, Our Experience EST. 1949

SUMMER SALE CONTINUES

Hanging Egg Chair
€239.95 RRP €349.99

Capri Table + 6 Chairs + Parasol
€379.95 RRP €449.99

weber
Spirit 11 – E210 Gas BBQ
€595

Bijou Reversible Chaise Couch
€995 RRP €1599

Visit our BEDROOM DEPARTMENT for Summer Savings on frames, mattresses & bedroom furniture

Astna Square, Clonakilty (023) 8833362

The Ludgate Hub Are Hiring



Position

Director of Strategic Development & Innovation

This is the most Senior Executive role at Ludgate and provides the rewarding opportunity to lead a highly skilled team.

Location: Skibbereen, Cork.

Closing Date: Sunday Aug 20th 2023

To Apply:

Send your CV & Cover Letter to careers@ludgate.ie



€2.5m in works approved for Bantry Centre for Mental Health

The HSE has approved a €2.5m capital works proposal for the Bantry Centre for Mental Health and Recovery.

The multi-million euro plan will provide for additional space the Bantry Centre, including a newly configured visitors' room, group rooms, therapy rooms and communal spaces.

"This is a long, long overdue investment," said Cork South West Deputy Christopher O'Sullivan.

"We had very concerning News last year when the Mental Health Health Commission

expressed disappointment with the facility in Bantry.

"So while I'm delighted to see that the minister has reacted with significant investment to improve the facility there, I'm in no doubt that what's needed in West Cork as a standalone, purpose-built facility where people can get the treatment they need."

Remedial works including works to improve safety and ligature risks, upgrading of the lift, new flooring and re-painting have already been completed, while the overall bed capacity will remain at the temporary

reduced number of 15 beds until the additional works are finished.

"Some additional work on anti-ligature door sets has also been completed after delays due to issues at the manufacturing facility," said Deputy O'Sullivan.

"Cork Kerry Community Healthcare and the HSE have also commenced an options appraisal process to ensure the service continues to meet the needs of the population in West Cork."

Heritage weekend in Tracton

Tracton's heritage weekend (August 12-13) organised by the local biodiversity group with the theme 'One Earth, One Life, One Voice' is a community event for all the family.

The weekend opens on Saturday, August 12 at 11am with songs and verse by Jimmy

Crowley and Eve Telford. Free Admission.

A new format will be presented for the exhibition space which will feature art works, sculpture, poetry, prose and other creative expressions from the community, of joy and concern, for the beauty and vulnerability of our precious web of life.

Tracton Arts and Community Centre, Minane Bridge. P17NP40

For full programme of talks, walks, workshops and art for all ages go to tractor.org/biodiversity. Funded by the Heritage Council under Cork Co Council 2023 Heritage fund.

Letter from the Editor

Welcome to the August edition of West Cork People,

While it's been the wettest July on record, this hasn't stopped West Cork coming out to enjoy the plethora of festivals, events and activities on offer: From West Cork Fit-up Theatre to Skibbereen Arts to family festivals all over West Cork, it's been a colourful and fun month for everyone.

Inside this issue you'll also find lots of colour, ranging from our Creative West Cork feature to #heritage to our usual mix of news, views and interviews from around West Cork.

Each August it's become something of a tradition that we dedicate a sizeable section of our publication to local artists and makers to give you a real feel for the culture we're fortunate to have right here on our doorstep. Since the 1960s, West Cork has been home to an eclectic mix of artists and creators and thankfully we're still welcoming more: Inside this issue, we have endeavoured to appreciate just a small selection of creative individuals and enterprises, from Ballydehob all the way out to Bere Island.

Something else that has become customary for us to promote, with National Heritage Week taking place every year in August, is our heritage. I hope you'll enjoy the historical gems we present you with this month.

In writing for this issue, I was fortunate to have the opportunity to meet some really inspirational people. Bandon resident and Chair of the Cork Parkinson's Association, Tony Wilkinson shares his story and his incredible work in lobbying for supports on behalf of people with Parkinson's Disease. Inchigeelagh direction, Dave and Tina Louks are a couple who have opened their home and their hearts over an incredible 27 years to so many children in need. In a sector where the narrative is often negative, Tina and Dave's experience has been overwhelmingly positive and will hopefully inspire anyone considering becoming a foster parent to take the next step.

On the environment front, we are delighted to welcome zoologist Dr Jeremy A. Dorman on to the West Cork People team of contributors and look forward to learning from him each month. This month Jeremy writes on the plastic menace plaguing our oceans and planet and asks us to think twice before purchasing a plastic bottle and throwaway coffee cup.

Best of luck to anyone waiting on their Leaving Cert Results due to be announced later this month but don't despair if everything doesn't go according to plan. If there is anything I've learnt in the past 20 years interviewing people in all walks of life and businesses, there are many different paths to reaching your goal and sometimes life just takes you in a more interesting direction, my own story included! Our Education and Opportunities feature is a must-read for anyone interested in upskilling, reskilling or advancing their career.

The new women's health clinic for West Cork, based in Skibbereen, is already a huge success; and Dr Paula Stanley, responsible for the rollout of this model of care, is looking forward to covering a range of issues in each issue of West Cork People – This month 'Menopause'. Readers can request a health topic for future articles by emailing drstanley@westcorkpeople.ie. We're delighted to be able to offer a forum for women's health and our hope is that it will enable women across West Cork to feel supported and seek the help they need.

August serves up its usual feast of entertainment, see inside for more details.

Here's hoping for a little bit of heat in between showers!

I hope you enjoy the read,

Mary



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

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](https://twitter.com/HollyCairnsTD)
[Holly Cairns TD](https://facebook.com/HollyCairnsTD)

Social Democrats

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 5: Drishane House, Castletownshend, home of writing duo Somerville and Ross

"All places should be designed to benefit our lives"
— Anonymous

Nowhere is this quote more apt than on the grounds of Drishane House in Castletownshend. For those who know Castletownshend, this sleepy village is a most treasured secret. Though it lies at the end of a cul-de-sac, it is definitely not a dead-end but rather a surprisingly romantic place, with one of the most spectacular boutique hotels in the country, The Castle, a remarkable little chapel with Harry Clarke stained glass windows, and one of Ireland's most successful restaurants, Mary Ann's.

The place of real fascination though for me, hidden away from the public eye and, like an ancient Brigadoon, only accessible for roughly two months a year, is the beautiful home of the Somerville family, Drishane House and Gardens. From living in West Cork for the past 17 years I know that very few local people have ever visited this house. I highly recommend readers make this a priority because it is rare to be allowed such a glimpse into the past.

Drishane House offers not only a peek into a classical, almost unchanged, 'Big House' of County Cork, but, during a guided tour, you can clearly see

how much the beauty of this place was connected to the forming of a beautiful mind.

This house, now under the loving stewardship of Jane and Tom Somerville, is one of the most interesting literary history locations in Ireland. Here, Edith (Enone) Somerville and her cousin, Violet Martin, created not only beloved characterisations of local people and their daily encounters with each other and the 'R.M.', but Drishane is also the birthplace of 'The Real Charlotte', a masterpiece of Somerville and Ross, of which Irish novelist and journalist Anne Harty had to say: "'The Real Charlotte' may be the best Irish novel of any century".

Drishane House is one of the few homes that is accompa-



nied in the rare publication by Hodges by a very lengthy description of the family's history only; sadly there is no record of the house itself. (See images on this page). This leaves me only a visit to the house's website for information, and my first-hand-experience during an unforgettable time there; I once fell asleep in the walled garden with a warm breeze coming from the sea below!

The property is vast, the motoring journey along its old stone walls seems endless and you can even see the outskirts of the Drishane property from the little beach at Castlehaven Bay.



Photo by]

Drishane, near Skibbereen.

(Miss V. Martin.



Drishane House as it looks today.



Photo by] On the Shores of Castlehaven Bay. (Miss V. Martin.
Miss Somerville, Lady Coghill (her sister, and wife of Sir Egerton Coghill), and Miss Martin.

INANNA RARE BOOKS PRESENTS

WEST CORK RARE BOOK FAIR

BOOKS • VINTAGE MAPS • EPHEMERA
MANUSCRIPTS • ART • VINYL

WHEN: AUGUST BANK HOLIDAY WEEKEND
(SUNDAY 6TH & MONDAY 7TH AUGUST, 2023)
FROM 11 AM - 5 PM

WHERE: INANNA RARE BOOKS
P81 D262 SKIBBEREEN

FOR INFORMATION & BOOKING

www.westcorkbookfair.com

087 - 102 5412



INANNA
RARE BOOKS

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.



End of an era as one of Clonakilty's oldest businesses closes the door

Back in the day, for most who started there, a job at Clonakilty's Atkins DIY, as it is now known, became a job for life. Sadly, as the shop's own lifespan nears its end due to the sale of this historic building, Clonakilty readies itself to wave farewell to one of its most longstanding and much-loved residents. While the business was taken over in a management buy-out in 2011 by Sandra Stanley and Stuart McDonald, its roots go back as far as 1876, arriving in Clonakilty in 1901. With the door about to close one last time, past employees PJ Collins and Michael McCarthy, who both gave their working lives to Atkins, spending decades in the navy shop coat, take a walk down memory lane with **Mary O'Brien**.

From a farming background, PJ Collins, who recently celebrated his 80th birthday, was 19 when he started working at Atkins in February 1962, after attending agricultural college. He worked in the farm supplies side of the business, starting on three pounds a week.

"It was an easy place to work hard," he smiles. "Well before the time of the forklift, there were at least 33 staff to do the manual labour." PJ recalls lifting 200-weight bags on his back

and iron railway lines off the ground and up into lorries. "We were used to it...but imagine, before I retired I had to do a course on how to lift an empty box! How times have changed."

Michael McCarthy, 85, had just finished national school, age 13, when he started working in the hardware store on Rossa Street in 1952. His starting wage was less than two pounds a week. Known for his good humour and easygoing attitude, Michael looked after the sales



Atkins staff at the 'retirement do' of Michael McCarthy in May 2003.

"People brought their families into the shop," he recalls. "Over the years we saw the children growing up and coming back with their own children and grandchildren. Atkins has always been known for its service."

There were characters and camaraderie, even matches and marriages made.

In the hardware shop, a Mrs Downey was much admired for her dexterity in balancing half sets of wedding ware from the top shelf as she climbed down a ladder!

Con O'Leary, in the timber-works section met and married Rita O'Riordan, who worked in the office.

Atkins carried everything from a needle to an anchor... toys, ware, paint, furniture, farm supplies, beehives and appliances, even coffin boards.

"If we didn't have it, you'd be given a substitute or, if you weren't sure what you needed, you'd be directed towards it," says Michael.

"There was a time when we knew every customer," says PJ "and if you didn't know someone, there would be a discussion to find out who he was."

In an article in the Southern Star on September 11, 1915, it stated how 'Messrs John Atkins and Co., Ltd., have recently erected very fine premises in Boyle Street, covering several thousand square feet of surface. The new premises are for the purpose of storing seeds, manure, agricultural implements, which Messrs Atkins now do perhaps a bigger trade than any concern in this country. A special feature of their business, which we note with pleasure is a growing one, is the section devoted to furniture, which is now entirely manufactured on their own premises. Messrs Atkins sell almost everything, from a needle to an anchor, and it is significant of the esteem in which the firm is held that the only fault we ever heard alleged against it is that the public patronage is so great that their large and excellent staff are

often unable to cope with the heavy rush of business..."

The annual social every Christmas at Dunmore always included staff and customers.

PJ recalls the boats coming in to Ring and Courtmacsherry heavy with coal in the sixties. Eventually, with deteriorating conditions causing boats to get stuck in the sand at Ring, the last delivery of coal was brought into Courtmacsherry in September 1971. PJ would spend two or three days each delivery in Courtmacsherry shovelling coal and loading it onto lorries. "It was brought into the yard at Atkins, where it was tipped out and shovelled again, this time into jute bags," he recalls. He remembers Christy Eady, the coal man, carrying a bag of coal on his back from Sand Quay up to a neighbour, who had run low, in Assumption Place.

Both men recall writing everything by hand into ledgers. "I didn't trust the calculator when I was given one," says PJ laughing. "I'd still do all the calculations by hand as well, to make sure they were correct!"

In 1984, the shop on Rossa street closed and the hardware and paint side of the business moved over to the premises at the corner of Clarke Street and Asna Street.

Although well into their retirement and busy with their own projects – PJ just finished painting the exterior of his house and Michael still keeps bees – both men still call into the shop every week, sometimes more than once.

"What will I do now," says PJ sadly.

"It will be huge loss to the town and area," says Michael. "It was only on retirement that I realised how much the banter with customers meant to me. I miss that."

For well over one hundred years, Atkins DIY has served the household needs of the people of Clonakilty. Such memories those walls hold. The end of an era, the closure of Atkins DIY takes a piece of the town's heart with it. For the loose nails, that odd sized piece of timber, the friendly advice and banter... what will we do now?

A short note from owner Sandra Stanley

While Atkins is the name of the company, all through the years it has been the staff who have made this business. Speaking to Michael this morning, he mentioned how there was never really a boss here. He is absolutely right; we all came in and did our day's work to the best of our ability. Stuart and I might have taken over the company but without each and every one of the team, the past twelve years would not have been possible.

The last few weeks have been very difficult for everyone, with lots of tears and much reminiscing on years gone by, but the support and loyalty we have received from the local community has helped us through.

Thank you to each and every one of you for your continued custom through the years.

Sandra

SO MUCH MORE THAN A DIY STORE

SHOP LOCAL

50% OFF ALL CHRISTMAS LIGHTS & DECORATIONS

Mammoth Kettle BBQ
€49.95

Karcher K5
was €349.00
NOW €299.00
SAVE €50

90Lt Wheelbarrow
WAS €77.95
NOW €67.95
SAVE €10

Daffodil Garden Bench
€149.00

B&G Timber Mouldings
Large Selection
20% OFF

Waterford Stanley Oisín Eco Solid Fuel NB Seno Stove DISPLAY MODEL
€650.00

AtkinsDIY CLONAKILTY
A Member of **Topline**

TEL: (023) 8833319

Here to help Happy to advise

Discover Nano Nagle Place – a hidden gem in the heart of Cork City

Nano Nagle was born in 1718, into a life of wealth and privilege; she could have chosen to live a life of ease, but instead she chose a life of activism. If she were alive today, she would be the kind of person to win a Nobel Prize. Before her death in 1784, Nano had opened seven schools for poor children across Cork city, founded an almshouse, and founded the Presentation Sisters, a Catholic Order of nuns, who continue her education and social inclusion work today.

Nano was alive during the height of the Penal Laws, meaning that Catholic education was illegal in Ireland. Despite this, Nano's family had her educated in France, a privilege not many children would have had access to in 18th Century Ireland. When Nano returned to Ireland, she felt her vocation was to offer poor Catholic children an education. She moved to Cove Street (now Douglas Street) in Cork city and began her first secret school for young Catholic girls in the early 1750s. This girls' school focused on reading, writing, Catechism

(Catholic religious instruction) and needlework.

Within ten years, demand for the education which Nano provided was such that she was operating seven secret schools across Cork city, teaching both boys and girls. By day she visited each of her schools, and by night she visited the poor of the city. Nano travelled by the light of the lantern she carried, and across Cork she became known as 'the Lady of the Lantern'.

In the 1760s Nano began to plan for the future of her educational mission and founded her own order called: 'The Institute of Charitable Instruction of the Sacred Heart of Jesus' (later known as the Presentation Sisters) in 1775. She and three followers promised poverty, chastity, and obedience to God until death, but they did not take enclosure and continued to teach and care for the poverty stricken. Nano's long days and constant walking across the city took a toll on her health, she died at the age of 66 in 1784. After Nano's death, the Presentation Sisters spread her mission of education and social justice across the world and into



the present day.

In December 2017, Nano Nagle Place opened on the site of South Presentation School, which had closed its doors in 2006. Within the bounds of this 3.5 acre site lie the footprints of Nano's first schools and Presentation Convent. Nano Nagle Place houses an interactive museum dedicated to telling Nano Nagle's incredible story and sharing the work of the Presentation Sisters. The site also has a design shop, Cork-focused bookshop, walled gardens, Good Day Deli garden café, and an 18th-century graveyard where Nano Nagle's tomb is located.

The Nagle family motto 'Not words, but deeds' can be tangibly experienced in the Nano Nagle Place Community Hub, which is home to the Lantern Community Project and Cork Migrant Centre. The Lantern Project is a place of welcome, learning and inclusion, providing a safe place for people to learn and grow, develop new skills and meet others. Cork Migrant Centre is committed to advocating on behalf of migrant children, families, and

communities, and to ensure they have access to the services and supports they need.

The Community Hub is truly the life blood of Nano Nagle Place, and one the fundamental reasons as to why we were awarded the Council of Europe Museum Prize in 2022, with the judges citing "a strong sense of caring based on need, not on doctrine. Nano Nagle Place has a very strong and coherent mission which is in line with the Council of Europe's human rights values and principles". Our hope is that visitors leave Nano Nagle Place with a sense that anyone, no matter who you are, can make a change like Nano did over 200 years ago.

Nano Nagle Place is located on Douglas St in Cork City Centre and is open Tues-Sun from 10am-5pm. Book tickets to our museum via our website www.nanonagleplace.ie or call 021 419 3580. Our temporary exhibition Branching Out – Presentation Convent 1775 – 1828 will debut in August, follow @nanonagleplace social media for updates.

Discover
Nano,
Discover
Cork



nanonagleplace.ie





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.

From pre-historic times until the decline of Gaelic Ireland after the decisive battles of the 17th century (Battle of Kinsale 1601, Battle of the Boyne 1690), the self-sufficient farm, capable of growing surplus foods, was the mainstay of Irish farming. Indeed, in the Ireland of my youth, the 1950s, most farms were, to a great extent, self sufficient. The farmers grew potatoes, vegetables, and some corn for flour; practically every rural household produced their own milk, butter, eggs, chickens, ducks, and pigs. This

was healthy food, produced without the use of pesticides, poisons or artificial fertilisers. The fields were fed with wholesome farmyard manure and, by the sea, plenty of seaweed.

When the Norman-English arrived in the 12th century, they found that the Irish were already exporting farm produce. Changes in farming practice came with the establishment of English colonies. New animal and plant species were introduced but there was little change until the 1650s.

In Gaelic Ireland the heart of the farm was the 'lios or rath' (fort) which dot the whole country, especially in the south. The 'lios', which is so common in placenames, was the enclosure with a circular fortification, which consisted of a deep wide trench on the outside of a high earthen bank. On top of the bank was built a palisade of wood, made mostly of oak. Today we call them ringforts or fairyforts. Our ancestors wouldn't interfere with them, considering it unlucky to do so. However, with modern progressive farming, unfortunately, quite a few have been demolished by the bulldozer.

In rocky terrain the enclosure would be protected by a stone wall and was known as a 'caiseal'. The purpose of the perimeter (trench, bank and palisade) was to keep domesticated animals secure from wild predators, and as a defence against human enemies. Inside the fort were one or more circular dwelling houses (dún).

The walls were made of wattled hazel, sealed on both sides with a plaster of mud and cow-dung. The cone-shaped roof was thatched with river-reed, rushes or oaten straw. Close by were a calf-pen ('lios lao'); a sheep pen ('lios caorach'); a pigsty ('muc-fhail'), all wooden enclosures. Underground, in the 'lios', there was usually a souterrain – a cave and tunnel, used for storing food, and sometimes as a refuge if they were attacked. As well as the souterrain there was usually an underground chamber or 'uaimh'. Its cool and consistent temperature was used for storing perishable foods and other goods. Navan, Co. Meath is, in Irish, 'An Uaimh' (the cave); Ovens in Co. Cork is derived from 'Uamhanna' (caves).

We get a glimpse of the domestic tastes of the early farmers in this quotation: 'he does not set his hearth on a feather bed, he would prefer to lie upon rushes; to the good son of Donnchadh a house of rough wattles is more comfortable than the battlements of a castle'. In the ancient story, 'The Wooing of Étaín', there is mention of ornamenting a home with branches and perfumed plants – 'The house was filled with strange, fragrant herbs and Étaín prospered with the scent and the colour of those healthful and precious herbs'.

Hens and geese were not only important for their eggs and flesh but also for their feathers, which made good cushioning and insulating material. They wandered free during the day but, at night, they were cooped or caged, as all domestic farmyard animals were supposed to be according to the old Irish Brehon Laws. Owners were responsible for wandering animals and birds. The Brehon Laws stated, 'there are three trespasses of a hen in a herb garden: the soft swallowing of bees; injury to dye-plants and attacks on garlic. A guilty hen shall have her feet tied together or rag boots put on'.

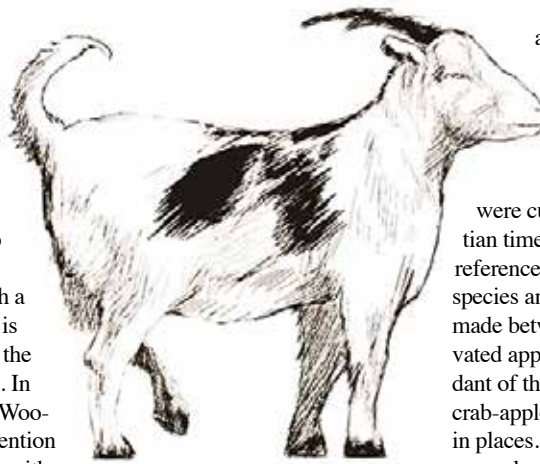
The only animals not confined at night were the guard-dog and the cat. The cat's hunting abilities around the food and grain stores made him valuable. One hunting cat was as valuable as three cows, according to one commentary. The cat's main domestic prey was the mouse, which ate a lot of grain and also chewed garments. Rats came to Ireland probably with the Vikings about 800 A.D, or possibly earlier with the coming of Christianity about 450 A.D. The Irish called

the rat the French Mouse ('luch fhrancach') as obviously they weren't native before that. Another animal introduced into the country somewhat later was the rabbit. The English used to farm rabbits in man-made warrens, as a source of food. Although kept well away

ach') and carrots ('meacan').

Herbs played a leading role in old Irish medicine before English and continental medicines were introduced. Apart from the crops of herbs and vegetables, cultivated fruit trees were also grown. The apple tree ('úill') was highly regarded by the Irish

The concept of an individual owning the land was unknown to the old Gaelic people. The territory owned by a clan was called a 'tuath'. It was divided out by the 'Taoiseach' (leader) of the clan to each family, who in turn, divided it amongst themselves. The land was owned by the clan not by any individual, not even the Taoiseach.



and was an important ingredient in their diet and vital source of food in autumn and early winter. Orchards

were cultivated since Christian times at least; there are references to a variety of apple species and legal distinction is made between wild and cultivated apples. A direct descendant of these apples today is the crab-apple, which still survives in places. It is unlikely that they were always so bitter. Magical properties were attributed to the apple in Irish folklore. Another cultivated fruit tree that is mentioned in texts is the plum tree ('áirne cumhra').

from the 'lios', there was one other essential creature of household life, the honey-bee. They were considered so important to daily life that bee-keeping had laws devoted to it, 'beach-breithe' (bee judgements). The Brehon laws encouraged the keeping of hives. Honey was an important part of old Gaelic diet; as well as being a sweetener and an important food, its medicinal worth was also recognised. One law stated: 'The keeper of bees must share his honey with his neighbours on all four sides for the sick craving of patients in their houses'.

The outside wall of the 'lios' (fort) was surrounded by a series of small fenced wedge-shaped fields ('gort'), laid out side by side. There are many references in old Irish literature to the 'lubhghort', the herb or vegetable garden. In West Cork, west of the village of Schull, there is the townland of Lowertown, a corruption of its old Irish name, 'Lubhghortán' (little herb field) which has no connection with the English version. In the garden they grew a variety of small crops and herbs. We don't know exactly every plant that was grown but they definitely had these: peas ('pis'), beans ('lus'), garlic ('borrlus'), leek ('lus'), onion ('cainnenn'), celery ('imus'), cabbage ('braise-

Grazing fields were developed in the area immediately outside of the 'lios' for the smaller and younger domestic animals, such as lambs, piglets, kid-goats and farmyard birds (geese, ducks, and hens). Further away from the 'lios' there was an open green area, called a 'faiche', where the community held public meetings, sporting and recreational activities, such as horse racing; ball games, such as hurling etc, and where the young learned and practised the skills of fighting with weapons – swords, spears, slings and so on. Also in this area were the fields where they grew cereals in the summer. There were irregular in shape, usually following the lie of the land. In the early era of farming the fields were divided by fences made of hazel wood, blackthorn and oak in places. The strong sod ditch, covered with blackthorn, whitethorn, furze and bramble, came later.

The concept of an individual owning the land was unknown to the old Gaelic people. The territory owned by a clan was called a 'tuath'. It was divided out by the 'Taoiseach' (leader) of the clan to each family, who in turn, divided it

amongst themselves. The land was owned by the clan not by any individual, not even the Taoiseach.

The old Irish divided food production into two halves, corn and milk, arable farming and pasturage. One Irish tract lists the cereal crops in order of importance some of which cannot be definitely identified. Bread wheat ('cruithneacht') was difficult to grow in cool damp weather. Rye ('seagal') is hardy, climate-tolerant and could be sown as a winter cereal. Spelt wheat, also called 'six-row wheat,' was good for bread-making; 'two-row' barley ('eorna') was probably used in brewing beer. Emmer (in Gaelic 'ruadán') was apparently a red bread wheat, also called buckwheat; 'six-row' barley was probably used as horse feed and common oats ('coirce'), most suited to the climate of the country, was widely grown. It was used to make flat bread and porridge. Another cereal mentioned is pilmcorn ('searbhán') a poorer quality oat which could grow on poor land. In the old Irish triads (threes) we have the three abundances of Ireland – 'an abundance of ears of corn, an abundance of flowers and an abundance of fruit'.

Cow-dung seems to have been the main manure used in cereal cultivation and also seaweed near the shore and on the islands. The spreading of lime and sand on land became popular from about 1600 on.

The most valuable asset to any Gaelic farmer ('bó-aire' or cow-lord) was the cow. The cow was the unit of currency – the more cows one had the wealthier you were. The small hardy cattle of the Gaels were black cattle, from which the Kerry cow of today is believed to have descended. However there are references to other cattle – dun coloured and also cattle of mixed colouring, red cattle and white cattle. A white cow with red ears was sacred to the pre-Christian Irish and was associated with the Otherworld. The cattle were kept near the settlement during the winter but were driven to higher uncultivated pastures in the summer. This seasonal pasturing of cattle was anglicised as 'booleying' from the Irish word, 'buaile'. Here they were minded by younger members of the family all summer long. This was often the first occasion that teenagers got a taste of freedom. The herders were called 'bóchail' ('bó-chail') in Irish, the word gradually evolved to the modern Irish 'buachail' (a boy). They guarded the cattle from wolves, thieves and accidents.

Christopher O'Sullivan TD

FIANNA Fáil
THE REPUBLICAN PARTY

If I can be of any assistance to you please do not hesitate to get in contact.

CONSTITUENCY OFFICES:

40 Ashe Street, Clonakilty, P85V308

OPEN 5 DAYS A WEEK

Market Buildings, New Rd, Bandon, P72K738

OPEN MONDAY, WEDNESDAY AND FRIDAY

Email: christopher.osullivan@oireachtas.ie

Tel: 023 88 11011

Remembering the Lissarda Ambush

#heritage

August 22, 1922 is a date synonymous with the Civil War's Béal na Bláth Ambush, in which Commander-in-Chief of the National Army, General Michael Collins was fatally wounded. But did you know that two years earlier, to the very day, an ambush took place at Lissarda, just three miles from Béal na Bláth?



Michael Galvin, Quartermaster of Kilmurry Company, who was fatally shot during the attack.

The Lissarda ambush was one of the first ambushes in the mid-Cork area. During August 1920, the Royal Irish Constabulary (RIC) were active in the Kilmurry area. Lories of RIC men were observed passing through Lissarda, as they travelled between Bandon and Macroom on an increasingly frequent basis. Lissarda was therefore agreed as the site for an ambush to take place on Saturday, August 21, 1920.

Local volunteers assumed their positions at the agreed location at dawn. However, no convoy arrived and the volunteers were stood down at 8pm that night.

The following morning, August 22, Volunteer Billy Powell observed County RIC Inspector William Trevor Rigg travelling with eight men through Lissarda in an open RIC tender; they were en route to Inchigeelagh village to investigate the fatal shooting of RIC Sergeant

Daniel Maunsell. The Kilmurry Volunteers set about staging an ambush for the expected return of the RIC men.

Because it was a Sunday, several volunteers were at a local Mass, and more were at a sports meeting in Newcestown, which complicated further the logistics of gathering men and arms for the ambush and not all the Volunteers were in position when the RIC convoy arrived back at Lissarda.

As the policemen drove into the ambush, they were forced to stop by a cart that had been positioned across the main road and ordered to surrender, as was the policy at the time, but immediately opened fire on the ambushers. In the ensuing

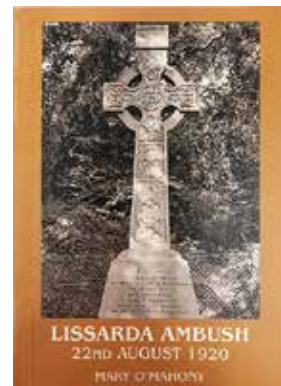
gun battle five RIC members were injured, with a Sergeant Runane being the most seriously wounded.

The Volunteers lost Michael Galvin, Quartermaster of Kilmurry Company, who was fatally shot during the attack. Volunteer Daniel O'Leary was injured when a homemade bomb exploded in his hand.

Michael Galvin was 29-years-old, married and a father of two young children. He was secretly buried before being later interred, when it was safe to do so, in St Mary's cemetery Kilmurry. The Lissarda Ambush Commemoration takes place annually on the Sunday nearest to August 22. This year's commemoration will take place on

August 20 at 7.30 pm.

For further reading on this ambush, a centenary commemoration book, published in 2020, is available for sale at Independence Museum Kilmurry.



Upcoming events at Independence Museum Kilmurry

Vintage Run: Independence Museum Kilmurry will host its annual vintage run on Sunday August 27. This fundraising event is open to both vintage and non-vintage cars. The registration fee is €20 per car and will take place at the Heritage Room, Independence Museum Kilmurry followed by refreshments. This year's route will include the scenic Lee Valley via the N22 Macroom Bypass to St Gobnait's Church, Coolea where Peadar O' Riada and the Coolea Men's Choir will sing and set the scene for the talks at nearby St Gobnait's cemetery, Baile Bhuirne. At the cemetery there will be talks by local historians on St Gobnait and other famous people buried in the graveyard.

Lectures: Independence Museum Kilmurry's autumn lecture series will commence in September with Chris Larkin giving a talk based on his book 'West Cork Railways: Birth, Beauty & Betrayal.' The annual Terence MacSwiney lecture will take place during October. Local author, John Fitzgerald will give the November lecture based on his book 'The Lament for Art O'Leary'. The dates and times of lectures will be displayed on www.kilmurrymuseum.ie

Publications: Independence Museum Kilmurry will launch the second volume of its social journal, 'Kilmurry People & Places' on November 17 at the Heritage Room in the museum. This journal will include stories and articles from local contributors and makes an ideal Christmas present; a must have for everyone interested in local history.

INDEPENDENCE MUSEUM KILMURRY

Located in Kilmurry Village, P14R940

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

Famine, Fenians, Gaelic Revival, Irish Volunteers, Cumann na mBan, Easter Rising, War of Independence, Civil War & much more.

www.kilmurrymuseum.ie

021 7336932

Open Thurs

- Sun 2-5pm

Private tours available
at other times.
Room hire available
for all events.



See article on this page for our events!

Few remember Macroom's Olympian of the dramatic arts



Thomas Cornelius Murray, better known as T.C., was born on January 17, 1873, the seventh of eleven children in the family of Cornelius Murray and Honora Kelleher, who ran a pub and grocery shop on New Street in Macroom.

A bright student, Murray attended his local national school before winning a scholarship in 1891 to train as a teacher in Dublin. He returned to Cork to teach in Carrignavar and later Carrigtwohill N.S., and in 1900 was appointed Principal of Rathduff N.S. where he remained until 1915 when he was appointed Principal of the Model School in Inchicore and moved to Dublin with his wife Christina Moylan, also a teacher, a son and four daughters.

From a young age Murray had a talent for writing, penning

A largely unfamiliar name today, T.C. Murray was once widely recognised as one of Ireland's finest dramatists, a playwright who brought rural Irish life to stages across the globe. He is not forgotten however in his hometown of Macroom, writes **Pauline Murphy**, where a plaque marks his birthplace, a housing estate is named in his honour and the town theatre is called after one of his early plays, 'The Briary Gap'.

essays and poems for local newspapers. He co-founded the Cork Dramatic Society in 1908 with Con O'Leary, Daniel Corkery and Terence MacSwiney; the group was known as 'The Cork Realists'. A year later the society staged Murray's first play 'The Wheel of Fortune', a comedy about matchmaking.

Murray then took his plays to Dublin's Abbey Theatre, which included his play 'Birthright', a bitter tale of farm inheritance, in its first tour of the United States in 1911. A year later another of Murray's plays, 'Maurice Harte', was staged at the Court Theatre in London as part of the Abbey's UK tour. This play dealt with the role of the Catholic church in Irish society and drew criticism from clergy.

The next decade was extremely productive for the West Cork playwright. In 1915

Murray wrote 'The Briary Gap', a tragic tale set in rural Cork that dealt with the sensitive subject of a young woman who falls pregnant out of wedlock. In 1920 he wrote 'The Serf' as a response to the criticism he received from the Church, and in 1924 he wrote 'Autumn Fire', which many claim is his masterpiece; the play is a melodramatic tragedy about a widowed farmer who marries a younger woman, causing conflict with his adult children. First staged at the Abbey Theatre, with famed actors Barry Fitzgerald and Sara Allgood, 'Autumn Fire' went on to London's West End and New York's Broadway.

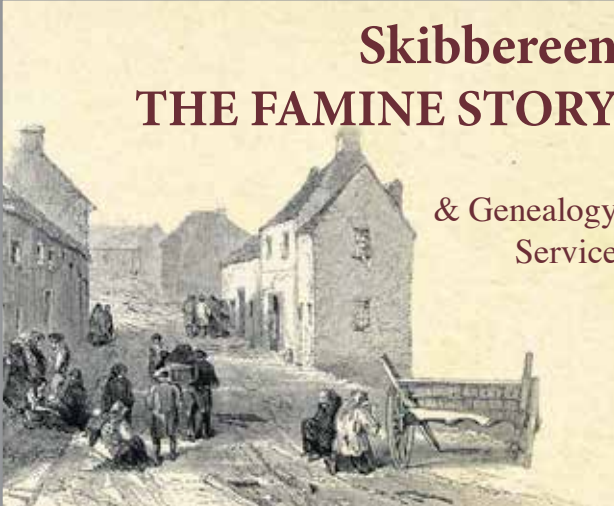
Arts competitions (in architecture, literature, music, painting and sculpture) formed part of the modern Olympic Games during its early years, from 1912 to 1948. For the

1924 Paris Olympics Murray submitted two plays and was awarded a bronze medal for 'Birthright'.

When he retired from teaching in 1932 T.C. Murray started work on his autobiography 'Spring Horizon'. He also took on the roles of Director of the Author's Guild of Ireland and President of the Irish Playwrights Association. In 1949 he was honoured by the National University of Ireland with a doctorate in literature.

A quiet man by nature, Murray did not seek fame or fortune and there are few photographs of him in circulation. The modest Macroom man died on March 7, 1959 at his home in Sandymount, Dublin and is buried in Glasnevin Cemetery.

Skibbereen Heritage Centre celebrates Heritage Week 2023



**Skibbereen
THE FAMINE STORY**

& Genealogy Service

SKIBBEREEN HERITAGE CENTRE

Also features ...

- Lough Hyne exhibition
- Giftshop

Wheelchair access | Adjacent car park

Open Daily ex. Sunday from May - September
Open Tue - Sat other months, 10am - 6pm.
Old Gasworks Building, Upper Bridge Street, Skibbereen
Tel: 028 40900 | www.skibbheritage.com

Saturday, August 12, 10am-6pm: Half price admission to Skibbereen Heritage Centre. No need to book, just turn up on the day for a great welcome.

Tuesday, August 15 and Thursday, August 17, 3-6pm: Book a slot with genealogists to explore your West Cork ancestry – one hour slots by appointment, free of charge on a first-come-first-served basis. Call 028 40900 to book your place.

Friday, August 18, 10am-6pm: Half price admission to Skibbereen Heritage Centre with guided tours of the Famine exhibition with its in-house archivist at 10 and 11am. No need to book, just turn up on the day for a great welcome.

Saturday, August 19, 11:15am-1:15pm: Join UCC marine biologists for the

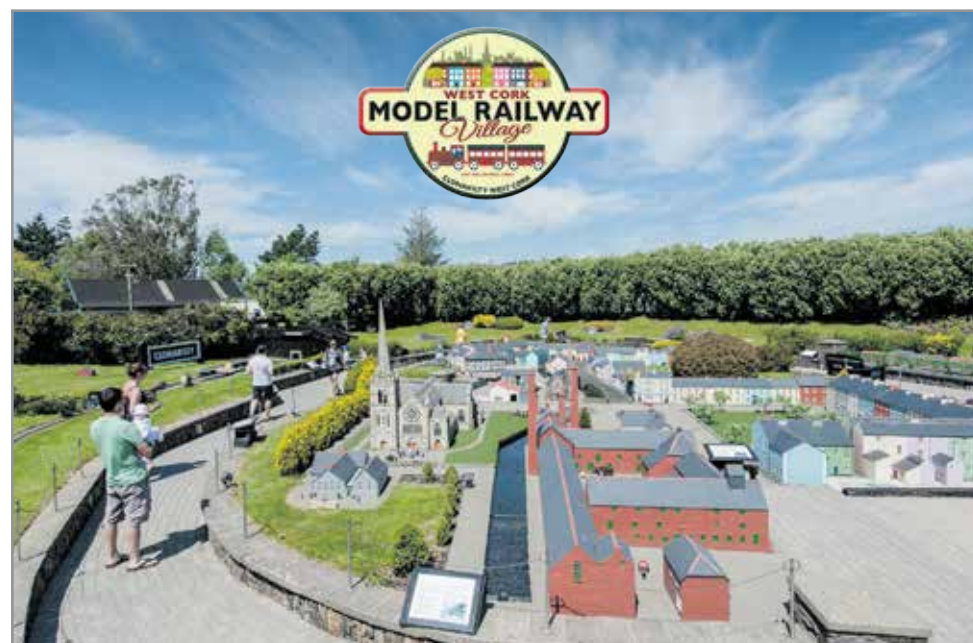


'Touch Tanks at Lough Hyne' event on the North Pier. See and touch creatures normally only seen underwater while learning about their character-

istics from the scientists. Come early to avoid disappointment as this is a very popular event and please check Skibbereen Heritage Centre's social media

on the day too in the event of inclement weather (heat or rain) to ensure it's going ahead.

'To the Letter' at Macroom Town Hall this August



Explore miniature West Cork this summer



Model Trains - Remote Control Boats - Mini Diggers
Road Train Tours of Clonakilty run daily for the summer
Family Membership tickets available

OPEN DAILY
10:00 a.m. - 6:00 p.m.

www.modelvillage.ie | info@modelvillage.ie | 023 8833224



Cork County Council has announced the opening of the successful 'To The Letter' exhibition by Dolores Lyne in Macroom Town Hall at 3pm on Saturday, August 5.

Award-winning artist and theatre designer Dolores Lyne has been marking the centenary of her grand-uncle Liam Lynch, Chief of Staff of the Anti-Treaty IRA, with exhibitions and talks across the county. The exhibition was inspired by a trove of personal letters written by Liam to his brother Tom, the confidant in whom he felt safe writing unique letters that covered the most dramatic and tragic events of his life in the War of Independence and the Civil War.

Announcing the exhibition's opening in Macroom, Mayor of the County of Cork, Cllr. Frank O'Flynn said "I am looking forward to seeing the latest iteration of To The Letter after its successful run in Fermoy earlier this year. The large exhibition space in Macroom Town Hall is the perfect setting for the extensive body of work that Dolores Lyne has created over the course of the project, including paintings, drawings and photography. The artist's sensitive approach has created an environment for us to share and commemorate our history."

Dolores followed the letters

back to the locations across County Cork where they were written, visiting the remote and beautiful hill farms and the safe houses that provided sanctuary where Liam was protected and cherished. For this exhibition in Macroom, the artist comes closer in miles and in spirit to the Muscraí Gaeltacht in County Cork. It was here that Liam Lynch made one of his most important HQs. She met the descendants of those who had sheltered him and they shared their stories with her. 100 years later, the Chief of Staff's grand-niece Dolores retraces his steps to former safe houses in central Cork and Gaeltacht Mhuscraí.

The artworks in the exhibition focus on incidents and stories drawn from the brothers' correspondence. The letters are brought to life, referencing real places and people only hinted at or concealed behind initials, decoding at last the real addresses, the people who opened their homes and their hearts. According to Dolores, "There's the 'public Liam' but these are private letters. They provided me with the spark for a personal, non-political contemplation of his last years, the places where he stayed and the people who looked after him. It's my creative response, as an artist."

The exhibition in Macroom Town Hall runs until August 31



and is open from 11am to 6pm Tuesday to Sunday. At 2pm on Sunday August 13, the artist will give a talk on the background to the exhibition and how precious letters become over time. Admission is free and no booking is required.

The "To the Letter" exhibitions were commissioned by Cork County Council, supported by the Department of Tourism, Culture, Arts, Gaeltacht, Sports and Media and the Council's Library Service and Commemorations Committee.



Rediscovering our heritage within Bandon's walls

and Eventbrite (online booking fees apply).

The 'History Talks and Walks' series has something for everyone. County Archaeologist Annette Quinn, Miriam Carroll and Elena Turk discuss the works of recent years on Monday August 14. On Tuesday 15, Dr. David Edwards provides an overview of Richard Boyle's Bandon. On Thursday 17, Dr. Paul MacCotter explores the Normans and the Gael in the Bandon Valley before the arrival of the first town settlers. Niall Tubridy completes the lineup, with a focus on Allman's distillery, a major employer in Bandon's past and once the second largest distillery in Ireland.

Catherine Fitzmaurice leads a guided walk on the social history of St. Patrick's quay, St. Patrick's Hill, and Market Street. (Organised by Cumann Seanchais na Banndan). There is also a guided walk on Saturday 19, exploring the history of key points around town.

On Friday 18, Creative

Bandon host Alison Harvey of the Heritage Council will be discussing 'Regenerating Town Centres'.

Bandon Library hosts several events such as Amanda Clarke's talk on the holy wells of County Cork and on Tuesday 15, Rory Bunce's talk on 'Maps – their use to local and family historians' and the launch of Bandon Town Map 1860.s donated by Cumann Seanchais na Banndan. An exhibition on 'Children's Stories of Revolution' runs all week.

Brenda Malloy performs in Bandon Methodist church at 12pm Saturday 19 in a recital of traditional Irish and renaissance music. This is followed by a workshop on traditional music. She will be accompanied by students from Cork ETB School of Music.

The Family Fun Day on Sunday August 20 from 12-5pm has a line-up that is jam-packed with battle re-enactments, circus skills, drop-in workshops, face-painting and puppet shows.

12-20 AUGUST 2023
BANDON WALLED TOWN FESTIVAL

**HERITAGE SKILLS
 HISTORY TALKS & WALKS
 CRAFT & FOOD
 WORKSHOPS & DISPLAYS
 CASEY SISTERS
 MURDER OF WOLFE TONE**

**Family Fun Day
 Sun 20th Aug
 12-5**

Logos for various sponsors including An Chomhairle Ceilteach, The Heritage Council, and others are at the bottom.

Heritage skills from blacksmith such as smoking and felting highlight heritage crafts that were at the core of life within the walls in times past. Craft and food stalls and live music bring a festive air to the day.

BEAG also have a native

plant seed saver event running. Locations to be announced.

Finally there is a 2-day Dry Stone Wall Building Workshop. Booking and details at www.nots.ie

This programme is only possible with funding and

support of the Heritage Council and Cork County Council. Local sponsors are Supervalu, ABP, McLaughlin's and Kelleher's.

For further info, look for brochures, see Facebook @ [bandonwalledtown](https://www.facebook.com/bandonwalledtown) or www.bandonhistory.com

Lineup of all live events for Cape Clear International Storytelling Festival

The Cape Clear International Storytelling Festival will take place from September 1-3, 2023 and will be comprised of all live events on Cape Clear Island.

Speaking about this year's plans, Festival Directors Rose Woods and Aoife Demel said: "It is with great excitement that we return to Cape Clear with a fully live programme of storytelling events. During the past three years of restrictions and uncertainty due to the pandemic we held the festival online in both 2020 and 2021 and last year we were delighted to be able to deliver a combined online and live mix of events. Now, finally, in 2023 we are thrilled to be back to a fully live festival on the island. There is no replacement for the immersive connection that happens between teller and listener in a live performance, and what a line up of fantastic tellers we have this year!"

"We wish to thank the community on Cape Clear for their continued and unwavering support of the festival."

This year's festival will see a stellar line up of storytelling greats, with the following tellers performing on the island: Donna Washington, an

award-winning internationally known master storyteller, artist-educator, and author who has been performing for audiences of all ages for over 35 years; Tom Muir, who tells



Tom Muir



Donna Washington

traditional stories from his native Orkney Islands, he has a great love for both folk tales and local traditions, and his humorous delight in the humanity of the stories is infectious; Valentina Zocca, a professional storyteller from Italy with a broad repertoire of tales; Colin Urwin, described as 'keeping alive the tradition of the Seanchaí', is a folk singer, songwriter and storyteller from Co. Antrim; Máirín Mhic Lochlainn is an award-winning storyteller, claiming many prizes including the Corn Neidí Frainc at the Oireachtas festival; and Con "Fada" Ó Drisceoil, a songwriter, accordion player and balladier from West Cork. The line-up will, of course, include the much-loved guided Island walk with Séamus Ó Drisceoil.

Due to limited capacity book your tickets in advance on our website to avoid disappointment. Sales at the door cannot be guaranteed.

The Cape Clear International Storytelling Festival is kindly supported by the Arts Council, Fáilte Ireland, Cork County Council/Pure Cork and Ealaín na Gaeltachta.

For full information and bookings please visit: capeclearstorytelling.com

**FÉILE SCÉALAÍOCHTA CHLÉIRE
 THE CAPE CLEAR INTERNATIONAL STORYTELLING FESTIVAL** SINCE 1994

SUPERB STORYTELLERS ON CAPE CLEAR
EVENING & DAYTIME CONCERTS, STORYSWAPS & WORKSHOP
FRIDAY 1 – SUNDAY 3 SEPTEMBER 2023
DÉ HAoine 1 – DOMHNACH 3 MEÁN FómHAIR 2023

Featuring: Donna Washington (US)
 Tom Muir (Orkney Islands) • Colin Urwin (NI)
 Máirín Mhic Lochlainn (Eire)
 Valentina Zocca (Italy) • Con Ó Drisceoil (Eire)

Please book tickets in advance.
 For Details & Booking visit WWW.CAPECLEARSTORYTELLING.COM

Logos for arts council, funding festivals, Fáilte Ireland, Cork County Council, Pure Cork, Wild Atlantic Way, and ealaín are at the bottom.

Looking back to understand ourselves – how did we survive Ireland?



HISTORY & POLITICS

Kieran Doyle

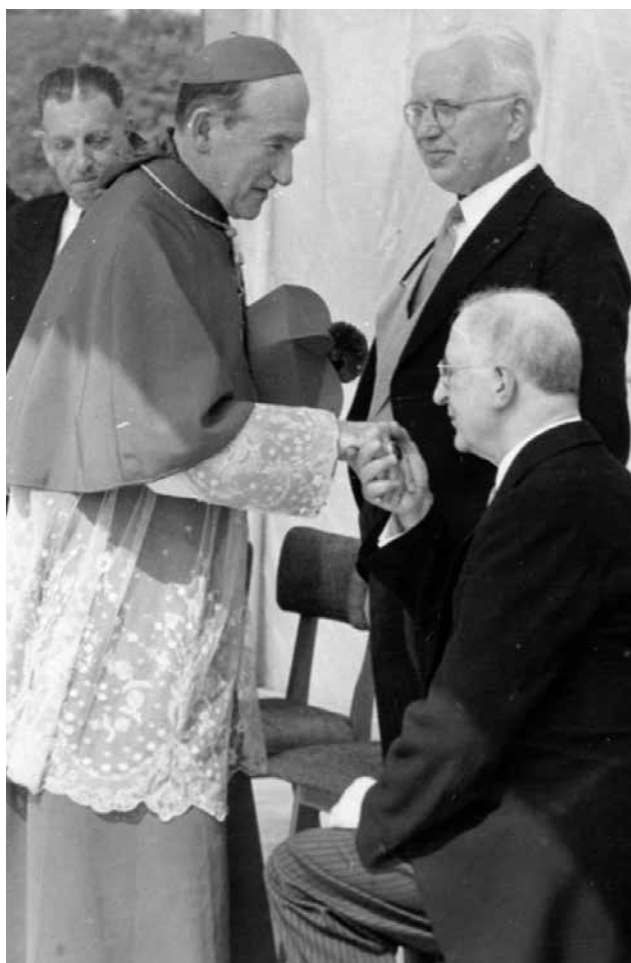
Two characteristics that people will sometimes identify with holidays are finding time to read a good book, but also, after the day's activities, mindlessly flicking through the myriad of channels on foreign TVs in the hope of finding something in English.

Whilst simultaneously reading Fintan O'Toole's brilliant social history and part memoir, 'We don't know ourselves – A personal history of Ireland since 1958' and channel hopping, I came across an episode of the hugely popular 1980s series 'Dallas' – the kind of outdated show that is the staple of holiday TV! Readers over the age of 40 won't need an introduction to the show, but let me remind you; it brought back memories of families pouring over it weekly, dazzled by the glamour of the couples, the massive houses, the

money, the style, the modernity and yes, the sexual tension that permeated the whole series. Dallas followed the trials and tribulations of the Ewing family, oil barons with the right blend of old school charm and daring to keep us glued to our screens. Then in the late 1990s, the Celtic Tiger came to shore and soon large swathes of Ireland resembled Texas; houses with their sweeping gated entrances looking like ranches, and driving sports cars or fuel guzzling jeeps, as well as dining out at the drop of a hat was no longer the preserve of, well, rich oil barons.

So what has Dallas and O'Toole's social history of Ireland got to do with each other? More than you would think, but I'll get to that later. O'Toole's book skilfully takes the reader on a journey of change. He anchors the book by commencing each chapter with personal memories of his life that were shaped by the Ireland that was influencing him. He doesn't look back with sentiment nor does he take a moralising viewpoint from a long life lived, rather he narrates it in a way that captures how he felt about Ireland and its society at that time, capturing the zeitgeist of those times. To broaden the book, he contextualises it all the time with reference to the key historical events.

The Ireland O'Toole was



Éamon de Valera preparing to kiss Archbishop McQuaid's episcopal ring. Pic: UCD Digital Library

born into in 1958, was a million miles from the Ireland of 2023. It was a church run state, where religion dictated everything from education to marital matters, from culture to legislation. Dominated by Fianna Fail, it strove to be a self-sufficient, Catholic state, that upheld morality and tradition. It was so successful at implementing those aims that it was a failure at everything else. In 1958, Ireland population was at its lowest ebb, a mere 2.8 million. The church ran the education system in real terms and their goal, as O'Toole puts it, was not so much to educate, but to 'shape spiritually and morally' the generations. In 1958, secondary school was not free and therefore most students left at 14 (which was when primary school education finished in those days). Some pursued trades out of family tradition rather than desire, (my father went to the Cork Examiner at fourteen to work as a printer, like his dad, though he would have loved to have stayed at school, and my mother, whose family was plagued by poverty had to leave school also at fourteen). Many would have to enter the workplace as mere children, some on their father's farm or local factories. More had to immigrate away from the badly paid jobs for unqualified

semi-skilled labours, because the school system spat out kids without the skills for well paid jobs.

Kids who came from families with difficulties or broken homes could often end up in the Industrial School system, such as the infamous Letterfrack, Upton, or Artane. It was a brutal system that brutalised the girls and boys; 42,000 of them between 1930 and 1970. A country wrapped in its own sense of morality, stood idly by as children were abused (physically and sexually), mistreated and dumped out of the system, branded like cattle with the stain of their 'under-class'; yet we like to think here in Ireland we never had a class system like in Britain! Father Flanagan, an American priest who was famed for helping destitute children in America, called the schools a disgrace to the Irish nation in 1947 when he visited Ireland. He openly compared them to slavery and Nazism. His reward – he was denounced by none other than the Minister of Justice, Fianna Fáil's Gerry Boland. Nothing changed and the system continued. O'Toole recalls the impoverished Dunne family, childhood contemporaries of his in Crumlin, all brutalised in industrial schools, (one in Upton in West Cork.) They left

those schools, broken unskilled and rejected. They would later become the men who imported heroine into Ireland, poisoning a new generation after their own poisoning at the hands of the state.

