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BT Young Scientist & Technology Exhibition 2020 Awards. Greencoat Renewables plc Award presented by Paul O'Donnell to Mia Casey, Sylvie Plant and Emer Heery, Kinsale Community School Cork for their project 'Investigating the Feasibility of Converting Kinsale into a Virtual Power Plant in order to Reduce our Carbon Footprint'. Photo Chris Bellew / Fennell Photography

## National Marine Planning Framework meeting in Bantry

The Department of Housing, Planning, and Local Government will host a public consultation event in March/April in Bantry on the Draft National Marine Planning Framework (NMPF) – the roadmap setting out the plan for the use of Ireland's seas and marine resources over the coming decades. Everyone will be welcome to attend and to take part. This will be of interest to many people in West Cork in light of our vast coastline, our marine economy, and the environmental campaigns that are ongoing, including 'Bantry Bay - Protect our Native Kelp Forest' and 'Save Bantry Bay.' It will be an opportunity for raising issues that will effect West Cork's environment and economy for decades to come such as policies in respect

of aquaculture, defence, energy, fisheries, mining and aggregates, ports harbours and shipping, telecommunications cables, tourism, safety at sea, sport and recreation, and waste-water treatment and disposal.

The Draft National Marine Planning Framework is Ireland's first marine planning framework and it applies to a broad range of marine activities including aquaculture, offshore renewable energy, sea fisheries and tourism. It provides a long-term framework for effective management of marine activities and more sustainable use of our marine resources. It is intended to enable Government to set a clear direction for managing our seas, clarify objectives and priorities, and direct decision makers, users

and stakeholders towards more strategic, plan-led and efficient use of marine resources. Ireland and other EU coastal states are obliged to establish these marine spatial plans by 2021 under an EU directive. This single national marine plan will apply to Ireland's entire maritime area, extending from mean high water mark on the coast to the 200 mile limits of the exclusive economic zone and Continental Shelf.

The Department is inviting submissions on the Draft NMPF. The consultation period closes at 12:00 noon on Thursday April 9, 2020. Interested parties should check their website for all details.  
www.marineplan.gov.ie



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## Bandon Students reveal new findings on Emotional Intelligence

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Two students from St Brogan's College, Bandon, have discovered that teenagers become less emotionally intelligent as they get older due to academic pressure, social media and excessive screen time.

Lucy Teape and Lisa Nield from Ballinadee have carried out extensive research on the importance of emotional intelligence in young adolescents for their entry to this year's BT Young Scientist and Technology Exhibition.

This term they have completed comprehensive quantitative and qualitative research on the topic, working with fellow students and staff at St Brogan's College. They have discovered that emotional intelligence actually decreases in the first three years of

secondary school between the ages of 13-16.

Lucy and Lisa say they were surprised at this finding. "We read a lot of other research before we conducted our own," Lucy said. "At this age, emotional intelligence would be expected to rapidly increase, but we found it was in decline."

"When we asked teachers, guidance counsellors and other educational experts why this might be the case, they blamed the over-emphasis on academic success, social media, and teenagers having too much screen time," said Lisa.

They also came up with another surprising fact.

"Our research shows that emotional intelligence is not higher in girls – many educationalists believe girls are



Lucy Teape and Lisa Nield with their science teacher Laura O Regan.

ahead of boys when it comes to emotional intelligence but this is not the case. Girls need just as much support with EQ as their male counterparts," Lucy said.

The girls believe that all the stakeholders in secondary school education – schools,

teachers, parents and the Department of Education – should take cognisance of this research to ensure that happy young adults emerge from our second level schools.

They students presented their findings at the exhibition in the RDS in January.

## Good news – Ahmed H has finally winged his way home

by Clonakilty  
Amnesty Group

Ahmed H, his wife and two daughters, had found safety in Cyprus after escaping war-ravaged Syria. But he worried about his elderly parents and six other family members who were still

inside Syria's border.

In August 2015, he left his young family at home in Cyprus and travelled to Turkey, intending to help the rest of his family escape from Syria too. They made their way to the Hungarian border only to find themselves stranded along with hundreds of refugees after President Orban closed the crossing from Serbia.

Tensions rose and clashes broke out. Hungary's police responded with tear gas and water cannon, injuring dozens.



Some threw stones, including Ahmed, but news footage also clearly shows him using a megaphone to call on both sides to remain calm. Of eleven people arrested, he was the only one charged under the counter-terrorism law.

In September 2018, a Hungarian court found him guilty of "complicity in an act of terror" and sentenced him to 10 years in prison. A retrial reduced the term to five years despite a glaring lack of evidence to back up the extremely serious charge. The United Na-

tions, the European Parliament and the US State Department all expressed concern about Hungary's deliberate misapplication of terrorism charges in Ahmed's case.

More than 100,000 people took action against his conviction.

On January 19 of this year, Hungary released him from prison and asked Cyprus to take him back. He waited in a detention centre for eight months during which time Hungary threatened to return him to Syria.

24,000 people joined a #BringAhmedHome campaign urging Cyprus to allow him to return to his family. His daughter drew the 'Ahmed's wings' picture you see here.

This story highlights the misery and agony of the families of prisoners, as well as that of Ahmed's own suffering. They are in limbo, not knowing if there will be an end to their mother's, father's, son's, daughter's, brother's, sister's, husband's ordeals; whether they are being tortured, deprived of food and sanitation, legal assistance; whether they will face unfair trials or a trial at all or whether they will ever return. For what? For discussing politics, for fighting oppression and injustice, for their right to live with our sort of freedoms.

We have more Good News stories for you in the next issue. We thank all those who support these brave people and we look forward to adding many more drops in the ocean in 2020. Wishing A Happy New Year to all our readers.

**Karen COAKLEY**

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**I'm respectfully asking you for your vote on Feb 8th.**  
If you haven't voted for me or my party previously, please lend me your vote on this occasion, I won't let you down.

*Go raibh maith agaibh, Paul*

# A new chapter at Deelish



‘Life begins the day you start a garden’. For the past 35 years, this proverb has rung true for many who have stepped foot in Deelish Garden Centre, one of the most reputed nurseries in the country for specialising in rare and unusual plants.

So many of West Cork’s gardens are blessed with specimens from its impressive plant collection and, just before Christmas, on Saturday, December 7, many of these loyal customers and friends turned out in force to mark a new and happy chapter at Deelish Garden Centre.

An impressive new building now stands on the footprint of the old and Bill and Rain Chase, who started the business in Skibbereen in the 1970s, have officially taken a step back, handing over the baton to the next generation of green-fingered family members, their son Noah and his partner Maya Wild, originally from Kerry, who also runs her homeopathic practice at Deelish.

Well-known gardener and author Joy Larcom performed the official opening of the new building with a speech made by Maya, prepared by family friend and writer Cormac Lally followed by a talk from specialist rose and heritage apple grower John McNamara. It was an enjoyable and informative day for all in attendance.

If you haven’t yet had the pleasure of visiting Deelish, you’ll recognise Noah from the gardening pages of West Cork People. A regular contributor, Noah shares his knowledge and experience of growing using sustainable and environmentally friendly practices. Right now he’s getting ready for the next growing season with onion sets, garlic, asparagus, horseradish, multiple varieties of shallots and over 30 varieties (three tonnes) of



seed potatoes in stock. There is also lots and lots of bareroot and potted soft fruit to choose from.

The new – almost carbon neutral – shop means that there is room for even more stock this year. The range of gardening tools has increased: Deelish stocks Fiskars, a specialist range of high quality, lightweight tools from Finland, which because of their ergonomic features help make the job much easier. The garden centre also carries Fruithill Farm high quality tools and equipment, made to last a lifetime.

An agent for Steeltech Sheds for a number of years, so impressed was Noah with the quality of their product, that he chose the company to supply the new shop building for Deelish, which has been highly insulated and fitted with solar panels and an infrared heating panel by Paddy Rose of Advanced Heating and Energy Systems Ltd. “300 watts produced from the solar panels just trickles out from the heating panel and heats the entire building,” explains Noah.

The Irish agent for Chase Organic Seeds, Deelish is now carrying a larger range of their seeds. The larger shop allows much more room for organic sundries such as insecticides, fertilisers and composts, bird care products, solar lighting and pottery.

The increase in stock should see an increase in customers so the area outside has also been expanded to allow more room for car parking.

Noah grew up in Deelish and has worked at the garden centre on and off since he was a child. Before moving home to take on the family business fulltime, he studied horticulture at the Eden Project in Cornwall and also in Northern Queensland, where he worked on organic fruit farms and a fern nursery for two years.

Passionate about propagation and indoor plants, he is continually working to build up their collection in the heated conservatory at Deelish. Other favourites include Rhododendrons and Magnolias and quite a few Daphnes and Eucyphias.

Plants can be ordered by the pallet load, which offers a very economical way to start off your garden. A pallet of plants costs €70 delivered nationwide, which can fit up to 100 plants per pallet.

Deelish Garden Centre is situated on the banks of the River Ilen, one mile west of Skibbereen town on the old Baltimore road ~ fully signposted from the N71.

Open Monday-Saturday, 10am-6pm, Sunday and Bank Holidays, 2-6pm. Phone 028 21374.

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# Cork Art Therapy Summer School celebrates 30th Anniversary

If your sense of inspiration needs more charge, if your self-belief needs more strength, if you feel a struggle turning your potential into actuality, the Cork Art Therapy Summer School could

be for you says course co-ordinator **Marianne Adams**.

People are often nervous, even anxious at the beginning of this five-day event, concerned that they might not be good enough, that their creativity



may be found lacking. But as the week unfolds, nerves settle,

excitement takes hold and the transformation starts. People



begin to experience and believe in themselves more deeply, in a palpable and clearly visible way. Sharing this adventure with likeminded participants, and to be well held in doing so, is just priceless.

We are all inherently and profoundly creative, although from childhood onwards our connection to this absolute truth can be battered and bruised by life and the restricted perception of those around us. Experiences of rejection, neglect, judgement, trauma and shame will contract our self-belief and therefore the flow of creativity through us. No matter our background, no matter how vast or tiny our art making history, the Art Therapy Summer School will provided the support, encouragement, safety and validation that we all need to begin gently exploring our sense of who we are and who we can be.

Art making within a therapeutic setting unfetters our creativity, our confidence, our vision of what's possible, and the art making that begins to flow from us also provides a portal to a source of knowing that runs far deeper than our usual patterns of thinking. Art Therapy not only helps us 'think outside the box' it actually expands and infuses the box itself. Just as a tree absorbs the sun, rain and wind to deepen its roots, allowing the flow of life to course through its core from the earth upwards, generating fruit, reaching out into the world and up to the heavens – the Summer School, through it's carefully crafted programme of workshops and lectures, its seasoned capacity to care, nurture and fertilise, will strengthen your inner anchorage, re-vitalise your creativity and allow you to embrace life more fully.

These are challenging times; investing in ourselves will be crucial to our ability to stay rooted and respond creatively to these challenges. Be warned, the Summer School is intense – it is also richly rewarding both personally and professionally.

In our effusive feedback from last year, people spoke of 'joy' of 'transformative moments', of not realising 'a group could feel so safe', describing their experience as 'amazing', 'empowering and uplifting', 'unforgettable', 'a beautiful gift of healing', 'the gift of creativity that was taken from me in childhood'. This

one email, whose permission I have to share, as above, was considered and descriptive, giving an even fuller window into the experience:

*"Dear Marianne, It has been nearly a month since I attended the Cork Art Therapy Summer School and I have been quite blown away by its impact on me.*

*I was really quite nervous about the prospect of going back to adult education – how wrong I was, very quickly realising that judgement was never on the agenda, I had not expected to be looked after soooooo well.*

*I was exceptionally lucky to share five days with such a beautiful cross section of ages and human beings, that in itself was nourishing and rewarding. The pace, quality, integrity and delivery of every moment of the course was truly wondrous. Such a treat not to have to make a decision about what you were going to eat as well, as the catering was fabulous, and they so welcomed us after our morning sessions.*

*The workshop exercises and lectures took us through a journey of emotions that gently helped us process our inner selves whilst being skilfully held and guided at all times. I loved the playful nature of allowing us time, space and permission to just express whatever.*

*I learned so much and really enjoyed my time in this building, which seems to ooze creativity, and savoured the opportunity to explore with different art materials.*

*Although the privacy of each group was strongly protected it didn't stop the vibrant discussion times afterwards, ensuring a deep sleep and eager anticipation for the following day.*

*Like being held in a soft well-fitted glove, each of the five days provided an enriching, insightful experience enabling me to return home with a stronger yet lighter centre.*

*I cannot thank you or your staff enough for facilitating such a well-balanced course, which as I'm sure you can tell, has ignited quite a thirst in me to do more."*

Last year's event sold out so be sure to book early. If you have any questions at all, please do let me know. I love this work and this event, I hope you can tell!"

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## Ireland's first LGBT+ modern Irish history course launched

Ireland's first educational course to examine the modern history of the Irish LGBT+ community has been launched at University College Cork (UCC).

'From Shame to Pride? A Short Introduction to LGBT+ Irish History (1970s-2020)' is being taught by historian Dr Diarmuid Scully as a course in UCC's Adult and Continuing Education Programme.

The course examines LGBT+ identities and the struggle for LGBT+ rights in Ireland since the Stonewall Riots in New York in 1969. How the LGBT+ community was criminalised by the law in 1970s and 1980s Ireland is examined, as too is the homophobic murder of Declan Flynn in Fairview Park, Dublin in 1982 and its impact on Irish attitudes to LGBT+ people.

"The history of LGBT+ people in Ireland was hidden or written from a hostile perspective until recently; this course is an opportunity to discover an often painful and inspiring history and learn about Irish LGBT+ people's experiences," commented Dr Scully.


This course is based on the first ever degree-level Irish LGBT+ History module taught in any Irish university – Dr Scully's HI 2105 LGBT Identities in Modern Ireland: Sources, Contexts, Interpretations. Dr Scully introduced this module in 2018 to mark the 25th anniversary of the decriminalisation of homosexuality. It's offered to second year students in the School of History at UCC.

"I was in Dublin Castle when the Marriage Equality referendum results were announced. The atmosphere was electric. I felt only rage and desolation. Such joy in the courtyard, but so many lives destroyed by centuries of hate. I heard Christy Moore singing in my head: 'This graveyard hides a million secrets/And the trees know more than they can tell'. That song was written by Philip Chevron, who was gay, and it spells out what oppression does to people. I then decided to teach modern

LGBT+ Irish history to raise awareness and explore the struggle against homophobia by LGBT+ people and Allies in modern Ireland", commented Dr Diarmuid Scully.

Other themes covered in the course include the Churches and LGBT+ identity and sexuality, the Irish LGBT+ diaspora in the United States and the Marriage Equality referendum in Ireland in 2015. The course runs from January to March 2020 in UCC.


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## Dúchas lecture on The Burning of Cork

This year is an important centenary year in marking the role of Cork City and County in the War of Independence, as Dúchas Cloankilty's next lecture will illustrate: The Burning Of Cork will be given by Michael Lenihan in The Parish Centre, Clonakilty on Thursday, January 23 at 8pm.

'A tale of arson, loot and murder' was how one source described the events in Cork city on the night of December 11-12, 1920. In a scene of almost unprecedented destruction, members of the British forces bent on revenge

for the ambushes at Kilmichael and Dillon's Cross set fire to both the commercial and the civic heart of the city. One side of Patrick Street and the area surrounding it was razed to the ground, while City Hall and the neighbouring Carnegie Library were gutted as Auxiliaries and Black and Tans shot at Cork's firemen and cut their hoses in an effort to ensure maximum damage. Then, to add insult to injury, as the smoke cleared the British government tried to blame Cork's own citizens for the devastation.

Author of Cork Burning

(2018), Michael Lenihan uses eyewitness accounts, contemporary sources and exceptional images from the period, to tell the story of the events before, during and after that infamous night. Michael is a native of Cork who lives and works in the city. An avid collector of Cork memorabilia, he owns a large library of Cork books, photographs, postcards and maps which has taken over forty years to amass. His previous books, Hidden Cork (2009) and Pure Cork (2011), were local bestsellers.

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# Why we need to revive the co-operative movement

Tadhg Quill-Manley has a passion for all things co-operative. His great grandfather Timothy Quill was a former Labour TD and city councillor on Cork Corporation. He was also a founder and former secretary of the Cork Co-Operative Society and the editor of 'The Cork Co-Operator' newspaper. He worked with many co-operators in the UK (The UK Co-Operative Party, which his great grandson Tadhg is a member of, is arguably the fourth largest party in the House of Commons, contesting elections under the 'UK Labour & Co-Operative' banner). He was also a committed Christian Socialist. Inspired by his great grandfather's belief in the dignity of the person and community, Tadhg Quill-Manley is trying to help bring these ideas forward into a new century.



It's time for a social healthcare system that puts people at the heart of the service. The healthcare system is broken, because it is not community based. Centres of excellence that strive to provide excellent clinical care, is a model that's inherently exclusionary for those on low incomes who cannot afford to travel to those centres of excellence, or who are physically unable to do so, due to illness or childcare commitments. Our healthcare system should be community led. It has to be responsive to local needs. We need to create a more personalised and caring health service for everyone, that is community based. The co-operative movement has always believed in ordinary people coming together to initiate collective action and to shape the health service that is best suited to the needs of the local people. More funding needs to be allocated to delivering primary care in the local community as opposed to shining beacons to excellence that can only be accessed by the few.

I recently spent time learning about the co-operative alternative to high-cost private nurseries. I looked at two London-based co-operative nurseries, which show that there is a better way to deliver high quality, affordable childcare – Grasshoppers in the Park and the Co-operative

Childcare in Maida Vale. These two nurseries are very different in style and size, but share a core set of co-operative values, which they apply to the children's learning and the way they involve parents.

Grasshoppers is a small parent-led co-operative in Hackney. It was set up by parents who all have a say in how the nursery is run and can reduce their fees by contributing time and skills. Staff are paid the London Living Wage and are well qualified, and the day-to-day ratio of trained staff to children is higher than the government guidelines. Many of the parents are self-employed, so the participatory structure enables them to flex up and down the cost and timing of their childcare to fit their irregular work patterns.

Co-operative Childcare in Maida Vale, run by Midcounties Co-operative is another example. In many ways, it couldn't be more different to Grasshoppers. Where Grasshoppers has 15 or so children in attendance, Maida Vale caters for over 100 children. However, the ethos of the nursery is very much the same – empowered staff, engaged parents and well looked-after children. Parents can be members of the co-operative, which means they receive a share of any profits as a dividend, keeping the service more affordable. Therefore, if the government funds not-for-

profit social care co-ops, this can then help fix the broken healthcare system.

In the same way, a co-operative housing plan can provide a positive impact for local communities with housing shortages. A co-operative housing system supported by cheap government finance can build and manage properties where the tenants are the members of the co-op who can manage the maintenance and rental income for the benefit of the housing co-operative association for a particular area. A housing development based on a co-operative model can create a sense of collective responsibility among tenants in running their new homes. Merthyr Valleys Homes (MVH) is an example of what a positive impact co-operative housing can offer to Wales.

MVH has become the largest tenant and employee mutual in Wales. They own and manage over 4,200 homes across the county borough of Merthyr Tydfil. The Association's board took a step further and empowered tenants and employees by allowing them to become Members. As a result, on May 1 2016, MVH became a mutual housing organisation.

Their purpose is to operate for the benefit of the community – which they shape through a vision titled 'Yfory'. What is impressive is their core values as a mutual organisation – reflected in their structure of a democratic body, board and members. Through the vision of MVH – and with support through cheap finance from the local authority – the option of a housing co-operative was identified as part of a brighter future for the 12 flats that are now in the co-operative on the Gellideg estate. These flats were retained, refurbished and the residents have formed a co-operative to run the block of flats.

I propose that a co-operative housing model, where the properties remain in the ownership of the co-op, can offer a viable solution against homelessness in our society.

## Letter from the Editor

Dear Readers,

Welcome to the January issue of West Cork People and another decade! Hopefully you all enjoyed a restful Christmas. Although it's been a wet and stormy start to the New Year, according to Kate Arbon's forecast, we are on the cusp of a new era, with positive change and good things to look forward to. With a sudden general election called for Saturday, February 8, this is your chance to have a say in the future of Ireland (see local candidates inside)!

As always, the first issue of a New Year gives you lots of food for thought when it comes to self-care and focusing on reaching goals in the year ahead, from being more mindful, to staying healthy, to starting a new class or course or taking up a new sport.

As Allison Roberts discusses in her new column on permaculture, this should be an exciting year for West Cork with people pouring energy and enthusiasm into creating more sustainable, more environmentally – and people-friendly solutions to the way we live. Hopefully everyone will join in on this journey to changing our ways and practices for the good of the planet and future generations.

For this and lots more see inside.  
I hope you enjoy the read,

Mary



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## THE HISTORY & POLITICS CORNER

Shane Daly

Shane Daly is a History Graduate from University College Cork, with a BAM in History and an MA in Irish History.

*"I am disappointed to hear that some people are going to boycott the event, I think that is regrettable.... I think it's a shame that people are boycotting it, but the Government stands over the decision to uphold the event." – Leo Varadkar*

The above is a direct quote from the Taoiseach of Ireland. The context of which, needs no explanation but because of the sheer arrogance of it, I feel it needs to be addressed. It shows a complete disconnect between the Taoiseach and the views of the people of Ireland. It's shameful. Leo Varadkar is a very well-educated man. He's

# Not painting everyone with the same brush is a saying that works both ways

highly intelligent and obviously very successful. However, the decision by him and his Government to commemorate the Royal Irish Constabulary in Ireland is possibly and hopefully one of the biggest mistakes in recent politics. From any angle, try as I might and try as I have done this week. I cannot see where a panel of people sat down, deliberated, went to lunch, deliberated some more, had coffee went back to brain-storming, then repeated the process for a week. And finally, someone had a eureka moment, stood up and wrote on the white board "I reckon we should commemorate the RIC and the Black and Tans." Then sat back down to their Peppermint tea to a chorus of impressed applause ringing in their ears. It literally makes no sense. But it was allowed. It was passed and then it was signed off on by Leo Varadkar and Fine Gael. There seems to be such a mania to be inclusive and to be PC in what has now become a pantomime world of 'Look how understanding and Holier than Thou I am' that a Government signed off on a commemoration for an organisation that was found guilty in Courts the length and breadth of the country for murder, torture and rape of Irish people. It is ludicrous. And I could not believe what I was seeing or hearing when Leo spoke in the Dáil about being disappointed



*After the burning of Cork, RIC men collected burnt pieces of timber or cork and pinned them to their lapels and caps to boast.*

in the Irish people for boycotting his eulogy for the RIC.

There will be thousands of families in Ireland that had relatives in the RIC. Men that joined for stoic and honourable reasons. Men with good intentions and with the best interests of their own families at heart. Men that joined a recruiting organisation in a time that was unimaginably tough and when money and essentially everything else was scarce. They joined to provide for their children and for their own self-worth. If you have a family member that was in the RIC and want to commemorate him. Please do. There are many men that deserve to be remembered but there are also many that do not. Not painting everyone with the same brush is a clichéd saying, but it works both ways. Commemorate your family member privately if you feel that it is correct to

do so. However, the public commemoration by the State of the organisation and the rotten core within it is wrong and inexcusable. In no other State would those who facilitated the suppression of national freedom be commemorated by that same State. Ireland is and should be no different.

"Shock and haemorrhage following gunshot wound inflicted by persons unknown during a raid by the forces of the Crown on Croke Park Dublin on the 21st of November 1920. Duration of illness eight days." This is a doctor's report, written to record the death of William Robinson. William was sat in a tree at the corner of the canal end on the Jones's roadside of Croke Park to watch the game. A bullet hit him in the chest and went through his right shoulder. He fell from the tree. A ticket seller picked him up and carried him away to safety. His jersey

was blood-soaked and he called out for his mother. He was placed in a taxi and was taken to hospital. He died eight days later from his wounds. William was 11-years-old. It was a RIC rifle's bullet that killed him.

John Sheehan the current Lord Mayor of Cork publicly stated that he would not attend any commemoration that the Government proposes, as the Mayor's chain he wears around his neck was previously worn around the neck of Lord Mayor Tomás MacCurtain; who has a street in Cork named in his memory. Tomás MacCurtain was taken from his bed in the middle of the night by RIC men and shot dead outside the front door of his house in Cork, while his children and his wife watched.

