



Syd Cheatle and Miram Dunne on how they met, married and came to call Sherkin home
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New Farming Column
in association with the
Irish Farmers Journal
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GARDENING
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Clonakilty has been named as Ireland's Tidiest Small Town for 2017. Pictured left to right at the awards ceremony at The Helix in Dublin were Martin Kelleher, Managing Director, SuperValu; Mike Deasy and Catherine O'Connor, Co-Chairs of Clonakilty Tidy Towns Committee; and Michael Ring, T.D., Minister for Rural and Community Development ceremony at The Helix in Dublin.
Pic: Naoise Culhane

Cape Clear residents looking for support to preserve 'Access for All' on island

Cape Clear Island residents are looking for support to preserve one of the most outstanding natural amenities on the Island to maintain public access and conservation.

The Cape Clear Trust needs to raise €60,000 to purchase the site, which comprises 45 acres including almost the entire south-eastern side of South Harbour. This includes the very popular red walking loop with scenery of outstanding natural beauty, important habitat of the endangered Chough and the most

south-westerly point in Europe for land-based whale, dolphin and bird watching currently open to the public. Thousands of people will be familiar this outstanding natural amenity.

This land belongs to author Chuck Kruger and his wife Nell, founders of the Cape Clear International Storytelling Festival. The couple have agreed to sell over 45 acres of their land to the Trust to maintain public access and conservation.

For over 30 years, Chuck and

Nell's generosity has allowed public access to their property and it is this access that Cape Clear Trust wishes to preserve in perpetuity under the slogan 'Ceart slí don uile dhuine', translated as 'Access for all'.

Cape Clear Island has a permanent population of 125 and comprises 1650 acres. The Island is a famous ornithological and whale watching destination with a bird observatory and resident warden. Most of the Island is a Special Area of Conservation and it has a resident population of the endangered,

though seabird. Located at the most southwestern extreme of Ireland it has unique historical, cultural and geographical importance

The public can contribute by co-funding plots of five or 10m2 as detailed on our FB page www.facebook.com/IontabhasCleire/ and www.CapeClearTrust.ie

The Trust is also seeking corporate sponsorship and support from any other foundation or trust that shares its aims.



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True-life stories in 'Irish Women Speak'

'Irish Women Speak' is a collection of true-life stories gathered by Alison Wickham from more than 36 women aged 35 to 95, from the small town and rural hinterlands of Clonakilty.

The stories illuminate women's everyday lives, in the 20th Century, including those of their mothers and sisters, via careers, life events, and thoughts, all of which were affected by the history, economics, and politics of the time.

These are stories, which are seldom recorded, despite universal resonance. They come from the women themselves in response to questions posed by Alison.

Alison, a New Zealander who has lived in Clonakilty since 1998, has a background in social science and being Irish by choice, rather than birth, observes with a fresh, impartial eye.

There were two stories that initially sparked Allison's interest. "One of the first stories handed to me was written by Margaret Feen and was just so magnificent and so detailed, 10,000 words. I felt that this was such a wonderful gift that she'd given me, I wanted to make sure it was published it for her. The other story was by Mary Ruth McCarthy and was about German soldiers coming ashore in 1945 at Galley Head, where her father was a lighthouse keeper."

Allison, who has been gathering these stories since 2013, says there were three main reasons that



Alison Wickham has been collecting stories since 2013

motivated her to publish the book.

"For a start, I wanted to give something tangible back to the town I have grown to love."

Allison lives with her husband in a renovated 700 sq ft, two rooms up and two down, house in Clonakilty. The house was originally built in 1939. "The two of us live here comfortably but seven children were raised in this house. I wondered 'How did they manage?'"

And thirdly, she says, "I realised that little was documented of the everyday lives of ordinary Irish women and girls. I felt that these women had made

a really important contribution to the country that wasn't really recognised. Each one of them had a fresh insight or something different to relate."

The foreword by historian Dr Claudia Kinmonth, notes that, "The stories gathered here span the spectrum of Clonakilty life. The women's stories sensitively gleaned by Wickham include many detailed accounts, which are akin to gold dust to the historian, yet make fascinating reading for those familiar or unfamiliar with Irish rural culture."

Those from the older women are especially revealing, as their memories reach back to times that now seem astonishingly primitive and different, in today's world. A sense of contrast emerges within many narratives. The late Margaret Feen's brilliantly detailed story recalls how the Irish woman's role in the 1920s was 'only a degree above slavery' when men 'ruled over their women with a rod of iron.' The book assembles accounts from people whose voices might never otherwise have been preserved, and whose stories are a highly valuable addition to the minority of historical publications that explore the role of women, rather than men."

Irish Women Speak is available in bookshops in Clonakilty and Waterstones and Liam Ruiséal Teo and Vibes and Scribes in Cork City.

Clonakilty Food Company opens new production facility in Clonakilty



The cutting of the ribbon at Clonakilty Food Co.'s new production facility on Western Road, Clonakilty with well-wishers. L-R: Patrick Twomey, Colette Twomey MD of Clonakilty Food Co., Ed Twomey, Tara McCarthy CEO of Bord Bia and Jonathan Twomey.

Tara McCarthy, CEO of Bord Bia, on Monday officially opened Clonakilty Food Company's new c. 5,000sq metre factory in the town of Clonakilty with MD Colette Twomey.

The new production facility houses administration offices, new product development facilities and distribution.

It will also host a new visitor centre, which is due to open in time for peak holiday season in 2018. The vision for the centre is to immerse visitors in history and tradition of Clonakilty Blackpudding, to offer them an opportunity to see how it's made, and to highlight the company's pride in the town they originate from.

This multi-million-euro investment by Clonakilty Food Co. aims to support their next phase of international growth. Clonakilty already exports internationally to the UK and Mainland Europe, catering for ex-pat demand and a developing local market interest.

The planned growth of the company should in turn lead to an increase in jobs at the new facility and internationally over the next five years.

Further investment in technologies and machinery will also grow as their market offering expands.

Commenting, Colette Twomey, CEO of Clonakilty Food Company said, "We are really proud of our new home

in Clonakilty that will facilitate our company's vision for growth. We have ambitious plans to scale-up internationally and this new plant enables us to do so, so it's a very exciting time for the company. Our new visitor centre will also be a new direction for Clonakilty Food Co. and we are looking forward to becoming part of the town's bustling tourism industry. We could not have made our dream a reality without the fantastic support of so many local people – builders, designers, trades people and the local community. Clonakilty is a fantastic place to live and do business in."

For further information see www.clonakiltyblackpudding.ie.



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SO MUCH MORE THAN A DIY STORE

Two halves of a whole

Born in Dublin, Syd Cheatle is a son of Jack Cheatle, long-term leader of the RTE Concert Orchestra and cellist Aileen Foley, a native of Skibbereen.

Syd is the author of two plays produced in the Abbey in the 1970s and a comedy, *Straight Up*, which proved a West End hit back in 1971.

His plays have remained in continuous production throughout Austria and Germany over the years, with outstanding productions at the Opera House and Josef Stadt theatres in Vienna, The Darmstadt Landes Theater and The Berliner Theater in Berlin and a number of other venues.

Syd is married to Miriam Dunne, a published author, who was expelled from two schools in Dublin before she could finish her second-level education. Miriam's book *'Blessed Art Thou A Monk Swimming'* was widely well-received by audiences and critics alike and named Book of the Month at Waterstones.

Currently a resident of CareChoice Nursing Home in Clonakilty, Syd's home is on Sherkin Island, where he and Miriam raised their three children. Syd and Miriam, who celebrate 57 years of happy marriage this year, share the story of how they met, married and came to call Sherkin Island home with **Mary O'Brien**.

Miriam Dunne fell in love with Syd Cheatle the moment she set eyes on him. In 1960, the couple were working as stand-ins in *'The Siege of Sidney Street'*, a British historical drama film, which was filmed at Ardmore Studios in Bray, Co Wicklow. "I saw him sitting in a canvas chair and my eyes just ignited," recalls Miriam, who was only 16 at the time.

"I followed him around for three weeks but he wouldn't look at me," she laughs. "He thought I was way too young."

The couple eventually got together at a party. Syd returned to London and Miriam thought she'd never see him again. "He invited me over to visit so I bought a one-way ticket!" she says. "I was underage so my mother had a fit. She sent a priest over after me!"

Syd and Miriam got married in a registry office, finding their witness on the street outside and sharing a half of bitter in the local pub afterwards to celebrate. "Syd forged my mother's signature on the letter of consent, as I was underage. We got married in a church too or I'd never have been able to return to Ireland," says Miriam.

Living in a small flat in London with a one-year-old child and Syd, who was working as an architect and also trying to write in peace, one day Miriam was hit with a wave of homesickness.

Syd and Miriam got married in a registry office, finding their witness on the street outside and sharing a half of bitter in the local pub afterwards to celebrate.

The couple put an advert in the Irish Times for a property to rent in Ireland – 'House wanted by the sea, cheap.'

They received one reply from a Mrs Carew O'Driscoll, who was offering a house for rent on an



Miriam Dunne and Syd Cheatle on O'Connell Bridge when they first met in 1960. The photograph is taken by Arthur Fields.

island off the coast.

In 1965, the couple crammed everything they owned into four tea chests and left for Sherkin. "I had a small child in cloth nappies and only a well on the beach to get water from," recalls Miriam.

The house was only seven pounds a month but only available to rent until July. "Before we knew it, the end of June came and we were unable to find anywhere else on the island to rent, everything was booked solid for the summer," says Miriam.

"We were in despair until Syd met an old woman along the road one day and helped her home with her bags."

The woman showed him an old stone house tucked away at the bottom of a valley. There was no road leading up to it and no sign of water or electricity.

continued on page 6


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Going native

Back in the days of Empires, and jolly hockey sticks, one of the dangers of living abroad was the risk of 'going native'. Going native is defined as: 'to adopt the lifestyle or outlook of the local inhabitants'. It implies becoming less refined under the influence of a less cultured, more primitive social environment. In the colonial (and post-colonial) days it was not on to 'go native'. Not only might one be tainted by the locals, it disrupted the edifying mission of empire building. When I was a child, we visited Kenya shortly after independence. I remember a British colonial explaining proudly how he had never learnt the local language as it was far better for his domestic staff to learn English. My grandmother, who left Spain for the Philippines in 1927, felt similarly. In the fifty years she lived in her adopted country, she never learnt the language, preferring to speak to everyone in Spanish. (She also believed that God only spoke Spanish, so maybe she was looking out for their immortal souls.) Diplomats and news correspondents would never be left long in one post, lest they go native. Local knowledge is important, but you don't want to understand the locals too well. Famous examples of people who 'went native' are Lawrence of Arabia and Captain Kurz, and neither had a happy ending.



A WEST CORK LIFE

Tina Pisco

These days the term is used more humorously. To go native means to take on some (or all) of the cultural traits of an adopted country, like dress, language, accent, or etiquette. Blow-ins like myself, are often guilty of enthusiastically embracing the local culture. In fact, for most of us 'going native' was the whole point of moving to West Cork. Think Aran jumpers, tweed caps and wellies at the Continental Ceilli. I remember being at a terrific trad session, complete with a Seanachai in a collarless shirt and cap, in a pub out west many years ago. It turned out that they were all German, British and French blow-ins.

Going native isn't just about putting on a Kinsale smock, nor is it as easily shucked off as taking off

a tweed jacket. It goes far deeper. It's a slippery slope. I remember thinking that eating oysters with stout sounded disgusting the first time I came across it. Now, white wine with oysters (or salmon!) pales in comparison with a pint of the black stuff. But changes in tastes, dress and music don't even start to reveal how deep it really goes.

Unless you live in splendid isolation, you slowly absorb local attributes that are so subtle, you may not even notice them. Going native changes you in fundamental ways. It changes the way your brain is wired. Last summer marked 25 years that I immigrated to Ireland, but I never noticed how much I had taken on the cultural norms of West Cork until I found myself on a lift with a stranger in NYC.

As I walked in I nodded. He barely nodded back and just stood in perfectly calm silence. I was standing in close proximity to another human being, as we were vertically transported together, and yet we were acting as if we were alone. It was unbearable. I had to talk. The West Cork in me could not remain silent. Worse yet it wanted – no needed – to talk about the weather. I couldn't help myself.

"It's gotten very cold tonight," I blurted out. My companion looked surprised. "Yes" he conceded. That's it. He does not engage any further.

"It was really mild a few days ago, but they're predicting a cold snap," I continued, expecting to spark an exchange. Nothing. He doesn't get the cues. Now I'm desperate.

"They say it might snow tonight" I try. Surely he'll want to talk about snow? Who doesn't want to discuss the possibility of snow?

"Maybe," he answers. And that's it. Not another word. He was perfectly at ease, staring at the shiny chrome door as the lift beeped its way from floor to floor. I was fit to burst. I was both frustrated and homesick. I missed the casual congeniality of chatting with a stranger at a bus stop. Thankfully, we got to my floor and I can escape, throwing platitudes over my shoulder, still desperately trying to connect. That's when I realised that I have truly gone native.

Letter from the Editor

Welcome to the October edition of West Cork People.

Only 82 days to Christmas so if you haven't already booked your night out, I suggest you do so now. Take a look inside to see some of the great Christmas Party menus available at venues throughout West Cork.

We're delighted to announce a new column this month in association with The Irish Farmers Journal. Each month, one of the Journal's writers will bring you a selection of farming news from around West Cork.

Also inside this issue, just in time for the cold snap, we have a Cosy Winter Homes feature with information on everything from insulation to heating your home to winter decorating trends.

Extinct creatures will be resurrected in a Samhain street parade in Clonakilty this Halloween. Check out inside this paper for more details, as it promises to be a lively and extravagant event. The Terror Trail at West Cork Secret in Kilbrittain also guarantees a good night of Halloween frights and fun, that's if you're brave enough to take a walk through the woods with a hangman's hollow, graveyard and pit!

With just two issues left before Christmas, be sure and get touch sooner rather than later if you'd like to promote your business or an event in the November or December issues. Until next month.

I hope you enjoy the read,

Mary

Christmas Shoebox Appeal

Last year, shoeboxes filled with gifts went from Ireland to children in orphanages, hospitals, refugee centres and schools in Eastern Europe and Africa. Of that number almost 5,000 were sent from West Cork to Kosovo. Overall, 212,022 Christmas Shoeboxes went to Albania, Belarus, Berlin, Latvia, Romania, Transnistria, Ukraine, Burundi, Congo, Kenya, Lesotho, Malawi and Swaziland.

If you would like to take part this year you simply cover a shoebox with Christmas paper (lid and box covered separately) and fill it with gifts.

Decide if you are making the box for a boy or girl. There is a specific age group (2-4, 5-9, 10-14 years). Suggested items would include – skipping rope, small musical instrument, doll, soft toy, finger puppet, colouring book, pencils, felt pens, sharpener/eraser, hair bobbles, toy cars, ball, hat, scarf, gloves, toothbrush and toothpaste, hair brush and comb, small items of clothing – underwear, socks, pyjamas, sunglasses, sweets and jewellery.

If you would like a leaflet or further information please contact Sally Daly at 028 – 21546 or 087 – 6854489 or contact Team Hope (www.teamhope.ie).

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Issue of childcare a major concern for 72 per cent of female entrepreneurs



Pictured at the launch of the National Women's Enterprise Day on Thursday October 12, which is being held at Inchydoney were Ciara McGee, LEO South Cork, Pam Sheehan, Burke by Design, Clonakilty and Christine Heffernan, LEO Cork North and West.

Research findings based on a sample of 150 business women conducted by the Local Enterprise Offices in Cork and Kerry has found that childcare is among the biggest barriers for women starting their own business. It found that more than 70 per cent of female business owners who are mothers find that childcare costs are a major challenge. The research was carried out ahead of a special event for aspiring female entrepreneurs and female-led businesses across the region in Inchydoney for National Women's Enterprise Day on Thursday, October 12.

More than half feel that setting up a business as a woman is more challenging than it is for a man with the main reason being that family duties still fall on the woman to manage on a day to day basis. Lack of confidence was also found to be one of the biggest issues facing women wanting to start or grow their small businesses. This is evident from findings on the LEOs' Women in Business programmes, which are run throughout the year.

'Open doors to new markets' is the theme of the event on October 12 and will focus on how established and aspiring businesswomen can tap in to Ireland's rapidly growing digital economy which represents €12.3 billion (6 pc) of Ireland's GDP. With Irish consumers spending €850,000 per hour online, 24 hours a day, attendees will learn from some of Ireland's top female

business leaders about building a better business while also learning to deal with and overcome everyday stresses.

Christine Heffernan, Business Adviser with the Local Enterprise Office Cork North

Traditionally it has been the mother to give up work and stay at home, and although this has shifted somewhat in recent years, the juggle of work and home still falls – in the main – on the woman.

and West said, "Childcare has always been a limiting factor for self-employed women and is still something we come across every day with our female clients. Not only is the cost of childcare a major issue but maternity leave for self-employed women, particularly sole traders, is a bugbear, as they must decide whether to return to work early or take the State benefit available to them but essentially close their business for those 26 weeks, which isn't viable for many.

Traditionally it has been the mother to give up work and

stay at home, and although this has shifted somewhat in recent years, the juggle of work and home still falls – in the main – on the woman. While we can't change this, we can champion and support female business owners to empower young women and show them that although it might be tough, it can still be done.

She continued, "We will welcome almost 200 women to our National Women's Enterprise Day event in Inchydoney on October 12 where they will learn the importance of branding, retail and online sales and leave feeling inspired and driven which is what the day is all about."

Among the speakers will be Alina Uí Chaollaí, Marketing Director, Largo Foods, Fiona Gratzner, MD Unislim, Lorraine Higgins, Head of Public Affairs and Communications with Retail Excellence, Sharon Corcoran, Director of Services, Economic Development, Enterprise and Tourism, Cork County Council and Attracta Burke, bestselling author of 'The Formula – How to be your very best'. A panel discussion with Cork and Kerry SME owners will also be a highlight.

Tickets for the National Women's Enterprise Day event in Inchydoney can be booked from the Local Enterprise Offices website or through www.nwed.ie and further details are available from @NWED on Twitter and @NWEDIreland on Facebook.

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National Women's Enterprise Day 2017 - celebrate with us!

Whether you are a well established small business, a new business start-up or someone with a business idea in mind...come along to this inspirational women in business event.

Our theme '**New Markets – open doors to new markets...branding, retail and online sales**, should interest a wide sector of women in business.

There will be plenty of networking opportunities on the day, plus a chance to learn from our motivational speakers including: *Alina Uí Chaollaí, Marketing Director, Largo Foods (portfolio of crisps and snacks which includes the iconic Tayto, Hunky Dorys and King brands); Lorraine Higgins, Head of Public Affairs and Communications with Retail Excellence; Fiona Gratzner, Unislim; Attracta Burke, author #1 International Bestseller: "The Formula-How to be your very best" as well as a panel discussion with Cork and Kerry women in business.*

The Cork & Kerry Local Enterprise Offices as well as Cork County Council, Cork City Council and Kerry County Council are bringing this event to you on the 12th of October. An event not to be missed...pre-registrations essential.

Date: 12.10.17 **Time:** 10.00am-4.00pm

Location: Inchydoney Lodge & Spa Hotel, Clonakilty **Fee:** 30 euro per person

Google tools for online businesses - Skibbereen

Explore Google Analytics, Google Adwords, Google Places & Search Console. Learn how to use online these online tools efficiently to manage your online presence.

Date: 18.10.17 **Time:** 9.30am-12.30pm

Location: The Ludgate Hub, Skibbereen **Fee:** 20 euro per person

Email marketing - Clonakilty

A one day practical workshop working from your laptop to create your own email marketing template using Mailchimp as your tool.

Date: 25.10.17 **Time:** 9.30am-4.30pm

Location: Fernhill House Hotel & Gardens Clonakilty **Fee:** 30 euro per person

How to write a winning tender - Rosscarbery

This seminar is aimed at introducing a sustainable and continually improving tender-writing capability, for businesses of all sizes. It will help you overcome any challenges you face when tendering.

Date: 26.10.17 **Time:** 9.30am-4.30pm

Location: The Celtic Ross Hotel, Rosscarbery **Fee:** 30 euro per person

Start your own business programme - Clonakilty

This 4 day programme is ideal for someone with a business idea, who is thinking of starting their own business. It will also suit someone at an early start-up stage with their business.

Dates: 08.11.17 / 15.11.17 / 22.11.17 / 29.11.17 **Time:** 9.30am-4.30pm

Location: Fernhill House Hotel, Clonakilty **Fee:** 80 euro per person

Online bookings available from our website for all training programmes, seminars and events.

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Fri 6th Oct	Dunmanway (Town Square)	10am – 4pm
Mon 9th - Fri 13th May	Clonakilty (Church Car Park, across from Post Office)	10am – 4pm each day
Mon 16th - Thur 19th Oct	Bandon (Riverview SC Car Park)	10am – 4pm each day

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West Cork Help-line: 0761 07 8390

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Web: www.citizensinformation.ie

Two halves of a whole...continued from page 3

"The floor was made with beach pebbles hammered into the earth...but it was either that or take the boat back to England," says Miriam.

Syd spent six months of the year working as an architect in London to earn an income to do up the house. The couple used to camp out as they repaired the building that was to become the home in which they reared their three children. "I think one year we had a tin of sardines left just before Syd returned to London. We had very little money so had to be as self-sufficient as possible," says Miriam.

"The house was in ruins," recalls Syd, "but it was on a great site with its own beach and inlet and, as I was an architect, I was able to do the work myself."

Over the years, Syd and Miriam became valued members of the local island community.



Miriam and Syd pictured at Carechoice in Clonakilty

Syd was Chair of the West Cork Islands Community Council, fighting successfully to retain funding from the Department of the Environment, Community and Local Government, which supported community development officers on Sherkin and eight other non-Irish-speaking islands.

Miriam started a knitwear co-operative on the island in the early 80s, selling the work on behalf of the members in London.

The house on Sherkin is still standing strong, albeit still with some works to be completed. "So far, touch wood, we haven't been washed out of our beds although once or twice the Atlantic has come knocking on our door. And after fifty odd years on Sherkin, we're no longer strangers," says Miriam.

Positive Aging promoted at Carechoice

Age Action's Positive Ageing Week ran from September 25 to October 1 and the Residents of CareChoice Nursing Home in Clonakilty set out to prove that they too have so much to add to their community and culture.

Senior Activities Leader Catriona Petit organised a programme of events for the week, which aimed to promote positive ageing for the Residents themselves but also how we view and value the elderly in our community particularly those in our nursing homes.

The activities organised in CareChoice during Positive Ageing Week promoted physical, social and mental wellbeing. Anja Bakker, local harpist and regular visitor to CareChoice launched the week and other events included the annual Fit For Life Olympics and a guided meditation session.

The Residents were offered the opportunity to try out Clonakilty's latest arrival, the trio bike, which is part of the Cycling without Age initiative.

However, the highlight of the week was the launch of CareChoice's first Resident composed book, titled 'Back to the Future', the theme for this year's Positive Ageing Week. The book is a collection of memories of old times

captured during a time capsule project the Residents took part in during the Bealtaine Arts Festival in May, as well as some poetry and short stories, all of which were written by Residents. Proceeds from the sale of the book will go to St. Fachtna's Club in Clonakilty. Copies of the book are available at the reception of Carechoice but stock is limited.

KNOW YOUR RIGHTS

Flu vaccination

Question: I have been recommended to get a flu vaccination. Can I get it for free?

Answer: Influenza, usually known as the flu, is highly infectious and anyone can get it. However some groups are at greater risk of complications if they get the flu. This includes people over the age of 65, pregnant women and people who have a chronic medical condition.

The flu vaccine can help protect you from getting the flu. The flu virus changes every year and this is why there is a new vaccine each year. Vaccination is strongly recommended if you:

- Are aged 65 and over
- Have a long-term medical condition such as diabetes, heart, kidney, liver, lung or neurological disease
- Have an impaired immune system due to disease or treatment
- Have a body mass index (BMI) over 40
- Are pregnant
- Live in a nursing home or other long-stay institution
- Are a carer or a healthcare worker
- Have regular contact with

poultry, water fowl or pigs

You can get the vaccine from your GP (family doctor) or pharmacist. Children can get the vaccine from a GP.

The vaccine itself is free of charge if you are in one of the recommended groups.

However, doctors and pharmacists may charge a consultation fee when they give you the vaccine.

If you have a medical card or GP visit card, you can get the vaccine without being charged a consultation fee.

Funding for college

Question: I'm unemployed and planning to go to college. What funding is available for this?

Answer: Most undergraduate students attending publicly funded third-level courses for the first time will qualify for the Free Fees Initiative. You must meet criteria as regards residence, nationality and immigration status, as well as course requirements. If you qualify for free fees, you do not have to pay tuition fees. In addition to fees, there is a separate student contribution, which you pay to

the college.

The student grant is the main financial support for students.

The grant can cover all or part of your fees (if they are not already covered) and the student contribution and it can also provide some maintenance. To qualify for a grant, you and your course must meet certain criteria and you must pass a means test.

The Back to Education Allowance is available to people who have been getting certain social welfare payments for a set period of time before starting their course. You cannot get a Back to Education Allowance and the maintenance portion of a student grant at the same time. If you are eligible for both, you should find out which would be of more benefit to you.

The Free Fees Initiative, the student grant and the Back to Education Allowance all have rules regarding progression from previous studies. However, there are exceptions. If you intend to start a course at a level you have studied before, you should check whether the rules on progression apply to your situation.

If you do not qualify for the Free Fees Initiative or the student grant, you should find

out whether Springboard can help you to return to education. Springboard provides free higher education courses related to specific areas in which there are employment opportunities.

If you have to pay tuition fees and a student contribution, you may qualify for tax relief. You can find out more about sources of funding, including the Student Assistance Fund for students experiencing financial hardship, on studentfinance.ie.

Further information is available from the Citizens Information Service below.

Know Your Rights has been compiled by West Cork Citizens Information Service, which provides a free and confidential service to the public. Bantry Address: Wolfe Tone Square, Bantry. Weekly outreach, in Clonakilty, Bandon, and Dunmanway. Macroom Address: South Square, Macroom.

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000. West Cork Helpline: 0761078390.

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OUT & ABOUT IN WEST CORK



U12 Hurling Cup Winners Ballinascarthy: Jerry O'Leary, Eli Jennings, Eoin McManaman, Owen McCarthy, Joe Bishop, Tom Ryan, Donagh O'Driscoll, Timothy Cullinane, Dominick Lombard, Gary Lordan, Timothy Harte, Gavin Nyhan, Donal McCarthy, Daniel Murphy, Shay Murphy and Shane Lucey.



Ms. M. O'Sullivan and Ms. E. Wilcox with LCA students from Coláiste na Toirbhirte who had their film shortlisted at the recent Charlie Chaplin Comedy Film Festival 2017 in Waterville.



Children play in The Shambles in Bandon, which a group of local knitters had decorated (yarn bombed) for the Bandon Walled Town Festival.



The straw bale maze at Bandon Walled Town Festival was a big hit with local children.



Paul O'Driscoll and Eamon Donnelly, runner-up and All Ireland Men's Novice in the recent CoAction Unlimited Road Bowling Championships.



Clients of COPE and members of Clonakilty Camera Club during a recent photo challenge in Clonakilty.

Send your pictures of people events in West Cork to West Cork People's Out and About page:
email: info@westcorkpeople.ie

Beara student one of three Cork students awarded €20,000 scholarship by Naughton Foundation

Since its establishment in 2008, Naughton Foundation Scholarships worth over €4million have been presented to 175 remarkable young people in the fields of science, engineering and technology in publicly funded third level institutions in Ireland, north and south.

On September 23, 36 new scholars joined this illustrious and celebrated list, as the Naughton Foundation honoured a further 36 exceptional Irish students by awarding them third level scholarships towards their studies in the areas of engineering, science and technology.

County Cork had three lucky winners this year, including Daragh Crowley from Beara Community School in Castle-townbere who has accepted a place at University College Cork studying Electrical and Electronic Engineering. The student's secondary schools were also presented with a prize of €1,000 each towards their school's science facilities, for their support of these students. More than 140 schools have benefitted from this prize to date with some schools receiving it on more than one



occasion.

Supporting academic and innovative excellence in Irish students, this Scholarship Award is an investment in the future of Ireland's reputation as a country with outstanding graduates. In 2008 the scheme started in three counties and has continued to expand annually to become the nationwide program it is today.

There is one guaranteed Scholarship (€20,000) for each

Daragh Crowley receiving his award.

participating county, with the exception of Cork, Galway where there are two scholarships awarded and Dublin where there are four scholarships awarded. Five additional Scholarships are also to be awarded. Each Scholarship is worth €5,000 per annum for each year of a student's three or four year undergraduate degree.

Clonakilty students in human rights workshops

One of Amnesty's roles is to educate the next generation of adults in what many of us take for granted in our imperfect but none-the-less free society – the upholding of Human Rights. Seana Slatery and Cathal Gilbert from Amnesty's Clonakilty group held workshops in September with seventy students in the Sacred Heart Secondary School as part of their Transition Year programme.

The girls first learnt about the Universal Declaration of Human Rights in 1948, drawn up in response to the horrors of World War II. They were asked what they knew of the war, giving them a chance to see how global loss of life and the oppressions which contributed to it led leaders to look for a framework ensuring that such a thing never happened again; thus came the thirty articles which make up the UDHR. The girls were shown how amazing it was that so many nations, only recently at war, could create such a comprehensive and inspiring document.

Amnesty was born in 1961 and its bedrock is the non-political UDHR. It continues to work for and to uphold these principles, despite hurdles, set-

backs and disappointments.

The girls were encouraged to explore several of the rights in the Universal Declaration of Human Rights, enhancing their understanding of the meaning of concepts including Democracy, Freedom, Dignity, Responsibility, Leisure, Solidarity, Expression and Asylum. There were also excellent discussions on what individuals can do themselves to contribute to positive change in the world and how collective efforts of people acting peacefully can have a profound impact on the world around us. Divided into group, they looked at the realities of these basic rights; and what life might be like without them. Each group chose a spokesperson to talk about their word and its meaning. Some groups put together songs, others a poem or a short skit. Other groups shared their sense of the word in their daily lives. Inspiring stuff all around!

The students were also introduced to Amnesty and encouraged to get involved, by supporting human rights actions themselves and potentially starting an Amnesty group in the school.

A video gave one example of the International need to stand up for Human Rights. Berta Caceres, a Honduran woman and activist was murdered in her home for defending her people against the encroachment of a massive dam on their Sacred River. Her death sparked global outrage and led to investors withdrawing finance for the dam in June 2017.

Returning to the next generation of adults; too many young people in many countries face Human Rights abuses such as slave labour and trafficking. In stark contrast, our young people have the freedom to learn, argue, even disagree but also to participate in Solidarity with their far-off peers enabling them to reclaim their Dignity and their Rights.

Amnesty Clonakilty wishes to thank the Sacred Heart Secondary School for the opportunity and Transition Year Coordinator Eileen Harte in particular for her support. If other schools in West Cork would like to run similar workshops, please call Cathal on 0838663212 or email Seana at seanaslatery@gmail.com.



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OUT & ABOUT IN WEST CORK



International supermodel and actress, and regular visitor to Bantry, Emily Ratajowski pictured at Cork ARC Cancer Support House in Bantry with Claire Spillane, Volunteer (left) and Catriona O'Mahony, Community Cancer Support Co-ordinator.



€512 was collected thanks to all who tossed a coin and made a wish this season at the 'Wish-U-Well' at The Ewe Experience in Glengarriff. The money has now been donated by Sheena Wood to Pieta House Suicide Prevention in Cork, collected by Denis, from DHL, charity partner of Pieta House.



Paddy (2), Mom Carmel, Ryan (6), Seán (4) & Chloe (8) from Macroom check out the hundreds of picture drawings at the SECAD poster competition, as part of the ongoing festivities at the Macroom Food Festival.

Pic: John Delea.



U14 West Cork Champions Kilbreen who defeated Ballinascorthy to win the Shield. Team: Heather Brimble, Rebecca Hurley, Kate O'Donovan, Jessica O'Driscoll, Cara Collins, Maeve O'Neill, Margaret Collins, Orlagh O'Neill Callanan, Mary Murphy, Emily O'Donovan, Niamh McCarthy, Caoimhe Murphy, Aife O'Neill, Alison Collins, Rachel Deasy and Sinead O'Sullivan.



Janine Murphy (centre), winner of the Chloe Burke Memorial Award as Clonakilty Branch Carer of the Year is pictured with (from back left) Aga O'Reilly, Branch Health and Social Care Officer, Mary Barry, finalist, John Loughnan, Mayor of Clonakilty, Paulina Karcz, finalist, Padraig O'Reilly, Branch Vice Chairperson. Front: Mary Burke, Branch Chairperson and Marie McSweeney, Area Director Health and Social Care Officer.

Pic: Jonathan Tyner



Nellie Nagle, Mairead Hurley, Maureen Hurley and Maura Slyne, Clonakilty, chatting to Singer Trudi Lalor at the Irish Air Ambulance fundraiser, which was held at the Celtic Ross Hotel.

Send your pictures of people events in West Cork to West Cork People's Out and About page:
email: info@westcorkpeople.ie

Clonakilty to search for Scouts

On Monday October 9, Neil Mahony, a representative from Scouting Ireland, will travel to Clonakilty to promote scouting and seek interest from locals on establishing a scout's group in Clonakilty.

The Aim of Scouting Ireland is to encourage the physical, intellectual, character,

emotional, social and spiritual development of young people so that they may achieve their full potential.