David Trimble admitted at the dawn of the Good Friday Agreement, that Northern Ireland had been 'a cold house for Catholics'. That was putting it euphemistically given the legislated sectarianism, supported by a prejudiced police force and judiciary, that dominated the state of Northern Ireland since its inception in 1921. Southern Ireland could hardly be accused of such atrocities to its Protestant people, but they did have to live in a Republic that did not treat everyone equally as envisaged by the sacred 1916 proclamation. Ironically, the Free State and later the Republic of Ireland, was a cold house for women, people in poverty, gay people, writers, and liberal minded thinkers.

In Catholic Ireland, family planning was actively stopped by Archbishop John Charles McQuaid and the Catholic hierarchy. The pill was banned as a contraceptive and could only be prescribed to women who were having menstruation difficulties (hence it became the premise for a lot of women to ask for it though their intention was for family planning). Women, as enshrined in De Valera's 1932 constitution, were for breeding and raising families.

The roaring sixties in Ireland, though it didn't have Elvis, the Beatles or San Francisco style hippies, did have the more conservative suit-wearing, but hugely popular Show Bands. In the paradox that was Ireland, the men and women of the sixties danced in halls in the middle of nowhere, where there was no drink and supposedly no sex. Condoms were illegal, so was the pill for unmarried women. Priests would actively break up dances when slow sets came on, yet sex was had, and our response as a state was to lock up unmarried mothers and send their children (illegally and for money), to the world of dreams – America.

Censorship was rife and all the writers we admire today, Sean O'Casey, James Joyce, Edna O'Brien, Samuel Becket, Frank O'Connor, many whose names are used for festivals and attached to literary awards today, were exiled because they did not portray the moral Catholic and nationalistic values that church and state (same thing in that era) wanted to culturally

imbue you with.

When O'Toole writes about growing up, he wasn't seeing it critically, because nothing was questioned, only accepted. He says himself he 'wanted to be a good boy'. He wanted to please the Christian Brothers where he went to school, only because secondary became free in 1966, allowing him and others to get a chance they would not have received otherwise. But they were only imbued with the values of the church-state. Yet when Russia or Germany used education to do the same over history, we called it propaganda or brainwashing.

Watching an episode of Dallas from the safety of adulthood in 2023 and not as a goggle-eyed kid in the 1980s made me think again about why we loved Dallas. Sure, it was American and brass and modern. But it was partly us too. The Ewings, including their wives and kids, lived together as a nuclear family under the same roof – three generations, just like many Irish homes. They had traditional Irish lifestyles too. The men went to work, and the women were expected to be at home fulfilling domestic duties. In the episode I recently watched, the glamorous Sue Ellen, wife of JR, was knitting at home. When, dishy Bobby Ewing was at work, his wife Pam was told never ring to a man during his working day! It appealed to our rural sense; farms and cattle (Texas style) and fed Ireland's obsession with America. But it also dared to poke a hole in the fabric of what we were really becoming. Handsome men and glamorous women who could have sex and talk about it. Women who could be independent and proud and men who could be successful and proud.

Looking back now, I see 1980s Dallas as at the cusp of Ireland at a crossroads. There was a choice. Do we continue down De Valera's path of comely maidens or a new path where to be Irish is to be modern and global. Today Irish people are free to be what they want and dream about what they can be. They can do this without the straight jacket of morality and the veil of shame that was dictated by successive governments, Catholic mores, and harmful schooling. O'Toole's book reminds me what many of us know already but is a well worth a read, as it knits the various strands of Irish life together. Dallas on the other hand belongs in the 1980s, with a lot of our past sins.



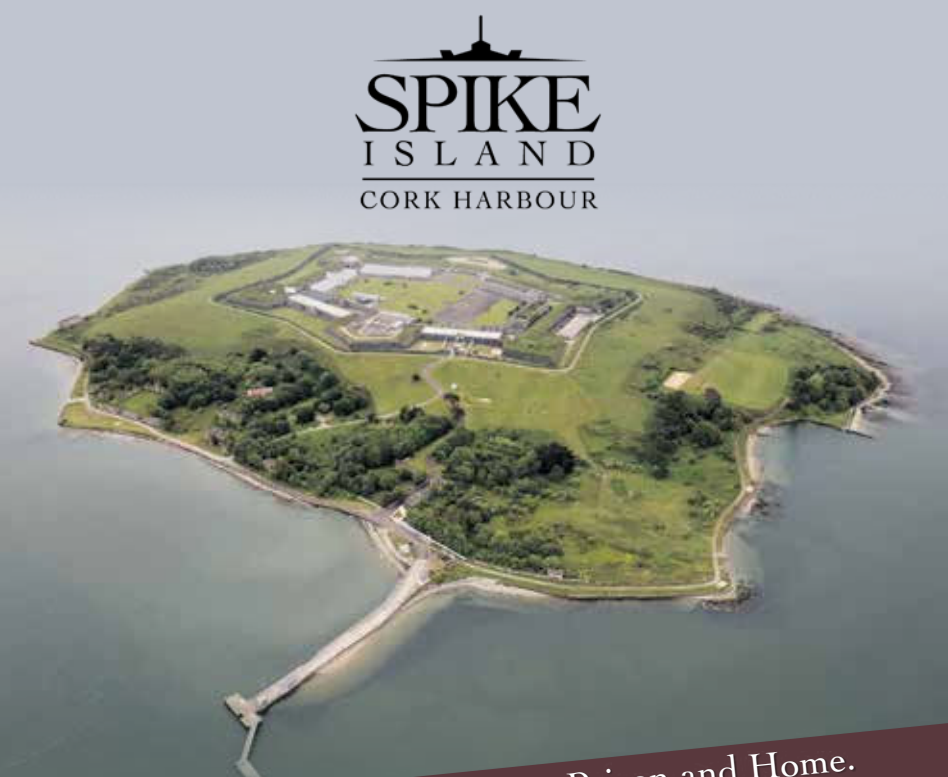
New Range of GREY Gates
NOW AVAILABLE

Ardtech
Industries Ltd

For PVC Gates, Railings & Fences

Available in Golden Oak, White, Grey & Black Colours

ardtech@eircom.net • T: 028 31410 • www.ardtech.ie



SPIKE ISLAND
CORK HARBOUR

Island Monastery, Fortress, Prison and Home.
Discover captains and convicts, sinners and saints.

★ Museums ★ Café ★ Guided Tours ★ Exhibitions ★

★ spikeislandcork.ie ★ 021 237 3455 ★

Advance booking highly recommended

Spike Island commemorates 85th anniversary with special exhibition

In July Spike Island, renowned for its historical significance, launched its newest exhibition, The Handover of Spike Island, commemorating the 85th anniversary of the momentous 1938 handover of the Treaty Ports from Britain to Ireland. This fascinating exhibition features a newly added collection of original artefacts donated by Fionnghuala Smith and her family, shedding light on the story of Daniel Cusack, a seaman from Spike Island and on the events of July 11, 1938.

Unveiling a treasure trove of original documents, photographs, and artefacts, this exhibition will captivate visitors as they explore the fascinating history surrounding the 1938 handover. The collection, on public display for the first time, enables a unique glimpse into the past and highlights the pivotal role of Spike Island during this historic event.

At the heart of the collection is a remarkable document, dated 11 July 1938, believed to be the first official record signed by the

Irish authority at Spike Island. This invaluable piece provides an authentic insight into the administrative processes surrounding the handover.

One of the exhibition's unique artefacts is a personal eyewitness account of the handover, written just moments after the ceremony. Donated to the curatorial staff at Spike Island in 2017, this account provides an intimate perspective on the historic event. In honour of the 85th anniversary, the Spike Island team has created a captivating video based

on the contents of this letter, offering visitors a chance to relive the excitement that filled Cobh and Cork Harbour on that monumental day.

In addition, visitors can view the list of officers and enlisted men who arrived at Spike Island on 11 July 1938, generously made available by the Spike Island Volunteer Group. This rare document provides insight into the personnel involved in the handover and adds another layer of historical significance to the exhibition.

A highlight of the exhibition is the display of the national flag, believed to be the original Tricolour raised during the 1938 Handover. This symbolic artefact, donated by Tom Kelly of Cobh in 2018, serves as a poignant symbol of the historic occasion and offers a tangible connection to the past.

Spike Island Museum Curator Dorota Gubbins acknowledged the family of Daniel Cusack for their kind donations saying, "This exhibition would not have been possible without Fionn-

#heritage

ghuala Smith and her family who kindly donated artefacts belonging to her grandfather Daniel Cusack. This collection sheds light on his story, and all those involved in the significant event."

The Handover of Spike Island exhibition will be open to visitors at Mitchel Hall until September 30, 2023.



Mizen Head
Ireland's most Southwesterly Point
on the Wild Atlantic Way

"One of the best attractions in Ireland..."
"... spellbinding"

tripadvisor



Mizen Café & Gift Shop
www.mizenhead.ie
GPS: 51° 27' 0.59" N - 9° 49' 5.99" W
028-35000 / 35115

Pics: John Eagle

A glance at 1976



On clearing out some of the years of accumulated Amnesty material, Sue Higgins came across Amnesty newsletters from 1976 that give a snapshot of the work being done that year to address the human rights abuses happening around the world. Here are just a few of those examples.

INDONESIA: More than 1000 untried prisoners shipped to Buru

Penal colony, which holds more than 11,000 political prisoners already. Most were detained for alleged involvement with abortive military coup attempt in October 1956 (yes...20 years ago!)

TODAY: New criminal code established December 8, 2022 violates international HR standards especially for girls, women and LGBT people.

TUNISIA: Hamma Hammami, 25, was arrested in February 1972 initially, and so severely tortured that he was released with seriously impaired health. Arrested again in September

1975, along with a large number of other students for criticism and demonstrations against the government. He was sentenced to six years in prison.

TODAY: On January 2023, Tunisia found to have regressed when it comes to human rights in some areas, especially freedom of the press.

SPAIN: Following the death in 1975 of General Franco, a campaign for a general amnesty for political prisoners began. Despite King Juan Carlos giving a partial amnesty for many political prisoners in November 1975, many

arrests have continued including leading members of the Communist Party, anarchists, separatists and many of those tried under military jurisdiction.

TODAY: It would appear that Spain is today a democracy and a member of the EU.

SOUTH AFRICA: In September, the newsletter reports that Winnie Mandela was among more than 60 people arrested following the nationwide unrest since the June outbreak of rioting in Soweto protesting the apartheid laws. More than 1000 had been arrested nationally, in-

cluding Steve Biko, a prominent young black community worker.

TODAY: It is a democracy but has a high crime rate and accusations of corruption are widespread.

ARGENTINA: A smuggled torture dossier confirms that torture during interrogation is widely used. It was compiled by an Argentine Commission for Human Rights (brave people). The document details sub-human prison conditions, detention camps for prisoners held extra-legally, political assassinations and disappearances.

TODAY: Indigenous people and their land are still under threat and corruption is a problem.

This is just a snapshot – many other countries were guilty of torture and imprisonment and abuse of human rights...some still are.

Time moves on, governments change, but human rights abuses committed by governments has continued, and the work of calling out abuse continues around the world.

Ellen Hutchins Festival celebrates natural and cultural heritage

#heritage

The Ellen Hutchins Festival runs during Heritage Week, August 12 to 20, and has a wide range of activities that explore both natural and cultural heritage. There are botany and nature walks and talks, kayaking, children and family nature activities, botanical art and craft workshops, living history events and more.

The theme of this year's Heritage Week is Living Heritage and we are invited to explore traditions and practices, knowledge and skills passed down through the generations.

With this in mind, Connections with the Past, on Friday, August 18 in Ballylickey looks back at two time periods. Firstly, the past through memories – including those recounted

by the previous generation and covering life in the Bantry area in the twentieth century. Secondly, the past researched – the early 1800s, when the botanist and botanical artist, Ellen Hutchins lived at Ballylickey. It is a conversation between three members of Team Ellen – local historian and resident, Angela O'Donovan; historical re-enactor, Carrie O'Flynn; and researcher on Ellen, Madeline Hutchins, chaired by Áine Brosnan.

A wide range of topics will be touched upon – including breakfasts, language used for family and friends, making and mending clothes, waterproofs, footwear, transport and the state of roads, writing and posting letters. Archives and artefacts

will be shown, and techniques demonstrated. It is free, at the Ouvane Falls Inn, but needs to be booked.

Some of Ellen's seaweed specimens are returning to Bantry, more than 200 years since she collected them from the Bay, carefully spreading and drying them on paper before sending them off to botanists at Trinity College Dublin, where they have been kept ever since, in the Herbarium there. Two or three of them can be seen in Bantry Library as the star exhibits in the beautiful oak Ellen Hutchins Archives Cabinet in the reference section with a table display of other Ellen related pieces from Saturday August 12 to Saturday August 19.

Ellen's archives and artefacts

will be on show again as part of the performance / talk, 'Seaweed and Sealing Wax 3', on Sunday August 20, also at the Ouvane Falls in Ballylickey. Hear extracts from Ellen's letters to Dawson Turner and his replies with notes and context. Gráinne Lyons will read from her recently published book, 'Wild Atlantic Women: walking Ireland's west coast'.

In the afternoon on Sunday, August 20 is the Whiddy Island Seaweed and Lichen event, at which you can try your hand at making seaweed specimens as Ellen would have done.

See the website www.ellenhutchins.com for the full Festival programme and links to events that need booking.



Historical re-enactor, Carrie O'Flynn and local historian, Angela O'Donovan.

The Colosseum and the Hypogeum



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.

“A hunter in the arena wouldn't know where the next lion would appear, or whether two or three lions might emerge instead of just one.” – Heinz-Jürgen Beste

This month I had the opportunity to visit Rome and one of the 'New Seven Wonders of the World', The Colosseum, possibly the most amazing building I've ever seen. Like a peacock amongst a murder of crows, the building sits in this modernised city like it doesn't belong. However, on drawing closer you realise that not only does it belong, but it's in the perfect spot and has been since 80AD when it first opened its doors. It's a beautiful building despite being in considerable disrepair. You can see contemporary struts holding the walls in place; there are many tightly wound nets on the second floor to stop debris falling from what were Roman

seats. Despite this, it has had extensive renovations to allow viewers to appreciate how it would have been in its hey day and pomp. It has 80 separate entrances, is 189 metres long, 156 metres wide and an incredible 50 metres tall. Something new to me was the Hypogeum, an unfamiliar word, explained by our tour guide. It was the Hypogeum that left the lasting impression.

The Hypogeum is located underneath the stage floor of the colosseum, which is laid out in a very similar fashion to Croke Park: With a capacity for 87,000 people, all visitors were focused on the arena floor. This is where the gladiators fought, animals were slaughtered and executions took place at the request of the emperor. The infamous thumbs up and thumbs down salute that we use today originated here and ultimately signalled the continuation of a gladiator's life or death on the arena floor. The Hypogeum however is invisible, hidden beneath the arena floor.

Divided into two levels, the Hypogeum comprised of a series of connected corridors and tunnels that lead in and out of the Colosseum. During performances, this underground area was extremely busy. As well as being the waiting area for the gladiators before they were led out to the stage, it was the holding area for the caged animals. It was also full of people involved with the performances, like ants in a nest, all working together for one common goal: This included shifting scenery, herding animals and delivering



gladiators to the arena. Many of the animal hunt performances featured large and dangerous animals such as elephants, giraffes, lions, and panthers of which many had been imported from Africa and the Middle East. Living in Dubai, this was particularly interesting to me, as I was completely unaware. Elaborate scenery and props were also required for the spectacle, shifted around the amphitheater for the various shows, all done out of sight underneath the arena floor. It is estimated that 50,000 people were executed on the arena floor for sport and as many as one million animals killed.

The games in Rome started almost as an apology to the people, after the emperor Nero had appropriated swathes of the city for his outrageously opulent villa, the Domus Aurea, and flooded this valley at the bottom of the Esquiline, Caelian and Palatine hills to make himself a lake. Keen to garner favour with the public, the Flavian dynasty, who took power following Nero's death, wanted to give the land back to

the city – so they drained the lake, and vowed to build the empire's largest amphitheater as a present to the people.

Roman carpenters and engineers created 80 wooden elevators to transport the gladiators, as well as the wild animals surreptitiously, from the hypogeum up to the arena floor. To build the Colosseum today, it would cost around 39 million euros.

Unlike when visiting an arena for a sporting or music event nowadays, entry into the Colosseum was free for ancient Romans. Not only that, but they got fed throughout the event. It is said that the emperors did this in order to gain popularity throughout the Roman empire. Free entry and food were necessary because events could last for up to 100 days at the Colosseum. Hours were spent there every day, enjoying the spectacles and catching up with friends. You can see 1,700-year-old chicken bones and fruit stones that were found in the Colosseum on display on the second floor.

Once the Roman Empire

collapsed in 476 AD, roughly 66 per cent of the Colosseum fell into disrepair. Two earthquakes, in 847 AD and 1231 AD, destroyed the structure. However in 2018, funded by Italian fashion brand Tods, experts began renovating the hidden system of passageways so tourists would be able to roam where gladiators and wild animals once prepared for combat.

Historians now believe that one of the things the Colosseum was used for in ancient Roman times was mock sea battles, which made for interesting viewing for the regular citizens of Rome who would not have seen real life sea battles taking place. Water was diverted into the grounds of the Colosseum to provide a more accurate spectacle and replica boats and weaponry situated on top of the hypogeum were used. All of this unfolded in front of me this morning – a truly remarkable and unforgettable experience. While the year 523 AD marked the last show in the Colosseum, 1500 years on, it is still entertaining.

A new career pathway with Sherpa kids

What do we offer?

- ✓ Training
- ✓ Career progression opportunities
- ✓ A friendly & supportive work environment

Positions available in Bandon, Laragh, Belgooly, Ballinshassig & Clonakilty

Apply today!

hr@sherpakids.ie

sherpakids.ie



Diaries of Michael Collins return to public display in Clonakilty for month of August

LifeFM documentary shares a hidden part of Ireland's past

A snapshot of a hidden corner of Ireland's past, 'Miss Baptiste Sings' tells the story of Rachel Baptiste, a black Irish singer who was a nationwide sensation. Discover the intriguing story of the African singer who was a surprise stage sensation in 1700s Ireland and be transported by song to a forgotten past in this LifeFM documentary, which plays on LifeFM 93.1 on Thursday, August 10 between 3pm and 4pm. It will be repeated on Saturday, August 12 between 5pm and 6pm and worldwide.

As Ireland becomes increasingly diverse, it's easy to think that this is a recent development in our history, but in fact Ireland has been a home to a variety of people for centuries. Case in point, the fame and success of Rachel Baptiste, an AfroIrish woman who was a beloved singer/actress in the mid 18th century. A sensation in the UK and Ireland, she toured to packed houses and appreciative audiences. Using a combination



of excerpts from contemporary sources, expert interviews and musical highlights from singer Nono Madolo, this documentary will bring you back into a hidden part of Ireland's past and learn the life and work of Miss Rachel Baptiste.

LifeFM have a strong history in producing compelling content including 'Word Power', 'Bridge to the Past', 'The Price of Liberty' and 'Magic Tales of Cork', all of which were aired on Cork's 93.1 LifeFM.

'Miss Baptiste Sings...' was funded by The Broadcasting Authority of Ireland using the Television License fee. www.life.fm

After a hugely successful exhibition in August last year, the National Archives brings the Michael Collins Diaries 1918-1922 back to Michael Collins House Museum, Clonakilty for the month of August 2023.

This year, visitors to the

museum will be able to see the original 1918 and 1919 diaries on display and view all five diaries on an interactive touch-screen device. The diaries are Collins' organisational diaries detailing his daily schedule, meetings and 'to do' lists giving an invaluable insight into his

day-to-day life.

The diaries have undergone significant conservation and preservation treatment, archival processing and digitisation at the National Archives.

The diaries are on loan to the National Archives by the family of the late Liam and Betty Col-

lins, Clonakilty, Cork.

Admission to the exhibition is free and the Michael Collins House Museum will extend its opening hours for the duration of the exhibition. For more information please visit www.michaelcollinshouse.ie

#heritage

MICHAEL COLLINS DIARIES 1918-1922

August 2023
Tues-Sun: 9am to 6pm

Michael Collins House
Cloich na Coillte



An Chaitlann Náisiúnta
National Archives



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



Comhairle Contae Chorcaí
Cork County Council



Castletownbere woman celebrated as one of Ireland's first European citizens

Minister for European Affairs Peter Burke honoured Ireland's first European citizens, known as 'the Eurobabies', at a special event held in Government Buildings last month. The event, titled 'Celebrating EU Values', was hosted by European Movement Ireland.

Orla Gilsenan from Castletownbere was among a group of 13 individuals from across Ireland who were born on January 1, 1973, coinciding with the day Ireland joined the then European Economic Community. To commemorate this historic moment, the then Irish Council of the European Movement (now European Movement Ireland) commissioned special medallions for the newborns. These medallions symbolised their unique status as Ireland's first European citizens. On the occasion of the 50th anniversary

of Ireland's EU membership, the Eurobabies were presented with new medallions to mark this significant milestone.

Minister Burke expressed his appreciation for the Eurobabies' symbolic status: "This occasion allows us to reflect on the immense progress Ireland has made within the European Union over the past 50 years. The Eurobabies represent a unique generation who have witnessed Ireland's journey as a member of the European Union since its inception. They have grown up with the opportunity to live, work, and study across the EU, benefiting from the freedom of movement and the diverse cultural experiences it brings."

The event also reflected on the impact of EU values on Irish citizens with each of the speakers reflecting on the impact within their lives.

One of the founders of the then Irish Council of the European Movement (now European Movement Ireland), Neville Keery, who played a pivotal role in the 1972 referendum campaign, spoke at the event.

He said: "Today, as we celebrate 50 years of Ireland's membership of the EU, we can reflect on all of the progress that we have made as both a people and as a nation. Joining the ECC did more than open up the markets, it also opened up our minds. We have been transformed from a nation that looked inward to one that has opened up to be a major force on the European stage."

This event is part of the European Movement International's Together for Europe project. The project has been funded with support from the European Commission.



Orla Gilsenan from Castletownbere with Minister for European Affairs Peter Burke

people Environment : Making a difference

Ireland has become warmer and wetter over last 30 years

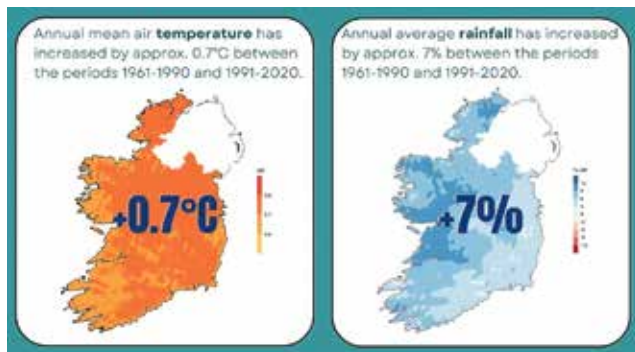
Last month Met Éireann published a comprehensive summary of Ireland's latest climate averages, for the period 1991-2020. These are the 30-year averages of observed variables such as rainfall and temperature.

The key findings from Met Éireann's analysis of the 1991-2020 climate averages highlight changes in Ireland's climate over the past three decades. The most notable one being an overall increase in air temperature compared to the previous 30-year period with the average yearly air temperature for Ireland standing at 9.8 degrees Celsius (1991-2020). This represents an increase of 0.7 degrees. Furthermore, mean temperatures

are higher across the country for all seasons in the most recent 30-year period.

The research also shows that sunshine hours have increased by approximately five per cent when compared to the 1961-1990 period, with May as the sunniest month of the year followed by June.

Met Éireann's analysis also reveals an increase in rainfall of approximately seven per cent over the last 30 years when compared to the 1961-1990 period, with annual average rainfall for Ireland at 1,288 mm (1991-2020). Regional variations are also evident, with the West and North of Ireland showing the greatest increases in annual rainfall.



The release of these findings by Met Éireann comes ahead of the World Meteorological Organisation's (WMO) publication of the Global Climate Averages (or Climate Normals) for 1991-2020, due to take place this August. Met Éireann contributes to the development of this global

dataset through the provision of data from Ireland's equivalent 30-year period averages.

Met Éireann Climatologist and Project Lead, Mary Curley, said, "The publication of Ireland's most recent climate averages allows us to assess how Ireland's current climate compares

to the previous 30-year period.

We know that the atmosphere is warming and what we're seeing at the local and national scale fits the international picture.

"Importantly, the data provides information about typical climate conditions for a particular location and is a crucial benchmark for weather and climate conditions. This serves as an important resource for Government and relevant stakeholders to enable informed decision making to benefit society."

She added: "While these averages give us an up-to-date baseline to compare our current and future weather to, it's important to remember that weather patterns can vary significantly from

year to year."

The findings in these new 30-year averages align with the results from Met Éireann's TRANSLATE climate projections, optimised for Ireland, which were released in June. TRANSLATE confirms the likelihood of a warmer and wetter climate annually for Ireland, in relation to future potential global warming under different greenhouse emission scenarios.

Met Éireann will publish a comprehensive technical report on the 30-year averages 1991-2020 on met.ie later this year, which will provide more detailed information.



This month, Branch Committee Member **Karl Woods** writes about seabird watching.

When people think of birdwatching, it's easy to imagine a walk through the countryside, or watching ducks and waders on an estuary, or the finches on your garden feeders. Even hunting for migrant birds around coastal gardens and headlands, whilst a little extreme for the novice birdwatcher, would not raise too many eyebrows. There is however another kind of birdwatching, one that even some enthusiasts don't venture towards. Try to imagine working your way out to the very tip of a headland, usually in less than ideal weather conditions, and parking yourself in whatever slightly sheltered spot you can find to spend several hours using binoculars and a scope to spot fast moving birds flying over the waves, frequently at a great distance. While it may not be many people's idea of birdwatching, it can bring great rewards to those who are enthusiastic about birding, opening up a new world of birdwatching to groups of birds referred to collectively as seabirds.

There are a few seabirds that people will recognise such as Puffins and Gannets, mainly thanks to accessible breeding colonies on some of our islands that are regularly visited by members of the public and

The world of seabirds



Storm Petrels feeding

wildlife photographers. While West Cork does not have any accessible island colonies, it does have a great viewpoint for the breeding seabirds on the sea stack at the Old Head of Kinsale. This is a wonderful spot to get a look at breeding Guillemots and Razorbills (relatives of the Puffin) along with Kittiwakes where hundreds of birds line the cliffs and sit on the water.

However, there are more of our breeding seabird species that are less easy to see, and thus off the radar for many birdwatchers, such as Manx Shearwaters and Storm Petrels. Some prefer to breed on more inaccessible islands and many spend all the daylight hours feeding out at sea and only returning to their nest sites at night to avoid predators. These are also joined by other seabirds that do not breed here but use our waters for feeding or on migration. When weather conditions are right, these feeding and migrating birds are pushed closer towards the land, presenting some of the few opportunities to see them. Due to its position and the

weather systems in the Atlantic, West Cork has some of the best sea watching spots in Ireland: Galley Head, Mizen Head and Cape Clear among others. At the right times thousands of seabirds can be seen passing along the cliffs here.

Thankfully there is another option for those not wanting to stand on a headland in the wind and rain. Rather than waiting for the seabirds to come closer to land, you can take a boat out to meet them. Pelagic trips can be a great way to experience seabirds, frequently with fantastic up close encounters. There is also a good chance of encountering cetaceans on these trips, due both to the distances covered and that seabirds frequently gather to feed above them. Sometimes this takes the form of a 'bait ball' with hundreds of birds feeding in a single spot above whales or dolphins; a great experience for anyone. Another trick sometimes used on a pelagic is to set up a chum or oil slick running from the boat. This can bring in birds from miles around that will follow along the chum trail,



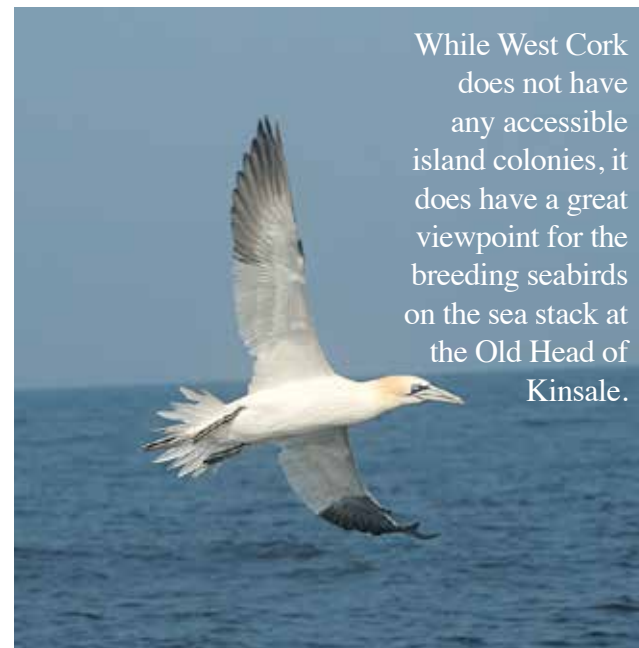
Atlantic Puffin

frequently bringing them right up alongside the boat. Chumming works particularly well with Storm Petrel, sometimes attracting several hundred birds, with a reasonable chance to include its rarer cousin the Wilson's Storm Petrel. Storm Petrels are a wonder to watch as they hover just over the surface, picking tiny pieces of food out of the slick and looking almost like they are walking on water. Fulmars, Gulls and Shearwaters may also come for a look at the food and this in turn may attract in a Skua or two looking to see what the other birds are interested in. Skuas are acrobatic and aggressive birds and well known to chase and attack other birds (frequently much larger than themselves) to make them drop or regurgitate food which they then steal.

The Branch runs occasional pelagic trips (see upcoming events below) and headland outings. Come and join us for the opportunity to see some of our twenty-or-so regularly occurring seabirds, and maybe even the possibility of something rarer such as a Black-browed Albatross.



Pomarine Skua. All pic: Karl Woods



Northern Gannet

While West Cork does not have any accessible island colonies, it does have a great viewpoint for the breeding seabirds on the sea stack at the Old Head of Kinsale.

BirdWatch Ireland West Cork Branch News

Upcoming events being held by the Branch are:

Sunday August 13

National Heritage Week – Rosscarbery

Sunday August 27

Pelagic boat trip (BirdWatch Ireland Members only)

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

STARTING OR GROWING A BUSINESS IN CORK NORTH & WEST?



SMALL BUSINESS SUPPORTS

#MAKINGITHAPPEN

Financial Incentives for new and existing small businesses employing less than 10 People in Cork North & West involved in Production, Manufacturing or International Trading Services

Feasibility Study Grants

Up to €15,000 support towards Key Innovation Costs, Prototype Development & Market Research

Priming Grants

Up to €75,000 support for new Business Start-Ups towards Capital, Marketing, Consultancy, Rent and Employment Costs

Business Expansion Grants

Up to €75,000 support for Businesses trading in excess of 18 months towards Capital, Marketing, Consultancy, Rent and Employment Costs

Agile Innovation Fund

Support of up to 50% towards Innovation for Product, Process or Service development Projects

Digital Starts

Digital start will help you develop a digital plan to optimise process or deliver seamless digital customer experience.

Technical Assistance Grant

Support of up to 50% of eligible costs to a maximum of €2,500 to enable Businesses explore and develop new Market Opportunities in Export Markets

Lean for Micro Programme

LEAN practices help businesses understand where they can identify and reduce waste within their business. This could be waste when it comes to time, resources or money. Its about working smarter, not harder.

Trading Online Voucher

Financial support of up to 50% of costs to a maximum of €2,500 to help eligible businesses develop their Online presence

Green For Micro

2 days free sustainability consultancy to examine and identify Cost Savings and Market Opportunities

VISIT www.localenterprise.ie/CorkNorthandWest/ FOR FURTHER INFORMATION, ELIGIBILITY AND APPLICATION PROCESS.

For Financial Assistance, Training & Advice, Contact The Local Enterprise Office Cork North & West.
Tel 022 43235/023 8834700 | northcork@leo.corkcoco.ie | westcork@leo.corkcoco.ie

people Environment : Making a difference

Nature Restoration Law a victory for West Cork



GROUNDED

MEP Grace O'Sullivan

This time last month I was writing in West Cork People about the forthcoming Nature Restoration Law and the benefits it could bring to places like Bantry, Skibbereen and Bandon.

Today I have the pleasure of penning this article knowing that the Nature Restoration Law has been passed by the European Parliament, and is on its way to becoming law at home.

Unfortunately this legislation is more needed than ever

before. A new study from the Environmental Protection Agency (EPA) in June found that there has been no improvement in the water quality of Irish rivers, lakes, estuaries or coastal waters. In our rivers and groundwaters especially, nitrogen levels from agriculture and urban wastewater have actually risen to the point that 40 per cent of our rivers are now excessively polluted with nitrogen.

In addition to water quality, we are also seeing a drop in wild populations. In West Cork recently and on a previous mission to the fishing towns of the south coast of Ireland, I heard about the impact of pair trawling on inshore fisheries. Sprat populations, a fish that does not enjoy the protection of a quota limit, are being devastated by a small number of boats while the majority of inshore fishers feel the knock-on impact on other fish populations. Mackerel

too are becoming less and less common in Irish waters while Cod and Whiting populations are continuing to struggle.

They say the definition of insanity is doing the same thing over and over and expecting different results. After decades of poorly enforcing environmental protections and expecting things to improve, it's time to change tack and introduce legislation with more teeth.

Enter the Nature Restoration Law, a landmark piece of legislation which aims to restore all damaged habitats in the EU to favourable status by 2050.

The other week in the European Parliament in Strasbourg, we held a nail-biting vote on the future of nature. The European Commission had proposed new binding legislation for Member States to improve the status of natural habitats and ecosystems, which have declined across the continent to the point that over 80 per cent of EU protected

habitats are in 'unfavourable' or 'poor' status. This law came up against strong opposition from European conservative parties who are afraid of losing many of their voters to climate-denying right-wing parties like Vox in Spain or the AfD in Germany. These parties, egged on by large industrial lobbies, would rather put their heads in the sand than tackle the biodiversity loss we are seeing all around us.

In Ireland, farmers know better than anyone that without pollinators, without quality soil and without stable and safe water quality, we can say goodbye to food security and the future of farming. Meanwhile the intense heatwaves we are experiencing in southern Europe this summer which threaten the entire European agricultural model demonstrate the need to tackle climate change with more than lip service.

Thankfully, we managed to convince all Irish MEPs to join

forces to fight for nature restoration and the law passed by a small margin that had all MEPs on the edge of their seats as the votes were counted. Ireland was the only country where all MEPs voted in unison.

Now, with a united front it is time to start implementing the legislation at home, to put in place proper restoration measures on Irish bogs, forests

and seas. It's not just about righting the wrongs of the past. If we pull this off and succeed in bringing nature back into our cities, towns and rural areas, we could create an Ireland that is much better equipped to deal with the challenges that are yet to come.



MEPs Grace O'Sullivan and Ciaran Cuffe at the European Parliament in Strasbourg

Fabric first: Insulating your home – windows, doors and floors



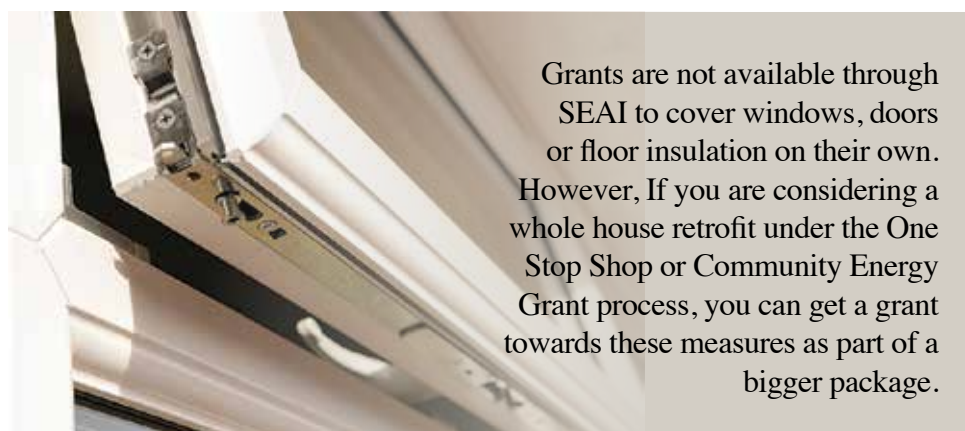
RETROFIT

Xavier Dubuisson

Xavier Dubuisson is an engineer with 25 years experience in the field of sustainable energy in Ireland and internationally. The founder and CEO at RetroKit, a start-up dedicated to upscaling home energy upgrades with innovative digital solutions and one of the partners in the CHERIS project, Xavier has many years of experience helping homeowners make the right decisions when upgrading or building low energy homes.

upgrades, achieve significant long-term financial savings, all whilst contributing to a greener future. It is no secret that most of us want to make our homes more energy efficient but don't know where to start. What do I need to do? How much will it cost? Are there any grants available? How much will I save in the long-run? Who is out there to do this work? How long will it take? These are the questions we all want answered before taking on a project like this.

The CHERIS project team (Ludgate Hub, The Wheel and RetroKit) have enrolled a number of energy mentors from housing associations, credit unions, community organisations and sustainable energy communities. The team will be trained to deliver a home energy upgrade advice service using a new toolkit. This service will be rolled out later this year through a series of free clinics helping individuals who are searching for advice on how to get started



Grants are not available through SEAI to cover windows, doors or floor insulation on their own. However, If you are considering a whole house retrofit under the One Stop Shop or Community Energy Grant process, you can get a grant towards these measures as part of a bigger package.

on their home energy upgrade journey.

Take your first step now by registering for the clinics at www.ludgate.ie/cheris-west-cork/

Last month, we talked about insulation and I mentioned the 'fabric first' approach, which means that we need to make sure that our homes are not using more energy than they need to. We can do this by reducing heat losses through in-

sulation and also by preventing draughts. Last month, I covered wall and attic insulation and this month, I'd like to look at other fabric measures, including floors, windows and doors.

Windows and doors are another important measure to consider particularly in conjunction with external or internal insulation. The obvious benefits of replacing or upgrading windows and doors are that they allow the sunshine and the outside space to come into your house and help get rid of leaks while improving the heat of the home. But, there is also another consideration and this is related to the air quality and ventilation in your home. Ventilation is really important especially when you are upgrading your home and making it more air tight. Traditionally in Ireland we had lots of draughts in our older buildings but the tighter the fabric of the building, the higher the need to make sure fresh air is circulating. There are

a number of ways of doing this, which I will cover over the next few months – but windows are one way to help. For example, if we can't leave windows open at night time for security reasons or our windows don't have any vents to allow air to flow freely, this could be causing problems which can lead to unhealthy air and contribute to mould and other issues.

So if you have single glazing or even old double glazing there are a few options to upgrade: you can replace these with modern double or triple glazing and insulated doors, which will reduce heat loss by about threefold and improve comfort. SEAI estimates, 10 per cent of heat is lost through windows and doors. Another option is to renovate the existing windows. Draught proofing them is a simple measure to reduce air leakage by replacing seals that may be damaged and also getting a window service to make sure all the hinges and

locks are working properly and adjusted so the windows close properly. With some older window frames it may be possible to change the glass and keep the frame. You will be limited by the space available for the glass, and though you can get special slimline glazing for this purpose, which will be an improvement, but won't be able to get the same kind of performance as replacing the window entirely. There are other hidden benefits. Modern windows are more secure and also have better acoustic properties, reducing noise transfer from outside.

Finally floors, which are often the most disruptive retrofit measure, and so are usually only completed as part of a deep retrofit project or in conjunction with other renovation works required to the floors, for example if you need to lift the floor to do structural repairs or run new pipe work. It is still something worth considering and a suspended floor for example can sometimes be easier to upgrade than a solid floor.

Grants are not available through SEAI to cover windows, doors or floor insulation on their own. However, If you are considering a whole house retrofit under the One Stop Shop or Community Energy Grant process, you can get a grant towards these measures as part of a bigger package. All details are listed on the page on the SEAI website.



CHERIS empowers West Cork homeowners to make home energy

FOR YOUR ENERGY UPGRADES

Wall & Attic Insulation
Windows & Doors
Heat Pumps
Photovoltaics (PV)
Ventilation

SEAI Registered One Stop Shop Provider

Grants offered are provided by the Government of Ireland through the Sustainable Energy Authority of Ireland (SEAI).

www.insulex.ie 021-477 8562

people Environment : Making a difference

The plastic menace

Dr. Jeremy A. Dorman, a zoologist and teacher living in West Cork, asks us to visualise being continuously assaulted by plastic, which is what so many of our ocean creatures have to contend with, and is now being passed back to us on our dinner plates! Facing the same deluge day in, day out, might make us more mindful of our throwaway culture, and the mountain of plastic, from bottles to coffee cups, which is contributing to the ruin of our planet.

Imagine walking down the street in Clonakilty and being constantly bombarded by plastic bottles, fishing floats, used face masks and the odd wellington boot. Lengths of fishing line trip you up, and if you open your mouth, you might find yourself choking on a plastic bag.

This is what it must be like for many of the creatures who have to live in the garbage soup which we, *Homo sapiens* (*sapiens* meaning 'wise'), have made of the sea.

Between January and December of 2021, I collected 59.73 kg of plastic litter from my local beach – I weigh my catch like an angler weighs his fish. In 2022, the total was 34.45 kg; in the first half of this year it was 25.4 kg. These might seem insignificant amounts, but 90 per cent of that rubbish consisted of small pieces of degraded plastic bottles, which weigh very little. And I haven't included the ropes, buoys and fish boxes that also regularly wash up, or the television that appeared last August, or the Ford Fiesta that was set alight and abandoned in October. My litter collection last year filled nine fertiliser bags. That is a lot of plastic from one tiny cove where hardly anyone ever goes.

And these are all underestimates, because I know that for every piece of plastic I pick up, several more are hidden away in the seaweed.

Other regular finds include anglers' lures, pieces of tangle net, sections of trawl net, broken shrimp pots and fragments of clothing. I have also found disposable masks, the odd shoe, several tennis balls, a plastic chopping board, an unopened packet of bacon, a coil of barbed wire and – a new scourge – children's party balloons, the ones with long streamers. Surprisingly, I have yet to find a plastic coffee cup – our local coffee drinkers prefer to dispose of them in the hedgerows.

The fishing gear is there by accident, face masks, hopefully, are a thing of the past, and much of the other rubbish could have come from anywhere. But new balloons, with 'Happy Birthday'

written on them, demonstrate incredible thoughtlessness. I have picked up six this year. Do the parents who buy these things not wonder where they might end up? Do they not picture the streamer strangling a gannet, or the balloon blocking a basking shark's intestines?

Back in the 1980s, I studied garfish in Courtmacsherry Bay. Their diet consisted mostly of small fish, crustaceans and insect flotsam taken from the sea surface. Unusual items found in their guts included bits of aluminium foil, scraps of coloured paper, orange pips and cigarette butts. These probably came from the angling boats catching them, but they demonstrated that garfish were unable to distinguish food from rubbish. However, I never found any pieces of plastic. I also took monthly samples of the surface plankton, but rarely found any litter at all.

In recent decades, however, the situation has deteriorated severely. To give just a few examples – a 2013 study of demersal fish in the English Channel found that 35 per cent had plastic in their stomachs; so did 83 per cent of 'Nephrops norvegicus' sampled from the west coast of Scotland in 2016. Even amphipods in the Mariana Trench, nearly seven miles down, have been found to contain plastic.

This plastic comes from two sources – dumping by thoughtless people, or more insidiously, from clothing fibres, cosmetics and detergents that we innocently wash down our drains. Either way, it is ingested, by zooplankton or larger animals, and so gets into the food chain, and ultimately, to you. It was said a few years ago, some thought in jest, that by 2050 there will be more plastic in the sea than fish. But it is no joke.

There are other problems caused by plastics that we are only just discovering. It has been found, for example, that when planktonic animals such as salps ingest microplastics, their faecal pellets sink to the sea bed at a slower rate than usual, reducing the ocean's capacity to store carbon.

So what can be done?



Jeremy with just some of the rubbish he has found, including a car and a TV.



Beach cleaning is a Sisyphean task. I collect litter from the nearby cove every day, weather permitting, but there is always the same debris there again next day. And it is impossible to pick out all the tiniest plastic particles that are now a common sight on the sea shore. But at least my little patch of the Seven Heads is almost clean, and each item of litter removed is one less piece to harm wildlife.

We should, of course, stop using plastic altogether – we should wear clothes made of only natural fibres, use cleaning products that don't contain microplastics; fishermen should revert to wooden pots and hemp ropes. But even if people in Ireland did all this, and most can't, it won't make any difference worldwide. I have lived in several African countries in which there is hardly any regular refuse collection, let alone recycling systems. Roadside drains and ditches get filled with rubbish, especially plastic bottles (they once had glass mineral bottles which were always returned for the deposits, but 'development' has brought them plastic ones), and when the rains come, the bottles all make their way to the rivers and out to sea. I have seen the same



in China, where the problem is thousands of times greater.

Plastic pollution is part of a much larger issue, demonstrated obviously, if trivially, by the preposterous sight of people walking along the street, or driving, or even pushing shopping trolleys at the supermarket, while holding disposable cups

This insane, ceaseless desire for more and more unnecessary things – the production, use and disposal of which invariably damages the environment in some way – fuelled by advertising, fashion and politicians' obsession with economic growth is, along with alarming overpopulation, the cause of all the Earth's problems. What is the plan anyway – to keep growing, to keep developing, until every inch of the planet is covered with houses shopping centres, traffic jams and litter? Most people will never voluntarily lower their standards of living. And what politician is brave enough to tell them they must?

We will all suffer eventually; some already are. But the worst casualty is the natural world. Despite the work of wonderful people like Sir David Attenbor-

Plastic pollution is part of a much larger issue, demonstrated obviously, if trivially, by the preposterous sight of people walking along the street, or driving, or even pushing shopping trolleys at the supermarket, while holding disposable cups of coffee (would that I could bombard them with wellington boots). No one needs to drink coffee in the street, or drive miles just to get it, any more than they need giant party balloons, or drinking water in plastic bottles, or new clothes every month, or half of the food they buy, and then throw away.

of coffee (would that I could bombard them with wellington boots). No one needs to drink coffee in the street, or drive miles just to get it, any more than they need giant party balloons, or drinking water in plastic bottles, or new clothes every month, or half of the food they buy, and then throw away.

ough, the general public knows and cares less about wildlife than they do about such trifles as football and soap operas. I see people jogging past my cottage with their ears plugged into music, or staring at their damnable mobile phones, oblivious to the beauty around them.

I once saw children playing on the beach, never noticing the seal basking on the rocks a few yards away. People in the developed world, and sadly now in the developing one too, have become so detached from nature they hardly notice it. Yet every organism on Earth, apart from recently evolved viruses, was here long before we were. It is their planet more than ours. They deserve our respect, and compassion.

If I come across a bumble bee, lethargic and lost, I don't worry that it will sting me; I reach down, let it walk up my finger, enjoy its furry buzzing, and then take it to the nearest nectar source. When I see a slug in the road, I don't say "Yuk". I pick it up, watch it wave its antennae as it wonders, in its sluggish way, what is happening, and then I put it somewhere where it won't be squashed. It might get eaten by a fox later on, but that is their business. If I find a jellyfish washed up on the shore, I always try to get it back in the water. It is not just a useless blob of possibly dangerous jelly; it is a most delicately attractive animal, and, if it is 'Aurelia aurita', the common jellyfish, it is technically immortal; it might once have been swimming in seas undefiled by humans.

None of this will make much impression on the person who throws his cigarette packets and drink bottles in the hedge, or the children who regularly drop their sweet papers in the lane. It won't worry the people who, with strimmer, mower and poison, wage a constant and unnecessary war against the grass, wild flowers and small animals in their gardens, or those who leave outside lights on all night, every night, ruining the stars for others and causing havoc among nocturnal insects. And it probably won't stop parents buying balloons for their children's birthdays and letting them float off into the sky. Unfortunately, these people are not a minority. And Ireland is a rich country with a relatively well-educated population; in much of the world people do not know, or are too poor to worry, about the state of the planet. It is difficult to remain optimistic, but those of us who care about the environment must never give up.

One simple thing we should all do is to stop buying water and minerals in plastic bottles. And if you really must drink coffee in the street, at least have it in a china mug.

people Farming

West Cork farmers air derogation worries

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



Rain has made for an awkward farming July and the big concern for a good few West Cork farmers, particularly those in dairy, is the chance that the nitrates derogation they avail of could be changed.

I attended an event in the Timoleague agricultural catchment in early July and came away with a mix of good and concerning news. A positive was to hear Ted Massey, head of nitrates at the Department of Agriculture, compliment the farmers involved in their efforts to reduce the level of nitrates in water and put their success down to working together to achieve

it. Acknowledging that the Timoleague catchment was the only one of the six agricultural catchments to show a decline in nitrate levels, he praised the farmers' efforts, as they continue to invest and implement measures to improve water quality in one of the highest stocked parts of the country. However, he also reminded them that, while there has been a reduction in nitrate levels in the area, it remains above the target levels.

Massey challenged farmers to call out bad practice such as spreading slurry in the closed period. This type of activity is detrimental to water quality and putting the derogation and farmers' livelihoods at risk.

Although in agreement with his sentiments, there was a little pushback against this with farmers and industry personal arguing that it was up to the Department or relevant county council's responsibility to ensure regulations were adhered to.

The financial implications of changes to the derogation and a case study of host farmer Sean Deasy's farm and another of all the farmers within the catchment were spoken about. Sean's heifers are contract-reared so the farm is carrying cows only for most of the year. At 250kg N/ha, Sean is permitted to run a maximum of 80 cows on his 31.9ha farm and their average milk solids for 2022 was 510kg. If the derogation limit goes to 220kg N/ha, the maximum number of cows becomes 70 and available milk solids could drop by 5,100kg based on last years figures. Taking a price of €5.60/kg MS, that would see annual income fall by €28,560. A farmer asked what Sean's cow numbers would be if he decided to drop numbers below the



A huge crowd attended the IFAs save our Derogation rally in Bandon recently to show their concerns in the economic impact the removal of the nitrates derogation will have on west Cork.

derogation threshold of 170kg N/ha. This scenario would see numbers drop to 53 cows and the potential loss of 13,770kg of milk solids and the loss of €77,112 in milk sales.

When it came to the financial impact on the catchment, the figures looked bleak. If the derogation limit is reduced from 250kg N/ha down to 220kg N/ha and the option to export slurry isn't there for those farms, cow numbers would have to drop by 370 across the 18 dairy herds in the 758ha catchment.

Put a conservative average milk solids yield of 500kg/cow and a milk price of €5.60/kg of milk solids, that's just over €1m less income coming into those few townlands. If, over time, the derogation is phased out and the limit becomes 170kg N/ha, that would mean a reduction of 840 cows. That could mean an income of around €2.35m lost to that small area. Ok, there

are input costs to produce that milk, but both the costs and income find their way into a lot of households from that small corner of west Cork to much further afield.

That is a massive hit on income and one that will be extremely difficult to replace. Given that most farmers have invested heavily since the abolition of milk quota in 2013, losing that income and repayment capacity is one of their principal worries.

Those worries led to a rally of farmers at Bandon on July 13, where in the region of 2,000 farmers gathered at Bandon Co-op's premises, to show their support for maintaining the nitrates derogation at present levels and air their concerns to both the Government and the European Commission.

Conor O'Leary, Cork Central IFA chair highlighted the financial concerns.

"For 15 years, we've spent on everything the experts have asked of us. This is the first time we're facing a regulation that reduces our capacity to repay."

He was backed up by West Cork IFA chair, Donal O'Donovan, who said:

"Agriculture is the main driver of the rural economy in the Bandon catchment area. We must maintain the derogation at 250kg to ensure the economic survival of all farmers and businesses into the future."

West Cork farmers were joined by farmers and agribusinesses from throughout the county and other parts of Munster and, following a parade of tractors and lorries through the town, they were addressed by a number of speakers.

Highlighting the impact the proposed reduction to 220kg organic N/ha will have on the rural economy in Cork, all speakers called on farmers to put pressure

on their politicians to ensure that the derogation remains in place. Addressing the crowd, Peter Fleming, Barryroe Co-op chairman said

"What we're asking for is not unreasonable. What we're saying is give us time because, particularly from 2022 and this year, the whole method of farming has changed hugely."

"We've a 10 per cent reduction in the use of chemical nitrogen, cow banding has come in and the closed period for spreading slurry has been extended."

"All these measures are going to have a positive impact on water quality. All we're saying is just give us time to show this actually works."

How this plays out will depend on the outlook of the European Commission and, for the West Cork economy, there's a lot at stake.

SOCIAL
DEMOCRACY

Holly Cairns TD

I grew up on a dairy farm run by my mother, Madeline McKeever, who herself grew up on a beef farm in Meath. As small dairy farms became less viable, we switched to beef farming and vegetable seed

We need to talk about agriculture

production. I did a masters in Organic Horticulture and my thesis was on the importance of seed adaptation in a changing climate. I worked on our farm before I went into politics.