Tom McDonagh from Roscommon was killed by a RIC policeman, then tied to the hitch of the RIC lorry and dragged up and down the street of Ballaghaderreen until he was unrecognisable. Done as a deterrent to others in the village that might have notions of standing up for themselves. Women that were married to IRA men were raped by RIC men in front of their husbands. Women also had their heads shaved. Men would be taken from their homes during the day and shot dead in the street in front of their families and the rest of the village. Men that weren't shot would be removed

from their homes and stripped naked to publicly embarrass them.

The RIC burned Mallow and the city of Cork, as well as countless other villages and towns. Not to mention every other reprisal rape, reprisal beating and reprisal murder. All with impunity under the governance and specific orders of Lloyd George. After the burning of Cork, RIC men collected burnt pieces of timber or cork and pinned them to their lapels and caps to boast. Just in case the people might forget. The RIC cannot and will not be commemorated in Ireland. This isn't a retrograde step in peacetime nor is it a back step in unifying the country. It is a giant leap forward in dignity and self-respect.

Charlie Flanagan the Minister for Justice released a statement during the week to say that the commemoration was to be deferred. The same Minister that put forward a motion to have Sinn Féin TDs banned from wearing an Easter Lily in the Dáil but he himself wears a poppy at any possible press opportunity. It's shameful. The Wolfe tones song 'Come out you Black and Tans' is now Number one in Ireland and the UK. The commemoration has been deferred but will soon be cancelled. A clear, eloquent, direct and meaningful statement has been sent to Fine Gael. We don't want a commemoration.

## 'Beacons of the community' retire

There is no power greater than that of community and this was clear to see at Derrinacahara National School, Dunmanway on December 18, says Sandra Maybury, as two longstanding members of the Board of Management, Donal Hurley and Margaret Murphy, retired after serving on the board for 34 and

20 years respectively.

Donal, a past pupil of Derrinacahara NS, spoke of his memory of when he first enrolled his daughter Katherine in the school in 1984. Seeing how the school was in need of repair and not one to run away from a problem, Donal, together with the other board members and the Parent's

Association, set about sourcing funding to improve school facilities.

Donal emphasised that when Gabrielle Crowley joined the school as Principal in 1999, the Board could really explore new opportunities for the school and he spoke of his delight to see the introduction of new sports, music, arts and other activities. He paid tribute to Principal Crowley, school staff and the Parents Association saying "They are the best you could find anywhere, it's like a big family, we all worked well together." Donal thanked his wife Anne and family saying, "I was often out late at meetings and Anne would always wait up to welcome me home."

Margaret Murphy served on the School Board for over 20 years and Principal Crowley thanked Margaret for her years of service, "Margaret has done a Trojan job; she has been a huge asset to the school. We always got on well and



*Donal Hurley and Margaret Murphy*

Margaret would answer texts at any hour of the day or night. She has always been a sound influence and a sound source of advice."

The newly elected Board of Management Chairperson John Kearney thanked the outgoing board, saying the new members would keep up the great work done by the previous group, referring to them as "beacons of the community, through their commitment to the school and other interests."

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# VOTE 1

A VOTE FOR THE PEOPLE OF WEST CORK NOT FOR THE PARTIES



## THE HISTORY SHOW

Kieran Doyle

In Brian Friel's masterpiece drama, 'Translations', a young English soldier and a local Irish peasant girl fall madly in love. This happens, in spite of their inability to communicate through language and the fact that they come from cultural, polar opposites – the conqueror and conquered. The local learned school master, imbued in classical education, somewhat insightfully reflects that, 'the Greek word, Endogamies, means to marry within tribe the word and Exogamies means to marry outside the tribe – and you don't cross those borders casually – both sides get very angry'.

My book, 'Behind the Wall, the rise and fall of Protestant power and culture in Bandon',

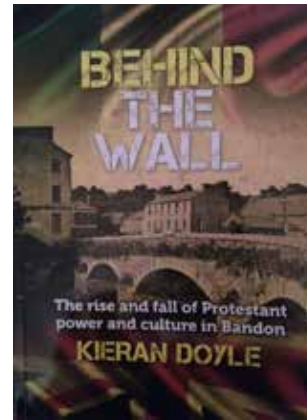
looks at the divide that existed for centuries between two tribes in Ireland since the English reformation of the sixteenth century: Protestant settlers and Gaelic natives. So why focus on Bandon. Is it a book that only people from Bandon will be interested in? Absolutely not. What was happening in Bandon at a local level, gives us a far greater insight into the national picture rather than just the broad black and white brush strokes of the national narrative and it makes an intriguing case study in this clash of identities. Even more intriguing is how Bandon, a town away from the strongest Protestant settlements of the Pale and Ulster became so synonymous with a Protestant and then unionist identity. This little town gave birth to the catch call, 'No Surrender', often synonymous with Ian Paisley and the north. It had many monikers: 'The Derry of the South', 'Orange Bandon' and more playful, 'Bandon, where the pigs are Protestant' [a throw back to when the local burgees in control of Bandon, forbade papists in the town but Protestant dwellers were allowed to keep pigs].

It was a town that had the

privileged position of supplying an MP to Westminster; one of only three towns in Cork County that were favoured with this honour. Cromwell, a man attributed with the death of a fifth of the Irish population was welcomed with open arms here. [Incidentally, there is a town in the South Island of New Zealand, called after him]. The Orange order grew expeditiously here. By 1834 there were seven Orange lodges in Bandon. To put that in context, Cork city had a total of six! Like everywhere else, Catholics were disenfranchised and the political powers lay in the hands of the other tribe until the late nineteenth century when there was a changing of the guard. A series of enfranchisement reforms and a structuring of local government in the late nineteenth century, led to the local institutions falling into the hands of nationalist 'tribe' and the writing was as on the wall for the end of unionist domination. Father Canon McSwiney triumphantly declared that, 'his forefathers had lived there for the past eight years...they were shut out its walls...and now Bandon was theirs.'

The declaration of the Great

War of 1914 was met with equal enthusiasm by both communities. Local patriot and writer, Kathleen Keyes, was despondent when she found more of the town's women enlisted for the Red Cross, as opposed to Cumann na mBan. The chairman of the National Volunteers was keen to boast of Catholic recruitment in the town. He declared that, 'the corps had done more than the unionist of Bandon to send men to the front.' The facts are somewhat different. There is a record of 31 Protestants and 69 Catholics casualties in the war, but in proportion to their populations, Protestant casualties were almost twice as high as Catholics in Bandon. The demographics of the town displayed a majority Catholic population for the last two centuries and the Protestant population continued to fall. Without a census during the war period, an interesting alternative was to examine Protestant church attendances, taken from the preacher books of Ballymoden and Kilbrogan. Astonishingly, within ten years from 1913-23, the annual service attendance drops by 21 per cent. When the Free State came into existence, many other Protestants left, either due to their attachment to British institutions, such as army, police or civil service. But other Protestants fled too, out of fear, uncertainty and



intimidation by the IRA.

The War of Independence for Irish freedom from British rule brought a lot of collateral damage on the Protestant community in Bandon. The 'Compensation (Ireland) Commission' was initially established by the Irish and British governments to deal with compensation claims for civilians who suffered personal losses or criminal damage during the War of Independence and indeed truce period. It is a public document that any curious reader can access through the archives in Kew in England or now online databases due to works carried out by local historians. In my book, I have focused on the greater Bandon area claimants. It paints a graphic picture of the unsavoury side of the IRA during this period and highlights the targeting of loyalist and mainly

Protestant people in the region.

Intimidation on the Protestant people was quite prevalent. A combination of their loyalty to Britain, their vulnerably small numbers and economic circumstances meant they were easy targets for some in the IRA. Others were targeted for suspicion of informing. Reading through the claims, it is clear that many Bandon Protestants became civilian victims of the war. Richard Godsil was forced to sign a cheque while a gun was pointed to his head. One of the IRA men told him, 'I would be hunted out of the country and all the other Orange dogs with me'. William Haynes claimed he was kidnapped, his cattle driven off and four tons of hay taken. The Ross brothers were prevented from selling their cattle for two years up to June 1923. Elizabeth Bradfield, whose husband had been shot as an informer in 1921, still could not sell on the family farm as late as 1925. Mary Heron, claimed her husband could not return from Canada as, 'Republicans and bad feelings are still strong in Bandon.'

History is a fascinating subject, and the more we dig, the greater the picture we get. Read it in my new updated second edition book, 'Behind the Wall – the rise and fall of Protestant power and culture in Bandon', now in all good bookstores.



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## people Environment : Making a difference

Welcome to the **West Cork People Environment** section where we highlight the positive stories that are happening in West Cork in relation to climate change, carbon emission reduction, reduction in plastic use and much more. Though the headlines are constantly warning us of the dangers of inaction, we are starting to see throughout West Cork the beginnings of a new



awareness about how we all need to change our ways and practices.

We believe that the best way to encourage change is to write about the people who are making changes. If your business or company has started to do things in a better, environmentally-friendly way, we would love to hear about it!

## Government's proposed Bill will make it much harder to protect our environment, health and heritage

Think you should have a say in what is built on your doorstep and how it affects the environment you live in? Think again says **Fiona Hayes**.

The United Nations Economic Commission for Europe (UNECE) Aarhus Convention, which entered into force in October 2001, established the right of everyone to participate in environmental decision-making and to challenge procedures and public decisions with respect to environmental law. The Aarhus Convention states that access to environmental information, which you have a right to receive, can include information on the state of the environment, but also on policies or measures taken, or on the state of human health and safety where this can be affected by the state of the environment.

The Aarhus convention establishes 'access to justice' with regard to the environment.

A number of communities and individuals in West Cork and across Ireland have indeed availed themselves of this right of 'Access to Justice', challenging decisions made by An Bord Pleanála and applying for leave to bring Judicial Review Proceedings in the High Court. Notably, the NGO 'Friends of the Irish Environment' who monitors the full implementation of European Environmental Law and works for changes to the Planning Laws to support sustainable communities and environments, has been successful in using Judicial Review to protect the environment across Ireland.

Now though, a Bill put forward by Eoghan Murphy TD, the Minister for Planning would severely restrict this Access to Justice making it much harder for citizens and environmental NGOs to bring Judicial Review proceedings in relation to planning decisions.

Currently in Cork, a number of community groups seek to protect their environment through the Courts. For Example 'Save Cork City Commu-

nity Association CLG' has recently been granted Judicial Review in their challenge of the controversial Cork City Flood Defence Scheme, which would change the heritage of the City by building 15 kilometres of walls along the River Lee.

'Save Cork City Community Association' have instead proposed management of the entire River Lee catchment including water storage and reuse of flood plains, tree planting, wetland restoration, water diversion, attenuation, reinstatement of ditches and alteration of land drainage methods in cooperation with landowners. Their management plan has the backing of world experts who say it would provide full protection for Cork from upstream flooding and combined with a tidal barrier provides better and more sustainable protection for the city than the Council's plan.

The Bill put forward by Eoghan Murphy, if approved in its current form, would change the terms relating to how NGO's and community groups, requiring them to have been in existence for a minimum of three years and to have a minimum of 100 affiliated members to qualify to challenge planning in the courts. However most community groups fighting these cases came into existence specifically to fight a single proposed planning in their locality that they believe to be environmentally detrimental.

Another West Cork action being fought in the courts currently is in Bantry Bay where the local community have come together to preserve an area of outstanding beauty that is home to many Harbour Seal colonies, White Tailed Eagles, Otters, Choughs and Dolphins and is visited by Humpback Whales and Basking Sharks who come to feed in the rich marine waters of the bay.

'Bantry Bay; Protect Our Native Kelp' is opposing a licence to mechanically harvest 1860 acres of Native Kelp Forest by suction. The group is concerned that this will permanently destroy the Kelp Forest, which is an important carbon sink and natural coastal defence, as well as being the nursery for many fish and home to sea otters.

The proposed new Bill restricts access to Judicial Review to those who have had prior participation in the planning process. However the community in Bantry Bay was unable to participate in the process, as there was no public consultation and such little advertising as there was simply stated 'Occupy an area of foreshore for the purpose of harvesting specific seaweed at Bantry Bay'. It made no mention of Mechanical Harvesting, no mention of Native Kelp Forest and no mention of 1,860 Acres of Bantry Bay. There was nothing to alert the community that this was anything other than the hand harvesting of Kelp that is already carried out throughout Ireland.

The Bill put forward by Eoghan Murphy, if approved in its current form, would change the terms relating to how NGO's and community groups, requiring them to have been in existence for a minimum of three years and to have a minimum of 100 affiliated members to qualify to challenge planning in the courts.

Under the proposed new Bill this community would be denied 'Access to Justice' because the way in which the licence was originally granted did not alert them to the need to put in objections.

The Bantry Bay Community however, having found out what had been granted, raised the funds for Judicial Review and was granted a hearing. At that hearing the Judge declared that there was no existing licence to mechanically harvest the Kelp, as an error had been made in publishing of the granted licence. It is a requirement of the Foreshore Act 1933 that the Government publish the decision to grant

a licence in the official State Gazette. As this has not been done the licence process is not yet concluded.

This raises questions around another part of the proposed new Bill, which states that judicial review challenges may not be sought in respect of an alleged deficiency failing, such as clerical or typographical errors, unintentional errors or omissions in the order or determination text, or an omission of text, which has the effect that the order as issued is not accurately expressed as intended.

It appears that this simply protecting omissions such as those in the Bantry Bay Kelp case and thus further obstructing a citizens right to Justice.

Save Our Skibbereen (SOS), was recently celebrating that RTP Company had withdrawn its application for planning for a Polymer Compounding Factory, after the High Court returned the case to An Bord Pleanála, the latter having conceded that they could not answer point 1 that the plaintive (the Chair Person of SOS) had put forward.

When they applied for leave to bring Judicial Review Proceedings against An Bord Pleanála, SOS were advised by their legal team that as the group came into being after submissions had been sent in, firstly to the County Council and then to An Bord Pleanála, it would be better for one member of the group who had made original submissions to go forward to Judicial Review as the plaintive.

This is a fairly scary thing to agree to, as the costs of Judicial Review are likely to be above €100,000 and if you lose the case you may also be required to pay the costs of the other party, An Bord Pleanála.

Equally however, if you win you may be awarded costs from An Bord Pleanála; and thus legal teams tend to only take on strong cases, which they stand a good chance of winning.

The proposed new Bill would impose a limit on cost awards of just €40,000 in successful challenges. This is well short of the €100,000 plus that it costs to take a case to court. This Bill would thus make it 'unsustain-

able' for legal teams representing citizens and environmental NGOs to take on cases.

Indeed the European Commission and EU Court of Justice have highlighted the high cost of mounting legal challenges in environmental cases as a key issue in Ireland.

Chief Justice, Mr Justice Frank Clarke has stated that the issue of costs has been one of Ireland's great difficulties in complying with its Aarhus Convention obligations.

Ireland already has a poor track record with regards to planning and respect of Environmental Law. This proposed Bill serves to make it far more difficult for the public to chal-

lenge public decisions that have been made without respecting Environmental Law. It makes it much more difficult to protect our environment and our health and our heritage.

The government states that the Bill is needed because legal challenges related to the environment are slowing down development. Each of the Judicial Reviews Granted is the result of bad decisions. The Government's answer, rather than to make legally robust planning decisions, is to attack the communities and NGO's who are quite rightly fighting for Environmental Justice.

## Watching grass grow in Timoleague

Timoleague NS Sixth class, along with their teacher Mrs. Anne McCarthy, presented their project 'Growing Smelly Grass' at the Primary Science Fair at the 2020 BT Young Scientist and Technology Exhibition on Thursday, January 9 in the RDS, Dublin.

The three-month project primarily looked at how well grass grows using organic fertilisers (locally sourced comfrey, seaweed, cow manure and horse manure) compared to purchased organic tomato fertiliser.

Students set up a grass growing station in their classroom and monitored height, thickness, colour, weight and dry matter. This was a controlled experiment and each day they were checking the soil for moisture and feeding the grass at different rates.

The students chose this project, as it highlights what is going on in our locality with grass growth. After studying their findings and checking their results, they prepared their project to exhibit in the RDS where it was very well received by the judges and visitors to the stand.



## people Environment : Making a difference

## Communities working towards Zero Waste

The Conscious Communities Programme is an initiative to support communities to further their journey toward sustainable living. The initiative, run by the environmental charity VOICE Ireland, has run in towns across Donegal, Cavan and Wicklow, and now thanks to funding from Cork County Council, it is coming to Cork. **Abi O'Callaghan-Platt** of VOICE Ireland explains.

The Conscious Communities Programme is a tailored training programme for your community. The programme addresses the issues of responsible consumption and waste management. Helping your community to take the next step. Working hand in hand with your community to reach the sustainability goals that matter to you.

The programme works with communities to develop action plans with the aim of reaching

localised sustainability goals. The programme starts with activation, and proceeds with an action. The community activation workshop will highlight some successful waste reduction actions and campaigns. The audience gets the opportunity to voice the issues that matter to them and the Programme identifies a specific action that addresses the needs of your community. From there the Programme will work with you to take that action, and support you in reaching that goal.

#### Objectives of the programme:

1. Raise awareness about waste and sustainable consumption campaigns which communities can engage with.
2. Meet communities where they are at and support them in moving forward on their sustainability journey
3. Assist in planning sustainability journeys and support in achieving specified actions.

The Conscious Communities Programme works with a variety of groups, from those who are at the very start of

their journey to groups who are on their way but are looking for support to achieve some of their aims.

"The most rewarding part of the programme is seeing groups achieving their aims, getting more organised, and you know you've left them with the tools to keep going in their own." – Aoife Britton, Programme Manager

"The most rewarding part of the programme is seeing groups achieving their aims, getting more organised, and you know you've left them with the tools to keep going in their own." – Aoife Britton, Programme Manager

The concept of 'Zero Waste' has really taken off in Ireland in recent years. There has been a huge change in the tide of public opinion against

single use items, in particular plastic, and towards more sustainable options. We still have a long way to go, but this public awareness helps build momentum and put pressure on the Government to implement better policies and enable change. VOICE Ireland is the Irish member of the European wide body Zero Waste Europe and for 20 years VOICE has successfully campaigned on waste reduction and sustainability. Now we want to bring that expertise to communities across West Cork.

"We worked with Aoife to draw up action plans. Aoife helped to motivate the Board and get us to understand how we could progress, at a time where the amount of work to be done seemed daunting." – Dunkineely Development Group, Co Donegal.

The best way to deal with waste is not to generate it in the first place. People are starting to realise that the way we consume is not sustainable, but this needs to filter through to all levels, from the manufacturers to the retailers, consumers and legislators. Much-needed legislation is being implement-

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ed, such as the EU 'Single-Use Plastics Directive'. But public pressure is key, there is a great opportunity to improve our efficiency, reduce waste and remove very damaging pollution from our seas and countryside.

"It enabled us to formulate a Sustainability Plan for area, a plan which we worked from and still continue to use" – Máire Uí Bhaoill, Falcarragh Tidy Towns.

An impressive amount of work is being done in communities across Ireland through Tidy Towns groups, Local Development groups and many others. The Conscious Communities Programme supports groups and allows them to reach their full potential in terms of tackling waste issues in their locality.

In 2020, the Programme plans to work with four communities in County Cork. If your community group wants some fresh ideas and support in moving forward on your journey towards sustainable living, then this is the initiative for you! The Programme will work with your community over a period of four months, from January to April 2020. A workshop will be held within your community, following this you will be assisted in developing or further developing a sustainability action plan for your community, and offered ongoing support and advice. Send an email to express your interest now in scheduling a workshop. Contact [abi@voicereiland.org](mailto:abi@voicereiland.org).



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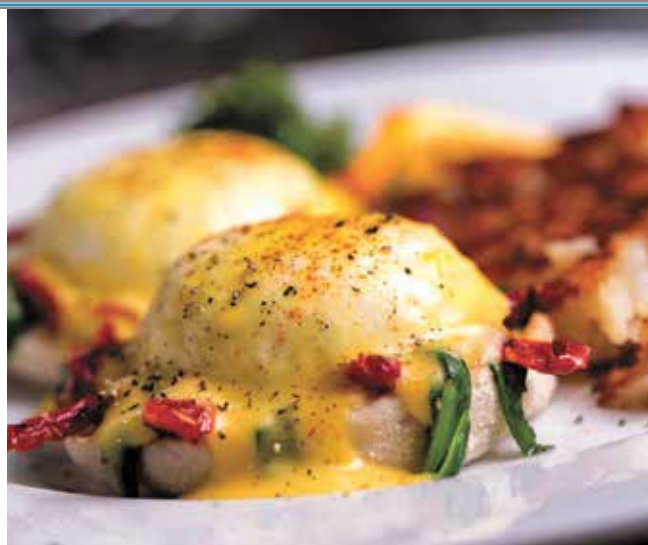
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## people Environment : Making a difference

**‘Observe and interact’****PERMANENT CULTURE**

Allison Roberts

This year is an exciting one for West Cork. There has been a tremendous amount of energy and enthusiasm pouring towards creating more sustainable, more environmentally – and people-friendly solutions to the way we live. Inspired by Clonakilty’s recent ‘Cool Community’ award, the ‘Cycling and Upcycling’ event co-hosted by Cycle Sense in Skibbereen, as well as so many other projects, I have decided to look at my favourite design

system, ‘Permaculture’, to see what it can offer to the dialogue in this time of creative thinking and transition.

The word Permaculture was coined by David Holmgren and Bill Mollison of Tasmania, Australia in 1978 and is a blending of the words permanent and agriculture (or permanent and culture). At its core are three principals: earth-care, people-care, fair-share – it is a philosophy of design that follows nature and cultural patterns in order to create long-lasting, sustainable solutions that demand less-resources than conventional methods. Though often applied to gardening or farming, the philosophy is also applied more broadly with examples of projects around the world that include schools, tourist centres, refugee camps, rainwater harvesting, sustainable businesses and transportation. This set of principals also underpins the ‘Transition Towns’ movement that started in Kinsale in 2004, which has grown to more than one thousand member towns. This is the area in which I’m most interested; how the Perma-

culture system can assist in the design of sustainable towns and homes that are a joy to move through.

Over the next 12 months I will use this column to dig into the 12 principals that make up the Permaculture System, meeting with experts and chatting to local businesses to explore what these principals of design can offer to our homes and community. The principals are simple, straightforward, very practical and applicable to all of life – simultaneously clever and common sense. Over the year we will have some meet-ups to brainstorm out of which we (you’re included!) can then move some of our ideas into action. So straight in: This first month I will look at the first principal, and each month I will follow in order.

First in line is the principal ‘Observe and interact’ and of course it is the right place to start. Permaculture dictates that the only place to start any new design is to observe what is already happening in that space and then to interact with whatever it is that you

are observing or observe the interactions already at play. No project is a blank slate, especially when thinking about how to move forward into more sustainable living practices, and even more so when considering how a town or family might move forward. So the first step in our year-long journey is just to observe, to observe from every angle possible, to realise that everyone and every thing might have a new perspective to offer. To see our homes, how they operate, how we move through them and use them day to day, how we socialise and what we use and consume. To observe our streets, how people move through them, and see the resources that may be available already at our disposal.

When we walk through our towns we can see where people congregate, where people sit to eat lunch on sunny days, how public space is used and sometimes also how it is abused, perhaps where rubbish is left and what kind of rubbish that might be. We can also observe the flow of people in that space, where traffic moves freely and

where it is congested. Where different modes of transport – be it bikes, buggies or wheelchairs – and pedestrians move freely and also where they are impeded. We can also observe resources like shops, how they are laid out, which areas have the most traffic, where there are empty spaces, and when they open and close. There is plenty to observe! If we are thinking with a ‘Cool Community’ hat on, I could also focus on observing potential energy sources – which buildings get the most sun, where the river runs, the windy corridors, the sheltered havens. It is important if we want to embark on a Permaculture journey that we interact with the space, as most of us do already if we’re talking about our own homes and our own towns, but sometimes we hire or solicit ideas from people that don’t first observe or interact with our homes or towns and this can of course lead to problems – that is why this is the first principal.

If you are interested in joining the quest to develop some ‘Cool Community’ solutions

let’s chat! Post a comment on the blog, chat to me in the street or come along to the Clonakilty Community Garden on Saturday, January 18 where Istvan Markuly will be leading a tree planting from 10-1pm and has offered to follow with a brainstorming session based on this first principal from 1-3pm, all are welcome. Istvan has taught Permaculture locally and internationally having trained at Kinsale College and he’s just back from a project ‘Greening the desert’ in Jordan – get in touch on his facebook @clon-permaculture.