Getting young people involved in outdoor adventures and challenges helps them to achieve these aims and have fun. While enjoying themselves outdoors they will make strong friendships, volunteer

in their community, learn adventure skills, travel, become leaders and team-members, and appreciate the importance of our outdoor environment.

The public meeting will begin at 8pm in Fernhill House Hotel and is open to everyone to attend.

Clonakilty Credit Union is keeping up with the times

Clonakilty Credit Union prides itself on being a banking service for all generations in the community. This means that as well as having friendly, helpful staff ready to assist customers in-branch, the Credit Union has just launched its Online and Mobile App Service, for customers who prefer to do their banking at an hour that suits their lifestyle.

Being online is also invaluable for members who don't live in the area anymore,

having moved away for work or study – they can still be active members no matter where they are in the world! The website and mobile app allows members to securely login in and carry out most day-to-day activities, such as checking balances and transaction histories, paying bills or transferring money to another account, including SEPA/International accounts.

The interfaces are clear and user friendly and available for all devices – login in from any computer or go

to Google Play to download the App for android mobiles or the App Store for iPhones/iPad.

To celebrate this exciting new development, Clonakilty Credit Union is holding a Launch Week from October 16-20. Call in to talk to staff about how you could benefit from going mobile. Register in the office or online on or before Thursday, October 19 and you will be in with a chance to win an Apple iPad! www.clonakiltycreditunion.ie

Good turnout at Awards Ceremony at West Cork Campus

There was an excellent turnout at the QQI Awards Ceremony of 2017 at the West Cork Campus on Friday evening last. These graduates gained QQI Certificates in level 5 Art, Craft and Design, eBusiness, Childcare, Healthcare and Horticulture, Hospitality and level 6 Art and Business: in addition to the night-class that gained certification in Intellectual Disability Studies.

Mr Kevin Buckley, who is CEO and founding member of Spearline Labs – a global leader in toll and toll-free number testing located in the heart of the town of Skibbereen providing valuable high-skilled employment – was the keynote speaker of the evening. Kevin outlined how passionate he is about the fact that it is possible to create opportunities in rural areas. In his inspiring speech, he spoke of the planned expansion of his company in West Cork. He also encouraged the graduates of the evening not to wait for the perfect time or moment to fulfill their dreams but to create the perfect time and the perfect moment. He spoke of the advantages of living in West Cork, the good quality of life here and the need to create opportunities in West Cork.

It has been an exciting year, following the merger with Cork



Level 5 Horticulture – Front from left: Teresa Connolly, Michael Burke (Coordinator of Horticulture), Kevin Buckley (CEO of Spearline Labs). Back from left: Venita Roche-Galvin, Renatas Odinbergas, Pauline O'Driscoll, Bernadette Kilbride, Sarah Jane Campion

College of Commerce and it's growth as a further education facility in Skibbereen. The West Cork Campus offers locals the opportunity to gain new skills, develop existing skills, avail of relevant work experience, progress in education and gain employment in a new field.

Máire O'Sullivan spoke of the pride that the college and its teachers enjoyed from the success of their students. She spoke of the college's supportive, inclusive learning environment and how each student is encouraged to reach their own potential. The strong relationship with local employers ensures that the courses are relevant and meet the

needs of the locality in terms of businesses and service providers. Whether you are looking to upskill, change career or simply use one of the courses as a step to further education, the West Cork Campus will fulfill all your needs. As the first step on the ladder, it holds contacts in city colleges providing higher education is continually establishing progression links and encouraging students to aim high.

Helen Ryan complimented the families, friends and support networks held by students at the college and the sacrifices that are made in order to successfully complete a further education course.

Clonakilty Credit Union

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Vital role of Focus in the West Cork community highlighted at Open Morning

Minister Jim Daly TD was on hand to support the National Learning Network Focus Programme during its Open Morning at the Supervalu Complex in Clonakilty on Monday, September 11.

The Focus programme offers rehabilitative training to those who are dealing with

mental health difficulties, anxiety and isolation, among other personal issues.

A 12-month programme, it is beginning with a new group of students who will work towards developing wellbeing and recovery strategies, stress management, confidence building, self-advocacy, as well as organising and

pursuing cultural and leisure activities outside of the centre.

In October, the group will be participating in the Meitheal Mara boat-building project outside Cork City.

In dealing with mental health issues, many people find the need to try and re-establish connections with the community, build routines

and meet peers in an atmosphere conducive to wellbeing. Working at your own pace, this person-centred approach to training has proven successful time and again for the almost one hundred students who have gone through the Focus programme in Clonakilty over the past six years.

The programme does not

offer clinical support but the support of a team of instructors, as well as support from the Rehabilitation Officer.

Attended by members of the public and the health services, including Professor Smyth, Executive Clinical Director of West Cork Mental Health Services, the Open Morning

proved a huge success.

Minister Jim Daly spoke about the 'light bulb moment' that we all crave: looking for that sense of direction. He congratulated all involved in delivering a programme, as vital as Focus is in the West Cork area.

Enquiries to Focus Clonakilty Lee/Elva 087 2316919.



l-r: Elva Barron, Lee Cole, Professor Marcellino Smyth, Jim Daly TD, Fiona Brennan, Toufik Messabih, Mary Russell at the NLN Open Day in Clonakilty.



Professor Marcellino Smyth, Executive Clinical Director, Cork Mental Health Services with Alison Steeds, Integrated Services Manager with the Rehab Group and Jim Daly TD.

International cancer trial seeking cure for leukaemia opens in CUH

Cancer Trials Ireland has announced the opening of the Irish arm of an international cancer trial at Cork University Hospital that is investigating promising cures for leukaemia.

It is expected that up to 60 patients from Ireland with a type of leukaemia known as CLL (Chronic Lymphocytic Leukaemia) will participate in the trial.

The trial will also open in University Hospital Galway, University Hospital Waterford, and in Dublin, St James' University Hospital, the Mater Hospital and Beaumont Hospital.

The trial aims to test treatments for leukaemia that could

be more effective and have fewer side effects than standard chemotherapy treatments.

CLL is the most common type of leukaemia in the western world with most cases developing in people over 55. About 200 people in Ireland are diagnosed each year with CLL which affects the blood, lymph glands and bone marrow.

The international trial is being led internationally by the German CLL Study Group (GCLLSG). This group is the world's leading authority on Chronic Lymphocytic Leukaemia research.

Professor Patrick Thornton, Consultant Haematologist at Beaumont Hospital, who has

collaborated with the German Study Group on previous trials, is the Chief Investigator for the trial in Ireland. The trial is being coordinated by Cancer Trials Ireland.

"Chemoimmunotherapy is the standard initial (first-line) treatment for patients with CLL and with it many patients can achieve good remissions. Unfortunately it can be too toxic for some patients because they can be less fit and unable to tolerate intensive regimens. So there is a pressing need for alternative chemotherapy-free treatments," Professor Thornton said.

"In this trial we are testing a number of oral non-chemo treatments and new antibodies

which have proven to be effective and safe as second line treatments (treatments given when initial treatments don't work) with little side effects.

"We'll determine which treatment is more effective and has fewer side effects than the standard chemoimmunotherapy", he said.

"This is a very significant trial because of the positive results the treatments we'll be comparing have already achieved and its size, in terms of the number of countries, research units and patients participating. I'm confident it will deliver a new standard of care", Professor Thornton said.

Almost 1000 patients from 160 research units across 10

countries will participate in the trial. Participating countries include Ireland, Austria, Belgium, Denmark, Germany, Finland, Israel, Netherlands, Sweden and Switzerland. Patients will be on the trial for up to 5 years.

"To be invited to open a trial of this significance in Ireland is a great vote of confidence in Ireland's cancer trials research community and our ability to contribute to the global effort to find answers to cancer", Professor Thornton said.

"Not only does it help us contribute our expertise to finding better treatments, it enables our patients to access promising treatments at no cost

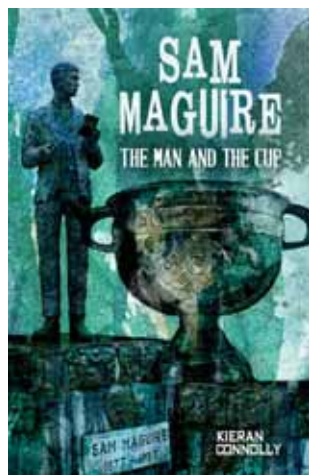
which they would otherwise not be able to access for many years."

The trial will compare the current standard Chemoimmunotherapy treatment for physically fit patients with CLL, (chemoimmunotherapy with either Fludarabine plus Cyclophosphamide plus Rituximab (FCR) or Bendamustine plus Rituximab (BR)) with three new and different combination of drugs (obinutuzumab, ibrutinib and venetoclax) as a first line treatment.

To find out more about this trial and other cancer trials visit cancertrials.ie and talk to your doctor and/or the cancer trials research team in your hospital.

The story of Sam

A new book tells the story of the Sam Maguire Cup. The ornate silver cup based on the Ardagh Chalice is one of the most coveted trophies in Irish sport and underlines the appeal and reach of the GAA across Ireland. 'Sam's' shining glint never fails to command attention, turning heads everywhere it goes, provoking interest and curiosity, and embellishing every occasion it graces. Yet, very few Irish people know its history. A new book by Kieran Connolly, 'Sam Maguire: the Man and the Cup', tells the story behind the cup. With a foreword by Aogán Ó Fearghail, President of the GAA, it describes Maguire's role in the GAA. The final chapters describe the most notable All-Ireland football finals and interesting facts and figures. Sam Maguire's life began



in Dunmanway, as Ireland commenced the final fight for independence. He played a major role in Ireland's fight for independence, taking a senior role in the IRA in London where he was the main agent of Mi-

chael Collins, as well as playing an important part in encouraging the development of the GAA. He died penniless from TB in 1927.

His friends recognised his significant contribution to the GAA and decided to give a cup to the GAA to perpetuate his memory: the Sam Maguire Cup. 'Sam Maguire: the Man and the Cup' recounts the origins of the design of the cup and the story of its creation.

Kieran Connolly is, like Sam Maguire, a native of Dunmanway in West Cork, though he has lived and worked in Dublin since the late 1970s. He has a keen interest in Irish history, particularly the period of the War of Independence.

Published by Mercier Press, Sam Maguire, the Man and the Cup, is available nationwide now at RRP €12.99.

Water supply improvements to take place in Kilkeran/Rathbarry area

Water supply improvements to take place in Kilkeran/Rathbarry area following investment of €260,000 in water mains replacement

Irish Water customers in the Kilkeran/Rathbarry area of West Cork will benefit from a more secure and reliable water supply as a result of an investment of €260,000 to replace over 2km of old water mains.

Due to the age and poor condition of the existing water mains, there have been regular bursts in the area, leading to significant disruption to customers. Leakage of treated water has also been a big problem.

By carrying out this essential work, Irish Water will ensure customers in the area have a better water supply with fewer supply outages. This investment will also save money by reducing the costs associated with ongoing maintenance and leakage.

The work is getting underway now and is expected to take approximately three months to complete. It will involve some short-term water shut-offs for a number of hours in each area when the

new pipes are being connected to the system. However, the project team will work closely with local householders and businesses to ensure they are made aware of any works and notified at least 48 hours in advance of any planned shut-offs.

For more information on this work, please see the Service and Supply section of the Irish Water website or call the 24/7 customer care line at 1850 278 278.

West Cork Garda Youth Awards launched

The 22nd annual West Cork Garda Youth Awards in association with SuperValu have just been launched.

The Awards celebrate outstanding young people between the ages of 13 and 21 years. An Garda Síochána in West Cork and SuperValu recognise that a lot of good work is being

done by young people in every community in West Cork. Awards will be considered for nominated young people who by their presence make their communities a better place to live in. Last year there were 128 young people being nominated in total.

Garda Damian White, Community Garda in Bandon, PRO for the Youth Awards,

commented that the nomination process is open to everyone, so if you know of a young person who is committed to making a difference to their community, please put them forward, as every nominee will receive a certificate, even if they do not win an award. This way, all nominees are recognised for their efforts, and the certificate is a very valuable item to have

on a young person's CV into the future.

This year the West Cork Garda Youth Awards in association with SuperValu will take place on Friday, December 1, 2017 in the Riverside Park Hotel in Macroom.

The nomination forms are now available from any SuperValu store in the West Cork Garda Division, and also at Garda

Stations throughout West Cork. Application forms will also be distributed by the Community Gardai in each local Garda District. Electronic versions of the nomination form are available on from westcorkgardayouthawards@garda.ie

The closing date for the applications is Friday, November 10, 2017.

Application forms are to

be submitted to Garda James O'Mahony, Juvenile Liaison Officer, Bandon Garda Station, or Garda Don Davis, Juvenile Liaison Officer, Bantry Garda Station.

Forms can also be emailed to: westcorkgardayouthawards@garda.ie.

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Irish Red Cross launches Farm First Aid course

The Irish Red Cross has developed a Farm First Aid course, which was launched by the Minister of Agriculture on September 20 at the National Ploughing Championships.

Over the past year there have been an increasing number of accidents that have resulted in farming injuries and deaths, this coupled with the understandable ambulance response times in rural areas, leaves members of the public in rural areas vulnerable.

According to the Health and Safety Authority Annual

report for 2016, 44 people were killed in workplaces in 2016, a 21 per cent reduction of the 56 reported in 2015, however the number of deaths on farms, increased with 21 reported in 2016 compared to 18 in 2015. Lisa Harrington, First Aid Training Manager with the Irish Red Cross, said, "When you are able to treat an injury quickly, the severity can be dramatically reduced. Lives can be saved".

First Aid training could be the difference between life and death – a little knowledge can help and lead to a better

survival rate.

For the first time, in 2017 the Irish Red Cross First Aid Day focussed on promoting the benefits of First Aid to rural communities, giving communities a user friendly First Aid guide and encouraging participation in specifically designed Farm First Aid courses.

The Irish Red Cross believe that given the gravity of the current situation this topic should be more than just for First Aid day. This course will help the farming community by being specific to their needs and could tie in with the al-

ready established Community First Responder groups around Ireland.

The Irish Red Cross first aid app is free to download from the Apple App and Google Play Stores for Smartphones and Tablets. The app features easy to follow tips for more than 20 common first aid scenarios including how to treat burns, breaks, strains and sprains and what to do if an infant is choking. It also features advice on how to prepare for emergency situations including floods, fires and water safety.

Kinsale Macra's president Paul O'Regan (centre) pictured with Kinsale members Selina O'Donovan and Mark O'Donovan after Paul was rewarded with a Gold Leadership Distinction Award at this year's Macra na Feirme county officer training in Athlone. As Paul received Gold he is now eligible to participate as a Macra representative on a number of overseas seminars, including the European Rally for young people.



Macra President welcomes publication of EU Young Farmer Survey

Speaking from the European Parliament in Brussels, Macra na Feirme National President James Healy has welcomed publication of the European Council of Young Farmers (CEJA) Survey of young farmers.

The Young Farmer Survey entitled 'Building a Sustainable Sector' was an online survey of young farmers conducted from April to August this year. The survey asked questions on topics of economic viability, animal

health, on-farm investment, environmental protection and sustainability, rural lifestyle, family farm involvement and availability of land and credit.

At the launch of the survey findings, National President James Healy highlighted the findings that over 50 per cent of young farmers need access to land to develop their farm in an economically sustainable way. Speaking at the launch, President Healy highlighted the Macra na Feirme established Land Mobil-

ity Service as a successful and independent model that supports generational renewal. The Land Mobility Service has facilitated over 280 collaborations over the past three years between young and older farmers.

"This is an important survey to capture the sentiment of young farmers across the EU. From an Irish young farmer perspective, the survey reveals that 81 per cent of Irish young farmers surveyed believe that practical and implementable

measures are needed to safeguard the environment."

"It is not surprising to read within the survey findings, that 89 per cent of Irish young farmers highlight the necessity of widespread fast broadband as an essential requirement to support a vibrant and sustainable lifestyle in rural areas. As Ireland's young farmer and rural youth organisation, Macra na Feirme have consistently highlighted the importance of equal access to broadband as cities and towns.

Over the past few years with advancements in technology, the lack of available and widespread rural broadband is now distinct competitive disadvantage for rural young people operating their farming businesses."

"Capturing Young Farmer sentiment of a viable future was an important part of the survey. Approximately 60 per cent of young farmers across Europe think that a viable future is either "very likely" or "somewhat likely" within the agricultural

sector. As a sector, we need to take sector wide approach to encouraging and supporting careers across the farming community. The constant negativity that exists relating to high costs, barriers to entry for young farmers, financial uncertainty, and challenges associated with work-life balances are discouraging new entrants to the sector."

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'Operation Transformation' for Young Beef Farmers

The Young Beef Farmer Sustainability Programme, a year-long training programme dubbed as 'Operation Transformation' for beef farmers was launched by Macra na Feirme Young Farmer Skillnet and Dawn Meats at the Ploughing Championships.

The initiative is focused on developing future leaders for the beef industry in Ireland and after a tough interviewing process 15



Irish Rugby International Rory Best, Agriculture Minister Michael Creed, Macra na Feirme National President James Healy, Niall Browne CEO Dawn Meats, Paul Nolan Dawn Meats and young beef farmers lined out at the National Ploughing Championships for the launch of the Macra na Feirme Young Beef Farmer Sustainability Programme.

Macra na Feirme members from around the country were selected for the programme.

Macra na Feirme President James Healy said, "As young farmers we have to lead and this programme is a perfect example of what Macra is trying to do.

We are constantly looking to develop future leaders for our agriculture industry."

Dawn Meats Group Development Manager Paul Nolan said that those taking part will also visit the Dawn Meats' farm in Athenry, the Teagasc 'BETTER

Farms' and Bord Bia's 'Thinking House'. Speaking at the launch Thomas O'Connor, a participant from Kildare said, "we are all positive about beef production and that beef production will be sustainable going forward."

people Farming

Rain, slurry deadlines and housing



FARMING IN WEST CORK

Amy Forde

In association with
The Irish Farmer's Journal

Bursts of heavy rain over the last month has seen grazing conditions across the country compounded with cattle housed in parts.

Farmers in West Cork recorded between 40mm and 50mm of rainfall on Tuesday, September 26.

In Bantry, some 56mm fell on the same night, bringing the September rainfall total so far to 227mm – 50mm more than was experienced in the whole month of September in 2016.

With farmers now beginning to house livestock due to the weather, attention turns to getting slurry out, winter housing and fodder availability.

The deadline for spreading slurry is October 15, however regulations prevent it being spread when there's periods of heavy rain.

Farmers and contractors are calling for an extension to the deadline, however, given Ireland's Nitrates Action Programme (NAP) review is up for debate by year end, the relevant departments will not be enamoured by farmers calls for an extension.

It brings up the debate yet again of calendar farming and how farming does not operate as so. Should the rain continue into October, cattle will remain housed and the contents of slurry tanks will continue to rise.

For the chemical fertiliser spreading deadline of September 15 many farmers were active on Twitter saying that calendar farming is unworkable. Similar tweets are expected ahead of the October 15 deadline.

Turning to housing and the advice from the Irish Farmers Journal specialists is that stale, warm air will increase the risk of pneumonia and stocking density should be as low as possible by spreading cattle out across all housing.



No farmer wants to compromise animal health, which could in turn lead to them compromising their income.

While in parts of the north and northwest of the country, fodder is likely to become an issue, in West Cork, it will more than likely be the varying quality of the fodder that will be the only stickler.

While in parts of the north and northwest of the country, fodder is likely to become an issue, in West Cork, it will more than likely be the varying quality of the fodder that will be the only stickler.

Have you done a fodder budget? Will you be comfortable for the winter months? The advice here is the sooner you complete it the better. Given the recent weather, it's well worth thinking and planning for what you'll have in the shed going forward.

After fodder, comes thoughts of straw and the inclement weather has affected the trade here too, with talk of straw shortages.

Sourcing straw has become an issue and unless the weather picks up for a short period of time to get straw that is still on the ground baled then there will be problems for farmers here too.

Farmers and contractors alike will be looking for a few windows of opportunity over the coming weeks to get what they can finished before the proper winter sets in.

Tractor Safe Lock wins Innovation Award at National Ploughing Championships

Tractor Safe Lock, a device that automatically engages the handbrake in a tractor when the operator leaves the seat, has been awarded the Innovation Arena's People's Choice Award in association with Enterprise Ireland, the National Ploughing Association and the Irish Farmers Journal.


The Co. Kerry based company, founded by student Jack Nagle (16), was one of 69 companies that exhibited at

the 2017 Innovation Arena and entered into this year's awards. The People's Choice Award is voted for by the general public via the Irish Farmers Journal website and app. The number of votes received totalled 3,000 with Tractor Safe Lock receiving over two-thirds (67 per cent) of the overall vote.

The winning device, Tractor Safe Lock, is activated as soon as the operator takes the machine out of gear through a pressure switch on the seat,

pushing up the handbrake of the tractor to safely stop the vehicle from rolling.


James Maloney, Senior Regional Development Executive, Enterprise Ireland said: "Jack Nagle and Tractor Safe Lock, represents one of the youngest winners of the Innovation Arena to date, representing young entrepreneurial talent at its best and highlighting how Irish innovation is contributing to make farming practise safer."



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St. Joseph's in Clonakilty looks back on 50 years of educating young girls

On Thursday, October 19, St. Joseph's Girls N.S., Clonakilty will celebrate its 50th anniversary with a special mass in Clonakilty Parish Church at 10am, celebrated by Mons. O'Driscoll. Following mass, a general invitation is issued to past pupils, and anyone with an interest in the school, to visit the school from approx

12 noon - 2pm for a cup of tea, a chat and a nostalgic tour of the building, with an exhibition of old photos to enjoy.

St. Joseph's story began on November 2, 1962 when Mother Superior Antonio O'Shea of the Sisters of Mercy in Clonakilty, successfully applied for a grant towards the cost of a new school, which was estimated to have an over-

all cost of £64,500. However, due to costs of material and labour, the final price was greatly increased at £102,323 11 shillings. Contributions by local people helped hugely to fund the shortfall.

In November 1965, the foundations of the new primary school, and an assembly hall to accommodate 300 pupils, were laid by the Sisters of Mercy. By August 28, 1967 the buildings were complete and ready for occupation. The school, a modern well-built structure, was fitted with all the equipment and facilities needed for efficient teaching. It was dedicated to St. Joseph, patron of youth.

On opening there were 259 girls on the roll and Sr. Agnes Herlihy was Principal. The uniform of a check pinafore, white blouse, wine cardigan, wine tie and white or wine socks is still worn by pupils 50 years later!

On October 12, 1975, a new Board of Management, consisting of seven members was formed. The first board meeting took place in what was then known as the School Library, currently the Principal's office. In February 1986 a very supportive and active Parent's Association was set up. Since then, each new committee has surpassed itself in what it has achieved for the school.

Today there are 224 children in the vibrant and busy school, along with a staff of eight mainstream class teachers, two support teachers, a teacher of English for non-national pupils (EAL) and an administrative Principal.

The Montfort School of Performing Arts has been involved in the school since it opened, now joined by Mrs. Pam Golden who prepares the Junior Classes for events such as their Christmas show, Feis Maitiu etc. Extra-curricular activities include Junior and Senior school choirs, guitar lessons, basketball and camogie training, orienteering (beginning this year) and Lego club (beginning after Christmas), along with activities during the school day such as ukulele lessons, French classes, Playball, football, hockey and tennis. The school is very grateful to all the local organisations who contribute so much of their time and resources.

St Joseph's has attained six Green Flags, an Active Schools flag, a Blue Star flag, and a Junior Entrepreneur flag. Furthermore it is applying for an Amber flag this year for its promotion of Positive Mental Health and Wellbeing. Added



Infants Classes 1967 - 1968

to this, St. Joseph's is a Health Promoting School with a 'Walking Bus' just one of the popular activities during the school year.

Many have passed through

the doors of St. Joseph's, with many returning as new parents, grandparents and teaching staff. The school would not be what it is today without the support of parents,

hardworking and dedicated staff, past and present, and the committed members of the Board of Management, all of whom will hopefully be there to celebrate on October 19.



Invitation to 50th Celebration St. Joseph's G.N.S. Clonakilty

All are invited to join our school on
Thursday, 19th October at 10am
in Clonakilty Parish Church
for a Celebratory Mass.

REFRESHMENTS will be served in our school hall from 11.30 - 2pm for past pupils and friends of St. Joseph's G.N.S.



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The Faux Famine



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. He also writes a Political/History Column for the UCC Express.

"The Almighty indeed sent the potato blight, but the English created the Famine." - John Mitchell

An Gorta Mór, Ireland's Great Famine or The Great Hunger, as it is more commonly referred to today, ranks among the worst tragedies in the sweep of human history. Between 1845 and 1850, approximately 1.5 million Irish men, women and children died of starvation or related diseases. By 1855, more than two million more fled Ireland to avoid a similar fate. This decimation of her population makes Ireland's Great Hunger both the worst chapter in the country's history, and arguably, the single worst catastrophe in 19th century Europe. For more than 150 years, the catastrophe that depopulated Ireland has been referred to as the Irish Potato Famine, as if a crop, and not a nation's people, were the victims. Rather than an act of nature, The Great Hunger was the result of centuries of institutionalised oppression and callous disregard for human life.

It is critical that the Great Hunger be remembered accurately. In the 150-plus years since the Great Hunger, this tragedy has been downplayed and frequently distorted by Anglo historians and sympathisers. Too often it has been described as a disaster caused by the bad luck of a naturally occurring potato blight. British authorities, then responsible for ruling all of Ireland, were quick to agree, and thus took no responsibility for this epic disaster that claimed the lives of 1.5 million Irish people. Thanks to recent historians, we now know that more than adequate supplies of food existed in Ireland. Food exports from Ireland actually increased during the famine

years.

Jeremiah O'Donovan Rossa's description of the time is very apt; "People now allude to those years as the years of the 'famine' in Ireland. That kind of talk is nothing but trash. There was no famine in Ireland; there is no famine in any country that will produce in any one year as much food as will feed the people of that country during that year. In the year 1845 there were 9,000,000 people in Ireland; allowing that the potato crop failed, other crops grew well, and the grain and cattle grown in the country were sufficient to sustain three times 9,000,000 people. England and the agents of England in Ireland seized those supplies of food, and sent them out of the country, and then raised the cry that there was 'famine in the land'."

The potato crop in Ireland did indeed fail. It was overcome by a fungus named *Phytophthora infestans*. However, the people of Ireland did not starve because of this. Furthermore, the people of Ireland did not starve because of insufficient volumes of food being available. The people of Ireland starved to death because their government failed to supply them with any food to supplement the failure of the potato crop. They were allowed to starve because the food was an exceptionally valuable export commodity and its monetary value was worth more to men like Charles Trevelyan than its nutritional value to the lives of the tenant farmers in West Cork and the rest of Ireland.

Father Matthew of Cork wrote to Trevelyan in a bid to outline to him the gravity of the situation in Cork; "The number of deaths in the Cork workhouse, in the last week of January 1847, was 104. It increased to 128 in the first week in February, and in the second week of that month it reached to 164 or 396 in three weeks".

The workhouses in Ireland were a last resort of a starving family. Food was provided here, however, conditions were appalling, they were notoriously overcrowded and disease was rampant. Knowing this, many families decided to roll the dice and in a final attempt so as not to enter a workhouse began eating grass. Many families in West Cork were found dead with green stained mouths. Trevelyan was not concerned and continued to export goods from Ireland to Europe but mostly England. At the end of 1845, exports of potatoes from Ireland increased, especially to England, Belgium and Holland, all of which had experienced the potato blight. The export of livestock to Britain also increased during the Famine. In total over three million live animals were exported between



1846-50. In 1847, 9,992 calves were exported from Ireland to Britain, which represented a thirty-three percent increase on exports on the previous year. Some of these cattle were then re-exported to Europe. Overall, during the Famine years, food exports to Europe from Britain increased. Irish food exports, however, went much further afield than Britain or even Europe. In the summer of 1847, a New York newspaper noted that imports of grain from Ireland were even larger than usual. A wide variety of other food-stuffs left Ireland apart from livestock, vegetables and pulses (peas, beans and onions), dairy products, fish (salmon, oysters and herrings) and rabbits. In February 1847, 377 boxes of 'fish and eggs' and 383 boxes of fish were imported into Bristol alone. The butter export trade was particularly buoyant. In the first week of 1847, for example, 4,455 firkins of butter (a firkin equals nine gallons) were exported from Ireland to Liverpool. In the following week, this had risen to 4,691 firkins. Large quantities of butter were exported from Cork to all parts of Britain. For example, in the first nine months of 1847, 56,557 firkins of butter were exported to Bristol and 34,852 firkins to Liverpool. During the same period, 3,435 poultry were exported to Liverpool and 2,375 to Bristol.

In 1847, Nicholas Cummins was the magistrate of Cork. He visited Skibbereen in West Cork and his account of meeting famine stricken families on this occasion is particularly harrowing; "I entered some of the hovels, and the scenes which presented themselves were such as no tongue or pen can convey the slightest idea of. In the first, six famished and ghastly skeletons, to all appearances dead, wore ragged horsecloth, their wretched legs hanging about, naked above the knees. I approached with horror, and found by a low moaning they were alive, they were in fever, four children, a woman and what had once been a man. It is impossible to go through the

detail. Suffice it to say, that in a few minutes I was surrounded by at least 200 such phantoms, such frightful spectres as no words can describe, [suffering] either from famine or from fever. Their demonic yells are still ringing in my ears, and their horrible images are fixed upon my brain."

Many of these families are buried in a mass grave at Carr's Hill in Cork. An estimated 30,000 people are buried at the Carr's Hill site. It was opened as a cemetery when other graveyards in the city could take no more burials. The history of the Carr's Hill site makes for grim reading.

In 1846, the Guardians of the Cork Workhouse advertised for a burial ground. The pressure was mounting to find a new graveyard as the Famine death toll mounted. In the first nine months of 1847, 10,000 people were buried in St Joseph's Cemetery. George Carr tendered for a workhouse graveyard and was successful. The Carr's Hill site continued to be used for the next 100 years to bury paupers. In 1920, it came under the control of the Cork District Board later the Southern Health Board and was still in use in the 1940s. In 1950, an illuminated cross was erected to remember the Famine victims

and the paupers buried there. However, the lights were turned off in 1979 due to its proximity to Cork Airport.

Cork County Councillor Diarmaid Ó Cadhla is currently fundraising to erect a monument at the Carr's Hill site. There are also information evenings taking place in Cork, as well as commemorative walks to raise awareness of the topic in Cork City and County. Anyone wishing for more information on these events or to contribute to this very worthy cause can contact Diarmaid on 021-2428310.

AUTUMN 2017

AEROBICS TIMETABLE

Clonakilty Park Health & Leisure Club

DAY	TIME	ACTIVITY
MON	7.00am – 8.00am	SPINNING
	10.00am – 11.00am**	KETTLEBELLS
	5.45pm – 6.30pm	BODY PUMP
	6.00pm – 7.00pm	STEP
TUE	10.30am – 11.30am	AQUACISE
	11.00am – 11.45am**	CORK CITY BALLET
	3.30pm – 8.00pm	FAT ATTACK TONING
	6.30pm – 7.30pm	FAT ATTACK TONING
WED	7.00am – 8.00am	SPINNING
	9.30am – 10.30am**	20/20/20
	6.00pm – 6.45pm	KETTLEBELLS
	7.00pm – 7.45pm	Free for members! SPIN & CORE
THUR	10.00am – 10.45am**	AQUACISE
	10.30am – 11.15am	TRX
	7.00pm – 8.00pm	TRX
FRI	7.00am – 8.00am	SPIN
	10.00am – 11.00am**	CIRCUIT

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OUT & ABOUT IN WEST CORK



Aldi's Macroom store staff have awarded Macroom Girl Guides a €500 grant in recognition of its tremendous work within the local community and to help support its vital services. Pictured from left to right: Julie McSweeney, Aldi's Macroom store "Charity Champion", Farrah Relihan, Emma Lloyd, Emma Barry and Deirdre Henley from Macroom Girl Guides.



Ballinascarthy U10 Camogie girls played a mini game at half time during the West Cork Junior A hurling final between Ballinascarthy and Clonakilty in Timoleague. Back l-r: Aoife Kingston, Mischa May Pattwell, Tara Fitzpatrick, Kate Lehane, Ella Cahalane. Front l-r: Jane Twomey, Anna Lombard, Nicole Prochniak, Karen Lucey.



(Right) Rena Buckley, Cork Senior Camogie Captain with the O'Driscoll's from Coppeen; (centre) Sarah Harte, Barryroe Camogie with Ashling Thompson, Cork Senior Camogie, and (right) Fionnula Neville, Cork Senior Camogie with Maeve Browne and Lauren O'Sullivan, Enniskeane at the Cork Camogie Open Training Session, with Cork Senior Camogie Squad at Clonakilty Gaa Club.

Pics: Jim Coughlan.



Mary Murphy, Postmaster, Rerrin Post Office on Bere Island who sold a €500,000 Euro Millions Plus ticket pictured celebrating with family her family, Edel, Michealeagh, Olan, Billy, Ultan, Brendan and Brendan Murphy.

Pic: Don MacMonagle / Mac Innes Photography



CSN College Graduation: Ciara Houstoun from Bandon graduating from Coaching & Physical Education who is going on to study P.E. at UCC; Bhooshita Soyjaudah from Clonakilty and Greg Faulkenberg from Leap graduating from Cultural & Heritage Studies who are continuing their studies at UCC.