I'm telling you all this not because I consider myself an expert on Irish farming, but because I want to make it clear that I am a farmer too. I have a vested interest in wanting Irish farming to succeed and thrive for generations to come. And I want to make that clear because it has been my experience that the moment you question the policies or rhetoric of the big farming organisations, you are automatically branded "anti-farmer", and this tactic is having a silencing

effect on what is an incredibly important national conversation.

The importance of agriculture to this country and to this constituency, both culturally and economically, cannot be overstated. Irish dairy exports alone were valued at €6.8 billion last year. But even more fundamentally than that, we depend on agriculture to feed ourselves – without farmers, and farming, we have no food. We are also in a biodiversity and climate crisis and the only way that farming will remain a viable livelihood for generations to come, is if we take immediate measures to safeguard and protect our natural environment. We need to open up the conversation about

the future of agriculture in this country, and the farming community knows that better than anyone else. Unfortunately, the prevailing wisdom among many politicians is to never question the viability of the sector, for fear of losing "the farming vote".

I was asked to appear on Prime Time recently in response to their exposé on the mistreatment of bull calves for sale and export. I had raised the issue with the Taoiseach earlier that week when I had pointed out that this mistreatment is a direct consequence of a Government policy that has pushed intensification and maximum production within the dairy sector. There has been a surge in the number

of bull calves – largely viewed as valueless waste products – born in Ireland each year since milk quotas were abolished in 2015. This failed model has also resulted in the pollution of our waterways, the degrading of our soil and an increase in emissions.

When it came to the evening of the Prime Time debate, not one government representative was 'available' to appear alongside me. Not one.

Why didn't they want to appear? I can only imagine it's because they didn't want to publicly face up to the issues in the sector. But anyone working in agriculture, be it on a farm, in the Department of Agriculture, in Teagasc, or in a farming or-

ganisation knows that the current growth of the dairy sector is unsustainable, and they deserve to hear from the government what they intend to do about it.

Since I appeared on Prime Time, I have received so many messages of support from West Cork dairy farmers who appreciate the fact that someone is talking about the reality of the sector and the need for reform to future proof it. We all need to talk much more openly and honestly about the reality of the dairy sector if we are to have any hope of preserving it for future generations of farmers.

people Farming

A Farming Life: Ian Kingston, Dunmanway

Interview by Tommy Moyles

Hundreds of farmers attended a farm walk in Dunmanway in late June hosted by Ian Kingston and family, winners of the 2022 Carbery milk quality award.

Describe your farm?

I farm with my wife Marie, children Dylan and Emma and my parents Dick and Kathleen at Sillertane about four miles west of Dunmanway overlooking the Bandon valley. It's a dairy farm and in 2022 we milked 171 cows supplying Drinagh co-op. The whole farm consists of 97.2 hectares and most of it (82.6ha) is on the milking platform.

My grandfather, Harry Kingston, purchased the farm in 1911. It was a mix of better-quality fields and hill land that rise up to between 500 to 850 feet above sea level. It's been continually developed since then. My parents got a world bank loan and farm modernisation grants in the 1970s to develop about 60 acres of hill land and build modern animal housing and slurry storage. By 1983 there was 110 acres of grass and 50 cows. I completed my green cert in Darrara Agricultural College in 1987 and we gradually built up the farm leasing and purchasing land during the milk quota years up until 2015.

Given the altitude your farm is at, it's bound to have its challenges to work. How have you overcome them?

"We've learned to adapt to it. It's a high farm that rises from 500 to 850 feet above sea level

so we'd have high rainfall here. The annual average would be about 2,000mm and in 2020 we recorded 2,500mm. Our philosophy is about having a farming system that is focused on keeping a simple system and doing things to a high standard. The emphasis is on growing and utilising as much grass as possible. This, combined with breeding efficient, fertile and healthy cows that convert this grass into milk in a profitable system.

Due to the nature of the farm, it can be tricky to manage at the shoulders of the year and we wouldn't grow a similar quantity of grass for the year compared to other farms. In 2022 we grew 11.7 tons/ha. Unlike a lot of farms where there is a certain level of growth in spring and autumn, we tend to have grass growth spikes from mid-May to mid-September rather than it being a longer grass growing curve.

So you've had to tailor your grazing plan to match the conditions on the farm?

Yes, we have to begin closing paddocks for the following year from the end of September so that we'd have enough grass for spring. We use out farms for silage and after the second cut is taken, the calves go to one block and the replacement heifers to the other. This takes pressure off. If conditions allow, the weanlings go to graze these blocks early in the year. You could say we use our young stock as a kind of tap too when it comes to grazing. Because of this we don't contract rear young stock. The calves don't really have a big grass demand until May so that frees up the milking platform for the cows early in the year



and gives us a lot more wriggle room in the shoulders. I can't justify contract rearing due that. I looked at it several times but it wouldn't work.

You've always had a strong interest in breeding. What type of cows have you and what do you focus on when it comes to breeding?

We run a crossbred cows with a mix of Friesian, Jersey and Norwegian Red genetics and they have proved very suitable for our system here. They're a very hardy animal. We try to breed a cow that will last and does the business. We've been lucky, apart from losing half the herd to TB twenty years ago, we have our own back breeding that is the back bone of the herd. It's a long road,

nothing happens overnight when it comes to breeding. Improving milk solids is the focus and it's a continuous project. In 1992, the milk composition of the herd stood at 3.5pc fat and 3.16pc protein, a decade later this improved to 3.78pc fat and 3.39pc protein. By 2012 fat was up to 4.3pc and protein 3.46pc and, in 2022, we delivered 455kg of milk solids/cow (4.6pc fat and 3.75pc protein) to Drinagh co-op.

You've been using sexed semen for breeding recently... how has that gone?

I used 78 sexed dairy AI straws in 2022 and had a 53pc conception rate and a 93pc heifer calf rate (38 heifer calves and three bulls). I was happy with those figures and 60pc or 98 of the total straws used this year were

sexed. I have a regular outlet for heifer calves and that's a market I'm happy to continue supplying. Principally we'll use sexed semen in the first three weeks of breeding.

You've found discussion groups useful during your farming career?

Yes, I've found them very useful. I joined the Greenacres

discussion group in 1995 and became a Carbery monitor farmer in 1997 and subsequently joined the Greenfield discussion group. We've learned from each other in the group and from top class facilitators and from visiting other farms.

Bantry Show returns for an action packed day out

Showing the best of farming and rural life, an exciting day of competition is expected on Sunday August 20 when Bantry Show returns to its home at The Beaches, Bantry.

The committee has invested in a new, comprehensive website, www.bantryshow.ie, to show all the competition categories and allow competitors to enter online, although entries

are also welcome in person at the Show Office, which opened on August 1 on New Street, Bantry.

As usual there are classes for horses, ponies, donkeys, sheep, cows, dogs and poultry, plus an array of indoor classes for both adults and children. Prizes include €2,000 Munster ID foal final; €1250 Beef calf final and €1,000 Scotch ram all Ireland final. Registration for all

classes closes on August 11 – no applications will be accepted past this date, either online or in the office. Please note that Dog Show entries are only available on show day.

The programme is also packed with other types of entertainment; from live music and dancing to children's amusements there is something for both young and older to enjoy.

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

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

BANTRY

CHANGE OF DATE!
SUNDAY 20TH
AUGUST

AGRICULTURAL SHOW

at The Beaches,
Bantry

Free boat & bus transport to show grounds!

ATTRACTIONS:

- Funfair & Face painters
- Live music & dancefloor
- Sheep shearing demonstration
- Wide range of sideshows, trade & food stands

ALL THE FAVOURITES
WITH SOMETHING FOR EVERYONE

USUAL CLASSES FOR LIVESTOCK, POULTRY, DOGS
INDOOR CLASSES FOR ADULTS & CHILDREN

Entries online or call into the office

WWW.BANTRYSHOW.IE

email: BANTRYSHOW@GMAIL.COM Phone: 087-3719254

SHOW OFFICE New St, Bantry (open from 1st August)

€2000 of cash prizes in our raffle!

people Farming

Teagasc and UCC support the delivery of sustainable development goals in Agriculture Student Development Programme

Teagasc and University College Cork (UCC) have come together to provide a new support programme for students from a number of agriculture-focused universities and institutes in developing countries. This new initiative is co-ordinated through the 'Teagasc UCC International Agriculture Student Development Programme' and supports the delivery of the Sustainable Development Goals (in particular SDG 13 – Climate Action).

The new programme will

provide direct education, mentoring and support for an initial tranche of three Walsh Scholar PhD students from East Africa who will be registered with UCC, and will be co-supervised by Teagasc staff in Moorepark.

The students will work on Climate Smart Dairy Production with the initial work areas clustered around improved dairy breeding, forage production, forage conservation, and farm system optimisation.

Each of the study areas are integrated into larger institutional support and development

projects in Kenya, Eritrea and Tanzania supported by Irish Aid and the EU DeSIRA funding.

The new initiative will provide co-ordinated support from Ireland to colleagues in similar institutes in developing countries as they strive to develop an optimal climate smart food production system suited to their own country.

It will also provide a new

knowledge exchange network between Ireland and the three countries that will extend beyond the life of the projects and support provided under this programme.

Teagasc and UCC staff recently met two of the students participating in the programme at Teagasc Moorepark.

(l-r) Professor Pat Dillon, Teagasc Director of Research, Eskender Tesfay, National Agricultural Research Institute (NARI), Eritrea, Dr Emer Kennedy, Teagasc Enterprise Leader Moorepark, Samson Mwangi, Kenya Agricultural and Livestock Research Organisation (KALRO), Kenya, Professor Frank Buckley, Professor of Agricultural Science, University College Cork and Paul Maher, Teagasc Head of International Relations and Corporate Strategy.




O'DONOVAN'S
HOTEL

Open 7 days a week

at 8am serving full Irish breakfast, morning coffee, hot lunch, snacks, dessert/cakes and evening meals are served in the Lounge Bar up to 9pm

No need to book....just walk-in

Open for accommodation nightly. 023 8833250

Changeable Skibbereen skies captured for 'This is Dairying' competition



The beauty of dairy farming was impeccably captured in the entries for the 'This is Dairying' photography competition, run in the lead up to the 2023 Teagasc Moorepark Dairy Open Day.

The overall winning photograph was taken and submitted by Brid Doherty, Co. Kerry. The second prize winner was Marguerite Crowley from Bauravilla, just outside of Skibbereen, whose photo was taken just after milking on a June evening. Marguerite says: "That sky looked so scary as the dark clouds approached, but behind the camera, the sun was still shining. The skies opened and we got very heavy rain for about five minutes. Cows took shelter under those trees. Afterwards, the sun came out again, and it was a beautiful evening."

"I suppose it shows how our Irish weather can change so quickly, and is so unpredictable, but at the end of the day, it's exactly what helps us to grow that lush green grass that our cows love, and in turn makes our excellent quality milk."

Special Feature EDUCATION & OPPORTUNITIES

Prison collaboration tackling revolving-door system

An innovative and interactive course in Cork Prison aims to give its students the tools for addiction recovery and a potential pathway into higher education.

The Introduction to Addiction Studies is the brain-child of HSE addiction counsellor Robert O'Driscoll and The Two Norries Podcast host James Leonard with the shared purpose of breaking the cycle of addiction.

They approached UCC ACE and the Cork Prison Education Unit, building on the work done by such courses as the History of Art, Mental Health in the Community, and an Inside-Out Prison Exchange Programme, where criminology and psychology students studied alongside prisoners.

The initial programme in Addiction Studies has proved very popular, with a full intake of 15 students each term. Cork Prison staff say they could fill the course twice over such is the positive uptake and word of mouth.

"It's a particularly relevant area of study to these students," says Robert. "A lot of them have



The Two Norries host James Leonard spent over 10 years in addiction before becoming sober and entering education.

ended up in prison as a result of addiction or alcohol or drug problems.

"These are their own addiction problems or addiction problems in their family or with parents, etc., so very few of these students are unaffected by the subject material.

"While the course is not therapy and doesn't attempt to be therapy, we do provide them with valuable information to help them understand from a different perspective their lived experience.

"I think they really appreciated the personal nature that we

brought to the teaching of the programme and the respect that we brought for their knowledge and lived experience. That was very encouraging feedback for us as a team."

Initially, students were awarded a certificate of attendance but the feedback responses showed a strong demand for a more substantial qualification.

A flexible dual-track approach has been developed. The first module from UCC's Level 7 Substance Misuse and Addiction Studies course has been reworked for the prison context, to begin next autumn.

For those who want the information, they can still participate and be awarded their certificate. For those who want the extra qualification, an open-ended means of assessment has been adopted.

Prisoners have all too frequently been underserved learners. For many, their first positive engagement with education comes in a prison setting. Four in five prisoners do not complete a Leaving Cert, more than half leave school before Junior Cert, and just over a quarter never attended secondary school.

That meant a universal design

for learning approach was required to make the content and assessment accessible for the prison population.

For those with literacy issues, digital scanners that read information into an earpiece were sourced. One assessment option is a reflective journal, which means audio recorders must be procured. Other options include a traditional 2,500-word essay or more creative means.

"What's distinctive to this course is that we're working in collaboration with the art workshops and the art teachers in the prison," says Robert.

"Students would get maybe six or eight tutorials about how they can produce an artefact that demonstrated their understanding of addiction and then they might speak to that in class.

"It could be anything from they might do a drawing, a wood carving, something from matchsticks, pottery or ceramics, or maybe write a poem.

"Whatever they choose in a creative modality, it represents their understanding of addiction and/or recovery and then they speak to it in class so they're learning with and from each other about their whole experience on

the course.

"We're still allowing it to be what's called audit only for those who just want to attend, learn about addiction and recovery, what services are out there, what to do if somebody overdoses, and maybe learning that just because they've been in prison, they're at high risk of overdose on release. "Those are real valuable learnings for that student population."

The course will involve 24 hours of student-teacher contact across eight three-hour sessions, plus those extra tutorials in Cork Prison's arts and crafts room.

The role of James Leonard, who has publicly shared his experiences of addiction, crime, and recovery, adds significant credibility among the students.

"Some of the students would have known James from the landings on the prison and now they see him doing what he's doing, running a very influential podcast, and still making the time to come back in and talk with them about that whole experience. They found that valuable in terms of sharing lived experience."

James is also working proactively with the Irish Prison Service to develop a recovery day and potentially a recovery

month within the prison system. That could feature activities such as Alcoholics Anonymous or Narcotics Anonymous meetings, SMART Recovery workshops, and other therapeutic activities.

This course would fit around that work. "It's to start the conversation within the prison system about recovery and how that can be the antidote to this revolving-door system that's very often fuelled by addiction," says Robert.

"We're hoping what we're doing with this course will be one strand of that in terms of trying to break the cycle."

His other hope is that this five-credit Level 7 qualification could be the springboard to more success. "What we really would love to see, and we think it's realistic, is potentially for one of these students on release to study at a Level 5 Introduction to Addiction Studies and Community Development that we deliver in the Cork College of Commerce and potentially then transfer from that into a Level 7 diploma in ACE.

"Wouldn't that be a great pathway into higher education for students that are very often underserved?"



ARE YOU INTERESTED IN UPSKILLING, RESKILLING OR SIMPLY WANT TO RETURN TO EDUCATION?

ACE at UCC offers a range of part-time courses in areas including:

Arts, Culture and Heritage
Community, Diversity and Inclusion
Cross-Sector Personal and Professional Development
Education Sector
Environment and Sustainability
Food Sector
Manufacturing, (Bio)Pharma and Engineering Sectors
Psychology, Mental Health and Neurodiversity
General Interest Short Courses



ADULT CONTINUING EDUCATION (ACE) AT UCC PART-TIME COURSES
CLOSING DATE FOR APPLICATIONS
SEPTEMBER 8TH 2023



We offer a range of delivery styles including online/blended and in-person delivery

**WWW.UCC.IE/EN/ACE/
ACE@UCC.IE • 021-4904700**

Special Feature EDUCATION & OPPORTUNITIES

Join the 300 graduates who have completed UCC's Diploma in Speciality and Artisan Food Enterprises

Are you a food producer or interested in working in this booming industry? The Diploma in Speciality and Artisan Food Enterprises (formerly known as the Diploma in Speciality Food Production) was developed to provide a broad understanding of the growing differentiation of the food market in which a significant segment of consumers is motivated by characteristics of taste, traceability, quality, sustainability and proximity. The Diploma provides an insight into the challenges of creating a small food enterprise and the skills required to make a successful business.

It provides essential scientific background in the field of food science and technology, including elements of food microbiology, food safety, food chemistry, process technologies, nutrition and sensory food science. Traditional methods of food manufacture are also covered during the course. The programme also includes an introduction to small business management, financing and marketing.

Testimonial:

Davide Masi, entrepreneur and owner of new Italian artisan sausage business, *La Tradizione*. Davide is a recent graduate of UCC's Diploma in Speciality and Artisan Food Enterprises.



"The Diploma in Specialty Food Production was of great help to me. My business producing Italian sausages, La Tradizione, had just started trading a few months before I started the course. "The Diploma course is well structured and managed. I have learned many things that I am

finding quite helpful when it comes to producing, packaging, and selling our sausage products. "Despite being only just over six months long, the Diploma course is packed with information and learning. I would advise anyone that is looking to start a good business, no matter what stage, to sign up for this."

Applications are now being taken for the next cycle of this Diploma, and substantial funding (64 per cent) is available for eligible applicants (see advert on this page).

The Diploma programme will be delivered using a blend of primarily on-line with some on-campus sessions (in UCC Cork campus). The Diploma will start on October 10, 2023 and will run on a part-time basis until May 2024.

To learn more, you can contact Dr Angela Sheehan, Food Industry Training Unit, a.sheehan@ucc.ie, or by visiting www.ucc.ie/en/fitu.

Trainee legal eagles reach finals of International competition



(L-R): Aoibhín O'Connor, Jennifer Ryan, Andrea Whelton and Alysha Hoare.

The Law Society of Ireland congratulated trainee solicitors Andrea Whelton from Leap, Aoibhín O'Connor from Ballinhassig, and Jennifer Ryan from Limerick for progressing to the final rounds of the Nelson Mandela World Human Rights Moot Court Competition. The Law Society team was coached by solicitor Alysha Hoare, Cork.

The competition took place at the Palais des Nations in Geneva, Switzerland from July 17-21. The Law Society team reached the octo finals, placing within the top 16 teams in the world.



Launchpad

The Ludgate Hub and Cork ETB bring you Launchpad. A programme designed to support women in West Cork on their journey back to work.

Course Goals

- Reskill & upskill in digital technologies.
- Navigate the employment landscape.
- Create a professional network.
- Enhance interview skills & CV building.

Course Details

- 12 week course
- September - December
- 1 day a week (10am - 1pm)
- Located in The Ludgate Hub, Skibbereen

SCAN TO APPLY



087 190 4174 | info@ludgate.ie

@LUDGATE HUB Cork College of FET

ARE YOU PASSIONATE ABOUT DEVELOPING A FOOD BUSINESS?



UCC Part-time Course: Diploma in Speciality and Artisan Food Enterprises*
*Formerly the Diploma in Speciality Food Production

Start Date: 10th October 2023

Who Should Attend: Those starting or developing a speciality or artisan food business.

How will the Diploma be Delivered:
It will be delivered using a blend of mostly online and some face-to-face methods (in UCC, Cork campus)

Cost: The fee for the Diploma is €2800, and is part funded (64%) by the Department of Agriculture, Food and the Marine for eligible participants

Past participants have described the course as **INVALUABLE** and would **STRONGLY RECOMMEND** it to those starting or developing artisan and speciality food businesses.

An application form and more information can be obtained from Dr Angela Sheehan, Programme Manager, a.sheehan@ucc.ie or by visiting www.ucc.ie/en/fitu

Closing date for applications: 22nd September 2023

The course runs part-time from October 2023 to May 2024

Special Feature EDUCATION & OPPORTUNITIES

Clonakilty & Dunmanway Credit Union supporting families in West Cork

Clonakilty & Dunmanway Credit Union staff are urging struggling families in the community to come and talk to them, as findings from the Irish League of Credit Unions annual school costs survey are released, tracking the costs and impacts of children returning to school.

With 72 per cent of parents saying that covering the costs of back to school is a financial burden, and parents spending €1,152 per primary school child and €1,288 per secondary school child, the summer months can be an extremely challenging time of year.

Anthony Forde, CEO with Clonakilty & Dunmanway Credit Union, said the credit union is aware that covering the costs of back to school can be a bit of the struggle for parents: "We are aware that back to school costs can place huge financial pressure on families. We want to reassure parents in the community that the Credit Union is here, for anyone who

needs help. We understand back to school costs can be financial burden, particularly at a time when other costs of living are so high.

"The 2023 survey shows that parents continue to feel a considerable financial burden educating their children. While we have seen a slight reduction in the amount being spent per child on back-to-school costs compared to 2022, general cost of living increases are impacting on households. So while the reduction in back-to-school costs are welcome, it is partly due to parents cutting back on extra-curricular activities and we still have parents getting into debt to cover back-to-school costs."

David Malone, CEO of the Irish League of Credit Unions, said: "The average level of debt is €306 with 17 per cent of



parents having debts of over €500. We are also seeing the same number of parents getting into debt compared to last year (29 per cent both years). Thankfully, the message on getting a credit union loan rather than using payday or money lenders for help with back-to-school expenses seems to be getting through. For back-to-school supplies, four per cent will seek a credit union loan and no respondent said they would go to a bank or moneylender. This is the type of community need which credit unions meet every day".

Malone said that more generally, cost of living increases is impacting all households and 40 per cent of parents of school children have cancelled or reduced non-essential services / activities to cover rising costs. More concerning is that 18 per cent of parents

of school children are trying to earn additional income and the potential impact this might have on family life.

"13 per cent of parents said they were seeking a loan to cover additional household costs with two per cent saying they would go to a money lender to do so. Again, we would urge anyone needing help with household costs, particularly those who feel they have no option but to use a money lender to talk their local credit union".

Echoing David Malone's comments, Anthony Forde urged parents who might be struggling with back-to-school fees to reach out to the credit union as credit card rates can be very high, along with money lenders charging exorbitant interest rates.

Clonakilty & Dunmanway Credit Union is there for its members. Call the Clonakilty Office on 023-8833842, the Dunmanway Office on 023-8845787 or visit www.cdcreditunion.ie.

Coughlans Bookshop

11 Rossa St, Clonakilty (023) 883 3068

YOUR ONE-STOP SHOP FOR BACK TO SCHOOL

School Stationery
Schoolbags
Customised Name Labels
Lunchboxes & more



Drop in or email your list & phone number to sales@coughlansbookshop.ie

We'll put together everything on the list and send you a text when it's ready for collection/delivery.

Education Loans Available..!

Let us help you on the way whatever it might be ..!



Clonakilty,
Credit Union Centre,
Kent Street, Clonakilty,
Co. Cork 023 883 3842

Dunmanway,
Main St, Dunmanway,
Co. Cork
023 884 5787

✉ info@cdcreditunion.ie

🌐 www.cdcreditunion.ie



Special Feature EDUCATION & OPPORTUNITIES

MTU Business Academy:
Your path to career advancement

The MTU Business Academy offers 30-plus professional and executive, part-time courses to help you achieve your career goals. These flexible options are designed to fit your busy lifestyle, enabling you to advance your education and career without sacrificing current commitments. Courses are delivered in the evenings or weekends, with some fully on-line and others combining online and on-campus sessions.

Two graduates share their experiences.

Helen O’Keeffe – MA in PR and New Media Graduate and Co-Founder of Auctioneera Estate Agency

After years in insurance, marketing, and sales, I sought a career change and found my calling in this master’s programme. Returning to college life after a decade was daunting, but the supportive lecturers made it easier. The course’s diverse content, especially the media aspect, exposed me to cutting-edge marketing topics. The symbiotic



relationship between PR and social media became evident as platforms evolved.

Hands-on projects, like creating a PR plan for Cork Racecourse, gave valuable insights into client expectations. Guest speakers shared their PR experiences, emphasising crisis management in today’s online world.

After completing the programme, I secured a contract with a dance studio, where I honed my content creation and social media skills. Later, I worked as a Content Marketing

Executive at a SEO agency, followed by co-founding Auctioneera, an estate agency celebrating its 1000th property sale. Thanks to the MA programme, I recommend it wholeheartedly to anyone interested in PR or refining their marketing skills.

Patrick Shields - MBA in Strategy Graduate and Joint Managing Director at Cliff Group

Returning to MTU after 16 years, pursuing the MBA in Strategy on a part-time basis was a nostalgic experience. Having explored familiar classrooms from my earlier Diploma in Business Studies, Hotel and Catering Management, the journey felt rewarding. Working in the hotel industry across different countries and eventually managing prestigious hotels, I decided to return to Ireland in 2018.

Completing the MBA in Strategy was a long-cherished personal ambition, leading to my promotion as Joint Managing Director. The program not only provided valuable insights into management but also allowed me



to form incredible friendships. Collaborating with classmates from diverse backgrounds expanded my horizons and boosted my confidence.

Delivered mostly online, the course’s flexibility suited my schedule. Analytical elements and financial modules intrigued me, offering a new perspective for my professional practice. My thesis on retention strategies for the post-COVID hotel industry aligned with our future plans. Though I miss the course, I cherish fond memories from my time at MTU.

Biopharmaceutical company
launches new schools’ prize to
help spark an interest in STEM

Biopharmaceutical company AbbVie has launched a new science education initiative by at their site in Carrigtwohill, Cork.

The AbbVie STEM Prize encourages engagement in STEM-related learning. The company said it wished to showcase the exciting and diverse educational and career opportunities that can be unlocked for young people who develop an interest in these subjects.

The project will roll out to national schools in Cork, Dublin, Sligo and Mayo in September, to coincide with the start of the new school year.

Participating schools will have an opportunity to win STEM-related materials to the value of €30,000. Schools that enter will be asked to demonstrate how they might use STEM to solve challenges in their communities.

In partnership with other interested groups, AbbVie previously published the STEM Paths report exploring barriers to engagement in science-related subjects and careers in Ireland. The document highlighted the negative impact that low levels of STEM student interest might have on Ireland’s high-value pharma, biopharma and medical device sectors.

The company also runs a Back to School for STEM initiative. It supports employees from six of AbbVie’s sites around the country to visit local schools, including their alma maters, to talk about their jobs and the difference working in pharma makes to wider society.

AbbVie recently announced a €60 million expansion at their site in Cork. The investment, which will include the development of a new state-of-the-art facility, will create approximately 70 new jobs. New technologies will be introduced to the site in Carrigtwohill, which will allow it to support AbbVie’s aesthetics business.

AbbVie Cork Site Head Malcolm Garde explained that a research-driven company like AbbVie had to be proactive in its support of STEM in local communities and showcase the diverse opportunities that are available in the pharmaceutical industry.

“Ireland has a highly developed employee talent base, but the global market is very competitive. As an innovation-based company, we need to continuously engage with parents, teachers, schools, and others to highlight the broad range of high-quality opportunities that come from studying STEM disciplines. It’s our job to inspire the next generation of STEM workers and enthusiasts.”



Starting
September
2023

MTU Business Academy

Over 30 part-time professional & executive courses, from short certificates to masters in: Management, Leadership, Accounting, Finance, Aviation, Diversity & Inclusion, Human Resources, Design Thinking, Data Analytics, Journalism, Public Relations, Digital Content Creation, Tourism, Sales, Marketing and more.



mtubusinessacademy.ie



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

WEST CORK CAMPUS
A Pathway for Every Learner

SKIBBEREEN

Adult Evening Classes

SEPTEMBER 2023

CLASS	START DAY	TIME	DURATION	COST
Barbering	Mon, Sep 25th	7-9pm	6 weeks	€110
Crochet for Beginners & Enthusiasts	Mon, Sep 25th	7-9pm	6 weeks	€90
QQI Level 5 Graphic Design Skills	Mon, Sep 25th	7-9pm	12 weeks	€230
Introductory course in Herbal Medicine	Mon, Sep 25th	7-9pm	6 weeks	€110
QQI Level 5 Mathematics	Mon, Oct 2nd	4-6pm	22 weeks	€390
Microsoft Excel - Intermediate Level	Mon, Sep 25th	6.30 - 8.30pm	6 weeks	€100
Naturalist Art	Mon, Sep 25th	7-9pm	6 weeks	€110
QQI Level 5 Intellectual Disability Studies	Mon, Sep 25th	7-9pm	12 weeks	€230
Tai Chi	Mon, Sep 25th	5.30 - 6.30pm	6 weeks	€90

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

€10 OFF IF YOU BOOK ONLINE TODAY! westcorkcampus.ie



Rialtas na hÉireann
Government of Ireland



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



QQI
Quality and Qualifications Ireland
Dearbhú Calíochtú agus Calíochtúil Éireann



SOLAS
learning works

Special Feature EDUCATION & OPPORTUNITIES

Bantry Credit Union leads the way with low-rate education loan

For the second year running, Bantry Credit Union is offering Education Loans at three per cent. According to the credit union, this is the lowest interest rate charged on education or student loans by any financial institution in the country.

Announcing the continuation of this low-rate loan, Chairperson of Bantry Credit Union, Anna Fitzgerald said that last year the credit union reduced the interest rate it charged on Education Loans from seven per cent to three per cent. Anna explained: "We are all aware of the severe increase in the cost of living in the past year and a half. The credit union wanted to show practical support to students and their parents in these increasingly expensive times. So we more than halved the rate of interest we charge on Education Loans."

The Chairperson said that the response to the initiative last year was really positive. "Mem-



bers really appreciated that the credit union was putting the interests of young students before its own financial interest."

Explaining how the credit union settled on an interest rate of three per cent, the Manager Finbarr O'Shea said that it is

basically the breakeven figure. "The credit union just covers its costs. We don't make any money on these loans at three per cent. As a community-owned organisation, the credit union can do things like this."

Finbarr pointed to a key

difference between the funding model of credit unions as financial co-operatives and that of traditional banks. As the past year has painfully demonstrated, banks raise the funds they lend on the international money markets, principally the European Central Bank. As a consequence, when ECB rates increase, so do the interest rates charged by banks and lenders. Credit unions, on the other hand, raise the funds they lend from their members: one member's savings become another member's loan. This means credit unions are more-or-less immune from the increasing interest rates being charged on the international money markets.

"So while most people who have loans or mortgages with banks are feeling the pain of rising interest rates, people who borrow from their local credit union are being protected from interest-rate increases," Finbarr commented.

fast.net
Print & Stationery

Printing
Scanning
Binding
Laminating
Photocopy
Design
Stationery
Kids Crafts...

Your Office Away From Home

Tel: 027 51624 www.myfast.ie bantry@myfast.ie

EmployAbility Service West Cork

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

empservice.org

Emer Sweeney 086 8395058
emersweeney@empwc.org

Ireland's Lowest Rate Student Loan

No-Brainer!

3% STUDENT LOAN



Cost of Loan

3% Variable* (3.04% APR)

Representative example as at 29 May 2023

€ Loan amount: €5,000	📅 48 monthly payments: €111.48
🕒 Term: 4 years	= Total amount payable: €5,312.61

APPLY ONLINE OR IN PERSON TODAY

- ✓ 3% interest rate
- ✓ Unrivalled personal service
- ✓ Quick & local decision-making

"Bantry Credit Union's 3% student loan is the lowest in the country from any financial institution! it's a no-brainer!"

Jack Ward
2022 Scholarship Winner



Always here for you!

t 027 50535
e loans@bantrycu.ie

www.bantrycu.ie

Follow Us
f t i y r

*Based on a survey in May 2023 of interest rates charged on student loans by credit unions and mainstream banks. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Bantry Credit Union is regulated by the Central Bank of Ireland.

Special Feature EDUCATION & OPPORTUNITIES

Social welfare supports to return to education

It's that time of year where people are looking at returning to education, either on a full-time basis or taking up a part-time day or evening course. It can be a challenging time for everybody involved as you may be faced with new situations and unclear about the options open to you. It is important that people are aware that staff at the local Citizens Information Service are there to provide support and to answer any questions that may arise in relation to the options open to students.

The Back to Education Initiative

BTEI provides part-time further education courses mainly for young people and adults who have not completed the Leaving Certificate or an equivalent qualification. The courses are free for some participants.

It gives you the opportunity to combine learning with family, work and other responsibilities. Anyone who has left full-time education can take part in a course, but priority will be given to those without a Leaving Certificate.

BTEI courses are usually level 3 and 4 on the National Qualification Framework (NQF). The BTEI allows you to study part-time (up to 400 hours per year). It is possible to get a major award at NQF levels 1-6 when

part-time courses are combined to complete a major award.

If you are getting a social welfare payment, you can keep your payment and participate in BTEI as long as you continue to satisfy the conditions attached to your payment. If you are getting a jobseeker's payment you will need to apply for the Part-Time Education Option.

You will qualify for free tuition with BTEI if you:

- have less than upper-second level education or
- are getting a jobseeker's payment or means-tested social welfare payment or
- Are getting Working Family Payment or
- Have a medical card or
- Are eligible to participate on VTOS or Youthreach.

All other participants are

charged a fee. For information about fees, you should contact your local Education and Training Board.

The Back to Education Allowance

If you are unemployed, parenting alone or have a disability and are getting certain payments from the Department of Social Protection (DSP), you may take part in a second-or third-level education course and get a Back to Education Allowance (BTEA).

BTEA is only paid for approved courses that start in Ireland or in Northern Ireland. However, you can be paid BTEA for a year abroad (for example, under the Erasmus scheme) if the year is an integral or mandatory part of your course. This

must be verified by the registrar or admissions office of your college.

In general, to qualify for the BTEA you must be over 21, or over 24 for postgraduate courses and have been getting a qualifying social welfare payment. You must always have been accepted onto a qualifying course.

All courses must lead to a Quality and Qualifications Ireland (QQI) accreditation (these include FETAC or HETAC awards) or equivalent. You must also progress in educational qualifications. For example, if you already have a Level 6 qualification on the National Framework of Qualifications, the course you attend must be for at least a Level 7 qualification. This progression rule has been relaxed for people applying for second-level courses at Levels 5 and 6 in certain limited circumstances.

When you are accepted on a course, you should notify the DSP by filling in the BTEA application form which is available from your local Citizens Information Centre or Intreo Centre. All new BTEA claims for jobseekers must be recommended by a DSP Case Officer before a decision can be made on your BTEA entitlement.

You must get written confirmation that you are registered as a full-time day student from the college registrar or admission officer. You will not get payment of BTEA until you give this confirmation letter to the DSP.

You must apply for BTEA before your course starts (or within 30 days of the course starting). Send your application to the section in the DSP that deals with your payments

The Vocational Training Opportunities Scheme

VTOS is run by the local Education and Training Boards (ETB) and is aimed in particular at unemployed people who are early school-leavers. The scheme provides courses to improve your general level of education, which can help you to develop your skills and prepare you for employment, self-employment or further education and training.

You can apply for VTOS if you are over 21 years of age, unemployed and have been getting certain social welfare payments for at least 6 months. You may keep your social welfare payment or get a VTOS Allowance.

VTOS courses range from basic education and training to advanced vocational training and there is a wide choice of subjects. The courses are full-time, about 30 hours a week (for example, 6 hours a day for 5 days) and can last up to

2 years. Many courses lead to qualifications such as the Junior Certificate, Leaving Certificate and awards at Levels 3, 4, 5 and 6 on the National Framework of Qualifications. You can find a list of VTOS courses on www.qualifax.ie

There are no fees for VTOS courses and you will get free books and materials at the start of the course. Depending on your individual circumstances you may be eligible for the following:

- Meal allowance
- Travel allowance
- Childcare supports for your child under the National Childcare Scheme

Is it possible to study part-time or in the evenings when in receipt of a Jobseekers payment?

The Part-Time Education Option (PTEO) allows you to keep your Jobseeker's Allowance (JA) or Jobseeker's Benefit (JB) or Jobseeker's Benefit (Self-Employed) (JBSE) and attend a part-time day or evening course of education or training. There are no specific eligibility criteria for the PTEO. You can be any age and may be unemployed for any length of time before starting a part-time course of education.

You must continue to meet the conditions for Jobseeker's Benefit, Jobseeker's Benefit (Self-Employed) or Jobseeker's Allowance. This means that you must be able to show that you are still actively looking for and willing to take up work and that the course is likely to improve your chances of getting a job. If you are offered work while on the course you will be expected to accept the job offer.

Can I get the full Student Grant and BTEA at the same time? No. If you are returning to education and have been getting a social welfare payment you may qualify for the BTEA or the student grant depending on your circumstances. You cannot get the BTEA and a full student grant at the same time.

If you are getting One-Parent Family Payment (OPF), Jobseeker's Transitional payment, Disability Allowance, Invalidity Pension or Illness Benefit, you will need to assess whether it is more beneficial for you to transfer to the BTEA when you go back to education or to remain on your current payment and apply for a student grant. You should speak with your local Citizens Information Centre for help.

If you are receiving Jobseeker's Benefit or Jobseeker's Allowance, you must transfer to the BTEA if you wish to keep

a social welfare payment when you go back to education. People who have transferred from OPF to the Jobseeker's Transitional payment can attend a full-time course.

While you will not qualify for the maintenance component of the student grant when on BTEA, you can apply under the grant scheme to have the student contribution and any tuition fees/field trip costs paid on your behalf under the fee component of the student grant (if you qualify) and for a postgraduate fee contribution (if relevant).

I'm getting a Disability Allowance and starting a full-time course in further or higher education:


If you are getting a Disability Allowance (DA) you have 2 options and you need to work out which will give you the higher income.

1. You can stay on your Disability Allowance and apply for a student grant. If you choose this option you will continue to get your Disability Allowance at your current rate. However, you will lose secondary benefits such as Rent Supplement or Mortgage Interest Supplement. If you are living at home, your parents' income could affect the amount of grant you get. It may mean you get a reduced amount of maintenance grant, or just the fee component of the student grant, or neither. If your course of study has an Erasmus component (study at a college abroad), your DA payment will not be paid while you are absent from the State.

2. You can transfer from your Disability Allowance to the BTEA. If you choose this option and qualify for BTEA you will not get the maintenance component of the student grant. Your rate of payment on BTEA will be the same as the rate of Disability Allowance you were getting and you can keep any secondary benefits you may be getting. Your BTEA will continue to be paid if you are required to study abroad for an Erasmus year.

If you need further information about this topic or you would like information on other issues, you can drop in to the local Citizens Information Service in Bantry or telephone them on 0818 07 8390. They will be happy to assist you and if necessary arrange an appointment for you. WEST CORK HELPLINE 0818 07 8390

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




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

WEST CORK CAMPUS
A Pathway for Every Learner

QQI LEVEL 5 COURSES





Commencing in Skibbereen this September

- Art
- Business
- Early Learning & Care
- Hairdressing
- Healthcare
- Horticulture
- Medical Administration
- Nursing Studies
- Office Administrator
- Physiotherapy Assistant
- Psychology & Social Studies



#reachyourpotential

Skibbereen t: 028-21644 westcorkcampus.ie

The project is co-funded by the Government of Ireland and the European Union.

Special Feature EDUCATION & OPPORTUNITIES

Opportunities for all at West Cork Campus in Skibbereen



Further education courses are for everyone; post-Leaving Cert students, mature students and people who want to make a career change or pursue further study. The Cork College of FET – West Cork Campus provides a wide range of accredited courses at QQI Level 5 that are delivered in a student-focused and supportive learning environment in Skibbereen. Highly experienced tutors and excellent resources are available to students, including up-to-date technology, one-to-one career guidance and a student support service for those with particular educational needs.

Once you become a student

of West Cork Campus, a wide range of options becomes available to you, building your confidence and the skills needed to reach your full potential!

West Cork Campus is the ideal choice if you want to undertake a one-year programme that will equip you with in-demand skills and valuable insight into gaining relevant employment locally; alternatively it will allow you to make an informed choice in your progression to a degree course.

The work experience placement that is included in all courses gives students the opportunity to apply their skills in the real world and to establish valuable contacts in local

businesses and service providers for direct recruitment of college graduates.

There are great employment opportunities arising out of a QQI qualification in itself but West Cork Campus also has extensive and very valuable progression links to third level institutions such as UCC, MTU and more.

Further information is available on www.westcorkcampus.corkcollegeofcommerce.ie.

A prospectus and further information is available by contacting 028 21644 or emailing westcorkcampus@ccoc.ie or Máire O'Sullivan (Coordinator) maireosullivan@ccoc.ie.

Our experience...



"My experience of taking the QQI Level 5 Psychology & Social Studies course at West Cork Campus was excellent in every way. I am a mature student from Slovakia who decided to make a change in career, with a view to pursuing higher level education in the Psychology and Social

Studies fields. These are challenging subjects, especially when English is my second language, but with the help and advice from everyone I met at the college, the experience was amazing. I sincerely recommend to anyone, who is considering further education, changing career or progressing to University, to look here first and enrol in one of the courses. I have been offered a place in the Level 8 degree course in Social Science (Youth & Community Work) in UCC. I have also been awarded the Uiversity Scholarship for adult learners who wish to complete a Bachelor's (Ordinary or Higher) Degree." – **Vladimir Petrovic, QQI Level 5 Psychology & Social Studies**

"I am a very recent fan of gardening and I wanted to learn some of the basics. When I enrolled for the QQI Level 5 Horticulture at the West Cork Campus, I had no idea of how much I would learn, both from Michael and the other participants. The course was challenging but very doable, with a huge emphasis on learning through practical work. Along with the practical aspects of gardening, this knowledge was underpinned with the science of soil and plants. But more than



that, Michael, by blending his years of teaching and vast experience of gardening with local folklore, history and general knowledge, made the course so enjoyable! We are so fortunate to have this course available to us in West Cork with field trips to local areas awash with biodiversity at our

fingertips. When I go for a walk, I am scanning the ditches and hedgerows or old stone walls to see what I can identify. If we all just start to grow a few of our own vegetables and put the cottage garden concept into action, this course will facilitate us to live sustainably. There are many options to choose as progression from this course and it makes for a solid foundation to a hobby gardener or if you want to work in Horticulture and avail of the many opportunities in this area."

– **Una O'Donovan, QQI Level 5 Horticulture**

"I am extremely grateful for my year in the West Cork Campus in Skibbereen. It gave me a great insight into the field of Nursing with a mixture of theory and practical learning. The college is in an ideal location for any person looking to extend their learning in West Cork. The classes are small and personal, which allows for additional support for students. The West Cork Campus has been a great stepping stone for my educational journey. As a mature student I would highly recommend this college. I got my first choice from the CAO and I am commencing study of General Nursing in September in Galway. I am very grateful and delighted about this." – **Emma O'Driscoll, QQI Level 5 Nursing Studies**

NEW LEVEL 5 COURSES



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

WEST CORK CAMPUS
A Pathway for Every Learner

Business (Business Studies 5M2102) (NEW)

COURSE CONTENT:

Business Administration Skills (5N1610)
Applied Economics (5N1350)
Communications (5N0690)
Work Experience (5N1356)
Bookkeeping Manual and Computerised (5N1354)
Payroll Manual & Computerised (5N1546)
Web Authoring (5N1910)
Spreadsheet Methods (5N1977)
Bookkeeping Manual and Computerised (5N1354)

This course is a broad based programme providing an excellent grounding in the skills and knowledge required in a modern business setting. Completion opens up progression avenues to various **Higher Education establishments** in addition to work opportunities

A new opportunity has arisen to complete the Level 7 Business Degree in MTU by completing the first two years in a FE college:

Year 1 in West Cork Campus & Year 2 in Morrison's Island Campus Years 3 & 4 will be completed in MTU. Applications can only be made through <https://nto.hea.ie/courses/bachelor-of-business/> & spaces are limited. Candidates will be interviewed in early September for this opportunity. This is in addition to the new Business course which provides all the usual progressions through Morrison's Island Campus.

Physiotherapy Assistant (QQI Level 5 Certificate in Health Service Skills 5M3782)

COURSE CONTENT:

Care Support (5N0758)
Infection Prevention & Control (5N3734)
Care Skills (5N2770)
Anatomy & Physiology (5N0749)
Physiotherapy Assistant Theory (5N3771)
Physiotherapy Assistant Practice (5N3370)
Rehabilitation Support (5N3775)
Communications (5N0690)
Work Experience (5N1356)

The role of a Physiotherapy Assistant - based on the Healthcare Assistant Award enables you to work in a supportive role delivering personal care and physiotherapy support in a clinical or home setting. This programme combines the clinical skills of a Healthcare Assistant with the skills & knowledge to support the client in need of Physiotherapy - under the supervision of a Physiotherapist. These skills can be applied in a variety of settings including clinical & home-based care settings. Graduates of this course can pursue a career in the Physiotherapy, Sports or Healthcare Industry.

Skibbereen t: 028-21644 westcorkcampus.ie



Rialtas na hÉireann
Government of Ireland



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



QQI
Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann



KINSALE CAMPUS

Applications **NOW OPEN**
for September 2023
Apply online at www.kinsalecampus.ie

OPEN DAY
8th September

5 QQI/FETAC LEVEL

- Early Learning & Care
- Outdoor Adventure
- Office Administration
- Professional Cookery
- Sustainable Horticulture
- Creative Digital Media
- Film & TV Production
- Healthcare Support
- Theatre Performance
- Art
- English As A Second Language

6 QQI/FETAC LEVEL

- Early Learning & Care
- Outdoor Leadership
- Business
- Sustainable Horticulture
- Film & TV Production
- Drama
- Art
- Health Services Supervisory Management



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

KINSALE CAMPUS
A Pathway for Every Learner



Rialtas na hÉireann
Government of Ireland



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



Quality and Qualifications Ireland
Deantúnaí Calícuirte agus Calícuirte Éireann



SOLAS
learning works

The project is co-funded by the Government of Ireland and the European Union.

EDUCATION & OPPORTUNITIES

Harmonising with nature at Kerry College

Step into a world where nature and wellness intertwine and embark on a transformative journey with Kerry College's brand new course: Yoga Teaching and Holistic Studies.

The aim of this course is to provide you with a solid foundation in holistic studies, enabling you to incorporate these principles into your personal life, teaching practices, or further studies. Unwind and find inner peace as you explore the ancient art of yoga amidst the tranquil surroundings of Kerry College's Killorglin Campus, nestled in amongst the mountains and lakes on the outskirts of Killorglin town. This campus is renowned for its wide range of outdoor education and related courses, which include Outdoor Activity Instructor and Advanced Outdoor Activity Instructor, Ecology and Practical Fieldwork, Scuba Diving Instructor, Surf Instructor and Beach Lifeguard Training and many more.

This course offers opportu-

nities for you to connect with nature and experience the profound impact it can have on our well-being. Through activities such as nature walks, forest bathing, and outdoor meditation, you will have the chance to deepen your connection with the natural world and explore its role in promoting holistic health.

Overall, this course will provide you with a unique and valuable skill set that will prepare you for a variety of exciting and rewarding careers in Ireland's growing tourism, health and wellness and recreation industries. It will allow successful learners to be recognised for membership in Association of Registered Complementary Health Therapists of Ireland (ARCTHI).

Dive into a comprehensive curriculum that includes modules such as:

- Stand-up Paddle Boarding Instructional Skills
- Delivering Yoga Teaching Sessions
- Programming Yoga Teaching

Sessions

- Adventure Activities and much more.

Kerry College's experienced instructors will guide you through these diverse modules, empowering you with the knowledge and skills to become a certified yoga instructor and holistic wellness advocate.

Spaces are limited, so don't miss your chance to experience the transformative power of nature-inspired yoga and holistic studies. Visit www.kerrycollege.ie to find out more details on this course or speak to Admissions on 066 714 96 96 or 064 6655593.



Special Feature CREATIVE WEST CORK #madelocal

A little gallery with a big heart at the tip of the Beara peninsula

8 Cows Gallery is situated on the Wild Atlantic Way, at the tip of the unspoiled Beara peninsula, in the picturesque village of Allihies. Once a milking parlour for eight cows, the old stone shed is now the furthest art gallery from Dublin in Ireland!

While the outside walls have been left untouched, with wild grasses and lichens growing in freely between the rough stones, the inside opens to a vibrant contrast of lightness and creative space. A visitor came in recently and asked "Are you familiar with Doctor Who? Because your gallery is like the Tardis, it is bigger on the inside than on the outside!"

Featured on the TV programme 'NationWide' last October, 8 Cows Gallery is the achievement of an exciting family project that started during the pandemic. After her opening show last Summer 'Tommy's House, timeless fragments of a Simple Life', Nadette Charlet, artist and owner, has curated various exhibitions here, with the passion of bringing contem-



porary art to one of the most remote rural areas of Ireland.

"I am a Belgian artist, living in Allihies since 2005 with my husband and sons. Over these years, my roots have slowly grown here, in the wild beauty of West Cork and I have embraced its creative inspiration. I love the way nature always changes and has an endless palette of tones, lights, textures and movements. But I also love travelling, and I find myself resourcing in India every winter. Like a swallow, I feel this half nomadic lifestyle is the best I could ever dream of to nurture my creativity.

"I work mainly with watercolour or oil at home, in my own

intimate space, with some music in the background. When I'm travelling, I like to keep a diary and sketchbook."

"Pencil, ink, watercolour or oil, my art always takes me to a special space, a precious moment of joy within a basic need, the pure act of creating."

This Summer at 8 Cows Gallery, Nadette Charlet invites you to 'A Dip into Beara', a collection of her recent watercolour works.

"This body of work is all about Beara, above or under the sea level...It is all about watercolours, outside or inside the paper... An exploration of playful splashes of coloured water and pigments on two totally



Artist and gallery owner Nadette Charlet

different supports:

"'Arches', a traditional pure cotton high quality watercolour paper, inspires details and figurative subjects. Corrugated rooves, gates and sheds, and the subtle emotions hidden around the rural landscapes of Beara.

"'Yupo', a radically non-absorbent and non-conventional tree-free non-paper, induces a fast, intuitive and more abstract creative process... Here the pigments themselves create textures and feelings, moments and movements meeting the Beara

inspiration at the tip of my brush."

Nadette not only paints but also has other creative hobbies. Her range of original jewellery with gemstones, copper, resin, and gold leaves is unique, and on display in the gallery.

At 8 Cows Gallery, there is also have an exclusive collection of Gond Art original paintings for sale. All the money from the



sales goes back to the artists in a tribal community in India.

The 8 Cows Gallery is open every day in July and August, from 1:30 to 6pm. Allihies, P75 H996. For more information about Nadette Charlet, Gond art, or the gallery's activities visit www.nacharlet.com or www.8cowsgallery.com



**Bord Oideachais
agus Oiliúna Chiarraí**
Kerry Education
and Training Board



**TÁ DAOINE Á GCLÁRÚ
AR CHÚRSAÍ ANOIS**

**NOW ENROLLING
FOR COURSES**

**Cláir Lánaimseartha
Cláir Pháirtaimseartha
Printíseachtaí
Cláir Chonaire**

Le haghaidh tuilleadh eolais labhair
lenár bhFoireann Iontrála nó déan
iarratas ar line www.kerrycollege.ie

OIFIG IONTRÁLA

TRÁ LÍ
7 Shráid Deini
Trá Lí
V92 K44T
066 714 96 96

CILL AIRNE
25 An tSráid Ard
Cill Airne
V93 X529
064 662 25 93

**Full Time Programmes
Part Time Programmes
Apprenticeships
Pathway Programmes**

For further information talk to
our Admissions team or apply online
www.kerrycollege.ie

ADMISSIONS OFFICES

TRALEE
7 Denny Street
Tralee, Co. Kerry
V92 K44T
Tel: 066 714 96 96

KILLARNEY
25 High Street
Killarney, Co. Kerry
V93 X529
Tel: 064 662 25 93

Special Feature CREATIVE WEST CORK #madelocal



WEST
CORK
CREATES



VISUAL ARTS EXHIBITION 2023

'THE FOUR SEASONS'

Exhibition open August 5th-20th 11am-5pm, every day

Cnoc Bui, Union Hall, P81 X274

More details online at
WWW.WESTCORKCREATES.COM

Exciting new work by some of West Cork's finest artists and craftspeople.



Finding solace

Clonakilty artist Stephen Hayes opens on Saturday August 5 at 5.30pm. All are welcome.

Stephen Hayes is an award-winning fine-art photographer who describes his craft as his escape and passion. "Photography gives me a feeling of peace, calm and solace and my aim with my work is to bring that feeling through to my images."

Photography allows Stephen to experience nature at its most beautiful and, living in West

Cork, he is surrounded by endless beauty and inspiration. He uses long exposures and minimalism to capture not what is there, but what he sees. He loves seeing his images come full circle, from conception to capture and, finally, to print.

Stephen's new exhibition, 'Solace', is a journey through his recent works, which include seascapes, wildlife, minimalism, long exposure and macro images. 'Solace' runs to September 2.



Capturing the softness of the West Cork landscape in ceramics

"All the matter I see is affected by the weather, whether it's organic or manmade. I see how weather marks it; how the passage of the sun or prevailing winds trace a particular route over an object. A north facing piece remains cooler, dampish, inviting the West Cork mosses and lichen to grow. A south facing piece dries out and is gradually bleached and faded by the sun."