So enjoy observing this month and I will share some of my (and your) observations in the next article, when we will also look at principal 2: ‘Obtain a Yield’ –see you then!

**Side note:**

Interested in joining Allison on this Permaculture journey? You can read this article and previous ones on [www.exploding-tree.com/permaculture/](http://www.exploding-tree.com/permaculture/) where you can comment and add your ideas and observations.

**A MAYOR’S MESSAGE**

Michael O’Neill jnr.

Mayor of Clonakilty Michael O’Neill jnr highlights some of the important issues facing Clonakilty and West Cork and how we can make improvements to our local areas.

Happy New Year to one and all from colourful Clonakilty! This month I am going to talk about an issue that is very close to my heart – trees.

Clonakilty’s original name is Cloich na Coillte or the ‘stone in the wood’ in English. The local countryside must have been a beautiful woodland theming with life. Sadly we have lost much of our ancient forests. This reflects what has happened nationally as 80 per cent of Ireland was once covered in trees but this has fallen to a shocking 11 per cent, which is far below the EU average of 33 per cent. The tree cover of Clonakilty is very poor and we should

**The value of trees**

improve it as a town. 2020 has long been a date that people have aimed for to get things done. Well 2020 is here now so let’s do something amazing for our generation and the ones to follow by bringing the trees back to Ireland.

Planting more trees in Clonakilty and West Cork will have so many benefits. Firstly they reduce the amount of carbon in our atmosphere, which is becoming more and more important. The catastrophic effects of global warming can be seen in the tragic fires in Australia. We must reduce our carbon footprint and trees are one of the best ways of doing it. Of course when you see the countless trees being destroyed in Australia and the Amazon, it can be disheartening, but we have to try and fight the loss of trees somewhere, so West Cork should be a part of the solution.

Trees also improve our living space locally. They provide clean air for us, shelter for wildlife promoting biodiversity, shade and many other things like fruit. Studies also show that taking the time to walk amongst trees is very effective at reducing stress and stress is at the heart of most of our health problems. Trees of course are also just beautiful to look at.

So to tackle this problem and plant more trees, Cllr Christopher O’Sullivan and I started the Clonakilty Tree Planting

Group. Since starting it, a fantastic group of volunteers from all over West Cork have joined. It really is one of the greatest collection of volunteers that I have been a part of and there is no doubt we will achieve something special, but we need your help. The offers of help and support have been fantastic to-date but this is a major issue facing our generation so any more assistance that we can get is very welcome.

You can help in the following ways: Follow our facebook page [www.facebook.com/clonakiltytreeplanting/](http://www.facebook.com/clonakiltytreeplanting/) and help spread the word.

We are looking for volunteers to help plant the trees in March and also tree experts to help design the planting areas. We are also looking for land to plant so if you could fit some in your garden, business, club or housing estate please contact us on [clonakiltytreeplanting@gmail.com](mailto:clonakiltytreeplanting@gmail.com).

Keep an eye out for our gofundme page and please contribute.

If you would like to sponsor trees or plant trees yourself on your own land to be included in the project please let us know. The better a success we make of this project, the more likely that it will spread to other towns and create something truly important.

Thank you for reading and ‘let’s put the Coillte back in Cloich na Coillte!’

**‘Bee’ kind and leave your dandelions and buttercups**

By Mags Riordan of Bumblebee Farm

Any of you that have followed my column for the last 10 years or so know how passionate I am about protecting wildlife, especially my beloved bumblebees.

I know there’s a myriad of information out there and sometimes it’s confusing and generic so I’m going to share what I do and hope it will help make sense of some things and why you do them.

Firstly, there are 21 species of bumblebee in Ireland, 15 true bumblebees and six cuckoo bumblebees. The queens can emerge from hibernation anytime from mid-February to June.

When the queen emerges first, she is pretty hungry and barely has enough strength to fly, so her first step is to fill up with nectar from easily accessible flowers like primrose, hellebores and buttercups. Others include gorse, dandelion and winter-flowering heather and snowdrops; trees and shrubs, including willow, hazel, viburnum tinus and mahonia.

Bumblebees need a minimum body temperature of 30 degrees to be able to fly – they do this by what’s called shiv-



ering where they can uncouple their wings so the wings don’t move. They then shiver to raise the thorax temperature, which is the middle section of a bee between the head and abdomen. When it’s up to temperature they can take flight. We’ve all seen bumblebee queens, weak and not moving, early in the season, and this is the reason why.

It’s interesting to know how long it takes to reach optimum. If she is at 24 degrees, then only a few seconds, but if she goes down to 13 degrees, then it can take her five minutes, but if it goes down to six degrees then it will take up to 15 minutes.

So please leave your dandelions and buttercups. They can be the difference between life and death to the Queen and without her there will be no colony and no bees in the summer.

After she has fuelled up with

nectar it’s straight off to find a reliable source of pollen, which is in abundance in willow, especially our native goat Salix caprea and grey salix cinerea. This plumps up her now shrivelled ovaries.

Interestingly willows are either male or female (there are exceptions as always) and are actually insect-pollinated but seed dispersal is by wind. Male flowers supply pollen and nectar, but female, mainly nectar. This is an incredibly important group, not only for insects, but as we move up the food chain, as a food source for birds, which feed on the insects. Biodiversity!

So off they go and start building their nests.

I’ve started a blog over on [www.bumblebeeflowerfarm.ie](http://www.bumblebeeflowerfarm.ie) where next week I’ll go into her nest building and needs for food. I hope you’ll join me. Bee kind.

## people A flavour of West Cork



### A FLAVOUR OF WEST CORK RECIPE

Karen Austin

Lentils are the fast food of legumes, they don't need any soaking and can cook within 20 minutes, which make them a great contender for embracing Veganuary or just resetting the body after all the feasting. Whichever way you look at it, these little protein bombs make instant non challenging fuel, perhaps a little windy but the more you chew the less you jet propel and they are definitely kind to the pocket.

I must confess to being a lentil fiend – I enjoy eating them just dressed in olive oil and salt but

there are gazillions of recipes out there; lentil soups and stews, lentils and rice with crispy onions, lentil salads and dips. I have even baked cakes with success.

There are also numerous varieties and each one has its merit: The little red lentils, which conveniently dissolve upon cooking – great for feeding lentil-phobes and making fast dals and soups. The Puy and Beluga lentils, which hold their shape and add colour and definition to dishes and the earthy green and brown lentils beloved of the Mediterranean and Middle East.

This recipe is one of the rush home and rummage in the vegetable basket numbers – flexible and nutritious. The flavouring can be as varied as the ingredients. Add oregano if you want to go Mediterranean, Lebanese seven spice or ground coriander and turmeric if you want to go Middle East, garam masala if you fancy Indian and if you have any fresh green herbs chop them and sprinkle on top when serving. Take some time to sweat the vegetables at the start of cooking and this will sweeten and enhance the flavours. A one-pot wonder guaranteed to



seduce and nourish the family on a cold grey day.

### Warming Winter Lentil Soup

**Ingredients:**  
200g lentils – red, brown or green  
150mls olive oil  
1 large onion – peeled and chopped  
1-2 sticks celery – diced  
2-3 cloves garlic – peeled and chopped  
2 carrots – peeled and diced  
500g pumpkin, squash or sweet potato – peeled and diced  
1 can tomatoes – chopped  
1-2 tsp of herb or spice of choice  
1 litre vegetable stock  
salt and pepper

chopped parsley or coriander to serve

#### Method:

Heat a saucepan with the olive oil and add the onions and diced celery. Cook on a medium heat until the onions soften then add the diced carrots and pumpkin/sweet potato/squash cook for five minutes then stir in the garlic. Cook for a minute or two then stir in the lentils. Stir so that the lentils are well coated, then add the tomatoes, oregano and vegetable stock. Bring to the boil, lower the heat and cook for 25-35 minutes, until the lentils are soft but have not begun to disintegrate. Taste, then season with salt and black pepper. If the soup is too thick, thin with a little water. Stir in the chopped parsley before serving.

We're getting ready to head off to Mexico to escape the cold and pick up a few new recipes to share but we'll be back at the end of February ready to cook up a storm!

Our spring cooking class schedule is now available.

If you are interested or would like to book a class please pop into the shop to see us or drop us an email

Enjoy January!  
Karen



## LETTERCOLLUM kitchen project

### Cooking Classes Spring 2020

#### Saturday 21st March MEXICAN

We are taking a wander around Mexico and Cuba this winter so I will have some exciting new recipes to share, think tacos, quesadillas, salsas, ceviche, frijoles dormidos (sleeping beans). The menu is not made yet but we'll find one!

#### Saturday 28th March LEBANESE

Enjoy the wonderful fresh Mezze, Pilafs and Salads of this beautiful country and learn how simple they are to put together.

#### Sat 4th April

#### RECIPES FOR A SUSTAINABLE FUTURE

Plant based diets are big news these days. A lot of the world always eats in this way, there's a surprising amount of healthy and fun eating out there. Today's class will be about recipes to inspire you.

#### Saturday 18th April THAI

Fresh and zippy recipes for noodle and rice dishes, curries, stir fried vegetables, fresh salads and seafood.

#### Saturday 25th April INDIAN VEGETARIAN

Lots of easy Indian recipes for every day dinners or to make a feast. The spices are aromatic, not the blow your head off chilli type that many people fear.

#### Saturday 9th May SALADS & SUMMER RECIPES

Lots of fresh ideas and recipes, using seasonal ingredients to make delicious and nutritious salads, salad dressings and summer meals.

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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Beurre Blanc Sauce  
Clon Castle House Special Noodles served  
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#### Desserts

Homemade Apple Pie  
Homemade Strawberry Cheese Cake  
Homemade Chocolate Brownie with  
Cream & Ice-Cream  
Tea & Coffee

## people Farming

## Home and away

FARMING  
IN WEST CORK

Tommy Moyles

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

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There has been plenty of walking the farm lately. First up was a bit of a tree planting operation. Since Christmas, around 600 different native trees have been planted around the farm. A hedge consisting of hawthorn and Rowan was put in as a shelterbelt, which will take some minding, as it is in an exposed area. I have a new respect for the work foresters do after the job. I've always planted a good few bits of hedging over the years or laid a few hedges. Given the coastal location of the farm, the results can be a bit hit and miss.

Wind is one challenge and drought is another. The same, survival of the fittest approach I take with cattle is the chosen route with the planting also.

Soil sampling was also carried out before slurry was spread. This is done to get an indication of the levels of Phosphorus and Potassium, as well as the soil pH. I've been doing this for a few years and it plays a big part in reducing the use of artificial fertiliser.

The regularity of the testing means that if there is a drop in the level of either mineral than it can be rectified or if the levels are ok there is less need for compound fertilisers containing the two elements.

Slurry is used more strategically instead. It's a good source of Potassium for the soil and is a good way to replenish levels, especially in fields where silage is taken. This is because the mineral is removed from the field in the crop, whereas with grazing, the animals recycle it back through their dung. It's a valuable resource but requires careful use to avoid pollution.

All the walking gave a good indication of ground conditions and grass covers.

While rambling I got thinking of the field names and some of the stories behind them passed on by older generations. A handful of paddocks could be classed as a mini census of the area, with the surname of whoever lives closest to the field dictating its name, like Burkes, Fitz's, Hurley's, Whelton's.

My great-great-grandfather purchased the farm where I live in the 1870s. Prior to this it was the farm of Dunowen House, built by Captain Sandes and home to the Hungerfords for

much of its existence.

In the early 1970s, Noel Redding, the bass player from the Jimi Hendrix experience sought to escape the rock and roll lifestyle and ended up buying Dunowen House. He lived there until his death in 2003.

We know the field beside the house as Redding's and I'd say if it could talk it would be able to spin a tale or two.

My grandmother used to tell the story of when Captain Sandes' favourite horse died, he had it buried upright in the wide ditch between the small garden and Briens'.

Judging by the old ordnance survey maps, Briens' was the main garden for the big house. It is easy to work out what the small garden field refers to.

Some of the names have changed with the passing of generations. The old Irish names such as Tobar na Feochadán (well of thistles), Páirc na Faoileáin (field of the seagulls) and the Lacha are part of memory now.

The field Granda called the barrack gate, is now Feens, the old RIC barracks long since converted to a dwelling house. Inside that is the middle field and, further in, is the hill field: A long, narrow paddock with a few awkward contours that make it the least pleasant place to drive a tractor.

There are a few paddocks named with little imagination. The two, three and six-acre fields fall into that category. As much of the farm is subdivided now, many of the paddocks have gained a prefix of upper, lower, near and far.

Other names seem designed to confuse. Below the yard, out from the yard, above the shed,



A corer is used to take soil samples on the farm.

out from the stall, the house. They take a small bit of explaining to any new employee the contractor has, but there are enough landmarks about for them to get by.

It's easy to see how the names evolved. Indeed, sometimes the same place could be called multiple names, depending on whom you are talking to. If a two-man crew arrives to cut silage, they might each have a different name on a field and I could call it another.

To me there is something lovely and haphazard about field names and that's no harm in today's bland world.

## Farm Politics

Looking beyond my own ditches, it's been a busy time in farm politics over the last while. The IFA election saw Tipperary pig farmer, Tim Cullinan, winning what proved to be a very keenly fought contest to succeed Joe Healy as president. He will take over in January following their AGM.

The Beef Plan Movement,

the fledgling organisations that started the beef protests last July, were due to have an election in December. This was shoved out to January but there has been upheaval since the beginning of the year and all is less clear-cut with an internal dispute dominating the headlines and playing out for all to see on social media. With Brexit coming back into the spotlight and CAP negotiations continuing, many farmers hope they will be able to sort their differences sooner rather than later.

## The Story of Lisavaird Co-op

I took advantage of the quiet spell over the Christmas and got stuck into a bit of reading. One of the books I read was, The Story of Lisavaird Co-op. Written by Chris Collins with help from Michael O'Mahony, it was a fascinating agricultural history of the area. Having been familiar with the co-op stores in Ardfield and Ballinascarthy as a child in the 80s, I can still recall milk being brought to the

co-op for collection and have seen how Lisavaird Co-op has evolved. I don't think those who started Lisavaird or the other West Cork co-ops could have envisaged the extent to which they have grown. Through Carbery, there is business footprint in a number of countries throughout the world.

The book acts as a history of 20th century agriculture in the area and among other things gives an insight into how the co-op was formed and why the decision was made not to amalgamate under the Carbery umbrella back in 1992.

There's also a window into the West Cork world of old with tales of train robberies in Ballinascarthy, competitive farmers and policing methods from a different time.

I had the chance to sit down with Chris in December and have a chat with him about the book.

## Farm Life: Chris Collins

## Why did you do it?

I was retired nine years and someone said to me, why don't I write the story of Lisavaird Co-op. So I started two years ago. It was a labour of love but I had great help from Michael O'Mahony.

## How long were you working in Lisavaird?

I was there over 50 years. I started off when I was 15 as a butter maker in the dairy. I was there for two years and I got bored and wanted to see the country so I went driving a lorry. I did that for 20 years and in that time I had the privilege of delivering the first load of milk to the Carbery plant in Ballineen on April 14, 1968. I spent another 25 years working on the sales side and then went

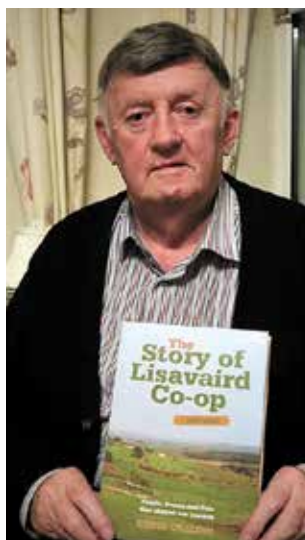
travelling around to farms.

## Was there any creamery before Lisavaird?

There was a co-op owned by Hills at the Pike and the farmers were dissatisfied with it. So they got together and built a creamery down the road and the creamery at the Pike was closed and sold. The farmers voted with their feet.

## What was it like when you started in the late 60s?

Lisavaird was producing butter when I started. It was all horse and carts and donkeys and carts back then. Farmers progressed to the tank behind the car and then onto the bulk tank in the yard. That was in the mid 60s. I suppose farmers got more progressive then. That was a hard



job trying to get some farmers to widen the entrances to farms. Some didn't want to do it at all.

## Any stand out memories?

I remember two farmers who were trying to produce the most milk in their branch area. The volumes were close but one man got rid of the cats in his yard and that put him on top. When the other man found out he got rid of his cats as well. They were very competitive in that area.

## What was the view in Lisavaird on the potential amalgamation with the other co-ops in the 90s?

The feeling at the time was there should be an amalgamation. Lisavaird voted for it but Barryroe stopped it. They voted against it and you can see today they were proven right.

## Lack of price movement undermining Young Farmer confidence in the beef industry

On January 9, Macra na Feirme participated in the Beef Taskforce meeting at Ag House in Dublin, which included the five large Irish retailers for the first time. Macra President Thomas Duffy said the participation of the retailers is a positive step forward in the taskforce's work. He noted "the retailers made it clear that they want Bord Bia quality assurance and that the consumer demand is for high-quality Irish beef."

"Now the commitment must be forthcoming from processors and retailers to pay for this high-quality Irish beef that the Irish public demands. If the beef industry is genuinely committed to the beef sector then we need to see prices rise now before calving season when decisions about beef production for the year are made."

"Looking to the future, when beef will have to compete with not only other meats but imitation products, that taste and quality of Irish beef will be a key driver for Irish and international consumers. Preparing young farmers to deliver this product will require new thinking and industry buy-in to help young farmers adapt. Young beef farmers need leadership more now than ever before and the leadership within Macra na Feirme is here to deliver."

## Health & Lifestyle New Year New You Focus

# Get the right advice to lose weight

by Clonakilty Park Leisure Centre

**W**eightloss - something we all think about or have thought about in our lifetime, some people more than others. It's safe to say however, that we have all tried to lose weight at some point, whether successful or not. So why hasn't it worked? Is it a lack of knowledge? You didn't really understand what you were doing but you tried this type of exercise before or you gave up this food and you lost weight so it has to work again but you're really just guessing, because it worked the last time. Is it a lack of support? Were you the only one at home trying to lose a few pounds while everyone else was eating ice cream on the couch and

tempting you? Were you going out walking or running by yourself with nobody to keep pushing you on? Did you feel like you didn't have like-minded people to talk to and get support from, who were also trying to lose weight?

In theory, weight loss is simple. It's a matter of energy balance. Food is energy, if we don't burn off the food (energy) we put into our bodies it will be stored as fat. So in order to lose weight we need to tap into these stores and use more energy than we are consuming. In simple terms, eat less and move more, but in reality weight loss is far from easy. We live in a world where food is omnipresent and is easily accessible. We are tempted every day by food commercials and supermarket offers. We work long hours behind a

desk and everything seems be made easier for us, i.e. cars, elevators. We are becoming



less active as people and we are eating more because it is easier.

Where do we even start to lose weight? Do you ask someone you know for advice? More than likely they will tell you what they tried or heard from someone else, lacking the knowledge of why it worked. Everyone's situation is different - just because it

worked for one person doesn't mean it will work for another. Magazines and websites can be full of misleading information that will just confuse you. Do you just decide to cut out all the bad food in your life? Let's face it, we have all tried this and long term it never works. Food is a very intimate and emotional component of our lives. It is at the centre of many religious and cultural celebrations and is often linked to significant family memories. We need to enjoy and eat the foods we like but in the right amounts and within a well-balanced diet.

Clonakilty Park Leisure Centre is open seven days a week for 12-14 hours per day so you can train when it suits you regardless of the weather. We have about twenty different classes each week and many

are suitable for absolute beginners so you can join a group or come with your own friends. At Clonakilty Park Leisure, our staff are qualified gym

instructors, personal trainers and coaches so they can give you the right advice that is tailored to your body, your eating habits and your goals.

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## Health & Lifestyle New Year New You Focus

### ADVERTORIAL : GEOPACE TRAINING

# Train to be a phlebotomist

Most have experienced it. A doctor says you need some blood tests and a half a dozen stabs and prods later – sometimes more – the doctor has your blood sample and the patient has a sore arm that resembles a pincushion.

Many healthcare institutions such as GP surgeries and hospitals now employ phlebotomists to perform the role of collecting blood from their in-patients and out-patients. Skilled phlebotomists – the healthcare professionals who take your blood – are the experts who have been gradually replacing nurses and

doctors and who specialise in just collecting blood samples. Phlebotomy posts are usually very flexible and can vary from full and part-time hospital posts to part time work in surgeries and clinics.

Geopace Training has built a nationwide reputation for teaching phlebotomy the right way and Geopace tutors travel from across country and even internationally to be train phlebotomy students.

Each Geopace class lasts two full days and at the end of the course students will have attained an accredited certificate in phlebotomy. Students need no prior experience in

healthcare and come from all walks of life and all ages. The Introduction to Phlebotomy Course provides a very thorough grounding in both theory and practical elements and prepares students up to the point of 'live blood draws'. "It's also a lot of fun" says Amy, admin manager at Geopace Training. "Many students email us after completing the course to say how enjoyable it was whilst others email us to let us know that they have been accepted for phlebotomy jobs".

Geopace instructors are some of the most elite in the industry and the training

programme is constantly updated to keep up with new developments and changes, so students receive the most current information and training available.

Students attending the course are very hands-on, practicing on artificial arms, which pump fake blood, with a choice of veins to perform and practise on. There is also a theory element to complete although there are no exams at the end. Students complete modules as they progress through the course and it's almost impossible for anyone to fail. Once completed the course awards a nationally




recognised and accredited certificate in phlebotomy (accredited at Level 5 in Ireland).

If you like the idea of working in the healthcare profession, then why not visit the

Geopace Training website for more information at: [www.geopace.net](http://www.geopace.net)

**Courses are running in Cork on March 23-24 and again at the end of April.**


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# New Year, New Career

Retraining as a Naturopathic Nutritional Therapist can open the door to a rewarding career helping yourself and others to better health. You can study for the Diploma Course in Naturopathic Nutrition part-time at CNM (College of Naturopathic Medicine) in Cork, Dublin or Galway – and also online.

What makes CNM unique is its naturopathic approach, which combines evidence-based research with traditional wisdom to support



the body in regaining balance and achieving health. The course provides an in-depth understanding of the therapeutic powers of food and how to identify factors which might contribute to ill health. You will be putting your study and knowledge into practice during hundreds of clinical hours, creating personalised

dietary and lifestyle plans for clients and achieving professional excellence so you can start practising as soon as you graduate.

CNM has a 22-year track record training students in the skills and confidence they need to become successful Naturopathic Nutritional Therapists. Surveys show that



over 80% of CNM graduates are practising, either on a self-employed basis or working in spas, gyms and other health businesses. Graduates use their nutritional skills in the media, to open health food shops, become successful authors or work for food or supplement companies.

CNM Diploma Courses

in additional natural therapies are available at CNM in Dublin and online. Choose from Herbal Medicine, Acupuncture, Homeopathy, Health Coach, and Natural Chef. There is also an in-class Short Course in Nutrition for Everyday Living and a number of excellent short courses online. "My CNM qualification



opened so many doors!"  
 Kezra, Naturopathic Nutrition Graduate

**Do something life-changing. Gain new skills. Change career. Help others. Study to become an IC-SA-accredited CNM Natural Chef: [www.naturalchef.com](http://www.naturalchef.com) CNM has a 22-year track record training successful health professionals. Attend the next FREE CNM Open Event in Cork. Call: 01 878 8060 or book: [naturopathy.ie](http://naturopathy.ie)**

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## Health & Lifestyle New Year New You Focus

# New Year – New skin: Simple tips to have your best skin yet

**H**appy New Year everyone! For 2020, make preserving the health of your skin your New Year goal. The skin is the body's largest organ, and it deserves to be given extra love and care yet unlike other New Year resolutions, adhering to a skincare routine is easy and manageable. It doesn't require

going anywhere and it doesn't demand any drastic lifestyle changes. Simply set aside a few moments to incorporate the following skincare tips, that will not only help you look and feel better, your complexion will thank you for it too.