Send your pictures of people events in West Cork to West Cork People's Out and About page:
email: info@westcorkpeople.ie

Cork South West to receive vital support from Town and Village Renewal Scheme

Almost €850,000 is to be allocated to Cork South West through the Town and Village renewal scheme.

Speaking on Wednesday's announcement Cork South West Fine Gael TD and Minister of State at the Department of Health, Jim Daly Minister Daly said, "I can confirm that my colleague Minister Ring has announced over €430,000 in funding through the Town and Village renewal scheme for Drinagh, Clonakilty, Schull Harbour and the Ludgate Centre Skibbereen. I am delighted to see that this important scheme continues to benefit towns and villages in Cork South West."

€100,000 will go towards the creation of a 3km cycleway and pedestrian

access from Clonakilty to the Technology Park to the east side of Clonakilty. This new cycleway and pedestrian walkway will now allow make the town more accessible from the Technology Park.

While a further €100,000 will go towards Schull Harbour and €152,000 allocated for the Ludgate Hub Innovation Cluster in Skibbereen.

Drinagh village is in for a spectacular transformation with the construction of a new public plaza. Drinagh Community Association plan to use the €80,000 allocated funding to create a public plaza for the town. The plaza will consist of new public lighting, footpaths and a horticultural and recycling hub in the village.

Minister Daly commenting

on the broad spread of funding on today's announcement by saying, "I am delighted to see that Cork South West has been really been given a broad range of funding, where areas in Bandon, Bantry, Glengarriff and Kinsale are all receiving funding from €32,000 to €80,000. This important funding will allow community groups to improve their areas with new infrastructural projects.

"I commend all community groups for taking an initiative on such ambitious and worthwhile projects. I am delighted to have been of assistance to all groups in these projects that will enhance the community not only for visitors to the area but also the local people," Minister Daly concluded.

Bride Valley's historic quarry industry presented in temporary exhibition



The John A Wood block yard at Classis Ovens in 1934.

Independence Museum Kilmurry will present a temporary exhibition on the history of the stone, sand and gravel industry in the Bride Valley during the month of October. Officially opened on Saturday October 7 by Richard Wood, former Chairman of John A. Wood Ltd, the exhibition will include many photos and items from Richard's own collection.

The exhibition features the

companies; Castlemore Quarries; Finbarr O'Neill Ltd.; William Ellis and Son Ltd and Jerh O'Regan and Son. Among the items to be seen will be a Liner hand-operated block machine and other artefacts from this important industry, which continues to this day. There will also be many photographs of the people who worked in these firms and a number of former employees will be available to speak about their working

lives during a time of great change.

Previous exhibitions on Howard's Bellmount Mills in 2015 and The Local Creameries in 2016 proved very popular and the curators are confident this exhibition will be as well received. All are welcome to the opening at 2.20pm on October 7 and the exhibition will be on view each Sunday in October from 2pm to 5pm.

A voyage back in time



Pictured on a reconstructed version of their mother's water taxi and recreating an image originally taken in 1922, was Bessie Owens (L), who and her sister Bridie Dinneen (R), whose mother and aunt, Teresa and Bessie Garrett, won first prize in the Cork City Regatta almost 100 years ago.

A little piece of local history was brought to life on Wednesday, September 20 in Cork to mark the UNESCO Third International Conference on Learning Cities, The Cork City Lifelong Learning Festival and the sporting achievement of two Cork women, Teresa and Bessie Garrett, who won first prize in the Cork City Regatta almost 100 years ago.

Ted Owens, CE of Cork Education and Training Board, and grandson of Teresa Garrett, along with his cousin Joan Dineen, Board Member of Meitheal Mara, launched Muirlaoch; a new plywood clinker boat created by Meitheal Mara's adult volunteers in celebration of the Low Road's Garrett sisters and sporting heroines and in doing so, recreated an image that captured their ancestors' achievements in 1922.

Meitheal Mara—known for bringing the currach to Cork—and a group of volunteers from Naomhóga Chorcaí, combined their expertise in wooden boatbuilding and together have completed two Sooty Tern plywood clinker boats: Muirlaoch and Fionnbarra. The boats will provide a competitive and fun means for enticing both young and old to learn rowing and sailing skills. Muirlaoch, a small vessel that can be crewed by three to five people, was launched at the Lapp's Quay pontoon in front of the Clayton Hotel and the impressive reconstruction was the result of a lifelong learning initiative; a project created in order to introduce a group of adult volunteers to traditional boatbuilding.

Harking back to the days of the Garrett sisters' 'water taxi' service, which operated

during the 1920s and served to transport passengers across the River Lee from their homes on the Lower Glanmire Road to the Marina, Teresa Garrett's daughters Bridie and Bessie took to the waters again for Muirlaoch's maiden voyage to mark the occasion.

Reminiscing at the launch, Teresa Garrett's daughter Bridie Dinneen said, "It was such a fantastic feeling to be back on the water again with my sister to mark the launch of this reconstruction of our mother and aunt's taxi service boat. Meitheal Mara and Cork Education and Training Board do so much for the young and the older generations today so much so that we can all continue on our lifelong learning journey, no matter what our age. I am looking forward to getting out on the water again soon with my sister, daughter and grandchildren soon."

The Sooty Tern boat—an elongated version of the Arctic Tern—was designed by Iain Oughtred, a Scotland-based, Australian small-boat designer who bases his creations on a combination of traditional Scottish design and Scandinavian heritage. They are regarded as being among the most sea-worthy and beautiful of all the designs available for home or community builders.

Cork Education and Training Board was set up under the Education and Training Boards Act and is one of 16 Education and Training Boards (ETBs) to take responsibility for the delivery of primary, post primary and further education in line with their predecessor VECs (Vocational Education Committees). The Cork board is responsible for 25 post-primary schools and colleges, the Cork ETB School

of Music, Music Generation Cork City, the impressive Cork Training Centre (Bishopstown – www.corktrainingcentre.ie), and three of the largest PLC colleges in the country, namely Cork College of Commerce, St. John's Central College and Coláiste Stiofáin Naofa. The Board is also responsible for youth services, including Youthreach, projects for disadvantaged youth, Young People's Facilities and Services Funds and grants for youth initiatives.

For further information on Cork Education and Training Board (CETB) see www.corketb.ie;

Muirlaoch and Fionnbarra can be seen at the Lapp's Quay Boardwalk among Meitheal Mara's other boats. For more information see www.meithealmara.ie.

UNESCO's Third International Conference on Learning Cities was hosted in Cork in September. On the final day more than 650 delegates were treated to a masterclass by Cork City Learning Partners on Lifelong Learning in Cork, with field trips to Cork Learning Neighbourhoods in Ballyphehane, Knocknaheeny, Togher and Mayfield and sessions hosted by Cork learning institutions UCC, CIT, CETB and the HSE.

For more information on the UNESCO Third International Conference on Learning Cities and to see the full conference programme go to the website www.learningcities2017.org or keep up-to-date with live online updates by following #learningcities2017 or check out Facebook page/CorkLearning or Twitter @Corklearning.

people A FLAVOUR OF WEST CORK

Caravino takes off

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2017 the guide

It's all over, bar the towing!

The Caravino was a success! Sure enough, it got some funny looks says **Maeve Bancroft**, as it was pushed and pulled into place on Astna Square in Clonakilty early on a Sunday morning during the recent A Taste of West Cork Food Festival, but it all worked out in the end.

The shredded curtains hadn't been replaced but it's amazing what you can do with a packet of doilies from the back of the press. Always keep a pack handy, you never know when they'll come in useful! Oh, and Duct tape – another essential. If I ever open a hardware/haberdashery shop it'll be called 'Doilies and Duct Tape'.

The virtual tours through the vineyards of the world went smoothly. The talk on, 'in the event of an emergency' was quite short, 'go out the same door you came in', and 'no,



there are no loos'. We travelled the world sans turbulence or cancellations and we arrived on time! A certain airline should take note of how we operate...

Fionnuala Harkin, Wines Direct, gave a vivid and engaging description of the wines to be consumed en-route. We heard about the producers and their families: some were third generation winemakers and others were business people who used the fiscal crash as a way to change direction and follow a dream.

She told us about the terroir (climate, soil and aspect) of the crop (grapes are a crop, but seem sexier than, say, barley)

...we learned of the hills the vines are grown on, and like any crop, the difference that the soil, the drainage, the sunshine, the side of the hill and the timing of the harvest has on the taste of the final product. She told us about the grapes in each wine and why blends aren't bad. We learned of different controls in different countries, and how the same grape can be called different things only a couple of miles apart. Oh...so you love Chablis but you hate Chardonnay, hmmm? (never say that again!). We even tried a wine that the pope had tasted!

Our passengers smelled, swirled, sipped and swallowed (no spitting) a sparkling, a white, two reds and finished with a port. Fionnuala has eaten in many of the wine producers' kitchens and, like them, we provided simple, delicious, locally produced food to complement each wine.

The guests were a pleasure. We hosted groups of friends, families, a birthday outing, hoteliers, food producers and food sellers. Some of them had lots of questions, others had visited some of the vineyards mentioned and had stories for us, and some just sat

back and relaxed.

A couple of the groups dressed up...one group arrived in colourful hats and fascinators like they were off to a race meeting in The Curragh and another group arrived as fortune tellers, draped in vibrant scarves and spangly things. There was even a short dance... thankfully not as robust as the Fr Ted scene... Caravino couldn't take it.

Despite not having a crystal ball, we foretold that the guests would be great...the type of person that books a ticket in a tiny caravan for a virtual tour around the world is the type of person who is up for anything!

The age bracket ranged from thirty to seventy (maybe eighty, it's hard to tell these days...all so glamorous). Some arrived early to have an aperitif in one of the nearby wine bars while others re-located there afterwards, not quite ready to go home yet.

People had suggestions for other routes around the world...and who knows, perhaps the Caravino will take off again so have your passports at the ready, and keep an eye on the Caravino Facebook page for pop-ups.

THE HARBOUR BAR

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4 COURSE FESTIVE MEAL
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Certified 'Origin Green' companies found to be among the country's worst polluters

Three companies certified as 'Origin Green' are said to be amongst the country's worst polluters. That's accord-

ing to the Environmental Protection Agency, which has listed three companies from the dairy sector in its quarterly 'name and shame' list of worst performers. All of the companies scored highly under the categories of complaints, incidents, compliance investigations

and non-compliances.

Arrabawn Co-Op, Carbery Food Ingredients and Dairy Gold Co-op are all certified 'Origin Green' by Bord Bia.

'Origin Green' is a marketing label promoted by An Bord Bia, which claims to be the 'world's

first national food sustainability programme'. It was recently in receipt of €1 million in taxpayers' money for a national advertising programme.

The Irish Wildlife Trust (IWT) is calling on the government to scrap its 'Origin Green' certification programme.

IWT Campaigns Officer, Pádraic Fogarty says "it is time that Origin Green was exposed for the sham that it is and should be scrapped.

"Instead of being a tool to promote better environmental performance, it is simply a smokescreen for 'green-washing' the significant environmental problems which we face."

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people A FLAVOUR OF WEST CORK

Kinsale restaurant retains Michelin Guide status

Popular Kinsale restaurant Bastion has retained its Bib Gourmand status in the new Michelin Guide Great Britain and Ireland 2018 just published.

Michelin Bib Gourmand awards recognise those establishments that offer good food

at affordable prices of €40 or less for a three-course meal.

Bastion serves food with distinctly Mediterranean influences and is located at the junction of Market Street and Main Street.

This year, seven newcomers joined the list of 20 Bib

Gourmand recipients in Ireland whose names feature in the 2018 Michelin Guide. They are: Bastible (South Circular Road, Dublin); Richmond (Portobello); Forest & Marcy (Ranelagh); Craft (Terenure); Morrissey's (Doonbeg); Kai (Galway City) and TwoCooks

(Sallins).

Published by tyre manufacturer Michelin, the Great Britain and Ireland 2018 Guide is priced at €18.99 and is available at travel.michelin.co.uk and in bookshops from Thursday, October 5.

Celtic Ross Hotel awarded AA Rosette for Culinary Excellence

The Kingfisher Bar and Bistro at the Celtic Ross Hotel, Rosscarbery, under Head Chef Alex Petit, has received an AA Award for Culinary Excellence.

The AA has been awarding Rosettes since 1955. This scheme is an award, not a classification, recognising exceptionally high standards in culinary excellence demonstrated by AA Accredited properties across Ireland and the UK. The aim of the Rosette system is to provide reliable information for all patrons about where to eat.

AA Rosettes are internationally recognised and all participants are featured in the AA's annual restaurant guide

and featured on the AA Ireland and AA UK websites. Properties displaying the AA symbol have been assessed to a very high standard.

Originally from Brittany, Northern France and boasting a wonderful Gallic west cork accent, Alex Petit became executive Head Chef of the Celtic Ross Hotel in 2014. With his task being to revolutionise the culinary experience for guests and customers of this traditional hotel, Alex has succeeded in winning the hearts and bellies of loyal customers while building a new following thanks to honourable mentions in renowned guides including John and Sally Mc Kenna's guide



and the AA hotel guide.

Alex's style of cooking is timeless and enduring. Inspired by his travels and his French roots, he is constantly developing fresh concepts, becoming a main influencer in the West

Cork culinary market. Alex Petit's cooking ethos: Locally sourced ingredients, supporting small producers, respect of the product, freshness and consistency.

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Christmas Menu

€29 per person

Cream of Vegetable Soup with Crispy Bread Rolls
A Puff Pastry Case filled with Chicken & Mushrooms, cooked in a Cream White Sauce
Chicken Liver Pate on Toasted Brioche with Cranberry Sauce
Melody of Seafood bound in a Marie Rose Sauce on Dressed Leaves
Fantail of Melon with Fruit Coulis

Roast Sirloin of Irish Beef served with a Roast Gravy
Pan Fried Breast of Irish Chicken, Stuffed with Clonakilty Black Pudding, wrapped in Bacon in a Red Wine Sauce
Roast Stuffed Turkey & Ham served with a Cranberry Jus
Prime 8oz Sirloin Steak (€5 supplement) served with Sautéed Mushrooms and Onions with a choice of Peppercorn Sauce or Garlic Butter
Penne Pasta tossed in a Roast Vegetable and Tomato Cream Sauce
Baked Fillet of Cod with a Herb Crust

The above main courses are served with a selection of fresh market vegetables and potatoes

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Saturday 16th December

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Email: info@celticross.com | Web: www.celticrosshotel.com

people A FLAVOUR OF WEST CORK



LETTERCOLLUM
kitchen project

Vegan Cooking Saturday 21st October

Healthy and fun cooking without dairy, meat, nor eggs – there's a surprising amount of good eating out there. The class will be gluten free or have alternatives.

Gluten-Free Cooking Saturday 4th November

Quick and useful gluten-free recipes for muffins, pizza, bread, scrumptious lunches, dinners and snacks.

Curry Class Saturday 18th November

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

The classes are held at Lettercollum in Timoleague. They begin at 10am and finish around 3pm, The cost is €95 and includes all recipes, tastings and a large lunch.

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Feed your hunger and your health



A FLAVOUR OF WEST CORK RECIPE

Karen Austin

‘Cauliflowers on Mars, a sign of ancient life’ is a headline that I came across whilst googling cauliflowers. I don’t know about Mars but this alien looking vegetable has a habit of popping up expectedly in our garden. We do plant them, no question about that, but instead of arriving in November, which is what the seed packet promised, this year they arrived at the end of August.

The end of August/September is when our ‘Mediterranean’ department is yielding its booty. Tomatoes, courgettes, aubergines, green beans, pumpkins ... tempting us with memories of sunshine and somehow the cauliflower takes the back seat. Such a back seat that all of a sudden we have 15 cauliflowers needing attention.

Cauliflowers have many merits. They are anti-inflammatory, high in antioxidants, high in fibre and contain sulforaphane, a substance that can kill cancer stem cells and improve blood pressure

and kidney function so there are plenty of reasons to eat them.

We’ve enjoyed cauliflower ‘couscous’, fritters, curry, salads and now we’re on to soup.

As the trees are bending sideways with the wind this afternoon, soup seems like a good call. This soup is lightly spiced, just enough to wonder what’s there, and served with a drizzle of parsley picada.

The picada could as easily be a little basil pesto if you have some lurking in the fridge or even just chopped herbs, I just happened to have some parsley picada at hand. Perfect for autumn days!

Cauliflower Soup with Parsley Picada

Ingredients:

1 medium cauliflower
1 onion
2 stems celery
1 large potato
half a bulb of fennel
750mls vegetable stock – or enough to cover the vegetables
200mls almond milk or milk
juice of half a lemon
½ tsp garam masala
salt and pepper.

The picada;

2 cloves garlic, peeled and chopped
20 blanched almonds
1 slice white bread
a bunch parsley, roughly chopped
about 100mls olive oil

Method:

Peel and chop the onion. Put a pan on a medium heat, add a little olive oil – enough to just cover the bottom of the pan and



the onion. Give it a stir and leave it cook whilst you prepare the other vegetables. Wash the celery and cut lengthwise into three or four strips then chop into a fine dice. Add to the pan. Slice the fennel thinly and add to the pan. Keep stirring the vegetables. They should be sizzling but not browning. Peel and dice the potatoes. Stir into the pan with a little salt.

Wash the cauliflower. Discard the very thick piece of the stem then chop the smaller stems into small pieces. Add the stems to the pot then chop the florets and stir in. Cook everything together for five minutes to soften. Add the vegetable stock – enough to cover the vegetables but not drown them.

Stir in a half teaspoon of garam masala and bring to the boil then simmer for fifteen minutes. Blend to smooth puree then stir in enough almond milk or milk

to make a smooth soup. Season with salt and pepper. Taste then add a squeeze of lemon juice – enough to brighten the flavours up.

Serve with a swirl of picada, pesto or herbs on top.

To make the picada

Remove the crusts from the bread and cut into cubes. Heat a little olive oil in a pan and fry the bread until golden.

Put the fried bread, almonds and garlic into a food processor and buzz to a fine crumb. Slowly pour in enough olive oil to make a loose paste. Season with a little salt, and stir in the chopped parsley.

Any left overs can be spooned over pasta, potatoes, grilled fish or chicken...

Check our ad or pop into the shop for more details.

Here’s to cosy soup days.



THE WINE BUFF

Tony Eklof

Tony Eklof, originally from New England, has settled in Clonakilty after a career as a librarian at University College Dublin. His knowledge and passion for wine has been inspired by frequent visits to the wine growing regions of the continent, particularly Italy and France.

Autumn means French wine sales



Historically the wine sales in France this time of year were a means of clearing out the old vintage before the release of the new. Superquinn is credited with bringing the annual sale to Ireland. When I lived in Blackrock, County Dublin I used to look forward to the sale each year, and now that SuperValu

has taken over the chain, the

tradition has carried on albeit not on as grand a scale.

Before making some recommendations I thought I would offer a little refresher about the finest of all French regions, which may help you choose your sale wines. For my money Bordeaux still makes the best wine in the world, so I am always looking for good value here. The great wine critic Robert Parker described



Bordeaux wines as ‘having intensity of flavour without heaviness’.

The region is split by the great Gironde estuary, the left bank being synonymous with the Medoc and Haut Medoc. Wines here are cabernet sauvignon dominated and their finest expression is found in the towns of Margaux, St Julien, Pauillac and St-Estephe.

Across the Gironde on the right bank wines are merlot based, with St Emilion and Pomerol the most famous production areas although great value can be found in Fronsac, Cotes de Castillon, and two of my personal favourites, Cotes de Blaye and Cotes de Bourg. Near the city of Bordeaux itself the Graves region is also worth a mention with its finest expression being the wines of Pessac-Leognan.

Dunnes Stores sale has stepped up a notch from previous years, with Chateau Begadanet 2014, €13 a fine example of a classic wine from the Medoc. Chateau Chante-merle 2014 €18 has a classic left bank composition, 60 per cent cabernet sauvignon, 35 per cent merlot with small amounts of cabernet franc and petit verdot. Also well worth a mention from outside the Bordeaux region is Visan L’Enclave Nord Cotes du

Rhone, a glorious expression of wine from the southern Rhone Valley. Great value at €11.50. Think black olives and ripe fruit.

Over in SuperValu, I like the Chateau Manon Des Brumes, a dry white from the aforementioned

Blaye region and a steal at €9. Another white worth mention is the lovely Domaine du Hout Bourg Muscadet, €10. An annual favourite of mine back in the reds, Chateau Moulin Lafitte, is merlot based and very elegant with spice and red fruit, €12. Further value can be achieved if your selection is in SuperValu’s three for €25 or two for €20 sections.

Finally, keep an eye out for the Lidl sale, which started on September 25 and is sure to feature some great value from the classic Bordeaux regions.

westcorkwinebuff@gmail.com

people A FLAVOUR OF WEST CORK

Historic hotel now hosting weddings

First opened in 1885, Victorian charm meets modern style in the historic Eldon Hotel at the heart of Skibbereen town. Beautifully refurbished by the O'Donovan family, the 12,500 sq ft hotel, which includes a reception, lounge bar, restaurant, 13 ensuite bedrooms and outdoor dining areas, is renowned for the quality of its food and fantastic customer service. A popular venue for celebrating occasions such as birthdays, christenings, hen and stag parties, the Eldon is now also available for civil wedding ceremonies.

"We're hosting our first civil wedding ceremony this month," says proprietor Eileen O'Donovan. "We're delighted that our head chef Jerry Thomas has chosen to hold his own wedding here at the Eldon. He's asked me to give him away to his partner Denis," says Eileen proudly.

The Eldon boasts a lovely function and large private outdoor space, so depending on the weather, ceremonies can be held inside or outdoors. With seating for up to 140 people, the inviting hotel is the perfect venue for an intimate gathering.

With the season for Christmas parties now upon us, the Eldon is offering an excellent festive package including a mulled wine reception, sumptuous four-course dinner and live music for just

€34.95 pp. With a selection of tastefully decorated twin, double and family rooms, accommodation can also be offered as part of the package.

The Eldon Hotel is, of course, where many people



believe patriot Michael Collins had his last meal on that fateful day when he was shot at Beal na Bláth in West Cork. Today, the character-filled building is a lovely setting to enjoy breakfast lunch or dinner and the kitchen is open until 9.30pm seven days a week. Popular dishes include roast of the day, the 100 per cent Irish Eldon steak burger (only €16.50 for a burger and a pint), a 10oz Hereford sirloin steak, creamy carbonara

and traditional cottage pie. If you're meeting a friend for coffee and cake, the coffee dock and foyer at the front of the hotel is a quiet and inviting space. For lively get-togethers, the beer garden at the back of the building is one of the largest outdoor social spaces in Skibbereen. There is live at the hotel music every weekend.

Keep an eye on The Eldon Hotel facebook page for details of the upcoming Hal-

loween Fancy Dress Party.

Due to popular demand, the hotel will serve food again this year on St. Stephen's Day. Consider taking a well-earned rest after cooking dinner on Christmas Day and call in to the Eldon for a delicious dinner.

For more information or to book a party or wedding at The Eldon Hotel call (028) 22802.

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Enjoy music in our lively bar afterwards
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Remember to book early!
7.30pm Mulled Wine Reception
8pm Seated

includes glass of mulled wine to start & Mince Pies to finish!

Party Nights Accommodation Offer
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A flavour of Persia in West Cork



It's been quite a year for Flavour.ie with successful pop up events that make the most of collaborations with talented chefs from across Cork, dining in castles, barns,

art studios, around the fire and on the beach.

The next food adventure is one that explores Levant cuisine. Levant food stretches from the Eastern Mediterranean

and Turkey to North Africa and into the Persian countries of Iran, Iraq and beyond. It's a food that epitomised by fresh vegetables, aromatic spices, sweet fruits and exotic scents

of rose.

Flavour.ie is delighted to welcome to West Cork from Galway Levantine specialist Mitzi's Mezze, in an exploration of flavours, texture and music inspired by the flavours of Persia in 'Persiana'. The event takes place on Saturday, October 14 at 7.30pm in Tots Pub, Ballygurteen (10 mins from Clonakilty).

Mary Toomey is the driving force behind Mitzi's Mezze based in Galway on Ireland's West Coast. Kate Ryan of Flavour.ie said, "Mary created Mitzi's Mezze as a way of sharing her love of Middle Eastern cuisine created using the best of Irish food. Starting out as a Supper Club, Mitzi's Mezze quickly grew on a reputation

of fantastic food, authentically prepared using recipes that are meticulously researched, tried and tested. Mitzi's Mezze is now recognised for her unique style producing excellent food catering for events, cookery demonstrations and classes. I am delighted to host Mary to West Cork in an event that excites my taste buds enormously and I hope will do yours too."

Persiana places glorious vegetables centre stage of the menu. Ireland in October is in the throes of harvest as we prepare for our winter ahead, and is perfect for celebrating Vegetables with dishes that sing of the summer gone by and in anticipation of the summer to come, and the best of the Autumn bounty.

Diners can choose to go Fully Veggie or A Bit Meaty. Levant food is a style that easily lends itself to tasty vegetarian food so guests can select on booking to have either a 100 per cent vegetarian meal or go a bit meaty for the main course.

Mitzi's Mezze has created a menu that will pack punches of flavour into every bite, and to satisfy your musical taste buds, a West Cork based drumming group will welcome guests and get everyone into the spirit of the evening, and DJ Paul Cullen will once again produce a music menu to accompany the food menu!

Booking: www.flavour.ie/persiana or phone Kate on 086 205 9360.

FLAVOUR.IE presents...
PERSIANA
An evening of Persian inspired food & music

Saturday October 14, 7.30pm
Tots Pub, Ballygurteen

Tickets: €50pp including a multi-course feast of 6 mezze, 2 mains with salads, dessert, petit fours and homemade blended tea/coffee, welcome drink, gift, recipe sheets and music.
Guests can choose between a totally vegetarian menu or a meat main course when booking.

Booking: www.flavour.ie/persiana or phone Kate on 086 205 9360.
f [@FlavourIE](http://www.facebook.com/flavourwestcork)

WHAT'S HAPPENING IN WEST CORK

Ballydehob

Accapellabella Community Choir weekly Thursday night singing sessions. These fun, friendly and informal sessions run in an Sanctoir from 8-10 pm and all are welcome. No previous experience is necessary. (083)1425599
Set Dancing Classes for adults in the Community Hall. 8.30pm sharp.
Two Rivers steiner based PreSchool. 087 9194082

Ballineen/Enniskeane

Sleepy Bunnies Baby and Toddler Group Monday mornings from 10am to 12pm (Term time) at Gort Mhuire Hall, Ballineen. Contact 086-3124313
Gaeilge agus Spraoi! Bilingual toddler group (babies-preschool) every Friday from 10am-12pm (Termtime, from 06/10/17) in Ballymoney Hall, Ballineen. €3 per family. Please bring a healthy snack/lunch for your little ones and a drink of water. Úna - 0851759955. Fáilte! All welcome, even if you don't have any Irish.

Bandon & Innishannon

Bandon Hillwalking Club AGM: Thurs, Oct 19 in the ASH TREE at 8pm. Registration on the night. All welcome. www.bandonhillwalkingclub.com or FB and Twitter or Pat 086 6043550

Bandon Toastmasters allows members to learn public speaking in a fun, friendly and extremely supportive environment. We meet on the 2nd and 4th Wednesday of the month at 8:15pm in the Munster Arms. Find on facebook.

River Rhythms mixed choir every Tuesday, 8-9:30pm downstairs at Innishannon Parish Hall. Contemporary songs, no need to read music, all welcome!
Newcestown Comhaltas Music sessions every second Friday night at 8pm. All abilities are catered for. Social dancing classes take place every Friday night, children 7pm and adults 8pm. Singing classes every second Friday night at 7pm. Tel 086 4513914
Gaggin Badminton Club meets every Tuesday from 8:30 - 10pm for social games only - All welcome
Family Support and Community Well-being 76 South Main Street, Bandon. 023-8868107
Get Writing, Stay Writing with Bandon library creative writers. Bandon Library at 10.30am every second Wednesday. bandonwrites.wordpress.com for updates.

Innishannon Parent & Toddler group every Wed in the parish hall 10am-12 noon. All welcome. Mother & Toddler Group meetings on Mon. 086 3712626 Crossmahon-Bandon Macra na Feirme 087 7498909 See facebook.
Innishannon Macra Na Feirme meet 1st Tuesday of every month at Innishannon Hall at 9pm. 086 3447705.
Citizens Information Service every Thurs, 10am - 4pm providing information & advice c/o St Michael's Centre, South Main Street, Bandon. No appointment needed.
Friends Together, Active Retirement Group meets every Wed at the Parochial Centre, St. Patrick's Church, Bandon between 2.30pm and 4.30pm. 023 8844827.

West Cork Transport Service.
Kilbrittain Parent and toddler group meets every Monday in the Parish hall 9.45-11.45, food and drinks provided.
Bandon Country Market, Weir Street (opposite Garda Station). Open Fridays 9am-1.30pm and Saturdays 9am-1pm.
Bandon Farmers Market every Saturday morning 9.30-1.30 in post office car park.
Bandon Breastfeeding Support Group every Tuesday in Family Support and Community Wellbeing Centre 10.30am to 12.30pm.

Bantry & Beara

West Cork Carers Support Group will hold an Information evening on the Nursing Homes Support Scheme, also known as the 'Fair Deal' scheme, which is a scheme of financial support for people who need long term residential care services. Ray Dwyer, Senior Executive Officer at the Nursing Home Support Office will facilitate an evening explaining the scheme and process for applying. This will take place on Wednesday, October 11, from 6.45pm to 9pm in The Beara Coast Hotel, Castletownbere.**Are you interested in meeting for a night of Storytelling, Poetry, Music, Song?** Monthly.. If interested email jlcunningham@eircom.net or leave a message on 089 4195208
Bantry Breastfeeding Support Group Meeting every Monday from 10.30am at Bantry Primary Care Centre.
Community Singing Group An inclusive singing group 7.30-9pm on Monday nights in the Family Resource Centre, Kilbarry Rd. For more info contact Jane on 027 66209
Lehanmore Community Centre, Beara Tue Night Music Sessions, from 8pm, bar open, all welcome. Wed Nights, Bingo from 7.30pm. Yoga classes Mon and Thurs, Tel: 027 73911, horizonproject@eircom.net.
Bantry Open Water Swimmers each Wednesday and Saturday at 5.30 pm from the Abbey pier, Bantry for open sea swimming. Wet suits are highly recommended.
Citizens Information For information and advice on rights and entitlements, call 0761 078390.
Bingo - every Sunday night at Bantry Boys Club 8.30pm.
Bantry Parent and Toddler Group ages 0-4, meets in the Gaelscoil Hall in Bantry from 9.45 to 11.45 on Mondays excluding Bank holidays and school holidays. 085 1092832.
Grow: Suffering from depression, anxiety, inability to cope - we're here to help. Bantry Community Resource Centre, Glengarriff Road. Every Tue 7.30p.m. Drop in or 021 4227750.

Clonakilty

Shared Voices for Wellness, fun singing for all, 2nd, 3rd & 4th Tues of the month, 7.30-9.30pm, St. David's Resource Centre, Hospital Grounds. 085 1771436, 086 125 2004.
Set Dancing Classes Clonakilty Hotel every Tuesday at 8:30pm. Adults only, everyone welcome 086 2052312.
Clonakilty Badminton Club every Tuesday and Thursday nights at the Community Hall from 8.30pm. Old and new members we come. Competitive and social badminton.
Clonakilty Chess Club now meet every Wednesday in O'Donovan's Hotel from 8pm. New members welcome. For more

information call 087 2165458 (Ken) or 086 4059497 (John).
Indoor bowls Ballinascarthy Hall on Tuesday nights at 8.30pm. Open to all ages. Beginners very welcome. For information call 087 2414787 or 023 8833648.
Clonakilty Camera Club meetings take place every fortnight on Wednesdays, at 8pm in O'Donovan's Hotel, Clonakilty. www.clonakiltycameraclub.net. New members are always welcome from beginners to expert level.
Grace Centre, South Square, Clonakilty, 087 4025911. Providing a range of services and facilities including Friendship Club on Monday mornings 10.30am; Keep Fit Monday and Wednesday 6.15pm; Affordable counselling; Mens Breakfast first Saturday of the month at 9.30.am; Womens Brunch - second Sat of the month 10.30am; ICA meet on the 2nd Tuesday of the month; Mountain of Fire prayer group meet on Sunday morning 11am.
Coffee morning in The Grace Centre, South Square, Clonakilty, Oct 13th 10 30 to 12 30. All welcome, To raise funds for the running of the Grace Centre.
Clonakilty First Responders If you would like to train in C.P.R and defibrillation please contact 087 094 1006 .
Clonakilty Lions Club meet on the third Wednesday of month @ 6pm The Emmet Hotel. New members are very welcome. more info contact Ann 087 8206908.
Clonakilty Farmer's Market every Thursday, 10am-2pm O'Donovan's Hotel, local Food and Craft.
The Clonakilty Market, Fridays 9am – 2pm.

Clonakilty Friendship Club (for the active retired) Monday morning meetings starting 10.30am. New members welcome without commitment or obligation. Phone Bernie 087 6929024.
Amnesty International meets on the second Mon of every month at 3.30pm at O'Donovan's Hotel, Clonakilty.
Timoleague Parent and Toddler Group every Thurs during school termtime 10.30am to 12.30pm in The Community Centre (the room above the playschool). Parents, Grandparents and Childminders. €3 per family. 086 3451175.
Clonakilty Breastfeeding Support: Bumps to Tots- meet third Tuesday of the month from 10.30-12.30 in the Grace Centre. All mums and mums to be welcome! Contact Claire on 087 2323 623.
Meditation every Monday morning 9.15-10.15. Heart centred meditation, drop in, all welcome. By Donation. Call Lisa 087 2244429.
Clonakilty Backgammon Club now meets 6pm - 10pm Tues in Casey's Bar.