The nuances of weather and the changing of seasons is something Skibbereen-based ceramicist Sineád Fagan strives to capture in her abstract work, with its lines and markings that look like landscapes, sea horizons and typical Irish weather patterns. The 'four seasons' theme of this year's West Cork Creates exhibition was made for Sineád, who has submitted four ceramic wall discs that reflect the theme.

"The colouring on the discs is reminiscent of the visual landscape that I see everyday in West Cork," the sculptor explains. "One of the discs is named 'Walking a West Cork Boreen at Dusk'. It captures a memory of looking down the boreen at dusk. The last of the evening sunset is showing just above the black shadows of the hedgerows. The last of the light is glistening on the tarmac. It's a contrast of coloured light and darkness."

Originally from Dublin, Sineád is most at peace in her home studio in Bauravilla, surrounded by rolling hills, mature trees and hedgerows bursting with wildflowers and birds. "I've

always had an appreciation for the natural world around me," she says. "Something as simple as a walk down a boreen or wild flowers in a field; unconsciously observing the shapes and colouring of all things, whether manmade or natural. I love taking photos of what I'm seeing around me and they may come into my work with a particular colour combination. I'm even a big house plant enthusiast, which can be problematic as they grow too big to fit in a room!"

Sineád's career has experienced different seasons, taking her from production throwing to the ceramicist of note who featured in The New York Times in 2022. Education has frequently been at turning points for her: from her first foundation art course to ceramics production

training with the Craft Council of Ireland, a Higher Diploma in Stiofain Naofa in 2007, and finally an Honours Degree in Ceramic Art in Crawford College, from which she graduated in 2011. One of her proudest moments was winning the Lavit Gallery Student of the Year Award in 2011, which led her to create work for galleries in Cork and beyond.

"I've always enjoyed researching and trying out different methods and processes so I returned to studying, for a degree in CCAD in 2008, which gave me the time and the facilities to experiment with new ideas and techniques, leading me to try out saggar firing for the first time in my fourth year."

Now Sineád works with white stoneware clay, which is low

fired to remain semi-porous. "I use local sawdust, seaweeds, recycled wires and colouring oxides. These are mixed together and wrapped around my work inside a lidded container called a saggar. This is then put inside a homemade DIY gas kiln.

"As the kiln fires, the seaweeds, sawdust and oxides combust and fume. Trapped by the lid, the coloured fumes mix and seep into the clay's semi-porous surface. The wires burn and create black and orange lines onto the clay surface. It's very happenstance, there's no control over the final results.

"There is a beautiful dichotomy of carefully creating a smooth, blank canvas of clay and then giving away any control of the finish to the whims of the kiln firing. You are setting up all the right conditions for pattern and colour to emerge within the saggar. Depending on how the materials change, how the wire twists and moves against the clay, or the different coloured fumes combine, the results will always be unknown."

Sineád likes to use found or recycled materials as much as possible: "Necessity is the mother of all invention!" she declares. "There's a curiosity in collecting random things and experimenting with them to see what colours or marks they produce. I found a lump of pure iron ore while walking on a beach at Coomhola and have ground it down to see how it interacts in the saggar firings; iron will give orange rust colours as it burns. Recently I started using old sail



Sineád in her home studio near Skibbereen.

canvas from a Baltimore boatyard as the hanging mechanism for my wall discs, after a UK company stopping shipping to Ireland post-Brexit."

Using social media to promote her work is important and Sineád loves to interact with people who comment or DM her. "It's really nice as they're talking to me directly about why they like a certain piece. Different people relate to different aspects: it might be reminiscent of a favourite beach or a view of trees from their childhood. I can then direct these potential clients to an exhibition or gallery that a particular piece will be in. I also have returning buyers who continually check in to see my latest work."

Now back to that New York Times article which has brought Sineád's work to a new audience....

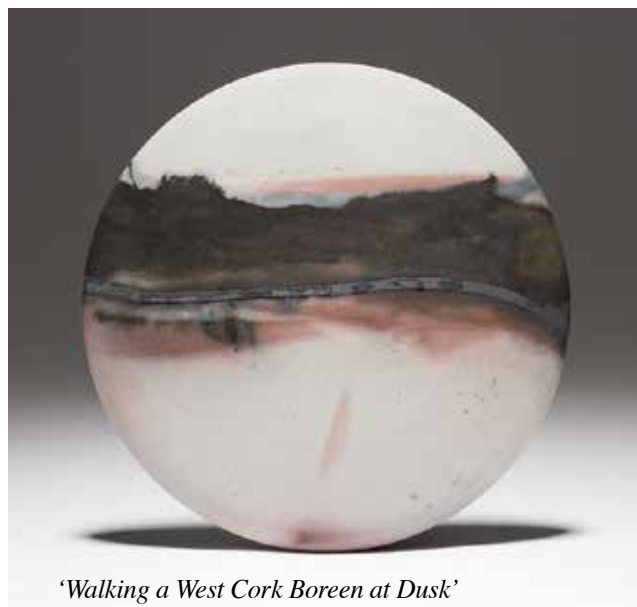
"The article mentioned that at age 19 in Dublin, I took out a well used ceramics book from Phibsboro library. It was the

'Encyclopedia of Pottery Techniques' by American ceramicist Peter Consentino. I was just starting to be interested in working with clay. In 2018, Quarto Publishers contacted me to submit images and descriptions of my work to the 3rd edition of the encyclopedia, which I was delighted to do, as it was my first research book.

"After the NYT article was published, family members of Peter contacted me to say he had passed away, but would have been so delighted to have inspired a young Irish person to start working with clay. It was really touching to speak to them about it, a chance book in a library.

"The response to the article was phenomenal and quite overwhelming! I have a whole new client base in the US now, which brings new opportunities in the future."

sineceramics.com



'Walking a West Cork Boreen at Dusk'

Special Feature CREATIVE WEST CORK #madelocal

Blurring the distinction between painting and sculpture at Uillinn

Uillinn: West Cork Arts Centre is currently hosting 'lucent', an exhibition of small works curated by artist David Quinn, involving 11 international artists; Niamh Clarke (NI), Vincent Hawkins (UK), Hiroyumi Hamada (JN), Tjibbe Hooghiemstra (NL), Jamie Mills (UK), Janet Mullarney (Ire), Helen O'Leary (Ire), David Quinn (Ire), Seamus Quinn (Ire), Sean Sullivan (US) and John Van Oers (BE).

"Although I have curated quite a few exhibitions, I am first and foremost an artist and not a curator. This exhibition is a very personal project. The work I have included is by artists whose work and progress I am always keen to see," David Quinn stated ahead of the exhibition opening on July 29, where he gave a talk followed by a Q&A with artists Niamh Clarke, Hiroyumi Hamada, Jamie Mills, Helen O'Leary, David Quinn, Seamus Quinn and John Van Oers.

"I think there is a lot of truth in Robert Motherwell's quote 'every intelligent painter carries the whole culture of modern painting in his head.'

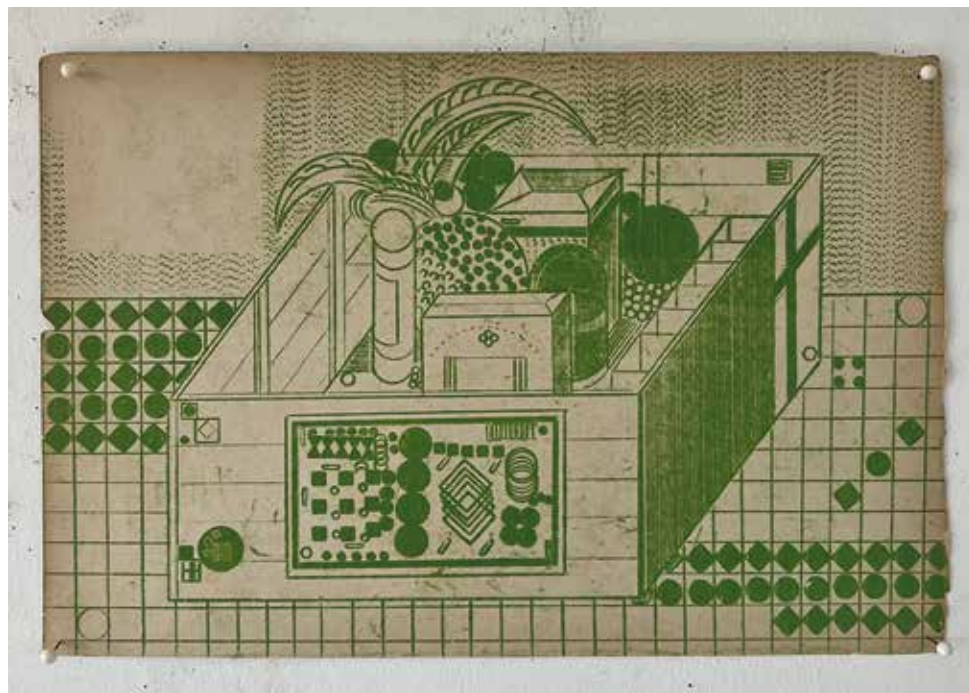
It is his real subject, of which everything he paints is both a homage and critique.' To a greater or lesser extent, the artists in this exhibition have been inspirational to me or sometimes it is just as Emerson said 'in every work of genius we recognise our own rejected thoughts'.

"One of the common threads through the work of these artists for me is a sensitivity for materials and for the quality of line. Most of the artists here also blur the distinction between painting and sculpture. Their sculptures can be quite painterly and there is a subtle tactile element even to the works on paper. The

other thing that interests me is that it is often hard to pin down exactly what the works are about (if that is what one is inclined to do). There is an inherent ambiguity in lots of the work, a vague open-endedness. Also the scale that these artists often work on is intimate and personal. The works are mem-

orable rather than monumental, suggestive rather than didactic, playful rather than strict. Where there is order it is often subverted and generally an air of gentle irreverence. Ultimately though the thing that draws these works together for me is that I find them beautiful."

'lucent' is supported by an Arts Council / An Chomhairle Ealaíon Touring Award and will tour to Highlanes Gallery Drogheda (February to April) and Wexford Arts Centre (June to August) in 2024.



Sean Sullivan, Ration Box



Uillinn: West Cork Arts Centre presents

lucent

a group exhibition
by 11 international
artists curated by
David Quinn

29 July - 9 Sept

Helen O'Leary, Fragment from Cost - writing the unwritable novel series

www.westcorkartscentre.com

Mon to Sat 10am - 4.30pm

Admission Free



Makers and admirers come together at Le Chéile

Four months after opening its doors, Le Chéile Arts shop, gallery and workshop venue, in the centre of

Dunmanway town, is growing steadily, with word spreading about the authentic and unique original art for sale. Founder

Cecilia Scholte Lubberink says customers are always impressed by the variety, creative skill, and affordability of her stock; Le Chéile grew out of Cecilia's desire to showcase only local art so every piece on show has been crafted by skilled artists and makers based in Cork County. There are currently over 60 participating artists and lots of exciting future plans Cecilia promises.

Le Chéile Arts has grown and developed its business model to include art classes, workshops and children's summer art camps, aided by the support of Creative Ireland and Cork County Council's Creative Start Up Grant.

A broad and interesting line-up of workshops happen on a regular basis. A six week drawing and painting course with artist Gerard O'Callaghan has just come to an end, with great progress displayed and fantastic work produced by all of the participants and similarly positive results came from Gwen McGuirk's watercolour painting course.

Coming up in August, and as

part of the Design and Crafts Council's Craft Month, there will be workshops in silk painting, chainmaille jewellery making, seaweed pressing, needle felting and plaster tile making. Going into September, new adults' drawing and painting courses will become available. Children's art classes will also get going, with after-school and weekend slots planned.

Cecilia is currently working on expanding the shop space to include more work and provide more intrigue. An outdoor space to the rear will be ready in time for the Dunmanway Arts Weekend, August 18-20. Events include a craft fair in St. Patrick's Hall, a pottery workshop for children with Finbarr Kearney, children's storytelling times, poetry readings by Anton Floyd in Mirabelle's Restaurant, workshops at the library, an impressive Star Wars Exhibition and an art trail through the town, with businesses filling their windows with local art for the weekend. At Le Chéile Arts there will be workshops on both Friday August 18 and Saturday August 19, a painting and

prosecco evening on Saturday August 19 and an outdoor Tea Party with live music on Sunday August 20.

"These are busy times but my reward is the feeling I get when all the effort pays off and the shop and artwork receive such positive feedback," says Cecilia. "I love making sales for artists who've poured themselves into

their creations. I want Dunmanway to continue to grow and I hope lots more businesses set up here, it's such a community orientated town with an incredible landscape surrounding it. There's a lot of potential here."

Stay tuned to Le Chéile Arts on Facebook and Instagram for updates.



SHOWCASING LOCAL ART CRAFT & DESIGN

Le Chéile Arts

21 Main St, Dunmanway 087 2478351
lecheiledunmanway@gmail.com
Tue - Sat 10am - 6pm, and Sun 1pm - 4pm

Special Feature CREATIVE WEST CORK #madelocal

Quirky scenes of small town life

Simone Walsh Beashel's paintings, filled as they are with colour and detail, tell stories of particular times and places that inspire the Wexford-based artist. Many of her delightful scenes are of West Cork, a place she love to visit with her husband, and business partner, Joe.

Having built up an impressive portfolio of paintings that sell extremely well as prints, Simone and Joe have reworked these images into a range of much-loved merchandise. The company was picked to supply the Kilkenny Group in 2012 and is now stocked in over 100 shops nationwide.

Originally from Dublin, Simone was living in New Zealand when "the extraordinary light" inspired the graphic designer/illustrator to start painting. After 10-years abroad Simone returned to Ireland with Joe, originally from Sligo, to open the couple's first gallery in Wexford town in 2001. As well as in her own gallery, Simone continued to exhibit extensively in Merrion Square in Dublin and at art fairs in Ireland and the UK during this period but now exhibits her original paintings, prints and products in a beautiful

purpose-built gallery on her property in Bridgetown, Co. Wexford.

Simone works with ink, acrylic and gold relief paint, on canvas or a fine grade water-resistant paper for extra detailed work. "My vibrant paintings show locals and tourists going about their day; having coffee in the local cafe, going fishing, taking a dip, going shopping, enjoying a pint," the artist explains. "Look closely, there is always a quirky detail in there to enjoy!"

Although she has enjoyed great success in the Irish art

market, including high profile commissions in the corporate sector, Simone has stayed flexible and open to new opportunities. "The recession in 2008 was challenging as the luxury market of original paintings took a massive hit," she recalls, "We met that challenge by exhibiting regularly in the UK and by moving into printmaking."

Simone credits being selected to supply the Kilkenny Group as her "biggest break" in the highly competitive giftware market. As well as high-quality prints, which she and Joe print and frame themselves, you can



Simone Walsh Beashel in her gallery at Bridgetown, Co. Wexford.

find Simone Walsh images on notebooks, tea towels, tote bags, jigsaw puzzles and more.

Find Simone's work in the best gift and craft stores throughout West Cork, Kilkenny Shops nationwide, in the artists Bridgetown gallery or online at www.simonewalsh.net, where you will also see a list of stockists.

Keep an eye out for a new range of Simone Walsh mugs, featuring West Cork and other Irish towns, launching in 2024!



Turning to wood

After first visiting West Cork in the eighties, like so many other creative spirits, woodturner Kieran Higgins inevitably felt a fierce pull back; many return trips later and he eventually settled here permanently in 2002. The artist now lives and works just outside of Skibbereen. His beautiful large pieces, which he describes as somewhat imposing, all celebrate the life of the tree, each reflecting the ordeals and struggles it encountered and endured in order to survive.



West Cork," shares Kieran. He said 'for some people West Cork is like an invisible hand and no matter how hard you try to leave, it keeps pulling you back'.

Kieran agreed with him. "To me, West Cork has everything in spades, a stunning environment which lends itself to the creative spirit, attracting a rich artisan community, both local and from afar. It's hard not to be inspired."

Originally from County Kildare, while wood played a functional part in his first career in the form of telegraph poles – outside of work it became a passion and over the years he nurtured this love, acquiring more tools and new skills. Fascinated by woodturning after seeing it at a show in the RDS, Kieran determined to learn more. A few years later he acquired a lathe



without having any idea how to use it and completed a night course on the basics. He became a member of the Irish Woodturners Guild and thus with a pool of

expertise to draw from, his own skill developed and he found his medium... bog oak.

When an opportunity arose in 2021 to avail of severance from



his job with Eircom, at a stage where he was questioning his lifestyle, Kieran's artistic side awakened and he decided to completely change direction: He left his job, moved to Skibbereen and quickly found his place in the thriving arts and craft scene here.

"The slower pace of life here suited me," says Kieran. "It's hard not to be inspired in West Cork."

Inspired by the likes of reputed woodturner Emmet Keane, who pushes the boundaries of his craft, Kieran has reached

considerable heights with his own work – perhaps most gratifying was when one of his pieces was presented to Yoko Ono on a visit to Ireland in 2016.

Currently working on pieces for this year's West Cork Creates exhibition, Kieran seeks out the natural flaws, cracks, knots, splits, insect and fungal attack, even decay in his medium.

"I incorporate these, often making them the prominent feature of the piece, leaving most with their natural bark edge," he shares.

"A local in Schull summed it up best when I returned to

Special Feature CREATIVE WEST CORK #madelocal



Ann Martin at work in her garden in Kilcoe.

Art is life

“Visual art is as natural to me as an open field,” shares artist Ann Martin, 76, who after many years spent back and forth between New York and Castletownshend, crossed the water permanently in 1991, purchasing a farm with her husband in Kilcoe. While he continued organising for social justice in the States, travelling back and forth, Ann settled into West Cork, raising their family and making art here. “West Cork became a safe harbour for my family...” says Ann, “The children enjoyed a freedom unmatched and my husband and I found West Cork enriching, a healing counterbalance to the United States.”

Ann’s work is inspired by nature: In human nature, most particularly the passages of a woman’s life. “I have always been primarily interested in people,” she says. “There is an energy that connects me to this world. I love Bruegel the Elder who painted stories of common man. But long before his time, religious art conveyed its story through human passion.”

Many of Ann’s intricate paintings, which can sometimes take years to complete, have faces and places familiar to those who know them.

“At the turn of the 19th to 20th century there were a group of artists in New York and Philadelphia referred to as the Ash Can School. Nothing fancy, just art showing people finding their way. As former artists for newspapers, they turned their focus to the shared experience of the big city. I follow that human interest,” Ann explains.

Although her primary medium has been watercolour, Ann is happy to work in any material to hand: She is currently using oils and is producing a large painting in oil of a young girl within her garden, which she hopes to continue working on as an artist-in-residence at her exhibition at the Marino Church in Bantry in September.

While formally trained in the Liberal Arts, Ann’s interest in human rights and social justice took her professional path into the courtroom as an artist, covering everything from mass murderers to the political

upheavals of the 1970s to the Watergate Hearings for ABC News. Later she returned to visual art and her work in the courtroom means she is unfazed working in public spaces where she enjoys the interaction with people.

Ann’s social life in Ireland unfolded around music, then followed the paths created by her growing children...from playing the organ for Sunday services at St. Barrahan in Castletownshend to a corner of Hackett’s, Schull, where she was seen regularly with her drawing board.

Today she rises early, immersing herself in nature, working her land and gardens, the source of her art. West Cork gives this artist everything she requires: isolation, society and beauty.

Ann’s solo exhibition ‘Paintings, Sketches and Prints’ will take place this September 7-24 at the Marino Church, www.marinochurch.ie, a large exhibition space using the former Methodist Church on the Square in Bantry.

Simone Walsh
IRISH ARTIST

Simone has a range of limited edition prints, notebooks, totes, tea towels & novelty wooden jigsaws featuring her colourful & lively images of West Cork towns & villages!

www.simonewalsh.net

Ann Martin
Paintings, Sketches, Prints

September 7–24, 2023
Marino Church, Bantry

annmartinart.com marinochurch.ie

Special Feature CREATIVE WEST CORK #madelocal



Wall hook circles by Cooltree Design at Courtyard Crafts, Schull



Resin paddle charcuterie board by Fiona Scott at **The Loft, Clonakilty**. As resin 'flows', no two pieces will ever be the same, meaning you have a beautiful one off Irish handcrafted piece.



Irish Landscape by JO Howard at **Forest & Flock, Bantry**. Handmade using the finest quality Irish heritage and vintage fabrics. These miniature landscapes are all about colour and texture.



Puffin cushion by Annabel Langrish, printed on organic cotton at **Le Chéile Arts, Dunmanway**. Part of Annabel's colourful Irish seabirds collection.



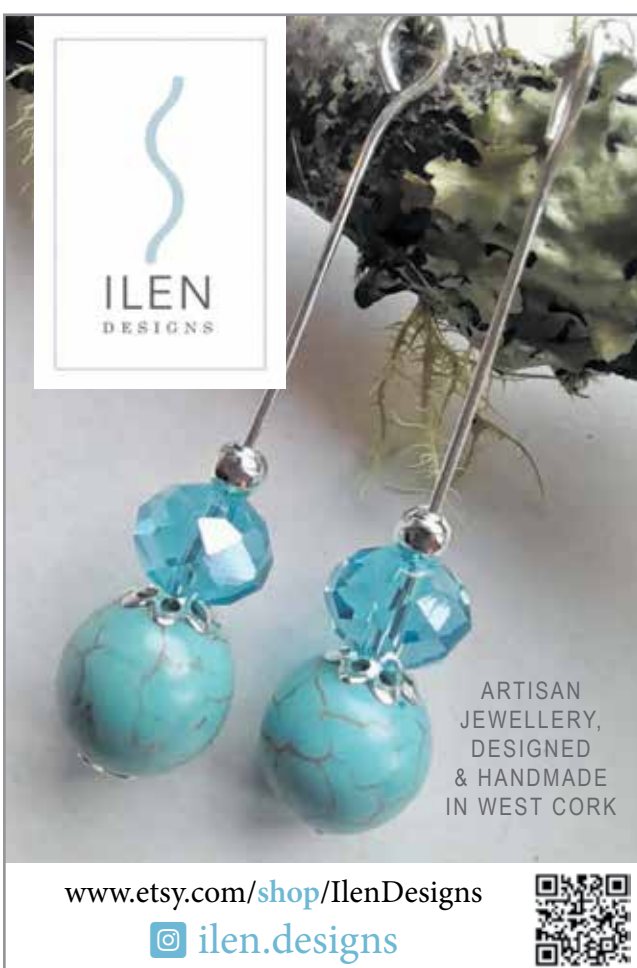
This tea towel by Anne Harrington Rees features a hand-drawn motif of the sea bindweed leaf that's found growing in sand dunes along the coast – at **The Green Dot, Clonakilty**



Portrait of a Rose Eau de Parfum is inspired by the first roses to bloom in the de Lacey Rose Garden. Engraved in Cork with a design by artist Charlie de Lacey. Its presentation box is handmade by Cork bookbinders and lined with de Lacey silk at **Rose Garden Gallery, Baltimore** or delaceyireland.com



A vibrant burst of flowers and leaves give this lampshade by Mr Kite Designs an autumn vibe – at **Forest & Flock, Bantry**



ARTISAN JEWELLERY, DESIGNED & HANDMADE IN WEST CORK

www.etsy.com/shop/IlenDesigns

[ilen.designs](https://www.instagram.com/ilen.designs)



Contemporary, functional, ceramics by Aoife Slattery Ceramics at **Grey Heron, Bandon**



Inchydoney scented drawer liners are just part of the locally made range of candles, diffusers and other scented products at **Grey Heron, Bandon**



Individually hand sculpted, glazed and fired ceramic sculpture by Joanne Robey at **The Loft, Clonakilty**



100% Donegal soft merino wool children's jumper by Julie Dillon at **Courtyard Crafts, Schull**

Special Feature CREATIVE WEST CORK #madelocal

Flock to the forest to meet all your favourite artists and creatives

With an abundance of Irish art, creative works, and design; Bantry's Forest and Flock prides itself on curating a collection of unique and beautiful Irish made works: from local artists and ceramicists inspired by the West Cork landscape to country-wide makers – each with their own skillset for handmade and traditional craftsmanship. You can browse the works of over 100 independent Irish Makers in-store and relax afterwards with a precision brewed Piccolo coffee and cake.

The spacious store has something for all the family with the children's section including the stunning felted animals by FeltFauna (Co. Wexford), rainbows for all rainy days by Rudai Olla (Co. Sligo) West Cork story books by Annabel Langrish and Niamh O'Mahony and organic cotton clothing from Mimi&Bowe, Bananaberry and Fauna Kids.

This season the gallery will showcase the work of Cora Murphy (Cork) Eoin Cassidy Art

(Cork) Stephen Hayes Photography (Clonakilty) Danny Vincent Smith (Bantry) and explore the talented works of Mindful Maker (traditional furniture and home pieces from Irish timbers) Yvon Flynn Basketry Weaving and Jo Howard Mixed Textiles Artwork. Choose from Jewellery by Kathleen Holland (Clonakilty) Sawframed (Cork) Ruby Robin (Schull) Berina Kelly (Galway) or Decca (Meath).

"Showcasing this line-up of Irish artists is something very special to me," shares owner Bernie o'Sullivan. To be able to host such delicate and intricate pieces, in the knowing of how innate skill, talent, time and patience goes into such works. To observe people slow down in the entering of Forest and Flock, to spend a little time in the very nature of such works is ultimately good for the soul. To get a seat at Piccolo and sip on our favourite coffee, taking it all in from their perch: well that's just another bonus indeed!"

This August, Forest and Flock have a very exciting line up of

'Meet the Maker' instore, each Monday and Friday with all welcome to attend.

Friday, August 4: Jo and Jade of Mr Kite Designs – Your favourite Lampshades! Top tip – have a look at their Wexford Linen Range for ultimate light into your autumn evenings.

Friday, August 11: Grace from Pacie Grews Designs will talk you through the world of Macrame.

Monday, August 14: Hannah from Sawframed Jewellery will have her full collection of unique designs on show. Find out a little more on her inspiration of such individual works – and see her Chinese Knots Earrings in 925 sterling silver. Incredible detail and reflection on the traditional craft of knot tying in her Chinese Heritage.

Friday, August 18: Lucija from Rain.bow.Design uses only certified organic cotton in her makings of unique children's wear. Bright and fun in their prints, Lucijas' Rompers are the best gift for a special little one. Reversible in prints, created to

grow with the child and sustainable in making, they are very hard to resist.

Monday, August 21: Fernanda from WildWire Jewellery will allure you with her magnetic colours and detail in her crochet-inspired technique of making. Each piece of WildWire jewellery is an eye-catcher, whether a classic drop pearl or a gemstone encased in her precious twists.

Forest and Flock will be celebrating the last week of August Craft Month and indeed of the summer winds moving to autumn with a special line-up from August 25-27.

Friday 25: Meet Stephen Hayes, award-winning, fine art photographer from Clonakilty and his captivating shots of West Cork landscapes. Stephen uses long exposure and minimalism to capture not what is there but what he sees. Always incredible detail in his fine art Giclée prints.

Saturday 26: Yvon Flynn from the Borlin Valley will showcase her skills in basket weaving. Log baskets, shopping baskets and fruit baskets, each



piece has its one special purpose in our home and living. Yvon has an innate skill with working the willow that is appreciated with every use of these sustainable home pieces.

Sunday 27: Jo Howard brings us on a journey with her textile art. Jo uses Irish heritage textiles along with her own screen printing to represent the true colours of wild Irish landscape and memories in an abstract aesthetic. Each piece of Irish woven fabric stands for the quality of its make in imitating a mountain, bog road, or a tree-lined boreen.

Local traditional musicians are welcome to join in on this Sunday of Bodhrans and Bows! Cork Craft Month is a fantas-

tic month for makers, communities, families, art collectors, and enthusiasts across our city and county towns. It's a wonderful opportunity to get up close and inspired by the in-depth nature of these skilled craftspeople, to explore the dedication to traditional works, our Irish heritage, along with sustainability for our present and future living.

"We at Forest and Flock are continually charmed to host the works of such wonderful makers and to share in the essence of unique, honest and truly precise gifting. We very much look forward to welcoming you over this year's Cork Craft Month."

Open 8am-5:30pm. Sundays 10am-4pm. Closed Tuesdays.



FOREST & FLOCK
IRISH ART CRAFT & DESIGN

New Street, Bantry
00353- 87 3861799

You will always find us....

OPEN ON SUNDAYS

Special Feature CREATIVE WEST CORK #madelocal

Inspired by island life

Visual and performance artist Mary K Sullivan was in her early twenties, living and working in Cork City, when her husband Mike suggested they set up their own fish company on Bere Island, where he was born and raised. And so just over thirty years ago the couple bought their first boat, a small punt, and some fishing pots, and embraced island life together.

Fishing for shrimp and velvet crab and, along the shore, foraging for sea urchins, clams and mussels, Mary fell in love with the sea.

"I loved the freedom of being out on the high seas with nothing but the sound of the engine of the boat and seagulls crying above us as we worked in tandem, hauling and baiting the pots," she shares.

As the business grew, Mike and Mary starting buying scallops from local fishermen, which they processed and sold to some of Ireland's most prestigious restaurants.

Coming from a background in catering and inspired by a shared love of seafood, Mary's dream was realised when the couple opened a restaurant together on Bere Island.

While a lot has changed since then, both Mike and Mary's careers have continued to grow together around their love for the island and Ireland's coast line. They continue to run the business together and Mary, who now has a Visual Arts degree, is constantly inspired by her surroundings on Bere Island, the heritage and the people.

Mary likes to experiment with different materials, often working with steel, concrete, video and photography. "For me, the medium plays an important role in how my work is perceived, so



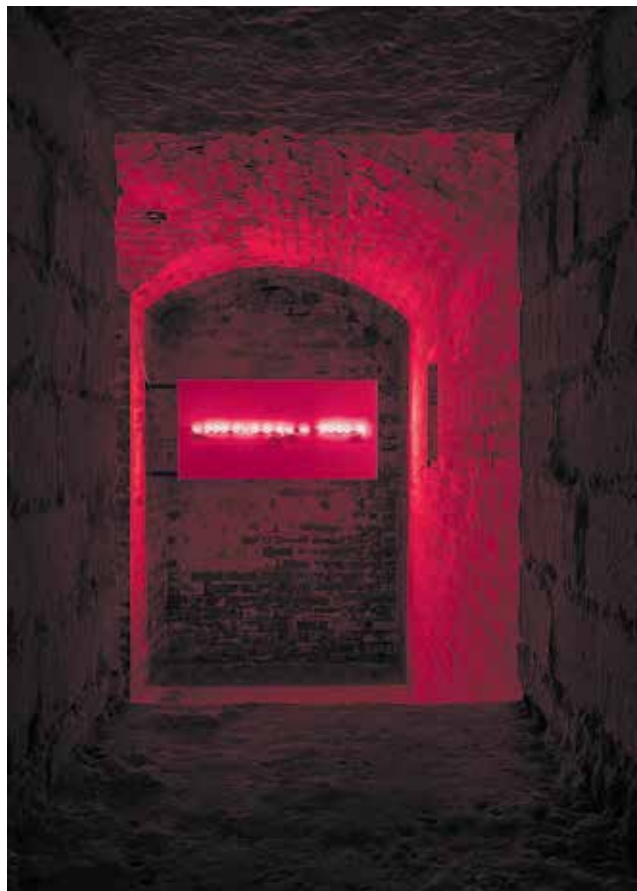
Visual and performance artist Mary K Sullivan

I like to try and test new things so that I can tell the right story," she explains.

"What I love about art is that it is so subjective. While I sometimes create pieces with a meaning in mind, I take real joy in seeing different artwork mean different things to different people. We are all built differently, and we all think differently. Art gives people to freedom to find their own meanings."

In recent years Mary has centred some of her work on island life and living, perceptions of island life, the role of women in the home and society and mental health issues in the modern age.

Mary grew up on a farm outside Bantry with her four siblings and even though she says they didn't notice it at the time, creativity was built into their lifestyle in a natural way. Traditional song and dance were a huge part of their childhood. "We were also resourceful," she



Breathe - Bere Island. Pic: Jed Niezgoda

says. "I bought my first sewing machine when I was just twelve years old and started making patches for a patchwork quilt factory in Ballingearry with my mother. With our leftover material, I made patchwork bags and ornament dolls to sell to the local shops. I also made some of my own clothes and often thought about pursuing a career in fashion."

However, while she dreamt of attending university, Mary didn't get the opportunity until later in life.

A chance meeting with Majella Collins, artist and facilitator on the BA Visual Arts Degree Programme on Sherkin Island, opened her eyes to further edu-

cation and her career in the art world began as a mature student on that same Degree Programme on Sherkin.

"I had a new coming of age in my forties that completely changed my outlook on my career and my life," she shares.

"I spent every second weekend on Sherkin Island learning my craft, and every spare minute working on my art. The course introduced me to so many different forms of art and art making, some of which I had never considering trying before, my favourite being sculpture, photography, video and performance."

Graduating with a first class honours in 2018, that year



From the Inside Out and the Outside In

Mary's graduate work was awarded the RDS Taylor Art Award. Having never attended university prior to this, the award meant a lot to the burgeoning artist. "It's never easy to take on something new, but it's especially challenging to undertake a degree alongside working full-time and making time for family," she says. "Winning the highly-respected RDS Taylor Art Award gave me a huge advantage in my career as an artist and allowed me the security of creating more ambitious work and time to explore new works."

Also in 2018, Mary was part of one of Amanda Coogan's performances, 'Float in the Aether', at the National Gallery of Ireland, a large visual arts performance that she says was exhilarating to be part of.

That year she also exhibited her first solo exhibition on Bere Island, titled, 'Breathe' in 2019.

"Living in a rural area, visual art is not often accessible. It meant a lot for me to be able to share my work with my community, who so often inspire me, and my family."

That year she also exhibited at the Leyden Gallery, London, and was delighted to be asked by her former lecturer and mentor, Dr Glenn Loughran to be part of his project 'What is an island?' exhibition in Uillinn: West Cork Art Centre, Skibbereen.

Other notable exhibitions include 'Futures, Series 3, Episode 3' exhibition in the Royal

Hibernian Academy in Dublin and the 'Sculpture in Context' exhibition at the National Botanic Gardens, Dublin, and a group exhibition titled 'Fragments in Constellation' at the O'Driscoll Building, Skibbereen (part of the Skibbereen Arts Festival).

Perhaps one of her most inspiring recent projects focuses on the real lives of Bere Island women. Entitled 'The Hold', the project began during the Covid-19 pandemic and uncovered some of the most cherished moments, memories and objects of the women of Bere Island.

"Born in a WhatsApp group, which carried a lot of us through the pandemic, the project is a powerful documentation of what island life really is, beyond the misconceptions that are often associated with it," explains Mary.

The project culminated in an exhibition on Bere Island showcasing the work of 24 women, which includes a quilt, personal notebooks and so on. The official book launch of 'The Hold' will take place during the Bere Island Arts Festival, which will be running from September 14-21 this year.

Currently Mary is working towards her solo show that will take place at Uillinn: West Cork Arts Centre, in November. The work that she will present was born from the Covid-19 pandemic and centres on the perceptions of island life and its strengths and fragilities that came to the fore during this time.

CLONAKILTY SCHOOL OF
PAINTING NOW ENROLLING
FOR SEPTEMBER!
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:

Mon 5-7pm; 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



Special Feature CREATIVE WEST CORK #madelocal

Bringing back the very fibre of our being

As more of us stop and think for a moment about where our clothes come from, and the resources required to make them, 'slow fashion' is becoming an important phrase in the language of sustainable living. It is essential that clothing get as many 'wears' as possible before ending up in landfill. But do you also read clothing labels to see what fibre it is made from asks **Sonia Caldwell** ahead of Kilcoe Studio's 'The Fibre of our Being' series of events. You should.

Kilcoe Studios in Ballydehob will be working closely with Fibreshed Ireland this August to run a series of events where people can learn about this topic and meet the people who work with these textiles, both on small scale artistic projects and practical applications like dressmaking and knitting.

'The Fibre of our Being', a series of events exploring contemporary textiles, looks at tradition, current textile production and sustainability issues. It will encompass an exhibition of the same title, displaying a wide variety of contemporary Irish textiles, as well as two full weekends of events and workshops that will allow people

to learn techniques in dyeing and crafting with textiles. The highlight will be a day of talks and displays about the source of our fibres and Irish wool production, with displays from small businesses looking to find new ways to use our indigenous materials sustainably. We will finish with an alternative fashion show in the lively cultural

hub of Levis Bar in Ballydehob! All these events are run by Kilcoe Studios and generously supported by Creative Ireland, the Department of Culture, Heritage and Gaeltacht and Cork County Council.

All events can be booked by emailing events@kilcoestudios.com. Events are subsidised with assistance from Creative Ireland. Below is a summary of events and workshops and there are more details available on www.kilcoestudios.com. All events take place in Ballydehob at Kilcoe Studios, Community Hall and Levis Bar.

EXHIBITION Kilcoe Studios, Ballydehob (opposite garage) until September 9, Tuesday to Saturday, 10am - 5pm

WEEKEND 1: August 12 - 14
Saturday 12 - 'Our plant fibres and their use in craft in the past and today' - a talk with some hands on practical work. 5.30pm - 7pm
Sunday 13

- Come by and dye a small item of clothing to a beautiful deep indigo with Ashleigh Ellis. 11am - 2pm.
- Fringe Events at Community Hall and Kilcoe Studios - suitable for children and families
- Growing Natural Dye Plants with Ashleigh Ellis - A talk 4pm - 5pm

Monday 14 - Patchwork with Tamsin Blackburn. 10am - 4pm

WEEKEND 2: AUGUST 26 - 28
Saturday 26 - Exhibition talk with Fibreshed participants followed by social evening 6pm - 8pm
Sunday 27

- Talk about Fibreshed Ireland by founding members Malú Colorín and Liadain Aiken 1pm - 2pm.
- Talk about our Irish wool, sheep breeds, processing, history 2.30pm - 3.30pm
- Exhibition open 11am - 5pm.
- Fashion Show 6.30pm in Levis'

Monday 28 - Natural dye wool kerchief workshop with Malú Colorín and Liadain Aiken 10.30am - 3pm

SUNDAY SEPTEMBER 10
Talk and discussion - Cork linen and flax, it's social history 2pm - 5pm with afternoon tea provided.



to learn techniques in dyeing and crafting with textiles. The highlight will be a day of talks and displays about the source of our fibres and Irish wool production, with displays from small businesses looking to find new ways to use our indigenous materials sustainably. We will finish with an alternative fashion



In Ireland, not that long ago, the textiles we wore and had in our homes were entirely produced in this country from our own resources; flax grown for linen, sheep reared for wool, skilled makers transforming those natural fibres into yarn and then into clothing, bedlinen, carpets and more. Women made a viable living from their crochet and lace work and every village and town had a tailor and seamstress.

Flax for linen was once grown all over Ireland, with a large amount grown in West Cork. This supported lots

of associated industries that processed those plant fibres into thread and then cloth, which was then coloured using natural dyes.

Although we continue to rear sheep in this country, due to competition from cheap foreign wool and synthetic fibres, Irish wool has virtually no value now, in fact it can often cost a farmer more to shear his sheep than he gets for each fleece.

Today what we call progress has actually brought us badly made clothing, using synthetic fabrics that cause environmental damage in their production and continue to deposit microfibres into our water as we wash them. Skilfully crafted clothing, made with quality fibres that last a lifetime, are now in the minority.

We have lost nearly all our Irish fibre processing industries, and their specialist machinery, so it is difficult for people to try to regenerate these businesses.

However, one organisation, Fibreshed Ireland, with the backing of many passionate supporters, is looking to slowly change this state of affairs. Whilst spinning by hand and small batch production is not realistic in 2023, we could use modern manufacturing systems to potentially bring back these skills and industries in a way that is viable long-term.

Fibreshed Ireland is the Irish affiliate of a global membership-based organisation looking to reinvigorate local textile production, using local fibres, local dyes and local labour.

Flax and Linen in West Cork - a search for stories from the past

Eco artist Kathy Kirwan will be working with Kilcoe Studios and Cecas this summer to grow flax and explore the stories behind the once booming textile industry in West Cork - the farming and markets, the spinning, weaving and dyeing processes.

A 'West Cork Flax' gathering will be held in Ballydehob on September 10 as part of 'Fibre of our Being'. If you have West Cork flax and linen related stories, artefacts, or memories to share please contact: kathykirwanecoartist@gmail.com / 086 2255 067 or events@kilcoestudios.com or call by the studio Tuesday to Saturday (opposite Camiers).

KILCOE STUDIOS
Heritage & Nature PRINTS & CRAFT
Greeting Cards & Calendars
Available from our website, Workspace in Ballydehob and Gift Shops in West Cork

AUGUST: FIBRE OF OUR BEING
- talks, workshops events and exhibition

See editorial on this page or www.kilcoestudios.com
email events@kilcoestudios.com

CROÍ ANAM CREATIONS

Nature-inspired minimalist jewellery

Find on Etsy:

Made with love in West Cork using the best quality sterling silver, gold and brass.

Instagram: [croianamcreations](https://www.instagram.com/croianamcreations)

COURTYARD CRAFTS
Main Street, Schull 028 28209

A carefully chosen range of products showcasing the finest of Irish and international craft.

GIFT VOUCHERS available

Gifts for him, for her, for baby & for homes
Gift Ideas | Ceramics | Jewellery | Homeware
Clothing & Knitwear | Cards & Stationery

Visit us in Schull or SHOP ONLINE at www.courtyardcrafts.ie

Special Feature CREATIVE WEST CORK #madelocal

Revealing the secret beauty of seaweed

After testing the waters at a craft fair just last Christmas, the work of Ballineen-based seaweed artists Orla Twomey and Armand Tessier is now stocked in Le Chéile, Dunmanway, Green Dot, Clonakilty and Forest & Flock, Bantry.

Working under the label 'Farraige' Orla and Armand have enjoyed very positive responses to their creativity.

"Using seaweed as an artistic material has seen a resurgence recently," Orla says. "It is inspired by ancient practices that originally had more scientific purposes."

"The colours and shapes are amazing," Armand adds. "When people see our real seaweed pressed on to watercolour paper they always ask if they're drawings or paintings, and are astonished to learn that such colours exist naturally."

"We both wanted to make something very different, something connected to nature, and we were immediately hooked with seaweed art."

In February 2022 the couple began foraging on the beaches of West Cork to make their first seaweed pressings. Since then it's been almost a year of working 'behind the curtain', with a lot of trial and error they confess!

With their technique and process perfected they now sell seaweed pressings made with real specimens, as well as prints



Orla Twomey and Armand Tessier of Farraige

of their creations.

"It takes between four days and several weeks, depending on the specimen, to have a finished piece," Orla explains. "Only then can you really see if your pressing looks how you hoped it would; that's why it took us so long to even start thinking about selling them."

"We took some time to perfect Farraige's product but also to choose our partners and suppliers" Armand confirms. "We

love to work with locals so our frames are from Strand Framing in Clonakilty; we'll be working with Bantry Glass as they have UV resistant museum glass, which is the best quality on the market to protect the sensitive seaweed from light; when we scan pressings we use ImagineArt in Cork, who do stunning detailed work."

Last June, at Borris Literary Festival, the couple met Vincent Doumeizel, author of 'The Sea-



weed Revolution' and presented him with a very special Farraige pressing, with the title of his book spelt out in seaweed!

In addition to pressings and prints, Farraige has some other projects in the pipeline, such as gift cards and writing paper. Orla and Armand are also running

workshops (pictured on right) at Le Chéile in Dunmanway on August 13 and 27 as part of Craft Month, which may become a monthly event. Book by contacting Le Cheile on 087 247 8351.



**Pressings
& Prints**
of seaweed that is
sustainably foraged
from West Cork's
coves & beaches.

Available in:

Le Chéile
Dunmanway

Green Dot
Clonakilty

Forest & Flock
Bantry



or DM us on Instagram:
@farraigewestcork

August artistry on Sherkin Island

Sherkin Island's Community Hall will host three art exhibitions this August, starting with 'Elemental', a joint exhibition with islanders, Nigel Towse and John Simpson, from July 29 – August 9. Nigel's photographic studies of the textures of old fishing boats capture the impact of time and the elements, and they reflect his deep love of the sea. John's paintings on canvas and on paper are influenced by the constant changes in the elements of nature on coastal life. Their qualities are rich in the handling of colour, movement, line, form, texture and structure.

'Call a Spade a Spade' follows from August 10-17. Contemporary collage artist, Tara O'Donoghue, never fails to bring a smile with her humorous and highly imaginative collage work. Tara expresses herself through bright, bold colours, shapes and images.

The final exhibition is 'Sherkin Island – Hedgerows and Headlands', a collection of Tina Reed's paintings, running from August 18-27. Tina will present an exhibition of contemporary paintings in oil using a palette knife. Her exhibition will include scenes of Sherkin Island, ranging from well-known landmarks such as the Abbey and St Mona's Church to beaches, sweeping headland perspectives and enchanting summer hedgerows.

But if art doesn't rock your boat, there are plenty of other things to do on the island this August.

For the summer sailing schedule to Sherkin Island from Baltimore, see: www.sherkinisland.eu/ferry



Cameret Fishing Boat, photograph by Nigel Towse

Special Feature CREATIVE WEST CORK #madelocal

Still looking in the same direction

“My heart is broken but when you have known love your heart breaks open rather than in on itself.” These are the thoughtful words of artist Geraldine O’Sullivan, as she mourns the loss of her dearly-loved husband Alex Streuli, who died in 2021 from complications following stem-cell treatment for leukaemia. Throughout the trauma of Alex’s illness and passing Geraldine never stopped painting; she uses her practice to process her feelings and sometimes as an escape from the harsh realities of life. Geraldine speaks to **Sheila Mullins** about her sometimes rocky path to a fulfilled life and artistic freedom.

Daughter of Clonakilty auctioneer Matt O’Sullivan, Geraldine picked up her business sense long before she left school. “Our home was part of the office so you knew to never come downstairs in pyjamas as you wouldn’t know who was in the kitchen,” she recalls. “Anyone who grows up in a family business has an understanding of how to acquire and look after customers I think.”

However, Geraldine wasn’t interested in joining the family company and instead trained in Fine Art at NCAD in Dublin. Graduating into the harsh economic climate of the 1980s was not easy but she completed a ‘start your own business’ course with Kilkenny Design and worked as a textile designer in various iterations, including for Paul Costello.

After a few years though, as a now single mother with a small child and a mortgage, Geraldine was forced to be pragmatic, to park her artistic ambitions and take a job with her father.

It wasn’t what she had hoped or studied for and occasionally Geraldine found herself feeling resentful of those who she believed had more choices in life, such as the handsome Swiss man – Alex Streuli – who landed in her office one day seeking a house and a new way of life in West Cork.

“He was looking for somewhere with trees and privacy,” Geraldine explains. “And I had just the property for him – a secluded residence in Ballylibert, Ardfield that had previously belonged to the Sleeman family, and coincidentally where my father’s great-grandmother had



Geraldine's studio gallery in Castlefreke, Clonakilty.

once lived.”

And that was that, until the following year when Geraldine received an invite to a party celebrating the renovation of that same house.

“I was under the impression that Alex had just employed a team of builders but I realised that night that he had renovated the old farmhouse himself, whilst sleeping on a palette. When I saw that his hands were a workman’s hands...that was the moment I fell for him,” she says nostalgically.

The couple reared two children, Kate and Daniel, and welcomed a granddaughter, Bonnie, just four months before Alex passed away: He did get to hold her for 15 minutes, for which the family will always be grateful.

Although they had their ups and downs, Geraldine says “looking in the same direction” was the recipe for their happy marriage; both parties were encouraged and supported as they pursued their dreams. Alex as a languages teacher in Bandon Grammar and Geraldine as a full-time artist, whose land and

seascapes convey the essence of West Cork.

Working with pastels, Geraldine creates energetic sketches that capture the colour, mood and character of a place and takes supporting photographs to check forms and perspective.

In her studio, her palette knife recreates these scenes with energy and confidence, as in her painting of Howth Head from Bull Island, in which the wind is battering the grasses; a friend kindly lent a cottage on the island whilst Alex was receiving treatment at St James’ Hospital but it is only recently that Geraldine has been able to return the piece to her easel to finish.

Although she spends several months a year on La Gomera in the Canaries, Geraldine isn’t drawn to paint that landscape. “No, West Cork is what is in my veins,” she says emphatically. “I know it inside out. I know the people in the houses in my scenes...although I do hate the built environment and try to hide it in the shadows!”

Whilst landscapes and seascapes are her daily practice, collage paintings are Geraldine’s true passion and what she would like to be shown in a retrospective of her career. The artist chose this medium when she was invited to create work to complement the ‘Letters of 1916’ project, as it travelled to New York in 2016.

Using archived letters in Maynooth University as source material, Geraldine created 16 ‘lifescapes’, that depict the anger, the grief, and the hope of the times. Not all the work is based on letters; a hauntingly spare collage of a child’s sweater was inspired by a list of the names of 40 children who died during the Easter Rising.

Small in scale and deeply intimate, in her grief this medium “contains too much of myself”, although Geraldine is certain she will return to it in the future.

Alex was green-fingered so, as Geraldine painted in her upstairs studio – “organised chaos where



Alex refused to venture” she says laughing – he created a stunning garden below. From this grew the couple’s popular summer tradition of a two-day exhibition and open garden event.

Although Geraldine will no longer open her garden to the public she still welcomes visitors, by appointment, to her new, light-filled gallery, which she converted from old milking parlour last Spring. “People are welcome to just come and browse because purchasing art is a big decision and not something to be rushed. You should feel an emotional response to a piece, it should bring you somewhere, show you something. Fine art is the direct opposite to throwaway culture; I like to think of an artwork as a silent witness to what goes on in a space, through generations of a family.

“Having my own gallery allows me to really know who is buying my work, to see their response to it. Certainly as a young artist you value the confidence a gallery owner gives you, and they can teach you a lot about framing and presentation. Kate Fitzgerald for example in the Loft Gallery is fantastic. However, selling my own work is something I have the business background, the collector base and the confidence to do now.”

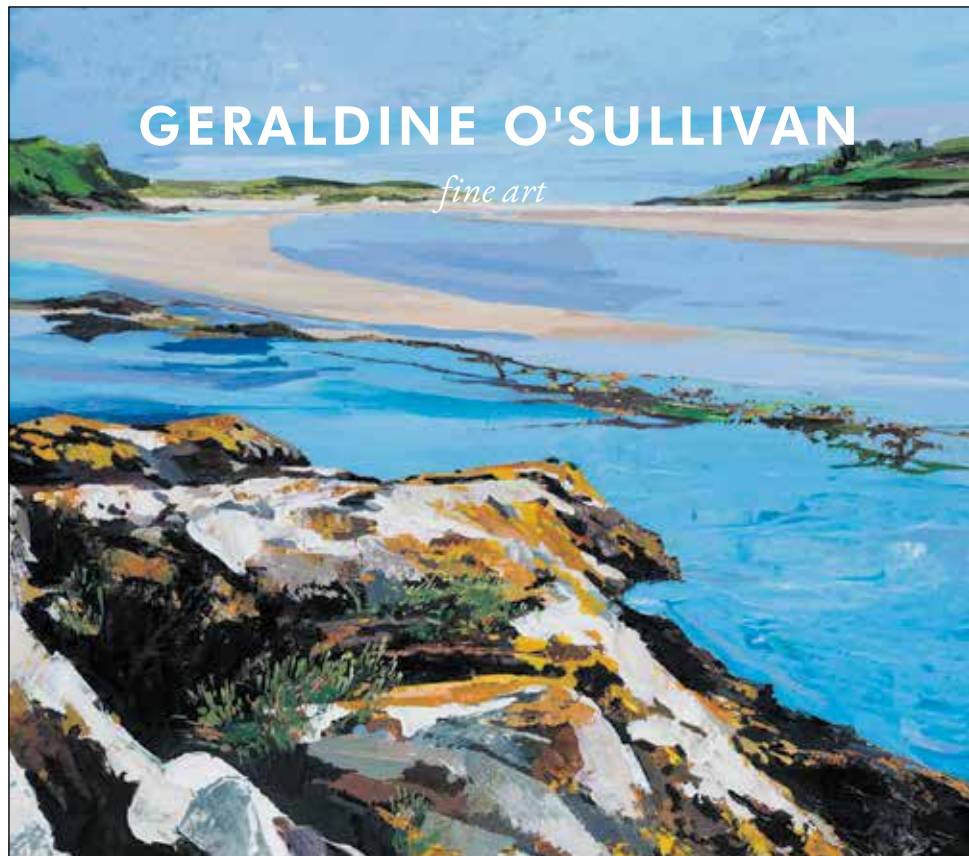
Although she has been able to find comfort and strength in her work, Geraldine is well aware of

how difficult it can be for artists who constantly have to expose themselves to judgement. “I would remind artists that your practice is called ‘work’ for a reason; your work is not the entirety of you as a person,” she says sagely.