### Cleanse Morning and Evening

One of the main functions of skin is to act as a barrier to the outside world, but this function can easily be reduced or damaged if it isn't looked after properly. Cleansing is the first step of all skincare routines and is beneficial in a number of ways. If not cleansed properly, dirt, pollution and excess oil accumulate on the surface of your skin and can potentially contribute to breakouts, dehydration and ageing. In the morning, cleansing helps to remove any dead skin cells and excess oils that skin may have secreted overnight and provides a fresh surface allowing for better penetration of skincare products. It also enables you to achieve a smoother skin that is essential for makeup application. In the evening, cleansing will remove the dirt, makeup, sweat, and other impurities your skin comes in contact



### INSIDE OUT BEAUTY

Sherna Malone

Skincare and beauty expert Sherna Malone shares her knowledge and expertise of all things beauty – from skin care do's and don'ts to the latest products out there.

with during the day and will help to prevent clogged pores and irritation. So, if there's one skincare practice you should absolutely make a habit out of, it's cleansing your face!

### Invest in a Serum

Facial serums are hard-working products that do most of the heavy lifting when it comes to complexion improvement. Concentrated solutions, containing potent actives and effective extracts to take on even the most stubborn complexion concerns; for me they are a daily part of my skincare regime. Serums are made up of smaller molecules, which means that they are absorbed quickly into the skin and penetrate deeper. Choose one with ingredients, which will tackle your skincare concerns; whether it's a Hyaluronic Acid Serum for a big boost of hydration, some Retinol to target all the signs of ageing or a Vitamin C Serum for dark spots and general brightening – a serum will be your best friend and will make a huge difference to the quality of your skin. Check out Caudalie VineActiv Glow Activating Anti-Wrinkle Serum, The Inkey List Q10 Serum, Alpha H Vitamin B3 Serum, Neo Strata Enlighten Illuminating Serum, Exuviance Bionic Vespera Serum, Elixseri Firm Conviction Serum, Gallinée Youthful Serum, Olay Regenerist Three Point Firming Serum, Clarins Double Serum, The Ordinary Granactive Retinoid 2% Emulsion, Murad Youth Renewal Serum and Dr. Sam Bunting Flawless Nightly Serum to name but a few.

### Use Sunscreen Daily

Ask anybody in the beauty industry their number one

beauty tip and you'll always get the same answer – Don't skip SPF. The sun is the most detrimental threat to the health of our skin. Eighty per cent of wrinkles are caused by sun exposure, not to mention pigmentation. UVA and UVB rays wreak havoc on our delicate skin and they don't hibernate for winter, which means you've got to protect your skin all year round, even on the cloudiest of days. By protecting your skin from UV rays you'll keep your skin looking young and feeling healthy and you'll also be proactively protecting your skin from skin cancer. Finding the right formulation for your skin type is key when choosing SPF, especially if you are wearing it under makeup, along with ensuring it offers Broad Spectrum Protection. Brands to try include, NeoStrata, Vichy, La Roche Posay, Avène, Heliocare and one that I'm loving at the moment is Eucerin Anti-Pigment Day Cream SPF30.

### Get Exfoliating

Exfoliation is important as it removes the dead skin cells and debris off the surface of the skin. There are two kinds of exfoliators, physical ones, which use tiny grains or granules of some type, or chemical ones, which work using face acids. Great for re-texturising skin, renewing skin, smoothing skin, helping with uneven skin tone, pores, fine lines and wrinkles, try and get into the habit of exfoliating at least once a week. You can use a gentle scrub or opt for something like Glycolic or Lactic Acid. If you are more sensitive a Poly Hydroxy Acid

is a great option, and it also has hydrating properties. Azelaic Acid is a gentle one for blemish prone and rosacea prone skin types, as it has anti-inflammatory properties and also helps fade the post inflammatory pigmentation marks, left behind from spots. Salicylic Acid is super for very blemish prone, acne prone skin types. As long as you're using the best physical or chemical exfoliant for your skin type, the chance of encountering irritation on your quest for clearer, brighter skin is little to none.

### Take Time to Mask

Face masks are one of the little pleasures in life and the perfect at home skin care treatment to give your skin an extra boost to keep it looking and feeling healthy. Their power is often underestimated, but they have plenty of benefits, which will leave you wondering why you haven't used them sooner. Just like your cleansers and serums, face masks are also specifically suited to different skin types and concerns. The right one can help mattify, calm, lift, hydrate, plump or brighten the skin. Another advantage is the lovely pampering feeling you experience from applying one, all in the comfort of your own home. Clay based masks are a great option for oily skin types that are prone to breakouts as clay is an excellent ingredient at drawing out impurities that can lead to spots. For dry skin, look for a mask containing hyaluronic acid. Hyaluronic acid is one of the most hydrophilic ('water-loving') molecules found in cosmetic products and

has an enormous water-binding capacity. It therefore acts as the ideal moisturiser, hydrating dry skin and plumping out fine lines and wrinkles. If dullness is your concern, make sure some well-established luminosity boosters like vitamin C, alpha hydroxy acids, and hyaluronic acid are on the ingredients list. And to amplify the results from your chosen mask, try exfoliating first.

### Don't forget about you!

Skin responds to your lifestyle and stress levels. To help your skin look its best, taking care of yourself is just as important as what products or makeup you use. Keeping it simple, you need to eat well (a balanced diet is essential for general health and the health of your skin) and keep hydrated by drinking and eating plenty of water. Getting a good night's sleep, some gentle exercise, doing more of what makes you happy and simply taking time for yourself will all play a role in boosting your complexion and helping you achieve your best skin yet.

If you would like to begin your journey to healthy beautiful skin, I am available by appointment in Solace Holistic Centre Clonakilty where I offer Skincare Consultations, Murad Facial Treatments, Facial Peel Treatments, Thalgo Brightening Facial Treatments, Teen Facials and Rejuvapen Micro Needling – all details of these and my Tween and Teen Courses are on [shernamalone.ie](http://shernamalone.ie) You can also follow me on Instagram and Facebook @shernamalone.ie.



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## New Year New YouFocus

## How clean is your water?

Donogh O'Loughlin founded his environmentally friendly plumbing business, Ecoplumb.ie, in 2001. It is the longest ECO listed business in Ireland. With nearly 30 years' experience he has been involved with renewables and innovative products for over 20 years. In 2014 he was involved with the development of a new type heat engine with Crowley Carbon. A keen environmentalist, he has been being involved with numerous projects at a local and national level. His company has installed water filters along the Wild Atlantic Way, which allows him to indulge his other passions for surfing and finding great food. His business model follows a clustering approach, which has seen him build up customer bases from Kinsale to Galway, and from Cork to Dublin and Wexford. **West Cork People** catches up with Donogh for a chat about his projects and ambitions for 2020.

“Water is fundamental to our health”, Donogh says. “Not just for drinking but also for showering and washing. The largest human organ is the skin and that is where our filters can make a real difference. By removing toxins in the filtration process, there can be significant reductions in skin irritation and associated conditions like eczema.

“Our shower filters remove Chlorine from the showering experience and the chemical smell too. Irish water can be a higher PH value than our skin and when combined with heavy metals, this can be detrimental to the health of our skin. Minerals like Iron and Copper can leave hair discoloured with green and orange tones and can also damage the outer cuticle layer and even break the hair shaft.

“One of our clients, Sabrina Hill from Kopper Hair Studio in Cork City, told me recently that they could not get the results for their client's hair unless it was healthy. Sabrina now recommends that all her clients use the shower filter from Ecoplumb. Irish water can be detrimental to the health of hair making it impossible for stylists to colour it. Sabrina has seen the difference

after only one wash with the shower filter.

The hair is shiny and glossy and not tainted with water colours anymore. This is just one example of how water filters can make a difference. Our filters are now available to buy online at ecoplumb.ie or alternatively in stores such as Olive's health food shop in Clonakilty, An Tobairín health food shop Bandon, Only Natural in Wexford and the Aloe Tree in Ennistymon, Co. Clare.”

With years of experience, Donogh has researched far and wide on the topic of water with some alarming findings.

“The World Health Organisation (WHO) in a 2019 report, stated that that bottled and tap water both contain levels of microplastics and have called for a much wider and deeper study in all countries. A 2019 study in the journal ‘Environmental Science and Technology’ said that it is possible that humans may be consuming anywhere from 39,000 to 52,000 microplastic particles a year. With added estimates of how much microplastic might be inhaled, that number is more than 74,000. These are worrying reports,” Donogh adds.

Ecoplumb's **Reverse Osmosis systems (RO)** are



Sabrina Hill from Kopper Hair Studio in Cork City recommends that all her clients use the shower filter from Ecoplumb. Irish water can be detrimental to the health of hair making it impossible for stylists to colour it. Sabrina has seen the difference after only one wash with the shower filter.

so effective, they can even filter seawater. They can remove toxins, E.coli, Lepto Cryptosporidia, and remnants of disposed pharmaceutical products.

“Our systems, which are built for us in Spain,” Donogh says, “can add back necessary minerals such as Magnesium, Potassium, Calcium and Sodium. They include a pump, which ensures a high rejection rate of impurities and reduced water wastage. We started installing these 15 years ago when times were very different. Today many more people are aware of what is going into and onto their bodies and are seeking better solutions such as ours.

Why waste money on plastic bottled water when you could have constant supply at your kitchen sink for a small investment of just €400 in a filter system supplied and fitted. With an annual service charge of €90, our units are good for 25 years. You will get the full benefits in regular household tasks like washing

vegetables, cooking rice and pasta, making coffees and teas. These filters take you to another level.”

“I have no doubt,” Donogh adds, “that as we do more research, the benefits of filtered water will evolve further in years to come.”

For those with a higher demand and who want the best filter available, Donogh tells us about the **Hydron**.

“If you require a higher-level system, we are delighted to introduce THE HYDRON. This is a post stage RO unit. This generates Hydrogen in the water, which reduces Oxidative stress in the body. This can play a part in treating Cystitis, Fibrogenesis Ulcerative colitis, neonatal hypoxia, sperm mobility and Fibromyalgia. Of course, everyone should take their doctor's advice on these matters before proceeding. We have a demo model available to see and it is up and running in The Sticky Bun cafe in Clonakilty.”

Speaking of fabulous cafes and restaurants,” Donogh adds, “It may be coincidental, but we are now support partners to over six businesses that have won McKenna food and retail awards. We can filter water for coffee machines, Burco boilers, ice machines and even supply carbonated filtered water too.”

And your plans for your company?

“Ecoplumb is actively seeking plumbers to supply, advise and train in RO installations around the country. It's a great bonus for any plumber to be able to offer these systems to their clients. We provide full technical backup, and we carry a large body of spares and resources. It will complement any plumbers' network and I believe it will be soon be included on the Plumbing training syllabus.”

Looking for the cleanest water? Give Donogh a call. 086 6001625.

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CLONAKILTY

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## Study to look at 'everyday pains' in toddlers and young children

The Centre for Pain Research at NUI Galway is seeking parents with a young child (from ages 2.5 to six-years-old) to take part in a short study about their child's 'everyday pains' (such as little bumps, scrapes, and cuts that happen around the home).

The study will explore how parents and their children respond to everyday pains. These are the most common type of pain for young children, but they are not well understood. Minor pains and the way that parents react may influence how a child learns about pain. The researchers would like to know more about how

parents and children influence each other during these everyday pain experiences. For example, which parent responses may make their child's pain experience a little easier and which responses may make the experience worse.

As part of the study, parents will complete a five-minute online diary each evening for two weeks about a pain event their child experienced that day. Additionally, parent and child will fill out a two-minute smartphone assessment together about how they felt during any pain events.

More information about the study can be found at: [www.nuigalway.ie/centre-for-painresearch/diarystudy/](http://www.nuigalway.ie/centre-for-painresearch/diarystudy/) or email [g.osullivan6@nuigalway.ie](mailto:g.osullivan6@nuigalway.ie).

## Health & Lifestyle New Year New You Focus

# The gut skin connection; healing acne from the inside



### HEALTH

Hannah Dare  
Organico Bantry

I've always had 'good' skin, and have been very grateful for that. But I know that acne and other irritated skin conditions cause a lot of distress and can be very difficult to deal with, both for young people and for adults. We published three articles on acne on our blog recently, but I know not everyone is online, so I thought I would share some thoughts with you here as well.

Let's start by talking about the health of the skin barrier, your outermost layer of skin. The skin barrier regulates the skin's moisture levels and protects the delicate layers

underneath from harsh external elements. If the skin barrier isn't strong, all sorts of epidermal disruptions can occur including eczema, rosacea, and acne.

Researchers are realising that the use of conventional acne treatments — including benzoyl peroxide, topical retinoids, and antibiotics — can actually work against the skin by attacking the microbiota of the skin, drying the skin out, and weakening the skin barrier.

In the quest to rid the skin of acne-causing bacteria, these treatments destroy the skin's beneficial bacteria and antioxidants and make the skin barrier vulnerable to inflammation and free radicals.

So how do you keep your skin barrier healthy and fight acne at the same time? Well, as you probably know, acne is an inflammatory condition, and most — if not all — inflammatory conditions can be traced back to the gut.

We now know there's such a thing as a 'gut-skin axis' — or, a relationship between the gut and the skin. Studies have shown a high correlation of gastrointestinal issues among people who are affected by acne. These issues include

abdominal bloating, gastric reflux, constipation, and dysbiosis.

There's also evidence showing how the gut-skin axis relationship can go sour when an imbalance of the gut microbiota expresses itself as an inflammatory condition (aka acne) in the skin.

The complexity of the gut-skin axis isn't fully understood, but one way an unhappy gut is thought to lead to acne is through the production of insulin-like growth factor-1 (IGF-1). When the gut microbiota go out of balance, their production of IGF-1 goes into overdrive. This triggers an increase in the body's level of sebum (a fatty substance secreted by the glands in the skin) and sets the stage for blocked pores and acne.

So how do you keep your gut healthy and happy to benefit your skin? When setting out to increase your gut health, start by taking a long, hard look at what you're putting into your body. What you eat and drink on a daily basis has a huge impact — for better or worse — on the condition of your digestive system.

Diet plays a massive role in gut health. It's thought that the typical western diet — thanks to its high glycemic load from an abundance of refined carbohydrates — prompts the body to increase the production of IGF-1...which eventually leads to the development of acne.

So to begin crafting a gut-friendly diet, look at all the places that refined carbohydrates and sugar show up in your diet. It's not just sweets and desserts that carry a high glycemic load: white bread and all refined grains, potatoes, white rice, white pasta, refined cooking fats and oils, sweetened drinks, wine, and beer can all trigger inflammation.

To reduce inflammation, fermented foods with natural prebiotics and probiotics are great additions to your diet. This includes fermented dairy products with live cultures (like cheese and yogurt), raw krauts and kimchi, tempeh, miso, and raw vinegars (locally-made April Danann's vinegars are very popular in Organico).

The following anti-inflammatory foods are also great for the gut: non-starchy vegetables (especially green vegetables like broccoli and kale) in abundance, root vegetables, starchy vegetables (like pumpkin and sweet potato) in moderation, mushrooms, berries and cherries, beans and legumes, nuts, seeds, turmeric, cinnamon, meat and fish in moderation, high-fibre whole grains, and high-cocoa percentage dark chocolate (but in small quantities to keep your sugar intake low). Also not to be under-estimated is the value of adding handfuls of fresh herbs (parsley, coriander and others — preferably locally grown!) as well as garlic and ginger



to your food — they all bring their own benefits, not least in nourishing our microbiome.

Drinking the right kind of tea can help heal the gut, as well as increase the skin's hydration levels. The polyphenols in green tea contain anti-inflammatory properties. They also promote good bacteria while acting as an antimicrobial toward harmful bacteria. Studies have suggested that the polyphenols in tea are even able to reduce acne by regulating the skin's production of sebum. Drink one to two cups of good quality (organic) green tea a day, remembering it contains caffeine so avoid it late at night.

Bio-Intestin, a daily 'pre-biotic' capsule from organic medicinal mushroom company Hifas da Terra, provides digestive help with active compounds from shiitake, lion's mane, oyster and king trumpet mushroom powders. The superfood blend of mushrooms contains optimal sources of enzymes, amino acids, sterols and fibres that work together to support and maintain the healthy functioning of the

digestive system. Taking a course of Bio-Intestin followed by a course of broad-spectrum probiotics (for example Super 8s from Udo's Choice) would give your gut health a good boost.

Omega 7 Sea Buckthorn Oil contains Omega 3,6,7,9 and vitamin A, which maintain normal structure and function of the skin. The active ingredients in sea buckthorn oil — which include antioxidants, vitamin C, flavonoids, polyphenols and polysaccharides — are great for the skin. Sea Buckthorn Oil supports the digestive system and the metabolism of nutrients.

It's also rich in linoleic acid (LA), which strengthens the skin barrier and protects against water loss. LA, which is a natural component of healthy sebum, has been shown to reduce acne breakouts by stimulating the function of sebaceous glands to unblock pores and decrease blackheads.

For more information and tips on natural care for acne, look up our Blog posts on [www.organico.ie](http://www.organico.ie) — there are two more articles in this series with a lot of suggestions on holistic approaches.

Keep in mind, when you take on a holistic approach to acne, your progress may seem slow. But it's the changes that occur deep inside us that last the longest and come with the greatest benefits. Hang in there!

  
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### DOCTOR'S ORDERS

Dr Jeff Featherstone

Dr Featherstone is a highly experienced medic and award-winning doctor who works in a busy GP practice in West Cork, as well as at Mercy University Hospital and Cork University Hospital, as an A&E doctor.

Where did 2019 go? In fact, where did the last decade go to? Happy New Year and let's make it a healthy one.

## Dr. Jeff's New Year

As a doctor working in A&E, the challenges have been huge, even on my part-time basis. I was expecting to meet Simon Harris at the Mercy A&E last Sunday, but he did not turn up! Pity, because we were actually treating patients in wheelchairs in corridors, as there was nowhere else to see them! Apologies are made, and patients just seem to accept the appalling lack of privacy. I think Hospital Managers are frightened to show TDs how bad things actually get during the flu season, and yes, the rest of the year is not brilliant either.

On a happier note, the nurses are fantastic; I would not pick a fight with some of them, but the job and challenges certainly sort out the best from the rest. Thanks to all the staff at the Mercy, CUH and Bantry hospitals.

I have worked at Bantry, which offers the advantages of a smaller hospital without a full

A&E but with an excellent Minor Injuries Unit running from 8am till 7.30pm for injuries that don't need major operations. If in doubt ring the Unit on 027 52929 who will advise. Your GP can arrange admission there for acute medical problems. I know the three Consultants personally and they run a fantastic service. Junior doctors actually compete to work there, as the training and overall experience is unequalled.

In GP land in West Cork, South Doc was busy, and in Clonakilty and Bandon your local doctors were available until 11pm over the holiday and managed well. We try our best, offering expert treatment in the Centres and home visits if necessary. This takes a huge amount of pressure off the A&E Units. Thanks to the South Doc teams.

So, how about a few healthy resolutions? West Cork is a fantastic place to live, so why

not set yourself a few challenges — try a bit more exercise, admire the sunset on the Long Strand, walk along Inchydoney beach, look at the surfers — give it a go!

For the more adventurous, try taking up a new hobby. Running, cycling, dancing, swimming, there are so many opportunities in West Cork. Just look what is on offer in this newspaper this coming year and make it a good one. Enjoy yourself! Don't dwell on negativity, there is too much of that!

Don't tell me you are too old either; remember Samuel Beckett's words "Perhaps my best years are gone. But I would not want them back. Not with the fire that's in me now!"

I have a lovely patient who is 60 and running her first marathon in Cork this year. Go for it girl. Life is to be lived! More next month.

**EmployAbility Service**

West Cork

Supported Employment Agency

**Are you looking for work?**

You may be eligible for this service.

Please contact your local office for more information

**Bantry (Head Office)**

086 8126324 and 086 8079953

**Skibbereen** 086 8158786

**Bandon** 086 8101795

**Kinsale** 086 6007964

**Clonakilty** 086 8395058 and 086 6031335



## Health & Lifestyle New Year New You Focus

### Book into Slim Retreat and lost those extra pounds

We all need help from time to time and few people have the willpower to slim down on their own, which is why people book into Slim Retreat.

It is not a sign of failure to elicit the help of professionals in your weight loss programme but actually the first sign of success in reaching your goals for a healthier body and mind.

The next Slim Retreat takes place at the beautiful Liss Ard Estate in Skibbereen from February 3-7.

Slim Retreat has access to some of the best local experts in their chosen field: Experienced professionals, whose ethos is dedication and care in helping you to achieve your goals and providing you with an education in your body and

your on-going health that will be with you always.

Lose weight using the six 'R's...Restraint, Refrain, Reduce, Restore, Rejuvenate, Rejoice!

All activities at Slim Retreat are designed to suit people

of all ages and with different levels of stamina.

There are three, and five-day weight loss and detox programs, which are designed not only to aid weight loss but also to rejuvenate and nurture the body and mind, helping

you to achieve and maintain your goals.

All of the Slim Retreat programs involve lots of laughter and fun, which is a prerequisite for a healthy happy body. Whatever reason you decide to join Slim Retreat, whether it's for weight loss, a holiday detox, to re-energise, or to simply to retreat from the world – you will leave feeling better about 'you'!

Liss Ard Estate includes an impressive 163 acres of gardens, ponds and forest, offering an experience that has been described as one of space, perception and peacefulness. The detached tranquillity of the Victorian Lake Lodge and the unique surroundings, such as the Sky Garden, is the perfect setting for a Slim Retreat.

See advert for contact details and discount.  
[www.slimretreat.ie](http://www.slimretreat.ie).



*Slim Retreat*

Join our next retreat to make your New Year's resolution a reality...

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### On-site Shiatsu massage and Ear Acupuncture service launches in West Cork

It is widely acknowledged that stress and stress-related conditions are responsible for absenteeism in the workplace. According to the Economic and Social Research Institute (ESRI), musculo-skeletal disorders (MSD) are responsible for the majority of absences in Ireland, at 50 per cent, followed by work-related stress, anxiety and depression (SAD) at 18 per cent.

ESRI research estimates that 11 million workdays are lost every year in Ireland through absenteeism, with stress, anxiety, depression and musculo-skeletal disorders accounting for 68 per cent of work-related illnesses. As a result, there has been a growth in the promotion of wellbeing in the workplace, with wellness committees springing up and in-house

therapies being offered as part of the working week (in larger companies like Apple and Google).

Seeing a niche in the local market, two friends and therapists, Maria Exposito and Emma Fitzpatrick, have teamed up to launch 'Work Well Therapies', an on-site Shiatsu massage and Ear Acupuncture business.

Their unique local service will offer short and effective, 25-minute treatments (two per hour) designed to target office-based conditions such as stress, anxiety, low energy, neck, shoulder, back ache and so on, which will conveniently be delivered in the workplace.

The service will cover the West Cork and Cork area. (All that is required is an appropriate space to receive

the treatments, for example a training room).

Shiatsu is a Japanese form of massage with its roots in Chinese Medicine, which uses stretches, joint mobilisation and acupressure massage techniques to ease out physical and emotions tensions and promote deep relaxation.

Ear Acupuncture is a microsystem of body acupuncture where small needles are inserted into the ear to relieve physical conditions and promote deep rest and vitality.

The treatments can be ordered in two to three hour blocks on a regular basis (weekly/fortnightly/monthly) or for a special occasion, for example team building.

Work Well Therapies offer in-house massage and acupuncture in convenient

and accessible 25min slots, providing a proactive way to reduce absenteeism, boost team morale and appreciation in the workforce!

Apart from offering hands-on therapies, Work Well Therapies will also facilitate the outsourcing of other therapies, such as mindfulness, meditation, yoga, tai chi, craniosacral etc.

Become a leader in creating a dynamic workforce: book a slot with Work Well Therapies today!

Contact: Emma Fitzpatrick (West Cork) 086 1510046, Maria Exposito (Cork) 086 0522224. Fb [workwelltherapies](https://www.facebook.com/workwelltherapies). Email: [workwelltherapies@gmail.com](mailto:workwelltherapies@gmail.com).