Dunmanway & Drimoleague

Coffee Mornings every Monday (except Bank Holidays) at Drimoleague Methodist Hall. 10am to 12pm. Everybody welcome. 087-0533703.
Dunmanway Family Resource Centre For further information phone (023) 8856818.
Messages from the Bible, Drimoleague Community Hall, Wednesdays 8-9pm. All welcome 085 1490024.
Citizens Information Service every Wednesday, 10am - 1pm providing information & advice at Ross House, Main Street, Dunmanway. No appointment needed.
Dunmanway Bridge Club meet Tuesday evenings at the Parkway Hotel at 7.45pm. New members most welcome

Contact Ann Bailey 023-8845627
Farmers Market every Thurs from 11am-2pm at Healy's Supervalu carpark.

Kinsale

Kinsale Voices Acapella Performance Choir, Monday evenings in Café Blue, Blue Haven Hotel from 7.30 till 9.30pm. New members welcome 086-8759949, kinsalevoices@gmail.com FB:KinsaleVoices

Macroon

Farmer's Market in Macroon held every Tuesday in the Square in Macroon. The traders sell fresh fruit and veg, home baking, a variety of bread and chese, gluten free cakes and bread, clothes, candles, crepes and many more items.
Macroon Country Market Tuesdays 11.15 to 1pm in the GAA club house – selling home produced baking, organic vegetables, jams and honey and locally made crafts. Tea and coffee also served. All Welcome.
Youthreach, Macroon 026 43733.
Citizens Information Centre Information & Advice on your entitlements. Drop-in to the office at South Square or tel: 0761 078430.
Visitor Information Point run by Blarney Macroon Municipal District, in conjunction with Fáilte Ireland, is located in the Town Hall, Macroon providing leaflets and information on local tourist activities.

Rosscarbery, Leap & Glandore

Myross Community Choir meets every Thursday evening, 7.30-9.30, at Myross Wood House, Leap. Contact Pamela Marshall: 028 34395 or 086 1252004.
Taizè Ecumenical Evening Prayer Service of Prayer, Song & Contemplation on the First Thursday of every month @ 9pm in Rosscarbery Parish Church (Sacristy). All welcome to attend. Bring a friend.
Enchant Ladies Choral Group – Mondays in the Church of Ireland Hall in Rosscarbery at 7. 30 p.m. If you like to sing, you are most welcome to join us. Nancy Long 086 3159760
West Cork Toastmasters Club Celtic Ross Hotel, every Saturday morning, except Bank Holidays, 11am - 12.30 pm. Overcome your fear of public speaking and become more confident! New members welcome. For more information contact John at 0857202808.
Meals on Wheels delivered every Wednesday or served in Rosscarbery Social Centre. To book phone Fiona 087 925 6029.
Friday Active Retired club, meets every week for activities and lunch, cost is €8. To book phone Fiona 087 925 6029

Schull & Goleen

Schull Country Market, Sundays from 10am – 2pm at Pier Road car park. Runs weekly from Easter Sunday till late September.
Parent-Toddler & Baby group - every Wednesday morning in Parish Hall from 10.00 to 12ish. All welcome. For more information call Susan on 0860859500.
'The Purpose of Life' (Revealed through the Scriptures). Free talks each Friday 8pm-9pm, at Schull Harbour Hotel. All welcome. For any further info call Freda: 087 6032577.

Skibbereen

West Cork Choral Singers performing 'THE CREATION' by Haydn sung in English, with Guest Soloists, Soprano - Deirdre Moynihan, Tenor - Ryan Morgan and Bass - Jeffrey Ledwidge under the Musical Direction of Diana Llewellyn and Accompanist Pianists - Annabel Adams & Antoinette Baker - Sunday 8 October 2017 - 8 p.m. Abbeystrewery Church Skibbereen. Admission €15 - tickets available at Thornhill Electrical, Main Street, Skibbereen also available at the door.
Skibbereen Parent & Toddler Group - Tuesday morning 11am to 1pm and Thursday morning 10.30am to 12.30pm. Abbeystrewry Hall, children from birth to pre school.
Set and Ceili dancing for adults and teenagers, with Bert and Annie Moran, every Wed at 8.30 pm in the O'Donovan Rossa G.A.A. Pavilion, Skibbereen. 028 23618.
Would you like to join us and learn Cúpla Focal Gaeilge? Wednesday Mornings 11.30am to 12.30pm, The Centre for Active Empowerment, 57c. Townshend Street. Teacher on hand. Tel: 0874197330 or 0868071478 Donation towards Costs €5
The Friday Club Skibbereen Town Hall from 10am to 3pm. open to all free tea/ coffee facilities. Speaker every Friday giving information on local services.
Singers club every month (first Friday) Corner bar Skibbereen at 10pm
Trad Irish music every Saturday night Corner bar Skibbereen at 10pm.
Skibbereen Farmers' Market every Saturday morning 10-1 in the Fair Field
Creative writing group meet on the first and third Saturday of the month at 11am in Skibbereen Library. New members welcome.
Aughaville Parent & Todler Group meet every Tuesday 10am – 12noon at Tadhg MacCarthaig GAA Hall, Aughaville. Call Lillian 086 3861565 or Helen 086 1953625.
Grow: Suffering from depression, anxiety, inability to cope. weekly meetings: Thurs 8pm at Myross Wood Retreat House, Leap.
Alcoholics Anonymous - Daily meetings in Skibbereen, 087 6114946.
Skibbereen Breastfeeding Support Group every other friday each month from 10.30am to 12.30pm, community centre (in Field's car park)
Coffee Mornings: 4th Thursday of the month in in The Methodist Centre, Skibbereen from 10:30am. tel: 028 23655 or 028 22859.
Skibbereen Country Market Abbeystrewery Hall. Every Friday from 11.30am - 2pm.Crafts, Home-baking, plants and gifts.
The West Cork Philosophical Society Wednesday evenings, 7-9 pm, West Cork Hotel, Skibbereen. Contact Anne Crossey 085 851 6172

Email events to
info@westcorkpeople.ie
 Only non-profit, community events for this section please.

Special Feature COSY WINTER HOMES

West Cork's largest department store reveals new branding to match renovations

Johnny Burke, a milliner from Ballydehob, opened the original Burke's drapery store in Bantry in 1898. Three shops, and four generations, later the four siblings who now run this family business – Jessie, Martin, Riona and Orla – have re-named all the shops as 'Burkes of Bantry' to reflect the fact that the business is essentially West Cork's premier department store, stocking all the latest brands in men's, ladies, children's and household textiles under one roof (or three to be exact).

"To locals I think we've always been known as Burkes of Bantry," explains Jessie Hegarty, "but visitors might not have realised that B-Men, for example, was part of the same business as the ladies fashions round the corner. We did some huge renovations to the ladies fashions and home-ware building in the last few years and it was time to give all the shopfronts a facelift – the perfect opportunity to bring them together and to show the heritage of a business that's been in the same family for 130 years."

All three buildings have now been painted in grey with burgundy trim and beautiful new signage displaying the name 'Burkes of Bantry' in the centre and (depending on which building it is) children's fashions, nursery and toys; ladies fashions and home furnishings or menswear.

Following the renovation of ladies fashions on Main Street, Jessie and his siblings moved on to the second floor of this large three storey building, where homewares



was looking more than a little dated. "Although the stock was bang-up-to-date the shelving and decoration wasn't doing it justice," says Jessie ruefully. "You could hardly see what we had."

That's all changed now happily and the new lighting, fittings and fixtures now beautifully show off a much larger selection of soft furnishings, clocks, mirrors, giftware, frames and more. This floor is also home to a new rug department.

The old metal staircase to the third floor has also been replaced, and a new stairs now leads to a stunning curtains and blinds showroom – a

real feather in the Burke's of Bantry cap. As the main dealer in Munster for Luxaflex, this showroom is state-of-the-art, as are the blinds on display.

"The real advantage is that customers can come in to touch and feel the blinds before they purchase – to see the different styles and technologies available, you can't do that on the internet. The other advantage of using our service is that our name is our guarantee; for 30 years we have been providing a full measuring and fitting service to West Cork and its hinterland. One of our best assets is our after sales service, of which we are very proud. I'm here if anything goes



wrong, even if its in five years time," Jessie promises.

Customers will appreciate the opportunity to see new electric technology in action in the showroom. Jessie explains that motorised blinds have come on leaps and bounds in recent years, "There are loads of benefits to motorised blinds – the remote control operation or wall switch eliminates operating cords for enhanced child safety and user comfort, and also extend the life of

the blinds by removing any handling."

"Unlike in previous years, when you had to nearly wire the house especially for the blinds and have a room set aside for all the workings, they now use rechargeable batteries and simple Bluetooth controls."

Using an app you can also operate your blinds from your phone, opening and closing them when you are away from the house – great for deterring

burglars.

"Pricing is straightforward – choose your fabric, blind design etc and then it is an extra €130 per blind to go electric, no matter the size so you can choose to just do some or all. But the benefits really make it worth the money."

To talk to the team about the possibilities for your windows call in to the showroom anytime or call them on (027) 54313.

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Special Feature COSY WINTER HOMES

€5.5 Million confirmed for housing in West Cork

Cork South West TD and Minister of State at the Department of Health, Jim Daly, has confirmed that Dunmanway and Rosscarbery areas are to receive funding to purchase and construct additional houses to assist local families who are currently on the local authority housing list, and awaiting permanent housing.

Minister Daly commented on today's announcement saying,

"I can confirm that Cork County Council have been given the go ahead to increase local authority housing units in Cork South West, in the Rosscarbery and Dunmanway area".

The Department of Housing, Planning and Local Government has approved a provisional budget for Cork County Council to deliver twenty-seven new homes under the Social Housing Investment Programme.

This programme is part of the action plan for housing and homelessness and aims to immediately increase the number of local authority houses across Ireland.

Minister Daly said, "A combined €5.5 million has been made available through the Social Housing Investment Programme to deliver these necessary homes for families waiting on the housing list. I am delighted to confirm

funding to construct twenty units at Dunmanway, planning permission will be sought by the developer in the coming months and its hoped that construction will begin in early 2018. Funding to purchase a further seven houses in the Rosscarbery area has also been made available and these houses are already constructed with minor internal works to be completed before being turnkey ready to occupy."

€4 million has been allocated to the project at St. Mary's Road, Dunmanway, with Rosscarbery seeing an investment of €1.5 million to purchase units at Downeen Cross.

Minister Daly commented, "These twenty-seven units follow on from last year's announcement to approve funding for one hundred units in Clonakilty and Skibbereen."

Adding further to today's

announcement, the Minister addressed the positive impact this will have in the rural towns of Dunmanway and Rosscarbery. "It is welcome to see that the announcements of new social housing units are not just restricted to city and urban areas. The Government has committed to not only rebuilding Ireland but to also re-energising rural Ireland, and today's announcement strengthens that commitment."

For a professional service delivered on time and to the highest standards – it has to be Deco-Furbish

Do you lack the skills, or simply the time, to give your home or business a much-needed facelift? Dunmanway-based painting and decorating company Deco-Furbish has a team of experienced local craftsmen who can deliver an exceptionally high finish no matter the age, condition or location of your property.

A well-maintained exterior looks beautiful and increases the value of your property; it also protects the structure of

the building. Irish properties are constantly exposed to the elements and the ravages of time leave their mark. They need a professional painting team and top-grade water-repellent exterior paint to bring them back to life and protect them long into the future. By treating structural cracks and repairing or replacing rotten woodwork, Deco-Furbish leaves your property with a beautiful, long-lasting finish. The company is Home-Renovation-Incentive (HRI)

Scheme qualified so will save you money in the long run.

To create an inviting and relaxing living space in the interior of your home is just as important. Hire Deco-Furbish to prime, seal, repair, paint or wallpaper to achieve your dream interior – all completed on time with a minimum of fuss or disturbance.

The first step with Deco-Furbish is always a free in-depth consultation on-site, where a member of the team offers professional advice

and information on products, finishes, colours and problem solving such as repairing cracks. The potential client is then issued with a detailed, no obligation, written quote to which the company sticks, ensuring there are no hidden costs.

Deco-Furbish delivers a top performance from start to finish and has many satisfied clients who are happy to recommend it. You can view many testimonials on the website such as Agnes from Lis-

avard who says, "I had a great experience with Deco-Furbish. They gave me great advice throughout the project. The quality of the workmanship is excellent, the whole team were professional and efficient in completing the work from start to finish. The prospect of completing this large contract, which consisted of two houses, was daunting to me but they made everything very easy for me, even at short notice without hesitation. I would highly recommend Deco-Furbish

Painting Contractors to any future prospective clients."

The company operates in Dunmanway, Bantry, Clonakilty, Skibbereen, Bandon, Cork, Macroom, Kinsale, the surrounding areas and at a larger distance on special request. Ask for a free and detailed quotation by calling 087 384 9972, emailing info@deco-furbish.com or calling into the office on Market Square in Dunmanway Town centre.

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Special Feature COSY WINTER HOMES

Built to last

In the 18 months since it expanded into a new showroom on the Clonakilty Road in Dunmanway, Glentree Furniture has experienced a boom in business. Over 12,000 square feet of floor space allows the company to display all the big brands, such as Stressless, Sherbourne, Daro and The Natural Sleep Company. This, combined with ample parking, has encouraged customers to flock to the store for great choice, value and service.

Delighted with how their business has grown since the move, Evelyn Keane and her husband Paul di Rollo are now looking forward to a busy sale event this month as customers order their dream suite in time for a Christmas delivery.

Glentree Furniture's extensive selection of sofas and armchairs takes centre-stage in the bright and spacious showroom, just as the suite is the centrepiece of any home's sitting room. Arranged in "rooms" with rugs, lighting, mirrors and prints, it's easy to envisage how each piece would look in your own home but your choice is not limited to just what is on the floor; because you can mix and match so many combinations of fabrics, colours and styles, you can achieve whatever look you had in mind, from luxury tradition to pared back Scandinavian, and every style in between.

"Many people are favouring open plan living now, with a hint of Scandinavian minimalism but still cosy and comfortable," say Evelyn when asked what styles are currently in fashion. "Grey is huge in all types of furniture including fabric and leather sofas. It's an airy neutral that you can add an accent colour to with another chair, cushions, rugs, throws or wall paint. Try bold yellows, oranges or chartreuse for a real pop or soft purples, teal and navy for cosiness. You have the flexibility to change the accent colour at any time."

Grey is a very elegant neutral; it's actually a very appropriate colour for our northern Irish light, providing a foil for the lush green landscape outside our windows. Glentree has many different shades of grey to choose from,

with undertones from silver through to lavender.

Combine the trends for Scandinavian minimalism and pops of colour with a Stressless leather recliner. These Norwegian-made recliners are the last word in comfort, providing great lumbar and



neck support, but are also supremely stylish. They are available

in classic neutral colours but you also have the option of a braver shade such as ochre yellow or chilli red to create a real statement piece.

Corner sofas remain a favourite with Irish families for two reasons, it's a very social seating arrangement and it takes up much less space than a traditional sofa and armchair configuration – this leaves much more wall space in a sitting room and maximises seating in a small den. Unlike most corner sofas, which are only available in a fixed size, Glentree can tailor-design your corner sofa to suit your space, with any number of seats in any configuration. With nearly 100 fabric choices and several leather colours to choose from, your corner sofa can be truly unique. Even

with all that choice, the brown leather corner sofa with cup holders is still a big seller for Glentree – perhaps due to the influence of Gogglebox's Cavan twins!

Whatever style you go for, if it is exceptionally made with top quality materials your suite can last a lifetime. Evelyn advises to "Buy as best as you can, you'll make it back in the many, many years that your suite continues to look and feel great. No matter your budget though, we source the absolute top quality and value for your money."

If you are thinking of a new suite, Evelyn advises readers to order in the next few weeks to ensure delivery in time for Christmas.

Moving on to dining furniture, Evelyn says that although traditional oak remains hugely popular, there is also a new urban, industrial chic trend emerging – chunky, tactile



tabletops in polished concrete or wood with steel frames for example. Glentree has several beautiful pieces in this style that would suit a broad range of interiors. "It's even possible



to mix it all up," says Evelyn. "Customers are choosing chunky oak tables and chairs to soften modern high gloss

units, or more sleek pieces to update a traditional wood kitchen."

The large bedroom de-

partment at the rear of the showroom is ideal for viewing beds, wardrobes, chest of

cont'd on next page





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Special Feature COSY WINTER HOMES

Built to last....

cont'd from previous page

drawers and bedside tables in dark and light woods. Textured wood is a new range of bedroom furniture and provides a lovely soft feel, whilst the children's range is very extensive.

There is a wide range of mattresses available to try out, including the ever-popular Natural Sleep Company range. "In the last year we are finding that customers are going for the best mattresses they can find for comfort – to ensure a good night's sleep!"

A new addition to Glentree in the last year is a superb range of German-engineered



sliding wardrobes with numerous options in sizes, storage configuration and finishes. Choose a wood or high gloss carcass and then mix and match your doors, which come mirrored or in wood, gloss and satin finishes. Silver, smoked grey and white are the most popular choices but some customers go for black gloss to create a very glamorous boudoir.

"The amount of storage provided by a sliding wardrobe is hard to match with a traditional wardrobe," Evelyn explains. "These are unbelievably sturdy and built to last – that's how German engineering has earned its reputation for quality. They are great for kid's

rooms too as they will see them through to adult-hood."

Grey and other neutrals are also the number one choice in the flooring department, where there is an extensive range of carpets, lino and wooden flooring to see and touch before committing.

Carpet has made a big comeback in recent years, particularly in bedrooms, halls and stairways as people once again appreciate its warmth and soundproofing qualities. "We have a stunning range of high-pile wool neutrals to choose from," says Evelyn. "We also have an usual range of pale tartans that is actually quite popular and, of course, stripes are enduringly popular

for stairs and hallways – people see them as hiding a multitude of sins but actually all of our carpets are very hardwearing – they are even bleach cleanable!"

"Devotees of Scandinavian design will appreciate our very interesting range of hessian style fibre flooring."

Evelyn swears by the quality of her laminate and hardwood flooring. "Laminate is so practical and hard-wearing that when we moved from our previous premises I couldn't believe how little sign of our years of dragging and pulling furniture we left behind. While light and medium washed oaks remain the top seller, walnut is making a return – it provides an interesting contrast to pale furniture and walls."

All flooring from Glentree comes with a 10-year guarantee and is fitted by expert local fitters, each with over 20 years experience. Whether its flooring or furniture you order, delivery is guaranteed within the agreed time-frame so now is the perfect time to order in comfort for Christmas – you'll find amazing deals in the Glentree autumn sale.

Safeguarding your furniture

Commitment to quality and service has built Glentree's great reputation throughout Cork County. "Peace of mind is what we promise," explains Paul. "In the unlikely event that you ever have an issue with our product we're here to solve it – so really it's not an issue at all."

Glentree Furniture is now offering Guardsman Protection on all furniture. Guardsman is essentially a 'no excess' insurance to cover life's little accidents such as food and drink spills, burns, scratches and tears. An expert repair or cleaning technician will get your furniture looking like new or if the damage is too great source new parts or a replacement item.

"It an exceptional service and it gives you five year's peace of mind," says Paul.



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Plans confirmed for every home to get new smart meter

The Commission for Energy Regulation has announced its delivery plan for smart meters in Ireland. In a digital age smart meters are the next generation of energy meters and are being rolled out across Europe and internationally. In a phased rollout, around 2.3 million electricity smart meters will be installed in homes and businesses nationwide, replacing old mechanical meters. The rollout will commence in 2019 and continue for six years.

According to Denis Naughten, Minister for Communications, Climate Action and Environment "this is one of the most significant energy infrastructure projects in a generation. Smart meters are

a cornerstone of our plans to future-proof our energy sector – and indeed wider economy – for the coming decades. Smart meters will assist us decarbonise our society as they facilitate reduced energy consumption and additional energy efficiency. Smart meters will empower consumers by giving them more information and more choice around their energy consumption. They are a necessary element of any plans to facilitate micro-generation – to enable consumers become energy suppliers in their own homes rather than energy takers."

Today's announcement lays out the details of the delivery plan for the introduction of smart meters into Irish

homes and businesses. The initial priority is to respond to consumers who request a smart meter and also to replace older meters. A significant meter replacement programme is already necessary – by 2019 almost three quarters of a million meters will be more than 40 years old and in need of replacement.

As well as this need for a natural meter replacement programme, Minister Naughten also highlighted the important policy drivers for the move to upgrade our meters. "There are two main policy drivers of this national smart meter rollout. At home, the Government's Energy White Paper lays out the need for and the benefits of smart meters. In addition, this upgrade is also aligned with the EU's Clean Energy Package, which supports the provision of smart meters to consumers. These policies are predicated on the belief that smart meters lead to smart services. I believe that Ireland's energy suppliers will innovate, deliver a tranche of new services that will reduce energy consumption and ultimately assist our economy in reaching a fully decarbonised future."

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The Kensington

This model is stylish, contemporary and versatile with modern, chunky squared arms. Comes in large & small chaise as well as sofa options. Choose your fabric from a range of pleasing contemporary colours. 5 YEAR STRUCTURAL GUARANTEE.

Large Chaise (Fabric Grade B)

RRP-€2275 Our Price €1975



SAVE
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The Clare

This model forms part of our 'soft modern' transitional range and is one of the most subtly eye-catching models on the market with its distinctive 'wave' arm. Available in a range of beautiful fabrics. 5 YEAR STRUCTURAL GUARANTEE.

1.8m Sofa (Fabric Grade C)

RRP-€1345 Our Price €1145



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The Hampstead

A stunning model that fits the bill for an understated, upmarket feel. A modern classic, the Hampstead comes with stunning scatters and arm bolsters that are bang on trend. 5 YEAR STRUCTURAL GUARANTEE.

1.8m Sofa (Fabric Grade C)

RRP-€1425 Our Price €1195



SAVE
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The Mindy

A modern/contemporary design offering generous seating without taking up too much room space, thanks to its slim, neat arms. Comes with buttoned bolsters, two large and two small scatters. 5 YEAR STRUCTURAL GUARANTEE.

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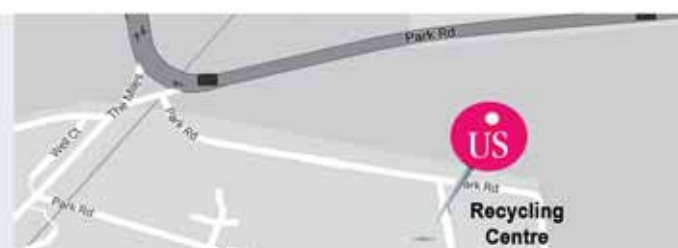
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Putting a smile in your space



Feature COSY WINTER HOMES

Warmer Homes Scheme accepting applications for 2017/2018

The Better Energy Warmer Homes Scheme
FREE ATTIC & CAVITY WALL INSULATION



Warm up your home and reduce your fuel bills!

To be eligible for FREE insulation you must:

- Own your own home and it must be built before 2006

And you must be in receipt of one of the following:

- Winter Fuel Allowance, or
- Jobseekers Allowance for over 6 months, with a child under 7 years old, or
- Family Income Supplement, or
- One Parent Family Payment

What is the better Energy Warmer Homes Scheme?
 The BEWHS aims to improve the energy efficiency and comfort of homes occupied by low income households.

To apply for this FREE scheme call us on:
 027-52266 or email finbarr@wcdp.ie
 West Cork Development Partnership,
 The Warner Centre, Barrack St, Bantry, Co. Cork



West Cork Development Partnership is accepting applications for the Warmer Homes Scheme 2017/2018. The scheme, which has been in operation in West Cork since 2008 and covers most parts of Cork and South Kerry, is for the installation of attic and cavity wall insulation, and the service is free of charge for all eligible households.

What is the Better Energy Warmer Homes Scheme?
 The BEWHS aims to improve the energy efficiency and comfort of homes occupied by low-income households. Since the

scheme began in West Cork, over 3,000 houses have been insulated.

What are the services you can avail of?

Attic Insulation – The WCDP supply and install up to 12 inches of insulation into attics at ceiling level, together with insulating the water tanks and pipework in the attic. They also draught proof timber doors where possible, and provide a cyclinder lagging jacket and four low energy light bulbs as part of the package.

Cavity Wall Insulation – Cavity walls are pumped with cavity bead insulation and glue. The holes are then

sealed and pointed on completion.

Energy Advice – The WCDP offer advice to the householder on how else they might reduce their energy consumption and save money.

To be eligible for the scheme, you must own your own home, it must be built before 2006, and you must be in receipt of one of the following; The Winter Fuel

Allowance, or; Job Seeker's allowance for over six months with a child under seven years of age, or; Family Income Supplement, or ; One Parent Family Payment.

To apply for the scheme or for any queries please ring 02752266 or email finbarr@wcdp.ie. For further information please see the website www.wcdp.ie/warmer-homes or visit the Facebook page.

The West Cork Development Partnership also provides a grant for private houses of up to €923 towards the cost of cavity wall and attic insulation through the Kingspan Home Incentive scheme – the only criteria is that the house must be built before 2006 – please contact the office for more details 027 52266 - SEAI registered contractor I.D. no 16256



Home insulation at very affordable prices

The average household in Ireland uses 25,000 kWh of fuel and electricity each year, costing in the region of €1,800 per annum. As the cost of energy goes up, so will the running costs of each home. Insulating a home can save between 45 to 55 per cent of heating and cooling energy.

OS Insulate is a Schull-based insulation company with over 15 years experience in building 'A' rated homes and buildings throughout Munster. OS offers a complete range of services around insulation, energy auditing and some of the most popular green technologies, and has built a reputation on having a high-quality, professional service.

Sourcing only the finest high-grade local materials for use in new and existing builds, this unique approach allows OS Insulate to stand over the quality of its work, while ensuring each project is completed to the highest standards and for the best possible price. No matter what stage your project is at, OS Insulate can help.

Cavity wall insulation

As Energy costs continue to rise; Cavity Wall Insulation is one of the most cost-effective

ways of reducing your heating bills. Grants are available through the Sustainable Energy Authority of Ireland (SEAI) to help with the cost and with Energy suppliers continuing to increase their prices; it's a very worthwhile consideration.

Spray foam insulation

Spray foam insulation is the most modern, environmentally friendly and efficient way to insulate your home or commercial premises. Out weighing fibreglass and other wool insulation products spray foam insulation is the best step for keeping a home sealed. Choosing spray foam insulation will not only save you up to 40 per cent on your annual heating bills, it will also stand the test of time.

Are you looking to improve your home insulation, attic insulation or cavity wall insulation? Do you need an Energy Audit to reduce costs or are you in search of a company with the experience needed to install solar panels and energy-saving units in your property? Then get in touch with Con O'Sullivan on 086 8944916 to discuss your options and receive the best advice on what grants are available to help with costs.

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Special Feature COSY WINTER HOMES

Home to the best

Burke Interiors adds stunning kitchen showroom

Whether you're looking to update your home or starting from the ground up, where you shop can make all the difference. Burke Interiors in Bandon is conveniently located in the same 12,000 sq ft showroom as Walls and under the direction of local man David Burke has a reputation for exceptional quality and honest professional advice. Alongside Walls, which specialises in Komandor Sliding and Walk In Wardrobes, Burke Interiors offers outstanding choice with bespoke furniture suites, bedding, carpets and flooring and window blinds and David has now expanded the showroom to include kitchens making it possible to co-ordinate a full house fit, in one day, under one roof. With the help of friendly and knowledgeable floor staff, you really can't go wrong.

The beautiful and comprehensive new kitchen collection at Burke Interiors is available in a diverse range of materials, finishes, colours and styles. From contemporary to classic, with the range of designs of offer, you're sure to find something special to complete your home. Modern kitchens on display feature seamless, linear designs to achieve a chic living space whilst ornate details and elegant features set the traditional kitchen apart.

Mix various materials, accessories and colours to achieve a kitchen that is stunningly stylish, individual and affordable.

Go for a matte kitchen to achieve a silky, durable and blemish free finish or try gloss for a mirror-like finish that will complement any space it occupies.

If rustic is more to your taste, then the oak chunky, shaker style frame will no doubt be a favourite.

There is also a selection of pull-out storage units, appliances and worktops (including granite and quartz) to finish the room to perfection.

Whatever your taste or needs, Burke Interiors will help you design a classic or contemporary kitchen around your financial plan and project manage the job until completion.

For your living room, Burke Interiors works closely with interior designers and sources from top European manufacturers to ensure that a stunning collection of bespoke



fabric suites are available to customers. With cosy carpets and beautiful lighting features to coordinate with, you'll be inspired to create a living space that everyone wants to relax in.

And when it comes to comfortable beds, look no further. Burke Interiors stocks 100 per cent Irish-made mattresses at

all price points, allowing customers to try before they buy in order to find the one most suited to their needs. Odearest, King Koil and The Natural Sleep Company are just a few of the leading quality brands in stock.

"Nothing is too much trouble," says owner David Burke sincerely. "Our customers

know they can rely on us for honest advice and a high quality product and service. We rely on repeat business and referrals and will do our utmost to meet the needs of our customers. The new kitchen showroom was created in response to demand from our regular clientele."

Burke Interiors is located at Old Chapel in Bandon. Call 023 8852488 to arrange a viewing outside of normal working hours.

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Special Feature COSY WINTER HOMES

Weather warning: how to safeguard your home this winter

Oh, it's the most wonderful time of the year...that is until the big freeze hits and your home descends into chaos. At the risk of sounding dramatic, **Ciara Moore** says you can never be too cautious when it comes to safeguarding your home before it is battered by the harsh reality of winter – especially if you're living along the rugged coastline of West Cork.

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Blessed with notoriously temperamental weather, it's only fitting to start early and make preparations before Jack Frost makes an appearance. From small changes to larger maintenance-works, we're sharing our top tips to lay the groundwork, ultimately helping you to save in the long-run.

Clean the gutters and blast those drains

The fluttering leaves and kaleidoscope of autumnal hues sure are pretty to look at. But, the season also has its pitfalls, especially when it comes to caring for your home. As the branches become bare and fall



peaks, it is the perfect time to hire an industrial cleaner to clear your gutters and drains. Sludge, moss and leaves can easily cause the system to clog and overflow into the roof. This can ultimately lead to water damage on your home's walls and ceilings. Now is also a good time to inspect the roof for any missing or broken tiles that may need to be replaced.

Invest in insulation

A house can lose a whopping 30 per cent of heat through poor insulation alone. The Sustainable Energy Authority of Ireland offers numerous grants to those upgrading their home with cavity wall and attic insulation via a registered contractor.

Sweep the chimney

Don't underestimate the wrath of the chimney fire. There's nothing quite like a cosy flame and a mug of piping hot tea during winter – bliss! Before the cold snap arrives, it's best to get your fire and chimney flue cleaned by the professionals. Ideally, this should be done before you light your first fire. The sooner you get organised, the better chance you have of avoiding lengthy waiting lists.

Service the boiler

It is recommended that your boiler is serviced once per year to ensure it is operating efficiently and safely. Not only will this lower your energy consumption and decrease your bill, it will also reduce the risk of life-threatening carbon monoxide poisoning. By law, your boiler should only be serviced by a registered gas installer.

8 Simple and budget-friendly DIY hacks

As the saying goes; every little helps. These fool-proof measures will cost you little to no money and allow you to bask in the smug satisfaction of being proactive when it comes to prepping for the harsh months ahead.

Locate the stopcock

A burst pipe is every homeowner's worst nightmare! Time is of the essence when it comes to this costly household disaster. Burst pipes are much more common during the winter months as the temperature plummets into the minuses. Knowing where your home's internal stopcock is located will allow you to act fast and switch off the supply of water if your pipes freeze. The stopcock is usually located be-



neath the kitchen sink, under the stairs or in a downstairs bathroom. It can be turned off by rotating clockwise.

Switch energy provider

Shop around to make savings on your gas and electricity bills. Many providers will offer a discount to new customers, those signing up with dual accounts, or simply by switching to e-billing. An Post's new smart current account is also offering money-back with certain suppliers.

Rearrange your furniture

Freshen up your home to complement the change in season by switching around your furniture for a new look. A large sofa or bed placed in front of a radiator during the colder months is a big no-no as it prevents the air from circulating and heating the room.

Bleed the radiators

Are your radiators failing to heat at the bottom? This could be due to trapped air bubbles in the system preventing hot water from flowing freely and heating your home. Conduct regular checks in each room and keep your radiator key close to hand. To bleed the radiator, turn off your heating system and allow it to cool. This can be a messy job, so ensure you have a towel and basin nearby. Turn the bottom valve on the affected radiator anti-clockwise with the key and wait for hissing water to drain into the basin.

Use your curtains

This tip is a no-brainer – close them! Blinds act as an insulator when pulled by blocking any drafts stemming from old or ill-fitting windows. Similarly, a heavy quality curtain will act as a reinforcement, keeping each room nice and toasty.

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Begin stockpiling early
Fail to prepare, prepare to fail. Begin your prep early by stockpiling fuel such as coal, logs and turf. Keep a beady eye for savings on seasonal deals to ensure you don't run out of supplies in the depth of winter.

The trusty draft stopper
An old school measure, the trusted draft stopper is a quick and effective method to instantly eliminate the chill from a room. Why not get creative with the kids and make your own draft stoppers using their favourite animals as inspiration?



Have a kit of essential items to hand for the inevitable powercut.