“Remember to nourish the well from which the work comes; take time to stop and go back to basics; visit galleries and museums; look at the Old Masters to see how they dealt with light and composition. I took out a YouTube subscription just to watch documentaries by the art critic and historian Waldemar Januszczak!”

Whilst she continues to paint, Geraldine is also keen to create a legacy for her children and grandchildren from the body of work she has already created though her career. To that end, she has developed a new product, framed prints on canvas, which are available on her website for just €270 including postage.

To view prints and original paintings of the West Cork landscape and coastline please visit www.geraldineosullivan.com or to make a gallery viewing appointment call 087 6831751.



West Cork Studio Gallery

Discover fine art paintings of the West Cork landscape and coastline, now open for viewings by appointment.



CLONAKILTY, WEST CORK

WWW.GERALDINEOSULLIVAN.COM

0876831751



Canvas framed prints, 69x69cm, priced at €270 from www.geraldineosullivan.com

Special Feature CREATIVE WEST CORK #madelocal

Documenting Ireland's life and times

For Kevin O'Farrell, photography is about capturing a moment in time, showing elements of life that pique his interest. "The problem is that those moments in time are constantly changing; how you deal with that, is what makes photography so special," he muses.

Documentary photography captures the essence of a process by recording it in a series of images, creating a visual narrative; O'Farrell's approach draws on the traditions of photojournalism and magazine reportage.

"To photograph anything well you need passion and fascination with your subject, as you cannot sustain an interest in the act of creation for long enough period of time without it," he says.

O'Farrell uses very simple equipment, often only one camera and one lens, which he says gives him more freedom. His passion is photographing people and how they relate to their environments and each other.

"I usually find when people are involved in an activity, they forget about my presence and so the work continues without being influenced by my camera. In effect, this practice means that more time is spent standing around waiting for events to unfold than actually taking photographs. And so the advice of my course director David Hurn, given to me as a young student of photography in Newport, South Wales still holds true – 'always have a good pair of shoes'."

O'Farrell is a first generation returned emigrant, born in Kenya to Irish parents, who originally came from Banagher and Birr in Co Offaly. He moved to Ireland in the early eighties with his wife Jane and has always lived by the sea and loves boats, particularly sailing boats. No doubt this is why one of his most recent projects 'Hegarty's Boatyard -



Lunchtime Whiddy Island School 1981

The Last Surviving Traditional Wooden Boat Yard in Ireland' held particular significance for the photographer.

The project resulted in a photographic exhibition at The National Maritime Museum, Cornwall, UK, for six months, which was visited by over 42,000 people in 2021, and more recently Uillinn: West Cork Arts Centre, in May 2023, opened by David Putnam.

The project also prompted two publications, both available on www.kevinofarrellphotographer.com and in local bookshops.

"Watching these boatbuilders at work today offers an insight

into previous generations of such craftsmen, as their tools and skills remain unchanged. Unfortunately, however, these traditions are in danger of being lost now as very few young people take up careers in wooden boatbuilding. This would represent a tragedy for our island nation, so I feel honoured to witness and record this extraordinary craftsmanship for future generations."

Hegarty's yard, established by Paddy Hegarty shortly after the Second World War and continued today by his grandson and namesake, is the only boatyard in Ireland that has produced such a wide range of hand-crafted wooden boats over the last twenty five years, enabling the revival of the once-lost fishing yawls of West Cork.

The project has sparked a love for wooden boats and boat restoration in O'Farrell, who now sails around Roaringwater Bay in a 1929 Scottish Island One Design sailing yacht, designed by Alfred Mylne in 1927 and built by McGruer's in Scotland.

While making a living in such a creative line of photography in rural West Cork can be challenging, O'Farrell's passion and skill has not gone unrecognised: Being selected by IKS (Institut für Kunstdokumentation und Szenografie) – one of the largest private media archives of



RUC land rover patrol, Belfast 1979



Top: Whiddy Island Fishermen 1981

Right: Teddy O'Donovan Rolling Oakum AK Ilen

visual arts in Europe – was a huge honour. He was also one of the original photographers, and the only Irish, to have work chosen for the 'FACING BRITAIN' photography exhibition curated by IKS, and book, which includes two of his photographic projects covering Bathing Places Ireland and RUC and British Army in Belfast, Northern Ireland.

O'Farrell feels accepted in West Cork, which he describes as cosmopolitan in comparison to other parts of Ireland. "You have a great sense of freedom here to do what you want," he says. He and his wife Jane brought up their daughter Maeve in West Cork and are now enjoying seeing their granddaughter Ella grow up here. When he's not taking photographs, he loves nothing better than sailing around Roaringwater Bay on a warm Summer's day, ending the day with visiting the West Skeam Island for a late evening swim. "Where else would you want to be?" he says.



DE LACEY
ROSE GARDEN GALLERY
ART - SILKS - PERFUME
BALTIMORE – CO. CORK P81 T670
info@delaceyireland.com
 [de_lacey_gallery](https://www.instagram.com/de_lacey_gallery)
delaceyireland.com

Special Feature CREATIVE WEST CORK #madelocal

The Green Dot expands its creative offerings in new space with cafe and craft shop fusion

When the opportunity arose to move their business 'The Green Dot' to a spacious new premises on Pearse St. in Clonakilty, Lisa Tonge and Frank Fredriksen were excited at the possibilities this presented. "We had been in our beautiful little shop on Ashe St for five years and had really outgrown it," Lisa chats to West Cork People. "The stock was getting quite cramped and our craft studio was getting more and more squashed in a corner."

"Such a beautiful, much larger space, and also the option to open a café – another dream project. We knew that it would be a huge amount of work to pull it all together but it would be really worth it."

The couple have created a bright new spacious shop and behind-the-counter craft studio space and a charming café serving delicious nutritious food and space for community and music events. There is also lots of room to display the work of The Green Dot's designer-makers with huge potential for more.

Partners in life and in business, Lisa and Frank make a good team for this new café-shop venture, with Frank, a real coffee aficionado, taking charge of this side of the business, and Lisa, a self-taught crafter-maker who has been running The Green Dot for the past ten years, driving the craft side.

"We are so lucky to have so many amazing coffee roasters in the area," says Lisa. "We stock delicious West Cork Coffee, roasted in Innishannon and Tony is always around to give advice in making the best coffee. It also helps to have coffee on tap when one is trying to get the creative juices flowing!"

Lisa has an excellent relationship with many of the makers in the Irish craft community and, with so much experience, she knows her market really well.

"I have a good idea of what people are looking for," says Lisa. "This new premises also allows us the opportunity to support more local makers, in both the craft-design and food sectors; Frank and I are both looking forward to building something really special."

Already The Green Dot is showcasing a range of new makers from beautiful jewellers like Aoife de Burca



silver jewellery to Woodmoon wooden jewellery. Lisa has also expanded the shop's 'We Make Good' selection with beautiful handmade products from social enterprises around the country.

"These are made by people from a disadvantaged background," she explains, "for example refugees, people with disabilities, ex-prisoners; allowing them to build skills and gain a livelihood by working in the craft sector."

The Green Dot also stocks unique seaweed prints from Farraige West Cork ranging from soft to flamboyant colours and textures: Just a taste of what you'll find in the shop, which boasts over 70 Irish based designer-makers in-house.

Complementing the craft shop, the new cafe offers the best of local food in a simple but tasty menu.

"We both love good food and are trying to strike a balance

between delicious, nutritious, wholefood dishes such as our daily salad grain bowl and traditional elements such as soup, scones (made daily by Frank) and 'the classic' – our take on the toasted special."



With a nutritionist part of The Green Dot team, customers with special dietary requirements like coeliacs and vegans can be sure of being well looked after. Most of the food is made in-house including freshly baked cakes every day and the Italian chef offers baked focaccia bread sandwiches (with local fillings such as Skeaghanore smoked chicken) and other elements with an Italian twist.

"We have big plans for guest

chefs and pop-up events but for the minute we are just focusing on getting things going properly and doing what we can do well," says Lisa.

Sustainability and the environment have always been central to the ethos of The Green Dot so it's no surprise that Lisa and Frank have signed up to a reusable cup scheme 'Cup2Go', which has been well-received by the Clonakilty community.

"It's a bit like the trolley rental scheme in the supermarket," explains Lisa. "The customer 'rents' the cup for €2, and they get that back when they return the cup."

The Green Dot uses environmentally-friendly materials where possible i.e. recycled or reused packaging, GOTS certified organic fabrics and so on. All of the café's milk comes in returnable glass bottles from Gloun Cross Dairy, food waste is limited and, while there are meat options available, the menu leans more towards vegetarian. The Green Dot encourages environmentally-friendly

practices and materials in their makers.

"We are still finding our footing with the new premises and plan to complete a full environmental-energy usage audit in the next year, incorporating more environmentally friendly practices," says Lisa.

One of the most exciting elements about the new premises is that the sizeable café can double as an events space. The Green Dot has already hosted several music and group events and, with such good acoustics in the room, it is hoped to really build on this. It also provides space for craft workshops and food pop-ups.

"This cross-over between the craft shop and the café has the potential to be something really special and gives lots of opportunity for sharing and learning in our community," says Lisa passionately.

Coming up at The Green Dot: On Friday, August 18, a 'demo day' with makers and producers in the shop and café sharing skills and ideas.



A hub for Irish Craft & Design
(with over 70 Makers)
at the heart of Clonakilty.



Visit our café for good coffee, food and people.




the green dot

42 Pearse St,
Clonakilty
023 883 5572

Visit our online shop www.thegreendot.ie [@thegreendot.ie](https://www.instagram.com/thegreendot.ie)

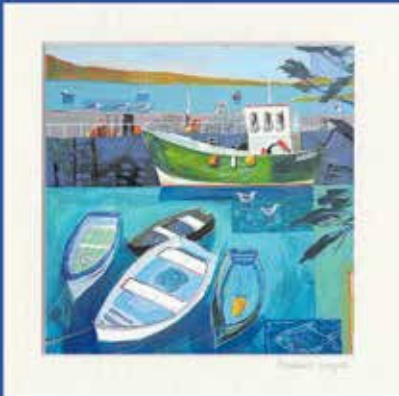
Special Feature

CREATIVE WEST CORK #madelocal



Heron Gallery
Ahakista nr Durrus P75 TW89

Showcasing the work of artist
Annabel Langrish



visit our award winning café and gardens
www.annabellangrish.ie

Inspired by nature

If you haven't visited Heron Gallery, Café and Gardens in Ahakista, you are in for a treat when you do. Take a spin or a cycle out on the Sheep's Head peninsula and turn right in Ahakista – the gallery is just 200 metres up the hill, open every day from 10.30am until 5pm all summer, right through until mid September.

The artist, Annabel Langrish, lives upstairs and the gallery and gardens are a colourful imaginative tribute to her vision. There are prints, stationery, a range of homewares, and raku-fired ceramics, which are made in her studio in the garden.

The organic garden, on the West Cork Garden Trail, has colourful borders, three wildlife ponds, a wildflower area, orchard, woodland path, raised vegetable beds and is full of

quirky ideas to inspire you. Salads and edible flowers for the café are grown in two polytunnels. Visitors can enjoy the peace and quiet and the buzz of bees strolling around the many paths.

Come and sit on the sunny terrace, or in 'de rum shack', styled on a Barbados (where Annabel grew up) rum shop, or in the Taverna, a shady covered area surrounded with flowers and bedecked with buoys and beach finds. The café has an array of mostly gluten-free delicious cakes. The cheesecake is to die for. Toasted sandwiches and garden salads, soup, frittata, vegetarian lasagne, great coffee – not to be missed!

Annabel herself is usually to be found in her studio or in the garden and happy to have a chat.

www.annabellangrish.ie

Stunning selection of Irish makers at Grey Heron

An independent homeware, gift and lifestyle store perched in Bandon, Grey Heron offers a stunning range of home accessories, gorgeous gifts and colourful children's selection.

The Grey Heron flock is Sarah, Sally, Suzanne, Dave and Phil who love sourcing exciting new products from emerging and established designers displaying the best that Ireland has to offer; and aim to provide a relaxed environment and warm welcome for everyone who comes through the bright yellow doors.

Grey Heron makers include Irish potter Etaoin O'Reilly whose pieces range from bright and colourful with a modern twist to traditional pieces of pottery; Caulfield Country Boards, which make locally crafted wooden boards for cutting and serving, both functional and beautiful; Luna Ray Jewellery collections, which celebrate boho chic with a nod to sustainable fashion, a dazzling fun accessor with a serious ethical ethos; Aoife McLaughlin's coastline lino prints; and West Cork Beard Company's quality beard care products. This is just a taste of what you'll find in store.

The art gallery space has been hosting exhibitions from local artists and national artists since 2019. An exhibition of beautiful watercolours by Sebastian Thommen has just come to an end so keep an eye on the website for upcoming shows.

If you're in need of some refreshment after browsing, Grey Heron serves local favourite West Cork Coffee and delicious sweet treats from Bandon's Pie Patch Bakery.

For more information go to greyheronwestcork.ie

The art of the plant

Although Patricia Bevan was offered a place at art college in 1989, like so many others of her generation, she chose the 'sensible job' option and instead trained in architectural technology. She then spent her working life endeavouring to get back to art, from specialising in artist's impressions of buildings to signwriting, mural and window painting. In 2020, with her mortgage paid, she finally felt she could listen to her inner voice and follow her passion. Patricia is now a full-time artist.



Bay have been under threat, and this has introduced the wonder of the world under the surface of the sea, which is where I am inspiration-wise presently," she shares. "There is such a weird and wonderful world underneath, both mysterious and precious and I hope that resonates with people."

Patricia has a great love and respect for wild places and plants, feeling a pull to represent the plants which thrive in the wet peaty ground here, from seasonally colourful mountain grasses, rushes, mosses, ferns, and the wildflowers in the boglands, to the verdant woodlands flourishing in the dampness.

"I suppose I am pointing the viewer in the direction of the beauty in the simplest things in life," she says. "The flowers



at the Cnoc Bui Arts Centre in Union Hall from September 8-19. She has just been accepted to take part in Kenmare Arts Festival.

The artist has embraced the theme 'Four Seasons' for this year's West Cork Creates exhibition, as it correlates with her current work – exploring light and colour which directly reflect the seasons.

"Nature takes its cue from the climate, not the date," she says. "Plants appear when its warm enough to survive, sometimes fooled into believing spring is here early in mild weather. They die away when their reproduction is finished, with the dead leaves insulating the roots against winter. Winter light is shorter and less vibrant as our planet is tilted away from the sun.

"The sea changes colour at this time of year to reflect that lower and shorter light. In summer, as the earth is tilted towards the sun, light and colour saturation increases. Seaweeds develop and morph with the season – fresh growth with brighter colour in summer and darkening in autumn and winter."

As an artist you never stop being creative: Life is work, work is life. "It's with you everywhere, whether driving in the car seeing something of interest, a colour, a rusty gate. And then you may not be physically making art, but in your head you are problem solving. It's there all the time, but it's a happy place," says Patricia.



in the ditch, the foggy morning light on the dew, the dapple of light on water or beneath. One of my favourite Artists is Andrew Wyeth, whose paintings to me evoke so much in their simple subject. Maybe that's enough with all that's happening in the World now, it's good to stop and appreciate the quiet."

Patricia is taking part in the West Cork Creates exhibition in August. She has also been invited to exhibit at the Aisling Gallery in Ballydehob over the summer and will be exhibiting with two other artists, Teresa Shanahan and Kate Standen

Although she enjoys painting, Patricia works primarily in pastel on paper. Living beside Bantry Bay, she is drawn to the shoreline and the plant life beneath. "In recent times our kelp forests in Bantry

Special Feature CREATIVE WEST CORK #madelocal

O'Connell Gallery inspires with craft collaborations



An oak cabinet-on-stand, by Stevan Hartung.

Specialising in traditional and contemporary craft, O'Connell Gallery, recently opened on Ashe St. in Clonakilty, presents an evolving collection of ceramics, glass, textiles, woodwork and metalwork from emerging and established Irish artists and craftspeople.

Owner Stephen O'Connell is a Cork city native who has worked in a variety of arts and cultural organisations. With a tradition of furniture-making in his family harking as far back as the 19th century, this is an area that Stephen was always interested in. His studies in furniture-making and restoration kickstarted a passionate interest in antique furniture, that culminated in him moving to London to work in the furniture and decorative arts department at Christie's auction house. After a number of years there working as a specialist valuer and cataloguer, which Stephen says could be described as 'an apprenticeship in looking', he then went to work for a charitable organisation furnishing historic properties all over the UK.

"During this time spent working in London and the UK, I developed an interest in the work of contemporary craftspeople and designer-makers, which I sometimes jokingly think of as an antidote to the antique work I was surrounded by on a day-to-day basis," he shares. "Whenever I was back in Ireland, I would seek out the work of craftspeople around the country and was really inspired by the quality of work being produced, but surprised at the lack of exhibition opportunities that seemed to exist."

After nearly a decade in the UK, Stephen and his partner Grace decided to move home and he started working as an independent curator, putting together craft-focused exhibitions for other galleries and arts centres.

His aspiration however from the outset was to have his own gallery space, and, after the inevitable Covid-related slowdown to the development of these plans, Stephen began to look for a suitable location towards the end of last year.

Feeling a connection to

Clonakilty, with Stephen having spent a lot of time in West Cork as a child and Grace's maternal grandparents hailing from just outside the town, the couple identified the premises on Ashe Street as a suitable location for Stephen's vision.

"The gallery is focused on craft and design, so the selection of work is material-led, drawing from established craft disciplines such as ceramics, glass, textiles, woodwork and metalwork. But the work is not necessarily bound by tradition either, and I will also show pieces by emerging artists and craftspeople for whom the perceived boundaries between fine art, craft and design do not exist."

The gallery is very much a collaborative approach between Stephen and the artists he represents.

"One of the most exciting changes in moving from the market for historical works of art, to the contemporary, is the opportunity to learn directly from the creative source about the genesis of an idea and the creation of a piece – a level of

understanding which is often lacking in the auction or secondary market – and so I really enjoy that process of learning from the maker."

Stephen's hope is that the gallery helps to support artists and craftspeople in the development of their practices and careers in the long term and provides audiences with the opportunity to view and acquire work of the best quality.

Coming up in the Autumn, he's really looking forward to showing work by Wicklow-based furniture-maker Stevan Hartung, who was recently commissioned by the Design and Crafts Council of Ireland and the National Museum to create a series of pieces for its permanent collection of contemporary Irish craft.

Offering high-quality everyday items that would make a wonderful gift to unique collector's items in a beautiful space, O'Connell Gallery is an exciting and inspiring addition to the Clonakilty craft and design scene.



O'Connell Gallery

Specialising in traditional & contemporary craft

29 Ashe Street, Clonakilty, Co. Cork
Tues - Sat 10am - 5pm

oconnellgallery.ie

Image: Untitled porcelain wall-piece by Isobel Egan (detail)

Exhibitions @ GREY HERON

AUGUST
Tereza Sterbova
SEPTEMBER
Lesley Cox
OCTOBER
Norma Healy & Siobhan Collins
NOVEMBER
Kate Wilson
DECEMBER
Michael McSwiney

GIFTS | ART | COFFEE

15 Bridge St. Bandon | 023 8842861 | hello@greyheronwestcork.ie

Special Feature CREATIVE WEST CORK #madelocal

Always something new at Blue House

Summer continues at Blue House Gallery in Schull which is showing three solo exhibitions until Wednesday August 9; Oonagh Hurley's 'The Memory Room'; Catherine Weld's 'Modern Land and Shane O'Driscoll's 'Slow is the Move & Pace is the Trick'.

Opening downstairs in the gallery on Friday August 11 is Angela Fewer and Ian Humphrey's joint exhibition. Angela is a qualified architect and brings her interest in the manipulation of space and structure into her paintings. The work hovers between abstraction and

representation. Ian's paintings are non-figurative, but instantly evoke memories and images of West Cork, with veils of grey rain sweeping in from the ocean and autumnal shades defying colour definition, in delicate variety.

Upstairs is Julia Zagar's solo exhibition '366 - Daily Threads'. Julia's textile exhibition is a visual diary of 2020, which she documented with daily hand-stitched postcards. Visitors to the gallery will be able to wander amongst the hangings and take in the intricate and vibrant work, a mixture



of creative freeform embroidery, appliqué and collage.

Last but not least is Diarmuid Breen's New Works in the

Boiler Room. Diarmuid's work is mostly figurative, verging on the surreal.



Left: Textile by Julia Zagar
Top: Painting by Angela Fewer



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

www.bluehousegalleryschull.com

Six artists respond to the Irish landscape in exhibition of new work at Kenmare Butter Market

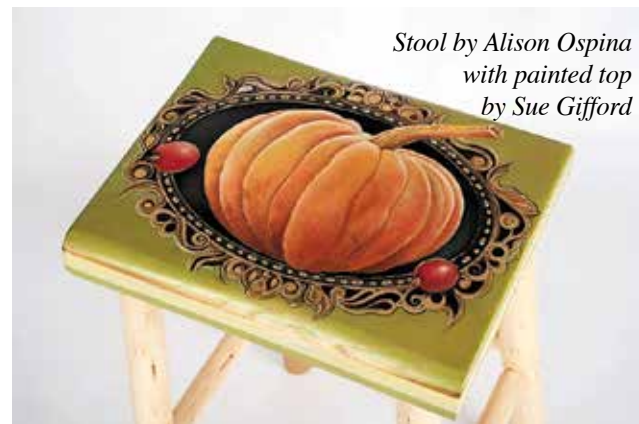
"If you will stay close to nature, to its simplicity, to the small things hardly noticeable, those things can unexpectedly become great and immeasurable" – Rainer Maria Rilke

An eight-week summer exhibition at the leading Kenmare Butter Market contemporary art gallery in County Kerry, features six artists responding to the theme 'This Earth'. The participating artists are, in alphabetical order: glass artist and photographer Barbara Kenneally; painter Jacqueline O'Driscoll; painter Cormac O'Leary; greenwood furniture-maker Alison Ospina; painter Jenny Richardson; and painter Joe Thoma.

The work of the six artists varies widely in style and mediums used, but is connected by a strong and shared interest in, and connection to, the natural world.

Barbara Kenneally is a visual artist based in Cork. She has a science background and works in glass and photography. She has a lifelong connection to the Beara peninsula and her glass sculptures are made using moulds from rocks at the abandoned mines in Allihies.

Jacqueline O'Driscoll's abstract and semi-abstract work is rooted in the rural landscape of County Kerry. Her textural, many-layered, mixed-media paintings are informed by the colours, forms, weather patterns



Stool by Alison Ospina
with painted top
by Sue Gifford

and history of the earth.

Cormac O'Leary's new paintings explore a sense of place, glimpsed and experienced through seasonal change. "I attempt to capture the atmosphere of the landscape I live in and travel through," he says. "Images are conjured from memory and observation. My paintings are inspired by an emotional as well as visual response to my immediate environment."

Alison Ospina has been designing and making graceful freeform chairs, using locally coppiced hazel, since she moved to West Cork in 1996. Her green-wood forms are led by her materials; "working with the natural shapes and curves of the hazel is a dynamic process – like a conversation between the tree and the chair-maker," she says.

Jenny Richardson has worked all her life as a painter in Scotland and Ireland, and has

made her home on the Beara peninsula of West Cork since 1998. Recently she has been working on a series of watercolours making an inventory of the local flora and fauna.

Kenmare-based Joe Thoma is an artist, musician and arts educator. He works mainly in oil and pastels and his vivid, textured paintings reflect his surroundings.

Built in the mid-1800s, the former Kenmare Butter Market was converted to a dance hall in the 1960s and an art gallery in 2021. Located in the centre of the town of Kenmare in County Kerry, at the junction of the Iveragh and Beara peninsulas on the Wild Atlantic Way, the building is large enough to accommodate large artworks, and operates as a contemporary art gallery and performance space.

'This Earth' is on from 29 July to 23 September 2023.

The Loft Gallery & Frames

4 Western Road, Clonakilty (023) 883 5625

  the loft gallery clonakilty



Stocking 100% Irish makers

Our upstairs gallery has original artworks, ceramics and prints.



Shelf upon shelf of uniquely crafted gifts!

Bespoke Framing Service

people Arts & Entertainment

KENMARE BUTTER MARKET BBQ

OPEN FOR DINNER WED - SUN 5.00PM - 8.30PM

OPEN FOR LUNCH FRI - SUN 12.30PM - 3.00PM

FOR RESERVATIONS CALL 089-9678508



THIS EARTH

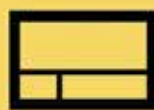
SIX ARTISTS RESPOND TO THE IRISH LANDSCAPE

29 JULY TO 23 SEPTEMBER

NIGEL MOONEY'S
ORGAN WORKS
5TH AUGUST
€20.00 / 8.30PM



INIS QUARTET
11TH AUGUST
€15.00 / 6.00PM



KENMARE
BUTTER
MARKET
ART & PERFORMANCE

TICKETS AVAILABLE IN THE GALLERY & ON OUR WEBSITE
WWW.KENMAREBUTTERMARKET.COM
THE SQUARE, KENMARE, COUNTY KERRY



Irish poet
MARY MCCARTHY is no longer one of Ireland's best kept secrets. While she holds an MA in Creative writing from the University of Limerick and was shortlisted for the Patrick Kavanagh Award in 2022, all that does not matter when you

are hit by one of her stanzas. A West Cork native, she is the very essence of a true wordsmith and she wields her lines directly at your soul, as if she knows your very heart. Her poetry has appeared in SWERVE magazine, Skibbereen Historical Journal, Crossways Literary Magazine, Riverbed Review, Spirituality, The Southern Star, The Echo and in the anthologies: Washing Windows Too and Washing Windows 111, Chasing Shadows and A World Transformed. She has completed four poetry collections.



POETRY READING with Q & A
ON THE FIRST DAY OF THIS YEAR'S

WEST CORK RARE BOOK FAIR

WHEN: SUNDAY, AUGUST 6TH, 3 PM - 5 PM (FREE OF CHARGE)

Book Fair runs 11am-5pm, Sunday August 6th & Monday August 7th

WHERE: READER'S GARDEN, WOODLEY HOUSE, SKIBBEREEN, P81D262

For information: www.westcorkbookfair.com

As a fourth generation Californian, **LISA DOWLING** has a deep affinity for the landscape, lifestyle, and cultural offerings of the Golden State. Just as her home state offers extremes of experiences: desert to ocean, snow to meadow, redwoods to Salton Sea, her creative interests follow suit. As a voracious reader, she thrives on reading books, listening to music, and writing poetry to help her make sense of the tiny details in life.

After completing her MFA in poetry, she briefly taught poetry at Cal State



University Long Beach, then in 2004 began teaching Composition and Literature at Orange Coast College. Lisa will present her new book of poetry 'the tiny details', at this year's West Cork Rare Book Fair.

Fantastic programme of family friendly events at Fota this month

Fota Wildlife Park, which this year celebrates 40 years of conservation, research, and breeding of endangered animals, has kicked off a special programme of family friendly summer events, which will run for six weeks until August 20.

The series of fun, interactive, engaging live events, educational weekends and science shows are all free with entry price or admission to Fota Wildlife Park. Some events do require pre-booking and these events can be booked on www.fotawildlife.ie

Scientist and TV Presenter, Mark the Science Guy, from RTE's award winning science series 'Let's Find Out' is bringing his live show which is suitable for all ages to Fota Wildlife Park each week until August 17.

Discover things we can all do to make a positive change in this highly engaging, superbly entertaining, and wholeheartedly uplifting family show and let Mark take you on a scientific adventure exploring our beautiful planet. Plenty of planet earth superhero's will be needed to join Mark on stage with his interactive

demonstrations which are taking place midweek on Tuesdays, Wednesdays, and Thursdays. Pre-booking is required.

Graffiti Theatre Company presents, Rowan and the Seasons, a brand-new creative, enchanting, and engaging, learning workshop with puppets suitable for children age three to nine years.

Join Puppeteer Jo Dennehy and Graffiti Creative Learning facilitators for an interactive puppetry encounter, as they walk through the seasons. It is an intimate show and is suitable for those with sensory issues. Rowan and the Seasons will take place every Monday until August 14 and pre-booking is required.

The Bug Bonanza Weekend will take place on August 19 and 20.

On August 16, Peter Dowdall will give a talk and workshop on natural connections in Fota Wildlife Park and will discuss how some animals need plants and equally how some plants need animals for their survival.

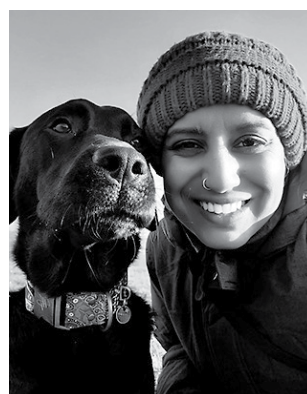
The summer schedule of events also includes daily wildlife talks and feeding times.

Coventry writers in Clonakilty

by Moze Jacobs

Poetry is a way to express emotions. To bear witness. To make sense of the world. In 'For the daughters carried here on the hips of their mothers' (Fawn Press, January 2023), Devjani Bodepudi does all these things. And more. She explores how different generations of women in her own family relate to each other, change places, and fight for identity in the face of terrible events after escaping one continent and growing roots in another. "This is a way to document what really happened for women during a tumultuous time, seen from the viewpoints of my grandmother, mother and myself," explains Devlani. Her family was uprooted as a result of the riots in 1964 in East-Pakistan (now divided between India and Bangladesh) that involved massacres and ethnic cleansing.

'For the daughters' is a 'poetry pamphlet', or chapbook. A smallish book of poems that allows writers to test the waters



Devjani Bodepudi

and find an audience and/or attract publishers for their full-sized collection. It recently won the 2023 UK Saboteur Award for best pamphlet. While studying for an MA in creative writing, she also wrote a children's book, 'Paper Boat', published in June by Parakeet Books. It's a story about an English boy's visit to his Indian grandmother. Devlani's first short novel, 'Mirrors' (Holland House, 2019) reflects the different roles that women play vis-à-vis each other and themselves, their daughters, in-laws, the men in their lives,



John Watson

for love and (often) money. Both in the UK and in India. "It's really about uncovering the past, and secrets. Love is like a by-product in the book. The characters were inspired by the people around me but they definitely do not depict true-life events."

Devjani lives near Coventry, twinned with Cork since 1958, and is one of the writers involved in this year's poetry exchange between both sister cities. Together with John Watson she will perform at Ó Bhéal, Cork's lively poetry hub, as

well as in Clonakilty in August. In his bio, Watson writes that "his poetry is motivated by vivid, colourful dreams, swims in seas and rivers, his distrust of all things dogmatic and a belief in circular, as opposed to linear time." Dreamy as part of his life may be, he is also, "a vehicle design sculptor who has travelled extensively to work for all the major automotive companies." Sculpting cars in clay, by hand, is not so much an artistic endeavour but rather, a technique to show automotive designers what their ideas will look like in practice. John uses his spare time, not just for his family and to write poetry (and a screenplay), but also to tend to the dead in his capacity as the warden of a natural burial ground. A role that includes the digging of graves.

Both writers can be seen and heard at DeBarra's Spoken Word (at the back of DeBarra's Folk Club) on Wednesday, August 15, from 8:30pm onwards. Followed by the Open Mic, free, all welcome.

people Arts & Entertainment



MUSIC BOX

Lauren Guillery

Lauren Guillery is a rock musician and music lover. Her album 'Disaster in La La Land' is available on all music platforms.

Originally from London, Tom Earwaker – stage name The Uplifter – will take to the stage at DeBarra's Folk Club this August 12. With a sound that revolves around 'roots' music – reggae, dub, and ska but with live percussions; the musician, DJ, and percussionist's performances are energetic and joyful, and one can expect to dance the night away to bass-driven tunes that will lift the mood of everyone in the room.

Raising the roof

A well-respected character of the UK reggae and dub scene and having performed alongside New York ska band The Slackers and Californian jazz reggae group Groundation, Tom Earwaker moved to the sunny south coast of the UK to study film and TV at University of Southampton. After being offered the opportunity to play an 'open record decks' gig for which he brought along percussions, he caught the gigging bug that would see him change his trajectory from film to music. Tom's involvement within the UK reggae scene is long standing; in 2003 he founded a weekly reggae night which he ran successfully for eight years, inviting some of his favourite artists to perform there and making lifelong connections along the way.

2013 is when The Uplifter really hit full swing, and for ten solid years Tom honed the skills that would see him travel to New York and beyond to perform his joyous live sets, bringing along a customised drumkit, and delighting audiences as he went. His deep love for reggae, dub and ska punk

shines through in his performances, and his self-confessed purpose to make people move and feel good through his music is what keeps him playing festivals and venues across the UK and Europe.

Although not musically trained, Earwaker tried to learn to play classical guitar and trombone at school but the notes on the pages didn't make any sense to him. "Everybody sees and learns things differently," he explains. "I tend to see things in images and pictures, even when I'm deejaying." That didn't stop him from teaching himself to play music though, and as well as being able to play all sorts of percussions for The Uplifter, he also plays guitar and trombone as part of six-piece dub outfit Gumjuaka. "I'm a bit of a Jack-of-all-trades. All my family is, we're quite creative by accident – we just pick up loads of different instruments and it's quite natural to make things."

Tom stepped into the world of production in 2013 with a 12 inch debut vinyl release – a limited edition of 500 copies consisting of two different tracks on each side, 'Freedom Chant' and 'Flag So High'. The record was mixed and co-produced by dub veteran Paul Fox at Sound Business Studio, and features vocals, live percussions, and melodica by Tom. "It's kind of a traditional thing to do in reggae where you've got a vocal on one side, a dub version, and a rhythm version, so you've got three different versions on each side of the record", he explains. "So, there's six tracks in total."

In 2018, he raised funds through the crowdfunding platform Indiegogo to release a limited edition 10 inch vinyl and a video for 'Stroud', a record dedicated to the community of this creatively-thriving town in Gloucestershire just over 20 miles north-east of Bristol. The town was of particular importance to Tom, and he wanted to play tribute to its community after a decade of sold out shows there. The album artwork is a pencil drawing by Victor Maristane, a Brazilian illustrator, which Earwaker met online, and now a dear friend who does all the artwork for The Uplifter releases.

During Covid lockdown, Tom decided to buy an electronic drumkit to perform online live sessions to his fan base. "I live in a flat by myself and I was desperate to play music, so I bought an electronic drumkit." The electronic drumkit started him on a journey of being creative and producing his own



"I've always got recording equipment around me these days. I don't really have much interest in big studios, there's not any part of me that's really excited to go into a big studio with a big mixing desk...."

music at home without causing upset to the neighbourhood. "I've always got recording equipment around me these days," he explains. "I don't really have much interest in big studios, there's not any part of me that's really excited to go into a big studio with a big mixing desk, a lot of it can be done on a portable keyboard controller, where you can make a basic track."

Tom sometimes records everyday sounds on his phone, which he later uses as samples in performances and explains how open he is to new technology. "Even people like German film score composer Hans Zimmer are making incredible music using very simple equipment these days. Everything's accelerating." For years he designed his own gig posters but recently tried to see how AI would perform. "The result was incredible. It was frightening just because of how accurate it was – it creates something that in the past, an artist would take weeks to create."

The latest Uplifter release, 'Riverbed' took on a new direction. The song came out earlier this year and was co-produced by Rory Thomas-Lawton. "Things come to him very naturally," Tom recalls. "There'll be moments where I'm literally just throwing ideas out and it requires somebody to sort of

catch them like a butterfly, and then put it onto the timeline and to know which ones to catch and which ones to leave." Tom's brother Jake Earwaker took the lead on camera and filmed a black and white video for the song which they dedicated to their family.

Though both an EP and an album are in the works for The Uplifter, Earwaker recently started a side project with collaborator Ollie Maw. The two are combining forces to work on an album together and have just released a debut single under the moniker Sublifter. "He has a band called Subgiant which is kind of dance music," Tom explains. "We squeezed Subgiant and The Uplifter together. It's like organic meets synths and electronic dub together."

Tom's family roots are deeply embedded in West Cork – his grandmother was from Drimoleague but moved to Clonakilty when her children were still quite young, and it has become a sort of pilgrimage to return there every year for the whole family. "DeBarra's is one of the places we used to go when we were really young," he reveals. "Me and my cousins would be sitting there with all the cigarette smoke, trying to see what was going on, and it just became a really big part of the tradition of our ancestry. The pub is probably one of the

most important buildings and places to go to in West Cork for the family."

But DeBarra's is not the only place Tom visits when he's in West Cork. "We do a lot of fishing down at Rosscarbery, and I like to cycle from Clonakilty past Timoleague Abbey, and then on to Kinsale to buy a book and then cycle back."

So, what should we expect to happen on that stage in DeBarra's? Positive vibes for sure, and heavyweight reggae and dub no doubt, although Tom admits he's not quite sure yet. "I've never ever planned a gig; I just get into that flow state and then I kind of figure it out from there." A previous performance in DeBarra's in 2017 saw a German saxophonist play along with The Uplifter. "I'm always open to that if people want to come and play," he admits. "I think you know straight away whether someone's going to complement what's happening. He was playing sax just before he got on stage, and he was really good!"

With plenty of lively beats and rhythms, and a stage that will be filled with percussions, vinyl records and even little dinosaur toys to boot, it's safe to say DeBarra's Folk Club will uplift on August 12. Make sure to wear your dancing shoes!

CLONAKILTY PARKHOTEL
clonakiltyparkcinema.ie t: 023 883 4141

CLONAKILTY PARKCINEMA

MEG 2: THE TRENCH
BARBIE
OPPENHEIMER
PUFFIN ROCK AND THE NEW FRIENDS
ELEMENTAL
SEE WEBSITE FOR MORE

MOVIES THIS MONTH

August West Cork Gig Listings

Compiled by Lauren Guillery

- Aug 3 John Spillane and the Band of Wrens | DeBarra's
- Aug 5 Mark Geary | Levi's Corner House
- Aug 6 Stargazers | Levi's Corner House
- Aug 7 Les Salamandas | Levi's Corner House
- Aug 10 Meiwa | Levi's Corner House
- Aug 11 TOUCAN | Connolly's of Leap
- Sean Keane | Baltimore Castle
- Aug 12 Daithi | Levi's Corner House
- The Uplifter | DeBarra's Folk Club
- Aug 13 Dogtail Soup Trio | Levi's Corner House
- Aug 20 CICI | Connolly's of Leap
- Leevy | Levi's Corner House
- Jennifer Lyons | DeBarra's Folk Club
- Aug 24 Luka Bloom | DeBarra's Folk Club
- Aug 26 MALI | Baltimore Castle

Feasts and folk at Camus Farm

Set in 30 acres of West Cork hills, the third 'Fair Days' folk festival on Camus Farm, Clonakilty takes place from 2pm on Sunday August 6. The event features seasoned Irish performers Kíla and Mark Geary, supported by Katie Phelan and Clonakilty singer-songwriter Éadaoin. Opening this year's festival is the West Cork community orchestra, Gamelan Spréacha Geala, taking to the stage at 3pm.

The festival bar and coffee shop will be open from 2pm, and the 'Food Hatch' will be open from 5pm serving sourdough flatbread with falafel, cucumber yogurt, pickled red onion, tahini yogurt and greens.

On-farm restaurant, 'The Field Kitchen', will be serving vegetarian, vegan and carne dinners at 1pm. The restaurant offers an authentic field-to-table experience with much of the produce grown on the organic farm. Advance booking for the restaurant is essential

as the food is harvested and prepared to order. Summer opening times are from 6pm Thursday to Saturday and from 12pm Sunday.

As 'Fair Days' is outdoors festival goers are advised to bring blankets and cushions to sit on, warm clothes for the evening, and a torch. In the event of wet weather the performances will take place under cover.

'Fair Days' folk festival tickets are available on Eventbrite. ie. 'Field Kitchen' reservations can be made on OpenTable.ie.



www.fieldkitchen.ie
Instagram and facebook:
@camusfarmfieldkitchen
TikTok and Twitter:
@camusfarm

Clockwise from top left:
Kíla, Mark Geary, Éadaoin,
Katie Phelan and Gamelan
Spréacha Geala.



Spike Island Literary Festival returns to former prison with thrilling line-up of crime writers

The highly anticipated Spike Island Literary Festival is set to make a return from Friday 18 to Sunday 20 August, following the resounding success of its inaugural event in 2022. Dedicated to the captivating theme of crime writing, this year's festival promises to be an unforgettable experience for literary enthusiasts, from book lovers to budding writers, taking place on a unique island location with a dark history of four prisons spanning over 400 years.

The 2023 Spike Island Literary Festival boasts a stellar line-up of esteemed authors, including Alice Bell, Sam Blake, Amanda Cassidy, Tadhg Coakley, Cónal Creedon, Amy Cronin, Catherine Ryan Howard, Arlene Hunt, Catherine Kirwin, Andrea Mara, Michelle McDonagh, and Kitty Murphy. With such a remarkable array of talent, attendees can expect an experience filled with suspense, mystery, and intrigue.

The festival commences on Friday August 18 with a special performance by two much-loved Cork writers - author Cónal Creedon and singer-songwriter John Spillane. The longtime friends and collaborators are renowned for works such as Follow Your Nose and Princes Street which resonate with audiences both locally and

beyond.

With a diverse programme, the festival offers a range of event formats to suit every taste. Author Michelle Dunne will lead a series of panel discussions, where some of Ireland and the UK's foremost thriller writers will reveal their writing methods, inspirations, and the process of developing unforgettable characters. Throughout the festival, visitors to the island also will have the chance to enjoy open-air readings and performances in unique locations. For the aspiring authors amongst us, writers can submit the first three chapters of their next work in advance and receive invaluable feedback and advice from industry insiders.

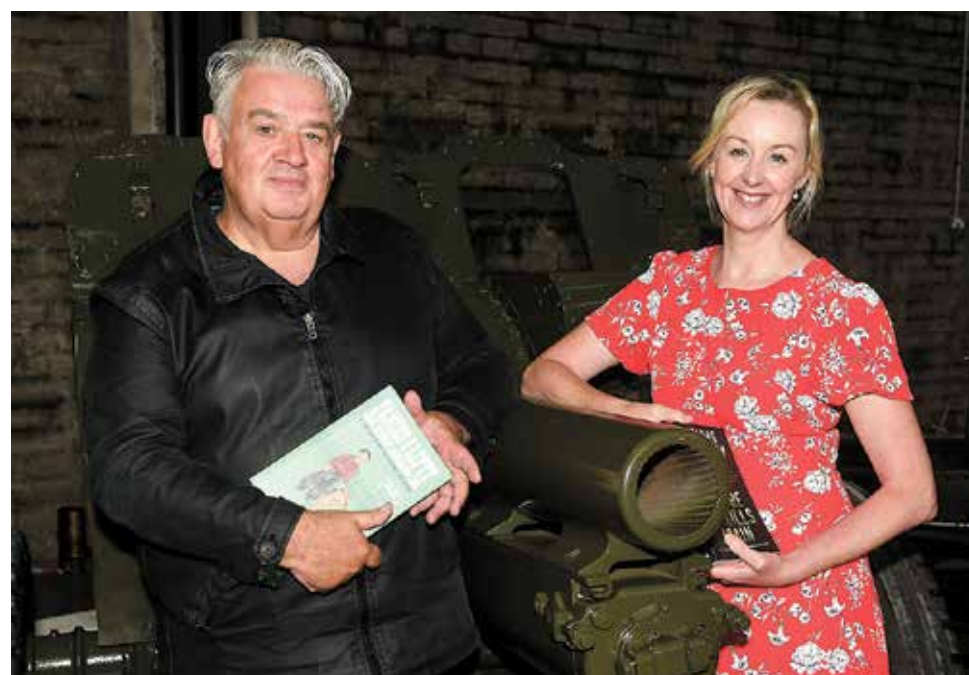
Festival organiser and author Michelle Dunne said, "The second Spike Island Literary Festival will have something for everyone. We have so many international best-selling authors coming to let us in on their writing secrets and meet their fellow crime fiction fans, but in addition to household names like Catherine Ryan Howard, Sam Blake, Arlene Hunt, Andrea Mara (to name but a few) we'll also be introducing readers to a new wave of breakout talent, like Alice Bell. Budding authors will have the rare opportunity to meet with a world class literary agent to

discuss their work and there will be free pop-up readings to be enjoyed by anyone visiting the island."

She continued, "We had a lot of visitors last year who told us that they don't normally attend book events, but loved it nonetheless. This isn't just a book event. It's a fantastic day out for all the family. Come and enjoy it!"

In addition to the captivating literary events, visitors will be treated to a short guided tour upon arrival, offering insights into the darker tales from Spike Island's storied past. It's the perfect setting to immerse yourself in a world of gripping storytelling as some of Ireland and the UK's foremost authors descend on the historic island.

Tickets for all events are on sale now at www.spikeisland-cork.ie



Authors Conall Creedon and Michelle Dunne, at the launch of the Spike Island literary festival. Picture: David Keane.

LifeFM drama explores splits in family

Steven is a teenager going through a tough time. His mother has just died and an unwanted aunt has turned up at the funeral. However that's not the only shock he will have that week. 'Parting Gifts', a sensitive drama analysing the fissures that can occur in a family and how forgiveness can heal those wounds will

play on LifeFM 93.1 on Thursday, August 3 between 3pm and 4pm. The show will be repeated on Saturday, August 5 between 5pm and 6pm.

Tragedy has struck and teenager Steven has the unenviable task of burying his mother. Emotions are high and when Steve's estranged aunt Marie appears at the funeral,

old tensions threaten to burst. A recovering addict, Marie wishes only to reconcile with her nephew and mourn her sister, but Steven and her parents only see how she let them down. Only with compassion and forgiveness, can they bridge the gap and start down the road of mending their shattered family.

LifeFM have a strong history

in producing compelling content including 'Word Power', 'Bridge to the Past', 'The Price of Liberty' and 'Magic Tales of Cork'.

Parting Gifts was funded by The Broadcasting Authority of Ireland using the Television License fee. www.lifefm.ie

West Cork Music presents the 21st

MASTERS

Since ♡ of ♡ 2003

TRADITION

BANTRY, CO. CORK / 23 – 27 AUGUST, 2023
CURATED BY MARTIN HAYES
www.westcorkmusic.ie f t i

An island festival celebrating the arts



BERE ISLAND ARTS FESTIVAL
21st - 24th September

art
theatre
literature
music

www.bereislandartsfestival.ie

The inaugural Bere Island Arts Festival will take place from Thursday, September 21 to Sunday, September 24, 2023. An island festival offering a wide range of events in breathtakingly beautiful scenic locations, it celebrates the local as well as the national and brings you a hugely talented field of creative people with a chance to have your own amazing voice heard also.

What's on:

Thursday, September 21 sees the 'soft' opening of the festival and offers the chance to view the local exhibition of 'the Hold' in collaboration with award winning visual artist Mary Sullivan. Renowned



Peninsula Players Niall O Sullivan and Mary Sullivan in 'Joining the club'

visual artist Sarah Walker exhibits new work as well as local islanders' art exhibition. The Peninsula Players offer two comedies by David Tristram. Finish the day listening to some local musicians.

Friday, September 22, Culture night, begins with the chance to be part of a writing workshop with award-winning poet Molly Twomey. Molly will also read from her latest collection. Local Transition year students from Scoil Phobail Bhéara will take part in a pinhole photography workshop with the amazing Harry Moore. If you are interested in military history, there is a tour of Lonehort Battery and all writers are invited to an open mic session at the bronze age Gallán which marks the centre of the island. The official opening of the festival will be performed by the great

Conal Creedon, followed by the book launch of Mary Sullivan's 'The Hold', by Majella O' Neill Collins and a much-anticipated concert by the Starlings.

Saturday, September 23 begins with a workshop with the very talented Adam Wyeth and Moore's pinhole photography workshop is open to all. The fabulous Annemarie Ni Churraín will offer a workshop and reading followed by a musical reading of Wyeth's about: blank in conjunction with Brigid Leman and Frieda Freytag. Local island poet Seamus Harrington will read from his award-winning work. Donal Ryan, author of the Queen of Dirt Island will give a talk on this story of four generations of women, followed by Q and A. Three of the country's finest musicians Máirtín O Connor, Zoe Conway and Dónal Lunny will perform

at Wild Atlantic Glamping.

On Sunday, September 24, join the Bere Island and Crosshaven Choirs at St Michael's Church. Mass will be celebrated by Fr Noel Spring and the choirs will be directed by Dr Eva McMullan. This will be broadcast on Bere Island Radio 100.1 FM. Come dance at the crossroads with Lorg, West Cork musicians John Coakley, Tina McLoughlin and Kate Lyons. Finish the weekend with a long table lunch, music and storytelling.

All of the art exhibitions will run for the duration of the festival.

All information, travel, accommodation and bookings for events can be found at www.bereislandartsfestival.ie

Follow on Facebook and Instagram

St. Barrahan's music in August

St. Barrahan's Church Festival of Music, now in its 41st year, continues with two more summer concerts at St. Barrahan's Church,

Castletownshend. This church not only provides a stunning setting but also has exceptional acoustics.

The Inis Quartet of Molly O'Shea and Anna Mitchell, violins, Fiachra de hOra, viola and Zöe Nagle, cello will perform on Thursday August 10 at 8pm. All four musicians have excelled in their careers and have performed with many orchestras.

This concert opens with one of Beethoven's most dramatic quartets: Quartet in F minor Op. 95, which is famous for its brevity and sudden changes of mood. It was composed in 1810.

The concert continues with Fanny Mendelssohn's elegantly lyrical, at times impassioned string quartet, which she wrote

in 1834, just a few years after the deaths of Beethoven and Schubert. She is the sister of the better known composer Felix Mendelssohn and she has, in recent years, been accorded long overdue recognition as composer of more than 400 fine works. The virtuosic last movement is especially memorable.

The concert ends with Shostakovich's wonderful ninth string quartet, written in 1964, which is full of vivid characterisation, expression and contrast. The stark and cataclysmic vision of the fourth movement leads to an extraordinary finale concluding with a long, exhilarating and life-affirming build-up. A concert not to be missed.

On Friday August 18 at 8pm the renowned Irish concert pia-

nist John O'Connor will perform at St. Barrahan's Church. John has been gathering wonderful reviews for his masterly playing for over 40 years and received many awards. He has received international recognition for his performances of Beethoven's piano music and in August 2022, as a 75th Birthday gift, the RTE Concert Orchestra accompanied the incomparable John with a performance of the monumental Concerto No. 5 at the National Concert Hall. This delightful and special concert will include Beethoven, Chopin and Schubert, a real treat.

Tickets: €20 for Inis Quartet; €25 for John O'Connor. Buy online with Eventbrite or at Thornhill Electrical, Skibbereen or text/call: 086 2264797. www.barrahanmusic.ie



A carnival of music returns with Clonakilty International Guitar Festival

The 19th edition of the Clonakilty International Guitar Festival (CIGF) is a celebration of the analogue, material, face-to-face, blood-sweat-and-tears-in-the-mosh-pit; the victory of experience over simulation; the sacred ritual of communal rocking out. Over ten days Clonakilty will ring from pillar to post, with headliner performances starting on Saturday September 16, and 'Reverb', a community outreach programme that will run over ten days. As is traditional, the festival ramps up in intensity before culminating in the now legendary Session Trail on the weekend of September 22-24.



CIGF as always rejects the model of the green-field festival that sweeps into a town and leaves little but disposable cups in its wake. Instead, the town is the stage; the pubs, cafes and restaurants are the vendors, and our locals are the stewards. It's a sustainable vision: after the guitar dust settles, the town is left in a better state than it was before the fun.

Welcome to Guitartown: A renowned jamboree that venerates the artists – from

young to old, from virtuosos to three-chord heroes – that keep the flame of creativity burning bright. The festival features a diverse line-up of performances, workshops, masterclasses, and jam sessions, showcasing a wide range of guitar styles such as jazz, blues, rock, classical, folk, and trad. Acclaimed musicians and emerging talents alike take the stage, offering captivating performances and creating a vibrant atmosphere throughout the town.

Overall, what makes the Clonakilty International Guitar Festival special is its diverse lineup of artists, the intimate and inclusive atmosphere, the educational opportunities it provides, and the cultural immersion in the picturesque town of Clonakilty. It's a carnival of music, community, and the joy of guitar playing, making it a must-visit event for guitar enthusiasts and music lovers alike.

Headline performances:

Tickets on sale now at www.debarra.ie

Altered Hours (Sat 16), Aoife Nessa Francis (Sun 17), Eoin Ó Ceannabháin, (Weds 20), Gemma Hayes (Thurs 21), Acoustic Forum (Fri 22) feat Gwennifer Raymond, John Spillane, Gemma Hayes, and host George Lowden. Jon Gomm (Sun 23)

Session Trail: A labyrinth of pure discovery that takes you deep inside the historic town of Clonakilty. Choose your own adventure as you pick your path through delicate acoustic flowers and fuzz-freak screamers.

Dreamed I Dream; multi-instrumentalist Seamie O'Dowd, who is steeped in the Irish Tradition; Leeds noise-rockers Thank; Cork's hiphop legend Craic Boy Mental; The return of Guitar-town ballad walking tours with Sean Fitzgerald; incendiary Dublin four-piece Girlfriend, and many more.