*Right: Maria Exposito and Emma Fitzpatrick*



### Shiatsu Massage and/or Ear Acupuncture... Onsite

*Create a dynamic and energized workforce*

**Book your onsite therapy today!**

Emma Fitzpatrick (West Cork - 086 1510046)

Maria Exposito (Cork - 086 0522224)

[workwelltherapies@gmail.com](mailto:workwelltherapies@gmail.com)

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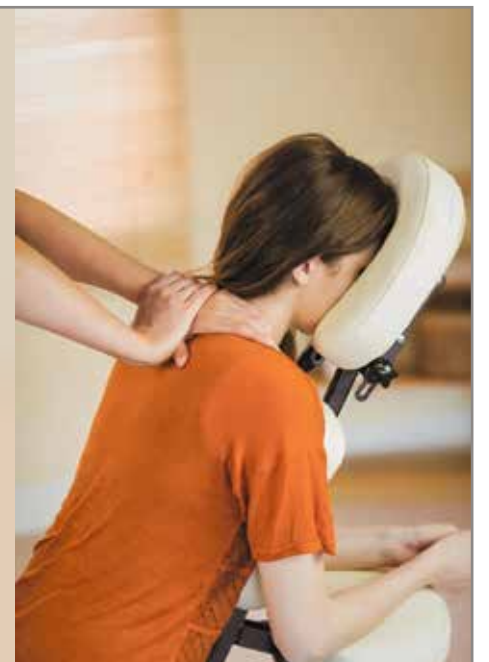
#### SOME OF THE BENEFITS INCLUDE:

##### Corporate benefits:

- Augments productivity
- Reduces absenteeism
- Enhances creative thinking
- Boosts team morale

##### Employee benefits:

- Relieves neck, shoulder and back pain
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- Settles headaches
- Boosts energy levels.



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	10-11.30AM	soHum Yoga	Jeff Gonet
	6.30-8PM	soHum Sunset Yoga	Jeff Gonet
Wed	7.30-8.30AM	soHum Sunrise Yoga	Jeff Gonet
	10-11.30AM	soHum Yoga	Jeff Gonet
	6.30-7.45PM	Pregnancy Yoga	Clodagh McGuirk
	8-9.30PM	The Joy of Yoga	Bairbre Crowley
Thu	7.30-8.30AM	soHum Sunrise Yoga	Jeff Gonet
	10-11.30AM	soHum Yoga	Jeff Gonet
	Noon-1PM	Gentle Therapeutic Yoga	Bairbre Crowley
	6.30-8PM	Beginners Yoga	Jeff Gonet
Fri	7.30-8.30AM	Keltic Kundalini Yoga	Jeff Gonet

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## New Year New You Focus

## Course will help parents navigate uncharted territory in modern parenting



by Bernadette Ruane

Parenting today comes with its fair share of challenges and can sometimes feel overwhelming, as we attempt to balance work and home life. Do you ever find yourself wondering if parenting should really be this hard? Often overused these days, the term 'self-care' can mean a myriad of different things. I believe the most important relationship we have is the relationship we have with self. When we have a strong knowledge and understanding of ourselves we can relate openly to our children, partners and everyone

we come in contact with. As parents we are the architects of the family and how we nurture and support ourselves determines the wellbeing of the whole family.

In my upcoming six-week parenting course, we will look at the nature of the relationship we have with ourselves and explore how a deeper understanding of self can help us to parent in a more compassionate, mindful way. When we can be there for ourselves we are better able to be present and available to others.

We will look at the essence of effective communication. When we are clear about what we want, it is easier to put boundaries in place that support us as well as our child. The power of listening, resisting the urge to advise or change the other person cannot be underestimated. When we advise we 'add vice' to an often already stressful situation. Simply listening offers the child room to explore their options, which can feel very empowering and freeing, giving them the confidence

to reach a decision that's best for them and showing them that we believe and have confidence in them. It is a wonderful support to the child/parent relationship and creates respect and openness for the relationship, as well as allowing the child to flourish.

We will explore how powerful it is to understand our own behavior, as well as that of our children's. All behaviour makes sense, has meaning, and is communicating something. If our children are displaying challenging behaviour, they are not trying to make life difficult for us but instead are trying to show us how difficult life is for them.

Together, we will look at how to create healthy boundaries that support your children in becoming 'response-able'. By offering an attitude of openness, non-judgement and an opportunity to understand behaviour, a resolution is more likely to occur where both you and your child or teenager will feel heard and validated.

Parenting is the most challenging, worthwhile job you will ever do! This six-week course will support you in navigating your way through the often-uncharted domain that is modern parenting.

The wellbeing of each individual member of the family is at the heart of my courses and workshops.

Bernadette Ruane is a Relationship and Parenting Mentor Higher Diploma UCC. She offers Parenting courses, as well as individual sessions. There are currently places available on a six-week Parenting course 'Effective Parenting for a Modern World', offered by Bernadette and fellow Relationship and Parenting Mentor, Rioghnach Cantwell.

The course takes place in Clonakilty starting Wednesday, January 22. Early booking is advised, as places are limited.

To participate or for more information email bruane99@gmail.com or call 086-343-7006.

## Headaches



Eoin Roe

Chiropractic

There are many different kinds of headaches and often diagnosis is not straightforward. One of the main issues that I come across is that people are wrongly self-diagnosing the type of headache they have. The most common misdiagnosis would be migraines. I am not sure exactly why this is but I think that in many ways the term migraine has become interchangeable with the word headache.

Migraines usually have four distinct phases:

First Phase is usually a sense that a headache is approaching, this feeling can vary from one person to the next the second phase is often an auditory or visual aura and the third phase is a severe headache, which is usually unilateral (on one side only). It is often throbbing, can induce nausea and vomiting, as well as sensitivity to light or noise and is often helped by sleep in a dark room. Finally the fourth phase is a recovery phase, which can include tiredness, drowsiness and even elation for some.

For many people migraines are often triggered by certain foods – chocolate, wine and cheese, or even smells or stressful situations.

There are many different types of headache and it is possible to experience two or more different types at the same time.

The most frequent type of headache that I see in clinic is cervicogenic headaches. Cervicogenic means coming from the neck. This sort of headaches has quite a distinct

pattern of occurrence.

- They usually start in the neck or at the back of the head
- They are more common on one side of the head
- They will then travel across the scalp and often intensify over the eye on the same side
- If they progress further they can cross over and become a full headache
- They are caused by misalignments in the upper cervical vertebra

They will have a different feeling from the usual tension headaches that many of us have experienced. Tension headaches will often feel like a tight band around our head and happen toward the end of the day, where as cervicogenic headaches can affect us at any time.

Whilst these are two of the most common primary type of headache, it is very common to find people coming in with additional symptoms such as foggy thinking or brain fog. These additional symptoms are often related to some other

issues that are happening primarily these are:

- Hormone imbalance
- Nutrition deficiencies
- Consumption of foods that cause headaches (coffee, tea and some foods)
- Dehydration
- Medication overuse headache – this is particularly difficult as these headaches are caused by over the counter medications that people are taking to help with the pain from headache (Diener & Linmroth, 2004)

To correctly diagnose headaches a good understanding of all types of headache is important and treating with a holistic approach gives the best results. Looking at nutrition, spinal alignment, especially in the case of cervicogenic headaches, and triggers can help to alleviate and manage the symptoms of headache that many of us suffer from.

I have clinics in Skibberreen, Kinsale and Douglas and you can contact me on 087 9582362 to arrange an appointment.

## Health & Lifestyle New Year New You Focus

# Take better care of your brain

Now that the New Year has arrived, it's a good idea to put our minds to those New Year's resolutions that we committed to over Christmas. Talking of minds, whether you're a teenager doing exams or your school days are long past, one of our resolutions should be to take better care of our brains. **Dr Paula Gaynor**, Nutritionist and founder of SOMEGA explains how.

**O**ur brain is one of the body's most complex organs and indeed one of its most crucial organs. Throughout our lifespan, the brain helps to make sense of the world, oversee daily operations and life itself.

Brain health refers to our ability to concentrate, remember, learn, play and maintain a clear and active mind. We now recognise that a healthy brain is needed to live a fuller and longer life and that maintaining brain health can also help to optimize levels of independence; while poorer cognitive function is associated with increased risk of depression, social withdrawal, and dependence.

As we age, poor brain health can also manifest in several different ways such as cognitive impairment, including learning and remembering, or even dementia. Globally, as population's age, there are

more than 9.9 million new cases of dementia each year or one new case every 3.2 seconds.

You can improve your brain health through a healthy lifestyle and also ensuring you're getting enough Omega-3s (EPA & DHA) from fish, like those found in our SOMEGA supplement.

DHA, is an essential building block of the brain's cell membranes, making up 30 per cent of our grey matter membranes – like a house without bricks or walls, the brain could not exist without omega-3 fatty acids

Omega-3s (EPA & DHA) are important for brain health throughout our lifespan – they play an important role in the developing baby's brain. In fact, several studies have linked pregnant women's fish intake or fish oil use with higher scores for their children on tests of intelligence and brain function. And in older adults, lower levels of DHA in the blood are associated with smaller brain size, a sign of accelerated brain aging. Studies have also found that blood levels of Omega-3s (EPA & DHA) were significantly reduced amongst individuals with dementia.

Another function of omega-3 is to reduce inflammation in our bodies, including our brains. While normal aging is associated with heightened and prolonged inflammation, certain conditions and lifestyle factors can also raise inflammation levels including obesity, diabetes, smoking, poor diet, stress, lack of physical exercise, and inadequate sleep. Accumulating evidence has implicated heightened brain inflammation as an important



factor that may contribute to and exacerbate cognitive decline and increased risk of dementia among older adults.

So, if there's one New Year's resolution that you should follow through on, it's achieving better brain health by increasing your intake of Omega's (EPA & DHA), like those found in SOMEGA.

### VAT on Health Supplements – SOMEGA Commitment

Another thing to get our heads around in 2020 – As of January 1, our government has introduced 13.5 per cent VAT on all food supplements. This is an extremely disappointing move from a government that aims to improve the health and wellbeing of everyone living in Ireland with its Healthy Ireland initiative. At SOMEGA, our customer always comes first and we consistently strive to provide a high quality product at a fair price. For this reason, to support our health- and budget-conscious customers, we have decided to absorb the VAT increase ourselves. This means that in health

stores, pharmacies and online at [www.gosomega.com](http://www.gosomega.com), the price of SOMEGA will remain the same as before and not increase by 13.5 per cent. To our customers, stockists and followers, thank you so much for your continued support and wishing you all a very Happy and Healthy New Year.

## Child & Adolescent Trauma Specialist

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Senior Art Therapist  
BA(Hons), MA, IACAT Reg, PD Dip

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Marianne provides the space and support for each child/young person to find their own pace and path towards trusting her and, their own creativity.

Within this relationship, the flow of creativity and imagination of a child/adolescent's artmaking will loosen these knots and tangles.

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## Health & Lifestyle New Year New You Focus

# Spotting the signs of hidden anxiety



Amanda Roe

Trauma therapist  
& Mind coach

Anxiety is a natural response to stress. Normal levels of stress are motivational but too much stress can lead to anxiety and physical sensations like increased heart rate, sensitivity to sound, more responsive reflexes and a heightened fight or flight response. At times of danger these responses are very important but if anxiety lingers it can become chronic, which is linked to stress-related illnesses, panic attacks and anxiety disorders.

Because chronic stress and anxiety reduces our ability to think clearly it can be difficult for all of us to know when stress is making us ill. It can be particularly difficult for parents to know when adolescent struggles are actually signs of more severe anxiety. According to the UCD/Jigsaw 'My World Survey' 2012, 29 per cent of males and 36 per cent of females from first to sixth year in secondary school experience mild to severe anxiety. It is evident from this National Study of Youth Mental Health

in Ireland that mental health difficulties emerged in early adolescence and peaked in the late teens and early 20s. Identifying anxiety and getting help early will help everyone to reduce the impact it has on work, exams, health and relationships. For this reason it is important to be aware of the hidden signs of anxiety.

Seven signs of anxiety to look out for:

- Emotional changes like persistent worry, irritability, difficulty concentrating and unexplained outbursts.
- Social changes like avoiding friends or extracurricular activities and spending increased time alone.
- Physical changes like frequent headaches, migraines, unexplained aches and pains and excessive fatigue.
- Change of eating habits, digestive problems, loss of appetite and nausea.
- Not feeling refreshed after sleeping: 13-18-year-olds should get eight to 10 hours of sleep watch out for difficulty falling asleep or staying asleep, vivid dreams, frequent nightmares and feeling wired yet tired.
- Reduced school/work performance, all of the above can impact focus, memory,



energy levels, motivation, the ability to speak publicly and to do their best in exams.

- Panic attacks, mild symptoms of panic include rapid heart rate, sweating and trembling, dizziness, numbness or tingling in arms and legs, upset stomach, difficulty breathing, easily startled and chest pain.

Parents are a great resource when included in their child's recovery process. However caring for a child with health concerns can be very stressful for parents and self-care is key. Reach out and ask for support from friends or family you can rely on and make sure you have time for yourself. As children are very sensitive to their mother's moods, it is helpful for mothers to reduce stress as much as possible. This will have a beneficial effect for the whole family.

Past stress and emotional issues are best dealt with in one-to-one sessions, but as this

is not an option for everyone, I will be running a six-week Relaxation Circle for Mothers on Friday mornings at 10.30am, starting January 24 in Market St Clinic Skibbereen where mothers can relax and learn how to reduce and manage their own stress. €90 for six weeks, please call 087 6331898 to book your place.

Anyone else who would like to reduce stress and anxiety, improve energy levels and sleep are very welcome to join my group acupuncture sessions on Fridays at 12 noon, upstairs in Market St. Clinic Skibbereen, starting January 17. Drop in is €20/session.

If you would like to recover from Trauma, Anxiety or Stress, Amanda Roe uses a range of holistic therapies to help clients improve their mental, physical and emotional health. For more information or to book a session call/text 087 633 1898 or email amanda@marketstclinic.com.

## Heal Body, Mind & Emotions

### Trauma and Fear

PTSD, Bullying, Panic Attacks, Insomnia  
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Amanda Roe 087 633 1898

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# Strictly Come Dancing in Bandon



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Ballroom and Latin American dancing has seen a huge rise in popularity in the last few years due in no small part to popular TV shows Strictly Come Dancing and RTE's Dancing With The Stars, the new series beginning on Sunday, January 5, which this year features celebrities such as Glenda Gilson, Mary Kennedy, Lottie Ryan, Fr. Ray Kelly, Michael Curruth and lots more.

Bandon's very own 'Strictly' ballroom and Latin American dance classes take place each week in Bandon Rugby Club on Monday nights.

Cork Dance Club offers a variety of group dance classes for all levels in a relaxed and social atmosphere. "Our aim is to ensure that you have lots of fun while learning a new skill and getting some exercise into the bargain," says instructor, Anne Hurley

Everyone has the potential to be a dancer with the proper instruction and confidence. Learning to dance is no different from learning any other discipline. It may feel awkward at first but that's to

be expected. Eventually you will master the basics and will be able to dance with full enjoyment without having to think about it. You will be able to just feel it and dance. The good news is learning to dance is always fun, even at the early stages.

Dance lessons are normally given in succession with you learning step by step and building on what you have already learned. By learning in a step-by-step fashion and practising in between your lessons you will develop a muscle memory and eventually your dance steps and routines and effortless movement to the music will become like second nature to you.

Cork Dance Club's lessons encompass many different dance styles including, waltz, jive, quickstep, tango, cha cha, foxtrot, samba, rumba and lots more. Whether you want to dance at your wedding, deb's/grad's ball or just because you're looking for a new hobby this year, you will find that learning how to ballroom dance will give you the confidence to do any of the

above anywhere.

"Here a Cork Dance Club we like to get to know all our students and regularly hold social events such as week-end dances, a Valentine's Ball, weekends away, dance holidays and Christmas parties where you can come and meet new people and show off your dance skills

"Our specialty is adult lessons, so if you're between the ages of 18 and 88-years-old, you are welcome to explore the world of dance with us at Cork Dance Club. If you

think your age has anything to do with your ability to dance, you're wrong...we believe it's never too early or late to fall in love with dance," says Anne

Cork Dance Club's new beginners' classes take place on Mondays at 9pm in Bandon Rugby Club. Classes also held in Cork city on Thursdays. To find out more have a look at the website [www.corkdanceclub.com](http://www.corkdanceclub.com) or contact Anne for more information at 087 2487696 or email [corkdanceclub@gmail.com](mailto:corkdanceclub@gmail.com).



## Health & Lifestyle New Year New You Focus

### Free flowing energy holds the key to life and health

Leonard Harrington, Bioenergy and Cranial Therapist, has always had an interest in healing or more particularly an interest in alternative methods of healing.

I was fortunate or unfortunate in my youth to hurt my back quite badly and my parents in their wisdom turned to alternative healing. As a result, I met amazing people who opened my eyes to the holistic world. From the age of 11, I became aware of the wonders of Bach flower remedies, bone setting, astrology, talking cures and many more.

With all that in mind, I began my journey, after a few detours, studying therapeutic counselling and, though I really enjoyed it, I became more aware that the body and mind are symbiotic; they need to work together. With this in mind I began to look at energy and soon I found myself training in the area of bio-energy.

What is Bio-energy I hear you ask? Bio-energy is a gentle light touch energy-focused therapy, which incorporates chakras (energy centres) and works on body and mind. It is built on the belief that disease in the body can be caused by energy blockages or trauma. These energy blockages can

cause ill-health. Bioenergy endeavours to create free flowing energy and harmony within the body. Free flowing energy holds the key to life and health. When you have an abundance of energy – you feel healthy and well.

Bioenergy led me to another form of therapy, which is cranial sacral therapy. Like bioenergy cranial therapy is energy focused. Cranial therapy works with the bones in the head, the cranial bones and the sacrum. Cranial therapy is a noninvasive therapy, which enhances the body's natural capacity for healing. It involves light holding of the head and sacrum with almost imperceptible

movements.

Both bioenergy and Cranial therapy are suitable for adults, children and infants. Now I hear you ask what are they effective in treating? The following is a condensed list: migraine and headache, irritable bowel, sinusitis, back and neck pain, TMJ jaw problems, fibromyalgia, depression and anxiety, disturbed sleep cycles, colic, reflux in infants, birth trauma, can be helpful for ADD and ADHD, stress, insomnia and many more.

Leonard Harrington practices in Bantry. For more information or to book an appointment phone: 027 52668 / 086 8555589.

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### Acupuncture treats a wealth of conditions



Samira Branch is an acupuncturist practicing in Clonakilty.

I grew up near Clonakilty in the 1980s when life was very different to today. I remember driving up to Wilton to do the weekly shop, as there was no supermarket in Clon for the first few years. At that time my parents grew their own veg in the garden and my mother made all her own breads and jams. In autumn we would spend days picking

blackberries along the country lanes near our house – it was pretty idyllic! This is where my love of nature began. Over the years, living and working in various cities around the world, I yearned for the connection to nature and sense of ease I remembered from these childhood days. So, when I came home for Christmas after finishing my studies in China, I couldn't bring myself to leave.

Once back in Ireland, I took a further two years study at the College of Oriental Medicine in Cork. I specialise in fertility and pregnancy but treat a wide variety of conditions in my clinic. Here is a short list to give you an idea: Pain; Stress; Male and Female fertility; Illness during Pregnancy; Birthing from position of baby to inducing labour; Sports injuries; Menstruation and Menopause; Hormone Balancing;

Thyroid problems; Digestive problems; Depression and Anxiety; Insomnia; Trauma; Stroke / Bell's Palsy; Migraines and Headaches; Colds and Flu; Respiratory problems such as Asthma and Hay fever.

For a full list of conditions that can be treated see the website of the Acupuncture Council of Ireland, or give me a call if you are wondering about a specific condition. As a member of the ACI, most health insurers reimburse a percentage of the cost of treatments, check your own policy for details.

What can you expect during a treatment? In the first, I ask questions to get an overall picture of your health and take your pulse. Next I create a treatment that suits your particular needs. Acupuncture works by stimulating your body's own healing response so the number of treatments varies

from person to person. We go through all of this in the first consultation to work out what suits you best.

Will it hurt? Acupuncture needles are incredibly thin, the width of a hair or thinner, so in general people don't feel much. I use guide tubes so I don't ever touch the body of the needle itself and these help to eliminate any sensation of the needle going through the skin and are very hygienic. Each person has their own concerns and questions and it's important to me that you feel safe and in control. If you are very sensitive or afraid of needles and would still like to give it a go just let me know. I can use very few needles and go very slowly so that you control everything that happens and when. However, if you have a real phobia of needles I'd say try something else!

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Tel: 087 9024274  
www.samirabbranchacupuncture.com  
samirasbranch@hotmail.com

In a few weeks, I will be opening my new clinic above the Green Dot gift shop on Ashe Street in Clonakilty so I will be available full-time and will be offering a 10 per cent discount on all treatments during the month of February to celebrate. To find out more please give me a ring on 087 9024274 or check out my website samirabbranchacupuncture.com.

My friend and fellow acupuncturist Bairbre Crowley and I have also launched a Community Acupuncture Project which takes place every other Tuesday evening at 8.30pm for one hour in Unity Yoga, Spiller's Lane, Clonakilty. This is a group session where we offer treatments at a reduced price. Places are limited so booking is essential. You can book in with me as above.

### Feeling down, tired and sore? Check your Vitamin D levels

What is vitamin D? Letitia Moss, Nutritional Therapist explains that firstly it is NOT a vitamin; it is actually a hormone that is naturally made in your body by allowing sunshine on your skin, specifically UVB light.

Vitamin D is a fat-soluble hormone, which means it needs fat, namely cholesterol in skin cells, to be absorbed in the body; this also means it is stored in the body and any excess is not flushed out like water soluble vitamins such as the B group or vitamin C.



Therefore there is a risk of people taking in too much vitamin D, so it is essential you get your levels checked by a doctor before embarking on a Vitamin D regime – having too much Vitamin D in your body is as bad as having too little.

Some symptoms of vitamin D deficiency are fatigue, bone and muscle pain, depression, impaired wound healing, bone and hair loss.

Vitamin D is extremely important for bone health, as it promotes calcium absorption; vitamin D3 and vitamin K2 ensure that calcium is absorbed easily and reaches the bone mass, whilst preventing arterial calcification and helping to keep your heart and bones healthy.

Adequate levels of magnesium in the body are also essential for the absorption and metabolism of vitamin D as it converts vitamin D into its active form – sometimes just the addition of magnesium in your diet can increase your vitamin

D levels.

Here are some ways to increase your vitamin D levels without taking a supplement:

- Get 20 minutes sunshine on bare skin a day but take care not to burn! Use your discretion according to your own skin type and the intensity of the sun on a particular day.
- Eat foods containing vitamin D such as oily fish and fish liver oils, butter, egg yolk, milk and sprouted seeds.

For more nutritional advice contact Letitia on 087 299 8239.

West Cork Nutrition and Wellbeing is located at 27a South Main Street, Bandon.

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## Health & Lifestyle New Year New You Focus



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# At the heart of the matter

It wouldn't be usual in Ireland to find a GP practice with a holistic outlook, however in a country where more and more people are suffering from stress and anxiety, living fast-paced lives without any room for rest, relaxation or mindfulness, this offers a refreshing and forward-thinking approach to healthcare.

Situated on the beautiful Georgian Square overlooking Kennedy Gardens in Clonakilty, Dr Fiona O'Reilly's Emmet Square Surgery combines conventional medicine with therapeutic services in an integrated approach to healthcare.



Top: Dr Fiona O'Reilly  
Right: Some of the team at Dr Fiona O'Reilly's Surgery.



Coping with high levels of stress may result in physical, social and psychological problems. In other words, it can make you sick. Many complementary therapies concentrate on relaxation and reducing stress, increasing your general sense of health and wellbeing.

The earliest evidence of the use of medical herbalism, which flourished in Ireland until the early 17th century, is

some 60,000 years ago. The pharmaceutical industry would not exist without it. In fact, it frequently offers solutions where conventional medicine does not have one.

"My vision for my clinic," explains Dr Fiona "is to provide a trusted space where medical science works in tandem with natural healing traditions tailored to each person who walks in the door. There is a sense of belonging

and camaraderie here."

Dr Fiona has over 20 years experience practicing as a GP. She graduated in Medicine in UCC in 1992 in Acupuncture in Toronto in 1997. Along the way, she has worked in emergency departments, geriatrics, rheumatology and medical research. She has also courses in craniosacral therapy and homeopathy.

"I learned in Chinese Medicine that the heart is the seat

of emotions," she says. "This has taught me to see the bigger picture when looking after heart health. A patient may have fantastic cholesterol, BP and weight, yet feel overwhelmed from loss or loneliness – suffering with a broken heart as such! Stress is a major factor not often addressed and when simply asked about how

they are feeling, often tears well up and it is the start of a healing journey. I like to offer a choice of treatments that I feel may help heal the root cause."

Of course conventional medications are prescribed too, but Dr O'Reilly's unconventional approach means that pharmaceutical drugs are not

the only option. Instead, it's an integrated approach to diagnosing and treating conditions "We're very much a team," explains Fiona.