Assemble an emergency kit
With the hours of sunlight quickly dwindling and the arrival of unpredictable weather, being prepared for any eventuality, such as a power-cut, is wise. Put together a DIY kit

of essential gadgets and tools, including items like torches, matches, candles, spare batteries and a screwdriver. Store this in an easily-accessible space for use during emergencies.

Gas and electricity prices to rise from November 1

Following SSE Airtricity's price rise announcement, Bord Gáis Energy has followed suit, for the first time in three years increasing its prices for domestic gas and electricity customers. According to Bord Gáis Energy, a typical electricity customer's bill will go up by 5.9 per cent; in real terms, this amounts to a €4.77 per month increase for electricity.

Like SSE Airtricity, Bord Gáis Energy say the rise is down to increases in the wholesale cost of energy and higher costs associated with distributing energy on the gas and electricity networks.

Commenting on the announcement, Eoin Clarke, Managing Director of Switcher.ie, says: "Just as we feared, following SSE Airtricity's price hike announcement, Bord Gáis Energy is hot on the heels with a price rise of its own, this time on both gas and electricity prices. With these two announcements coming so close together, it is now very likely other suppliers will follow suit. On top of the impending PSO levy increase, any price hikes will come as a blow to consumers, especially as we head towards the winter months, when energy bills are typically at their highest."

"As always, we would encourage anyone worried about rising energy bills to take back control by taking steps to make their homes as energy-efficient as possible, and paying the lowest rate available for the energy they do use. If you have been with your supplier for over 12 months, you will save by switching, and it's quick and easy using an accredited price comparison website like Switcher.ie. You could save up to €324 by switching from typical standard tariffs to the cheapest deals on the market, which could go a long way in the face of these price hikes."

Have you got damp, mould or condensation? Aqua Stop has the solution!

Aqua Stop LTD.

At this time of the year we really notice streaming windows, telltale patches on walls, mould spreading. The family coming home wet through, the shower being used regularly, even boiling the kettle, all help to build up moisture which has to go somewhere. Simply opening windows doesn't help in our damp Irish air.

Condensation and mould not only damage the look and the fabric of your home, they can have serious health issues too, especially for asthma sufferers.

Fortunately there is a company that can solve all your problems. The Aqua Stop Ltd. team has over 20 years experience in all aspects of

waterproofing and ventilation and is committed to providing quality products and expertise for both domestic and commercial clients.

Waterproofing

Are you refurbishing an older property? Do you have a wet basement, flooded cellar or leaking flat roof?

Aqua Stop offers a range of structural waterproofing systems from Newtons, the UK's leading independent supplier in this field with the best available BBA certificated solutions. Newton waterproofing Systems control and remove unwanted water, whether above ground or below, to make warm habitable or dry storage areas in both commercial

and domestic projects, while their portfolio of concrete waterproofing products gives specifiers the tools to provide full building envelope protection to reinforced concrete structures. Aqua Stop also supplies and installs door and window flood barriers, which when used in conjunction with Newtons, will offer your property the ultimate protection if flood risk is a concern.

Deal with it today!

Why endure damp-related problems a moment longer? Why not save on redecorating costs? Contact the experts at Aqua Stop today and see just how easy it is to make your home or business premises dry and healthy!



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Special Feature COSY WINTER HOMES

Close the door on hygge

Had enough of hygge, copper accents and metallic pineapples? Interior Designer **Trevor Perrott** has been touring the top trade and design shows to discover this season's key trends and shares his easy tips on how to integrate them into your home.

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1 Lighting plays a pivotal role in an interiors scheme – it's the finishing touch. Aside from being functional, beautiful lighting brings a space together and creates the desired atmosphere. A statement light fitting can be as striking as a sculpture or artwork in a room. Try a quirky statement pendant placed centrally above the table in the centre of your dining room.

2 The bright colours of the past few years are now fading and any furniture in moulded plastic will soon seem outdated. The trend is towards more natural materials and especially the beautiful finishes that can be achieved with them. These side tables – making a feature of an unchanged raw material – have an industrial, brutalist form which is very in vogue. Try mixing materials like oak and steel – the textures and tones bring out the respective characters of each material.



3 My favourite interior trend right now is for period features with a twist. Try leaning a large baroque silver mirror against walls painted in a strong up-to-date colour for a modern yet timeless feel. Install solid oak flooring to add character but choose larger planks for a unique look.

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4 Finally, tie-dye is making a surprising comeback in bedding and soft furnishings. Patterns are big and bold and can be used to create a cosy, homemade atmosphere.

Impeccable design in any style at Cork's Woodlands Kitchens

Jerry and Pat of Woodlands Kitchens have been in business in Cork City for 25 years. Combined they have over 60 years' experience in designing, building and fitting custom-made kitchens and other bespoke furniture.

Woodlands Kitchens opened its first workshop in Penrose Quay in 1992, at a time when solid oak and chestnut kitchens were all the rage. In the early 2000s (when walnut kitchens were the new 'in thing') the business outgrew that location and moved to its current workshop and showroom in the Doughcloyne Industrial

Estate. At its heart of the company is kitchens but they also design and install custom built bedroom storage solutions.

A stellar reputation and strong customer relationships, built on trust and goodwill, saw Jerry and Pat through the difficult years of the downturn, allowing them to keep designing and building quality kitchens. In recent years, as things have begun to pick up once again, just as styles and tastes have changed, Woodlands has moved with those trends, now featuring a variety of minimalist style kitchens, in an array of

colours and textures, as well as classic kitchen, bedroom and wardrobe designs.

Trends come and go and tastes change, but for loyal customers Woodlands is the only company they'll consider recommending to friends and family for a kitchen design that is both beautiful and functional.

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Special Feature COSY WINTER HOMES

Declutter your life with some help from White Sage Home Decluttering

Stuck, overwhelmed and frustrated by clutter?



Limited dates remaining for Half or Full Day Decluttering and Organising Sessions for Christmas 2017. Bookings now been taken for 2018.

Call Anne Marie Kingston on 087 6529901
[facebook](#) @whitesagehomedeccluttering



Anne Marie Kingston is in the business of removing clutter from people's lives. Her decluttering business, White Sage Home Decluttering, offers a hands-on approach to helping people letting go of items they no longer need. Anne Marie explains that, "clutter is an item that makes us feel bad but we can't part with for some reason, be it emotionally, physically or mentally; and decluttering is the ability to let that item go. "I help women who are feeling stuck, embarrassed, overwhelmed or who just don't know where to start decluttering and organising the home and wardrobe."

Guiding and supporting each client to let go of items that they no longer need, love or want, Anne Marie helps individuals create a clutter-free and stress-free living space for all the family to enjoy.

Originally from Newtown, Anne Marie moved to Clonakilty almost nine years ago, where she got married

to John Kingston. The couple have two children Ryan (4) and Caoimhe (2).

After Anne Marie's father was diagnosed with cancer 35 years ago and had to have his leg amputated, Anne Marie's mother had no choice but to take on the family farm. So from a young age, Anne Marie took charge of the housekeeping duties, organising, cleaning and putting systems in place. "From the hot press to the kitchen presses, I've always had a passion for decluttering and organising," she admits.

Anne Marie went on to work in the financial sector for 11 years – in Bank of Ireland branches in Clonakilty and Bandon and across West Cork. She spent some time at home raising her children before deciding to study to become a professional declutterer.

After receiving her certificate from The Declutter Academy in Limerick, she set up White Sage Home Decluttering in March 2017. Since then, the business has gone from strength to strength with Anne Marie offering one-on-one half and full day decluttering sessions and talks to ladies' groups and businesses across West Cork.

All of Anne Marie's sessions are one hundred per cent confidential, and she uses a soft, non-judgmental approach to clearing her clients' clutter. "Clutter is a very personal thing and the client is in control the whole time," she explains.

Anne Marie's three top tips for decluttering the wardrobe area:



1. Invest in good strong hangers for your wardrobe and all in one colour
2. It's that time of year to be popping the summer items away for another season, so I find vacuum bags are great to keep items clean, fresh and dust free (in my opinion, Penny's are the best on the market)
3. Always have a bag on the back of the door or the bottom of the wardrobe for items you are one longer going to wear due to condition,

fit or have fallen out of love with and redistribute as soon as possible.

Let Anne Marie help you create your dream clutter-free home with a half or full day decluttering session. She is offering a 20-minute free clarity call to assess your needs and will also share three top tips to help you move forward after the call.

Follow 'White Sage Home Decluttering' on facebook or contact Anne Marie on 087 6529901.

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Six Irish people a year die from 'silent killer'

It is often called the silent killer, with six people dying on average in Ireland every year as a result of unintentional carbon monoxide poisoning. The colourless, odourless and tasteless gas is produced anywhere fossil fuels are burned; as a result, more than 365,000 people are unaware that they are at risk in their own homes.

The NSAI is strongly urging those who do not currently have a carbon monoxide alarm to get an appropriate one installed immediately – following is its four-step safety checklist, which people should consult when buying a CO detector:

1. Buy an audible, not a passive, detector – passive detectors will not wake you up if carbon monoxide is present while you are asleep.

Always install the alarm in a place where it can be heard easily.

2. Ensure that the CO detector complies with European Standard EN 50291 – look for it on the box.
3. CO alarms should always be CE Marked – look for the symbol on the alarm itself or the packaging. If it doesn't display the CE Mark, don't buy it.
4. The active material within CO detectors deteriorates over time, meaning your family may not be getting the security it would expect. Always buy an alarm with an 'end-of-life' indicator so you know when it needs to be replaced. This indicator should not be confused with a 'fault' indicator. NSAI is

advising people who already have a carbon monoxide alarm to check its end-of-life indicator and replace the entire device if required.

Take preventative action to avoid the creation of conditions where carbon monoxide can form in high levels...

Regular inspection and annual maintenance of appliances, vents, flues and chimneys by a qualified service agent is strongly recommended.

"Carbon monoxide is a highly poisonous gas and, as it has no smell, colour or taste, can kill in as little as three minutes at high levels," said NSAI Chief Executive, Geraldine Larkin.

"The gas is produced where any fossil fuel is burned, so

it doesn't just occur at home – caravans, tents, boats and workplaces are all at risk. Therefore, it is crucial everyone is aware of the dangers and takes precautions," she added.

If you suspect carbon monoxide poisoning, stop using any fuel burning appliances, ventilate the property and visit a doctor immediately. Arrange for an inspection of your appliances by a registered gas installer, oil technician or qualified service agent for your fuel type before reusing the appliance, or if you burn coal in an open fireplace, arrange to have to chimney cleaned regularly. And of course, install an audible carbon monoxide alarm.

COSY WINTER HOMES

Ring woman wins Sheehy's Big Summer Giveaway




Mary Harrington from Ring, Clonakilty was the lucky winner of Sheehy's Big Summer Giveaway promotion, drawn at the end of August. Mary is currently doing up her living room and now has a €3,000 voucher to spend in either Tom Sheehy's in Clonakilty or EZLiving @ Sheehy's in Bandon, where she has her eye on some new sofas and other furniture.

The Sheehy family have been filling local homes with everything from beds to brooms for generations. Visit their dedicated furniture store on the Bypass in Bandon and choose from a huge selection of beds, dining furniture, sofas, occasional furniture, rugs, lamps, bed linen, and

much more. The Clonakilty Store, located on Astna Square, has all you need on a daily basis including electrical goods, hardware, paint and wallpaper, kitchenware, giftware, and even a large mattress department.

Sheehy's will be running a design clinic in the Astna Square Store every Saturday until mid-December. In-house interior design consultant Rosemary Jones will be available to help you choose paint colours, wallpapers, carpets and home accessories. Bring along your room photos and questions and get professional help to create a great look for your home.




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THE ASTRO AUNT

Kate Arbon

Kate Arbon is an astrologer and spiritual teacher. Living in West Cork, she gives personal consultations and teaches astrology and intuitive guidance classes. email startalk@eircom.net. www.katearbon.com.

Star Signs

The first days of October have a mixed message to bring and it may be hard to find the good moments amongst the many challenges. This is a time when personal connections may need to be fully negotiated. It may seem like agreement or resolution are just about to be met and then it goes out of balance again leaving new conditions to be considered. Even though this swing and flow can be frustrating and exhausting it is really just a chance to attend to the details of the situation.

The Moon is Full in the sign of Aries whilst the Sun is opposite in Libra on October 5. The ruling planet of Libra is Venus and the ruler of Aries is Mars. This planetary pair are known to be associated with love and

relationships, as well as passion, action and assertion. Venus wants to socially connect and indulge in the lovely stuff of life, food, comfort, beauty, money and all that it can buy. Mars is always checking out what may oppose it and prepares for battle. He is the driving energy to get things done without much care for the who else is involved. With the Full Moon highlighting their energy, it is super accentuated by Venus and Mars in Virgo conjoining on the same day. The urge is to sort out the relationship issues, get the business trading done and experience the benefits. The difficult undercurrents and insistence on practicalities are due to a strong and challenging aspect from restrictive Saturn and power hungry Pluto.

There is a strong emphasis on Pluto energy this month, which means that there may well be power struggles, with compelling and extreme behaviour. Bringing it all out into the open for things to be put in their rightful place is a theme echoed again when Mercury joins with the Sun on October 8 with Pluto coming in from a difficult angle. Watch as secrets come to the surface or research uncovers things that have been hidden. Be aware that your suspicions and intuition may blend together and lead you into believing something, which isn't really true, but has you convinced at a gut level. Probably best to let a few days pass before acting on anything to see if it still holds true when the tension has lifted.

On October 10, Jupiter, the bringer of the best in life moves into the sign Scorpio and will travel through this sign for about a year. During this time the planet of expansion, greater truth and opportunity will take us through the experience of learning from the shadow of ourselves by recognising that many fears are worse than the reality, the bad in us and others is part of being human and that taboo subjects can be explored. This all helps to bring us to a place of deeper understanding and greater acceptance. This theme is highlighted when Jupiter is joined by the Sun in Scorpio on October 26.

The mid week of the month brings Mercury into Scorpio to join with Jupiter in Scorpio, which suggests a phase of big ideas and new thoughts coming

up from the depths. On October 19, the New Moon in Libra occurs directly opposite Uranus in Aries providing a time of new beginnings and fresh starts combined with the unexpected and sudden re-routing nature of the eccentric planet. Uranus may spin us off into making a break from existing plans or getting a true 'eureka' moment where the idea or insight just comes in from nowhere in a flash of inspiration. By the time we reach the later weeks of the month the sense that we have moved into a new phase will be stronger and we begin to experience greater balance and stability in all areas of our lives.

Full Moon is at 13° Aries on October 5 at 7.40pm and New Moon is at 27° Libra on October 19 at 6.12pm


Cork ETB to administer large scale equipment fund for youth clubs and groups

More than 300 community youth groups in Cork are set to benefit from a €6.35m equipment fund launched today by the Minister for Children and Youth Affairs, Dr Katherine Zappone. Minister Zappone confirmed that the money is being made available to allow clubs buy valuable equipment which will support their work with young people.

The equipment fund is being advertised and administered by the Education and Training Boards (ETBs). Cork ETB has received confirmation that over €1million will be available to Cork voluntary based youth clubs and groups. Cork ETB Youth Officer Ruth Griffin, welcomed the scheme, which will provide significant investment to youth groups in Cork. Ms Griffin confirmed that over the last few years Cork had suffered from a lack of investment in services for young people. Ms Griffin confirmed that Cork has seen a substantial growth in the number of volunteer led youth groups in both the city and county with groups such as the Scouts and Foroige witnessing a huge demand from both young people and parents looking to set up local groups and activities. Eligible Clubs will be able to apply, for up to €5,000 to purchase equipment under the scheme.


The Minister thanked the ETBs for their assistance in the development of the scheme and in the roll-out of the Local Youth Club Grant Scheme earlier this year. Cork ETB administered €150,694 under the 2017 scheme. The Scheme, which has been running for a number of years, supports youth work activities at a local level.

For more information on the Youth Club Equipment scheme and details regarding eligibility please visit www.corketb.ie/youthservices.




Aries: During this month's Full Moon phase you are concerned with your own needs and personal security. The emphasis is on putting the stamp of your individuality on everything you do. Domestic, family and property matters are likely to occupy your mind now.

What's important is how these areas of your life are impacting on your lifestyle and self-expression. You are especially sensitive to environmental conditions and your own moods. Getting a glimpse of your unique personality in action gives you a better sense of who you are.



Taurus: During this Full Moon phase your inclination is to shun the limelight and keep pretty much to yourself. You can be very productive throughout this period by just quietly working away behind the scenes in seclusion. Taking time out to relax, daydream or meditate regenerates the spirit and brings you closer to your creativity. Reconnecting with your inner world is important for your sense of equilibrium. Valuable insights and breakthroughs are possible. Enjoy the quiet 'alone time' whilst you can as the demands of your outer world will encroach again soon enough.




Gemini: During this period it's who you know rather than what you know that matters now. This is a good time to crank up your social life and meet people; the benefits will soon follow. This Full Moon highlights your position within your community, in group ventures, or projects which involve others of like mind. The phrase 'what you put in is what you get out' holds very true for you now. You can see that what you have to offer is appreciated by those concerned and this is a time of reaping the rewards from your past contributions.



Libra: This Full Moon is a good opportunity for dealing with any relationship issues. Personal and professional partnerships need your attention now. You are aware of how much you have to give but guard against taking others for granted; they won't appreciate it if you do. You'll be at your best when you can get things into a healthy balance so 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 time for intimate encounters or shared experiences.



Scorpio: This is a good time to organise your work environment and make it more efficient. You are prepared to do the tedious work and the necessary tasks that don't reap obvious rewards. You're not likely to feel at peak performance level so take a slow and measured pace and be surprised at how much can be achieved. Also, don't take your health for granted; keep an eye on what you eat and pay attention to what you do physically during the Full Moon phase. You'll benefit from making adjustments especially if you've been overdoing it lately.



Sagittarius: During this Full Moon period your imaginative powers are strong and you could enjoy an artistic success if you have creative talents. Whatever you do it needs to give scope to your originality and get you noticed. You want to have fun and taking chances might pay off. Not taking yourself too seriously will also reap benefits and you may surprise yourself at what you come up with by just playing around. Your feelings for loved ones are more intense now and children may take an important role in your life at this time.




Cancer: Vocational concerns are likely to dominate your thinking. If you're not already striking out to fulfill your ambitions then now is the time to make plans for your future. Getting yourself some recognition for what you do well takes on extra significance during this Full Moon. Self-acknowledgement only takes you so far and for now you need some approval from those you respect. If you want to launch your career or go a step further then make the moves. But remember to balance the demands of your work or public life and the needs of your family.




Leo: During this Full Moon travel, higher learning, study and spiritual matters can occupy your mind. 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 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.




Virgo: This Full Moon might be a trying period; you may feel anxious and worried about things. Your attention is being drawn to the patterns that create life's ups and downs. During this phase you may be focused on the negative side of a cycle at the expense of the positive. This might be a slow growth point but it's a necessary pause during which you can consider what is truly worth keeping and what you can dispense with. It's a great time to clear out what doesn't work well in your life in preparation for the next phase.



Capricorn: Home and family matters occupy your thinking during this Full Moon. Putting your energy into ventures that give you some sense of security and wellbeing will feel important now. You may just feel like staying home and building up your reserves so you have plenty spare for later. Sticking with familiar surroundings and intimate company takes the stress out of socialising and you need that freedom to nurture what's really important. This is a good time to try and complete unfinished projects and don't expect to get started on anything new just yet.



Aquarius: There may be increased contact with your neighbours and involvement in community activities during this Full Moon phase. You have the urge to get out and about and make connections. You may feel restless if you don't find activities that stimulate your mind. A lot of energy can be used up in trivial or light-hearted conversation but going deep isn't the mood of the moment. Seek out more information and alternatives to what you already know. This is a good time to catch up on correspondence or to do some writing.



Pisces: This Full Moon phase finds you concerned with your material and financial security. Impulse buying, or conversely, stinginess might be a problem now depending on how you feel about the state of your resources. This is a good time to consider if you are making the best of your natural skills and talents. You might be underestimating yourself or not yet utilising all the tools in your bag for your greater benefit. Actual money isn't the only source of wealth and you may find you have abundance in another form.

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people Arts & Entertainment

Breaking the mould

There aren't many places where you get to pick up a paintbrush in one hand and a really good cup of coffee in the other. When Sophie Miall and Suzanne O'Connor set up Cré Pottery Studio in Skibbereen town last March their aim was to create a friendly ceramics painting studio and coffee house where young and old could come to unwind and get creative. There is also a selection of delicious home baking to complement the fine roast coffee.

Once word spread, it wasn't long before families and friends from all over West Cork started calling in to spend some quality and fun time together.

West Cork's first paint-your-own-pottery studio has hundreds of pieces of blank pottery in all shapes and sizes to choose from and lots and lots of stencils, sponge shapes, glaze colours and brushes to help with inspiration!

With prices starting at just €10, you can paint your own piece of art, the studio will glaze and fire it for you, and it will be ready for collection in just three to four days.

"Fabulous studio and way to spend an afternoon, for children or adults alike!" commented one happy customer. "Wonderful variety of things to make and paint, great value and owners are very helpful and friendly. The decor is very pretty and relaxing too. Thanks for a lovely afternoon...my mum really enjoyed it. Wishing you both many years of success."

As well as pottery painting, the studio runs ceramic and pottery wheel classes. It's a wonderful venue in which to celebrate a birthday, hen party or special occasion with lot's of party packages to suit individual needs. The perfect place to get a group of friends together, adult parties are welcome to bring their own wine, with food provided by the studio on request. There are a number of party packages available.

On the first Friday of every month, the studio is open between 6 and 9pm and adults can bring their own bottle of wine and nibbles and enjoy a sociable, fun and creative evening.

Children's pottery classes run on a regular basis for four-week blocks and take place on Tuesday and Wednesday afternoons. Adult classes run



"It's a wonderful tranquil, almost meditative activity to share with your child or grandchild. It's amazing the quiet that descends once the paintbrushes are picked up."

for four-week periods on a Wednesday evening or Tuesday morning.

Private tuition on the potter's wheel is also available.

"One lady visited us regularly over the summer. She made an entire dinner service from pressing her wedding lace into clay," says Suzanne.

Why not create a unique and wonderful keepsake of your baby. Call into Cré to

make prints and impressions of your baby's little hands and feet. Cré will personalise your piece and glaze and fire it for you in studio.

Clay Play takes place every Saturday morning between 10am and 12pm and costs just €5 per person. "It's a lovely activity for families to do together on a Saturday morning," says Suzanne. "You can enjoy a quiet coffee while your little ones get stuck into the clay."

Sophie Miall has a degree in Ceramics and will be familiar to many from her previous business in Skibbereen – the fabulous Toto's toyshop. With four children, ranging in age from three to 11, the artist is well aware of the enjoyment that children can get from a relaxed activity like painting pottery. And it's not only children who benefit. "It's a wonderful tranquil, almost meditative activity to share with your child or grandchild," explains Sophie. "It's amazing the quiet that descends once the paintbrushes are picked up."

It's an idea that Sophie had been mulling on for years, even before setting up Toto's, but it wasn't until she started seriously talking about it with close friend Suzanne O'Connor, that a business plan started taking shape.

Suzanne has a FETAC level VI qualification in Professional Arts Practice from Rossa College in Skibbereen and lots of experience teaching in schools and working with children.

Over the past 11 years, the friends have worked on many projects together, from providing party entertainment



tree mural on one of the walls of the bright and attractive studio space.

Cré has disabled access and groups from Cope and Co-Action have already enjoyed numerous visits.

"It's an excellent activity for children with Autism," says Sophie. "To see a child who doesn't say much usually, get on the potter's wheel and start talking non-stop, is a wonderful sight."

There are Halloween and Christmas workshops coming

up and bookings are now being taken for Christmas parties.

Cré Pottery Studio is open Monday-Saturday, 10am-6pm and Sunday, 12-4pm. Keep an eye on facebook 'Cré Pottery Studio' for details of upcoming classes and events or check out Instagram for a behind-the-scenes look at Cré.

Phone 028-22913, email westcorkpotterystudio@gmail.com.

www.crepotterystudio.com



CLASSES AT Cré POTTERY STUDIO

Children's Classes
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5-7 year olds | 3.30-4.30pm
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www.crepotterystudio.com
Sophie Miall & Suzanne O'Connor

people Arts & Entertainment

Extinct creatures on the loose in Samhain street parade in Clonakilty

In association with the Clonakilty Arts Centre, a newly formed art collective, Geata Arts, is planning to resurrect the ancient legends and myths of Samhain, bringing them out onto the streets of Clonakilty in an extravagant street parade leading to a dramatic fire performance and the burning of the Great Elk under the full moon on Saturday, November 4.

The ancient festival of Samhain, corresponding to modern day Hallowe'en, was one of the most important events on the Celtic calendar. It was the transition into the darker, colder months of the year and for a brief moment, a time when the dead and beings of other worlds would walk amongst the living.

Samhain has a unique cultural significance in Ireland, but over the years has waned in importance, giving over to



the mass appeal and commercialism of Hallowe'en. Geata Arts aims reinvigorate this tradition and remind people of the deeper significance of this time of the year.

Under the theme 'Extinct Ireland', the group will parade through the town in traditional masks and ancient costumes, accompanied by otherworldly animals and spirits. They will

dance to the command of warrior rhythms and regal horns, celebrating the unique cultural heritage of our ancestors.

"It's amazing to feel the excitement grow as more and more people get involved and it really begins to take shape," says Ronan McLoughlin, one of the local parade organisers.

There will be many events on the days either side of the parade too; from October 31 to November 6, keep an eye out for wandering performances, art installations, a Death Café, Fancy Dress Céilí and much more. The parade itself begins at 7pm at the archway by O'Donovan's Hotel.

An important part of the festival will be the Shrine of Remembrance located in Spillers Lane – a woven willow structure that everyone is invited to visit and leave a message or offering to loved ones who have passed on or to witness

what others have left.

There shall be an original Shadow Puppet Theatre production 'The Cow, the Crow and the World Below' telling a story of Samhain in the weeks leading up to the main event and as a prequel to the parade.

The group has quickly generated a massive amount of interest in the West Cork town. With over a hundred people scheduled to parade through the streets, Geata Arts has already demonstrated the desire in many to return to a traditional, non-commercial and more inclusive festival spirit.

This is a non-profit, collaborative community event so all support is very welcome. The group is looking for volunteers to take part in the parade and help with stewarding and also to assist throughout October with creating props and floats, making costumes etc.

Donations of materials for creation such as fabric, paint, wood, willow, feathers, natural materials, etc are all most welcome. Please bring them to the Clonakilty Arts Center or The Workshop.

Monetary donations are also welcome and can be made to Geata Arts C/O Clonakilty Credit Union.

Updates and final programme will be posted on the Samhain 17 event page on Facebook and the website – www.geataarts.org

For more information or to volunteer contact Mark on 083 4533241 or email samhain@geataarts.org.

"We can't wait to see you at the Parade!"

Photo: 'Artichoke' by Mark Dougherty

Clonakilty Industrial Hall to host charity dance

by Donal McCarthy

The Industrial Hall Clonakilty, known as the 'dancing mecca

of West Cork – where love stories begin' will throw open its doors for a charity dance

on Saturday, October 14. The event is in aid of Community Air Ambulance, Ray Hayes Rehabilitation Fund and the local Youth Club.

Music will be provided by Paul Kelly and Band, who is supported by Ger Deasy. Dancing from 10pm to 1.30 pm. Admission €20 and tickets will be available at the door.

Photographs taken by Bluett Photography in the 60s and 70s and currently exhibited in the hall will bring back memories for many.

In the 1960s and 70s, a number of love stories began in the marvellous dance halls in West Cork – the Industrial Hall in Clonakilty, Lilac in Enniskeane, Boy's Club in Bantry, Crowley's Hall in Union Hall and of course the marquees at the festivals of West Cork and Festival of the Carberies.

Girls and boys from all over the country came to the Industrial Hall to dance the night away. In the 1960s they waltzed and fox-trotted to the big bands of Maurice Mulcahy and Mick Delahunty. In the late 60s and 70s, they jived, huckle-bucked and twisted to the fabulous music of all the showbands.

Clonakilty's Industrial Hall was built in 1913 as an exhibition hall to house the homemaking industries, which were a major feature of the Agricultural shows of that era. The hall was officially opened in 1913 by Mrs Bence Jones, wife of the then-president of Clonakilty Agricultural Show,



Mr Reginald Bence Jones, Lisselane, Clonakilty.

Back in the early 70s, dancing took place on a Thursday Night in Clonakilty, Friday Night in Innishannon and Sunday in the Lilac Ballroom in Enniskeane. In the mid 80s, Innishannon closed its doors, so Clonakilty took over the Friday slot and continued right up to the early 80s. The dances were run by the combined clubs of Clonakilty Agricultural Show Society, Clonakilty Macra na Feirme, Ardfield and Rathbarry Macra na Feirme, Kilbree Tug-o-War, and St Mary's PPU.

Many people now in their 50s will remember the Show Dance with Gina, Dale and the Champions. The history of the Show Dance goes back even further – the dance on show night, the second Wednesday in July, was followed the next Sunday night by a Scrap Dance, where the leftovers from the show would be consumed.

Maurice McCarthy, a well know historian in Clonakilty,

tells the story of his uncle who was a bachelor and creamery manager in Clonakilty at the time of the scrap dances. His uncle was encouraged by the farmer suppliers to go to the dance, which he did. The following day, the suppliers were curious how he got on and this was his reply...

"Those that were available were unsuitable and those that were suitable were unavailable". That's romance for you!

The Industrial Hall hosted so many bands over the years... Big Tom, Joe Dolan, Brendan O'Brien, Brendan Boyer, Margo, Derek Dean, Gene Stuart, Larry Cunningham, Roly Daniels, The Dubliners, Liam O'Reilly and Baggage to name just a few...the list is endless and include two most famous bands, The Waterboys and Boyzone.

Few dance halls have lasted the test of time but the Industrial Hall is still producing romances at it's Boiler Room discos over 100 years later.

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WEST CORK SECRET

people Arts & Entertainment

Programme announced for Guinness Kinsale Jazz Festival 2017

Kinsale Vintners, together with Una McCarthy, Diageo Ireland, announced details of the bumper 2017 Kinsale Guinness Jazz Festival programme that takes place in Kinsale from October 26-30. The Kinsale 'Fringe' Jazz Festival runs concurrently with the Guinness Cork Jazz Festival and always attracts visitors from near and far.

As well as the popular residencies in many of the Kinsale hotels and bars, this year Kinsale welcomes Ireland's first lady of Jazz, Honor Heffernan, to The Trident Hotel, accompanied by the legendary Billy Crosbie. Honor will then travel around a number of Kinsale venues during the weekend.

Also, the fabulous Lamarrotte Jazz Band from Holland will march around the streets of Kinsale, causing great excitement as they surprise people in various Kinsale venues.

"We are very much looking forward to welcoming Honour



Heffernan, the Lamarrotte Jazz Band and many more acts to Kinsale. There is a huge appetite for jazz and blues and the Jazz weekend remains a popular date in the Kinsale calendar," said Jack McGouran, Jazz Programme Musical Director.

There are several gigs from lunchtime to late in over 20 venues throughout Kinsale over the October Bank Holiday weekend. The Guinness Kinsale Jazz Festival Programme will be continually updated on www.kinsale.ie.

Pictured at the launch were Una McCarthy, Diageo with Graham Dalton and Anthony O'Sullivan from Sams Bar; Michael Frawley, The White House; Dave Dynan, Kitty O'Sheas; Anything O'Mullane, The Trident Hotel; Conor Ryan, the Folkhouse and Jason Hogan, The Silent Banjo.
Pic: John Allen

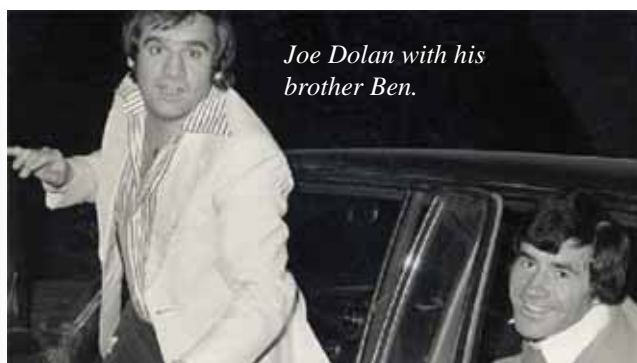


Joe Dolan remembered and celebrated this November at The Westlodge

The Westlodge Hotel in Bantry has a treat in store for Joe Dolan fans this November with a weekend of entertainment remembering the late singing star.

On Friday November 3, the weekend kicks off with a Joe Dolan Supper Club. Enjoy a four-course meal with entertainment followed by the Original Joe Dolan Band. This evening is fantastic value at €40, or just €35 for Leisure Club members. Meet at 8pm in Hannie Murphy's followed by dinner at 8.30pm.

On Saturday November 4 the story of Joe Dolan is told in 'My Brother Joe', starring Ben Dolan. Throughout his singing career Joe Dolan's energetic and charismatic stage performances thrilled audiences all over the world. This is his story told through the mediums of words and music, from his first



Joe Dolan with his brother Ben.

hit 'The Answer To Everything', which celebrates the 50th Anniversary of its release this year. The night includes all of Joe's greatest hits right through his amazing career.

Joe's brother Ben shared the stage with his younger brother for 47 fun-filled years; who better than Ben to tell the stories behind Joe's songs. The show features Ben's daughter Sandra, Karen and The Dolans,

and The Original Joe Dolan Backing Band.