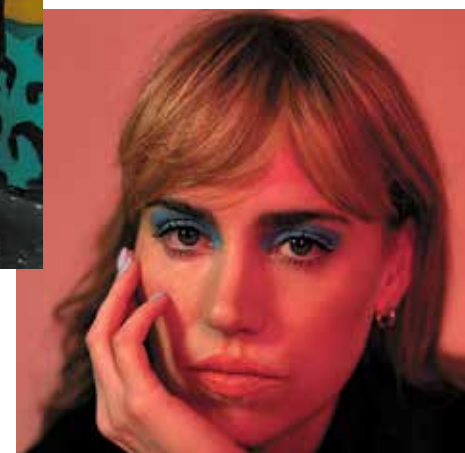
Reverb: The aim is that the benefits of the festival will reverberate as far as possible throughout our community by visiting schools, hospitals, care centres and hosting concerts and workshops in diverse locations – all designed to be accessible to people

All events are free.

Featured on this year's Session Trail: Dutch comedy jazz quartet The Busquitos; New Zealand's hardest working band The Eastern; Ireland's bard for the 21st Century John Spillane and The Band of Wrens; Shoe-gazing dream-poppers I

who may not be able to attend shows on the session trail. Some of these events will be open to the public so keep an eye on the timetable for details.

Pictured left to right: Gwennifer Raymond and Aoife Nessa Francis



A BURIAL AT SEA (UK, CN, IRL) ■ **ADT** (IRL/UK)

AOIFE NESSA FRANCIS (IRL)

BILL SHANLEY (IRL) ■ **CHUCKLEHEAD** (IRL)

CRAIC BOI MENTAL (IRL) ■ **CRYING LOSER** (IRL)

ELAINE HOWLEY (IRL) ■ **ELLY O'KEEFFE** (IRL)

EOGHAIN O CEANNABHÁIN (IRL)

GEORGE LOWDEN (NIRL) ■ **GEMMA HAYES** (IRL)

GIRLFRIEND (IRL) ■ **GWENNIFER RAYMOND** (WLS)

I DREAMED I DREAM (IRL)

JESSIE LLOYD (AU) ■ **JOHN SPILLANE** (IRL)

JON GOMM (UK) ■ **MOORS & MCCUMBER** (US)

O DEER (IRL) ■ **ROSTISLAV MAZURKEVICH** (UA)

SEAMIE O DOWD (IRL) ■ **SEAN FITZGERALD** (IRL)

SERENGETI LONGWALK (IRL) ■ **SIVE** (IRL)

THANK (UK) ■ **THE ALTERED HOURS** (IRL)

THE BUSQUITOS (NL) ■ **THE CÉILÍ ALLSTARS** (IRL)

THE EASTERN (NZ) ■ **THE FYNCHES** (IRL)

THE KATES (IRL) ■ **YONDER BOYS** (US/GER)

MORE TO BE ANNOUNCED....

15-24 September 2023

COMMUNITY
ENGAGEMENT
WORKSHOPS
TICKETED SHOWS
MUSIC TRAIL

The Craft Corner

This month **Natalie Webb** is showing us how to make a plastic bottle aeroplane.

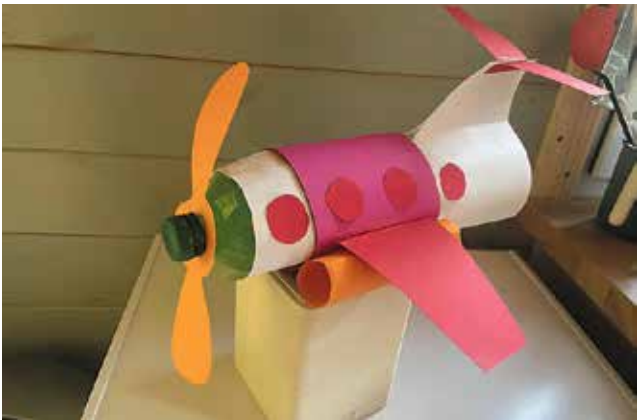
“Upcycle some rubbish to have flying fun.”

- Materials:
- Any used clean plastic bottle.
 - A3 size white paper
 - Any kind of coloured card
 - Sticky tape or glue
 - Scissors

Method:
Draw out a shape that looks like a t-shirt on your white paper (see first pic). Wrap this paper shape around your bottle with the ‘t-shirt sleeve’ bits at the bottom end of the bottle. Stick or glue the paper onto the bottle joining the two ‘sleeve’ bits together (this is the plane tail).

Using the bottle cap as template, draw and cut out 8 circles in colour card; put these aside for now.

Cut out two same sized rectangles in card and roll these in to a tube that is the



approx size of a toilet roll and stick the edges down.

Cut out a different coloured piece of card into a long rectangle that will fit around your bottle. Lay this flat and stick on the tubes about 3” from each end then wrap this around your bottle and stick it down...these are your engines!

Cut out two pieces of card in a tapered rectangle (these are the wings). Make a fold at the wide ends and glue or stick this above and slightly tucked into the engine tubes.

Make the same shapes again but smaller, also fold

over the wide end and stick these either side at the top of the tail.

To make the propeller draw around the cap again, then draw a bigger circle around that and add two propeller blades. Cut this out and put it on to the bottle spout. Then screw the cap on (the propeller should be able to turn the bottle spout).

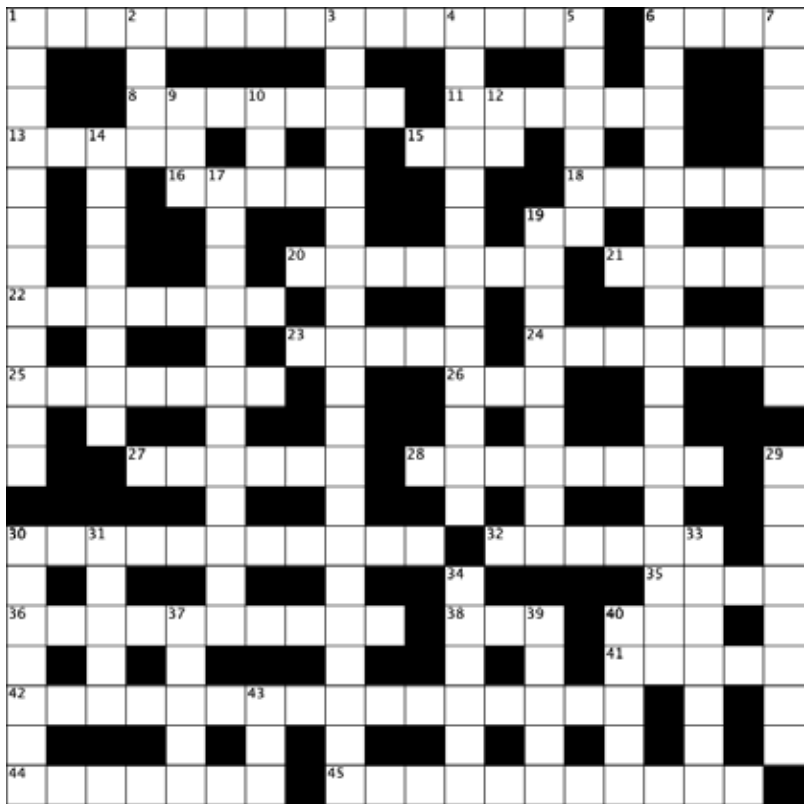
Stick the remaining circles on each side of your aeroplane to make the windows.

And there you have it! Your toy plane..have fun flying!



HAPPY GO LUCKY TOY SHOP
Toys For All Ages
Wide Range of
LEGO playmobil Sylvanian families.
Check out our collection of Vintage Lego Sets
www.happygoluckyclonakilty.com
11 Ashe Street, Clonakilty. 023 8859746

In the news Crossword



ACROSS

- 1 Title given to the head of usually non-commercial broadcaster state (8,7)
6 Have a meltdown? (4)
8 Actor Ryan or West Cork puzzler (7)
11 Fruit with a morello variety (6)
13 Former PM or bossy cigarette brand (5)
15 Vietnamese soup (3)
16 Duck that'll get you down? (5)
18 Stick to (6)
19 Narcissist's main concern (2)
20 Bearer of promise note found on top ledge, electorate's office (7)
21 Brood on a problem (5)
22 Nixon of 'Sex and the City' (7)
23 Garden archway (5)
24 Secret codes (7)
25 Musical accent (7)
26 Excellent winner at Wimbledon (3)
27 Spurn (6)
28 Republic of Ireland coach (4,4)
30 One end of the Khyber Pass (11)
32 Short-sighted (6)
35 Cheat, as on a test (4)
36 Shirley Temple's role as an adult (10)
38 Trendy bone (3)
40 Dutch name starter (3)
41 Suspect's best defence (5)
42 Trying too hard (16)

- 44 _____ Prigozhin, Russian leader on the run (7)
45 Here speaks a revolutionary author (11)

DOWN

- 1 How one might act in a playful way? (12)
2 Latin for "therefore" (4)
3 They are first port of call for common aches and pains (7,13)
4 Swapping fees (8,5)
5 Cocoon constructors (6)
6 Woody or Buzz wouldn't be seen dead in this homegrown tuneless flop (3,4,3,7)
7 Itchy feet (10)
9 Iron in a vein? (3)
10 Source of a hippie's trip (3)
12 _____ Chi Minh (2)
14 Young person, bird or animal (8)
17 Lost ark seeker (7,5)
19 Occupation of 44 down. (9)
29 Lobster-like crustacean (8)
30 Medical-school subject (7)
31 Chewed bagel and said he didn't give a damn, frankly (5)
33 Pine, fir or spruce, e.g. (7)
34 Diminished (6)
37 French sugar used as currency in Ecuador (5)
39 Bolshoi bends (5)
40 Light on the details (5)
43 Little women author Louisa _____ Alcott (3)

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

	5		8			4		
				1			2	5
9					3		8	
			9		7			
	6	5						
	2		4		6		1	
		1			4			
	9				1	5		
		8	2				6	

#193275 Difficulty: hard

2		4						
			7	2	5			
						9		1
	5		1				6	
			4	5	2			
3							8	
				3				9
	6			1				3
8		7			6			

#14041 Difficulty: moderate

Across: 1 Director General: 6 haw:8 Goshing: 11 cherry: 13 Major: 15 pho: 16 elder: 18 adler: 19 me: 20 pldgee: 21 dwell: 22 Cynthia: 23 Arbor: 24 cphers: 25 Jilting: 26 ace: 27 reject: 28 Vera Pann: 30 Afghani: 32 myopic: 33 copy: 36 Ambassador: 38 hip: 40 van: 41 lib: 42 overcompensating: 44 Xerxes: 45 Shakespeare
Down: 1 dramatic: 2 ergo: 3 General Practitioner: 5 larvae: 6 Toy Show The Musical: 7 wanderlust: 9 ore: 10 LSD: 12 Ho: 14 juvenile: 17 Indiana Jones: 19 mercenary: 29 cryfish: 30 anomaly: 31 Gable: 33 confier: 34 shrink: 37 sure: 39 ples: 40 vague: 43 May

people Arts & Entertainment

Innovative new 'Arts for Health' strategy aimed at improving lives of older people and family carers in West Cork

The inter-agency 'Arts for Health' Partnership Programme recently celebrated the launch of its innovative new arts and health strategy at Schull Community Hospital with a creative twist as local musicians and artists including Liz Clark and Eva Coyle joined together to mark the occasion with residents, staff, and visitors.

Running since 2002, in collaboration with Uillinn West Cork Arts Centre, HSE Cork Kerry Community Healthcare, Cork Education and Training Board, and Cork County Council, the 'Arts for Health' Partnership Programme provides year-round cultural and creative activities for residents of Community Hospitals, older persons attending Day Care Centres, and their family carers across West Cork.

The newly launched five-year strategy is aimed at improving the lives of older people and family carers in West Cork by nurturing and developing participants' creative interests with one to one and group sessions in art, dance, storytelling, film-making, music and more. The strategy focuses on increasing access to the programme and developing its artistic offering – providing an inclusive way of working to support the increasing number of people living with dementia across



communities. The strategy also outlines actions to include creative supports for family and professional carers in healthcare, in the community and at home.

Jackie Daly, Head of Older Person Services, Cork Kerry Community Healthcare, commented: "We warmly welcome the launch of The Arts for Health Partnership Programme's new five-year arts and health strategy. Throughout the years, older persons across our communities, their family members, and professional carers have greatly benefitted from this creative arts programme – most notably by increasing socialisation, improving memory, and enhancing relationships with their family members and the wider community. Uniquely, this programme encourages collaboration between the artists and the older person to help

encourage self-expression in a safe and supportive setting."

Brid McAuliffe from Clonakilty, a participant on the new Creative Carers strand of the programme expressed her support, saying: "My husband is so happy after his music sessions and the joy it brings into our home is immeasurable. Long may this programme continue in West Cork."

Roisin Walsh, Director of Nursing, Schull Community Hospital spoke on the impact that the programme has had on its participants: "Brought to us twice weekly, by the wonderful artists over the past 18 years, we have witnessed the value these sessions provide our participants. Foot-tapping, eyes smiling, voices singing, hands clapping, friends chatting the joy of music, song, stories, painting – clearly captures how

enriching this programme is for all who participate.

"The World Health Organisation defines 'Health' as a state of physical, mental and social well-being - therefore we are privileged to have health in abundance in Schull Community Hospital, with the support from the Arts for Health Programme."

The full strategy is available to view on the new website artsforhealthwestcork.com.

ANYONE CAN PAINT POTTERY AT

Cré
POTTERY STUDIO



- Paint Your Own Pottery, from only €10 per piece.
- Book a lesson on the pottery wheel.
- Children's Summer Camps.

8 Market St,
Skibbereen
P81 W867
Tel: 028 22913

www.crepotterystudio.com



OUT & ABOUT IN WEST CORK



The Kinsale Regatta Festival 2023 was officially launched by Alice de la Cour, President of Kinsale and District Lions Club, pictured with the regatta committee. The festival runs from August 1-11 with fun events on land and sea for people of all ages. Pic John Allen



COMING SOON ...
MINI GOLF!

This Summer,
make a splash at...



Your summer destination where memories will be made



Experience the
thrills, the spills
and sheer speed
of our 200ft
waterslide!



Rain, hail or shine you
are guaranteed a day
to be remembered!

RELAX AND ENJOY A COFFEE IN OUR CAFÉ OR TUCK INTO OUR CHEESY STONE BAKED PIZZAS.

Don't want to get wet? Enjoy a wander along our **Wonderful Trail**... spot our woodland creatures on this relaxing stroll through beautiful gardens and woods.

For info on **Drop-in Days in August** contact Finbarr on
087 833 1206 | info@westcorksecret.ie



Eircode:
P72EE97

people Food, Health & Lifestyle

The road to a cult



Dr Mike Murphy is a senior lecturer in Applied Psychology in UCC, and a Coaching Psychologist.

We are all aware of cults, but usually it is background knowledge that isn't a focus for us. However, sometimes news emerges that brings the topic – in all its potential awfulness – squarely into our consciousness. Listening to BBC Radio recently, I had just such an experience. It set me to thinking – how does this happen? How can someone end up not just trapped, but voluntarily entangled, in such a group? The events that triggered this line of thought emerged from the activities of the Good News International Church in Kenya.

There is something terrifying about hunger – not minor hun-

ger, but real hunger, starvation hunger. One cannot see images of emaciated people, whether from Nazi concentration camps, Ethiopia's famine in the '80s, or any other famine or starvation context, without being affected. It has sometimes been suggested that Irish people are historically sensitive to starvation because of the cultural memory of the Great Hunger, but I am unconvinced – the Holocaust causes horror internationally for example, as the Ethiopian famine led to huge international charitable donations.

To have starvation inflicted is horrendous; but for people to choose to starve themselves is a different picture again. Some do so for causes or principles – think of Terence MacSwiney or Mahatma Gandhi – but others again do so at the behest of leaders. How can anyone be induced by a leader to starve themselves?

Reports of members of a Kenyan religious cult – the GNIC, under one Rev. Paul Mackenzie – starving themselves to death have featured in many media. As I write, over 300 bodies have been recovered, many children; over 600 more are reported missing. Mackenzie allegedly instructed his followers to starve themselves in order to see Jesus more quickly.

This church is being described as a 'cult', a word (like 'fascist' or 'narcissist') that is used far too loosely. But there are certain aspects of cults that seem rele-

vant here. A 2017 article by Diane Maye Zorri and Bruce Barron, in the 'Journal of Terrorism Research', reviewed the body of literature on religious cults and key features they identified were: (a) a charismatic leader, (b) authoritarian leadership, (c) totalistic organisation, (d) systematic indoctrination, and (e) an 'us-versus-them' mindset.

This goes some way to explaining the horror in Kenya. Members are indoctrinated to see the world in black and white, with their group always in the right, and everything focused on the group and its goals; there was a strong leader who was worshipped and obeyed unquestioningly. Similar patterns were seen in, for example, the mass murder-suicide of 909 (including 276 children) in Jonestown in 1978. That only takes us so far. Most of us, invited to join such a group, would surely demur.

So who joins cults? Who is susceptible and who is targeted? John and Mimi Curtis wrote a 1993 paper in the journal 'Psychological Reports' on what factors seemed to make people susceptible. Major features emerging from the study included (a) emotional vulnerability, (b) poor or absent family relationships and supports, and (c) problems with meeting the basic needs of survival. Further factors which made recruitment more likely included a history of severe abuse or neglect in childhood, and unmanageable stress

To have starvation inflicted is horrendous; but for people to choose to starve themselves is a different picture again.



or financial problems.

This is not surprising. We don't have much information as of yet about the members of this church, but what we know indicates people joined voluntarily. And when we consider how certain groups recruit in this part of the world, it is rarely with appeals directed towards people who are happy, content, confident or well-integrated. And of course the process is not as simple as "come join our cult". Instead, to begin everything is sweetness and light, empathy and understanding, caring and concern. People who have been isolated and lonely, perhaps with terrible histories of abuse, suddenly have exposure to what seems like an ideal family-like structure. It may also very possibly offer – now or in the future – material supports; up to and including an eternal life of bliss. For a vulnerable, lonely, financially-stressed person, with little or no support, this can be a very difficult package to resist.

Add to this the fact that the cult may be providing something else incredibly powerful and important to us – a sense of meaning and purpose in life – and the lure becomes even more obvious.

Once in, then the real work of indoctrination can take hold. We should never underestimate the potential power of authority and of the group. People often feel, in my experience, that they would resist immoral or illogical demands from authority figures; we can think for ourselves, right? But consider – Nazi camp guards were not all evil, not all monsters; most were ordinary people who found themselves ordered to do a job, and who did it. Based on this phenomenon, the American social psychologist Stanley Milgram, in a classic series of experiments in the 1970s, showed that many research volunteers, ordinary people, simply because they were instructed to by a scientist in a white coat, administered increasing levels of electric shocks to strangers,

up to and beyond the point that were given to understand was probably lethal (in fact, they were not shocking anyone – the 'victim' was an actor). We also know from research that people find it very difficult to go against the consensus – when everybody else in the room agrees or conforms, it is very hard to be the one who stands up and says "no". This is especially the case when doing so put one at odds with the group one depends on for emotional and material support, and furthermore pits one against a revered leader. Difficult for most people; perhaps impossible for vulnerable people.

The road to the deaths in Malindi, Kenya, is a long one with many stops. But it can start anywhere, where such strategies are employed and vulnerable people are left isolated, empty and despairing.

Dr Mike Murphy can be contacted at murphymike.coach@gmail.com

Up close and personal with your dog – good or bad?

Over the course of my years writing articles, I've recalled different characteristics noticeable in my dogs despite the common Boxer breed.

I've never in my life had a cross dog and they've all had a highly developed sense of fun to a greater or lesser degree, a common Boxer trait. Most of them have been quite tactile in that they would like to sit in close to or on top of me.

I did have one in particular that was rather aloof. She slept on my bed but even in the coldest of weather, she never snuggled up really close to keep warm. She treated newcomers with a slight disdain standing at a distance in order to size them up. If they passed her 'test', she would approach, allowing them to pet her before walking away. We all felt honoured when chosen!

Having said that, of all my

dogs, she trusted me implicitly in every aspect. On one occasion when she felt threatened while completely surrounded by strange dogs invading her personal space and the situation deteriorating, she made eye contact with me asking for help. I called her enthusiastically. She jumped through the crowd of dogs and came to sit securely and safely by my side.

My present puppy, Saffron, is the most touchy-feely dog ever. She loves to be cuddled, kissed, petted, the more the better. If we sit in separate chairs of an evening, she tends to look lonely and will finally gravitate to my lap where she turns onto her back and goes to sleep. This complete surrender is quite unusual for most dogs. And she doesn't feel inhibited when I put my arms around her. However, I do tend to watch her signals in case she might be feeling uneasy.

Most dogs enjoy a light cuddle but we humans, like to embrace. Putting our arms around a dog can make it very uncomfortable as it can seem like a restraint. And sticking our face into his can be misconstrued as confrontational. Many photographs of dogs being embraced or kissed portray a dog's discomfort: lip-licking, deliberate looking away to indicate the inappropriateness of our behaviour, a stony face or trying to pull back out of the embrace. And despite these warning signals, we continue to force ourselves on them!

Young children, in particular, love to show affection with cuddles and kisses. And that's a major problem for many dogs. Just like us, dogs have a personal space which we should respect. Some dogs' personal space is huge and they view with horror any up close and personal approach. We ignore their signals at our peril and there are many



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.

instances of dogs biting owners, children or strangers because nobody bothered to read the warning signs and the dog felt the need to protect himself from an unsolicited close encounter.

Sadly, in those instances, the dog is euthanised and often it's

not even his fault.

I know that the content of this article will be completely incomprehensible to some people. So let's look at the same sort of situation but in human terms.

Some years ago I had an acquaintance who always stepped right into my personal space to have a chat, standing so close to me that I felt uncomfortable. She was smaller than me and she would move right in under my chin. Every time I stepped backwards she followed me so that I always felt inhibited. I was much too polite to say anything. And I don't believe I have a particularly impenetrable personal space. However, I do like room to manoeuvre!

And, we've all encountered many people who have a large personal space and we don't enter it perhaps out of respect or probably because we can read their warning signals.

If we can easily recognise the warning signs in humans, I question why we have such difficulty in respecting those of our pets? I wonder

if we feel a bit superior to them? Or perhaps we just don't respect the boundaries of another species and think we know best?

However, when you think about it, trespassing on another human's personal space may earn us a rude comment or a prickly appearance. But, we do retreat. In the case of a dog, it can be much more serious as he will have been giving us escalating warning signals until he reaches his threshold where he's so stressed by our actions that he bites.

When we approach any dog, including our own, it's important to respectfully read the signals they are giving us. Like humans, dogs have off-days when they would rather lie separately without any human or other contact and perhaps we should remember the old adage: LET SLEEPING DOGS LIE!



people Food, Health & Lifestyle

Learning to care for ourselves at Solace

by **Joyce O'Sullivan**,
Solace Holistic Centre

There are times in our lives when we need more support, more awareness of our needs or simply someone to listen to us. At the core of self-care is the relationship we have with ourselves – a relationship that is going to last our whole lives and so should be nurtured.

In Solace we constantly reinforce the importance of self-care at home because, when self-care happens daily, it has a positive effect on you and those around you. This autumn we are offering a series of workshops

designed to support you in your self-care practice and also to get you thinking outside of the box a little.

Self-care is not just going for a walk every day; it is how you speak to yourself, how you listen to your body and if you make the changes needed to support your wellbeing. The ability to make these changes and to share your needs and values with others, in a gentle manner, is essential to living a more contented life.

Beginning on Monday September 4, our 'Self Care Journey' six-week workshop from 7pm-9pm is designed to strengthen your self-care practice, making it a priority



in your life and more habitual. Each week has a different but interconnected topic to help you discover the part of you that

may not have had any space for a while. This in-person workshop will be held in Grow Yoga Studio, Clonakilty.

Solace will also offer Friday morning drop-in classes. In September I am offering meditation from 10am -11.15am with discussion and self-care advice for the week ahead. In October Sarah from Breath Cycles will offer group breathwork sessions on Friday mornings from 10-11.15am. More details of these classes are available on the Solace website.

To book any of these workshops please contact me on 087 9510554 or visit www.solaceholisticcentre.com to book online.

Solace Holistic Centre
Supporting Healing from Within

Massage Therapy
Reflexology
Gift Vouchers

Six-week SELF CARE WORKSHOP
begins September 4
7-9pm

**Contact: 087 9510554
or 023 8859701**
www.solaceholisticcentre.com
FB: @solaceholisticcentreclonakilty

10 Sands Quay Mill, Clarke St, Clonakilty

Is your daughter suffering every month?



Amanda Roe

Trauma therapist
& Mind coach

There is a long list of 'normal' symptoms for teenage girls and women every month, which include irregular periods, a flow that is really light or heavy, that might stop and start with no pattern, anxiety, premenstrual tension (PMT/PMS) that is mild to severe, clots, cramps, stabbing pain, headaches and days off school and work.

When I say 'normal', I mean these symptoms are measured statistically on a bell curve for our current demographic at this time in history.

What all women should understand is that the above symptoms are NOT normal.

Menarche for girls occurs from 10 to 16 years, with some girls today getting it even younger than that. Irregular periods during the first two years is normal and, although it is convenient to have a regular 28-day cycle, in reality only 13 per cent of women do and a cycle that is between 25-35 days is normal. The flow should last from four to five days with blood loss of 30-80 ml. The colour can vary from lighter red at the beginning, deep red in the



middle and pinkish towards the end with a consistency that is not diluted nor thick, and apart from a slight discomfort periods should be painless.

Anything outside these parameters is a sign or symptom of pathology or hormone imbalance and can be corrected.

Hormone imbalances are the main cause of the symptoms mentioned above.

When I talk about hormones most people think oestrogen and progesterone, however imbalances tend to start when the hormones insulin and cortisol are out of balance. This imbalance then has a knock-on effect on all other hormones especially oestrogen, progesterone, testosterone and the thyroid hormones.

Three simple things that can make a significant improvement to balancing hormones and reducing symptoms are getting enough sleep, balancing blood sugar and taking an omega 3

supplement every day.

Disordered eating and sleeping patterns are a significant stress that affects the balance of insulin, blood sugar and cortisol, leading to inflammation, further hormone imbalance and a cascade of the unpleasant symptoms mentioned above.

To restore balance the first place to start is by making sure your daughter understands the significance of getting seven to nine hours of good quality undisturbed sleep between the hours of sunset to sunrise and then eating a healthy well-balanced breakfast, lunch and dinner.

Often teenagers skip breakfast and even say they feel nauseous in the morning. This is a sign of stress and the only way to correct it is by eating within one hour of waking and to go to bed at a reasonable time.

All forms of stress cause inflammation and a prostaglandin response. Prostaglandins are

a group of lipids with hormone-like actions that tell your body what to do and when to do it. They form at the site of tissue damage or infection and are responsible for healing, clotting, blood flow and blood pressure,

contractions during menstruation and the bodies response to inflammation and pain.

Prostaglandins can initiate inflammation or help to resolve it and our diet influences the type and quantity of prostaglandins produced. Omega 3 and 6 are the building blocks of prostaglandins, Omega 3 provides anti-inflammatory protection however Omega 6 is linked with the production of inflammatory prostaglandins. Therefore the balance of Omega 6 to 3 consumed is important and as western diets are significantly higher in omega 6 rich foods ie nuts and seeds, tofu, vegetable oils, eggs and animal fats, it is important to add omega 3 rich foods like fish to your diet and

take a good quality fish-based omega 3 supplement daily, at least 2000mg. If you have a fish allergy don't worry, there are some really good vegan omega 3's on the market.

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

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

ROE HEALTH+ HYPNOTHERAPY & ACUPUNCTURE

people Food, Health & Lifestyle

A kitchen garden on the Wild Atlantic Way

The exceptional food served at Dunmore House Hotel is owed in no small part to the hardworking team behind the organic kitchen garden, situated on a clifftop at the edge of the Atlantic ocean overlooking Clonakilty Bay. Working the soil quietly behind the scenes, the gardeners use permaculture principles to create a bounty of food from spring through winter that is harvested each day for the kitchen, the earth enriched with seaweed and other natural manures, still clinging to its leaves.

Each dish on the menu boasts one or more ingredients from The Ocean Garden that is just a short walk from the dinner table. Whatever isn't grown by the hotel is sourced as locally as possible, from the fish off the boats in UnionHall to the strawberries picked in Rosscarbery. It's a menu that breathes simplicity and invites tasting, celebrating the exceptional ingredients on our doorstep: Choices range from 'Cod, braised fennel, wild sea purslane, salsa verde' to Fillet of beef, garden French beans, charred spring onion, jus' to Black sole on the bone, cavolo nero, caper butter'. Unsurprisingly the Adrift restaurant at Dunmore is just one of six restaurants in Ireland to be added to the Michelin 'Best of Guide' this year celebrating the best seafood restaurants in Ireland.

Owner Carol Barrett says "You can't imagine the baskets of fresh fruit and vegetables that are harvested daily from the garden and the pleasure that the entire team gets from seeing it being presented on a plate. We feel so lucky."

As one of the founding members of the Clonakilty branch of GIY Ireland, gardener Justine Sweeney knows well the benefit of embracing permaculture principles and increasing biodiversity in a garden. Ornamentals and edibles get along well in this garden offering up bee-friendly flowers for our pollinators and other beneficial insects. "Companion planting, for example planting strong smelling onions next to kale, is also an excellent way of repelling pests," she shares.

"We have created a pond and bog garden and introduced bird feeders into the garden, that up until recently mostly welcomed sea birds," shares gardener Neal Hooper. "The birds are also helping to keep the slug and snail populations down." Piles of dead wood scattered throughout the garden and hotel grounds make other wildlife feel at home. A wildflower meadow is also a joy to behold.

A newly planted fruit area boasts raspberries, blackcurrants, gooseberries, Japanese wineberries, crabapples and Chilean guava.

The no-dig method used in



"You can't imagine the baskets of fresh fruit and vegetables that are harvested daily from the garden and the pleasure that the entire team gets from seeing it being presented on a plate. We feel so lucky."

the garden means that helpful soil organisms can thrive creating a healthy soil and plants become easier to grow. No chemicals are used and all of the raised beds are mulched with a mix of homemade compost, farmyard manure and seaweed collected from the beach. "Because we intensively garden, we have to keep refreshing the soil," explains Justine. Most of the garden's annual and perennial plants are grown from seeds and cuttings.

There is something growing in the two polytunnels all year round: Cucumber, courgette, basil, fennel, spring onions, tomatoes, lettuce, physalis, beans, Greek cress. The hot spell at the beginning of June this year was challenging; a lot of things had to be pulled and started again. But the tunnels are full again now. "It changes every year," shares the team. "We see what works and what doesn't. Last year we grew a lot of aubergines and peppers but they were in the ground for too long for a small return."

Outside, rocket, chard, beans, beetroot, French beans, crown prince squash, Greek cress and Mexican spinach, rhubarb, artichokes are all thriving. Edible flowers like calendula, cornflower, violas and borage are grown too and there are many herbs; mint, sage, thyme,

lemon verbena. The holy grail of this garden is space...every inch of it is filled with something. The gardeners are constantly successional planting to keep up with the demands of the hotel.

In order to jumpstart spring and sow early, the raised beds are turned into hotbeds in the winter, the soil dug out, and the beds filled with fresh manure and straw; the soil is then placed on top and covered with a sheet of plastic. It's a simple technique but the heat generated by the decomposition of the manure makes it possible to plant directly into the ground in February with the plants taking off quickly.

A combination of manmade and natural wind breaks and cloches help to keep the wind and salt spray off the produce during the colder months, extending the growing season. "While we're sheltered by the bank behind, it can be a challenging growing environment if the wind suddenly changes to easterly," says Neal.

Fresh eggs are laid daily by the resident hens who enjoy pecking from their own garden of pheasant berries, as well as helping out with the surplus garden produce. Miniature Shetland ponies sustainably manage the paddocks by eating a range of grasses and wildflowers.

The Dunmore gardening team, Neal, Justine, Róisín and Martin are welcoming to all who wander in and are happy to share their bounty of knowledge in creating healthy food through chemical free gardening. However, it is also a beautiful space just to slow down in; a serene natural environment with sweeping sea views that will enliven the senses and calm the mind – another part of the special story behind Dunmore House Hotel.



Dunmore gardeners Justine Sweeney, Neal Hooper, Róisín Foley, Martin White



people Food, Health & Lifestyle



Open 12.30 – 7.30pm
Closed Tuesday



Casual dining is available daily 12.30 - 8.30pm in our **bar and lounge**. Bookings advised.



Included in the Michelin Guide UK & Ireland 2022 and 2023,
Adrift restaurant at Dunmore House is open five days a week from 6.30pm – 8.30pm, For bookings enq@dhh.ie or **023 8833352**.



people Food, Health & Lifestyle

Coffee lovers embrace Drip on Rosscarbery square

Rosscarbery native Shane Goggin and his wife Sinead have just opened an exciting new venture in Shane's home village, which the

local community is embracing. Drip coffee shop offers a vibrant daytime space on Rosscarbery square for lovers of coffee and cake where, combined with a

bright and welcoming retail and gallery area selling everything from organic t-shirts to houseplants, the vibe is all about local, sustainable and organic.

Already boasting a following – Drip is familiar to anyone who frequents the Warren beach, where come hail, rain or shine since Shane bought the Drip beachside coffee trailer in the winter of 2021, customers have enjoyed the smooth Brazilian blend supplied by West Cork Coffee – the new coffee shop is enjoying a roaring trade since opening.

Frustrated by one too many wet weekends in the winter and frequently hearing from locals how Rosscarbery needed a coffee shop, at the end of 2022, Shane and Sinead took a business leap and picked out Doswell Gallery, which had been closed for a number of years, as a possible permanent weather-proof home for Drip. The couple approached the owner Chris Doswell, who agreed that a coffee shop would make a good fit for both this beautiful historic building and the local community.

Shane also hopes to share his passion for organic farming through selling his own produce in the shop. "I'm excited at the possibilities that exist for the retail space, which doubles as a gallery," he says.

Currently serving cakes from baker Ann O'Leary and vegan bakery Wazzy Woo, as well as scones and sausage rolls, Drip is open seven days a week, from 9am-5pm with Shane hoping to



introduce toasted sandwiches come winter, extend the hours and keep the coffee shop open seven days a week. The bright and spacious space is all-inclusive, with room for double buggies and wheelchairs.

Beachgoers will be happy to hear that the coffee trailer will remain open weekends at the Warren during the winter months.



"I returned home in 2021 to be closer to my family after my dad unexpectedly passed away at the start of the pandemic," shares Shane. "From the beginning I found the winters quite hard here, the weather can be

dreary and a lot of places close. I love Rosscarbery hence it's very important to me that Drip become an energetic hub for the community, somewhere that can see us all through the winter!"

DRIP

COFFEE

VISIT US

Coffee Truck
The Warren Strand, Rosscarbery.
Mon to Sat 10-5; Sun 10-4

Coffee and Retail Shop
Rosscarbery Square
Mon to Sat 8-6; Sun 10-4

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

Common work-from-home scams to avoid

It's more important than ever to be on guard against job offers that look too good to be true. That 'employer' you're speaking to may in reality be after your personal information, your money or your help with their illegal activities, warns ESET Ireland.

Work From Home (WFH) scams usually start with an online ad, perhaps on social media or even on even abuse legitimate career sites such as LinkedIn other platforms where job seekers look for new opportunities. Here are some of the main ones to watch out for:

Reshipping

The victim is hired to receive packages, potentially 'inspect' the items and then send them on to another destination. These may be advertised as "package handler,"

"package processing assistant" or even "warehouse distribution coordinator." In fact, the victim is receiving stolen goods purchased using compromised financial details, and is effectively helping the criminal to cover their tracks to hide the original crime.

Fake mystery shopper

The victim is hired to purchase products and report on the shopping experience. However, the check they're given to pay for the purchases and/or upfront training and other expenses will bounce. Some scams may impersonate the Mystery Shopping Professionals Association (MSPA) to add legitimacy.

Personal assistant

The victim is hired as a PA and asked to make some purchases for their employer, who sends a

check to cover the expenses. They may ask for some of the money to be returned via wire transfer or digital app. Of course, the original check will bounce, leaving the victim in the red.

Start your own business

A scam company claims to offer resources to help the victim become an entrepreneur. Usually they charge a premium for these course materials, which turn out to be useless. The "get rich quick" promises are soon revealed to be built on sand.

Medical billing

Medical billing is a key part of the healthcare supply chain. It can take many months of training to get up to speed with this kind of work. However, scammers will often offer medical billing roles requiring no training. The course

materials and/or certifications they include to get the victim up and running will cost a premium.

Fraudulent job listings

Sometimes scammers upload listings for jobs that don't exist. The end goal is to get the applicant to send over personal information like Social Security numbers and other details which can be used to commit subsequent identity fraud in their name.

Home assembly

Victims are told they will be paid to assemble toys or crafts and send them back to their employer. However, they must pay up front for a starter kit. Once they pay, they soon realise there is no job.

MLM scams

Some multi-level marketing (MLM) opportunities are simply

scams where fake companies promise that those who sign up will be paid a handsome commission to recruit others. They will also be forced to buy products from the 'employer' to sell to would-be customers.

How to stay safe

Follow this list of best practice advice to stay safe from WFH scams:

- Search for the company offering the job to check for any negative online reviews.
- Ask the employer plenty of questions, such as: what the total cost of the programme is; and when they will be paid, by whom and how.
- Don't assume the job ad is legitimate just because it appeared on a legitimate site.
- Don't apply for any job where earnings are dependent on re-

cruiting others to the company.

- Don't believe information on the company's website, including testimonials from other recruits, as this can all be faked.
- Don't respond to any unsolicited contact or click on links in unsolicited comms like emails or texts.
- If you want to follow up an out-of-the-blue job offer, do some background research on the company rather than replying to the initial email.

The popularity of WFH scams reflects both a worsening economic backdrop and our increasing preference to work remotely. There are jobs out there. Just be extra cautious in following up leads.

More information with examples can be found on ESET Ireland's official blog. www.eset.com/ie

A peachy salad that's full of beans



A FLAVOUR OF WEST CORK RECIPE

Karen Austin

July didn't bring the best of weather, just little glimpses of sunshine and plenty of rain but the garden didn't seem to care and the courgettes were most grateful.

The tomatoes, boosted by the June heatwave continued to ripen and we're now at the moment in the year that we always look forward to – tomato time. Fresh tomatoes have so many uses, marrying a vast variety of ingredients and complementing each other's flavour. We eat them for breakfast, lunch and dinner at the moment but we are still in the moment of initial enthusiasm. We also had a fantastic crop of peaches – we ate them for breakfast, lunch and tea too, one of the hazards of growing your own.

One recipe that we have particularly enjoyed this summer that uses peaches and tomatoes was one I found in Kythira on our recent visit.

We had lunch in a small taverna where there was a chickpea, blackeye bean, yellow lentil and peach salad on the menu, served with the freshest of fresh grilled squid on the side. It was delicious, especially for a bean freak like me. A medley of beans, peaches and local tomatoes with this dressing that made everything sing. The waiter reckoned it was a honey and lemon dressing but for sure there was something else in it. When we walked passed the taverna later that day the chef was sitting outside so I took the opportunity to congratulate him on his fine

salad and ask for the recipe. The dressing was simple he said, extra virgin olive oil, lemon juice, honey and kiwi.

The kiwi was the mystery ingredient, something I had never considered!

I made this salad when I got home and the peaches were dripping off the tree.

My preferred kiwi to use is a golden kiwi but I don't think it really matters as long as the kiwi is ripe and, as we don't have many fresh calamari here, I have served the salad with grilled halloumi. It works perfectly.

I have written the recipe using cans of chickpeas and beans for ease but of course freshly cooked are always better. It makes a fairly big salad so if you want to scale it back and only make a small one, use only chickpeas and reduce all the amounts by a third. At the end of the day it's all about the dressing!

Peach, Chickpea and Basil Salad with Grilled Halloumi

Ingredients:

- 2-3 large ripe peaches
- 1 can chickpeas
- 1 can blackeye beans
- 150g yellow lentils
- 1 red onion
- 2-3 ripe tomatoes
- Large bunch fresh basil
- Salt
- 1 ripe kiwi
- 2tbs white balsamic vinegar + a little for the peaches
- 1tsp Dijon mustard
- 100mls extra virgin olive oil
- 2tsp runny honey
- 2 tbs lemon juice
- Salt
- 1 packet halloumi
- A little olive oil

Method:

Cover the lentils with plenty of water, bring to the boil then simmer gently for 15 minutes. Taste a lentil, if it's tender it's ready, if not, continue cooking – checking every three minutes until the lentils are ready. Tip the cooked lentils into a colander or sieve then rinse under the cold tap. Leave to drain. Season with



a little salt.

Drain and rinse the chickpeas and the blackeye beans.

Cut the peaches in half with a sharp knife, give the halves a little wiggle in opposite directions and they should break apart. Dice the peaches into 1-2cm pieces. Put into a bowl and sprinkle a little white balsamic over and gently toss the peaches.

Dice the tomatoes into small pieces, discarding the seeds if there are a lot. Season with a little salt.

Peel the onion then chop finely.

Chop the basil, not too small. Put all of the above into a bowl.

To make the dressing cut the kiwi in half then remove the flesh with a teaspoon. Put the kiwi flesh and white balsamic into a jug then mash or buzz to a smooth pulp. Stir in the Dijon



mustard then slowly whisk in the olive oil and lemon juice and honey. Season with a little salt.

Pour the dressing over the beans and peaches and gently toss together. Taste and adjust the seasoning. It may need a little more salt or lemon juice.

Heat a grill pan or heavy frying pan. Cut the halloumi into slices, rub a little olive oil over each piece then quickly grill or fry each side – it does not take long.

Heap the salad into a serving bowl then arrange the halloumi on top.

Let's hope the Azores high finds it's way here for August

The new cooking class list is up on the website and opposite so check it out if you're interested in autumn activities.

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

Runner to brave Malin Head to Mizen Head for mental health

Runner Stephen Lynch will run the length of Ireland from Malin Head to Mizen Head this August to raise funds and awareness for mental health.

28-year-old Stephen is from Duleek, Co Meath and now lives in Sydney, Australia. He has faced his own mental health struggles,

battling Bulimia in his teens, and now wants to run for hope and to let others know they're not alone.

Despite having only taken up running a couple of years ago, Stephen is setting off on his epic journey on August 14 to raise money for Mental Health Ireland and SOSAD.

Stephen hopes to arrive in Mizen Head in West Cork on August 19 and would appreciate all the support he can get. You can read

more about Stephen and donate to his fundraiser on donate.ie.

"One thing for certain in life is that we cannot control what happens to us or people we care about it but we can control how we react, and that is essential information to understand. I want to show that we can accomplish amazing things and get over unthinkable obstacles once we just keep moving forward, one step after another," said Stephen.



The Happy Pear



Go Wild Retreat with The Happy Pear

7th - 10th Sept. 2023

Wild Atlantic Glamping, Bere Island

From €525 pp sharing. Accommodation, meals, and activities are all included in the price so you just need to get yourself to the island and we will look after everything else!

Find out more at

www.wildatlanticglamping.ie

LETTERCOLLUM

COOKING CLASSES AUTUMN 2023

9TH SEPTEMBER MEDITERRANEAN

The perfect time to host this class, when the garden is still producing tomatoes, aubergines, beans and all manner of delicious things to cook. There will be lots of 'live to be one hundred recipes' from the south where a plant based diet is widely believed to be the reason that so many live to an old age.

16TH SEPTEMBER RECIPES FROM GREECE

The food in Greece is simple and seasonal. This class will be about creative ways with aubergine, peppers and tomatoes, delicious vegetable mezze and the secret to making filo pie.

21ST OCTOBER SPANISH

This very edible class will include tapas for sharing, the perfect tortilla, and paella or suquet. I'm not sure quite what else yet as we're about to go walkabout through Spain and hope pick up some new recipes so the menu has yet to be decided. This class will include some fish.

28TH OCTOBER LEBANESE

Enjoy the wonderful fresh Mezze, Pilafs and Salads of this beautiful country and learn how simple they are to put together.

11TH NOVEMBER RECIPES FOR A SUSTAINABLE FUTURE

A class about recipes to inspire you to enjoy a plant based diet using local ingredients. The recipes will be simple and tasty. A lot of the world always eats in this way, there's a surprising amount of healthy and fun eating out there.

18TH NOVEMBER THAI

Fresh and zippy recipes for noodle and rice dishes, curries, stir fried vegetables, fresh salads and seafood. Perfect food to brighten up grey days!

25TH NOVEMBER INDIAN VEGETARIAN

One of my favourite vegetarian cuisines - so many possibilities! Learn to make a thali with a variety of vegetable dishes, dal, samosas, pakoras, biryani rice and all the accompaniments.

☎ 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.



people Food, Health & Lifestyle

Hospital's cancer trial a 'game changer' in battle against disease



SHERKIN ISLAND FERRY

Approx
10 minutes from
Baltimore to
Sherkin!

Adults €12 Return, €6 Single
Students €6 Return, €3 Single,
Child (5-18) €4 Return, €2 Single,
OAP & under 5s FREE
No booking required. Cash only.
For group bookings only call 087-2638470

AUGUST TIMETABLE

All sailings
subject to
weather
and other
conditions!

Dept. Baltimore

7:45 9:00* 10:30 12:00 14:00**
16:00 16:45 17:45 19:00 20:30

Dept. Sherkin

8:00 9:45* 10:45 12:15 14:15**
16:15 17:00 18:00 19:15 20:45

****Not on Saturday or Sunday *Not on Sunday**

www.sherkinferry.ie • www.sherkinisland.eu

Cancer doctors are hoping a lifesaving trial at an Irish hospital which is reducing patients' wait for genetic testing from two years to just four weeks, is made permanent.

Medics say the 'mainstreaming' pilot project at Cork University Hospital is a game changer in the battle against the disease.

It has already fast-tracked testing for over 80 patients and with confirmation of extra funding, will continue for the rest of this year, testing a further 30 cancer patients a month.

Mainstreaming profiles a patient's cancer, giving specialists 'an extra piece of the jigsaw' to decode the most effective surgery, treatment or medication.

But it also has the potential to prevent cancer and deaths by identifying hereditary gene mutations that can be passed from patients to their children and grandchildren.

"We are very excited about this. Reducing the time it takes to identify what form of cancer we are dealing with through swamped national services, taking two years, to just four weeks in Cork, is massive," said CUH surgical oncologist, Professor Mark Corrigan.

"If we can determine what specific genes are contributing to a patient's cancer, we can use that information to modify their treatment.

"Extra funding is extending the pilot until the end of this



Cork University Hospital surgical oncologist, Professor Mark Corrigan, with patient Fiona O'Keeffe, both of whom are calling for authorities to put a cancer genetic testing programme at the hospital on a permanent footing. The pilot has already fast-tracked testing for more than 80 patients across Munster. Picture: Brian Loughheed.

year but we want to expand and develop it well beyond that. It is having a transformative effect on cancer care."

Cork mother-of-two Fiona O'Keeffe, 49, who is recovering from breast cancer, is also urging authorities to put the programme on a permanent footing.

She was diagnosed at 46, her sister faced the same battle aged 40 and they lost their mother Mary to the disease last year.

Fiona did not benefit from the new testing programme at CUH – instead, she was sent to Dublin for genetic testing to find the gene causing the cancer in her family – a major upheaval

as it removed her from experts in Cork.

"In that time, you lose the connection with the people that you're used to dealing with," she said.

"This new clinic is so welcome as you are containing all of your care in one place so it's less stressful. My hope is that it is here to stay to benefit the next generation."

CUH, the National Cancer Control Programme and the South/South West Hospital Group collaborated to get the six-month pilot project off the ground.

But specialists are urging that national and public support

through CUH Charity continues so it can remain permanently.

The project sees blood tests sent from newly diagnosed cancer patients at CUH – or those on treatment waiting lists – to a lab in mainland Europe.

"We can now see patients, counsel them, order the test and have it back in a matter of weeks," said project lead, Prof Corrigan.

"Consider, for example, a family which lost their mother to cancer a few years ago. Mainstreaming allows us to identify and dramatically reduce the chances of her grandchildren also losing their mother to the same outcome."

Hike the Sheep's Head to help people in poverty and crisis

Now in its 15th year, the annual Christian Aid Sheep's Head Hike – the biggest hiking event on one of Ireland's best-loved walking routes – will take place on September, Saturday 2.

The Sheep's Head Hike traces the coast of the Sheep's Head peninsula in West Cork. Famous for its unspoilt landscape and stunning coastal views, its beauty has been recognised with the designation of 'European Destination of Excellence'.

Christian Aid's fundraising event has raised over €90,000 since it began in 2009 and attracts more than 200 walkers annually. Walk organiser, Christian Aid's Bandon-based Church and Community Officer, Andrew Coleman said:

"We hope that people will join us again this year to raise vital funds to support the work of Christian Aid Ireland. The donations raised will bring hope to people as they strive to rebuild their future after a disaster, escape from abject poverty and

assert their human rights."

The event caters for all levels of fitness. There are two routes to choose from with a local guide on hand to describe the unique history and landscape features: Route 1 is 10.5 km (4.5 hours) for more experienced walkers; Route 2 is 6.5 km (2.5 hours) and is suitable for families.

Walkers are encouraged to register online at caid.ie/SheepsHeadHike but it's also possible to register from 10.30 am on the

day of the hike at Kilcrohane Community Hall, Kilcrohane village. There is no registration fee, instead walkers are asked to make a donation to Christian Aid.

Andrew Coleman thanked the community of West Cork for their support: "The Sheep's Head Hike is organised by a local committee and is made possible by the support of many volunteers – group leaders, bus drivers and caterers. A big thank you to The Red Cross, Rural

Transport, and The Gourmet Grill for their steadfast support again this year.

"Please come and join us on Saturday, September 2 for a healthy day out on the stunning Sheep's Head Way, and make a difference to the lives of people living in poverty and crisis."

For further information about the event, please visit caid.ie/SheepsHeadHike or call Andrew Coleman at Christian Aid Ireland's Cork office on 087 243 9280.



16.5M POOL | SAUNA
STEAMROOM | FULL GYM
• Children and Adult Lessons
• Aqua Fit, Fit for Life • Personal Gym Trainer

SUMMER FUN CAMP
15-17 AUGUST

028 20622 / info@baltimorepool.ie
Baltimore Wild Atlantic Pool
Check social media for opening hours
www.baltimorepool.ie
ANNUAL MEMBERSHIPS AND WALK INS AVAILABLE

people Food, Health & Lifestyle

Great Wild Atlantic
Marathon Walks in August

Health Expert, Karl Henry recently visited the Shannon Class Lifeboat at the Courtmacsherry pontoon, to launch the seventh Great Wild Atlantic Marathon Walks taking place on Saturday, August 12. Karl has a keen interest in sea activities and the Clonakilty resident will start the walks from the village of Courtmacsherry on August 12 alongside An Tanaiste Micheal Martin, with the intention to partake in same over the beautiful roads on the Seven Heads Peninsula from Courtmacsherry Bay to Inchydoney Bay.

This is a joint initiative in the RNLI and GAA partnership between Courtmacsherry Lifeboat Station and the local Barryroe Gaa Club, in the Respect the Water campaign, with the entire proceeds going to Courtmacsherry Lifeboat Station.

(l-r) Mark Gannon, Emma O'Donovan, Elaine Kirby, Karl Henry, Olan O'Donovan, John Ryan, Micheál Hurley, Angela Veldman O'Donovan, Aoife Daly, Vincent O'Donovan and Denis Murphy. Photo: Martin Walsh.

Awards finalists shine at West Cork
business showcase

Network Ireland West Cork recently showcased the 2023 Businesswoman of the year finalists at an event held at The Green Dot in Clonakilty.

It was an evening of inspiration, ideas and advice and of course networking and fun, as award finalists, Aisling Vaughan, Michelle Fox and Noreen Coomey shared their stories, their learnings and their advice to aspiring businesswoman, as well as sharing their hopes for the future.

The event was MC'd by Helen Wycherley, who was instrumental in forming the Network Ireland West Cork branch back in 2018. In 2019 Helen was National President and she currently sits on the advisory council of this National Networking group. Helen is director of her family businesses Celtic Ross Hotel, Rosscarbery and Marina Commercial Park, Cork City. She congratulated the finalists on their success saying "It's clear that you love what you do, you live it and are invested in it."

Those in attendance heard stories of determination and resilience, as each finalist gave a presentation on their business, followed by a panel discussion.



Helen Wycherley, Noreen Coomey, Aisling Vaughan, Michelle Fox and Kate Wycherley at the Network Ireland West Cork July event at The Green Dot.

Aisling Vaughan founder of Ayrie, a coaching programme that helps women to live a better quality of life through holistic lifestyle and mindset coaching spoke about creating our own opportunities and creating hype around our brands saying "If you are not excited about your business, then your customers won't be." Aisling will represent West Cork at the National awards in Kildare in September.