Professional Medical Herbalist Rosari Kingston has been working alongside Dr Fiona since she started her practice in Clonakilty in 2000.

"Rosari our herbalist can

*cont'd on next page...*

## Eithne Ní Dhraighneáin PLAY THERAPIST

'Your Flourishing Child and You' is West Cork's Premier Centre for Creative, Emotional and Therapeutic Support. Senior Play Therapist Eithne Ní Dhraighneáin began her practice in 2008 from her home in Clonakilty, which permitted her to work around her young family. Based in town now at Dr Fiona O'Reilly's Integrative Clinic for almost five years, Eithne says this is her best room yet and her little clients say so too! A bright, light-filled room overlooking trees on Emmet Square is the starting point from which parents and children begin their journey of (child-centred) play therapy with Eithne.

'Your Flourishing Child and You' is carefully named and sets the importance of the relationship between child and parent. Eithne is renowned for establishing an authentic rapport with parents from the first Initial Assessment Meeting while supporting, encouraging, advocating, psycho-educating and empowering them in



bitesize steps and moments to re-ignite and re-connect their child-parent relationship with respect, empathy and child development. The next step is a home visit, where the child meets Eithne and this is the beginning of the therapeutic relationship. Sessions are in a block of six over six-calendar weeks. Five one-hour one-on-one sessions take place between your child and Eithne. The sixth session is the feedback session where parents are given themes of their child's session and their child's current development; the icing on the cake is the parental recommendations unique to the

child and parents' relationship with their child.

With a background in Education (Early Childhood, Secondary Educator and Special Ed.) in Ireland and the USA, Eithne is ideally placed in delivering school workshops pitching 'Just so' for teachers. She delivers to various professional groups and companies along with parent workshops in providing education and support within the community. With a 'Grá' for technology 'Your Flourishing Child and You' offers Parent Coaching Sessions via Skype, which are becoming extremely popular as a means for a parent to reassess and strengthen their relationship with their child from the comfort of their own home. Watch this space for more webinars. Eithne is accredited, insured and Garda-vetted.

To make an appointment with Eithne call 086 238 4884 or email [info@yourflourishingchildandyou.com](mailto:info@yourflourishingchildandyou.com).

[www.yourflourishingchildandyou.com](http://www.yourflourishingchildandyou.com).

## Melissa MacGillycuddy ART PSYCHOTHERAPIST

Melissa MacGillycuddy of Rainbow Art Psychotherapy has been working from Dr Fiona O'Reilly's Integrated Clinic two days a week for the past two years, offering individual and group sessions.

Art therapy is a clinical mental health practice, combining psychotherapy and art making. Melissa's clients are young children, adolescents and adults; many are referred to her with presenting anxiety issues, which she specialises practicing in.

In an art psychotherapy session, the art therapist provides various art materials to choose from such as paints, pencils, pastels, clay and collage to help the client to express and explore their emotions, develop insight and make sense of difficult life experiences through the art-making process.

You do not have to be good at art to benefit. "It's nothing to do with aesthetic art or having had any experience in art, art psychotherapy taps into the un-



conscious," explains Melissa, "and whatever issues comes up in the images can be worked through in a safe setting with the help of the art therapist. It's extraordinary how much the client can discover through the process. It is a very gentle process which can aid healing through insight."

The use of art materials creates an opportunity for nonverbal expression, be that symbolic or metaphorical, and can provide a safe distance from confusing and painful feelings.

"It can be a very beneficial therapy for anyone suffering from depression, stress, anxiety, trauma or grief, amongst

other issues and who finds it hard to understand, explain or talk about," says Melissa.

The therapy is also ideally suited for people suffering with learning disabilities such as Dyslexia, Dyspraxia, Asperger's Syndrome, or addressing and identifying a hidden Sensory Processing Disorder, a pervasive problem with people on the autistic spectrum. Hidden learning disabilities may be contributing to the onset of difficult emotional and behavioural issues, unrecognised in many cases.

Based on the age and needs of the client, a session usually lasts between 40 and 60 minutes depending on the attention span and focus of the client.

Prior to commencing therapy an assessment session is necessary to meet with the client.

If suitable for art therapy, a six-week block of therapy is arranged.

To make an appointment phone Melissa on 087 2200177 or email [mmacgillycuddy@gmail.com](mailto:mmacgillycuddy@gmail.com). [www.rainbowart-psychotherapy@gmail.com](http://www.rainbowart-psychotherapy@gmail.com).

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reduce the effect of too much adrenaline, which causes anxiety, hormonal imbalance or high blood pressure, with her herbal tinctures. Kieran our osteopath can ease the chest wall tension, vagal nerve neck tightness and adrenal gland response. Lita offers nurturing massage, Teresa and Melissa support emotional release through specialised talk therapy with wonderful results. Barbara gives homeopathic remedies or Bachflower remedies to suit the underlying symptoms and Oonagh can design personalised tasty nutritious meals to help patients stay strong and healthy."

Dr Allan Harris, an experienced GP with the NHS who is also trained in acupuncture, has recently moved to West Cork and joined Dr Fiona in her practice.

"Allan and I treat stress and pain and hormonal imbalance with acupuncture while listening to the patient and understand what is going on for them.

Dr Fiona continues "Many people have no symptoms, so a thorough check-up is important with blood tests and further tests, and specialist referral is advised if an abnormality is found or if there is a strong family history of cardiovascular disease, for example heart attack, stroke, sudden death, pacemaker or angina.

"Sometimes statin therapy does not suit a patient who has high cholesterol and this can

be reduced safely with herbs."

Dr Fiona has a particular interest in helping with fertility issues using a combination of hormonal blood profiles, acupuncture and with Rosari's herbal input. "We have enjoyed the delight of many parents in welcoming newborns using this combined approach," she says.

Dr Fiona has a particular interest in helping with fertility issues using a combination of hormonal blood profiles, acupuncture and with Rosari's herbal input. "We have enjoyed the delight of many parents in welcoming newborns using this combined approach," she says.

Acupuncture and cupping massage can be very beneficial to alleviating chronic pain.

The surgery uses Armin Labs in Germany to diagnose the possibility of Lyme disease, a condition with chronic painful or neurological symptoms that is often misdiagnosed.

Food intolerances also interest Dr Fiona. "An unhappy gut can cause widespread body inflammation such as migraines, arthritis, weight-gain, rashes

and so on," she explains.

The beautiful Georgian building on Emmet Square holds a longstanding tradition of healthcare from the days that the owner Dr Liam O'Brien practiced there.

The atmosphere is relaxed, the service is professional and the welcome from Clinic administrator Rose or receptionist Marie is warm at Emmet Square Surgery.

Dr Fiona has dedicated her practice to the memory of her stepsister Majella Duffy who died while climbing Kilimanjaro in 2017. Majella was doing the climb for the Irish Heart Foundation in memory of her father who died of a cardiac arrest at the age of 40. "She was 35 and her goal for us all was to have happy hearts by living a better life," says Fiona. Herein lies Dr Fiona's passion and vision for her work – an integrated approach to try to really address the heart of the matter.



The late Majella Duffy.

## Oonagh English NUTRITIONAL THERAPIST

Nutritional Therapist Oonagh English works one day a week from Dr Fiona O'Reilly's Integrated Healthcare Clinic, as well as at the Roaring Health Centre in Kilcoe near Skibbereen.

A trained chef, Oonagh is passionate about food and the role it plays in wellbeing.

She has a special interest in supporting optimal mental health and wellbeing with nutritional and lifestyle changes and specialises in nutrition for anxiety disorders.

"I chose to specialise in this because I suffered from severe anxiety and depression as a teenager, after being bullied at school," she explains. "One of the things that really helped me was changing my diet. My



whole family is passionate about food and it has always been an integral part of my life. I believe that good food and an active lifestyle is the key to a healthy and most importantly, happy life."

Oonagh's approach is to look at the whole picture with her clients. Her personalised

approach to nutrition is based on each individual's biochemistry and takes everything about the individual into account. "Diet is an essential part of the puzzle, along with lifestyle choices, environment, mental wellbeing and genetics," explains Oonagh. "Every client is different and often the underlying issues go well beyond the overall symptoms. So many people don't drink enough water or have enough variety in their diet."

Oonagh is currently doing a Masters Degree in gut health and how it is connected with mental health.

To make an appointment call 083 4547895 or email roaringhealthcentre@gmail.com. www.roaringhealthcentre.com.

## Trish Walsh LYMPHOEDEMA SPECIALIST

Trish Walsh is a qualified registered Nurse and a Lymphoedema Specialist who facilitates appointments on request at Dr Fiona O'Reilly's Integrated Healthcare Clinic.

Developing when the lymphatic system doesn't work properly, Lymphoedema is a long-term (chronic) condition that is estimated to affect up to 13,000 people in Ireland and can greatly impact on quality of life. Causing swelling in the body's tissues, it can affect any part of the body, but usually develops in the arms or legs. Our body's filtration system, the lymphatic system is a network of channels and glands throughout the body that help to fight infection and remove fluid. Although it cannot be cured, Lymphoedema can be effectively treated and managed. Early diagnosis of Lymphoedema is important, as without treatment it can deteriorate.

Loss of independence and



living with a chronic incurable condition can lead to low mood and therefore psychological support is an important element in the holistic treatment of a person living with Lymphoedema.

Manual lymphatic drainage (MLD) is a key component in the treatment of Lymphoedema. MLD consists of gentle rhythmic movements, which are designed to move fluid from congested areas to be re-absorbed by increasing the activity of normal lymphatics. This technique aims to reduce

the swelling and improve the size and shape of the affected area.

Self-lymphatic drainage is a simplified form of manual lymphatic drainage, which people can carry out daily on themselves to maintain their treatment at home.

Exercise is the one of main elements of Lymphoedema care, helping the muscles to contract, which pushes the lymph fluid into the system.

Breathing exercises have also shown to benefit the patient, as they can help to improve lymph flow through the body and also help you relax, take stock and make you feel better

Living with Lymphoedema is a challenge but it can be managed with the right help.

Appointments on request at Dr Fiona O'Reilly's Integrated Health Care Clinic

Contact Trish Walsh  
Lymphoedema Therapist Cork  
on 086-2612276.

## Lita Liepina MASSAGE THERAPIST

Latvian born Lita Liepina fell in love with West Cork and the lifestyle here while on holidays 16 years ago. A trained beauty therapist at the time, she decided to stay and take her passion for health and wellbeing further by enrolling in the Natural Healing College, where she completed an intensive holistic therapies course and qualified as a massage therapist.

As well as specialising in deep tissue massage and oncology massage, Lita, whose business is called Amber Therapies, also offers treatments in Indian Head Massage; Aromatherapy Hot Stone Massage; Pregnancy and Babies Massage; Facial Massage and Skincare and Deep Tissue Cupping Therapy.

Massage therapy treats both acute and chronic conditions and is appropriate for clients of all ages. People use massage for a variety of health related purposes, to relieve pain, rehabilitate sports injuries, reduce stress,



increase relaxation, address anxiety and depression and aid general wellness.

The suction and negative pressure provided by cupping therapy is said to loosen muscles, encourage blood flow, and sedate the nervous system (used for treatment of high blood pressure). Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite. "It's also very good for the face, as it improves the skin's elasticity," says Lita.

Oncology massage is a client-specific, customised massage designed to meet the unique and changing needs of someone in treatment for cancer

or with a history of cancer treatment. The specialised massage treatments can help people manage their experience with cancer, providing comfort and support to them in their process.

"I like to take care of my clients and offer every client exactly what they need, a treatment as individual as themselves," says Lita. "I don't get too many clients who are looking for just a relaxing massage," she explains. "Just recently I gave a massage to a lady with very bad arthritis and she got great relief from the treatment. My massages are always very healing."

Lita works full-time from the clinic at Emmet Square. Her motto is 'Do more of what makes you happy!' She also makes organic soy candles, soap, and has her own skincare range.

To make an appointment contact Lita on 086 8494100 or email littaliepina@gmail.com. www.ambertherapies.net.

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### Kieran English **OSTEOPATH**

Practicing Osteopath for over 30 years, Kieran English specialises in Cranial Osteopathy with a special interest in paediatric Osteopathy.

Cranial osteopathy is a very gentle and subtle treatment, which seeks to encourage the release of stresses and tensions throughout the body through the use of very gentle pressure. It helps to promote the individual's self-healing response.

It is called 'cranial' because treatment often involves the head, although other parts of the body such as the spine and tailbone can also be involved.

Although gentle, cranial treatment is extremely effective and may be used in a wide range of conditions for people of all ages, from babies to the elderly.

Just some of the conditions that Kieran treats include back pain, neo and postnatal care, childhood development, teenagers, sports injuries, and muscular skeletal problems.



"It can also be a very effective treatment for sleep problems, stress management and post-trauma or post-operative conditions, anything to do with the nervous system," explains Kieran.

Kieran is seeing more and more children under 12 who are suffering from anxiety. "Younger children are getting more anxious for a variety of reasons. Getting them exercising, moving, is very important, diet is also a factor and too much stimulus, particularly before bedtime."

Kieran keeps up-to-date with new developments in his

field, travelling regularly to the UK to complete training courses.

He studied paediatric Osteopathy at undergraduate level at European School of Osteopathy from 1988 to 1992. Following that, he studied Paediatric Osteopathy at postgraduate level at the Osteopathic Centre for Children in London from 1992 to 1995.

I have been attending post-graduate courses in Cranial Osteopathy with the Sutherland Cranial College since 1992. In addition, he studied Biodynamic Osteopathy and Biodynamic Paediatric Osteopathy with Dr. James Jealous between 2008 and 2014

Kieran English works from Dr Fiona O'Reilly's clinic on Wednesdays. He also sees patients at his own clinic, Roaring Health Centre, Kilcoo, Skibbereen. To make an appointment call 083 4547895 or email westcorkosteopaths@gmail.com. www.roaring-healthcentre.com.

### Rosari Kingston **MEDICAL HERBALIST**

Professional Medical Herbalist Rosari Kingston has worked alongside Dr Fiona O'Reilly since she first started her GP practice in Clonakilty in 2000. In addition to this and running her own practice at Church Cross, Skibbereen, Rosari lectures, writes, and carries out research.

A reputed medical herbalist with over 20 years experience, Rosari combines the Irish herbal physician tradition, which flourished in Ireland until the early 17th century, with modern medical knowledge and the latest research.

Bio-medicine and herbal medicine support each other. Herbal medicine is particularly remarkable when it comes to dealing with chronic health conditions, which may elude modern bio-medicine and the integrated approach at Dr Fiona O'Reilly's Clinic allows patients the opportunity to access bio-medical treatment, as well the other supporting therapies available there such as the advice of a medical herbalist.

Rosari is particularly interested in the hormonal and gastrointestinal systems. "I treat all conditions but a large part of my work involves treating disorders related to hormones such as infertility,



endometriosis, PCOC, PMS, thyroid dysfunction and also gut problems.

"I've seen a lot more clients with infertility issues in the past seven years," says Rosari. "It's possibly resulting from people trying to conceive later in life but it is also definitely stress-related. There are a lot of people suffering from low-grade stress stemming from the need to survive and a lack of financial security."

A lecturer at UCC, one of the topics Rosari covers is the Irish healing tradition. "I think we've lost touch with this tradition, which was part of Ireland 50 years ago," says Rosari. She passionately believes in integrating that into peoples' lives again. "So many things that were integral to our health like going on a pilgrimage or simply practising mindfulness – all part of a very old tradition

that built rest and work into an annual cycle and allowed people time off – are being lost. People are going 24/7 these days and never put away their phones, so it's no wonder they're stressed!"

Rosari's training involved the study of the biological sciences, clinical diagnostic techniques, and the tradition and science of plants that can be used therapeutically. She obtained an M.Sc in herbal medicine from the University of Wales, and a PhD from University College Cork.

She is a member of the Irish Institute of Medical Herbalists, a professional body committed to the highest standard of training for herbalists.

"Since the beginning of time people have gotten sick and different traditions have been used in healing. We had a huge learned medical tradition in Ireland, which was similar to the Native Americans."

Herbal medicine works on recognising that everyone is different and addressing and examining the underlying issues.

To make an appointment with Rosari call 086 1939235 or email rkherbclinic@gmail.com.

### Teresa Dundon O'Grady **PSYCHOTHERAPIST AND COUNSELLOR**

Psychotherapist and counsellor Teresa Dundon O'Grady has been practicing from Dr. Fiona O'Reilly's Clinic for the past four years. With 26 years experience, she works with individuals, couples and adolescents and also provides supervision for counsellors, psychotherapists, guidance counsellors and health care personnel.

Teresa is trained in Gestalt therapy, a client-centred approach that helps the person focus on the here and now, becoming aware of their own processes and clarifying, with compassion, what they want to change in their lives.

"Usually psychotherapy takes place over a longer timeframe than counselling and the work is deeper. Initially somebody is looking to explore something that is going on in their lives, noticing that things aren't going so well and wanting to under-



stand and/or change aspects of themselves or a situation. While working in the present we may be looking at an issue from the past. Often, the discovery is that the real issue is not what it appears to be," explains Teresa.

"The first few sessions are about connection, finding out what the client needs and if I can be of support to them," she continues. A native of Limerick, she says it also helps that she is not local to the area. "We feel more at ease and have more space

talking about personal issues with someone who does not know our connections."

"The development of the relationship between client and counsellor or psychotherapist and the building of trust is so important," she continues. "And over time people begin to notice other aspects of themselves and recognise resources they may not have known they possess."

Teresa is accredited with the Irish Association for Counselling and Psychotherapy (IACP). She works from Dr Fiona O'Reilly's Clinic on Wednesdays.

"The culture of this practice is wonderful," says Teresa, "there is a real sense of respect, professionalism and kindness in how people who work here relate to each other and to their clients or patients'."

To make an appointment with Teresa please call 087 6858355.

### Barbara Noonan Sexton **HOMEOPATH**

A licensed registered homeopath, Barbara Noonan Sexton has also been a nurse for over 25 years; she is a registered general nurse, midwife and public health nurse. Her interest in homeopathy developed during her own three pregnancies, when she used it to successfully treat nausea and for recovery post-delivery. She continued to use homeopathy on her three children treating everything from sleeplessness to tonsillitis to aiding healing of fractures and in 2012 she started her training to become a homeopath with the Irish School of Homeopathy.

Homeopathy is a complete system of medicine based on the philosophy of like treating like. Used effectively alongside conventional medicine, it treats the individual and their disease and stimulates the body's immune system to help heal itself. Symptoms are not seen



as the cause of the disease, they merely show that dis-ease exists.

Barbara has treated all kinds of conditions ranging from sleeplessness in children and eczema in babies to severe acne, UTI's and trauma issues. "Homeopathy is non-judgmental," says Barbara. "You listen to people's problems, be they physical, mental or emotional."

All of my children have had to undergo general anaesthetic and I've used the remedies

Aconite, Arnica and Calendula post-op. They rarely needed antibiotics," she says. "My interest in homeopathy really developed through successfully treating my own children and seeing how effective it was in helping my own nephew, who is autistic."

Barbara treats men, women and children but has a special interest in mothers and babies, as a result of her background in nursing and midwifery.

She finds it's very beneficial to be working alongside conventional medicine in Dr O'Reilly's clinic. "I can refer my clients to Dr Fiona for diagnosis or blood tests if necessary and likewise she refers patients to me if she feels that homeopathy can help."

Barbara can be contacted on 086 8335254 or email noonan16@hotmail.com.

www.barbaranoonanhomeopathy.com

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### Dr Allan Harris GP

Dr Allan Harris has recently joined Dr Fiona O'Reilly's Integrated Healthcare Clinic after moving from the UK to West Cork with his family in July last year.

Dr Harris has been a doctor for 28 years, working with the NHS after training at The London Hospital, Whitechapel. With a strong commitment to helping the homeless, he also worked as a GP in an outreach programme for the homeless in Gloucester for over 20 years and set up a homeless clinic there, which is still running today.

Dr Harris conducts minor surgical procedures at the clinic on Emmet Square, for example removal of moles, skin lesions and other procedures that don't require a general anaesthetic.

A trained acupuncturist, with



a good knowledge of homeopathy, he says it's fantastic to be working in a GP practice open to such treatments. "I used acupuncture just this morning to help a patient with back pain and a client of Medical Herbalist Rosari Kingston came to me for a general check-up and blood tests. The therapists here are really good and work

well together. You have time to talk to patients in this Clinic and I think that's something that people value. You get to know your patients as individuals and what they're going through and that makes my job a lot more satisfactory, especially when you can see people getting better."

Dr Harris also works at the Marino Medical Centre in Bantry and the Mizen Medical Practice in Schull. He is a volunteer with Schull Coast Guard.

"I'm very new to the area and just finding my feet here really but overall people seem to be generally a lot happier with their lot in life here than in the UK, where I saw a lot more patients with depression and stress-related conditions," he says.



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## Specsavers Bandon taking a deeper look into your eyes



Liz Bonnin, natural history, science and environmental TV presenter pictured with Seamus Breslin, Store Director, Specsavers, Dawson Street, Dublin launching Optical Coherence Tomography (OCT) scanners across Specsavers in Ireland.

Liz Bonnin – natural history, science and environmental TV presenter – has announced Specsavers Bandon's investment in hospital-quality equipment that can help detect treatable eye conditions sooner.

Specsavers Bandon has rolled out the Optical Coherence Tomography (OCT) scanner in store – a cutting-edge piece of equipment that allows opticians to view the eye in more detail than ever before.

It is all part of its commitment to providing its customers with access to the very latest optical technology, helping to detect a number of eye conditions, such as age-related macular degeneration and diabetic retinopathy, sooner. OCT can also help to detect glaucoma up to four years in advance.

Given that nearly half of all

sight loss is preventable, an OCT scan means conditions can be managed before they get worse and can help prevent potential sight loss.

An OCT scan, which only takes a few seconds, uses light to take more than 1,000 images of the back of your eye and beyond, looking right back to the optic nerve and creating a cross-section view. Imagine it like a cake – you can see the top of the cake and the icing, but the image produced from an OCT scan slices the cake in half and turns it on its side, so you can see all the layers inside. It gives your optician an incredibly accurate picture of your eye and its structures.

Speaking at the launch of the OCT campaign, Liz, comments: "I am short sighted and have always relied on regular eye checks, so I was keen to help raise awareness about their

importance, especially as early detection is vital in the fight against preventable sight loss. The OCT scan can detect eye health conditions before physical symptoms are presented.

Specsavers Bandon is leading the way in terms of the advanced technology on offer in store. An OCT scan would have previously required a hospital visit, but now there really is no excuse to not keep on top of our eye

health."

Speaking about the state-of-the-art optical technology, store director at Specsavers Bandon, Marie Burke, comments: "This innovative technology gives our opticians the ability to enhance the offering for customers by identifying and helping to detect or manage conditions.

"OCT technology produces such a detailed picture of the structures in the eye that

it allows us to identify signs of diseases years earlier than traditional methods. Given that 75 per cent of vision impairment and blindness can be prevented, the sooner we can detect these conditions, the sooner we can help manage them or refer people for treatment.'

The scan is in addition to a thorough eye test, during which the optometrist uses a range of clinical tests and procedures to

measure the quality of someone's vision and the health of their eyes.

A customer's OCT images are stored on file, so Specsavers optometrists can note any changes over time – a real benefit when monitoring someone's overall eye health.

For more information on the services available or to make an appointment, please visit [www.specsavers.ie/stores/bandon](http://www.specsavers.ie/stores/bandon)

# 2019 a bit of a blur?

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**Bandon** Riverview Shopping Centre Tel 023 882 0382

**Specsavers**

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## CLAIRE MARIE BARTON

CONNECTING THROUGH SOUND

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"I floated out of the Relaxing sound bath after being transported to a blissful state through the voice and instruments of Claire Marie Barton. It was simply beautiful"  
Olive Walsh, Clonakilty

## What is 'Sound Healing' anyway?

Claire Marie Barton is a sound healer, musician and writer living near Rosscarbery.

Tell someone that you are a sound healer and the first question is usually 'What's that?'

Sound healing is a treatment that has been used throughout the ages as a means of

bringing health and vitality back into the body, mind and spirit. It uses pure sounds, produced by the human voice or instruments such as the gong or Himalayan singing bowl, to create a resonance in the body that calms the nervous system and lowers blood pressure, thereby boosting the immune system.