'No Show Like A Joe Show' was the catchphrase used to describe Joe's live shows and how they used to put people in a happy mood – 'My Brother Joe' does the same and will have you singing along to all the hits. Tickets €25.

For tickets call The Westlodge Hotel on 027-50360.

Spike Island named 'Europe's Leading Tourist Attraction' at the 2017 World Travel Awards

Cork County Council's Fortress Spike Island has been named 'Europe's Leading Tourist Attraction' at the 2017 World Travel Awards 2017, seeing off a shortlist, which included the Eiffel Tower, Buckingham Palace and the Colosseum.

The 104-acre island was a monastic settlement in the 7th century, an artillery fortification built in the 18th century by the British with subsequent forts built in the late 18th and early 19th century and a prison in the 19th century where thousands of prisoners were transported from Spike to Australia. Spike Island remained under British control following the Anglo-Irish Treaty of 1921 and it was only handed over in 1938 when the last British forces left.

Westlodge Hotel
Bantry | West Cork

Mary Black
Live in concert
Sat October 21st
Tickets €35 at the hotel or call 027 50360

Fri October 27th
Derek Ryan
Tickets €15 at the door

Fri November 3rd
Joe Dolan Supper Club
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people Arts & Entertainment

Director delighted to screen new feature film in her native West Cork before worldwide distribution

‘She Sings to the Stars’, a new independent dramatic feature film written and directed by long-time Ballydehob resident Jennifer Corcoran, will have its West Cork premiere Friday, October 27 at the Uillinn West Cork Arts Centre in Skibbereen. As the opening night booked out so quickly, Uillinn has generously offered to host a second screening the following night on Saturday, October 28 at 8pm, followed by a Post-Screening Discussion at 9.45pm. Seating is limited so it’s necessary to book in advance by phoning the Arts Centre at (028) 22090.

Jennifer gives a synopsis of the story, “The endless desert. A Native American grandmother

lives alone tending her corn. Her half-Mexican grandson and a white, ageing magician are stranded. No water. A river of stars. Everything changes: anything is possible.

“Shot in the desert of New Mexico, this is a story that foregrounds simplicity and quiet, offering a glimpse into a corner of a largely unknown America. The film raises enduring questions, yet touches on the zeitgeist when it comes to current ecological crises of the planet and the human spirit, asking: What exactly is reality? What is magic? And who are the real magicians?”

Honoured with 12 awards on the North American film festival circuit, ‘She Sings to the Stars’ has just secured world-

wide distribution across all platforms (theatrical, broadcast, cable and digital) starting with an arthouse theatrical release in the United States. But Jennifer is even more thrilled to screen the film in West Cork, “there’s nothing like bringing it home to your own community.

“Writing and directing your own work is like trying to wake up inside a dream. Since film-making is such a fluid, intuitive art, it can be the place where the waking and the dreaming worlds merge.”

Jennifer recalls, “I first met Mabel, the grandmother character of the film, in a dream. Mabel said, ‘It’s time to sing the song. It will take you four years. Listen.’ I followed the clues, constructed three life-

size, newspaper-stuffed dressed figures of the characters, lived with them and listened for their story.”

Seven years ago, Jennifer was prompted by a vision to create a cycle of films about women – more specifically, to explore what is feminine nature. Together with her brother Jonathan Corcoran as producer, she created Circeo Films in 2011. The next film in the cycle is set in West Cork with a 28-year old woman as protagonist. Jennifer is currently finishing the screenplay, and the siblings are aiming to be in production by autumn 2018 or spring 2019.

www.shesingstothestars.com.

Director Jennifer Corcoran on set.



FILM RYAN'S REVIEWS

Ryan Edwards

Goodbye Christopher Robin

PG 107 mins

Director: Simon Curtis

Starring: Domhnall Gleeson,

Margot Robbie, Will Tilston

Plot: A behind-the-scenes look at the life of author AA Milne and the creation of the Winnie the Pooh stories inspired by his son CR Milne

Review: Goodbye Christopher Robin is an enchanting yet very real rendition of the life of AA Milne (Domhnall Gleeson) and his struggle to



re-adjust to life after his time spent in the First World War. With pressure now mounting on Milne to get back to writing, as well as the unexpected news that his wife is now pregnant, he sets out to write about the problems of war and how to try and avoid it happening again. Everyone has been living with war for years now and it also being nicknamed ‘The War to End All Wars’ so not many are interested in reading about such a terrible time. A few years later and after a few hit West End plays Milne decides that to write the book he wants to write he must move out to the country, taking his wife, son and his nanny. When circumstances force him to spend time with his son, Milne not only recovers from his trauma but also discovers a new world of amazing imagination, but at what cost? This is easily one of the most stand-out films of the year, from its amazing settings and pace, to its incredible tone and actors that brings it all together to make it a complete and brilliant package. Set between the First World War and just after the Second World War, there

***** 5 stars “Take my money and show me again!”
**** 4 stars “I’ll see that again when it comes out to buy”
*** 3 stars “I’ll buy it and watch it when it’s in the bargain bin”
** 2 stars “I may watch it again sometime”
* 1 star “This is why I’m glad for memory loss”
No star “Don’t even bother”

are so many things that can go wrong or right with this, from outfits and sets to the deliverance of characters, however this film just gets everything so right.

Domhnall Gleeson is absolutely outstanding as AA Milne creating this very stern but loving man with amazing adaptability, which is paralleled perfectly by Margot Robbie as Daphne Milne, a socialite with love for her family but an emotional distance to people that makes her seem cold. Newcomer Will Tilston, as the young Christopher Robin is a delight – for a young star like him to play such an important role and do it as well as this is a massive feat and one that I believe he overcame brilliantly. The film may be a little slow for any younger viewers but for those with or without children this is one that everyone should watch. You know the stories he created – now get to know a bit more about his story. *****/5 Stars

Kingsman: The Golden Circle

15 141 mins

Director: Matthew Vaughn

Starring: Taron Egerton, Colin Firth, Mark Strong

Plot: When their headquarters are destroyed and the world is held hostage, the Kingsman’s journey leads them to the discovery of an allied spy organisation in the US. These



two elite secret organisations must band together to defeat a common enemy.

Review: The Kingsmen are back and are now headed by Arthur (Michael Gambon). Taron Egerton reprises his role as the new Galahad, as well as Sophie Cookson as Roxy and Mark Strong as the ever-important Merlin. As with most sequels there are new faces, both good and bad. With the introduction of The Statesmen we get to meet Champagne (Jeff Bridges), Tequila (Channing Tatum) and Pedro Pascal as Whiskey. Likewise, we have a new villain, but I won’t say too much about this, besides the role is played perfectly. For those of you that watched and loved the first Kingsmen film you will like this one too but there are moments that just feel like a repeat of the original. There also seems to

be a lot more CGI in this film, which in certain places doesn’t seem to add anything that couldn’t have been achieved through practical effects. That being said, it is still an easily enjoyable film with many brilliant moments. Some of the highlights are fight scenes, as well as a very interesting dinner party. Although anyone who has seen the first film may not be as happy this time around, I can’t see too many being disappointed either. A great date night movie with some popcorn and maybe one to add to the DVD collection at some point, but you’ll be looking forward to watching the original again.
***/* 3/4 Stars

Why not catch these and all the latest films at Ireland’s number one best value cinema Park Cinema Clonakilty and second best value cinema Cinemax Bantry

What to watch in October:

Pick of the month - Thor: Ragnarok - Imprisoned, the mighty Thor finds himself in a lethal gladiatorial contest against the Hulk, his former ally. Thor must fight for survival and race against time to prevent the all-powerful Hela from destroying his home and the Asgardian civilization.

My Little Pony – The Movie:

When a dark force threatens Ponyville and the Mane 6, they go on a journey to the end of Equestria to save their beloved home and they meet new friends and dangerous challenges along the way.

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MOVIES THIS MONTH

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Goodbye Christopher Robin
Victoria and Abdul
Kingsman 2: The Golden Circle
The Lego Ninjago Movie • **The Emoji Movie**
Captain Underpants • **The Jungle Bunch**

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Festivals and folk music



MUSIC

Sean Phair

Sean Phair is a music fan and video professional; he hides behind the moniker Ambiguous Fiddle.

The guitar cases have been packed and the dust is settling in Clonakilty. The lid has been blown on the enigmatic artists of the Secret Song Festival in Ballydehob and singers from Drimoleague and all over are resting their voices.

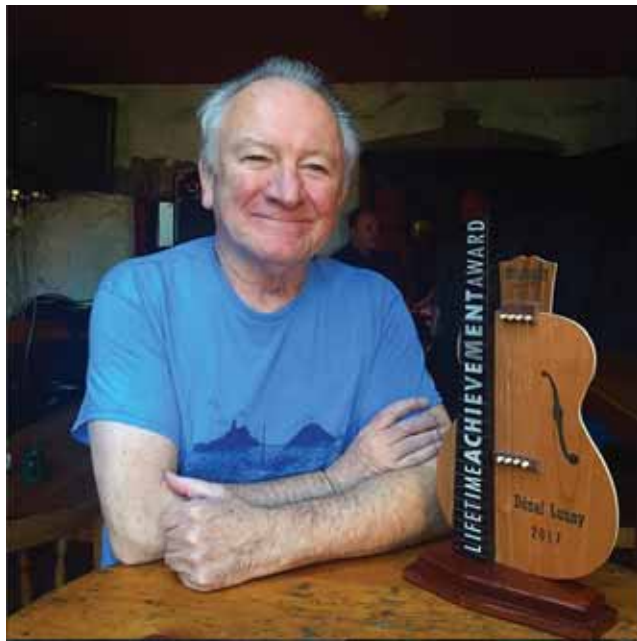
The last few weeks have been the perfect crescendo to a summer of fantastic music festivals and events in West Cork. The majority of which in these parts are non-profit events organised and ran entirely on a voluntary basis. An insane amount of work goes into these festivals and some are already putting things in place for next year. So I'd like to give a shout out to all of these unsung heroes (you know who you are) that have made it such a memorable summer.

With so much happening, things can easily slip by unnoticed and sometimes it may even be intentional.

In tandem to the Clonakilty International Guitar Festival this year, there was a music conference that ran in west Cork of major significance last month. Folk Alliance International (FAI) in partnership with the Guitar Festival ran a micro-conference called The Ex-Change.

This marked the first time FAI (world's largest folk music organisation based in America) have ever hosted an event in Europe.

I witnessed their flagship conference first hand in Kansas City back in 2014, which completely takes over two of the city's largest hotels for the best part of a week. The high-rising, dog-friendly



hotels are crammed full of industry folk from all over the world and everything from the lift to the hotel room becomes a stage.

The Ex-Change was rightly labelled a micro conference, a little sister no less that was created in partnership with the Clonakilty International Guitar Festival. Despite its size it was an event of major significance that brought key delegates and talent from around the world to our parts.

Ireland was also well represented with many of the main promoters in attendance, as well as stand out performances from Wallis Bird, Lisa O'Neill, Mick Flannery and John Spillane (Fair play to him!) and of course local luminaries Sam Clague and

Mide Houlihan.

Perhaps the biggest gesture happened on the final night when FAI Director, Aengus Finnan presented revered traditional artist Donal Lunny (Planxty, The Bothy Band) with a lifetime achievement award. Past recipients include Bob Dylan, Harry Belafonte Pete and Peggy Seeger and it marked the first time the award was given to an Irish Artist.

There was a short film, which accompanied the award, celebrating Lunny's irrefutable and inspiring contribution to music, labelling him the 'Irish Quincy Jones' due to his impressive list of musical credits and instrumental breakthroughs.

Lunny and longtime

musical collaborator Paddy Glackin closed off the event with a series of jigs and reels – it was a master class in traditional music. There was a collective energy throughout the room that had us all nodding and tapping in our seats. Had they played for another twenty minutes, we would have all been 'leimin' through the ceiling.

It was the perfect way to finish and leave us all hungry for more. The conference lasted just three short days and only time will tell what will come of it. Many of the delegates I spoke to, were blown away by the beauty and the warmth they experienced here in west Cork.

As things inevitably begin to quieten down closer to winter, I think the seeds have already very much been sown for next year's summer and I reckon we can expect plenty more musical surprises.

2017 Strictly Clon Dancing launched



After a very successful launch on Friday night, September 29, with Joanne O'Riordan as guest speaker, the stage is now set for this year's Strictly Clon Dancing competition.

The first semi-final will take place in Fernhill House Hotel on Friday, November 10. The second semi-final will be held at the Inchy-

doney Lodge and Spa on Saturday, November 18 and the Final is set for Dunmore House Hotel on Friday, November 24.

Pictured are last year's winners Ciaran Crowley and Aine Lynch with Joanne O'Riordan.



October Gig Recommendations

Have something musical to share?
Send your stories, gig info and releases to
submissions@ambiguousfiddle.com

Saturday 7th October, 11am

RECORD & CD FAIR

DeBarras Folk Club, Clonakilty

Sunday 8th October, 8pm

JOHN BLEK (SOLO)

DeBarras Folk Club, Clonakilty

Sunday 15th October, 7.30pm

LISA O'NEILL

Ballydehob, Levis Corner House

Saturday 21st October, 9.30pm

THE RUBBER WELLIES

The Mariner, Bantry

For full listings and more music content visit

www.ambiguousfiddle.com



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people Arts & Entertainment

Beara's links with award-winning botanical artist

Shevaun Doherty is an award-winning botanical artist, who won a Gold Medal and Best in Show at Bloom this year. Based in Dublin, Shevaun is becoming more and more attached to West Cork through her involvement in the Ellen Hutchins Festival, celebrating Ireland's first female botanist who was also a talented botanical artist.

This year Shevaun and Ellen featured in a joint exhibition, Drawing From Nature, at Organico Café, Bantry. Huge enlargements of Ellen's detailed drawings of seaweeds hung

opposite Shevaun's beautiful watercolours of plants and fruit. A highlight was the drawing by Shevaun of one of Ellen's seaweed specimens held in the Herbarium at Trinity College Dublin. Earlier this year, Shevaun had been given access to the specimen and spent a week in the Herbarium painting it. Her preliminary drawings, measurements, colour chart etc can be seen in a small display about Ellen in the Bantry Tourist Office until the end of October.

A linked exhibition at Bantry Library was the rather special homecoming of some of Ellen's

seaweed specimens. It was their first time back in Bantry since they were found in the bay over two hundred years ago by Ellen, and carefully spread onto paper, dried, and sent to botanist James Mackay at Trinity. They included the specimen that Shevaun drew, and she was the person entrusted with bringing the specimens from Trinity's Herbarium to Bantry Library, and back again.

Shevaun held two live demonstrations of botanical art, where she drew and talked about the practice of watercolour painting of plants. One was at Mannings



Emporium, Ballylickey, almost next door to Ellen's lifelong home, Ballylickey House. The other was in the magical building at Future Forest, Kealkil, and in a collaboration with the Masters of Tradition, traditional musicians Mick O'Brien (uilleann pipes) and Caoimhin O Raghallaigh (fiddle) played there the same afternoon.

The Stables at Bantry House was the venue for two one-day botanical art workshops that Shevaun ran, one entitled 'Fifty Shades of Green' on painting leaves, and the other on Vibrant Flowers. Both days were fully booked and participants thoroughly enjoyed their time with Shevaun, and some are already asking if they can book for next year.

The Festival, with Shevaun involved again, will be back next August (18 to 26) with a similar programme of events, and in the meantime, there is the small Ellen Hutchins display in the Tourist Office and another in the wonderful wooden building at Future Forests. See the website ellenhutchins.com for more information.

COMPETITION – The Everyman Theatre

Tom Crean– Antarctic Explorer

Don't miss the adventurous Kerryman Tom Crean as he is skilfully brought to life in this compelling one man show - Tom Crean Antarctic Explorer.

"This magnetic revelation of a fascinating character, simply compels a standing ovation" said the Irish Times; "a remarkable and uplifting piece of theatre, gives everything and asks nothing" said the Sunday Independent.

The tale of the Kerryman who survived three of the most famous polar expeditions: Discovery, Terra Nova and Endurance. See Scott and Shackleton through the eyes of a man who served both, and outlived both. Tom Crean, the intrepid Antarctic Explorer and one of Ireland's unsung heroes is at the Everyman from October 10-14, 8pm.

On the road for more than a decade, Aidan Dooley's captivating one-man show has been playing to capacity audiences with people coming over and over again – it really is that good! Extraordinary adventures await in this

uplifting and inspiring night of theatre. See everymancork.com for more details.

West Cork People has a pair of tickets to give away for the opening night of Tom Crean on Tuesday, October 10. To be in with a chance of winning, email your name, address and phone number with 'Tom Crean' in the subject line to info@westcorkpeople.ie before Monday, Oct 9.



The Illegals with Niamh Kavanagh

A very special evening celebrating the best hits from The Eagles and Fleetwood Mac, at The Everyman for one night only – Sat 21 October.

The Illegals make their debut appearance at The Everyman with a show that celebrates the 40th anniversary of two of the best rock albums of all time – Hotel California by The Eagles and Rumours by Fleetwood Mac. Fronted by Irish Celebrity Masterchef and former Eurovision winner Niamh Kavanagh, The Illegals will be cooking up a storm with iconic hits like Songs like Gold Dust Woman, Wasted Time, Second Hand News, Life In The Fast Lane, Dreams and Hotel California and many more.

The Illegals with Niamh Kavanagh brings you a fascinating show with the unforgettable songs from The Eagles and Fleetwood Mac. A great night out not to be missed with superb musicianship and vocal harmony. At the Everyman on Saturday 21 October, 8pm. See everymancork.com for more details.

West Cork People has a pair of tickets to give away The Illegals on Saturday, October 21. To be in with a chance of winning, email your name, address and phone number with 'The Illegals' in the subject line to info@westcorkpeople.ie before Monday, Oct 16.



people Health & Lifestyle

Shelter in the Yarn Loft

In New York Lucy Finnegan's merino and tweed cushions were a big hit; in the South of France her crochet bikinis and handbags are still sought, and now Lucy is realising her dream to open her own wool emporium, the Yarn Loft at An Tobairín, Station Road in Bandon.

Passionate about our heritage crafts, crochet and lace making – Lucy wants the Yarn Loft to be a creative space for 'yarns of all kinds'. Known for her vibrant edgy use of colour, she has many fashion design courses to her name, from Chanel's L'ecole Lesage in Paris to the NCAD and the Grafton Academy – and

has a great eye for detail. It is well known that knitting is good for the soul, almost meditative, yet it still surprises Lucy just how popular it is.

"It was in New York that I first noticed how popular knitting was. It was being used therapeutically for adults with stress or depression, patients battling cancer even children with dyspraxia," said Lucy. The amazing thing is that everyone has a story about knitting, it is a great leveler. It is kind of primal; even our plumber remembers knitting at school fondly," she said.

The unstoppable Sligo-born Lucy is one of the founding members of Bandon's popular Knit & Natter group. At the Yarn Loft, she will be running knitting and crochet classes and taking orders for bespoke knitwear. As well as stocking premium merino and cashmere



and alpaca, there will be plenty of mixed yarns and a range of inspiring knitting patterns for sale.

At the start of autumn we are drawn by the colours of nature, and with the chill of the evenings we crave comfort and

warmer clothes and dwell on feathering our nests. It's a good time to start a project or make someone special a Christmas gift. If you are new to knitting, Lucia suggests starting with something small and achievable such as a dog jacket, scarf or soft

baby clothes. You can always speak to Lucy if you're knitting in a tangle, take part in a workshop or want to arrange a school course. Or you could drop in to the Monday morning yarn spinning sessions. Everyone is welcome call Lucia on 087 970 1674.

The Yarn Loft, Bandon's premier wool emporium is now open in An Tobairín. That established wellness business is set to become an even more vibrant gathering place with Ware also operating upstairs. Ware offers well-chosen vintage ware and genuine kimonos for sale. The wellness hub provides free street parking, and is located in Station Road, just past the Aldi store.

Lucy Finnegan and knitters at The Yarn Loft in Bandon

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people Health & Lifestyle

Sewing with Philly at Teach Fada Studio

West Cork is renowned for the variety of its creative craft enterprises and now welcomes Teach Fada Studio, a labour of love for Philly and John Smith. The couple have opened a creative studio in their farmhouse at Bohonagh, Rosscarbery and are currently renovating the out-building into a large open plan, modern studio space where local artists will eventually be able to deliver courses.

At present, Philly is running a range of sewing courses, to suit all levels of skill, from the small studio in the farmhouse. Whether you're a complete beginner or interested in honing your dressmaking skills, these courses will fulfill those requirements and more.

There has been a renewed interest in sewing and crafting over the past couple of years with leading celebrities like Gwen Stefani, Chris Martin and Julia Roberts declaring their passion for the time-honoured skill.

For Philly however, sewing was always a necessary part of life; it put the bread on the table when she was growing up. One of ten children in an Irish immigrant family living in Manchester, Philly left school at the age of 15 to work in a sewing factory in Manchester, where she learned to design, tailor and make her own clothes. "We were a working class family, so I had no choice," she explains. "I was well able to use a sewing machine before the age of 10."

Philly says she only really experienced colour for the first time on returning to Ireland on holiday. "Manchester was all greys and black. My playground was a derelict mill, where we used to play with the piles of WWII gas masks left there. We used to break open the masks and use the charcoal we found inside. That was my introduction to charcoal," says the now qualified artist.

Philly married John in 1976 and the couple moved to Wales,

where they had two daughters. Philly went back to school, working up to completing her A levels, while sewing at home to supplement the family's income.

In 1995, the couple moved to live in West Cork. Philly continued to sate her hunger for learning at the age of 59 by enrolling in a BA in Visual Art run by DIT on Sherkin Island. She secured her degree and is now actively working as an artist while developing courses to be run from Teach Fada Studio. "I've always loved drawing and art but never really developed these skills as life always got in the way and I had to earn a living," she explains passionately.

Philly's 'Beginners' sewing classes start with the basics, from how to turn on a sewing machine to learning how to sew in lines and circles on paper. "It's about building confidence in the first lesson, then we move on to sewing simple seams, hems, zips and by the



time the course finishes, participants will be able to confidently make four table mats," says Philly.

"We'll make items like cushions, runner blinds and curtains in the 'Soft Furnishings' class and the 'Introduction to Dressmaking' is a really nice one for teenagers, as we learn how to alter and enhance garments in this, for example changing a pair of jeans into a

bag or shortening your jeans into a pair of shorts.

Philly also offers private tuition.

When the main studio is finished early next year, Philly hopes to offer life drawing, jewellery making, fabric art classes, to name just a few. The studio will also facilitate workshops and classes by other artists.

In the run up to Christmas,

Philly will be hosting a number of Christmas Craft Evenings, where you will be taught how to hand craft a gift while enjoying good company and festive mince pies and mulled wine.

For more information or to book into a course phone 086 167 3385 or email teachfada@outlook.com.

Follow @teachfadastudio on facebook.
www.teachfadastudio.com.

Commemorative Colin Vearncombe Pendant raises over €20,000 for Brú Columbanus



Contemporary jewellery brand Enibas surpassed all expectations with the success of a special edition charity pendant in aid of Brú Columbanus. Launched earlier this year, the commemorative pendant for internationally renowned singer songwriter Colin Vearncombe (Black) has raised more than €22,000 for the charity which provided support and accommodation to Colin's family in his final days in January 2016.

The pendant, which is now sold out, was designed by Sabine Lenz of Enibas in conjunction with Colin's wife Camilla and sons, and was inspired by a

piece which Colin wore almost continually of a smiling sun. The pendant piece carried the Irish inscription "Saol Iontach", a nod to Colin's international hit Wonderful Life. The 500 limited edition sterling silver, 50 9ct Gold and a limited number 18ct gold pieces were shipped around the world with Colin's fanbase getting behind the worthy cause.

Pictured at the cheque presentation were Max Vearncombe with his son Arthur, Polly Barrett, More Savage (Enibas Workshop manager), Clare Seward

(Goldsmith in Enibas), Len Lipitch, Sabine Lenz (Enibas designer), Anne Maria O'Connor (Bru Columbanus), Margaret O'Farrell (Board Bru Columbanus), Camilla Griehsel, Colin's wife, Marius Vearncombe, Steve Baker (Camilla Griehsel, manager) and Caitriona Jardine-Otway (Enibas Retail Manager).

Pic. Emma Jervis Photography

Sewing with Philly

at teach fada studio

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people Health & Lifestyle

A gentle touch when undergoing aggressive treatment

Having battled cancer twice herself, Caroline Warren from Bandon set up The Touch Therapy Centre to provide cancer sufferers and anyone dealing with a serious health issue, some relief and time out from the stress and side effects that can come with such gruelling

treatment.

"Many patients going through serious illnesses such as cancer may expect to lose their hair or feel ill during cancer treatment but many do not expect to develop sensitive, sore and irritated skin, or to lose their nails or develop stiffness in the joints," explains

Caroline.

"Gentle, light massage can help alleviate some of these conditions, soothe compromised skin and help decrease the associated stress levels and as a result help boost the immune system and aim to promote better sleep patterns."

Caroline was diagnosed with breast cancer in 2011, age 38, and with leukaemia in 2013.

"In 2011, I went to the doctor with a pain in my breast. I was sent for a mammogram and after that everything happened very fast," she says.

Caroline had to undergo a mastectomy and chemotherapy treatment. "I have two kids, who were age six and nine at the time, so it was very hard on them, seeing me without hair and without the energy to do anything," says Caroline.

Caroline finished her treatment at the end of November 2011 and with Christmas approaching, she felt she could start looking forward. "I thought things would improve once the treatment was behind



me, but I felt wiped out. Everything just hit me full force and it took me a good six to eight months to get through and feel like myself again. It's fantastic to get through it but by the end of the treatment you are running on empty."

By 2013, Caroline felt like she was finally back on track. "I was watching what I was eating, running mini-marathons, I felt good," she says. However then she started noticing large bruises on her hips and legs, and one Monday morning, as she was running up the Bandon bypass with a friend, she experienced trouble with her breathing. "I went

straight to the doctor who sent off a blood sample for testing and by Tuesday afternoon, I was diagnosed with Leukaemia and admitted to an isolation ward in the Leukaemia unit of CUH, where I spent the next 98 days."

During that time Caroline had intensive chemotherapy, along with a succession of other procedures, including blood transfusions and bone-marrow biopsies.

"I was so angry. I lived such a healthy lifestyle and I felt I'd done my time," she says.

Caroline was let out of hospital in February 2014 and although still having regular blood checks and bone marrow biopsies, she is now in good health. "I feel good but it will be 2019 before I am officially in remission," she says.

Right now Caroline is looking forward and is hoping to help other cancer sufferers who are undergoing treatment.

"The Touch Therapy Centre is there for anyone who would like to take time out to

recharge, relax and re-energise. It is for anyone looking for a more personal one-to-one caring environment that a large spa can not offer."

All of the products have been specifically designed for cancer patients to help protect skin, nails and lips during chemotherapy and radiotherapy treatments.

At The Touch Therapy Centre you can enjoy relaxing facials and massage treatments with luxurious products in a relaxed setting when peace and rest is needed more than ever or alternatively you can also purchase a gift voucher for a friend, loved one or carer which can be used for a treatment or on the luxurious products available.

Feel free to ring Caroline on 086-834592 to discuss treatments or to book your appointment.

The Touch Therapy Centre is located at the SiRona Clinic, 27 West Douglas Street, Douglas Village, Co. Cork.

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aislingmcauliffe@yahoo.com

Flow Pilates West Cork

Each year the family owned Celtic Ross Hotel in Rosscarbery organises and hosts the one and only Girls Just Wanna Have Fun Weekend to benefit the Irish Cancer Society and support the fight against breast cancer. This exceptional annual weekend is in its 10th year and takes place from October 6 – 8, 2017. Since its inception in 2008 the weekend has gone from strength to strength and has raised over €81,000 for the charity.

This special weekend, which is set overlooking beautiful Rosscarbery Bay on the Wild Atlantic Way, is a time to chill and unwind with lots of fun, relaxation and pampering, while at the same time fundraising for a charity close to many people's hearts.

Breast cancer is the most common form of cancer in women in Ireland after non melanoma skin cancer. One in 11 Irish women have a chance of developing breast cancer during their lifetime. This weekend not only raises vital funds so the Irish Cancer Society can maintain the level of service that is vitally needed, but it also raises awareness of breast cancer and other cancers in women.

Women aged 18 to 80 descend on Rosscarbery together with their friends to remember someone they have lost or they come with their sisters and mums to celebrate getting through cancer and surviving.



Throughout the weekend the need for cancer awareness is highlighted as is looking after our health: for us women and the men in our lives.

This WOW weekend is jam-packed full of activities; and the women can do as much or as little as they like, from aqua aerobics to relaxing massages, make up masterclass to wine and cheese tasting, Pilates to long walks on the nearby strands. Other plans for the weekend include caricature painting, dancing, mindfulness, feed your skin, hair and beauty, nail bar, Yoga, Bingo, treasure hunts, stand up paddling, adventure golf and so much more!

There is a special Look Good Feel Great fashion event with expert stylist Joan Cashman who has over two

decades of experience from throughout Europe. Joan will host an interactive and fun session, teaching everyone which colours and style of clothes will suit their shape, personality and even lifestyle!

Saturday night brings out the style with a Champagne Reception and a Best Dressed 'Pink' Ladies competition sponsored by Keanes Jewellers. Head Chef Alex Petit will showcase the finest of West Cork produce during the five-course sumptuous banquet while Pat Fitz Band and DJ will provide the after dinner entertainment.

Before departing for the journey home on Sunday morning each wonderful woman will receive a fabulous goodie bag as a Thank You for supporting the weekend!

The Girls Just Wanna Have Fun Weekend in aid of the Irish Cancer Society is €195 per person sharing including two nights B&B, Champagne Banquet on the Saturday night, a Mini Facial or Massage and all the activities during the weekend. For further information visit www.celticrosshotel.com.

Above; Launching the 10th annual Girls Just Wanna Have Fun Weekend to benefit the Irish Cancer Society and support the fight against breast cancer is organiser of the weekend Helen Wycherley, Celtic Ross Hotel with Joan Cashman Colour and Image Academy.



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people Health & Lifestyle

Rainbow Therapies wins award for excellence

Rainbow Therapies in Clonakilty has won a coveted 'Service Excellence Award' in the Luxury Travel Guide Awards 2017.

The Luxury Travel Guide Awards represent the pinnacle of hospitality achievement, championing the best in their respective fields.

All winners of these spa and wellness awards are subject to the same rigorous assessment criteria ensuring only the most deserving firms and individuals walk away with one of these prestigious accolades.

Rainbow Therapies now features in the travel guide in airport lounges worldwide, as well as on cruise ships, hotels, holiday specialists and tour providers.

Mary O'Brien visits Rainbow Therapies on Western Road, Clonakilty to find out what makes this holistic therapy centre so special.

On the afternoon of my treatment, my head felt as heavy as the grey sky outside; I had woken up that morning with a really bad sinus headache. After battling through rain and traffic, the

tranquil space that greeted me once I entered Rainbow Therapies was a welcome relief. I felt my headache ease slightly even before the treatment began. Candles and soft lighting create an intimate and soothing

space and Jade's kind and gentle manner instantly puts you at ease.

Jade Katrice Spencer realised her dream of opening her own business in July 2015 and in the space of just over two years, Rainbow Therapies has built a large and loyal customer base from Clonakilty and beyond. And it's easy to see why.

From aromatherapy massage to organic facials, reflexology and Rahanni celestial healing, the centre offers an impressive range of treatments and the individual care and attention provided by Jade, who is extremely passionate about her work, guarantees that your visit will leave you feeling rejuvenated and enriched.

"I strive for each treatment I give to be my very best," she explains. "From the moment my client walks through the door they have my full attention. I love to care for people and I love performing the

therapies that I offer. I feel that this shines through when performing my treatments. During a treatment I try to concentrate feeding this positive healing energy while I work."

Jade suggested a combination of three treatments together to target my needs – a back and head massage followed by reflexology and Rahanni healing treatments.

Reflexology treats points and areas in the feet and hands that relate to corresponding parts of the body. Using precise hand and finger techniques, a reflexologist may improve circulation and induce relaxation. This encourages the person's own healing systems to be activated to maintain wellbeing.

Rahanni is an ancient type of energy healing that can make you feel more relaxed, calm and at peace, with a more positive outlook after a session.

During the treatment, I felt

all my knots and tension ease away. By the end of the two hours, Jade had worked her magic – my headache was gone and I felt extremely relaxed and ready for anything. It was absolute bliss and easy to see why Jade won an award for excellence.

Another plus at Rainbow Therapies is the reasonable

price for treatments. Jade believes that holistic therapy is a need, not a want, and should be made available for everyone.

To find out more about the treatments available go to www.rainbowtherapies.ie. To book a treatment call Jade on 085 1119271.



Looking fabulous in the fall



IMAGE

Louise O'Dwyer
Image Consultant

This is very definitely one of my favourite times of the year – we still have some sunshine but there is a 'nip' in the air. Don't you just adore fleece socks, sofa throws, chunky scarves and central heating? If you don't, then it is time you started appreciating these little things...they make our lives so much more comfortable!

I never pack away all of my flip flops, I have a few pairs that I use as slippers and they continuously encourage me to keep my toenails looking good and give easy access to rubbing on some moisturiser. I just threw out my latest pair of UGG slippers, after watching a video featuring a farm that supplies the wool to UGG. As a passionate animal lover, all that I can say is that I WILL NEVER BUY A PAIR OF UGG ANYTHING EVER AGAIN!

To see men flinging shorn sheep threw the air was horrifying, and to top it off almost every single one of them was bleeding, alot. Perhaps, I won't make much of a difference but one thing for sure – I would rather have cold feet, than to put them into a pair of UGG slippers. Food for thought for you all!