Michelle Fox of Michelle Fox Interiors told of her passion to create beautiful spaces that

reflect her clients and their style, so they can live in a home that looks and feels beautiful, while incorporating function and practicality. Michelle encouraged the audience to ask for advice and help through the network saying "The support and encouragement we received as award finalists was incredible."

Noreen Coomey, shared her endearing story of returning to study in her fifties before starting her own successful counselling and psychotherapist business. She explained "I work closely with people to identify

the source of their stress, find solutions and take action. The goal is to identify and take charge of their stress – to stop it taking over." Noreen was highly commended by this year's awards judging panel.

The event closed with a fun networking game, while guests enjoyed delicious food served by Lisa and Frank of The Green Dot, it was an evening that celebrated the wonderful business community in West Cork.

Couch to 5k
ProgrammesFOUR WEST
CORK LOCATIONS

Skibbereen
Bantry
Kinsale
Ballineen

Programmes run from
late August to October
EXPERT COACHING
rewarding and fun

€50 FEE INCLUDES:
8 weeks training with a
qualified athletics tutor
& discounted entry to the
Cork Rebel Run

more information
charrington@corksports.ie
(086)-7700588
www.corksports.ie



people Food, Health & Lifestyle

What's calling for your attention?

Compassion-based mindfulness helps us to develop an attitude of curiosity and kindness towards however we are feeling ourselves. We practice cultivating kindness and compassion for ourselves and others. Continued practice can help us foster a deep care for the wider world. I trained as a teacher with the Mindfulness Association, a compassion-based organisation with well-established training modules in mindfulness, compassion, insight, and wisdom. Compassion includes self-compassion, which encourages us to take care of ourselves, but it is

certainly not all about ourselves. It is quite paradoxical that, the more we learn to resource ourselves in a new and meaningful way, the more connected we feel with all living beings, whether stranger or kin, human, animal, or tree. We find and feel our place of real belonging in the world.

The insight and wisdom aspects of mindfulness come with regular and long-term practice, where we develop an inner sense of trust and develop our ability to be present, our intuitive side, our inner and outer listening, and our reflective skills, so useful in life and yet so often

undervalued. I am grateful to have fully experienced the benefits of these skills at a weeklong experiential training for leaders in Berlin and wanted to draw attention to the organisation here (www.presencinginstitute.org). The training 'Leading from the Emerging Future: From Ego to Eco', took me well beyond my comfort zone, which was both challenging and transformative.

The training used a variety of creative and innovative methods and focused on self-awareness, presence, and embodiment as key leadership skills, as well as deep listening skills and a willingness to change and grow. Being present as leaders is key, present to things not only happening internally but around us, not only locally, or even nationally, but globally, and the changes that are speeding ahead in the world, for example, climate change. In Berlin, we practiced mindfulness meditation together, sensing into the present moment but also sensing into our vision of a sustainable future, and re-imagining our potential role, as individuals and collectively in that future. We were encouraged to tap into our ideas, planning our next small, intentional steps.

Whether we have ever before acknowledged it or not, all of



MENTAL HEALTH & MINDFULNESS

Susan O'Regan

Susan O'Regan, Msc Mindfulness Studies teaches compassion-based mindfulness. She is a teacher member of the Mindfulness Teachers Association of Ireland (MTAI) and The Mindfulness Association.

us are leaders in one way or another, whether in the home, the family, the workplace, or community. We all have human agency and power within us to make small changes. But we can tend to distract ourselves from anything we don't like or feel we can't change, and we may even believe that it is easier to turn away from what is happening inside us or around us. In my experience, however, there is an

underlying, niggling feeling of discomfort in denying reality, ignoring the actuality of our experience. But with mindfulness training we can learn to face into whatever is happening within or around us, with gentleness, curiosity, courage, and turn our compassion into action.

And with the growing awareness that mindfulness brings, may also come a sense of responsibility. Because once we become aware of an issue, we are given a choice of whether to act or not. We can stay the same, continue to turn away, or we can take a step towards it. We can step out of our comfort zone and into our power. It takes humility to change what needs changing in ourselves. Some part of us knows that if we keep doing what we've always done, we'll keep getting the same result. We may need to 'let go' of ways that are not working to allow new ways to emerge.

Incredible value can be gained by taking time and space to contemplate any areas of our lifestyle, health, work, relationships, or community that might need some attention. Is it possible to take time to retreat and reflect on what could potentially be your first, or next steps? And let's not underestimate how small changes can have a big

impact. Is there an area that you have been turning away from or distracting yourself from? What is calling for your attention?

In the Autumn, for the third time, I am running two free three-week mindfulness programmes, called Re-connect and Re-engage at CECAS in Myross Wood, Leap. Reconnect and Re-engage for family carers on September 27 and October 4 and 11, from 10.30-1.30pm. Reconnect and Re-engage for people who may be going through a difficult stage in life, or feeling isolated in some way will run on November 15, 22 and 29, from 10.30-1.30pm. Get in touch if you think either of these programmes might be for you. They are run in conjunction with CECAS and supported by the REACH fund.

Drop-in compassion-based mindfulness sessions at CECAS, ie Myross Wood (now in the old chapel) Leap on Tuesday mornings throughout August from 10am-11am. €10. All welcome to join this wonderful community of practice.

www.mindhaven.ie

087 2700572

susanoreganmindfulness@gmail.com

FB: [susanoreganmindfulness](https://www.facebook.com/susanoreganmindfulness)



MINDFULNESS MEDITATION

Drop-in Sessions

Tuesday, 10-11am

Old Chapel, Myross Wood House, Leap €10

Contact Susan 087 2700572
susanoreganmindfulness@gmail.com
mindhaven.ie



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.

I regularly receive messages from people interested in learning how to become an end of life or death doula, so I imagine there must be others out there who are curious as well. Many simply wish to study the topics of death/dying more deeply, while some have been met with their own profound experiences of loss. Whether someone has been asked to be

there for family and friends at the end of life, realises the benefits of investigating their own personal relationship to death, or wants to serve in a professional way, I believe it's a wise investment and calling.

My process began by researching online, then taking some courses and workshops that intuitively resonated with me. On occasion I reached out to the trainer or facilitator to make sure it was what I was looking for. But mostly I just leapt and it seemed like one organically led me to another – the first was an introduction to the role, the second felt like an opportunity to meet others in Ireland and the UK; to be in a sharing circle, and the third, a longer preparation, felt like a deep dive into my own relationship with death, life and loss. With time, I became more clear about how I wanted to support others. I also began holding events, as well as talking to people in my community so that I could get to know them better; exploring how others felt around this subject and sharing my passion for these topics. Although not a space to promote my work, organising and regularly holding

Death Cafes in Bantry for a year proved to be community-building, as there was great interest in the subject. Eventually, I started my practice after several years of personal preparation that included reading, both learning and unlearning (as my previous work was fairly fast-paced social work in various health care settings). It was also essential to become really clear about personally defining the role and looking at my own relationship to death: what messages was I taught about it as a young person? How would I look after myself while serving others? What losses – death and otherwise – did I carry? And much more. After a few years, I created an online presence and today I continue to connect with people through writing this monthly column, my website and via some social media here and there. And of course we are blessed to be in a community where word of mouth seems to work well. I can't forget the (unexpected) media attention that gratefully helped spread the word.

Because more people reach out to me, I've found it helpful (even necessary) to draft a

letter to address them. It is an excellent thing to see so much enthusiasm, so I often send this or something very similar to folks who are wanting to know where to start.

"Dear end of life doula at heart, If the interest and call is there, definitely listen to your inner voice and follow it. This movement is still young – with seeds continuing to be planted. I'm slowly beginning after years of preparing, getting clear and connected, but everyone is different.

There are no specific steps and currently no required certification or qualification to do become one, however I strongly suggest a period of committed reflection about your own feelings on death/dying/grief and any experiences you have had when it comes to these are important to examine. Also considering what your upbringing/community has taught you about these matters so far. What are your strengths and skills that you could bring to this kind of work? My experience has been that this is very much a path unfolding and there are many ways to be an end of life doula – and many types too!

"A few suggestions I can offer include: finding like minded people – one way to do this is by joining a course or webinar (there are many these days – both online and in person – do your research on what speaks to you), volunteer in a related service (such as a local hospital or hospice), talk with others in your community about your passion, consider attending a death cafe – read more at deathcafe.com. Perhaps you might also consider seeking out/hiring a mentor along the way. The three main doula courses I completed are listed on my website. (I share this as well as my Facebook social media pages) Instagram and other platforms are especially abundant with accounts on death, grief, end of life doulas etc too. Someone recently said there are more than 50 different end of life/doula courses available in person and online worldwide these days! I'm continually taking courses related to this work. (Here I may name one or two) that I'm currently enrolled in such as 'The Shapes of Grief' here in Ireland.

"Lastly, just a few of my (many!) favourite books include: 'The Five Invitations' by Frank Ostaseski, 'Holding

Space: On Loving Dying and Letting Go' by Amy Wright-Glenn, 'Death Nesting' by Anne-Marie Keppel, 'Caring For the Dying' by Henry Fer-sko-Weiss, 'Present Through the End' by Kirsten DeLeo, 'Sacred Dying' by Megory Anderson. Hope this helps to inspire your beginning."

And so dear reader, I'll leave you with this: although death can happen at any time and end of life or grief supports are vast and needed now more than ever (for the pre-planners, the dying, their carers, the bereaved etc), according to the World Health organisation, 'by 2030, there will be more people over 65 than there are under 18 – for the first time in history. All countries face major challenges to ensure that their health and social service are ready to make the most of this demographic shift.'

Any and all support is, and will continue to be, invaluable as we face these times.

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.

Retreat to the Eccles

Situated on the waterfront in the picturesque village, Eccles Hotel and Spa, the only four star hotel in Glengarriff, commands panoramic views of Bantry Bay on West Cork's Wild Atlantic Way. Glengarriff Harbour, with its boats to the famous gardens on Garnish Island, and the village centre with quaint craft shops, cafes and pubs are just a two-minute stroll away.

After a long day of exploring, guests can relax at the spa, which is also available to non-residents. The focus is holistic wellbeing, nourishment and betterment of mind and body. A space to slow down and reconnect. Guests can also relax in the hot tub overlooking the beautiful Bantry Bay and take a wellness journey together. All of the spa experiences include a complimentary 25-minute use of the Thermal Spa Garden with Sauna and hot tubs.

Spa treatments are available from €90 starting with the new indulgent facial, perfect if you want to brighten your complexion for the summer months, or you might be looking to relax and unwind by having a luxurious massage using warm



oils, the new experience combats aches and pains, releases tension and treats the skin by combining a luxurious bundle of a Back, Neck, and Shoulder

Massage, Facial Massage, and Scalp and Hair Massage Treatment.

The experience Includes a two-course lunch served in

the Harbour Bar and complimentary use of the thermal spa Including hot tubs, sauna, a glass of prosecco/mimosa/organic cordial, and a sweet treat, all for €130

Thanks to Chef Eddie Attwell's culinary prowess, the hotel has also fast established a reputation for its excellent food, with produce on Eddie's menus picked fresh daily from the hotel garden and polytunnels he has planted, foraged locally or supplied by the best of West Cork's artisan food and drink suppliers.

Prior to joining the Eccles team, among other career highlights, Eddie spent time in the two star Michelin restaurant L'Enclume in Cumbria and has appeared on BBC's Great British Menu. He was recognised as West Cork's Local food Hero in 2019 and the hotel's breakfast was a national winner at Georgina Campbell's National Breakfast Awards 2020.

For more information on the four-star Eccles Hotel and Spa, Glengarriff Harbour, Glengarriff, Co. Cork visit www.eccleshotel.com or call 027-63093 reservations@eccleshotel.com

PERROTTS
HOME LIVING INTERIORS
Clonakilty's finest interiors store

**LIVING & DINING
BEDS & MATTRESSES**

CURTAINS & BLINDS

SOFAS, CARPETS, VINYL & RUGS

VISIT OUR SHOWROOM FOR SOME FRESH IDEAS

Professional Design Service available by
Trevor Perrott BA (HONS) Interior Architecture & Design

WE SUPPLY & PROFESSIONALLY FIT CARPETS & VINYL

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



Est. 1745

ECCLES
HOTEL & SPA
GLENARRIFF

WHERE BETTER BEGINS

A destination wellness resort that drinks in the Wild Atlantic sea air and eats all that is fresh and hyper local. A spa that fuses the restorative powers of the sea with holistic healing for body and soul. A sense of classic welcoming charm that wraps you in its warm embrace from the moment you arrive. All at the gateway to the beautiful Beara Peninsula, right on the water's edge. This is Eccles Hotel Glengarriff.

This is...where better begins





ASTROLOGY

Kate Arbon

Kate Arbon is an astrologer, writer and spiritual teacher. Living in West Cork for over 20 years she gives personal consultations locally and internationally using traditional natal and Horary astrology.
email: astro@katearbon.com
www.katearbon.com

August Sun Signs

August is dominated by all things Venus as she completes her retrograde season into early September. We continue to revise and renovate our relationships, values and what we want in life. We can also expect this to be a month when the ability to discern what's happening will be put to the test as we navigate some disorientating planetary events later in August. Critical thinking is being called upon to evaluate which information is being accurately portrayed and which is purely sensational and divisive, as Mercury and Mars travel through the analytical perfectionist sign of Virgo. Be aware of what you say and what is being said to you, over these few weeks. Mercury combines with Mars all month and words can be used as weapons.

The Month starts with the first of the two August Full Moons. This lunation pulls in the energy patterns from the mid-July New Moon that prompted us to take a deep dive into many hidden or obscured issues. As the emotive Moon is highlighted we may get to see how these issues are relevant or have an impact in our own life. Mars and Jupiter are

key players in this Moon and also set the trend for the next two weeks. The action planet combines favourably now with the expansive planet Jupiter to help us enlarge our plans and get a lot done in an efficient and productive manner.

A consistent theme through August is the Venus retrograde through Leo, the sign of big gestures and warmthheartedness. We want to get it right and make amends in any relationship that we value. This is a time for seeing our mistakes or where we got priorities wrong. Double-check what you hold dear and ensure you are not wasting your goodwill on lost causes. Whilst Venus is at a Square angle to Uranus during the second week of August, it urges us to be unique in our desires and be prepared to acknowledge what we want as an individual and not simply go along with what is wanted for us or what everyone else seems to like. Have the courage to step out from the crowd and choose what suits your unique self-expression and personal values.

On August 13, Venus conjoins with the Sun in a powerful blending

called a Cazimi. This potent moment gives the Solar power to Venus and we can use this to take action and express the best of ourselves to others. This is a time to actively let your love and appreciation flow whilst setting the intention for more of the same to follow.

The big planet Jupiter prepares to go retrograde in early September and is almost stationary at 15 degrees of Taurus for over a month from the 16th. It does not move beyond this zone until late March 2024. This can especially affect anyone with personal planets or house angles around the midpoint of Taurus, Scorpio, Leo or Aquarius. We may see an opportunity come back around during this time. Plans and dreams, as well as big developments, get more time to emerge and the benefit we gain is increased over these coming months.

During the New Moon phase of the 16th, both the Sun and Mars connect with Uranus, the planet of disruption. This can bring unexpected actions and initiate events with unpredictable outcomes. It's a good energy to shake off ties and restrictions that are inhibiting movement

or freedom, but be aware that it can also be a volatile combination so whatever is started now could have unusual results.

By the 22nd and 23rd, the energy of disorder can become disorientating as confrontational Mars moves into an opposition with confusing Neptune. Mercury in Virgo starts a retrograde phase the next day. These combined events can cause misdirected action or an increased lack of clarity around the purpose or meaning of certain activities. Communication can be unclear or deceptive. This is the time when critical thinking becomes a requirement if you want to know what is real and what is purely illusory. There may be a need to review systems of thinking and the use of data.

The month winds up with Mars moving into Libra on the 27th putting this assertive planet in a restrained position. This makes it hard to get ahead without potentially offending someone. It's not possible to please everyone but the attempt to prevent discord can mean nothing is achieved. Seeing both sides of a situation can inhibit any

decisive action over the next several weeks. Feeling discord is amplified by Uranus, the great awakener planet turning retrograde. Over the next few months, the rebellious focus is turned inwards to a more self-reflective mode. Maybe a rethink is required concerning the balance between limitations and freedoms. There may be some reversals around these issues especially any that relate to mid-May this year.

The final events of the month surround the second August Full Moon on the 31st, which involves Saturn in Pisces. This is a very stabilising planet and it brings a strong element of realism to any events now. The ability to accept the failings of others and acknowledge that being human inclines us all to be fallible is the sentiment over these few days. Remember that any failure is an opportunity to do things differently next time.

August has a Full Moon in 10 degrees Aquarius on the 1st at 7.31 pm, a New Moon in 24 degrees Leo on the 16th at 10.38 am and a second Full Moon in eight degrees Pisces on the 31st at 2.35am.



Aries: You get out the party gear or just take some needed leisure time in the next couple of weeks. Having fun is the theme and allowing the inner child some freedom to run loose now brings its rewards. The focus shifts from mid-month and it's who you know rather than what you know that matters. The spotlight is on your position within your community, in group ventures, or in work projects which involve others of like mind. Make the opportunity to meet new people; the benefits will soon follow. It's also time to move up a gear in your social life.



Taurus: Now is the time to make plans for your future. Personal status or vocational concerns are likely to dominate your thinking from early August into September. If you want to fulfill your ambitions or go a step further then make some positive moves. Getting yourself some recognition for what you do best takes on extra significance. Remember to balance the demands of work or public life with the needs of your home life, especially from mid-month onwards. Family or domestic arrangements need your attention but you get the support you need to create a secure foundation to work from.



Gemini: Travel, study or spiritual matters have been taking your attention. Not content with anything 'hum drum', you're likely to want the freedom to explore new ground or invite new experiences into your life. This is a great time to think big and make the most of the opportunities that come your way. An overseas contact may get in touch or new information provides the chance to break out from any restricting routines, so try something different. Be prepared to open your mind to new ideas and lifestyles. Life could get hectic around mid-month so pace yourself whilst you still have some time available.



Cancer: The next two weeks might be a trying period; you may feel anxious and worried about money, health or concern for other people. It will pass. You are simply focused on the negative side of a cycle at the expense of the positive. It's a great time to clear out what doesn't work well in your life in preparation for the next phase. After the New Moon on the 16th, you begin to acknowledge what you have in terms of real assets and how you can make the best of them. Finances, accounts and money matters improve when they get your full attention.



Leo: Your personal style and self-expression get to be the issue in early August and you won't want to be dictated to by other people's demands. Being seen and accepted on your merit becomes a priority. With the Full Moon opposite your Sun sign the spotlight has to be on dealing with any relationship issues. Personal and professional partnerships will need your attention for the next few weeks. Finding a win-win situation for everyone has to be your goal. Interesting and stimulating people may come into your life now and you'll want to find more time for intimate encounters or shared experiences.



Virgo: Take a few days in early August for some solitary or downtime to reflect and restore your spirit and physical vitality. You'll benefit from making adjustments especially if you've been overdoing it lately. Treat yourself with care and pay attention to your physical needs especially up until New Moon on the 16th. After the 23rd when the Sun moves into your own sign, you will get the boost you need as life throws you some new or exciting challenges. This is a good month to organise your work or focus on the tedious or necessary tasks, even the ones that don't have mediate results.



Libra: Don't take yourself too seriously and you may surprise yourself at what you come up with by just playing around. Expect rewards from past efforts this month. Your imaginative powers are strong and you enjoy a chance to express your creative talents during the next few weeks. Whatever you do it needs to give scope to your originality and get you noticed. Your feelings for loved ones are more intense now and children may take an important role in your life at this time. You want to have fun and taking chances might pay off.



Scorpio: Your work or social status takes on greater significance this month and you'll want to put your best effort into making the most of your abilities. Use this time to complete unfinished tasks and don't expect to get started on anything new just yet. Putting your energy into any project that gives you some sense of achievement will feel important now. The real rewards will become more apparent after the 16th when you can expect some well-deserved appreciation. During late August you may feel like staying home to build up your reserves so you have plenty of spare for later when life gets really busy again.



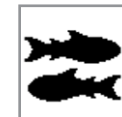
Sagittarius: A boost to your work life or career is likely after the 16th. Expect opportunities to get more involved with your neighbours or local events. This is also a good time to catch up on correspondences or paperwork. Follow the urge to get out and about and make connections later in the month. You may feel restless if you don't find activities that stimulate your mind. Travel, foreign visitors or starting a new study course will likely be a feature mid-month and you'll want to seek out more information or alternatives to what you already know.



Capricorn: Early August finds you concerned with your material and financial security. Take time to consider if you are making the best of your natural skills and talents. You might be underestimating yourself! Actual money isn't the only source of wealth and you'll probably find you have abundance in another form. Concerns or anxieties about being dependent on others may trouble you mid-month. It's a short-lived phase. If you don't dwell on the negative your world will open up with new opportunities after New Moon on the 16th. Make plans, think big and remember to include your wildest dreams.



Aquarius: Relationship matters occupy your mind for the next few weeks. What's important is how these areas of your life are impacting your lifestyle and self-expression. The trick is to handle any tense moments with grace, state your position and move on quickly. This month you'll need to stand up and display your self-confidence in a way that wasn't called on before. Attention turns to see what you're going to do next during the last week of August. Make adjustments if you are not representing yourself accurately or in a way that is most true for your character.



Pisces: This month your inclination is to shun the lime-light and keep pretty much to yourself. Enjoy the quiet "alone time" whilst you can. The demands of your outer world will encroach again soon enough. Simple practical concerns about health, money or everyday responsibilities must be given your attention but don't allow yourself to become over-anxious later in the month. You can be very productive in the next few weeks by just quietly working away behind the scenes in seclusion. Reconnecting with your inner world is important for your sense of equilibrium. Valuable insights and breakthroughs are possible.

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

people Food, Health & Lifestyle

Are supplements necessary?



Eoin Roe
Chiropractic

There is no easy answer to this question and I think it is always best to start with trying to understand why someone may want to supplement. Secondly if you are going to supplement, then the quality of the product you are taking matters. Too often people are taking a poor quality supplement or not taking enough for it to make a difference.

For general health and to reduce risk factors associated with ageing then there are two supplements with a significant amount of evidence behind them – Omega 3 fatty acids (Fish oil) and Vitamin D3.

Vitamin D is produced in your body when you are exposed to sunlight – deficiency is common in Ireland as we live in a climate that traditionally has lower levels of sunlight, especially in winter. Supplementing is simple and probably a good idea for all in the winter months, especially if you have a job that

keeps you indoors.

Omega 3 has many health benefits, most notably being an anti-inflammatory with a protective role in cardiovascular disease, dementia, joint health and hormone balance. You will often see products offering Omega 3, 6 and 9. I nearly always advise people to take only Omega 3, as most of us will have enough 6 and 9 in our diets. It is also important to take enough and research has shown that the dose needs to be between 2000 and 4000mg per day; the value of EPA and DHA within the product matters.

As I am sure you have noticed, there are many more supplements on the shelf of your local pharmacy and health food store, so should you be taking them?

The answer to that is it depends. We should be able to get enough nutrition from the foods we eat but it also true that many people are not eating healthy diets and they are almost certainly deficient in essential vitamins and nutrients. The truth is you will never supplement your way out of a poor diet. Additionally, many common diet plans, which follow a low-fat approach also lead to deficiencies.

At its most basic your diet should have lots of vegetables, some meat and fish, some carbohydrates, but only high fibre options (i.e. brown bread instead of white), some fruit and lots of healthy fats from things like olive oil, nuts and seeds, meat and fish.

Others supplements that you should consider are:

A Multivitamin – For many I think it makes sense to take a multivitamin; as with all supplements quality matters; as you need to have ingredients in bioavailable forms for it to be effective.

Vitamin C and other antioxidants – These can be very helpful especially when fighting inflammation, although the dose needs to be high. There are many different antioxidants on the market but it is well worth remembering that omega 3 and Vitamin D3 are also antioxidants.

Iron – this can be a difficult supplement to take, as it often causes constipation. If you have iron deficient anaemia then supplementing will be important but if your diet is already high in iron rich foods then spending time investigating why you are deficient is more important. Iron deficiency can be due to inflammation in your gut, low stomach acid and other factors. Your body cannot absorb huge amounts of iron in one go, so taking a less strong supplement which doesn't cause constipation over a longer period of time may be better.

B Vitamins – These can have a very profound beneficial effects for people who are deficient, especially B12 with energy returning almost immediately after supplementing. There are some medical reasons why some people may be deficient in b12 related to intrinsic factor and ab-

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

sorption, but diet can play a big role. B12 only comes in animal products so if you are following a vegetarian diet, or especially a vegan one, then B vitamin supplements are essential. I also find that the quality of these supplements really matters and you need to supplement them in their correct forms.

I don't have the space in this article to go through all the ingredients and brands that are available to you but below I have included suitable products available from Irish suppliers:

Multi vitamins, B vitamins and Iron: Macánta Nutrition – www.macanta.ie

Omega 3 and Vitamin D: Wild Atlantic Health - www.wildatlantichealth.com

I hope this article helps you to make some better choices when it comes to supplements. If you have underlying gastrointestinal

problems, sorting these out first is a must. Also understanding why you may be deficient in nutrients like b12 can be important for long term health.

I do not have any commercial relationship with the above supplement companies.

Eoin Roe is a Certified Functional Medicine Practitioner and Chiropractor based in Skibbereen please feel free to contact him through www.roehealth.ie or on 028 62081.

Hidden cost of beauty: millions of children working to produce ingredients for cosmetics

Child-focussed humanitarian and development agency World Vision Ireland, has warned that most glossy beauty products are likely to contain ingredients gathered by children in mines and on farms in low-income countries. Cruelty free products may not involve animal testing, but they are likely to include ingredients procured from child labour, according to World Vision's latest report 'The High Price of Beauty'.

After decades of progress, the numbers of child labourers who work to support their family or have been trafficked, forced, or coerced to work

has been increasing since 2016. The child focused NGO is today calling on supporters to lobby their governments and beauty companies for improved traceability and supply chain legislation, so that no child is giving up their childhood for dangerous mining or agricultural work. Unless companies rigorously vet their supply chains, and governments expand social safety nets and school enrolment, it is likely 140 million children will still be in child labour in 2025.

"The suffering of children continues, while cosmetic companies continue to profit," said World Vision Ireland CEO



Gillian Barnett. "This is a report based on research undertaken over a number of years at the behest of our global communications team. It highlights areas of desperate concern. Supply chains for both mined and agricultural products, for example, are often convoluted and difficult to trace, as products are imported and re-exported from multiple countries in different

stages of the refinement process. Middlemen and large multinational cosmetic companies are profiting while children pay the price."

An estimated 30 per cent of ingredients in cosmetics are derived from either mined or agricultural commodities, and the growth of the natural beauty industry has seen an increased demand in agricultural inputs. World Vision Ireland and their global team believe that cosmetics buyers are in a position to pressure companies to procure responsibly and thereby help address the root causes of child labour.

"In illegal mines in India and Congo, children are dying in collapsed mine shafts while digging for minerals to help us sparkle or delay aging," said Daniela Buzducea, Partnership Lead for Advocacy and External Engagement at World Vision. "The convoluted nature of global supply chains mean families aren't earning enough to keep their children in school

and out of work. While the demand and cosmetic companies' profits are increasing, so is the risk for child labour. This is not a zero-sum game. This is a world where the number of vulnerable children increased dramatically. The protective systems around children have become so frail and there is an urgent need for immediate improvement of supply chain systems for cosmetic ingredients, in order to make a life of difference for millions. It's a shared responsibility and we're calling on companies to introduce total traceability and reduce their reliance on intermediaries. Turning a blind eye to the reality of where some of their ingredients have come from will not erase the consequences."

The World Vision report reviewed the policies of the seven largest beauty companies

in 2018, and again in 2022. This investigation saw progress in documentation of supplier standards, training, availability of hotlines, and audits. However, the same period also saw massive increases in children working to gather ingredients used in cosmetics such as cocoa, copper, mica, and vanilla.

"Improved supply chain legislation has helped improve the practices of companies on paper in recent years, but we're still waiting to see that translate into change on the ground. Child labour levels are increasing. The price of profit is their future. We urge consumers to ask governments and the companies they buy cosmetics from to act, before another child misses out on an education, a childhood – or worse, their life – to mine or farm beauty product ingredients," said Buzducea.

BWELLHIVE
Eat Right, Feel Great & B-Awesome

FOOD INTOLERANCE & ALLERGY TESTING

Do you suffer from:

- bloating, gas or gut pain?
- anxiety, fatigue or brain fog?
- weight management issues?
- long-term Covid?

Take control by learning which foods you are reacting to.

Test includes consultation and support to eat the right foods from
NUTRITIONAL THERAPIST
MICHELLE RYAN

087 6704930 | www.bwellhive.ie

people Food, Health & Lifestyle

The Beauty Edit



YOUR FEET FIRST
Happy Feet To Make Happy Soles

Mobile Foot Clinic

- Corn & callus removal
- Nail trimming & filing
- Ingrown toenail treatment
- Fungal nail treatment

Appointments: 083 4448403

LOUISE DILLON
DIP.FH | Member of The College of Foot Health

COVERING CLONAKILTY, SKIBBEREEN, DUNMANWAY WITH SURROUNDING VILLAGES & TOWNLANDS

Clarins Cryo-Flash Cream Mask

The new Clarins Cryo-Flash Cream Mask is a revolutionary skincare product that takes self-care to the next level. This high-performance face mask inspired by cryotherapy and Clarins' expertise reproduces the benefits of cold on the skin to prevent and fight the signs of ageing. Its formula combines powerful active ingredients – M.G.A. molecule derived from menthol and organic evening primrose extract – for skin that feels lifted, firmed, and more radiant. Its smooth and ultra-fresh blue-green cream texture glides over the skin like ice and provides an intense and immediate cryo effect, visibly effective from the first application. Indulge in a luxurious spa-like treatment right in the comfort of your own home and say goodbye to dull and fatigued skin and say hello to a refreshed and revitalised complexion with this game-changing skincare innovation from Clarins, €64 available in Clarins stockists nationwide and online from www.clarins.ie

Dermalogica Protection 50 Sport SPF50

Dermalogica Protection 50 Sport SPF50 is a high-performance sunscreen specifically designed for those with an active lifestyle. This sunscreen provides exceptional broad-spectrum protection against both UVA and UVB rays, guarding your skin against sunburn, premature ageing, and other sun-related damage. Whether you're engaging in outdoor sports or simply enjoying a day under the sun, this water-resistant formula ensures long-lasting and reliable protection. The feather-light formula blends smoothly into skin allowing for easy and comfortable application, without leaving a heavy or greasy residue on your skin. Enriched with antioxidants like Vitamin C



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.

and Vitamin E, to neutralise free radicals and provide added skin benefits along with oleosome microspheres to help enhance SPF performance and counteract moisture loss triggered by extended daylight exposure. This sunscreen is also formulated to be sweat-resistant, making it an ideal choice for athletes and outdoor enthusiasts, €43, available from Dermalogica stockists and salons nationwide and online at www.dermalogica.ie

Voduz Sun Range Collection

Voduz's new collection of after sun products are designed specifically to protect and nourish your hair under the sun. Whether you're lounging by the pool or enjoying a day at the beach, these products are your go-to companions for ultimate hair protection against the damaging effects of the sun, saltwater, and chlorine. The three 90ml travel-friendly sulphate and paraben-free products are bursting with a woody, floral citrus scent to excite your senses, and

packed with all-important UV filters, so you can have fun in the sun without having to compromise on your crowning glory. Lock in that post ray radiance by nourishing your hair with Sun Soak After Sun Shampoo followed by some deep conditioning with Sun Soufflé After Sun Hair Mask. Tame parched, sun-frazzled locks into a smooth, silky mane with Sun Soothe After Sun Leave in Fluid containing argan oil, jojoba oil and baobab oil to replenish repair and restore. Additionally, these products maintain the overall health and vitality of your hair, even in the harshest of environments, €14.95 each, available from selected pharmacies nationwide and online from www.voduzhair.com

Annutri Glow It

It's time to shine! Radiate beauty from the inside out with the launch of Irish owned Annutri's skincare supplement Glow It. Following the incredible success of their haircare range Grow It, award-winning wellbeing brand Annutri are delighted to be stepping into the skincare realm in bringing their very first complexion-perfecting supplement to the market. Their cruelty-free, nutrient-packed formula is the product of 40 years' worth of experience in the health and beauty industry and is manufactured right here in Ireland. The skin-loving blend contains vitamins and minerals that will brighten, tone and hydrate on a deep, cellular level – transforming dry, dull, lifeless skin into a radiant, supple, dewy complexion that is bursting with health and vitality. Hyaluronic Acid helps the skin to stay baby-soft and hydrated. Vitamin C brightens and boosts the skin's luminosity, while Methylsulfonylmethane (MSM) incredible ability to banish uneven skin tone and texture has earned it the reputation for being 'nature's beauty mineral'. It facilitates

the production of collagen, suppresses damage-causing inflammation, and contains powerful healing properties, helping to treat a range of common skin conditions such as acne, rosacea, and eczema. Glow It is available to purchase from www.annutri.com, €35.00 for a one-month supply.

Isdincentics Instant Flash Ampoules

Isdincentics Instant Flash is an instantly beautifying ampoule that promotes an immediate face lifting effect, as well as an instantly rejuvenated appearance. Formulated with a unique blend of exclusive ingredient complexes, Peptide Q10 reduces signs of fatigue and stress, for smoother skin, LiftFirm promotes an immediate and prolonged lifting effect helping to reduce wrinkles and expression lines while LineBoost complex reduces the signs of ageing, visibly improving the appearance of the complexion. Apply it before any special occasion, to energise skin and restore radiance resulting in a brighter, more youthful appearance. Suitable for all skin types, including sensitive; Massage half an ampoule into a clean, dry face gently until the product absorbs, then proceed with your skincare routine as usual. In order to maintain the effectiveness of the ampoule, use the second half of the product within 48 hours, €18, available from selected pharmacies nationwide and www.onlinepharmacy.ie

For all the latest beauty news follow me on Instagram and Facebook @shernamalone.ie
Book Online:
www.shernamalone.ie
Advanced Facial Treatments
| Professional Peels | Medical Microneedling | Byonik Pulse Triggered Laser | Venus HydraGlow | Dermalux LED Light Therapy | Slimyonic Air Bodystyle | Teen Facials

"Our mission is to give you beautiful hair that doesn't cost the earth"

Sustainable Hair Salon

pin-up|hair
donna o' neill | hair artist
085 8682909

ORGANICO DELI SHOP & BAKERY

SUMMER Deli Menu

- * Soups & Sandwiches
- * Veggie Sausage Rolls
- * Salad Bowls
- * Toasties (NEW!)
- * Green Smoothies



OPEN: Monday to Saturday
9am - 6pm (Deli: 9am - 4pm)



3 Glengarriff Road, Bantry | www.organico.ie | T: 027 51391

SAMIRA BRANCH
ACUPUNCTURE

Treating Anxiety, Stress, Long Covid, Grief, Pain, Illness

15 Ashe St, Clonakilty
by appointment
087 9024274
samirasbranch@hotmail.com
www.samirasbranchacupuncture.com



HEALTH

Hannah Dare
Organico Bantry

As many of you will already know, I'm passionate about magnesium – it's an essential nutrient for many bodily processes – in fact every cell in our body needs it to function efficiently. You can take it in tablets, capsules, powders and also apply it directly to the skin in oils and creams. But while I knew it was an essential mineral, and I even knew some brands used it in creams and lotions, I hadn't focused on how applying magnesium benefits the health of our skin.

But this summer I've been experimenting with applying a magnesium gel as part of my facial skincare routine every night and I think it's having a really powerful effect. We took a family sailing holiday for two weeks around West Cork and I didn't take much with me except some facial sunblock and my magnesium gel – but instead of coming home feeling like the sun and sea had dried out my skin, it felt really good. This intrigued me so I did some research.

The reason I decided to try a magnesium gel on my face was that we have a new Irish brand of Magnesium in Organico and they make a gel that's suitable for use on sensitive facial skin. Until now we had had the Better You brand of topical magnesium which is great for the body, but the gel and oils stung a little when they are applied, so I wasn't keen on trying



them on my face. But the new Oriel Magnesium gel contains glycerine and the formulation is soothing (plus they called it a 'Skin Repair' formula) so I thought I'd give it a try.

After using it every night for about six weeks, I really love the way my skin feels – it feels like I have just had a facial, except I haven't had one for ages.

It turns out that Oriel Magnesium gel is used as an ingredient by Neals Yard Remedies, GOSH, ESPA, Elemis, Pestle & Mortar and lots of other cosmetics brands. Oriel says "Beautiful skin begins with healthy cells for healthy skin. This is our science. Improving the health, recovery and regeneration of skin cells." They have a number of studies showing the benefits of their Magnesium in skin health – for example there's a study showing that their magnesium improves the efficiency of Hyaluronic Acid and another that shows it up-regulated collagen. It's also been shown to increase our natural hyaluronic acid production, and help reduce scarring.

Magnesium deficiency and skin: I always knew that magnesium had a role in healthy bones, teeth and nails but skin wasn't high on my list of benefits until recently. However it makes complete sense that there would be benefits, because magnesium is essential in nearly all cellular functions, and over 40 per cent of our magnesium is stored in skin and soft tissue.

Also, having low levels of magnesium can result in a deficiency in essential fatty acids that support the skin. These acids play an important role in keeping skin moisturised and maintaining elasticity.

Without fatty acids, the skin dries out faster and can lose its toned appearance, and wrinkles often start to appear early. Magnesium helps the skin maintain healthy levels of these fatty acids by regulating the production of sebum, an oil that helps to hydrate your skin.

So supplementing magnesium makes a lot of sense for many reasons – but what about using it topically?

Benefits of applying magnesium topically on our skin:

What I found when I did more reading was that transdermal Magnesium's benefits for your skin are as extensive as the benefits for your health, and it's very popular amongst US Dermatologists. "Magnesium helps improve your skin's overall appearance, reducing acne and other skin disorders by lowering cortisol levels, stabilising hormonal imbalances, and improving cellular processes," says Dendy Engelman, a dermatologist in New York City. Dr Engelman is also quoted as saying "Magnesium oil has absorption properties that make it a powerful humectant to keep skin hydrated and supple."

One thread I wanted to follow was about extremely dry skin conditions such as Rosacea. I had a customer in the shop a while ago who used a magnesium Body Lotion on her face, and she said her Rosacea had disappeared (you wouldn't have known she had it). She had read about using a magnesium based face cream and since that was hard to find she went with a body lotion instead. Her story had stuck in my mind. And sure enough that was documented when I went looking for information. It turns out that using magnesium topically calms sensitive skin and rosacea – "Magnesium is efficient at soothing redness and inflammation – which is why it's often used in formulations for the treatment of acne and rosacea" according to Dr Engelman.

Magnesium gel treats dry skin and improves the skin's overall appearance, and it also reduces sun damage – "In a small human study, topical treatment with magnesium chloride affected the inflammatory response in the skin post-UVB radiation," notes Dr Hadley King, another US Dermatologist. Maybe this was why my skin felt unusually good after my holiday?

Magnesium can be helpful in controlling acne and oily skin, as it can help in regulating sebum production. This isn't something I've tried personally but it comes up a lot in my research, so my next plan is to try it with my teenager. I'll let you know how that goes!

So overall, both from what I've read and from the extremely positive experience I've had

so far, I'm going to continue using the Oriel Magnesium gel at night. Because it's not oily, it ties in with the philosophy that Dr Hauschka suggests, which is to avoid oil at night so that your skin generates its own. This means no rich night creams, but the light, non-greasy magnesium gel is perfect. And because I now understand more about how it works to improve the

efficiency of collagen and hyaluronic acid I'm going to carry on taking it internally also. Oriel also makes drops for internal use, for menopause, sleep, and sports recovery. Their magnesium is hugely bioavailable so you don't need a huge dose that can upset some people's stomachs. And since they make their magnesium from seawater harvested off the Irish coast it's

a win-win – Irish, local, nearly zero waste and very pure.

If you want to try Oriel Magnesium Gel or Drops, we have them on a special discount this month both here in Bantry and online. We are open in Bantry from 9-6pm Monday - Saturday. We also ship to all 32 counties and you can order online on www.organico.ie.

Specialists in wedding accessories

Violette

Fascinators, Clutch Bags, Jewellery & more

6/7 Main St, Skibbereen 028 40935 or violetteskibb@gmail.com

Bateman's
FOOTWEAR

Clarks

new balance

Manufactured to withstand the rough & tumble of the playground and keep growing feet comfortable & supported.

saucony

adidas

RIDGE 53

Clonakilty 023 8834544
Bandon 023 8844061
FOLLOW US ON FACEBOOK & INSTAGRAM

All Bateman's staff are trained fitters!

Shop online at www.batemansfootwear.ie

Clonakilty Bereavement Group offers support in September

Are you grieving? Would you like help with your particular loss? Clonakilty Bereavement Group is a safe and secure place in which you work through your grief. It is offering free support over a five-week period commencing on September 19 at 8pm in Clonakilty. For more information please contact 023 8835654

people Food, Health & Lifestyle

Cork Sports keeping all of West Cork active this September

START TO MOVE PROGRAMME



Looking to start exercising, lose weight and improve your health in a fun, sociable way?

**CLONAKILTY
LISAVAIRD
CORK CITY**

**€65
for 8
weeks**

8 week programme starting September 2023

Book your place www.corksports.ie/start-to-move

Cork Local Sports Partnership is part of a national network of partnerships that is targeted towards helping people to get active by removing any barriers to participation in sport and physical activity.

To that end Cork Sports is running two courses this Autumn in West Cork, both of which are very affordable and open to book now.

For older adults, 'Staying Fit For the Future' is an enjoyable, on your feet exercise class that aims to help prevent deterioration in adults by challenging and training the main components needed for maintaining good independent movement.

Classes focus on balance, strength, flexibility, and range of movement. The programme is



delivered by Cork Local Sports Partnership in conjunction with HSE Physiotherapy Cork in venues across the City and West Cork.

Previous participants say: "It's an enjoyable hour especially in the winter"; "Improved my dancing big time"; "I'm better

able to climb stairs" and "I'm happier in myself".

The programme costs €60 for 10 weeks. To see the full list of venues and book your place visit www.corksports.ie or call 086-1276863 / 021 4347096.

'Start to Move' is an eight-week physical activity

programme suitable for individuals looking to increase their physical activity levels in a fun and friendly environment.

Over the eight weeks, qualified fitness professionals will support you in getting more active through structured exercise classes, comprising of a wide range of activities such as warm-up and cool-down, on your feet exercising, strength training, resistance band work and much more.

West Cork locations are Clonakilty and Lisavaird, with City Centre locations also available.

The programme cost is €65 for the eight weeks. For further information and to book a place visit www.corksports.ie/start-to-move

Connecting to sacred spaces can have a positive impact on our health



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

Biomedicine tends to dismiss anything that cannot be measured. But there are many illnesses that cannot be measured and one of these is anxiety. We therefore need to explore other aspects of our daily lives that can have a positive impact on our health and reduce our dependence on pharmaceutical drugs. One area that is worth exploring is the concept of the 'sacred', often linked to physical settings, particularly in Ireland. These spaces can profoundly affect us and evoke a deep sense of



connection to the divine or the intrinsic energy of the universe — an energy that permeates everything from galaxies to subatomic particles.

Such sacred spaces inspire awe and an awareness of something greater than us, yet to which we are inherently connected. These places can range from the mighty cathedrals and temples of the world to humble home altars tucked away in an alcove. In Ireland, sacred spaces include not only churches but also encompass lakes, hills, and wells.

In Ireland, sacred spaces often have mythological, historical or religious significance. But today they have a key role in maintaining health and reducing anxiety. Since anxiety often involves persistent feelings of tension, restlessness, and an inability to relax, a sacred space allows us to move and rest in a cocoon of peace when we visit them.

They improve our health and contribute to our spiritual well-being by allowing us,

through meditation or stillness, to connect with something greater than ourselves.

The tranquillity of water can have a calming effect on our bodies, minds, and spirit. They provide an opportunity for self-reflection which can lead to seeing things in perspective and illuminating, no matter how dimly we see the way forward.

Physical exercise is often required to get to some of these sacred spaces and this increases cardiovascular fitness, which is always a plus for anxiety. Also, learning about the stories and myth associated with a sacred space links us to all those who have trodden this same path before us. This has a positive impact on our mental health, as we realise we are part of the great walk of history.

Some of the sacred spaces in Ireland are associated with special days and on these occasions many people gather there. This gathering of like-minded people allows one feel part of human-kind and less alone. The sense of isolation associated with

anxiety may also be addressed by following the Irish traditions associated with the wheel of the year. As each season unfolds, we become immersed in the cyclical motion of the earth, finding comfort in feeling at home in the universe.

I have mentioned that sacred spaces are often associated with special days and there is no day as important as Reek Sunday, the last Sunday in July. It is on this day that people climb Croagh Patrick, a pilgrimage that has a history dating back to pre-Christian times. It is a challenging climb, and the descent is even more difficult due to the scree underfoot. This is a pilgrimage that allow one to mark an occasion, be it thanksgiving or petition and it also fosters a sense of community as you are walking with others who share a common purpose.

All these sacred spaces are beneficial to our health, and it makes sense to visit them so that we are better able to cope with that most modern disease, anxiety.



A weekly exercise class which promotes healthy ageing through simple physical activity.

Designed to challenge and train the main components needed for good independent movement.

BOOK NOW FOR SEPTEMBER

West Cork venues include:

Ballinascarthy, Ballineen, Dunmanway, Clonakilty, Darrara, Union Hall, Crookstown, Kilmurry, Kinsale, Caheragh, Aughdown, Lisavaird, Bantry and Bandon.

For a full list of venues visit www.corksports.ie

**€60
for 10
weeks**



TO BOOK:

Visit www.corksports.ie
Call (086) 1276 863
(021) 4347096



IMAGE

Dr Paula Stanley
Image Consultant
drstanley@westcorkpeople.ie

Dr Paula Stanley, a GP with a special interest in women's health issues, in partnership with Skibbereen Medical Centre, is rolling out an innovative model of care focusing on women's health in West Cork. The second in her series of articles on women's health focuses on menopause.

Before I begin, I want to dispel a few myths: "You are still having periods, therefore your symptoms could not be menopausal"; "You are only 45, you could not possibly be having menopause symptoms"; "Your hormone blood tests are normal so your symptoms are not menopausal". These statements are false.

Diagnosis

Menopause is not a line in the sand: it is a process, different for every woman both in nature and duration. Medical terminology is not terribly useful. Clinically the word menopause is used when a woman has not had a period for one year. However, starting from the age of 45, and less commonly earlier, a woman can experience menopause symptoms right up to and beyond 12 months after her last period.

Menopause is not diagnosed with a hormone blood test but by taking a detailed, careful history. I use the phrase: The Menopause Symptom Package, which I will run through. This is a term I coined, as 25 years of clinical experience taught me that women going through the menopause process have a great variety of symptoms.

Hot Flashes: I put this first to get it out of the way. We all

Menopause

recognise this as a menopause symptom. What we need to be mindful of as medics is not to dismiss all other symptoms as possibly being menopausal in the absence of hot flushes.

Sleep: Even without hot flushes at night, many women complain of very poor sleep, either not being able to fall asleep for hours or waking in the night and being unable to get back to sleep.

Brain Fog: A term known to most women, brain fog covers a number of brain function issues such as poor memory, loss of skills such as time management, ability to multitask, numeracy and so on. Put simply, feeling like your brain is just not working properly. This impacts our ability to function both in the home and at work. There is poor menopause awareness training and even fewer incorporated menopause policies in the workplace to support working women through menopause.

Emotional issues: In my work as a GP over the past 30 years, I have seen many women come in absolutely terrified that they had early onset dementia or Alzheimer's disease, only to take a careful history that reveals the many other symptoms indicative of the menopause process.

Anxiety: This can be a huge problem in early menopause, either arising anew or as a worsening of pre-existing anxiety.

Irritability and mood swings: Many women describe this aspect as PMS on steroids.

Low mood, sadness: Change is a huge part of menopause, occurring across so many of our archetypal female roles: We can no longer have a baby, we change physically – no longer the hot young thing, we move into the realm of matriarch and very importantly, society regards us differently, somehow values us less. We are aware of this and it all takes processing. It is a watershed stage in our lives, as much as the year around our first period was, and I feel the emotional impact on women going through all that change is unappreciated. For some women, psychologically the menopause process also involves an element of bereavement.

Headaches: There are different types of headache but many women begin to experience migraines for the first time in their late 40s. This can herald the imminent onset of menopause or can be a really troublesome part of menopause symptoms.

Fatigue: Even when there are not sleep issues, many women

feel completely wiped out in the time before and after their last period.

I pause here in going through the package to make a point. Yes, by the age of 50 most of us have a lot of good reasons to explain poor sleep, irritability, mood swings, rubbish libido, anxiety and fatigue such as running a house, the kids, the part- or full-time job, the grandparents: both sets. The children at that time are probably Junior and Leaving Cert ages and our parents are starting to crumble a bit. Just because all of the above is happening in this woman's life does not mean she is not also going through menopause. As a clinician, I need to consider the full symptom package before reaching for the sleep or antidepressant medication.

Skin and Hair: Most of us noticed a change to skin and hair quality over the age of 50. The hair can feel more thin and brittle, the skin less plump and lustrous.

Joints: Even women without any pre-existing arthritis can have trouble with generalised joint stiffness and ache in early menopause.

Vagina: Symptoms of vaginal soreness and dryness are very common. You can get accompanying itching but not typically. As a clinician, I need to be careful not to misdiagnose and treat for thrush.

Sexual dysfunction: Reduction in our sex drive or libido is very common in early menopause. It is important to always ask how the sex life is because this is often not volunteered. Commonly I have found women tell me the vagina is not sore, only on questioning to admit she is not having sex, as that is too uncomfortable and, to be honest, she is just not interested. Not surprisingly, relationship issues can arise.

Urinary symptoms: Falling levels of oestrogen affect not only the womb and vagina but also the urethra, which is the pipe going from the bladder to its exit at the top of the vaginal opening. The results can be recurrent cystitis, which is discomfort or burning when passing urine and frequent urination. Treating the low oestrogen usually resolves the symptoms. When a woman does not want full HRT, vaginal oestrogen therapy in the form of gel or pessary will have the same effect.

Incontinence: I plan a full article on the pelvic floor, prolapse and female incontinence issues but want to mention that our pelvic floor similarly does

not like falling oestrogen levels so pre-existing leaking problems can worsen or, sometimes arise anew.

While female hormone blood tests do not have a place in diagnosing menopause, it is important to rule out other causes of fatigue and check blood tests for anaemia, low thyroid and diabetes as part of the diagnostic process.

Hormone Replacement Therapy (HRT)

HRT contains two of our own female hormones, oestrogen and progesterone. If a woman has not had a hysterectomy; meaning she still has a womb, she needs both hormones. This is because the progesterone protects the lining of the womb, called the endometrium, from being overstimulated by oestrogen. If a woman has had a hysterectomy, she can have oestrogen alone. HRT can be given as a tablet or through the skin as a patch or gel.

The benefits of HRT can be categorised as short term and long term.

Short term: Usually within days, hot flushes improve and will disappear once oestrogen levels are stable. Sleep invariably improves, as do emotional issues. Urinary symptoms of cystitis and frequent urination, where due to oestrogen deficiency, will resolve. Stress type incontinence can improve a little on HRT. Libido, once oestrogen levels are adequate, can improve. Many women feel their skin and hair quality improve on HRT, as do energy levels and brain fog.

Long term benefits:

Bones: Five years of HRT reduces the risk of having an osteoporotic hip fracture by the age of 65 years by 50 per cent. After the menopause the rate of bone resorption increases resulting in higher prevalence of osteoporosis or thin bones and resultant fragility fractures in women over 60 versus men. HRT treats this condition and patients on HRT have shown improvement in and sometimes resolution of osteoporosis as measured by DEXA or bone density scans, before and two years after starting HRT.

Joints: Randomised control trials such as Women Health Initiative (WHI) study have shown significant improvements in joint aches with HRT.

Brain and Heart: Cochrane analysis suggests that HRT started below the age of 60 years is associated with a

Rosscarbery Pharmacy
www.rosscarberypharmacy.ie

West Sq, Rosscarbery. T: 023 8848127 / 083 4397126

Need advice on womens health issues?...

Fertility
Pregnancy
Period Issues
Contraception
Menopause/HRT?

Speak with one of our female pharmacists in the privacy of our consultation room.

Helping you take control.

Opening Hours: Mon-Fri: 9.30-6.30 Sat: 9.30-5.30

NEW DEDICATED WOMEN'S HEALTH SERVICE

Skibbereen Medical Centre is proud to announce the opening of a new **Women's Health Clinic**

Patients of any age can book a 30 min appointment with **Dr Stanley** by phoning **028 23456**
No referral is required.

reduction in heart disease, heart attack and stroke. Other studies have shown significant reduction in all causes of death for women on HRT.