As a sound healing practitioner, I help my clients achieve a state of calm and inner peace using the simple, yet powerful energy of sound. A sound healing treatment is a wonderful self-care tool. Sometimes we just need to take a break, to step out of the busy-ness of our lives and take some time for ourselves. Maybe we are stressed or anxious or have a major life event such as illness, breakup or bereave-

ment. Sound healing can help by providing a clear space to quiet your mind and assess where you are, while the angel card readings also offer gentle guidance. Afterwards you may feel like you have greater clarity and focus and that you sleep better.

When you come to Long Strand, you are already in a beautiful place in nature and you are encouraged to take a walk afterwards so you can integrate your session. We have a self-catering studio 'Shearwater Chalet' on Airbnb, so it is possible to create your own private retreat and have more of an immersive experience spending time in nature and integrating the healing from the sound healing treatment.

Claire offers treatments and sound baths both online and

in her home treatment room at Long Strand. To learn more about how sound healing can benefit you and to get a taster session, book your complimentary 30-minute call at [www.clairemariebarton.com/bookings](http://www.clairemariebarton.com/bookings) or contact Claire on 087 2323623.

"After being diagnosed with breast cancer, I started to have sessions with Claire initially to help with the stress and fear of hospital visits. I found Claire's sound healing helped on so many levels, the deep meditation, the sounds of her beautiful voice and the healing tools. I would highly recommend her as I believe she helped me enormously and has a great gift to share."

A.T. West Cork

**Heir Island RETREAT**

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## Heir Island Retreat is the ideal place to escape

Situated on an island with in Roaring Water Bay on the Wild Atlantic Way, Heir Island Retreat is perfect for those seeking an escape for quiet contemplation, for rest and restoration or an inspirational creative space.

Overlooking the sea, Heir Island Retreat encompasses a purpose-built studio and self-contained apartment with a spacious bedroom and living accommodation. With its vaulted ceiling and large picture windows looking down on the bay, the studio is an inspiring place to practice yoga, to meditate, to write, draw, to compose music or simply just to 'be'. Wide seascapes, sandy beaches, wild flowers, rocky coves and stunning views create an atmosphere of unrivalled peace and solitude.

In the grounds there are colourful grassy walkways, a



lake with resident ducks and moorhens and benches to sit and take in the view.

Heir Island is a five-minute ferry crossing from the mainland with many tracks, lanes and paths that criss-cross the island just waiting to be explored.

Established in 2012 by Paul and Sarah Matthews,

the Retreat is the result of a long-held dream to live on Heir Island and offers a space for people to come and benefit from its magic. The studio is available for hire to teachers seeking a venue for group retreats. In addition to having a resident yoga teacher, the Retreat attracts a number of yoga and meditation teachers

offering events of different types throughout the year.

The Retreat is also available to people looking for some downtime.

Visitors have exclusive use of The Retreat, which is an entire house with a fully-equipped kitchen and a relaxing living space. The studio space has two large windows – east and west facing – so you can enjoy every beautiful sunrise and sundown the island has to offer. Additionally, there are patios at the front and back of the house, which allow you to curl up with a blanket and book as the sun goes down in the evening.

A minimum two-night stay is offered on a self-catering basis (max two people).

[www.heirislandretreat.ie](http://www.heirislandretreat.ie)

## Planting flowers



A  
WEST CORK  
LIFE

Tina Pisco

They say that time speeds up as you get older, and I for one can attest that it is speeding up for me. Where did the last decade go? In fact, where did the last 20 years go? It's a funny feeling to look back to the pre-Boom/Bust/Brexit days as we moved from the 20th to the 21st century. Remember worrying about the Y2K bug? That was at a stress level of about one compared to what we worry about today. We seem to regularly hit levels of 11-plus until something else happens in the news that makes us realise there are still a lot of more levels on the stress dial.

In fact, looking back sometimes feels like remembering a different planet all together. Back in 2000 the coming century seemed full of promise. Sure, there were lots of prob-

lems brewing, but we had the means and intelligence to deal with them. It felt like the only way was up. The Boom was on the way, and you could feel it.

Then again perhaps my memory is simply clouded. Maybe I remember 2000 as a less fraught time in the world because I was still spending most of my day driving around West Cork picking children up or dropping them off (while struggling to keep a big old house running, and trying to make a living). Twenty years ago, my eldest was 19-years-old, while my youngest was only eight-years-old.

In between were daughters navigating the exams, social pressures and extracurricular activities of secondary school. Keeping up with the news is something I had little time or

energy for back in 2000- and actually getting out there and doing something to make things better was impossible to fit into an already crammed 24 hours.

I do feel that we were generally less worried about the state of the world than we are today, and with good reason. The first days of the new decade have been pretty bad so far with Australia on fire and tension rising in the Middle East. And yet I feel a small change in the air. For all the bad news, it feels like we're finally turning a corner. Like a little light shining ahead. It seems to me that people are a bit more positive. It's not that things have got better. If anything, they seem to be getting worse. But there is a shift.

I think it's a two-fold

change. The first is gratitude. As we watch Australia burn, or war destroy people's lives, we see how very lucky we are to be here in West Cork. We still have much of what has always made living here so very special, from landscape to community, from fresh food to craic agus ceol. It is a blessing to live here and I for one am grateful.

The second stems from the first. This place is precious, and we want to care for it. There is a definite move to action in the community. The number of new initiatives to plant trees, or reduce plastic, or debate our futures are increasing every month. Likeminded people are doing what they have always been best at here in West Cork: getting the job done.

The next twenty years

could well bring some drastic changes to our planet. It's time to have a look at our own back yard and see what needs to be done to get ready for that future. I have no doubt that this community has the know-how, energy and good will to rise to the challenge.

I recently came across a meme which sums it up for me: "I'm feeling optimistic about 2020" says a young woman. "Why? What is there to be optimistic about?" asks her friend. "Well for one, there will be flowers in 2020."

"How can you know that?" asks her friend. "How can you be sure?"

"I know there will be flowers," says the woman, "because I just planted some."

# Health & Lifestyle New Year New You Focus

## Making way for the new



### MENTAL HEALTH & MINDFULNESS

Susan O'Regan

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

For more information contact: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com) Mob: 087 2700572.

*"And now we welcome the New Year, full of things that have never been."*

I no longer make New Year resolutions, but I deliberately set aside time to reflect on the year gone by and set intentions for the coming

year. I am incredibly grateful to have welcomed in this year in the good company of others, but in silence and stillness on a week-long meditation and yoga retreat. This was a chance to let go and just be, instead of incessantly making plans or to do lists. I believe it essential to create space every now and again (wherever we can find it) to declutter our minds and make room for the new.

I find great hope in the above quote from Rainer Maria Rilke. 2020 has arrived and we have never experienced a moment of it before. It presents us with a wide-open space and a broad canvas on which we can place our intentions, hopes and dreams. While we may have little control over the events and challenges that life will bring our way this coming year, we can choose to develop a gentler attitude and response to these challenges rather than reacting blindly to them, out of pure habit.

We can tie ourselves up in knots sometimes, both physically in our bodies, and mentally in our minds. I have had the image of a gordian knot coming and going in my mind

for a while and it somehow reminds me of myself, at times tangled up in complex difficulties, sometimes unable to find solutions. Life's challenges can seem ongoing or can sometimes take us by surprise. It is vital therefore to take time to practice our self-care, and loosen those knots, which, when not attended to, can store themselves in the body and cloud the mind.

Living mindlessly or on autopilot limits our options. When our minds are crowded from overthinking or tying ourselves in mental knots, we cannot even see, far less engage with the various possibilities presenting to us, or the open doors waiting for us to walk through. Cultivating mindfulness helps us to pay attention to our lives and to find meaning in the everyday. When we are present for more of our lives and living deliberately, we have more choice over our responses and decision-making.

As my own personal practice of compassion-based mindfulness deepens, I notice more and more old habits dropping away, while newer, more wholesome

habits strengthen. When the mind and body are spacious, intentions have some ground to take root and begin to grow into the seedlings of new habits. More and more doors open effortlessly. It is ironic that things seem to happen with more ease, when we don't push or strive too hard. We become more insightful and decisions more easily align with our values and seem to emerge from a wiser, deeper place within us. We begin to trust ourselves and our intuition more fully. Rumi recommends to "Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray".

We can set an intention right now to practise mindfulness and self-care this year. A mindful approach to 2020 involves paying attention, as best we can, to each moment, each hour, each day, as it comes. It takes a lot of practice but remember we can begin again with every breath. Remember also how important it is to be kind to ourselves when we get it wrong or feel that we are falling short in any way.

Why not add self-compassion as another intention going forward?

An eight-week Mindfulness

Based Living Course (MBLC) is currently being planned for Clonakilty. If anyone is interested in this truly transformative course please get in touch as soon as possible for details. Drop in mindfulness classes

and monthly themed workshops run regularly in Skibbereen. For more information on future workshops and courses call Susan on 087 2700572 or email: [susanoreganmindfulness@gmail.com](mailto:susanoreganmindfulness@gmail.com).

## Update your wardrobe at Bandon Clothes Swap

An upcoming Bandon Clothes Swap, on February 8 in Bandon Town Hall, follows three very successful clothes swaps in the town last year. The event is organised by a small committee of five who are committed to making sustainable change – one clothes swap at a time.

The affordability of 'fast fashion' has a devastating impact on the environment but learning about its effects and looking at alternatives is a step towards making a positive change.

Clothes swaps are affordable community events where you can make new connections and friends to swap ideas with; try on new styles or discover creative ways to up-cycle your wardrobe. The plan is to hold swaps on a regular basis in Bandon so you can continually update your wardrobe while helping someone else to do the same. It's a win-win!

Following their most recent clothes swap in December, the committee was able to donate proceeds from a raffle and donation box to Cork Penny Dinners, warm winter clothing to the Street Café for the homeless, and any leftover clothing to local charity shops – the giving keeps on giving.

Find the Clothes Swap in Bandon Town Hall on Saturday, February 8 from 11-4pm. Bring clean wearable clothes (up to 10 items) and exchange them free of charge for something fabulously new to you. It's fun, free and good for you, for your wallet and for the planet. Pop in for a cuppa, you never know what bargains you may pick up.

For more information visit facebook: Bandon Clothes Swap

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**Debt Relief Notice (DRN)** – Debts of €35,000 or Less. For those who are on a low income and have unsecured debt, little or no assets, a debt write off of up to €35,000 may be availed of through MABS in the form of a Debt Relief Notice. This is a formal legally binding solution whereby unmanageable debt is completely written off after 3 years, subject to certain rules. Log on to [www.backontrack.ie](http://www.backontrack.ie) or [www.isi.gov.ie](http://www.isi.gov.ie)



## WEST CORK CAMPUS - OPEN DAY

TUESDAY, MARCH 10TH 2020 - 10AM TO 3PM  
QQI DAY COURSES COMMENCING SEPTEMBER 2020

### QQI Level 5

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TOUR OF CAMPUS

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Healthcare  
Horticulture  
Legal Administration  
Medical Administration  
Psychology & Social Studies  
Sport for All \*  
Sustainable Living & The Environment  
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MAKE A NEW START

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\* Optional Yoga Teaching Certification

<http://westcorkcampus.corkcollegeofcommerce.ie/>  
Online Applications can be made through the website

For more information & a copy of our prospectus, please contact us.  
Telephone: 028-21644 Coordinator: Máire O'Sullivan  
[westcorkcampus@ccoc.ie](mailto:westcorkcampus@ccoc.ie) or [maireosullivan@ccoc.ie](mailto:maireosullivan@ccoc.ie)

## Health & Lifestyle New Year New You Focus

# Solace Holistic Centre supports the healing journey

At the core of Solace Holistic Centre are client specific treatments tailored to support a person on their healing journey. The treatments at the Centre are aimed to support and provide comfort to the whole person and not just one part of the person.

Therapists Joyce O' Sullivan and Sarah Forristal have a wealth of experience and their treatments incorporate Massage, Reflexology, Cranial Massage and Nutritional Therapy with Combination packages to suit everyone's needs.

It is important to take into account how one part of us such as neck pain can affect another part of us, such as the inability to get a comfortable night's sleep, which in turn may lead to an increased sugar and carbohydrate intake, which can have adverse effects on the body, both physically and emotionally.

How do we establish a client's needs in Solace to make our treatments Client Specific? This is done through consultation, conversation and listening to what the person's body is feeling or has been feeling over recent weeks/months. There are many signs that it is time to seek out a therapist, and these signs shouldn't be avoided; and one of the main ones is pain, followed with tiredness and a

general feeling of discomfort in the physical and emotional body. If we avoid listening to what our body physically or emotionally is trying to tell us this will not only have a negative affect on our own self but can impact our surrounding life; such as our relationships both personally with family and professionally with work colleagues. But in all honestly the most negative effect of ignoring the signs is on your own self. We only have one body that we live in daily and if this is 'out of sorts', then how can it be comfortable to live within the body and really be living and enjoying life to our full capacity.

Solace is here to provide a safe, supportive space, we all have the ability to find more



*l-r: Joyce O'Sullivan and Sarah Forristal*

ease in our bodies and we are here to provide you with the time, treatments and knowledge to do this.

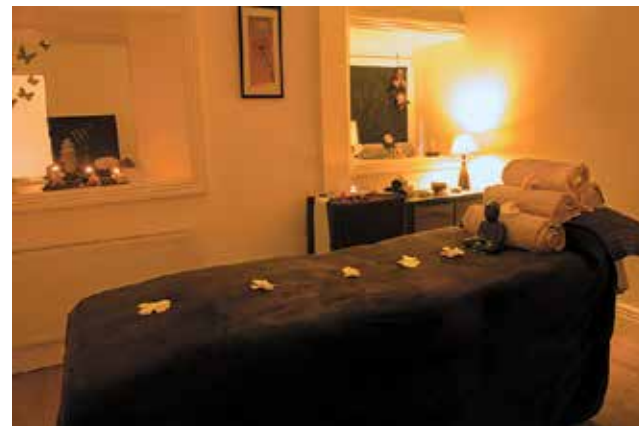
A combination of therapies insures that more than one aspect of your body's healing process is targeted. Through Massage we work at manipulating the physical muscular structure of the body and through Reflexology the image of the whole person is reflected on the foot, similar to acupuncture it works on enhancing the body's vital energy through stimulating points on the feet.

We have two new combination packages now available in Solace, the first is 'Nutrition and Reflexology Combo' now available with Sarah, this combination includes four sessions, and is specific to your needs, no two people are the same and so no two sessions are the same. This combination allows for more specific work to be done, for example around digestive issues and hormonal imbalances from the inside out. The second is 'Solace Cranial Massage Combo'; this incorporates face, head, upper shoulders and neck massage where

the client feels relief through the whole body by having key points in the face, head and shoulders worked on. The benefits include, calming of the central nervous system, releasing tension in the scalp and face, improved skin circulation, reduced neck tensions. For more details on either of these combinations, visit our website or contact us to identify what is the right treatment for you.

Life can place havoc on our central nervous system, which can have a negative affect on how we function in our daily lives. Taking a step to make a change in your life may feel like the biggest challenge ever but it's important to know that when your body is functioning to it's full healthy capacity there is no reason why the steps to change can't get easier. Trust that whatever you are going through you are strong enough to deal with. It may be uncomfortable but we are only presented in life what we are strong enough to cope with, learn from and grow.

For more information on our new packages and therapy sessions please visit our website



www.solaceholisticcentre.com  
or contact us on 0879510554

Warm wishes for the year ahead – Joyce and Sarah.

**January Special: Solace Cranial  
Massage & Reflexology • 70mins €60**



**Solace Holistic Centre**  
"Supporting Healing from Within"

[www.solaceholisticcentre.com](http://www.solaceholisticcentre.com)

10 Sand Quay Mill, Clarke St. Clonakilty

087 9510554 / 023 8859701 FB:@solaceholisticcentreclonakilty

**Treatments available** Massage, Reflexology, Nutrition,  
Solace Cranial Massage, Pregnancy Pre & Post Natal Support.

## Clonakilty goes up the hill for Jack and Jill

In December, Jack & Jill Liaison Nurse Eilín Ni Mhurchú was delighted to receive a cheque for almost €14,000 thanks to the hundreds of supporters who took to the streets of Clonakilty on Sunday, September 29 to raise funds for Jack & Jill Children's Foundation.

The Jack & Jill Children's Foundation aims to empower families of seriously ill children to care for their loved ones in their own home; while also giving parents and carers the gift of time, which is so precious when caring for a seriously ill child, 24 hours a day, seven days a week, 365 days a year. Currently the service helps 38 families throughout Cork and one such family is the Jennings family.

Anita Jennings Mum to Olivia, age four-and-a-half, (pictured) has been influential in the success of the #UpTheHill2019

event in Clonakilty. Her daughter Olivia has a rare condition called Early infantile epileptic encephalopathy-37.

Olivia is non-verbal, non-mobile, has epilepsy (seizures) and cannot sit on her own. She is fully dependent on others 24/7.

Talking about how Olivia's condition impacts on the family, Anita said "We can still get up and go but it takes a lot more planning, it all depends on how Olivia is that day. There are no more spontaneous holidays, no more big trips away but we had a lot of them when we could. There was a time recently when Olivia was fed every four hours nasogastrically, which meant no continuous sleep for David and myself, which was really really hard."

Speaking about Jack & Jill's services, "It isn't everyone that can come in and support us

when we need a bit of time out. There's a lot of technical bits with gastric feeding which have to be adhered to. So that's why it's so important to have Jack & Jill hours to help us go to family occasions like weddings and funerals, the local nurses allow us to get a bit of headspace and spend time together as a couple knowing that she is safe and in the hands of a trained nurse who knows her just as well as we do."

She continued. "I was so delighted to see so many neighbours, family and friends take part in the #UpTheHill2019 event in Clonakilty. Ray Kelleher of Trigon Hotels was a huge instigator in making this walk happen, so I would like to thank Ray and all the volunteers and participants for their support."



*Aoibhinn Kelleher; Mae O'Driscoll; Teresa Kelleher; Aisling Drummond; Eilín Ni Mhurchú; Ann O'Donovan; Anita & Olivia Jennings; Ciara O'Sullivan; Cynthia Daly; Rian & Ray Kelleher;*

## Health & Lifestyle New Year New You Focus

### Join the Guerilla Fitness community

Stuck for time to work-out? Suffer with a bad back? Afraid to start and unsure what to do? Too old?

little less ordinary everyday!

Call Guerilla Fitness now on 0857819312 to schedule an appointment so you can

see yourself how different Guerilla really is!

At Guerilla Fitness, you could find the answer to all your problems and long-term health, happiness and strength may be closer than you may think.

Guerilla Fitness runs hour-long semi-private classes, so all you need is one hour two to three times a week to see noticeable changes and, because the class sizes are kept very small, programs can be personalised to suit your age, ability and exercise history, so no matter your ability or background, the team at Guerilla is 100 per cent behind you.

And for those who are intimidated about joining a gym, which is understandable, as gyms can be intimidating places, keep in mind that Guerilla is a community, a club – it's not a typical gym. There are no monsters walking around in skinny vest tops grunting loudly, no mirrors, no ego's, just normal, ordinary people who are trying to be a



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## Meditation for men, mum's and other mental health initiatives

Gaelscoil Dhochtúir Uí Shúilleabháin, St Patrick's Boys' National School, Skibbereen Community School and 49 North St. have teamed up with Anne Crossey to introduce three new mental health initiatives to the community.

The first is to encourage men to begin meditation. A five-week pilot programme called 'Meditation for Men' will launch at St Patrick's National School, on Wednesday, January 29 and everyone is encouraged to get the men in their lives involved.

"Men's mental health is in crisis," says Anne Crossey. "We want men to come along, not only to experience the benefits of meditation for themselves, but also to send a very strong message to their

sons, nephews, and other young men in the community that there is no shame for men, in fact, men should take pride in looking after their own mental health. This is the message we want to pass on to the next generation."

As well as reducing stress and anxiety, meditation has been proven to aid relaxation, combating anger, depression and fatigue. More than that, it contributes towards a sense of clear-mindedness and general wellbeing. Men report feeling less stressed out after meditating, and that has an impact on their relationships as well.

The five-week course runs from Wednesday, January 29 until Wednesday, February 26 (7-8pm) will cost €50 pp. All men are welcome. To book contact Anne on 085 851 6172

or at [annecrossey@gmail.com](mailto:annecrossey@gmail.com), marking subject 'Booking for Meditation'.

Because mums' mental health matters too, and mums also get stressed out, a parallel 'Meditation for Mums' pilot scheme is being run at Gaelscoil Dhochtúir Uí Shúilleabháin, following the same format and booking structure. It will be on Tuesday evenings from January 28 for five weeks and all Mums are welcome! Booking as above.

Participants on both introductory courses will be introduced to simple techniques designed to relax the mind, ease stress and create a sense of wellbeing that can easily be factored into everyday life. It is designed so that you will feel the maximum benefits.

A third five-week pro-

gramme, the Monday Morning Meditation, is starting February 3 from 10.30- 11.30am at 49 North St. It is open to everyone and is donation-based rather than a set fee. We hope anyone who can't make the other sessions will come along on a Monday morning to set their week off to a great start. Again, those attending will be taught simple but effective ways to reduce stress and improve their mood.

Anne Crossey has practiced meditation for 30 years and is trained as a meditation teacher. She has studied in monasteries all over the world and was taught by Rimpoché Kirti Tsenshab, who also taught meditation to the Dalai Lama.

To book contact Anne on 085 851 6172 or at [annecrossey@gmail.com](mailto:annecrossey@gmail.com)

### New Community Mental Health Initiatives in Skibbereen

#### Meditation for Men

St Patrick's National School, Skibbereen  
5-week programme **Wed 29th Jan until Wed 26th Feb (7-8pm)** €50 pp. All men are welcome.

#### Meditation for Mums

Gaelscoil Dhochtúir Uí Shúilleabháin  
5-week programme **Tue 28th Jan until Tue 25th Feb (7-8pm)** €50 pp. All mums are welcome.

#### Monday Morning Meditation

49 North St, Skibbereen  
5-week programme **3rd Feb until 2nd March (10.30- 11.30am)**. Open to everyone – donation based fee.

To book any of the courses above contact Anne Crossey on **085 851 6172** or at [annecrossey@gmail.com](mailto:annecrossey@gmail.com) marking subject 'Booking for Meditation'

## Learn to speak with confidence

West Cork Toastmasters is holding an Open Day this Saturday, January 18 in the Celtic Ross Hotel in Ross-carbery at 11am. Joining Toastmasters is a great way to build confidence, learn new speaking and leadership skills, and meet likeminded people. Everything except religion and politics is talked about! Challenge yourself and contribute to a

one or two-minute 'topic'... or just observe. There are speakers and members of all levels, from beginners to accomplished speakers, so nobody feels left out or left behind. Join Toastmasters this Saturday or any Saturday at the 11am meetings, which always finish by 12.30 with a cuppa, biscuit and a chat afterwards. See West Cork Toastmasters on Facebook or @westcorktm on Twitter.

## Health & Lifestyle New Year New You Focus

# Chinese Medicine offers a robust approach to treating an extensive range of illnesses and conditions

Sherwood Healing Arts (SHA) is a natural medicine treatment centre in the heart of West Cork. Led by Freya Sherlock, Chinese Medicine consultant, SHA operates

both a clinic in Dunmanway town centre – with a growing team of professionals offering a range of treatment modalities, including Acupuncture, Chinese Herbal Medicine,

Tui Na for musculo-skeletal conditions and sports injuries, osteopathy and psychotherapy – and an additional 60 acre venue for retreats, training courses and venue hire.

Freya Sherlock holds both bachelor's and master's degrees in Chinese Medicine (CM) with a PG Dip in CM Gynaecology and Obstetrics and trains ongoingly internationally to continually develop clinical excellence in treating a wide range of conditions. Chinese Medicine offers a robust approach to treating an extensive range of illnesses and conditions and indeed, it is the treatment of choice for primary healthcare in many parts of the world. While its roots lie in a 2,500-year-old medical tradition, Chinese Medicine is increasingly proving its worth and capability in the arena of modern medical research as

an effective form of treatment, with numerous studies and trials, both on acupuncture and Chinese Herbal Medicine (CHM) evidencing its efficacy.

Chinese Medicine works with the body-mind continuum and is a profoundly holistic paradigm. Acupuncture is much more than the simple insertion of fine needles to specific and diagnostically pertinent acupoints; it involves a nuanced understanding of the energetics of the human body that underpin anatomy and physiology; something that quantum physics is validating and shedding increasing light on in this modern era.