Red is and always will be my favourite colour, and because

of that I don't wear it too often. I savour the luxury of red, it is such a feel good, feel alive, vibrant, lush, rich, powerful and feminine colour and as far as I am concerned, no other colour comes close! There is a shade of red for everyone; if you believe that red is not your colour, then it is simply because you have not tried on your shade of red. It doesn't matter what hair colour you are, red works with every colour and it is with great pleasure and delight that I can announce that red is the number one colour for Autumn 2017.

Picture a red trouser suit, heaven! Or what about a classic cut red coat? Simply divine! Red cigarette trousers with a red chifon blouse – I love this look and having worn it, I can thoroughly recommend it, for any occasion, anywhere. Oscar De La Renta showed it off on the runway, so I set out to copy it for a fraction of the price, and I did. Of course, some of you might just prefer to accessorize with red and hey, red heels do pack a powerful punch. How about an all black or navy look with red leather gloves? My only words of advice on red is to 1) Not buy too much of it and 2) If you love it as much as I do, wear sparingly, so the love never fades – and when you do wear it, you look incredible, not the same as the last red dress you wore last week!

Vintage-looking classic faux fur has replaced last year's statement fur for Autumn/Winter – there are no frills, no added print or detail just good old classic fur coats, and the bigger the better. Here's to hoping that we get lots of 'dry' cold nights

so that we can really wear our fur in style! My daughter's graduation is this month and I am so excited that I can choose between my gorgeous red coat or a vintage caramel faux fur cape coat that I found in a thrift shop in New York two years ago. My humour, the weather on the day and so on will decide which one I will wear over a classic navy Karen Millen dress. After all, it's not my day, it's my daughter's day, she will be the one to shine and her outfit needs to take centre stage. I am bubbling with excitement and have a newfound fascination with and adoration for the Infant of Prague!

A faux fur coat adds instant glamour and is one of the few 'sensational pieces' that is also completely practical. Wear it any time, don't keep it tucked away just for nighttime and don't think that you have to be dressed formally underneath. Jeans, long sleeve t-shirt, pair of converse, sunglasses and a fur coat is a very chic and confident look.

When Prada decked a model out in bright 70s plaid, initially I balked when I saw the coats and long dresses. However they grew on me. There is something quirky and new about this re-invented look. OK, so it's not for everyone but it is very definitely for a certain type of girl who will wear it with confidence and look sensational. I'm all for looking different, the key is to have the confidence to try a very new look and wear it well.

Victorian collars have been creeping in for a while now but I get the feeling that YOU WILL BE UP TO YOUR NECK IN HIGH COLLARS

before the season is out! They can look very elegant, as long as you don't feel stuffy in them. One or two blouses with Victorian-inspired collars would make a lovely addition to your wardrobe.

Over-sized men's blazers are one of this season's 'must-haves' with shoulder pads. It's very much 'I'm a strong independent woman' look...the kind that you don't mess with. I must admit,

A faux fur coat adds instant glamour and is one of the few 'sensational pieces' that is also completely practical



an amazing look on the runway, especially the plaid jackets.

Who would have thought it but fishnets are the fastest selling tights this season. This time around, designers teamed them with a more formal look – with designer dresses and men's blazers. Are you daring enough to wear them? You could just buy them and they may never leave the house...surprise your special someone with a romantic meal at home and wear your fish net tights! You'll probably need to wear some other clothes but don't ever forget to 'not' take yourself so seriously sometimes, age is irrelevant, having a laugh and having fun keeps you young. Life, as we all know is not always like those romcom movies, it can be at times, but the rest of the time it is so busy that you can even be pressed for the time to turn around, let alone make time for each other. So, happy fishnet stocking shopping, and if you never buy them, at least I hope that I've made you smile.

PS: I still smile when I think of my boys, age five or six, cutting up the most beautiful and 'not-cheap' pair of fishnet stockings that I owned to go crab fishing with! Yes, they caught lots of crabs (which of course they threw back in) – they were delighted and the following day, having left a bucket with the cut up stockings and bait outside, had me laughing, as my boxer ran passed the patio doors with the stockings in his mouth. He also had great fun playing tug of war with our other dog... and that ended the life of those much-travelled fishnet stockings!

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Celebrity photographer in West Cork

One of Ireland's most sought after celebrity portrait and wedding photographers, Jenny



McCarthy, will speak at the Celtic Ross Hotel, Rosscarbery Wedding Showcase on October 22.

Jenny has a wealth of knowledge and inside tips on how to make your wedding day the most amazing day of your life. On October 22, learn how to make your wedding day different with Jenny's recently launched The Bride Guide: How to pose for your wedding photographs; Hair and make up tips; Style, dress and underwear tips; Celebrity inside scoop; What items to splurge or save on.

This will be followed by a Q&A with Jenny who has captured the

magical wedding memories of some of Ireland's most loved celebrities such as Pippa O'Connor, Glenda Gilson and SoSueMe's Suzanne Jackson.

On the day you will have the perfect opportunity to view the hotel's chandelier-lit ballroom fully set for a wedding and their newly decorated bridal suite. Indulge with a glass of bubbles and mouth-watering canapés on arrival while you gain an insight into the excellent personal service the Celtic Ross offer while also seeking ideas and inspiration from a select choice of wedding specialists throughout the afternoon.

The Wedding Showcase featuring Jenny McCarthy

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takes place on Sunday, October 22, 1 - 4pm. There will be fantastic prizes on the day and entry is free. For further information email weddings@celticross.com.

Deborah and Roberta unlock students' potential at La Fenice Beauty Academy



Collette Twomey cuts the ribbon on La Fenice Academy with Deborah, Roberta and Clonakilty Mayor John Loughnane.

On Saturday, September 16 mother and daughter team Deborah Cortimiglia and Roberta Mingione officially opened their new beauty college in Clonakilty. La Fenice Academy caters for a wide range of educational needs, offering part-time and full-time courses, year-round, in hair styling and beauty therapy.

As Collette Twomey of Clonakilty Black Pudding cut the ribbon, the evening sun shone rays of positivity on the crowd who had gathered to see

the doors open on this exciting new education centre.

The academy's first course began just two days later with a full classroom. The current students range from school-leavers to women seeking new qualifications having taken a career-break to raise their families.

Deborah and Roberta have years of international experience in the beauty industry, from Italy to New York, and love to share their knowledge and skills. Having settled in Clonakilty a number of years



ago, where they opened La Fenice Nail Bar & Beauty on Ashe Street, the enterprising family has spent more than five years developing their plans for West Cork's only beauty college, from the interior (which oozes luxury with its spa-inspired design) to gaining the correct education accreditations; La Fenice Academy has already been awarded the International Therapy Examination Council, ITEC standard, a worldwide accreditation that insures its students are professional recognised all over the world.

As part of their education programme students will spend time in La Fenice clinic, gaining valuable real-life experience to ensure they are not only competent but also confident when entering the workplace, making them huge-

ly employable.

For more information go to www.fenicebeautyacademy.ie

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people Health & Lifestyle

West Cork Mental Health Services champion an arts approach to recovery

West Cork Mental Health Services (WCMHS) is currently developing community services in the Skibbereen area, including a new space at 49 North Street. The goal of North Street is to provide a creative space to promote recovery and wellness. The majority of community-based projects at the centre are a collaboration between mental health service users and the wider local community. The centre will serve as a hub for a series of free events taking place throughout West Cork during Mental Health Month in October 2017, bringing together musicians such as John Spillane, Míde Houlihan and The Claddagh Rogues, local artists and mental health professionals.

Since 2011, the Mental Health Services in Cork have

been paving the way forward for the strategic incorporation of the arts in mental health-care, for example committing resources to embed a community-based programme throughout West Cork. The programme has been inspired by many and the contemporary recovery-based approach of services is pivotal, with individuals who attend services now having their say in the direction of things to come. Placing the creative arts at the centre, rather than at the margins, of service delivery, the Cork Mental Health Services have contributed to changing healthcare culture, which values the input of professional artists and arts organisations in recovery-focused care.

Dr. Pat Bracken, Consultant Psychiatrist and retired Clinical Director at WCMHS, said:

“My experience has taught me that people find their way out of mental health problems along many different pathways. Professionals need to be open, creative and flexible if they are to be a help rather than a hindrance in regard to recovery. This is why the creative arts are so important. They provide individuals with different ways of finding confidence and the strength to move on positively in their struggles. But they also help to change the culture of services themselves. They bring a different way of understanding and responding to problems and help services to work with more imagination and flexibility.”

Declan McCarthy, Assistant Director of Nursing, Cork Mental Health Services, added: “It’s fantastic to be a part of a developing culture of recovery focused care in the current Cork Services – I especially enjoy with my colleagues working with people who attend services. Listening and implementing their ideas and plans in order to enhance our care pathways for people is truly rewarding. Our current Community Mental Health Teams and our Centre

for Mental Health Care and Recovery in Bantry and indeed throughout Cork are continuing to build structures and support networks that help serve our communities. 49 North St is a symbol of this and although located in Skibbereen, it will and is open to engaging with all communities throughout West Cork. I would like to thank our Area Director of Nursing Mr Ned Kelly for his support in helping this ethos and service to emerge. I would also like to thank Jean Barron for her invaluable assistance.”

In 2016, WCMHS appointed a Clinical Nurse Specialist, Kevin O’Shanahan, to lead the arts and mental health programme. O’Shanahan is also a musician and a member of The Claddagh Rogues, a folk band born out of Cork’s Simon Community, where O’Shanahan was artist in residence in 2007. Led by James O’Flynn, the music of The Claddagh Rogues explores personal experiences of homelessness, addiction, mental health difficulties and recovery. The unique partnership between O’Shanahan and O’Flynn highlights the important role the arts can play in the recovery journey and The



Claddagh Rogues will feature in a number of the West Cork events during Mental Health Month as part of a national performance and discussion tour.

Kevin O’Shanahan, Arts and Mental Health Co-ordinator at WCMHS, said: “West Cork really is unique in the vibrancy of its collaboration between the arts, community and mental health sectors. The events planned for October celebrate the work produced from such collaborations. A growing evidence base points towards strong links between participation in the arts and wellbeing.”

World Mental Health Day falls on October 10 each year, with the aim of promoting awareness and destigmatising mental health issues. WCMHS will partner on a number of free arts and mental health events throughout the month in Skib-

bereen, Bantry, Schull, Ballydehob, Castletownbere and Clonakilty. Events include all day performances, workshops and discussions during World Mental Health Day; a series of concerts featuring The Claddagh Rogues, John Spillane, Míde Houlihan and the Bantry Community Choir; the launch of the Recovery Stories project by Dr. Pat Bracken on October 23; mindfulness and Gamelan music workshops for healthcare staff, in collaboration with Healthy Ireland; and art exhibitions. Family friendly events will take place at Wolfe Tone square, Bantry on October 13 and 14 incorporating music, movement, food and fun – All events are free of charge. For further details visit musicalive.ie and www.yourmentalhealth.ie.



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Aware Relatives and Friends Programme coming to Cork this October

Aware, Ireland’s leading organisation providing support, education and information services around depression and bipolar disorder has announced that the new Relatives and Friends Programme will be available to the people of Cork this October. The free programme, six hours over the course of four weeks, aims to provide helpful information about depression and bipolar disorder, provide practical advice and address the challenges faced each day when supporting a loved one experiencing depression or bipolar disorder.

The Aware Relatives and Friends Programme, will begin on Wednesday, October 18 at Bru Columbanus Centre, Wilton, Cork. Online registration for the programme is now open and places are available to anyone over 18. Those interested in attending are encouraged to book quickly as places are limited and will fill up fast.

The Relatives and Friends Programme is free to attend, with a refundable €30 booking deposit in place to ensure participants that really want to book a place have the opportunity to do so. The booking fee will be refunded by contacting Aware once all four modules in the course have been completed. Reduced booking fees are available for students, the unemployed, OAPs or those in possession of a medical card.

To register and book your place visit www.aware.ie.

KEY DATES:

MENTAL HEALTH MONTH IN WEST CORK

3 October | Skibbereen

Uillinn: West Cork Arts Centre, Open Door Music Session, 7pm

5 October | Castletownbere

Beara Coast Hotel: The Claddagh Rogues and guests, 7pm

10 October: World Mental Health Day | Skibbereen

49 North Street, Centre for Wellness and Creativity: All day event featuring The

Claddagh Rogues, guest musical performers, Gamelan Spréacha Geala and mindfulness workshops, 11am-9pm. Art exhibition by Tess Leak and Sarah Ruttle 1-5pm

11 October | Clonakilty

‘Tea on the Lane’ coffee shop in Spillers Lane: Coffee morning in association with Clonakilty Wellness Week, 10am

13 October | Schull

Newman’s: The Claddagh Rogues with Míde Houlihan, Karen Minihane and guests, 7pm

13 October | Bantry

Bantry Square: West Cork FeelGood present a family fun day of music, movement and food

14 October | Bantry

Maritime Hotel: Live Life and Sing concert hosted by Bantry Community Choir with John Spillane, The Claddagh Rogues and guests, 8pm

17 October | Bantry

Centre for Mental Health Care & Recovery, Bantry General Hospital: Art exhibition curated by Sarah Ruttle

and Becky Keyser, performance by The Claddagh Rogues, 1pm. This event is invite only. Contact kevin.oshanahan@hse.ie for further information

23 October | Skibbereen

49 North Street, Centre for Wellness and Creativity: Launch of the Recovery Stories project by Dr. Pat Bracken, acoustic performance by The Claddagh Rogues, 1pm

26 October | Ballydehob

Levis’ Bar: The Claddagh Rogues with Míde Houlihan & guests, 7pm

The Claddagh Rogues were born out of Cork’s Simon Community, which cares for the homeless and those at risk, in 2007. They have produced two EPs and their first album, *For the Record*, launched at the First Fortnight festival in January 2017 with guest performer John Spillane. James O’Flynn, lead singer and songwriter, spent most of his early life in prison, under psychiatric care and homeless on the streets of Cork. Fellow Claddagh Rogues founder member and lead vocalist Mags Kelly experienced addiction and homelessness. The new album pays tribute to Mags, who passed away in 2014, aged just 44. The Claddagh Rogues are embarking on a nationwide performance and discussion tour for Mental Health Month in October 2017. thecladdaghrogues.bandcamp.com.

Míde Houlihan is a Clonakilty bred singer-songwriter whose storytelling is lyrically spellbinding and easy to relate to. Her song ‘Nuts and Bolts’ won the IMRO Christie Hennessy Song Competition in 2015 and is featured on her critically acclaimed



album *Coloured In*, recorded with renowned producer and guitarist, Bill Shanley.

people Health & Lifestyle

Managing stress in the workplace with help from Solace

This year's theme for Mental Health Awareness week is 'Stress in the workplace'. We all hear the word stress and can associate a lot of what we are feeling, such as irritation, poor sleep, racing minds and lack of appetite, to the word stress. But what can we do to manage stress better? The team at Solace Holistic Centre in Clonakilty believe that there are a wide range of tools and techniques that can help manage stress on a daily basis. Something as simple as learning a breathing technique that will help calm mind and body can make all the difference to your workday.

On Tuesday, October 10

from 7:30-9pm in Fernhill House Hotel, Clonakilty, Solace Holistic Centre will host a Free Talk on 'Tools and Techniques to help with stress in the workplace'. This talk is going to be given by Massage Therapist Joyce O'Sullivan and Counsellor Aaron O'Neill. Joyce will be discussing dealing with stress in the workplace acknowledging the effects it can have on the physical body. She will demonstrate breathing techniques, acupressure points that can be used along with hand reflexology points and grounding techniques. All these techniques will be for your use both at work and at home. As we know home is often the

workplace for a lot of people so this talk is suitable for everyone.

In conjunction with Joyce's tips, Aaron O'Neill from Wellspring Counselling will be covering Anxiety and Mindfulness in the workplace. Aaron speaks from experience so has great understanding for what the anxiety you may be dealing with. He will be giving some helpful tips on how to calm the mind and move away from anxiety. To book your seat on the night contact Solace on 087 9510554 or just drop in to Fernhill House Hotel that evening to join the talk.

Throughout October, Solace Holistic Centre in conjunction

with Mental Health Awareness is offering 30 minutes Back Massage or Indian Head Massage for €20. This is something that a person can fit in during their lunchbreak, bringing calmness and clarity to their afternoon. Constantly promoting wellbeing, Solace has set up a Facebook group, 'Solace Weekly Wellbeing' that will give you plenty of tips and advice on a regular basis. Pop along and join the group to help you stay on top of your wellbeing. For all information on available therapists in Solace, check out the website www.solaceholisticcentre.com or call the centre on 087 9510554.

Mental Health Ireland Booking Essential 087 9510554

Solace Holistic Centre
"Supporting Healing from Within"

FREE TALK with Joyce O'Sullivan & Aaron O'Neill
Tuesday 10th October 7.30-9pm
Venue: Fernhill House Hotel, Clonakilty
'Tools & Techniques to help with Stress in the Workplace'
part of Mental Health Week 2017, 9-14 October

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'Live Life & Sing' at The Maritime Hotel in Bantry

Inspired by the story of courageous local man Donal Walsh, Bantry Community Choir hosts its annual event 'Live Life & Sing' concert in the Maritime Hotel on Saturday, October 14, 2017 at 8pm. Donal's message spoke of the importance of appreciating life and living it to the full – his courageous words still ring true today.

Founded on World Mental Health Day 2014, Bantry Community Choir works in close partnership with West Cork Mental Health Services (WCMHS) and West Cork Development Partnership. Co-founders Nora Edgeworth (Mental health Advocate) and Kevin O'Shanahan (Nurse specialist in mental health and the arts with WCMHS) initiated the choir with an ethos of community, inclusion, social interaction and participation for all. Previous Musical Directors Katy Salvidge and Normal Collins, further developed this inclusive ethos through their

musical leadership and the choir has gone from strength to strength since its inception.

This ethos remains at the fore today and members share a belief in the benefits of music and singing to positive mental health and well-being for all.

Kevin O'Shanahan comments: "The benefits of music and singing to wellbeing are widely recognised and this is a choir that embraces that ethos fully. Since the choir began, we have noticed a growing interest and increase in community based choirs and singing, throughout West Cork and beyond which indicates a growing awareness of the benefits of singing to well being".

The choir also strive to serve the community of Bantry and the wider community of Cork through quality choral music performances and through a friendly, supportive, inclusive environment of shared musical experience. Research from the University of Canterbury in the U.K indicates that singing

benefits health in many ways including fostering feelings of achievement and self-belief. And most of all, it's an enjoyable activity, that brings people together.

"There's something very special about a choir and it's a great honour for us to perform and contribute to the community of Bantry. A little bit of magic happens when creating music together – and sharing it with your local community is a uniquely rewarding experience," adds Musical Director Susan McManamon.

It's been a fantastic year for Bantry Community Choir – from collaborating with John Spillane and the Claddagh Rogues and performing at Triskel Christchurch, participating in the first West Cork Chamber Fringe Festival, and performing alongside nine other choirs from around the country in a Celebration of Health Service Choirs 2017. Collaborating with Gamelan Spréacha Geala for the Skibber-

een Arts Festival was another highlight and the choir will also perform in Bantry Library in celebration of Culture Night on September 22.

'Live Life and Sing' celebrates life, singing and community in West Cork.

Bantry Community Choir are joined by friends John Spillane, the Claddagh Rogues, Muintir Bhaire Men's Choir, Bantry Folk Group and more for what will be a great night's singing. Liam Cunningham also joins for a little story telling so there

should be something for everyone on the night.

'Live Life and Sing' takes place in the Maritime Hotel at 8pm on Saturday, October 14. This is a free event with donations welcome!

The Beauty Spot

Seoulista Beauty launches in Ireland

The hottest name in innovative K-beauty-inspired skincare has landed on Irish shores. Seoulista Beauty® is a vibrant new beauty brand that fuses global and Korean skincare innovations to produce great quality skincare at an affordable price. No fuss, no drama, just fast-acting, results-driven skincare. Inspired by the flawless skin and effortless style of South Korean women, Seoulista products are naturally derived, created and tested by dermatologists.

The Instant Facial pairs next generation biocellulose sheet masks and advanced botanical serums in a one step, 20-minute solution. Bio-cellulose is made through the age-old process of fermentation, using natural ingredients such as coconut and bamboo. During fermentation, the natural ingredients breakdown, creating skin-beneficial actives that are easily absorbed by the skin. Using this cutting-edge transfer technol-

ogy, the nutrient rich, anti-ageing formulas are delivered deep into the dermis for fast-acting and instantly visible results.

Each mask contains 25ml of potent serum containing the most effective ingredients for each skin condition. With four masks in the current range, this salon-quality skincare is designed to give you real results in the comfort of your home at an affordable price.

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Saturday October 14th
Live Life & Sing Concert: John Spillane, Bantry Community Choir & guests

Friday October 20th
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All month... Art exhibits | Creative workshops
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www.yourmentalhealth.ie | www.musicalive.ie
for detailed programme/ information on mental health & wellness

Supported by the HSE & local partners to World Mental Health week

people Health & Lifestyle



HEALTH

Hannah Dare
Organico Bantry

Doing what comes naturally

in tune with nature and what is natural. Personally, I feel that if we really want to achieve a natural lifestyle and optimum health and well-being, we need to take a more holistic approach to life – eating local and organic foods but also cooking from scratch, and using natural and organic products throughout our entire home, from the kitchen to the bathroom, and from the make-up bag to the medicine cabinet.

In the not-so-distant past (think back to the 70s or if you really want to go frugal think the 50s) when there was no money and to waste was considered 'sinful' (Ok – I'm not going to go there now!), people ate local and seasonal food, as they had few other options and wasted nothing (think tripe, drisheen, crubeens). This was not because it was a trendy way of living, it was just because local and seasonal foods were cheaper, available, and if you

didn't have supermarkets and TV ads then food was just food, there were no brands to spend money on. Waste was just stupid and, unlike today, nobody did it, it just made no sense. Everyone had to cook from scratch which really makes you focus on using everything. No one would have dreamed of roasting a chicken without making a soup or a stock, for example. Unfortunately, with the advent of round the clock shopping, cheap fast food and the faster pace of life, this approach to life is becoming less common, and I feel we have lost something important in that process.

Luckily in West Cork we have a lot of different ways of supporting a natural healthy lifestyle. We have wonderful markets, which are overflowing with well-grown local produce, for those of us without our own veggie garden! We have lots of information available to us to help us to choose the best options and, of course, we have some excellent independent shops where we can source the healthiest options. This month I have made some notes of a few ways we can all reduce the use of chemicals in our homes and I've reproduced a recipe for a lovely home air freshener made entirely from edible ingredients!

Learn how to ferment – it means less waste and better health: We have an amazing book for sale in Organico at the moment – I talked about it a few months ago, it's called *The Cultured Kitchen* by Dearbhla Reynolds. Since Dearbhla visited Organico, I have been inspired to try and bring fermentation more into my life. If you're someone who struggles with a glut of veggies this book is a really worthwhile investment. For example, Dearbhla's Salsa was a revelation, so tasty and so easy, and an incredible way of using up ripe tomatoes, and gives you a belly full of probiotics into the bargain!

Natural treatment for head-lice: Unfortunately, many of us take vitamin C when we have a cold but when the dreaded

note comes home from school... we panic and rush for strong chemicals. In fact you have lots of options, some of which work just as well and have much more natural ingredients! In Organico (and all good health food shops) there are a few different natural options, but the ones I can stand over are called Delacet and Licener. Delacet is a herbal solution made from a tincture of Larkspur, it's completely non-toxic, and though it smells a bit suspicious to a five-year-old, it's mainly the vinegar smell, which really isn't as bad as the chemical alternatives. And it seems to be 100 per cent effective, even against recurring bouts of headlice. That is based on years of asking people to come back in if it didn't work – and so far so good. Licener is another option, an anti-lice shampoo made from Neem, which smothers the lice and the eggs in 20 minutes. It smells absolutely fine. Again, I haven't had any negative feedback, it just seems to work, which brings huge relief to many parents!

Don't automatically reach for painkillers: It's very easy to reach for a bottle of pills when you get a headache but there is increasing concern that Paracetamol can cause internal bleeding and kidney and liver damage (see 'Does Paracetamol do you more harm than good?' in *The Guardian*, May 2015) it is important to know what options are out there. First and foremost what is your body trying to tell you? Are you dehydrated? Do you simply need to consume more water (or less alcohol!) There are some interesting remedies available for headaches – White willow bark is one such option, available in capsules from Veridian and traditionally used to help manage pain. You can also try Meadowsweet Tea (Aspirin was first synthesised from Meadowsweet). You can also use essential oils for headaches, such as lavender, peppermint or my own favourites, PoHo Oil from A.Vogel which is available in all good healthfood shops. Po Ho oil is a fantastic oil to use for steam inhalations



also. Other options to consider are having a nap or treating yourself to a head massage!

Cleaning products and air fresheners: I think we are all becoming aware of the chemicals in home cleaning products, but we still want our houses clean, so what to do? Personally I only use natural and organic cleaning products. There is a good quality Irish brand called Lilly's Eco Clean, which offers alternatives to washing up liquid, clothes wash, floor soap, and household cleaning sprays. I also find the microfibre-Cloths very good for cleaning in the kitchen – they are made of a special material which lifts the dirt without needing surfactants. They go in the washing machine and last for ages – well worth the investment. You can use them for cleaning windows, the sinks, the dashboard in the car – pretty much everywhere except inside the toilet.

For cleaning floors and showers, Dr Bronner's Liquid Soap works wonders. It's a castile soap and has very simple ingredients. I don't find it good for my hair but some people do; for me it's too drying. I love it for cleaning the bath though!

When I asked the members of our Organico Healthy Living Group for their top tips on natural ways to clean the house, the most mentioned product was vinegar. People are using it for everything from windows to showers to floors. Some people add essential oils to make the house smell less like a chip shop!

For other ideas, Rebecca O'Sullivan has written a book on making your own chemical free cleaning products, called

The Art of a Natural Home, the Room by Room Guide. It's a beautiful book, full of useful tips and ideas. I have ordered some copies for Organico if you want to have a flick through. I have reproduced one of Rebecca's recipes below which is very simple and leaves your home smelling absolutely lovely! Some ingredients you might have in your garden, others you will find in your local wholefood shop...

Rosemary, sage and lavender air freshener

This is an invigorating and floral air freshener – not sickly or fake smelling, more like your nana's garden in spring. Rosemary and lavender go together perfectly.

Makes 500ml

- 2 sprigs rosemary
- Sprig of sage
- Half teaspoon lavender flowers
- 1 lemon, sliced
- 500ml water
- A 500ml spray bottle

Put all the ingredients into a small saucepan. Bring to a simmer over a medium heat, cover, and let it simmer for a further five minutes. Let it cool, then strain the liquid and pour it into a spray bottle. You can add a fresh sprig of rosemary to infuse in the bottle, if you wish. If the sprig is too tall for the bottle, just break it in half. This will store for up to a year and you can use it as often as needed.

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New Health Support Worker appointed at KYSS

Kinsale Youth Support Services has appointed a new Health Support Worker. Ger Rice has many years of experience in youth work and community affairs. With over 12 years experience working with young people and their families, he looks forward to serving the community to promote mental health awareness.

Ger is a firm believer that communities can reduce the stigma attached to mental health. One in four people struggle with their mental health. Amazingly people are more afraid of being judged by their peers than seeking help. People need to know that it's 'ok not to be ok' and that talking with someone can help.

Kinsale Youth Support Services is free and confidential service, providing avenues for people to reach out to family, peers, health workers and their own community to reduce and eliminate the stigma attached to mental health. There are qualified counsellors who work with KYSS to signpost people who may require further help, either through individual sessions or family sessions.

Ger will be available to talk on 085 8725789, or in person at the KYSS Centre, Guardwell 2 Cork Street, Kinsale by appointment. For further information please log on to Kyss.ie or Facebook or download the App - KYSS.

The natural gardener



Noah Chase studied horticulture at the Eden Project in Cornwall, England. He now co-manages a family run nursery, Deelish Garden Centre in Skibbereen, specialising in rare, unusual and edible plants. His passion is sustainable gardening, useful plants and care of the environment.

With plenty of free organic material in the garden at this time of year, this month Noah looks at composting and worms.

Composting has the greatest impact of any sustainable gardening practice. Composting recycles and enriches. It benefits the health of your soil and benefits your family at the same time. Composting kitchen and garden waste means less material going into the landfill and more organic material for your soil. Composting can be as simple as raking leaves over your garden. Whether you're growing vegetables, lawns, flowers and shrubs or fruit trees, composting will bring a positive change to your garden while reducing waste. Composting practices which improve soil quality also help to conserve water. There are many different ways to compost.

Composting bins:

Enclosed bins

Advantages: Low maintenance; you don't have to turn the bin. The lid keeps rain off the contents and helps to deter animals; a good idea if you plan to add kitchen waste. The black colour of the bin absorbs heat, enhancing the decomposition process.

Downsides: Low maintenance means the process

can take longer. Composting can take from six months to one year using this kind of container. Decomposition will occur more quickly if aerated; however this is cumbersome with an enclosed bin.

Tumblers

Advantages: The energy-efficient design is relatively easy to aerate. It works by supplying bacteria with the oxygen it needs, and consequently speeds up decomposition. Tumblers are available in various sizes; the lid keeps rain off the contents and helps deter animals. Drums usually sit off the ground so there's less bending!

Downsides: Once these units are full and the decomposition process begins, you have to wait before adding additional materials.

Heaps or Piles

This is the most popular method for most gardeners. If possible try and have a few piles in different parts of the garden; this can be handy if you have lots of garden waste because it can take a long time to decompose.

Advantages: Best for those with adequate outdoor space and who are willing to invest time — if not building a bin — then in turning their heap or pile.

Downsides: If not properly aerated, heaps can take a long time to decompose and become a wet mess. Because they're not enclosed, heaps can also attract pests.

Sheet Composting

Definitely an activity that's best done in the autumn. Simply put, you place a thin layer of raw materials, such as leaves or seaweed and incorporate by raking it into the soil of your garden. Over the course of the winter, the material will break down into 'garden gold'.

Worm bins

Advantages: Worm bins can be located anywhere, from under the kitchen sink to outdoors or in your garage. Once up and running they require very little maintenance. A stacking tray design allows the worms to 'eat their way up' to their food, leaving their nutrient dense castings behind.

Downsides: Temperatures need to be considered. Ideally a worm bin should be located in an area where the temperatures do not go below five degrees. In cold climates, you should bring your bin inside during the winter to avoid freezing; in hot climates, keep it wet and cool. Occasionally, unpleasant odours may waft from the container

when it's overloaded with table scraps. If this occurs, stop adding food until the worms have had a chance to break down what's left in the bin.

It's also easy to make your own worm bin; just look online for loads of great designs...

Simply collect as many earthworms as you can, or order them from an Irish supplier to start your wormery.

Earthworm castings or excrement are rich in nitrogen, phosphorous, and potassium; the key minerals needed for plant growth. Earthworm castings also help bind calcium, iron, and sulphur to soil particles — minerals that also help plants thrive. Try to collect the juice that will start to drip out the bottom of the bin. Mix it 1:10 with water to make an amazing liquid plant food.



Composting Tips:

Once you've chosen the type of composting option which would best suit you, just start adding organic materials and try to remember the following points:

Keep your compost damp — not too dry and not too wet. Moisture allows the bacteria to travel around in the compost. If the compost is too dry, the bacteria can't survive and decomposition will be slow or cease altogether. If it's too wet, it will limit the amount of oxygen that aerobic bacteria require to survive.

The more surface area you create, the faster the decomposition will occur and the more usable compost you'll create for your garden. A jar full of small stones will have more surface area than one big rock in that same jar, and in the same way, smaller pieces of waste will have greater surface area for the bacteria to work on than large chunks. They will break down much quicker. Therefore, for the fastest decomposition use smaller pieces of waste — ideally one inch or less in size.

Almost all organic material will compost. Ideally, you are trying to achieve a 2:1 ratio of carbon rich (browns) to nitrogen rich greens (two parts brown to one part green).

Examples of carbon rich (brown) material include:

- dried, shredded leaves
- dried grass clippings (avoid putting too much at once)
- sawdust
- coffee grounds
- peat moss
- potting soil
- nut shells
- pencil shavings
- shredded paper, tissues and kitchen paper
- tea bags
- wood shavings
- chopped hay or straw

To chop brown material (like leaves), run the lawn mower over it a couple of times. Adding too much brown to the mix will slow the composting process.

Examples of nitrogen rich (green) waste include:

- egg shells
- cooked rice
- fruit and vegetable peelings
- houseplant trimmings
- fruit pips
- wooden toothpicks
- flower bouquets
- garden trimmings, (nettles and comfrey are excellent)
- tossed salad
- old bread
- floor sweepings
- pet hair

Adding too much green waste will cause the compost to smell, and composting shouldn't be a smelly process. If you do smell something unpleasant, it's easy to fix by adjusting the carbon/nitrogen balance or by turning the drum more frequently (if you have a drum).

Bacteria is an important asset to your compost. To encourage good bacteria growth, I recommend adding one ounce of Compost Activator (we find Vitax or QR work well, both stocked at Deelish Garden Centre) to one cup of water and sprinkle in the drum once per month. Another source of bacteria can come from existing compost or top soil.

When you first begin to compost, it will take approximately six weeks to reach sufficient numbers of bacteria for consistent decomposition to occur. Along with the bacteria you may notice other creatures such as insects, fungi or worms calling your garden composter home. These creatures are beneficial to your compost and chemicals should not be used to eradicate them; they'll actually help your compost to break down much faster.