The Cons...HRT and breast cancer

There remains controversy about the risk of breast cancer diagnosis and mortality associated with HRT: it has been shown not to be as risky as was previously thought. Advice for clinicians prescribing HRT following publication in 2012 of Women's Health Institute (WHI) study has been amended following the publication of WHI study long-term follow up data in 2020.

We can now tell women that if they have a low underlying risk for breast cancer, having combined (oestrogen and progesterone) HRT for up to five years incurs very little increased risk of breast cancer for her. Neither oestrogen alone, HRT, nor vaginal oestrogen therapy are associated with any increase risk of breast cancer.

What patients must be counselled about is the effect of lifestyle factors on their risk of breast cancer:

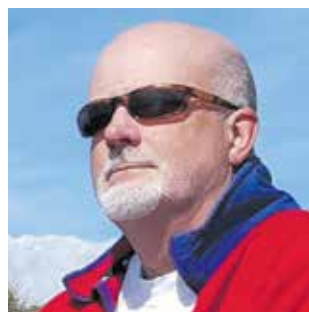
- Obesity increases the risk by 10 times
- Alcohol – over six units per day increases the risk by 11 times

I hope this has been useful. Related information on menopause can be found at www.womens-health-concern.org

Next month: Perimenopause. In a future issue, I will also cover what women can take if they don't want HRT/ have had breast cancer.

Dr Stanley welcomes emails from readers requesting women's health topics for future articles or links to information: drstanley@westcorkpeople.ie We must emphasise that this is not a platform for medical advice. Phone the clinic on 028 23456 to book a telephone consultation on any women's health topic with Dr Stanley.

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 represents the final part of the various synopses for the DNA and family history of my wife's West Cork families. If you recognise these families and has more information to share, please get

My West Cork DNA Projects (Part 10)

in touch.

SHORTEN and HARROLD Hannah Maria SHORTEN (c1843-1925), who married John GOOD, Gamekeeper at Castlefreke) in 1865 is from the family settled in Moneygauff West near Cappeen. John and Hannah are my wife's 2x great grandparents. The GOODs have been described in detailed in previous articles. Both ancestral families are Church of Ireland.

Records push the SHORTEN family one further generation back to that of James Paul SHORTEN (c1804-1997), a farmer at Moneygauff West and his wife Mary HARROLD. Information prior to that data is unavailable. Although it possible that James is the son of William and Mary (also possibly SHORTEN) based on DNA matching. A Tamar SHORTEN (c1794-1851, who married

William BRADFIELD in 1815) may be a sibling of John Paul, although the BRADFIELDs (of Killowen) also married into the GOOD families to complicate DNA matters.

Of James and Mary's children, only one provides a firm DNA connection to genetically prove this family. Their children include Eliza SHORTEN (c1833-1865, who married John BUTTIMER of Kilmeen), Paul (1834-1893, who married Mary Ann BATEMAN), Margaret (1843-1920, who married another John GOOD (of Phale) and provides the DNA match), Tamar (c1850, who marries Nicholas WHITE of Kilnahone, Carrigaline) and Catherine (c1853-1913, who married James KINGSTON and lived at Coolcraheen, Rosscarbery).

The Southern Star of September 9 1893 reports the premature

death of Paul SHORTEN earlier in 1893 and the 'distressed state' of his widow and family of six girls and one boy aged between 17 and three. A meeting was held at Kinneigh Rectory for the purpose of opening a subscription to support the family. Although all the recorded children were still alive in 1893, not much is known of their futures.

SWANTON

The DNA connection to the SWANTONs (a family name often associated with Ballydehob) comes from the marriage of Catherine (1830-1919) to farmer Daniel SULLIVAN of Whiddy Island and settled in Kilmore on Whiddy. Three children of the SULLIVAN couple have proven DNA ancestry – Ellen (1860, who married John LOWNEY and settled in Clonakilty), Christopher (1866, who married Mary O'LEARY and continued to farm

on Whiddy) and John (1874, who married Mary O'BRIEN and settled in Rockingham, New Hampshire).

Evidence indicates that the SWANTONs were from the townland of Scarteenkillen headed by Robert SWANTON (1796-1876) and Johanna Mary COLLINS (1803). Catherine appears to be third of nine children which also included William (1826-46), Mary (1828-1909, who married Robert CAVERLY and settled in Luzerne, Pennsylvania), Margaret (1833), George (1838-1914), Robert (1840-40), Ellen (1843), William (1846) and Robert (1848-1912, who married Nora McCARTHY and settled in Ballybane near Schull). There is no further information on the origins of either side of the family, but presumably of longstanding in the Ballydehob area. Robert and Johannah are my wife's 3x

great grandparents.

Of their children, George, who married Catherine McCARTHY and also settled in Ballybane is the only sibling so far to provide a DNA match to Catherine. Their known surviving children include Mary SWANTON (1868-1949, who married Joseph MAHONEY and lived in Dartford, Kent), William (1874-1951, who married Mary Anne CADOGAN on Sherkin Island in 1907 remained in Ballybane), and Robert John SWANTON (1875-1893, who lived in Woolwich, Kent and provides the DNA connection through his son George Robert (1915-1994).

Questions that can be answered as part of future articles can be emailed to DNAmatchingprojects@gmail.com or follow the West Cork DNA projects on Facebook 'My Irish Genealogy & DNA'.

Local People, Local Wisdom: Thaddeus Ó Buachalla, Clonakilty



Aoise Tutty Jackson

In this photo series West Cork photographer Aoise Tutty Jackson uses her informal and fresh style to connect with, and share the wisdom of, people in our community. www.aoisetuttyjackson.com email aoise@92circles.com or call 086 3465373.

Thaddeus Ó Buachalla moved to Clonakilty from Cork city; he grew up in Ballyphehane. His recent book 'El', an Irish language fantasy novel, which explores concepts of truth through a story set in Cork city, won an 'An Post' Irish Book Award for Irish language book of the year. Thaddeus is a highly creative being with a deeply philosophical and reflective mind. He has been a musician since a young age having played a fusion of traditional Irish, jazz and Arabic music, continuing to express himself in new ways; his house is filled with instruments. He also writes spoken word and poetry and has a piece 'Immram an Phréacháin' in the Skibbereen Arts Festival on August 3 in Uillinn Arts Centre.

"There's so much you could

say about music. It's a beautiful thing to have in your life, it allows you to express yourself. If you're feeling down, you can just pick up an instrument and play and you can go off into that world for a while. It can be very meditative. It's so rewarding in so many ways. I've also got so many friends I've gained through music, and travel, and so on.

"The Irish language works I write are city based. I like writing them in an urban setting, too many times people view it as very rural.

"It's a very poetic language. I love the sound of it, it's complexity, the richness of it's expressiveness. Learning the Irish language enriches you, you're going around the country and when you know Irish you start to understand the country in new ways. It gives you this missing link that you have always known was absent, which is powerful.

"I see my soul as being in my brain. My awareness of my own sentence is a very important thing to me and I suppose you could call that a type of spirituality.

"I try to be nice to people, be creative and have fun. If I can do the three of them the few years that I'm here it's not too bad.

"It's very enriching to be creative. I feel because I can do these things, I should. It's nice to think that I can make something that other people can enjoy. You're also adding to your own legacy. At this moment in time you're adding your stone to the pile. 'An cloch ar charn' in Irish. "I'm inspired by other people



who have tried to make sense of the world in their ways. In my work I try to bring them along with me. In my book El there are many oblique references.

"Being an Artist has helped me through difficult times, it's given me focus and a way of working through those difficult times. The Art is always there, and you can always rely on it to be there. If I lost my hands I'd still find a way of making a note.

"We are all Artistic beings, There is no one in the world who isn't Artistic. Everyone in the world is an Artist.

"My family, friends and wider

community is important. It's important to share the world with people who are part of your life. They're the stone beneath your feet, they support you.

"With nature, it's impossible to not feel the beauty of it. It's within you, it's just there, existing within you as part of who you are.

"With our band Mandala, we were just mixing cultures and finding our own way. It's similar to the Irish language, you can't pass it through your hands without leaving a mark on it. Find your own way. Something of ourselves goes into everything

we do.

"Art is a community exercise, it can't exist in a bubble. It has to be shared, it has to be given

to the community, to the people around you."





IMAGE

Louise O'Dwyer
Image Consultant

louise.anewu@gmail.com
Instagram: Louiseodwyer7

Every single month has purposeful maintenance to apply to your wardrobe: August is all about evaluation and preparation. Seasonal maintenance is generally intuitive – most of us are very clear about what to ‘pull out’ or ‘what to put away’, whereas monthly adjustments engage mindful behaviours that help us to get more out of our wardrobe pieces. Having spent years rifling through people’s wardrobes, it has become glaringly obvious that most of us have a tendency to only use clothing items one way. The fascinating world of Neuroscience explains exactly why this happens, the answer lies in brain mapping or the subliminal decision-making process that is the path of least resistance when we are getting dressed. Lest your daily tasks involve solving puzzles with multiple outcomes, you are likely to miss solutions that already exist in your own wardrobe. This is the reason why so many of us repeatedly look at the same group items in our closet and feel that we have ‘nothing to wear’. We all have so much more than we realise but we have not evaluated and tested the possibilities. I regularly find that people come to me as a result of a cycle of purchasing without obtaining a desired outcome time and time again.

Fashion is, most definitely, a ‘back-and-forth’ business that relies on the fact that you and I will continually purchase ideas from designers. While, as consumers, we have been looking for more relaxed daywear and workwear post lockdown, designers have responded with collections that can seem to be austere generic with a more pronounced relaxed proportion than in previous collections. This has frustrated many of us, as we wonder how to implement these new structureless

Building a wardrobe to wear

silhouettes with pieces from our pre-lockdown workwear. I suppose frustration is a natural occurrence when shifting gears but this can be easily remedied with some mindful and purposeful decisions as to ‘when you will wear what outfits’. There is a documented process that surrounds fashion and it involves several stages: Awareness, Interest, Evaluation, Trial and Adoption. Once you are aware that your wardrobe needs an overhaul or an influx of new life, you become interested in finding out what is ‘out there’, what else the world of fashion might have to offer you. Then you start to evaluate what you actually like that is different and you sum up every ounce of courage that you have to take a few calculated risks by putting some new purchases through a ‘trial run’. Undoubtedly there will be catastrophes but for the most part you will be triumphant and successfully adopt glorious new pieces into your wardrobe.

The best time to take a leap with one of two innovative concepts is at the beginning of a new season; and allow these pieces the time that they deserve to explore how they will impact the pieces that you already have. Perhaps you will be courageous enough to buy a new shape pants or a more relaxed blazer, but be mindful though, too many big fashion changes at the one time can often feel somewhat assaultive. Navigating this ‘foreign territory of implementing new pieces or a new look’ can cause anxiety for so many and as a result, it is easier or more comfortable to keep buying the same style over and over. This makes me sad! Life can throw up a variety of tornados in any given day, we can end up being blindsided, washed away or sucker-punched, so I believe that wherever you can find enjoyment, excitement, confidence and a spark, then you have no option but to run and grab it. Fashion can do this for us, clothes that hug our bodies affectionately while they also flatter us can lift our spirits and make our hearts sing. Is this what you call being superficial? Hell no, it’s only superficial if you are in a race to look better than someone else, if you are authentically dressing well just for you, then the feel good vibe is second to none. Beautiful clothes, exquisite shoes and gorgeous bags might not be able to make a cup of tea when you really need it or give you the hug that will help you to



soldier on to fight another day but they can act as an armour, shielding you from negative feelings and experiences. Some studies have even found that clothes carry a tension release dimension, providing wearers with a dose of escapism that positively impacts their mental wellbeing during particularly trying times. The power of clothing to boost your mood lies in the association you have with your clothes. If you have an incredible day wearing a certain outfit, then you will always associate being happy with that outfit...it really is that simple.

Nothing lasts forever and there is that ever-present reality that we are ageing while styles are changing, it can feel as though we are trying to capture lightning in a bottle at times so what we need to do is to look at what we actually do need? My definition of need is based around some of the following concepts: Texture, Application, Pattern Colour, Architecture, Necessary Alterations and Modern Point of View. Diversity of these concepts allows for a wardrobe that serves you and offers up interesting elements to build outfits. I know that I’ve told you this many times before but avoid vigilantly following colour trends, sometimes they pass and die as quickly as they have come to life. Can I suggest that you go to your local paint shop and grab a load of colour cards? You will get some of the best style colour inspiration from these cards and end up successfully and magnificently pairing colours that you would never have thought about. Different shades of the same colour worn together look luxurious and classy and complete opposites can look striking and opulent.

I believe that a successful wardrobe is when you can wear the same items multiple times in different ways without feeling or looking repetitive. This is where the architecture side of fashion comes in, you need to know how to build several

looks out of your key pieces. Don’t be dismayed, it can take time but google is always there to help. Search different looks for a blazer or a skirt or trousers and then see what you have in your wardrobe that will allow you to build the looks that you like. Anything that you are missing is worth investing in, it will add depth and structure.

So here we are in August, it’s officially the Fall or Autumn, yet we will cling on to flip flops and summer dresses for as long as we can. It is time to start evaluating and preparing for what is coming next – more layers, jackets, toes inside rath-

You will get some of the best style colour inspiration from these cards and end up successfully and magnificently pairing colours that you would never have thought about.

er than outside, legs covered and paler skin. Start to develop your own colour story, diversify fabrics, try on all of your out-

fits, look at versatile layering, google how to accessorise any outfits that you feel need a lift and enjoy being creative. Find a way to bring some fun into your wardrobe, something that will make you giggle, it can even be a Super girl knickers or a pair with Animal or Miss Piggy’s face on them. Like the Muppets, we all need to be a little more outrageous!

“Fashion is very important. It is life-enhancing and. Like everything that gives pleasure, it is worth doing. A great dress can make you remember what is beautiful about life”

Bathrooms & beyond

Designer Bathrooms at Discount Prices!



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



SLIDE GLIDE .ie
Ultimate Sliding Wardrobes
Walk in closets & Room Dividers
Quality | Style | Space

Our sliding wardrobes:

- Are organised stylish and spacious
- Use the latest smooth running sliding track technology
- Provide a 10-Year guarantee
- Manufactured here in Ireland ensuring the highest quality
- Adaptable to most room shapes



Room dividers



Pocket Doors



Sliding Robes



Bi-folding Robes

SHOWROOMS: CORK . LIMERICK . DUBLIN

Visit our online store @ www.slideglide.ie

Cork: Southside Industrial Estate, Togher. T12YK83. ☎ 021 4975444

people Home & Garden

'Don't Move Just Improve' with the help of WAF Construction

Based in Barryroe, WAF Construction is a family-run home improvement company offering a wide range of services to enhance and transform homes across West Cork. The environmentally-friendly company, which prioritises sustainable practices in its work, provides comprehensive solutions for all home improvement needs, including kitchen and bathroom remodelling, basement finishing, flooring installation, painting, roofing, siding, and window replacement.

The company's tagline 'Don't

Move Just Improve' encapsulates its goal to help homeowners achieve their dream homes without the need to relocate.

It was after collaborating on transforming a dilapidated house into a beautiful home, that WAF founders Matt and Alex discovered a shared vision for creating extraordinary spaces that transcended conventional boundaries. Inspired by their collective passion and complementary skills, the artisans decided to merge their talents and form WAF Construction.

Matt and Alex believe that through their combined exper-

tise and dedication to excellence, they can breathe new life into any home or building. Matt is an experienced painter and decorator and Alex, a craftsman, who also excels in flooring, plastering, plumbing, tiling, landscaping, groundwork, woodwork, and paving. "By choosing to improve rather than move, clients can, not only save time and money, but also retain the sentimental value and familiarity of their current space," share the business partners.

"We believe in creating spaces that not only benefit homeowners but also contribute positively to the environment," they continue. "We strive to minimise waste and reduce our carbon footprint by using environmentally-friendly materials and adopting energy-efficient techniques."

Matt and Alex take great pride in their attention to detail and commitment to delivering high-quality craftsmanship. The company has already become known for its professionalism, exceptional customer service, and commitment to sustainability. WAF strives to create a seamless and stress-free experience for its clients.

WAF services include: Exterior and interior painting; tiling; plumbing; paving; decorative plastering; the construction



or installation of gazebos; installation of plasterboard; garden landscaping; carpentry; flooring; stone building; groundworks; repointing; and power and soft washing.

WAF Construction is fully insured and guarantees all work, with customer satisfaction a priority.

Anyone interested in transforming their home into their dream space is invited to contact Matt and Alex for a consultation.

Phone: 023 8895102 / 087 1730593 / 089 4904659. Email info@wafconstruction.eu



WAF
Construction
& Home Rescue
Over 25 years' experience
Commercial & Domestic

FULLY INSURED | ALL WORK GUARANTEED

DON'T MOVE
JUST IMPROVE!

wafconstruction.eu
Call or text 7 days a week!
(087) 173 0593
info@wafconstruction.eu

people Motoring



CAR REVIEWS

Sean Creedon

When it comes to the electric cars the first question most people ask me is what's the range of the car I am testing; the second question is always the price of the car.

No doubt 'range' is the big issue for most people thinking about buying an electric car. Manufacturers are gradually improving the range of their new cars and now if you buy Hyundai's Ioniq 6 with the large 77.4kWh battery you will

A smooth operator

get over 600km. Now that's a decent range.

Everything in the world can probably be described with one word. The word that I think best sums up the Ioniq6 is 'smooth'. It really is so smooth and quiet as it seems to glide along the road.

The Ioniq 6, which was launched exactly 12 months ago, is a stunning piece of car design. Hyundai call it a 'streamliner' and it was inspired by Hyundai's Prophecy Concept EV from 2020. It was designed in South Korean by a man named Woohyun Lee and replaces the Ioniq 5 which was launched in 2021.

Externally the car has a very sleek look. My test car came in a very dark shade of green. At first glance I thought the colour was black.

The wheelbase is almost three metres long, giving the Ioniq 6 a very spacious interior. Built on a bespoke electric vehicle platform, the floor of the car is completely flat so there is plenty

of head and leg room for five well-built adults. And no problems for the person who has to sit in the middle of the back seat. It really is a long motor and looks a bit like a limousine. You will appreciate the reversing camera. At the back there is a beautiful brake light stretching all the way across the boot.

As usual with most electric cars the door handles pop out once you unlock the car with the key fob. Inside the décor is mainly black. The doors are slim and minimalist with the buttons for the electric windows moved to the centre console.

As it most new cars the infotainment screen on the dash gives you all the information you need.

When you indicate to turn left



or right or want to overtake you will get a view of what vehicles are coming up alongside you on a small screen on the dash. A very useful service.

Another safety item is that you get a 'beeping' sound if you

exceed the speed limit on the road or street you are driving on. It should prevent you getting penalty points.

The boot is a decent size, but as is normal with most electric cars, no spare wheel. You also get a neat 'Frunk' at the front, where you could place small items and they won't overheat as officially there is no engine. I was going to put a few choc ices in there last week, but the famous choc ice is gone.

Prices start from €48,295

for the small battery version, while the bigger battery version will cost you €62,495. The range with the small battery is approximately 420km, while the large battery should get you at least 610km.

Summer is the best time to get good range results in an electric car. It's a beauty and the first electric car that I have driven where there was no 'range anxiety.'

The Ioniq 5 and Ioniq 6 have won awards for Hyundai, with both cars being named World Car of the Year.

people Home & Garden

Clonakilty Friends of Asylum Seekers launch new sensory garden



l-r: Ger Walsh, gardener, SallyAnn Lenehan, homework coordinator, Trudy O'Lamasney and Tara McCarthy from AXA Midleton.

A large crowd gathered at Clonakilty Community Garden on Wednesday, July 12 to celebrate the development of a new sensory garden by Clonakilty Friends of Asylum Seekers (CFOAS). Sponsored by AXA Parks, it will serve all people living in the environs of Clonakilty.

The garden has been a collaborative project since its inception in May 2022. Overseen by Ger Walsh, gardener, who supervises a group every Wednesday from Clonakilty Learning Centre in learning about planting and harvesting; other community groups also regularly visit to help out.

Using horticulture as a tool

for community development, community gardens can become invaluable public resources. Harnessing community gardens as a therapeutic tool can encourage both inter-generational and community integration. Delivering diverse learning opportunities, community gardens can support people from minority groups such as people living in Direct Provision, and provide a link to people new to an area, creating a multicultural growing space.

Horticultural Therapy is a client-centred principal that utilises horticultural activities that can meet the specific therapeutic or rehabilitative goals of its participants. The focus is to maximise social, cognitive, physical and psychological functioning and/or to enhance general health and wellness.

The new AXA Parks-funded sensory garden can harness feelings of wellness for

everyone living in Clonakilty, particularly the children living nearby in Direct Provision who regularly use the garden.

The community garden is an invaluable space where employees and volunteers of the Clonakilty Friends of Asylum Seekers can continue to support nearby residents. It's a safe and inclusive place for residents, with space to grow vegetables if they wish. The garden also provides many opportunities for integration with the wider community, and is used to host regular public events, such as an annual harvesting festival, a yearly Apple Press Day and garden parties.

Biodiversity and therapeutic gardening workshops are held for primary school children throughout the summer holidays. These were facilitated by SallyAnn Lenehan, horticulturist and homework club coordinator at CFOAS. The children have been involved in many activities, including making bug hotels, learning about the importance of biodiversity and introducing them to a wider world perspective. The gardening club gives children opportunities to learn basic growing skills and experience the joy of harvesting their own produce and flowers. Being immersed in nature can develop children's confidence in learning new skills and can encourage conflict resolutions while working in groups. Immersion in nature can nurture feelings of self and improve communication with-in the group. Caring for plants can nurture feelings of accomplishment and support emotional regulation.

The launch of the AXA Parks/CFOAS sensory garden is just the beginning. As the garden grows and evolves, so too will its role in the community, and it's use as a resource for those in Direct Provision.



DEELISH GARDEN CENTRE

HOUSEPLANT HEAVEN

FANTASTIC SELECTION OF INDOOR AND OUTDOOR PLANT POTS

HUGE RANGE OF TREES, SHRUBS & PERENNIALS

Fantastic selection of quality outdoor furniture



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

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

Useful, Fruitful & Beautiful Plants

Café
Hot Drinks & Sweet Treats, Soup & Sandwiches

COFFEE BEE open Thurs - Sat 10 - 4.30 & Sunday 12 - 4.30
NURSERY open Tue to Sat 10 - 5.30 & Sun & Bank Holidays 12 - 5.30
 Ireland's natural nursery & mail order plant people
 Kealkil, Bantry • 027 66176 • www.futureforests.ie

Home of the Year open for applications

RTÉ One's Home of the Year is back for series 10 and open for applications from the public.

Home of the Year sees the panel of three expert judges scouring the country looking for homes filled with passion,

personality, and clever design.

The show features 21 diverse homes from across the country, seven of which will progress to a grand finale where they will compete for the title of Ireland's Home of the Year.

The Home of the Year production team are looking for homes of all shapes, sizes and styles, so, whether your home is a radical renovation, an interior passion project or a contemporary new build, it

could be Ireland's next Home of the Year!

The eight-part series is produced by ShinAwiL for RTÉ.

To apply: email: homes@shinawil.com or call (01) 963 9630 for more information.

people Home & Garden

Gardening in August

Roses have been giving a remarkable display this summer and will continue blooming well into the autumn if deadheading is continued. Cut off any damaged shoots and pay attention to disease control, especially blackspot, downy and powdery mildew and rust, treating appropriately if any infections are detected. Feed Rosés in pots

with a liquid tomato or organic seaweed-based fertiliser. Nutrition will encourage continuity of bloom and create a more robust plant, which will be better equipped to ward off pests and diseases.

Slugs and control

A garlic spray/wash is safe and effective in keeping slugs off your plants. If preparing in your



GARDENING

John Hosford

The Weekend Garden Centre

kitchen, open all the doors and windows prior to starting, or use a camping stove outside.

Slugs and snails are active after dark and it has been proven that they look for their food using smell. Thus, garlic sprayed on your plant confuses them.

To keep up the defence you must follow some rules: Spray every two weeks. Rain will wash it off so reapply when dry, which is the start of your new two-week period.

This method does not kill your slugs and snails – they will stay in your garden but keep away from the sprayed areas.

Other suggestions to deter slugs and snails:

1. Pile raw seaweed up around your plants, making sure it doesn't touch them. Slugs and snails hate the seasalt.
2. Nematodes are watered onto the ground via your watering can. They search out slugs and snails and kill them. Follow temperature guidelines for optimum control results. There are Nematodes to control Vine Weevil too!
3. Copper bands. These work best if it's a wide copper band that the slugs and snails won't cross over.
4. A rotting compost pile is



If you throw snails over your neighbour's fence, their homing instinct will activate and they make their way back to your garden and their territory.

loved by all slugs and snails. It also attracts beetles that will eat your slugs and snails.

5. Damp conditions attract slugs and snails. Water in the morning. A dry garden at night is less attractive to them.

6. Pick active slugs in the evening.

7. Dispose of slugs and snails at least 20 metres off site. Snails and slugs only live in your garden and are site specific. If you throw them over your neighbour's hedge and fence, their homing instinct will activate and they make their way back to your garden and their territory.

Lavender

Trim off faded blooms and 2.5cm at the tips of the shoots. This will encourage sideshoots to grow, keeping the plants bushy and compact. If you are planting new lavender, choose a sunny, well-drained site. Add plenty of grit before planting new lavenders, as drainage is essential and will mean the difference between success and failure.

Weeds

Be vigilant and hoe soft annual weeds on a sunny, dry morning with a good sharp, Dutch hoe.

Be careful not to throw out seedlings of young garden plants. Watch out and take a zero tolerance approach to pernicious, resilient, perennial weeds such as Japanese knotweed, thistles, ground elder, mare's tail, nettles, briars and bindweed. These weeds listed above will give decades of problems if you don't take a ruthless, focused approach to them.

Lawns

Prepare for sowing seed or laying turf next month.

Vegetable Garden

Harvest onions and allow to dry thoroughly before storing.

Harvest runner, French and broad beans and freeze for the winter if you have a good crop.

Make late succession sowing of salad crops.

Raise maturing fruits of courgettes, pumpkins, squashes, melons, vegetable marrows on a block of wood, bricks or slate or paving slabs. This will keep the maturing fruit off the damp soil, cutting down on rot, fungal disease, giving healthier fruits which will last longer.

Spring flowering bulbs will soon be arriving into garden

centres and shops so secure early to get the best varieties. Get early forcing bulbs such as Hyacinths, Freesias and Narcissi, for early Christmas and New Year colour.

Autumn flowering bulbs such as Cyclamen, Colchicum and Sternbergia should be planted without delay. These need to be planted before the Spring flowering bulbs.

at Lisavaird Main Branch, Clonakilty. Ph: 023 8836917
Open 7 days! including Bank Holidays

LOTS OF SUMMER COLOUR FOR PLANTING NOW...

...Hydrangeas, Salvias, Rudbeckia, Penstemons and much more.

GREAT SELECTION OF AUTUMN & WINTER FLOWERING HEATHERS, JUST ARRIVED!

Garden Colour at The Week-end Garden Centre
by John Hosford: john@hosfordsgardencentre.ie

We are signposted off the main N71 & R586 west of Bandon.

Follow on Twitter, Instagram, Blogspot & Facebook for regular updates, news & advice, opening hours etc. **ALL MAJOR CREDIT CARDS ACCEPTED.**

Saturdays: 11am-5pm | Sundays: 2-5pm
Bank Holiday Mondays: 11am-5pm

COLOURFUL PLANTS FOR ALL SEASONS
GROWN ON THE PREMISES
- FRESH, LOCAL, HOMEGROWN

Gardening locally since 1980. 087-6121285/086-4426450

PROFESSIONAL TREE MANAGEMENT & MAINTENANCE

THE TREE COMPANY

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 f

Businesses and other facilities can apply for enhanced supports for solar panels

West Cork businesses, manufacturing facilities and public facilities can soon apply for enhanced supports to install solar panels which can help them reduce overall energy costs.

Senator Tim Lombard welcomed an extension of supports to a wider range of businesses and non-domestic applicants, which will be done through tiered grant supports for solar PV for installation sizes greater than 6 kWp up to 1,000 kWp (1

MW) capacity.

Senator Lombard said: "New funding approved by Government through the Non-Domestic Microgeneration Scheme will range from €2,700 to €162,600 and will support an even wider selection of businesses to switch to solar. The changes will be made through amendments to the Non-Domestic Microgeneration Scheme.

"Small local shops, large manufacturing facilities, public buildings, sports clubs and

community organisations will all be eligible to apply for the scheme. An installation size of 1000 kWp equates to approximately 2,500 solar PV panels, which could be accommodated on a large factory or warehouse rooftop for example.

"The amended scheme will operate on an introductory basis to the end of this year and it will then be assessed and subject to the normal budgetary process into 2024/2025. It will be open for applications which the SEAI



(Sustainable Energy Authority of Ireland) will administer from mid July.

"The scheme is part of Government's commitment to helping businesses and citizens to achieve a greener and more sustainable future. There was a record number of applications last year and so far this

year, with around 60,000 homes now registered as microgenerators."

The updated grants will be as follows:

- Up to 6kWp will remain unchanged up to €2,400, with an additional:
- €300/kWp for each extra kWp installed between 7kWp

-20kWp;

- €200/kWp for each extra kWp installed between 21kWp- 200kWp;
- €150/kWp for each extra kWp installed between 201kWp-1000kWp.
- This would mean that installations up to 1MW could be eligible for a grant of up to €162,600.

Minister for Enterprise, Trade and Employment Simon Coveney, who brought forward the proposal, said: "I want businesses to see the opportunities renewable energy can provide in reducing costs, reducing carbon and increasing sustainability.

"Businesses using renewables are more resilient to price volatility, and well-placed as we decarbonise our economy."

Women's soccer on the rise in West Cork with Dunmanway excelling

Dunmanway Town Women's Sevens captain Claire Hurley chats to **Matthew Hurley** about the team's league win and the development of women's soccer in West Cork.

Women's soccer in West Cork has developed greatly in the last few years, helped to grow even more by the Republic of Ireland's first ever FIFA World Cup appearance. Dunmanway Town won the West Cork Women's seven's league this year with Claire Hurley as their captain. The team clinched the title in April after winning 11 games out of 14, only losing one, accumulating 35 points. They finished ahead of closest challengers Inter Kenmare by four points.

"It was great for two reasons. For us, Dunmanway, it was only the second year we were involved in the tournament, we only started in the 2021/22 season," says Dunmanway captain Claire Hurley.

"Also, we had a very competitive 11-a-side club a number of years ago in the West Cork League, so it kind of brought back great memories for some of the girls who were involved in that team. It was a start of hopefully things to come for the team, the club, and the girls in general."

The 41-year old recognises

the change in the fortunes the team had this season compared to last. They finished fourth from bottom in the 2021/22 campaign, indicating that this year was a big improvement.

"We did train when we could. We just got better with every game. There's some really good teams involved in the seven-a-side league. We progressed from two years ago. Our form was good this year and the confidence would have gone up given that some of the girls never played soccer."

"We won the first few games easily enough. Our confidence grew and I felt we could do something this year. We kept going and, to be fair to the girls, they kept attending and turning up for games. We found ourselves top of the league and in a cup final. It was hard work but it is seven-a-side, it's on astro and not as tough as on grass," Hurley acknowledges.

Those behind the scenes played a big part in the team's success too.

Without those off the pitch, the winning on the pitch wouldn't be possible, as the captain explains.

"To be fair to the girls, the club, Andrew, all the committee, Conor the secretary and John Buckley who organises the fixtures, everything was done well."

Of course, confidence can drive a team on as well. The team kept winning and there was a great vibe there.

"The girls grew in confi-

dence. We gained one or two extra people along the way. When we found ourselves on par with the likes of Drinagh and Kenmare being top of the league, we felt that there was something there. We enjoyed it too, it's a big social thing. It's fun to play on a Sunday morning/afternoon," Hurley adds.

In terms of the captain's beginnings in the sport, like most women in sport in the 90s and 2000s, it was slow enough.

Women's soccer started to slowly develop as the years went on but it was actually further afield where Hurley took off.

"There would have been no team in West Cork back when I was underage. It was through college when I was in Waterford, it was quite a popular sport down there. I latched onto it and enjoyed it," she says.

"I started playing with a club called Benfica down in Waterford. I moved back to Dunmanway in 2007 or 2008 when I finished college and started working. I think at the time the Irish Examiner league was just getting going and there was a team in that from Dunmanway. I've been playing ever since. I've spent spells in Drinagh and Ballincollig too."

Women's soccer is definitely developing in West Cork with Dunmanway for one proving it. Even in the Kennedy Cup in recent times, Emma Hurley from Drinagh was part of the West Cork team to reach the semi finals of the summer



tournament.

"I think we're definitely making inroads in West Cork. It's always been big in the city for sure, look at the likes of Wilton for instance. Even across the country there's progress," the Dunmanway captain points out.

"The League of Ireland has great coverage and, as young girls and adults, you end up watching that. There's more opportunities now whether it would be schools or through your community. In Dunmanway, there's an U12 team and talks of getting an U16 team going."

It's excelling across the island too. The Irish women's soccer team are the standard bearers and despite coming bottom of their world cup group, they've given hope to girls across the country.

"I think it's a good time for Women's soccer and that's fuelled this summer by the World Cup. Any of us would have been watching the World Cup's back in the day, probably more so the lads, you would have been inspired to play. That will

drive things on, whether they're successful or not, I don't think it matters. The fact they got there is a massive achievement," Claire Hurley adds.

"Through work, I would have known a teacher that Denise O'Sullivan had and, what she said recently in terms of her aspirations in playing for Ireland and in the USA, she said the same thing in Transition Year after being asked what she wanted to be. She is living out that dream. For any girl, there's huge possibilities to go forward."

The phenomenon is developing competitively. It's developing socially too, as there are some great events that can be enjoyed.

"I know the Cork sports partnership would have done a number of Kick Fit social soccer through the FAI. There's a number of those to encourage girls back into the sport. From a competitive side of things, there's opportunities, where the West Cork league and seven-a-side league is brilliant and then, from a social standpoint, there's

more programmes geared towards participation. There's rising stars coming out of West Cork too, which is always good," Hurley says.

As for the future of the Dunmanway Town team, a two-in-a-row is on the mind in the sevens tournament but getting better will always be the aim.

Getting the club into a bigger league is an ambition too.

"The biggest longterm ambition, going by some other clubs in the league, is to go back to an 11-a-side league. There's pockets of West Cork like Kilmichael and Macroom playing in the city league. It's about retaining those teams eventually to play in a West Cork league," the captain says.

"For the moment, it's to retain the teams and players that we have and getting back to training for the winter. Hopefully, we'll be as successful as last year. To do two in a row possibly or win the cup this year. We narrowly missed out to Kenmare in that competition last year."

OUT & ABOUT IN WEST CORK



Kyle Hayes 2023 Hurler of The Year making his debut in a qualifier at Manch .



Following the very sad loss of Eileen O'Sullivan a year ago, family and friends organised a fundraising swim in her memory at Snave Pier last month. It was a hugely successful day raising a total of €3,370 which has now been very kindly donated to Bantry Lifeboat.

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. 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. J.G.

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.D.

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. B.M/B.F.

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. B.M/B.F.

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.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. E.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. N.mcC.

ST. JUDE’S NOVENA

May the Sacred Heart of Jesus be adored, glorified, loved and revered throughout the whole world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude, helper of the hopeless pray for us. Say this prayer nine times daily and by the end of the 8th day, your prayers will be answered. Say it for nine days. It has never been known to fail. Publication must be promised. Thanks St. Jude. N.mcC.

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus In the past I have asked for many favours. This time I ask for this special one(mention favour). Take it Dear Heart Of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will be your favour not mine. Amen. Say the above prayer for 3 days, promise publication and favour will be granted no matter how impossible. Never known to fail. M.D.

MIRACULOUS INVOCATION TO SAINT THERESA, LITTLE FLOWER

O glorious St Theresa, 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 a “prodigy or 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 upon earth...of letting fall from Heaven a shower or 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 you will receive a flower or a rose, in some form during r after the 9 days as an indication that your request will be granted. B.M.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.

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. LF,CK

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’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. 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. ANON.

PRAYER TO THE HOLY SPIRIT

O, Holy Spirit, you can solve all problems, light all roads so we can attain our goal, you gave me the divine gift to forgive and forget all evil against us, and that in all instances of our lives you are with us. I want in this short prayer to thank you for all the things as you confirm once again that I never want to be separated from you, even in spite of all material illusions I wish to be with you in eternal glory. Thank you for your mercy towards me and mine, amen. O, most sacred heart of Jesus and Holy Spirit and all angels and saints. I place my trust in you. ANON

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. A1

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. A2

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. A3

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. A4

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. A5

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. A6

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. A7

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. A8

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. A9

O, ST MARTHA THE MIRACULOUS

I take refuge in your help and protection giving myself completely to you so that you may help me in my tribulation, and in proof of my affection and as an act of my thanks I promise to propagate your devotion to which I am already given console me in my tribulation I supplicate thee. By the great joy that gladdened your heart when you harboured in your home Bethany the so saviour of the world intercede for me and all of my family and thus remedy our necessities, especially those ones that now afflict us (request) as you did the dragon that lay at your feet. Our Father, Hail Mary and Glory Be. A

UNFAILING PRAYER TO ST ANTHONY

O’Holy St Anthony, greatest of saints, your love for God and charity for his creatures, made you worthy, when on Earth. To process miraculous powers . Encouraged by this thought I implore you to obtain for me (request).. O gentle and loving St Anthony, whose heart was ever full of human sympathy whisper my petition into the ears of the sweet infant Jesus, who loved to be folded in your arms, and the gratitude of my heart will ever be yours. Amen. N McC

PRAYERS FOR PEACE AND RECONCILIATION

Father, we praise and thank you for your presence and action in the world. In the midst of conflict and division, we know it is you who turns our minds to thought of peace. Your Spirit changes our hearts, enemies begin to speak to one another, those who were estranged join hands in friendship, and nations speak the way of peace together. Your Spirit is at work when understanding puts an end to strife, when hatred is quenched by mercy and vengeance gives way to forgiveness, for this we should never cease to thank and praise.. N McC

POWERFUL PRAYER TO ST MARTHA

Oh, Saint Martha, I resort to thee and to thy protection and aid. I offer up to this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through the great favour thou didst receive when our Saviour lodged in thy house. I beseech thee St Martha to have definite pity in regard to the favour I ask (mention it). Intercede for my family that we may always be provided for in all our necessities. I ask theeSt Martha to overcome all difficulties as thou didst overcome the dragon which thou hadst at thy feet. One Our Father and three Hail Marys and the above prayer made known with the intention of spreading devotion to St Martha. This miraculous saint grants everything before the Tuesdays are finished. Grateful for favour received. E.D

UNFAILING PRAYER TO ST ANTHONY

O’Holy St Anthony, greatest of saints, your love for God and charity for his creatures, made you worthy, when on Earth. To process miraculous powers . Encouraged by this thought I implore you to obtain for me (request).. O gentle and loving St Anthony, whose heart was ever full of human sympathy whisper my petition into the ears of the sweet infant Jesus, who loved to be folded in your arms, and the gratitude of my heart will ever be yours. Amen E.D

NOVENA TO THE HOLY SPIRIT

Holy Spirit you who solve all problems, light all roads so that I can achieve my goals. You give me the divine gift to forgive and forget all evil again me. I wish this short prayer to thank you for all things as I confirm once again that I never want to be separated from you, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 days and promise publication BM/BF

westcork
Friday Ad

TRADES & SERVICES

Phone in FREE ads
wording to 023 8888000
or ads@westcorkfridayad.ie

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**

NEW KARCHER K2 Power Washer in box with receipt. Bandon Area. Tel: 086 8246393
WHITE ARMITAGE Shanks toilet bowl in original wrapper. Excess to requirements. Bandon Area. Tel 086 8246393
2 X TOP HOTEL Quality room carpets 14ft x 14ft each plus stairs carpet with underlay. Best Offer. Bandon Area. Tel: 086 8246393
TOYOTA AVENTIS for sale. Petrol Hatchback, 2002. Just got N.C.T. Going great, always serviced. €800 o.n.o. Phone 027 66117
MOTORISED PUSH bike, scooter/motorbike, oil tank on trailer, 2 pig iron gates, plastic

MATURE COUPLE looking for long term accommodation to rent and/or a site to buy in Skibbereen area and surrounds, in employment. Please call 087 3300075.

FINBARR COFFEY
SCRAP CARS
COLLECTED
Phone 0872449648

LARGE FITTED kitchen with granite work tops, Clonakilty area, open to offers. 087 7025376
DRY FIREWOOD Bantry area 086 8307776



Ryan O'Gorman
ELECTRICAL SERVICES

• Fully Insured • Fully Registered
085 1026884
ogormanryan@hotmail.com
The Miles, Clonakilty

FOR SALE 12x12 ft 4"x3" timber used and sound 087 9946696
ONE PERSON TENT with mattress and pillow, new, never taken out of box, waterproof with little bed inside. Paid €190 asking €160 ONO 085 1684050

PRESSURE WASHER working order €60 087 2106424
SAMSUNG GALAXY J3 smart phone working order €50
ROUND HAY BALES for sale ACRES wild flower meadow, 7.5 out of 10 scoring. €40 per bale. 086 2293554 Dunmanway area.

MD Marti's Taxis
Contact Martin @
086-6008388
8 seats for hire
Drimoleague, Skibbereen & all areas
- including Airports/Ferries

PLASTIC TANKS Skibbereen area 083 3978984
FOR SALE grinding mill, Europe, and grain auger
FOR SALE 4 unit pipe line milking machine, can be seen working, 083 0585748
PAINT, 10 LITRES Original Cream vinyl matt, never used, €25, Rathbarry area 086 3778999

John Keane
PLUMBING & HEATING
Gas & Oil Boiler, Gas Cooker/Hob & Gas Fire Services
Fully Insured Gas Registered
087 2932048 | 023 88 58700

FOR SALE petrol trimmer 58cc power, perfect working order €150 087 2106424
FOR SALE mans mountain bike €150 087 2106424
FOR SALE ION record player working order €100 087 2106424

PLEASE NOTE THAT WE NO LONGER PUBLISH ADVERTS FOR KITTENS, DOGS OR OTHER DOMESTIC PETS

If you require assistance to neuter your cats please see Rural Animal Welfare Resources (RAWR) Facebook Page. RAWR don't accept kittens/cats but will advertise them for you. If you have a dog that you can no longer care for please contact your local animal rescue centre so that they can be responsibly rehomed.



086 3445956



All fencing types supplied & fitted

MANS MOUNTAIN BIKE, working order €150, 087 2106424
FOR SALE 3 piece suite 3-1-1, in excellent condition in dark leatherette, 087 9946696

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 6.30pm Town Hall
FOR MORE INFO: 01 873 2699

FOR SALE white vanity unit, white high gloss finish with basin and taps perfect condition €75 ONO 087 6094319
RELIABLE LADY looking for work as carer or home help for elderly person 2 or 3 days weekly. 087 0930023 or 023 8847917 no texts please.
WANTED SKODA Octavia diesel car for parts 086 8981474

ITEMS FOR SALE: 2 Year Old Belling Electric Cooker with Fan Oven & Catalytic Liner; Also Ivory Kitchen Units and an Extractor Fan; Bathroom Sink and Cabinet, Toilet and Shower Door.

Paul O'Sullivan
PLUMBING & HEATING CONTRACTORS
For all your Plumbing & Heating Requirements. Solar & Heat Pumps
087-9182731

All items are in excellent condition. Private numbers need not apply and no time wasters please. For more information on the these items please phone 087 18 31 522

RSA/CVRT GALVINS TEST CENTRE Ltd
DUNMANWAY
For all goods vehicles
(023) 8845125

WANTED LONG TERM RENTAL in the Schull/Ballydehob/surrounding areas from 1st September by single person. I have no pets, don't smoke and am quiet living. Phone 086 3573391.
FOR SALE UNDER counter freezer BEKO. Tel: 086/3706615
BROWN 2 seater couger, suitable for small kitchen or bedroom. Tel: 086/3706615

COAKLEY CHIMNEY CLEANING
BRUSH & HOOVER
PHONE: MICHAEL
023-8840003
087-6553195

2 X BEDROOM LOCKERS from Caseys Furniture for sale €200 086 1662 886 collection only Bandon.
5 FOOT KING SIZE divan bed for sale from Caseys Furniture in Cork with a brand new Odearest mattress, purchased in March 2023 with receipt and warranty. Mattress price alone was €700 (available to view on Caseys website) Bed includes a custom made headboard also from Caseys which cost €299. Can whats app pics. Bandon collection only. Total price €700. 086 1662 886
RANGEMASTER 80cm. Double electric oven. 5 gas burners. Been standing for a while. Could do with a good clean. €350 Dunmanway. Buyer must collect. 089 4207995
LG TV 42" FLAT screen. Old but still works perfectly. You want it, come and get it. 083 8552423

takethat.ie
MOVING & STORAGE of Clonakilty
Boxes & Packaging
086 - 2515145
info@takethat.ie
www.takethat.ie
House moving with care

NICE LOOKING PIANO: Walnut I think. Needs a couple of keys fixing and a tune up but well worth it. Free to take away, I'm moving. Pic on request. 083 8552423
WEST CORK NATURIST COUPLE, would like to meet ladies or couples for socialising. Please phone after 6pm. 083 0976534
WANTED: FIELD 1/2 an acre up to 2 acres in the Ballydehob area. Call: 0862497900
LADIES WALKING frame, brand new €100 087 2106424

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**

barrels, all sorts of furniture, old coins, exercise bike, 2 glass doors for inside, furniture and pine, 8 inside doors, Childs bike for 6-7 year old, 2 stainless steel sinks with taps, 2 small kitchen units, adults bike. 087 7504152
FOR SALE 1x16" clay fireback, new, half price. 087 9946696

DINING ROOM table for sale with glass top and 6 leather chairs, open to offers, Clonakilty area 087 7025376
OLD FARMHOUSE wanted to rent in a wild area, HAP rent allowance €660 083 3235870
FOR SALE 3x20 ft 9"x3" deal planksS/H perfect 087 9946696

INSULEX.ie
SEAI Registered One Stop Shop Provider
Grants offered are provided by the Government of Ireland through the Sustainable Energy Authority of Ireland (SEAI).
FOR YOUR ENERGY UPGRADES
Wall & Attic Insulation
Windows & Doors
Heat Pumps
Photovoltaics (PV)
Ventilation
insulex.ie 021 - 477 8562

westcork
Friday Ad

TRADES & SERVICES

Phone in FREE ads
wording to 023 8888000
or ads@westcorkfridayad.ie

Clonakilty Garden Centre

experienced, qualified and friendly staff
at Lisavaird
Main Branch,
Clonakilty.
023 8836917
Open 7 days!
including Bank
Holidays

LOTS OF SUMMER COLOUR FOR PLANTING NOW...

...Hydrangeas, Salvias, Rudbeckia, Penstemons and much more.

GREAT SELECTION OF AUTUMN & WINTER FLOWERING HEATHERS, JUST ARRIVED!

Birdcare range in stock - seed, energy balls, peanuts, feeding stations and feeders.

Bring the garden indoors with beautiful houseplants.

3 HORSE POWER electric motor in good condition 087 9819264
TWO ADULT life jackets as new €40 ONO 028 33708
WANTED SUBSIDER pig tail or one for parts might suit 087 9819264

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

SMALL SILAGE grab for sale, good condition, hoses are needed 089 2417760
FOR SALE laying ducks and unrelated drake all silky cockerel 085 1315206
LOOKING FOR 15-20 acres of agricultural land within 25 mile radius of Cork City 086 3539909

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

PIGEONS FOR SALE, coloured fan tails home and racers, super colours, Skibbereen area 087 6616017

JIMMY O'SULLIVAN ENGINEERING

STAINLESS STEEL WELDING

ENTRANCE GATES
Manual and Automated

Over 25 years in business. We manufacture gates and railings, also heavy duty farm gates, cattle head feeds, steel doors etc.
023 88 64920 / 086 2696246 osullivankilbrittain@eircom.net

STURDY WOODEN cot in very good condition plus mattress as new €95 ONO 028 33708

GARDEN MAINTENANCE & POWER WASHING
All garden waste taken away. Gutters cleaned and repaired. Drain jetting for blocked drains and sewers. Wood chipper also available.
086 8867577

Martin's CARPENTRY SERVICES
Excellent work | Good rates
no job too small
Contact Martin **087 4012276**

PIERCE FINGER BAR mower lovely condition ideal for topping 089 4192426
FOR SALE coffee table, oak, large 089 4940331
JOHNSTON SINGLE row potato digger needs tidy 089 4192426
PERFECT 8FT TOPPER needs repair 089 4192426
DOUBLE BED 4ft6, have receipt for purchase only used a few times, selling due to change of circumstances as new Skibbereen area 086 8966392
FOR SALE Fisher price car seat, Graco car seat and Maxi

CLONAKILTY TOOL HIRE & SALES
Clogheen Industrial Park
023 8834340, 086 2672291

AMBROGIO ROBOT

WE STOCK FULL RANGE OF AMBROGIO ROBOTIC MOWERS

- User-friendly technology
- Safe around animals and small children
- Anti-theft system

ALL GARDEN MACHINERY FOR SALE, HIRE & SERVICE
DELIVERY & COLLECTION AVAILABLE

- Castlegarden
- Masport
- Honda
- Warrior
- Echo
- Kawasaki

WANTED OLD CAR and tractor batteries and all kinds of scrap metal. 087 6420296
BANDON AREA table and 4 chairs for sale 023 8841791 after 6 pm please. No time wasters.
FOR SALE ELECTRIC chain saw, perfect condition 089 4940331

Southwest Logging Co.
FULLY QUALIFIED TREECARE SERVICE

PRUNING & REDUCTION, CROWN RAISING, FELLING, HEDGING, GARDENING, FIREWOOD PROCESSING
Call Peter **085 1489390**
southwestloggingco@gmail.com

OUTBOARD ENGINE 9.9 4 stroke used in fresh waters only 086 3186618
WEST CORK unattached man would like to meet a local lady for companionship and maybe more 087 6710977
JOHN DEER X140 ride on mulched mower 42" deck, garage going perfect €1850, 086 0514116

BALLINEEN SKIP HIRE

FULLY PERMITTED WASTE CONTRACTOR
Industrial / Commercial

Skips: Mini, Small, Medium & Large

023-8847242 or 087-6258462
info@ballineenskiphire.ie

WANTED OLD copper cylinders copper pipes and wire, also lead, brass and stainless steel 087 6420296
TOP QUALITY top soil for sale Bandon area 087 9345380

CLONA PVC LTD.
Upvc Windows, Doors, Patio Doors & Palladio Composite Doors
SUPPLIED & FITTED
All A-RATED
FOR FREE QUOTATION CALL WM. MADDEN
(023) 8852904
087-6722536

GARAGE STEEL STAIRS for sale Bandon area 087 9345380

CONCRETE POSTS and tarps for sale 087 9345380
GENTLEMAN in his 50's would like to meet lady for friendship and possible relationship 087 0552436
FOR SALE a selection of windows, going very cheap 087 4742209 or 028 37288
SAMSUNG GALAXY J3 smart phone €100 087 2106424

For all your sewing needs...

- Clothes Alterations
- Bridal / Bridesmaid Alterations
- Curtains • Repairs

Contact: **Patricia Duggan**
Diploma in Fashion Design
The Pike, Clonakilty **023 8835310**

FOR SALE household furniture 6 chairs, 2 kitchen presses all going very cheap 087 4742209 or 028 37288
FOR SALE 3 doors with glass in them, interior, going cheap 086 3569954
LEAF BLOWER working order €50 087 2106424
WOODEN WALL CLOCK €50 087 2106424
GORILLA VINYL BOX for 45 single vinyl records €50 087 2106424
PETROL STRIMMER working order 087 2106424
MANS MOUNTAIN bike working order good condition €150 087 2106424
ION RECORD PLAYER working order €100 087 2106424

WEST CORK APPLIANCE REPAIRS

- Washing Machines
- Cookers

Call John Powell
086 0461555
FAST & EFFICIENT

PRESSURE WASHER €60 working order 087 2106424
FOUR BEAUTIFUL dining room chairs for sale with lovely carving at the back, old type, very good condition 027 52519 after 6pm if possible
14 X 8 TIPPING TRAILER high sides 087 9819264
FOR SALE brand new hifi stereo with cd and radio, unwanted present, 089 4940331

RELIABLE LADY available for home care work, caring for elderly person 2 or 3 days a week, hours negotiable, no texts, 087 0930023 or 023 8847917

Ballydehob Car Boot
INDOOR & OUTDOOR AVAILABLE
SUNDAY AUGUST 20TH
Bring your own table.
Longest running Boot Sale in west Cork! **087-6812347**

WANTED no 8 STANLEY fuel range white with a boiler must be in perfect condition, 087 3416242
DOUBLE DIVAN bed complete with mattress, also two single beds divans complete with mattresses 087 1270369 all in perfect condition
FOR SALE 25kg ration bags and manure bags 086 395197
WANTED LABOURER for 1-2 days to tidy yard and fill skip 087 6489011