We've discussed the green and brown components of compost and now we'll discuss the things that are neither green nor brown and the reasons you shouldn't add them to your compost.

- Pet waste is not suited for compost if you wish to use your compost on food producing gardens
- Fatty wastes will clog the compost and slow down the composting times

- Nuisance weeds should be avoided, as they'll propagate new weeds and will thrive with all the lovely nutrients in your compost.
- Meat and Dairy products attract unwelcome animal visitors
- Chemically treated wood products are not advised, as they leach out unwanted chemicals into the compost
- Bones shouldn't be used unless they are ground up or put through a chipper first
- Glossy paper with colored ink should be added to your recycling bin and not your compost pile — the inks can contain toxic chemicals. Compost is finished when it's

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taken on a dark, rich colour, it crumbles easily and you can't recognise any of the original ingredients. It should have a sweet, earthy smell. If it's too stringy or lumpy, it may need more time. If this is the first time you've tried making compost, keep in mind that the amount of time can really vary. It can take anywhere from three to twelve months to produce proper compost.

Once you've created your finished compost, you can add it to the soil any time of year without the fear of burning plants or polluting water. There are all sorts of benefits gained

by using compost. It builds good soil structure, which in turn enables the soil to retain nutrients, water, and air; it protects against drought; it helps maintain a neutral pH, and it protects plants from many diseases commonly found in the garden. It also feeds earthworms and other microbial life in the soil. In general, it doesn't matter what kind of soil you have. Any soil can be improved by adding compost.

Wishing you all the best with your composting, and remember gardening doesn't have to cost the earth!

people Garden & Environment

A hub of activity in Clonakilty

The new geodesic dome at Clonakilty Community Garden was officially opened by Joy Larkcom, inspirational vegetable grower, writer and supporter of the project, on Friday, September 22.

Clonakilty Community Garden originated as a resource for asylum seekers living in Clonakilty, providing a space for growing their food and somewhere they could experi-

ence fulfilling work and integration. In addition to providing improved nutrition and physical activity, the garden has major mental health benefits.

With the wider community rallying around the project, it is evolving as a Community Sustainable Innovation Hub for various education and demonstration initiatives ranging from gardening to sustainable energy to biodiversity.

It will provide an open space to the many community groups already established in Clonakilty to co-design and create innovative solutions to our community's sustainable development challenges.

On Friday afternoon there were a number of informative talks at the dome, ranging from vegetable growing to how to build your very own dome using bicycle wheels.



That evening, as part of Culture Night celebrations, Clonakilty Friends of Asylum

Seekers, Clonakilty Community Art Centre and members of the public gathered together in the

new dome for an immersive evening of culture and entertainment.

The development of the Community Sustainable Innovation Hub is a collaboration between GIY Clonakilty, Clonakilty Friends of Asylum Seekers, the residents of the Direct Provision Centre, the Lyons Club, the Tidy Town committee, Permaculture Clonakilty, Sustainable Clonakilty and the Cope Foundation.



GARDENING

John Hosford

The Weekend Garden Centre

October in the Garden

October is a month of transition – a month for tidying-up, planting and getting tender plants under cover before the onset of winter. Clean up Geraniums, Cannas and tender plants before you bring them indoors, removing faded blooms and dead leaves

Top jobs for October

Prepare for planting of new hedges. Book hedging plants in advance. November onwards is an ideal time to establish a new hedge. Most hedges are planted at 18" apart (45cm.) apart. Get rid of all perennial weeds before planting, paying particular attention to persistent weeds such as scotch grass, nettles, docks, bindweed, thistles and ground elder. It is important these weeds are eradicated before planting commences, as if these are allowed to develop they will have a serious impact on the early establishment of your new hedge. Ensure the soil is adequately drained.

Hedge trimming needs to be completed early this month.

Moving plants indoors

Tender plants can be brought indoors to a frost-free greenhouse or conservatory this month. Keep up to date with

frost forecasts and get your frost-sensitive plants under cover before the frost arrives. Once indoors do ventilate the glasshouse well during warm, sunny days, which you can often get during the month of October. Any watering is best done in the morning ensuring the plant isn't damp going into the night. Do check that heaters are working. Replace any broken glass. Repair torn polythene on Polytunnels – use a special polytunnel repair tape.

Perennials

Cut back perennials that have finished flowering. Divide perennials – adding a slow release organic fertiliser prior to planting.

Fruit Garden

Pick apples, pears, raspberries, strawberries and blackberries. Store apples and pears that are in sound condition. Don't store any that are rotten, damaged or blemished. Don't mix early varieties with late varieties in the store. Keep your fruit in cool, well-ventilated conditions. Keep contaminants such as paints, sprays or fuels away from stored fruit. Store apples and pears separately.

Prune blackcurrants. Cut out about one-quarter to one third of the oldest wood each year. A little selective can be done immediately after picking to

remove low-lying and broken branches. This improves air circulation giving better ripening of the wood. Old and new wood can be distinguished by the colour of the wood. Old wood is almost always black, young wood is light brown to golden.

Cut as low down as possible to stimulate vigorous growth of shoots at or near the base. Old or neglected bushes can be rejuvenated by cutting back to within an inch of the ground during winter. This is of course provided they are not infected by gall mite or reversion. This stimulates production of new shoots in the following spring. If these are crowded, thin them out in the subsequent autumn allowing the strongest and best placed to bear fruit in the second year.

Book/plan ahead. Order new fruit trees and bushes for planting immediately after leaf fall. Planting in the autumn is highly recommended, as you have less or no watering and the soil is warm after the accumulation of summer heat, which helps more rapid establishment.

There is also less weed competition, as weed growth will have slowed down, which is no harm after rapid non-stop weed growth over the past few months especially since the damper weather arrived. There is a better chance of securing particular varieties if you order

for the autumn. Do choose a sunny, well-drained position out of a frost pocket. Tree fruit such as apples, pears, plums and cherries should be staked with a good strong, stout, sound and secure stake.

Lawns

New lawns from seed should now be completed at this stage. Create new lawn areas by laying turf grass.

Vegetables

Sow a winter /spring maturing lettuce under cover. You need to grow a short day, winter maturing lettuce for maturing in the shorter days of winter and early spring.

Autumn Colour

Don't underestimate the value of autumn colour in the garden. Check out the fiery, dramatic leaf colours of Acers (maples), Liquidamber, Parro-

tias and Hamamelis. Add dramatic effects of autumn/winter berry colour with Cotoneaster, Pyracantha, Malus (flowering crab).

"Do take the opportunity to visit some of the gardens open to the public to get some inspirational ideas for dramatic autumn colour. Check out the gardens at Blarney Castle, Fota, Garinish Island, Muckross house in Killarney National Park and of course if you are travelling further afield, check out the National Botanic Gardens, Glasnevin, Dublin 9, Powerscourt, Enniskerry, Co. Wicklow, Mount Usher Gardens, Ashford, Co. Wicklow."



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Timoleague growing green-fingered children

Having won the Pride in our Community Schools' Garden Competition in 2014, 2015, 2016 Timoleague NS has now made it four-in-a-row in 2017. The competition is run by Muintir na Tíre and encourages pupils and teachers to bring nature, wildlife, plants and colour into their school garden. Timoleague NS recognises the importance of this and, through the school garden, gives students the chance to interact with their environment in a positive way.

The school garden was developed by the children and Susan Jackson back in 2013 and all classes take part in gardening activities. It is a wonderful way to recognise the benefits and importance of hands-on, active learning.



people Sport & Fitness

Skibbereen Sports and Fitness Centre jumps to new heights

Skibbereen Sports and Fitness Centre, which celebrates 25 years serving the local community this year, is jumping to new heights this month with 'Boogie Bounce'. The first fitness centre in West Cork to introduce this fun low impact fat burning class, Skibbereen Sports and Fitness Centre is living up to its reputation for looking after all generations in the locality. The exercise programme, which takes place on a mini trampoline, is suitable for all ages, shapes and sizes.

Studies by NASA scientist show that bouncing around on a mini trampoline is 68 per cent more effective than jogging and yet requires less effort! You can also develop both upper and lower body strength just as effectively as weight lifting without the strain or threat of pulled or torn muscles.

Boogie Bounce uses High Intensity Interval Training (HIIT) techniques to maximize the most effective fat burning process in the cardio section, whilst using the pliable surface of the mat to perform a range

of core stability exercises, thus engaging more of the deep core muscles.

"Anyone can do this at their own pace whilst gaining the health results that are normally associated with high impact aerobic classes," explains fitness instructor Paula Hegarty. "It was actually created by a woman who had sustained a serious injury in her youth and she also lost her cruciate ligament a few years back but rehabilitated herself on the trampoline and avoided extensive reconstructive surgery. She literally bounced her way back to good health."

"We're always focusing on our customers' needs and wants," says manager Mary Kelleher "so we're constantly re-investing in the classes and equipment available at the centre."

With three full-time, fully-qualified and experienced fitness instructors – Mary Kelleher, Niall McCarthy and Paula Hegarty – there are 26 classes running each week, ranging from gymnastics and pilates to spinning, Body Sculpt, Rip60, circuit

training, body bar classes and high intensity training. Jennie Brickley who is part-time employee is also a certified Spinning Instructor. The centre also provides individual fitness assessments, Personal Training and Gym programmes. There is something to suit all ages and abilities.

The not-for-profit community-owned centre with disabled access also has its own purpose-built basketball court, which is a great asset to the community. On Saturday afternoons, the hall is usually filled with the laughter of children in high spirits enjoying a birthday party.

"This is a centre built by the community for the community," says Mary, who is always trying to find new ways to widen its appeal. "We're very family-orientated, we have extended opening hours, it's not expensive to join and we offer a wide range of up-to-date classes by professional instructors."

All of the instructors have played team sports, so are used to working together towards a common aim. This is reflected



in the number of activities and classes organised for all age groups, from pre-school to seniors.

There is a fully-equipped gym with specially supervised Teen Gym classes for teenagers from 13 to 15-years-old. Go For Life Fitness is specifically aimed at the over-60s.

Skibbereen Sports and Fitness Centre is an official spinning centre offering a variety of add on activities like Spin and Tone, Spin and Cardio and Spin and Rip60.

Since opening in 1992, the centre has supported the community employment programme.

For more information on opening hours, memberships and classes call 028 22624.

Pictured l-r are instructors Mary Kelleher, Paula Hegarty, Niall McCarthy and Jennie Brickley.

West Cork Kickboxing Club enjoys European success

Five members of West Cork Kickboxing Club travelled to Skopje Macadonia, as part of the Irish National team representing Ireland at the WAKO (World Association of Kickboxing Organisations) Junior and Older Cadet European kickboxing Championships. The competition was held over an eight-day period and attracted over 1600 kickboxers from all over Europe.

The five West Cork club fighters, Luc Cronin, Grainne Begley, Hannah Green, Ian O'Flynn and Gearoid Debarbouille were fighting in two divisions, in different weight categories. The arena, in the centre of Skopje, was a fantastic venue, and easily catered for the 1600 fighters. The temperatures were in the low 30s, and the heat in the arena was energy-sapping. However West Cork Kickboxing clubs fighters were well prepared

for it, and over the eight days of the Championships, put up some fantastic displays in Continuous Contact and Low Kick.

The results were impressive! In the Older Cadet category, Luc Cronin fought his way to the final in Low Kick and triumphed over an excellent French opponent to claim Gold. Ian O'Flynn fought tremendously well throughout, and was narrowly beaten in the final in Continuous Contact to claim Silver. Gearoid Debarbouille had some excellent fights and claimed Bronze in his Continuous Contact category. Grainne Begley, who moved up to Junior this year fought extremely well and was also just narrowly beaten in Continuous Contact. Hannah Green, fought magnificently to bring home two Bronze medals in Continuous and Low Kick. For Luc, Ian, Hannah and Gearoid, this was their

first international competition and their performances were fantastic, which bodes very well for the future. West Cork Kickboxing's Head Coach, Ian Kingston stated he was proud of his fighters and all the hard work and dedication they had

put in throughout the year, and said he was delighted with all of their performances.

Ian's attention now turns to the clubs senior National team members, Deirdre Begley, Lily de la Cour, Tony Stephenson and Catherine MacGregor

who will be competing in the WAKO Senior World Kickboxing Championships to be held in Budapest, Hungary in November.

The club would like to thank its sponsors, The Brick Oven, Calor Gas, and Laide

and O'Brien for their continued sponsorship and support, which has helped to make this success possible.



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Boogie Bounce

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 am		Spinning Niall		Spinning Paula		
7.00 am		Spinning Niall	Spin + Sculpt Niall	Spinning Paula	Spin + Sculpt Paula	
8.00 am						Spinning Jennie
9.30 am	Circuits Paula	Body Sculpt Niall	Stretch, Core, Mobility Niall	Spinning Mary	Spin + Rip60 Niall	
10.45 am					Pilates (Improver) Mary	
11.00 am	Spin + Sculpt Paula	Pilates (Beginners) Mary	Spin + Sculpt Mary	Pilates (Beginners) Mary		
12.00 pm			GFLF Mary		GFLF Paula	
1.30 pm			Teen Gym			
4.00 pm		Teen Gym		Teen Gym		
5.45 pm	Pilates (Beginners) Mary	Spin + Sculpt Paula				
6.00 pm						
6.45 pm			45 minute HIIT Paula	Spinning Niall		
7.00 pm	Spin + Sculpt Niall	Total Body Blast Paula				
8.15 pm	Pilates (Intermediate) Mary					

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AUTUMN/
WINTER 2017

MONDAY
8.30am - 10pm

TUESDAY
7am - 10pm

WEDNESDAY
7am - 10pm

THURSDAY
7am - 10pm

FRIDAY
7am - 10pm

SATURDAY
9am - 7pm

people Sport & Fitness



SPORT

John Bohane

Bright hurling future ahead for Clon players

Clonakilty junior hurlers captured the SW junior A hurling championship title following their eight point win achieved against local rivals Ballinascarthy at Timoleague on Sunday, September 3. **John Bohane** catches up with captain Denis Murphy after the win.

Clonakilty won the Flyer Nyhan Cup for the 16th time in their history on a final scoreline of 2-21 to 1-16. Denis Murphy who played a prominent role throughout their championship campaign had the proud honour of lifting the cup following their well deserved win. "We were absolutely delighted with the win and the first half performance in particular which set the foundation for the win. It was a super win," declared the proud captain.

Ballinascarthy produced a gallant second half display, which ensured Clonakilty had to play to their full potential to secure championship glory. Denis was lavish in his praise for their neighbours. They really upped their game in the second half and got a bit of a run on us. They played some serious hurling in that period and managed to get five points on the trot. We were grateful for a fine double save from our full back Pa and goalkeeper Mark White who prevented them getting a goal

which could have made it a very nervous finish. Thankfully, we managed to make a few positional switches which settled us a bit more for the final quarter and ensured we held out for victory."

The pitch in Timoleague was resplendent for such a grand occasion and the huge crowd present also contributed to a great evening which will live long in the captain's memory. "There was a large crowd there and both clubs were well represented which added to the occasion. I suppose a local derby was always going to attract a large vocal crowd. Our own supporters have been great all year. U10 camogie and hurling players from both clubs also played at half-time which I thought was a great idea from the Carbery Board. It really made it feel like more of a whole club involvement. It was a super evening."

Denis, who was appointed the vice-captain of the Clonakilty junior A hurling team at the start of the season, was thrilled on a personal level to lift the Flyer Nyhan Cup. "It was a great honour. I suppose I didn't envisage it at the start of the year, as I am vice captain of the team. Our captain Dave O'Regan unfortunately couldn't line out. We wanted to do it for him more than anything else as he's been a real leader for us down through

the years. So certainly, it was special moment to accept on his behalf as well as the team."

Both the SW junior A finalists were guaranteed a berth in the county stages of the junior championship. Denis revealed that this was their absolute target at the start of the season. "Our first target really was to make the final due to the new format that allows both finalists an entry into the county phase. I suppose, when we reached the final we targeted a more sustained performance than previous outings as we knew we wouldn't be far away if we could perform to our potential. It was great to play well and win the final."

Cork senior football ace Thomas Clancy played an integral role in the Clonakilty hurling success. The powerful player produced a man of the match performance in the final. Denis is lavish in his praise for the ace player. "He produced an absolutely outstanding performance. Thomas has been a great influence in the camp since he returned from injury. His last point in particular in the final was a real gem. He played a key role all season for us."

Denis paid tribute to their support structure, which was established by the club committee, which has ensured hurling at present is very strong in



Clonakilty. "We had 39 players in our squad which is the most I can recall ever playing adult grade hurling in Clonakilty. With numbers like that there certainly is healthy competition for places which keeps everybody on their toes. I think our club committee headed up by our chairman Ger McCarthy made good decisions early in the season by putting a hurling committee in place to appoint a strong management team. They responded by putting a management team manager James O'Donovan, selectors Adrian White, Keith Kennedy and Tony Anglin in place who know the game inside out, have played hurling up until recent times and have the respect of all the players. Our coach Sean Twomey in particular has been

fantastic. He played an important role in Newcestown's recent hurling success and he has brought a real freshness and professionalism to our preparation this year."

Clonakilty, who last won the SW junior A hurling championship title in 2015, appear well poised to enjoy a sustained and successful era in hurling. Their underage structures are very strong at present, which they hope will ensure the foundations are in place for a strong future. "Our underage structure is fantastic. The amount of players, both girls' and boys' playing camogie and hurling in Clon is unbelievable. The work the coaches are doing is exceptional and they have played just as much an important role as any-

body else in this West Cork win."

Denis is very confident Clonakilty possess a very bright hurling future. "I think it is a very healthy state at present. There were nine players that played in the West Cork final that are currently under 21 which is quite remarkable. As a club, we've never managed to make a mark at county level in adult grade hurling in our history which is something we want to rectify. The record of recent Carbery junior hurling winning teams at county level makes for grim reading so it would be nice to represent the division with great distinction. Our target is to keep improving and see where it takes us."

Kilmacabea celebrates historic victory

Kilmacabea junior A footballers captured the South West junior A football championship title for the first time in their history following their four point win achieved against Kilbrittain on Sunday, September 10. Kilmacabea emerged triumphant on a full time score of 2-8 to 2-4. Kilmacabea full forward Richie O'Sullivan produced a virtuoso individual display as he netted a devastating brace of goals midway through the first half, which proved decisive in their historic victory. **John Bohane** catches up with the talented attacker who has etched his name in Kilmacabea GAA folklore forever.

A beaming Richie is still coming to terms with their famous victory. "It was a great feeling to win the junior A football championship. It has been our goal for a long time. We worked hard all year and it was a great moment when the full time whistle sounded. It was a special moment for the club and for the whole parish. It means so much to all the players, management team, supporters and all the parishioners in our proud parish."

Richie paid tribute to the entire Kilmacabea playing squad and to the management team of Kevin O'Driscoll, Noel McCarthy, Denis O'Driscoll and James O'Donovan for their expert coaching and guidance throughout the year. "We have all worked so well together.

There has been a great team effort both from the players and the coaches. There has been a great hunger and sense of unity in our dressing room to win the Mick McCarthy Cup this year and thankfully all our hard work paid off. We trained fierce hard all year. Numbers were strong at training which helped ensure good competitive training sessions. Our management team have been great. The work they have put into helping us achieve our goal was unreal. It was great to reward their dedication with a championship title."

Kilmacabea had to work hard to capture the divisional championship crown. The black and amber outfit moved to within two points of Kilmacabea following a sublime Josh O'Donovan goal in the 42nd minute. Two points in the closing stages from Ger O'Donovan and Richie O'Sullivan however sealed a famous triumph for Kilmacabea. "Kilbrittain made us work hard so hard for our win. We knew coming into the game that we would have to work hard and play well to win. They are a very good team. They put up a great battle. We weathered their storm

after they got their second goal and thankfully we got over the line for a great win."

A modest Richie who netted two brilliant goals plays down his immense contribution to their stunning success. Richie displayed great skill, pace, panache and confidence with two superb goals fitting to win a divisional crown. "They were great moments when the ball hits the back of the net. It was a great feeling. I will always remember those goals. The main thing was

that we won the game. It is a team game and every player on our panel worked hard and contributed to our historic success. That was our goal and objective all year, to win the SW Junior A football championship title."

Kilmacabea players Mark Jennings, Ciaran O'Donovan and Thomas Jennings celebrate their win.



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Launch of Clonakilty Community Youth Centre fundraising drive

The official launch of a 'fundometer' at the proposed new Clonakilty Community Youth Centre, next to Deasy's carpark, took place on September 7. Passersby on the bypass road will have noticed the large sign, which was recently installed on the gable of the council-owned building. The fundometer will show how a fundraising campaign for the youth centre is progressing.

At a recent meeting of the West Cork Municipal District, there was unanimous support from the elected representatives present for a request to arrange a lease, for a nominal annual fee, between Cork County Council and the Clonakilty Community Youth Centre Committee. An extension and some internal works will need to be done to this building, costing approximately €50,000.

A dedicated committee of adults and young people have plotted-out a calendar of fundraising events for the next few months, including a concert by Tommy Fleming at Clonakilty Church on October 20, but would still welcome other initiatives or sponsorship from the public. Please contact Chairman Anthony McDermott on 087 6205146 or PRO Paul Hayes on 086 8589019.



Pic: Paddy Feen

International success for Skibb rowers

Last Friday was a remarkable day for Rowing Ireland as two of the three Irish crews competing at the 2017 World Rowing Championships in Sarasota took Gold.

Skibbereen's Shane O'Driscoll and Mark O'Donovan have become World Champions of the lightweight men's pair, following a stellar performance in the final. The Skibbereen duo remain unbeaten this season with three World Cup wins and a European Championships win already accomplished in 2017. They also proved to be the best in the heats earlier in the week. O'Donovan and O'Driscoll maintained an incredible stroke rate throughout Friday's race, the pace proving too much for the opposing crews none of whom ever looked as though they may deny the Irish of the Gold medal they had set out to claim. Their blistering stroke rate never dropped be-



low 43 strokes per minute and the crew finished excellently, with Italy taking silver and Brazil becoming the bronze medallists.

Speaking to FISA (the World Rowing federation) Mark O'Donovan said, "We started and were wrecked. It's been a really long journey to get here so we are absolutely

delighted to be able to take the win. Thanks to everyone that supported us. I think the season has really pushed us to do well."

Immediately afterwards, Paul O'Donovan stepped up to successfully defend his title in the lightweight men's single sculls, once again being crowned World Champion. It had been incredibly tight racing throughout this boat category in the lead up to this final and there was no doubt that the race would be close. O'Donovan started strongly but it was at the 1000 metre mark that the Skibbereen sculler made his move, producing a huge push to move forward into a substantial lead which had grown to a gap of three and a half seconds as he crossed the line. He finished just five seconds outside of a World Best time.

The pressure was then on Skibbereen club mate Denise Walsh who raced in the A Final

of the lightweight women's single sculls just minutes after O'Donovan. Unfortunately Walsh finished outside the medals coming in sixth, but a sixth-in-the-world finish caps off a fantastic 2017 season for her. She already has a European and World Cup silver to her name this year, and the experience gained from her first World Championships final will stand to her massively going forward.

Commenting on the results, Rowing Ireland CEO Hamish Adams said, "We are very proud of not only our fantastic performances at the World Championships but also all the excellence we are delivering across our sport from education to governance. We aspire to be the best we can be and this success endorses all the hard work and sacrifices that so many in our sport are making."

The Bould Thady Quill

Ye maids of Duhallow who are anxious for courting
A word of advice I will give unto ye
Proceed to Banteer to the athletic sporting
And hand in your name to the club committee
And never commence any skits on your programme
Till the carriage you see flying over the hill
Right down through the valleys and the glens of Kilcorney
With our own darling sportsman the bold Thady Quill

Chorus:

For ramblin' for rovin' for football or courting'
For drinking black porter as fast as you'd fill
In all your days rovin' you'll find none so jovial
As our Muskerry sportsman, the bold Thady Quill

Bold Thady was famous all over the nation
At sports and at races he's very well known
He's the only young rake who can coax all the ladies
From Bantry bay to the county Tyrone
There is not a young lady from Kerry to Coachford
But is wild to elope with him light with her will
There's no man in Duhallow, Kanturk or Kilcorney
Can bowl play or goal like the bold Thady Quill
-Chorus-
Thady was famous in many other places
At the athletic meeting held out in Cloghroe
He won the long jump without throwing off his braces
Going 54 feet every sweep he would throw
At the putting of the weight there was a Dublin man foremost
But Thady outreached and exceeded him still
And around the whole field rang the wild ringing chorus
Here's luck to our hero the bold Thady quill

-Chorus-

At the great hurling match between Cork and Tipperary
Twas played in the park on the banks of the Lee
Our own darling lads were afraid of being beaten
So they sent for the bold Thady to Ballinagree
He hurled the ball right and left in their faces
And showed the Tipperary men action and skill
If they touched on his lines he would certainly brain them
And the papers were full of praise for Thady Quill

-Chorus-

At the Cork exhibition there was a fair lady
Whose fortune exceeded a million or more
But a bad constitution had ruined her completely
And medical treatment had failed o'er and o'er
O, Mother says she sure I know what will ease me
And cure this disease that will certainly kill
Give over your doctors and medical treatment
I'd rather one squeeze out of bold Thady Quill

-Chorus-

In the year 91 before Parnell was taken
Thade was outrageously breaking the peace
He got a light sentence for causing commotion
And 6 months hard labour for batin' police
But in spite of coercion he's still agitating
Every drop of his life's blood he's willing to spill
To gain for old Ireland complete liberation
Till then there's no rest for the bold Thady Quill

Sport history: Own darling sportsman

Eighty-five years ago, Timothy Quill of Ballinagree died on October 28, 1932. Buried in Macroom cemetery, Mr Quill's headstone offers a clue to a certain fame he acquired during his lifetime. It reads: 'Timothy Quill (Bould Thady) Carrigulla, Ballinagree Died 28 October 1932.'

'The Bould Thady Quill' is a well known ballad in Cork, especially in GAA circles, but the author of the song Johnny Tom Gleeson wrote his famous work as a song of comical standards rather than a ballad celebrating the

athletic sportsman known as Thady Quill explains Pauline Murphy.

Thady was based on Timothy Quill who came from the Mushra mountains near Ballinagree, just north of Macroom. Born in 1860 Quill, or Thady as he became known, lived his life as a landless labourer. He travelled around Muscra making meagre money doing odd jobs for farmers and was often found sleeping in barns and cow sheds.

The song came about when Thady reportedly did a small job on Gleeson's farm, and due to being financially tight, Gleeson offered to pay Thady through a ballad composed in his honour. Thady agreed to this and delighted in the prospect of being immortalised in song.

Gleeson who lived and worked on a small holding in Rylane preferred composing poems and ballads rather than farming. His most famous ballad 'The Bould Thady Quill' was set to the tune of Nell Flaherty's Drake and was first published in the sports pages of The Cork Weekly Examiner.

Thady wasn't impressed when he first saw the ballad, which had lampooned him, but after time he came to accept it, even though many in the locality saw it as nothing more than a joke at Thady's expense.

In the ballad, Thady is heralded as a masterful hurler and first rate bowler, yet in reality he was neither! The ballad describes Thady as a fantastic athlete, yet the real Thady Quill, who rose to six feet in height, roamed Muscra with a slouched figure

looking anything but athletic.

Thady, who in the ballad had a eye for the ladies, in fact lived and died a bachelor, but perhaps the only real trait which shone through the ballad was the fact that the real Thady Quill was indeed fond of a glass or two of porter and probably could drink it as fast as you'd fill!

Gleeson died in 1924 and in 1970 near the site of his grave in Kilmurry a plaque was unveiled by Sean O'Riada which reads 'Here is Buried John Thomas Gleeson, Glounaclough Rylane, 1854-1924, Poet and Patriot, Author of Bold Thady Quill.'

In the years after both Gleeson's and Thady's death the song grew in popularity and Thady Quill gradually turned from being a figure of fact to a figure of fiction.

people Sport & Fitness

*Camogie Champions*

Ella O'Donoghue, Captain of the victorious Clonakilty team that met Barryroe in the West Cork U14 Camogie Final in Kilbrittan on September 1, receiving the cup from Claire Barrett, Treasurer of the Carbery Camogie Board.

The winning Clonakilty camogie team and trainers.

**DIY FITNESS**

Tania Presutti

Danish freelance journalist and fitness professional Tania Presutti, who now resides in Clonakilty, delivers a series of efficient DIY fitness exercises you can do at home.

Training the pain away

I'll let you in on a little secret. I'm in pain. Yep, like a lot of people, I too, have to deal with a recurring pain, that annoys me to no end, and sometimes, when it's really bad, make me get out of bed at night to find a doorway or massage ball to ease the pain.

And yes! I've tried everything and everybody. Physiotherapy, massage therapy, osteopathy, Japanese massage healing, dry-needle therapy, electrotherapy – you name it, I've thrown money and time at it, all to no avail. It goes away from time to time, but hits again, as sure as it always starts to rain again after sunshine. And it's as bad as it always was.

So why do I bring it up here, you might wonder. Well, after dealing with this pain for a

good few years, I've found my cheapest and most efficient solution to keep the pain away is to keep active in the area (upper back), and make sure to use my muscles (increases blood flow to the area. So in periods where the pain is prevalent, I try to be extra good at getting a little something done every day because I find that training nullifies the pain and helps me sleep well at night. (It also gives me a good conscience of taking care of my body, which I guess also helps with the sleep).

The reason I'm sharing this is because I know, from all my years of teaching and coaching, that a lot of people stop training when they encounter pain somewhere. My argument is not that everything can be trained away. Some situations can't and they require rest and/or doctor visits to heal, but sometimes a little re-tailoring of exercises can help remedy the new situation and keeping active in general can help shorten the recovery time. If you suffer from a severe injury or chronic pain, you should of course seek professional medical help before doing any exercise.

So with this 'sometimes exercise is good despite pain' advise, I will share my little 10-minute back routine, which

I believe can be useful for almost everybody, regardless if you suffer from back pain or not. Two of the exercises were used in my latest 'Booty-build' group (of around 40 women of all ages and sizes) and I've received several reports, that besides doing wonders for their jeans, the exercises also alleviated minor back problems.

Before we start, put a yoga mat or big towel on the floor, so it's comfortable for your back to lie on.

For warm up, I use the 'Sun salute'; Stand up straight. Arms above head, fingertips touch. Bend forward slowly and let your fingertips touch the floor. 'Roll' up to standing position and stretch your arms above your head. Repeat this three to five times.

At the last sun-salute, keep hands on the floor and walk into the push up position. Walk a little back with your hands and keep hands and heels to the floor (at this point your body is forming a triangle). Relax in the position (especially neck and shoulders). Walk out into the push up position again and do three to five push ups, then back into the triangle. Repeat the last bit three to five times if desired.

At the last push up, lie down flat on the floor and roll from



The firehydrant

stomach to back on the floor.

Tuck your knees to your chest and pretend you have a large pencil strapped to your knees. Draw big circles at the ceiling with the pencil (five each way), and feel how the circles massage your lower back. Repeat three to five times.

At the last circle, stay on your back and keep your knees tucked to your chest. Round your back, so you can 'roll' back on it. 'Roll' up so shoulder blades touch the ground, and back to start position (Think of a hedgehog ball).

After three to five rolls, it's time for Hip Thrusters. Lie flat on the ground and bend your knees (keep whole foot on the ground), arms down your side. Lift up your bum from the floor, but keep your shoulder blades to the floor. Try to focus on keeping your core tight and have a 'straight' line from your knees to your chest. Lift up/ sink down about 15 times. (Try maybe three sets of five

repetitions).

From here you go to the Firehydrant. On hands and knees, lift up your left leg so it's aligned with your back. (Like a dog with a firehydrant), do three to five on each side of three times.

Last roll onto your back again. Lift your knees to your chest and arms out to the side. Look to your left and let your knees fall to the right. Enjoy the long stretch and after a couple of deep breaths, change direction; head to the right and knees to the left. Repeat this last exercise five to eight times and remember to relax in the stretched position.

I hope you've found this back routine as helpful, as I have. If you have any questions, please feel free to write me at: Taniaskitchenfitness@gmail.com.

**Clon ice hockey player impresses with opening goal in Andorra**

Odhran Bancroft, from Clonakilty, was chosen to play for the Irish Men's Ice Hockey team in the Development Cup in Andorra against Andorra Portugal and Morocco from September 29 to October 1.

At 17, Odhran was the youngest player chosen for Ireland and one of two Cork Wolfpack players chosen. Odhran plays ice hockey at Cork on Ice in Mahon in the winter months.

He tried out for the men's team in August/September and was chosen at these trials.

Ireland started the tournament against Team Morocco, with most of their players based in Montreal, with some playing club hockey and some playing semi-professionally in Canada or Europe. Ireland lost this game 10-2. Ireland went on to beat Portugal 9-4 and hosts Andorra 5-3 to set up the final with Morocco.

The final was a physical game, with Morocco winning 11-4 in the end. Odhran opened the scoring at 8:15 in the first period with a short-handed goal. The experience and size of the Moroccans allowed them to pull ahead and win the gold.

Odhran started playing hockey with the Clonakilty Butcher Boys when he was age five and now plays inline hockey for the Cork Wolfpack. He is a seasoned member of the Elite

team in his third year of senior and plays with Irish, Canadian, Slovak, Czech, Spanish, French and Italian players. In his first two years of play at senior level, his teams' won Division One and came second in the Elite League and is looking forward to the upcoming season.

Pic: Alan McNeice - Irish Ice Hockey Association