Similarly, Chinese Herbal Medicine is a potent tradition that has withstood the test of time and continues to shine for its efficacy. Personalised bespoke prescriptions are formulated for each patient

and issued via a professional dispensary.

Freya offers general practice, treating all internal medical conditions. She also specialises in women's health, natural fertility treatment, IVF support, pre and post-natal care, and offers support for those undergoing chemotherapy.

While the clinic, located beside the AIB bank in Dunmanway, offers a convenient location in the heart of the West Cork region, Sherwood's retreat centre 10 mins from Dunmanway town offers a private and secluded venue. Surrounded by 60 acres of nature haven and gardens, Sherwood hosts a range of workshops from Hakomi Psychotherapy to Eco-psychology and Qigong and Yoga and offers a unique venue for workshop leaders. Sherwood

Institute is developing a range of professional training courses in Acupuncture and Chinese Herbal Medicine, both for beginners and CPD for qualified practitioners. Sherwood aims to provide both private consultations and personalised medical retreats.

In collaboration with Lotus Neigong International, Freya is delighted to offer a three-year foundational training in Neigong, commencing this February. This is a unique opportunity for anyone interested in discovering the extraordinary world of Neigong and Qigong.

For more information please contact Freya Sherlock on 086-1273148 or visit [www.sherwoodhealingarts.ie](http://www.sherwoodhealingarts.ie)



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## 2020 Forecast



### ASTROLOGY

Kate Arbon

Kate Arbon is an astrologer, writer and spiritual teacher. Living in West Cork for over 20 years she gives personal consultations locally and internationally using traditional natal and Horary astrology.  
email: [astro@katearbon.com](mailto:astro@katearbon.com)  
[www.katearbon.com](http://www.katearbon.com)

Many people were pleased to say goodbye to 2019 and, yes, it was a very hard year. 2020 is a turning point and you may already feel the winds of change blowing. There is good cause to have optimism and anticipate good things ahead. This year begins a new decade and is the cusp of a new era. The real change of direction comes next year in 2021 but we are preparing now so we are ready to make the big shift as it comes. There are several culmination points this year that indicate we are resetting and restructuring our global

society and personal perspective ready for a new direction in our collective evolution. The details and events that reflect this 'makeover' are happening on a worldwide, political and social level whilst also impacting us in our personal lives. The macrocosm and the microcosm. We are each part of this consciousness shift and all it takes to be an external influence is to work on the details within the structure of our own thoughts and habits.

The theme this year is all about letting go of our limitations and hindrances and about taking responsibility and stepping up to our true potential. 2020 will be a year for clearing out the remnants of the past. We need to have the ground prepared and have made the choices about what we truly value and which dreams we will follow. The planets are telling us a story, or giving us a message about what happens next. It's not guaranteed that this will be a year of ease and pleasure, there is hard work to be done and a serious and diligent approach is required. Last year's pain or struggle persists only when we hold on to the familiar just for security and comfort or adhere to rigid doctrines for want of an open mind. The way forward is to adopt a willingness to grow and accept new ideas or possibilities. Humanity is about to 'grow up' and this can be a very exciting time to be



alive. 'Growing pains' are to be expected.

The strong focus on Capricorn, the sign that is very in tune with reality and the responsibilities that come with adult life, indicates that a mature attitude is required. Pluto has been in Capricorn since 2008 and a lot of the systems and established order in the world has undergone significant restructuring during these years. Saturn, the planet of constraint and limitation, joined Pluto in Capricorn two years ago. This combined energy has been increasingly putting pressure on us to get rid of what has broken or is holding us back. The recent reality check has given us the push to take back the control and learn how to make life into something sustainable, to take responsibility and become the director of our own lives.

Astrologically this year's trend started back in December with the New Moon and solar eclipse on December 26, which marked the beginning of the Lunar phase that brought us into January. The culmination of that lunar cycle is the

Full Moon and Lunar eclipse of January 10. It brings things to a head. This eclipse is a time of closure and endings and also new doors opening. It may not be apparent at once, but ideas and potentials are spawned and these seeds will germinate and flourish over the coming months. The few days following this eclipse are very potent with an intense combination of planet activity setting the tone for this year.

Uranus moves out of its retrograde phase on January 11 to finally make some progress into Taurus where it will stay until 2026. We may get the shake up and radical reforms that Uranus insists on, and it may not be what we expect. Uranus can bring a previously unknown option to the table. In Taurus we are focused on the things that sustain us in the physical world, food, shelter, fuel and money are all important here. Taurus is about what we put a material value on and Uranus makes this radically change. Some people are considering a cashless society with synthetic food substitutes and robot workers.

With the Uranian wild card influence we could also see a revolution that takes us away from those 21st century sci-fi type predictions and brings us closer to a harmonious balance with the natural world and our resources, which is something Taurus also works hard to achieve. Ultimately the theme here is about what we consider to be of value to us as a physical human being.

The big story this year is the Saturn Pluto conjunction in Capricorn on January 12 and, as it follows on from the previous two big events, it has even greater impact. It may have passed in a day but it has a far-reaching consequence. The combined essential qualities of these heavyweight planets are enough to shake the foundations and rock the world. This may take a literal form of earth movements and weather events. In global systems it may undermine questionable practices or reveal something that can't be hidden once seen. On a personal level it becomes clear that things were not what they seemed. In some cases a situation, person or posses-

sion needs to be left behind or released. The issues raised provoke questions about the use of personal power, free will and the limitations we have accepted or denied.

The shifts in the power balance begin to show as we progress through the year. Saturn moves into Aquarius in late March for a short time before it returns to Capricorn to finish up the business there, before moving on again where it is joined in Aquarius by Jupiter for the 'great conjunction' on December 21. This marks the start of a new era and a culmination of the Saturn/Pluto in Capricorn phase. This shift into Aquarius puts the focus on the bigger picture and a collective responsibility. It takes us into a future orientated state of mind that wants to construct a system that includes the good of all, not just the few.

Jupiter and Saturn combine about every 20 years and they mark social patterns and changing trends, as each generation moves over for the next. The 2020 event is especially significant. It's the first in the air sign Aquarius since 1405. For the last 178 years the great conjunction has been in earth signs, which has given us a social reliance on material resources and tangible ownership. This shift marks the beginning of an era where the exchange and implications of new ideas, beliefs and social

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reforms become prominent.

There are other significant planet movements through this year although major aspects are less frequent. The big planet Jupiter is taking the spotlight as the main act after the Saturn Pluto duo move off stage. Jupiter brings new horizons and a broader view. It expands and develops what it connects with and takes us to a better place. Jupiter represents the impulse to have a new and improved version of ourselves, or our life. For the whole year, until December 20, it will journey through Capricorn and although it's not about fun or pleasure in this sign, Jupiter here helps us to find meaning in the mundane. We can get things done and make real progress in practical ways.

A Jupiter and Neptune connection brings support to our dreams or spiritual aspirations and this happens throughout the year with three exact 'hits' in February, July and October. So even in the midst of the realism and practical tasks of 2020 there is this uplifting energy that connects us to a 'higher' viewpoint offering a sense of compassion and unconditional love as a real option.

Jupiter also connects three times with Pluto, in April, June and November, spreading this influence throughout the year. Jupiter seeks to understand or increase its scope, and Pluto's message is about our hidden depths and what we have denied, misused or failed to release. Pluto purges the debris of old ways and insists that we

move beyond the small version of ourselves. The greatest expression of these combined planets would be to discard of our "shadow" or "false" self so we can step into our true power as spiritual beings. The lesser expression is a grab for personal power by attempting to take control of other people, situations, resources or even society as a whole. We are likely to see examples of both scenarios during this year. It's a personal choice as to which we adopt for ourselves. Pluto has a compelling movement towards the greater good of all, which means that holding power over others eventually destroys the one who tried to take that power for personal gain, as described in all the best stories!

Mars is another player in

the 2020 clean up. It starts the year in the sign of Scorpio and travels rapidly through the next four signs; then in early July it enters Aries, its sign of rulership. Now moving much more slowly it finally stops and turns retrograde in early September. A Mars retrograde is a rare event happening only once every two years. It will be early January 2021 before it moves into the next sign Taurus. This is an exceptionally long time for Mars to be in one sign. Mars makes several aspects to the Sun during this retrograde phase and comes closer to the earth than usual. We can see this as representing a battle of wills or a conflict of interests between an individual and their outer circumstances.

During this retrograde, Mars also makes a challenging

square aspect to all three of the big players in the 2020 story, Jupiter, Saturn and Pluto and so this brings the bigger picture issues into the personal realm. There can be a heightened focus on confronting either the self and inner issues or confronting others and perceived threats. As with any retrograde it brings about unusual circumstances, so we have to go about the usual business of this planet in a different way. We cannot continue to operate as normal. This forces us to make changes in our daily habits or expectations and we may not be comfortable with this. We could find that it's harder to assert our will or that we are required to direct our desire in a new direction. We may have to find an alternative route to get to our goal.

The main advice is to choose your battles wisely, concede to those with a higher moral ground and don't engage in below the belt fighting. Use the retrograde for your own benefit to go back over details and address any flaws in your argument or strategy. Look for a win-win situation so there are no losers this time. And above all take the time to consider if what you thought was worth your efforts is still really true for you before you press ahead again in the new year. In our current time of such fundamental change and rapid social adjustment personal goals and values may need to be upgraded to fit with the new epoch we are entering.

For more about the year ahead please visit my website at [www.katearbon.com](http://www.katearbon.com).

## January Sun Signs



**Aries:** Get involved in charity events or social action groups that interest you and you will make headway in many different areas of your life through the people you meet and the information you discover. You may be asked to take responsibility, or even a leadership role, or to contribute and participate more fully than you have in the past. You will enjoy being part of a team or group effort now. Being part of a community or circle of friends and building your social network is important to you after this New Moon phase.



**Taurus:** Over the New Moon don't mix business with pleasure if you want to avoid trouble. Not everyone will be supportive over the next few weeks so you may want to choose your friends carefully and keep your personal thoughts and opinions to yourself. With your career and reputation close to your heart at this time, you can make significant gains regarding your ambitions. Recognition for your efforts and receiving credit for your accomplishments are likely now, but only if you've 'done your homework'. This is an excellent time to ask for a promotion, or to attract the interest of those in positions of higher authority.



**Gemini:** This is a time to lift yourself out of your usual mundane concerns in order to get a larger perspective on your life. Although it may all seem overwhelming for a while remember that as long as you keep plugging away you will make gains. You really can get things up and running if you try. A chance to do things a little differently will make your world a better place. Don't slow down because someone can't keep up with you. You have to maintain the momentum. A teacher or mentor who appears this New Moon may be particularly important to you later.



**Cancer:** Don't push your luck now. Joint financial affairs and investments are likely to be an issue at this time, and it is a good time to clarify each person's expectations and to take care of any legal business, insurance, wills, and so on. On a personal level, there is a desire to intensify the level of intimacy and honesty in your closest relationships and to clear away anything in yourself, which is impeding that deeper union you seek. Any temptation to make abrupt decisions and changes could lead to additional problems that you can do without. Stick to what's clear and avoid taking on other peoples responsibilities.



**Leo:** Partnerships, marriage, and one-to-one relationships take your attention now and you are called upon to cooperate and perhaps to relinquish some of your own personal interests for the sake of harmony and mutual benefit. You may end up questioning yourself, as well as the motives of the people around you. Get to the bottom of things before it's too late. Once you have all the facts you will be in a much better position to make a decision. Don't let anyone pull you in a direction you don't want to go and do what's best for you but the emphasis is on 'we' rather than 'me'.



**Virgo:** Doing your best work and taking pride in it are a focus for you now. You should be able to make some worthwhile career moves or at least secure your current position so that you don't have to worry about your financial future. This is a good time to examine

how you use your time and energy, with an eye to improving your efficiency and productivity. Watch out for health matters as you are concerned with your body now, and you may be inspired to begin a self-improvement program, create better habits, or begin a new diet or fitness plan.



**Libra:** You are energised and inspired creatively and emotionally coming up to this New Moon time and you want to bring forth all that's deep within you. You express yourself more freely, playfully, and spontaneously and are more willing to take chances.

You will have Lady Luck in your corner so be sure to look for good deals. Social activities, travel and attending different cultural events will all lead to meeting people who can help further your goals. The dramatic and performing arts, sports and games, or other forms of self-expression and entertainment, appeal strongly to you now. You can accomplish much if you set your mind to it.



**Scorpio:** From the beginning of this month you will have been enjoying the success that you worked hard to achieve. Don't be too quick to put your energy into new projects as you approach the New Moon, wait until the end of the month. All kinds of creative work are favoured and you might find yourself more closely involved with children at this time. Don't be surprised if there is some conflict between your personal enjoyment and what others think you should be doing for kicks. Those things that need to be discussed and settled with the family can be dealt with in the next few weeks.



**Sagittarius:** Take a trip back into your past and you will find the answers you are looking for. Now it's time to make changes instead of doing a repeat performance. Taking time to talk with neighbours and folks you cross paths with daily may result in more positive and smoother-running relationships generally. You'll want to fritter away your time on fun and social events over the New Moon, but this may not be at all bad, things have been serious enough for you to want to take a break now. This is a good time to participate in or contribute to any community events in your area

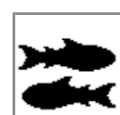


**Capricorn:** Money, possessions, financial security, and practical matters are a focus for you now. You can make some very interesting professional or financial moves this month. Be ready to put your money on the table in order to get ahead. If you have tended to be generous or extravagant with your resources, you may begin to see the light at the end of the tunnel. At the least, it should become clear to you what your next steps should be regarding your finances. Your astute vision will enable you to correctly assess the right

investment, job or any other money matter that arise after the New Moon phase.



**Aquarius:** During this time you can make an impression on others by making a strong statement to the world about who you are. People recognise you and are likely to follow your lead, or at the least they stay out of your way. You are likely to feel more confident and vital now. However, you may be so preoccupied with yourself and your own desires that you unintentionally ignore other people and their needs. Include the ones you love in your plans and things will get progressively better. You should be able to strengthen the bond with someone who has been an influence in your life.



**Pisces:** You'll be torn between what you want to do and what you have to do. Retreating from the world for a while and spending some quiet time alone to relax and rejuvenate appeals strongly to you now. You may feel like you are at low ebb and as if nothing is happening or you may simply not want to be 'where the action is'. Don't overreact, overdo or over-indulge to compensate for things not going according to your plans. Sometimes it's best to do what you must, get it out of the way now. You'll get your turn to please yourself. Competitive ambitions and ego drives are on hold now.

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## Health & Lifestyle New Year New You Focus



### EARTHSOULYOGA

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[www.earthsoulyoga.com](http://www.earthsoulyoga.com)

## A safe sanctuary at Earthsoulyoga

Welcome to Earthsoulyoga, a safe sanctuary where people can experience the healing practice and ancient wisdom of yoga, movement medicine, and holistic therapy's for body, mind and spirit.

Trish facilitates the Centre and she offers ongoing Gentle Somatic Yoga, Foundations in Yoga, and a stronger more dynamic class in Deepening Your Yoga. Trish also offers courses in iRest Meditation and Teen Classes. The bedrock of all her classes rests in

kindness and attentive care: Awakening your self-kindness and facilitating your journey inwards. Learn ways to access a deeper layer of inner peace that always resides within you. Within your practice, unravel the ties that hold you back from feeling fully alive, and from living fully.

Other teachers offer Mother and Child Yoga, Mindfulness Courses, Enhancing Spirit Yoga, Gentle Yoga, Vinyasa Flow Yoga and Movement Explorations.

Earthsoulyoga also hosts a

therapy room, offering Psychotherapy, Reiki, Access Bars, Acupuncture, Relationship and Parenting Mentoring, and one-to-one sessions in Yoga, Somatics and iRest.

The spaces are available to rent for therapy's, workshops and classes. If you would like more information please contact Trish at 085-7617258.

Trish is also co-hosting a Spring Yoga Retreat with Kelly Marie Mills in Barnabrow House, East Cork in February. This is a sweet step into Spring, offering you time

and space to nourish you with inspiring, simple and yet powerful practices that you can bring into your daily living for health, balance and ease.

For more information on classes, workshops, teachers, therapists and the Spring Retreat please see [www.earthsoulyoga.com](http://www.earthsoulyoga.com). To receive updates on the happenings in Earthsoulyoga please sign up to the newsletter. Earthsoulyoga is situated in the centre of Bandon, on Factory Lane.



### TRACY MCCARTHY

**Holistic & Physical Therapist**  
Kinsale & Clonakilty 087 577013

Treatments and appointments  
available at [www.headtoothetherapies.ie](http://www.headtoothetherapies.ie)

Facebook: @tracymccarthyheadtoothetherapies  
Email: [headtoothetherapies@gmail.com](mailto:headtoothetherapies@gmail.com)

## A busy calendar for Head to Toe Therapies

Working in both Clonakilty and Kinsale, Tracy McCarthy of Head to Toe Therapies (VHI, Irish Life, Laya), has enjoyed a busy year in 2019 with the launching of her new web site [www.headtoothetherapies.ie](http://www.headtoothetherapies.ie).

The website is where appointments, vouchers and treatment listings can easily be browsed through and then booked. However Tracy is quick to point out that she is always available at the end of the phone (087 0577013).

The core of Tracy's work is massage and it is through combining her expertise as a massage therapist and neuromuscular therapist that clients get the full benefits from their sessions, as each session is always tailored to individual client needs.

Other treatments available are reflexology, holistic facials, pregnancy massage, ear candling, oncology, and lymphatic drainage massage, to name a few. Full treatments are available on the website with combination treatments (discount on all combination sessions until the end of January).

Tracy is also a member of Baby Massage Ireland and her next five-week course will be starting in Kinsale on Monday, February 24. In these classes, you'll learn the benefits of massage for your baby and the family. There will be additional information given by Louise Buckley of Loula Natural covering topics such as nutrition for postpartum, remedies for colic/teething and remedies for sleep deprivation. For all enquires please contact Tracy on 087 0577013.

Tracy's next event with Louise Buckley is being held on March 8, 2020, also International Women's Day, which is widely celebrated around the world. On this day, a festival in Kinsale will showcase local woman in business and also offer talks and workshops on health and wellbeing for women and created by woman.

For more information about the event go to [www.healthandwellbeing.com](http://www.healthandwellbeing.com) or facebook: [internationalwomandayfestivalkinsale/](https://www.facebook.com/internationalwomandayfestivalkinsale/) or contact Tracy on 087 0577013.

## KNOW YOUR RIGHTS

### Drink driving

#### What are the legal alcohol limits for driving?

It is an offence to drive in a public place if you are too intoxicated to have proper control of your vehicle. An intoxicant can be either alcohol or drugs, or both.

It is also an offence to drive in a public place if the level of alcohol in your blood, breath or urine is above the prescribed alcohol limit. There are different alcohol limits for experienced drivers and new drivers. New drivers are drivers with learner permits or drivers who have held a driving licence for two years or less, or people without a valid licence or permit.

The legal limits for fully-licensed drivers are: 50 milligrammes of alcohol per 100 millilitres of blood; 67 milligrammes of alcohol per 100 millilitres of urine; 22 microgrammes of alcohol per 100 millilitres of breath

The legal limits for professional, learner and novice drivers are: 20 milligrammes of alcohol per 100 millilitres of blood; 27 milligrammes of alcohol per 100 millilitres of urine; 9 microgrammes of alcohol per 100

millilitres of breath

Gardaí can set up a roadblock to conduct random alcohol and drug testing. It is unlawful to refuse to be breathalysed, and you can be fined up to €5000, or be imprisoned for up to six months, or both. Penalties for drink driving vary depending on the amount of alcohol that has been detected in your system. The court will also take into account whether this is your first offence or otherwise.

All drink driving offences result in disqualification from driving for at least three months.

Further information is available from the Citizens Information Centre below.

### Gift vouchers

#### I usually get a gift voucher at Christmas. What are the new gift voucher rules that came in recently?

Gift vouchers are any voucher, coupon or other document (including an electronic document) that can be used instead of money to pay (or pay in part) for goods and services.

Since December 2, 2019, the Consumer Protection (Gift Vouchers) Act 2019 sets out

the following new rules for gift vouchers:

- Gift vouchers must have no expiry date or be valid for at least five years.

- Traders cannot specify that a gift voucher is spent in one transaction.

- Traders cannot charge a fee to change the name on a gift voucher, (if you have to register a name on the voucher).

- If the balance remaining on a gift voucher is more than €1 after you buy something with it, a trader must reimburse the balance to you. They can give you cash, make an electronic transfer or give you another gift voucher.

These new rules do not apply to:

- Vouchers that you can only use to buy specified goods and services at a discounted price, from a specified trader on a specified date, or for a specified period of three months or less. For example, vouchers from deal websites such as Groupon or Pigsback.

- Vouchers issued as part of a customer loyalty or promotion scheme.

- Vouchers issued as a refund for goods you returned to a trader.

- Vouchers and gift cards sold before December 2, 2019. The expiry period and the terms and conditions that applied at the time of purchase apply to these vouchers.

The new rules do not apply to electronic money gift cards (for example, One4all gift cards) which are already covered under the European Communities (Electronic Money) Regulations 2011.

Further information is available from the Citizens Information Centre below.

*Know Your Rights has been compiled by Citizens Information West Cork, which provides a free and confidential service to the public.*

*Bantry Address: Wolfe Tone Square, Bantry. Weekly outreach in Clonakilty, Bandon, and Dunmanway. Castletownbere 2nd and 4th Thursday of each month.*

*Macroom Address: South Square, Macroom Co. Cork*

*Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.*

*West Cork Helpline: 0761078390.*

## The five freedoms

RAWR is dedicated to improving animal welfare and aims to increase human responsibility. To achieve this they provide guidelines that empower you with animal welfare information.

The Five Freedoms are a set of rights or 'freedoms' that ALL animal owners should follow. These rights apply to your pets but also any other animals such as farm animals. Adhering to these simple steps gives animals the best possible welfare standards and is an easy way to make sure you are

providing them with everything they need to stay happy and healthy.



So what exactly are the Five Freedoms?

1. Freedom from hunger and thirst. Animal should have access to suitable food and water to maintain full health and vitality.
2. Freedom from discomfort.

Animals should be kept in a suitable environment and have a comfortable resting area.

3. Freedom from pain, injury and disease. Proactive measures such as regular veterinary check-ups should be taken to maintain animal health. Sick or injured animals should receive prompt attention and treatment.
4. Freedom to express normal behaviour. Living conditions such as housing should provide adequate space for normal behaviour (exercise, lying down, grooming etc)

and provide the company of suitable companion animals

5. Freedom from fear and distress. Your animal(s) should be treated with kindness and respect. They should never be subjected to anything that causes them undue stress or anxiety.

So as we begin a new decade it is the perfect opportunity to take the five freedoms pledge with your family and make a promise to play your part in improving animal welfare.

## Health & Lifestyle New Year New You Focus

# Escape in the Elemis Spa at Kinsale Hotel

**E**lemis Spa at Kinsale Hotel and Spa is the ultimate experience where you can escape from reality and take some time out. The Elemis Spa has recently launched its new brochure with an array of treatments to choose from. With a range of facilities, luxury products, treatments and spa days, it's the perfect way to unwind.

All ELEMIS treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. With this in mind, every spa therapy is shaped and moulded around the client. Personalised for a results-driven, personalised experience. The Elemis Spa at the hotel also has an amazing selection of beauty and holistic

treatments to suit both male and female clients. Elemis Professional Spa therapies are world-renowned for their powerful massage sequences combined with the most dynamic actives available in the world today. Kinsale Hotel and Spa team of professional spa therapists are fully trained in the Elemis product, massage and beauty therapy.

Relax the body and mind, and revive the soul at Kinsale Hotel's Elemis Spa, one of the best spas in Cork. The prime location offers the ultimate experience in one of finest Spa hotels in Cork and offers wonderful spa deals for perfect day of relaxation. The Elemis Spa offers a sanctuary away from the hustle and bustle of everyday life. As you enter the Elemis Spa at Kinsale

Hotel and Spa, feel your senses soothed by the heat that cocoons you and the fragrant aroma of the luxurious Elemis Spa Products.

Treat yourself and indulge in a treatment performed by the Elemis trained Spa therapists. Why not try the hotel's great one night spa offer from €199; it is perfect for a midweek or weekend spa break in Cork and those seeking a romantic getaway. On site there are ten individually-designed treatment rooms, each featuring a chandelier and rustic bamboo furnishings, and have been carefully fashioned to enhance your experience.

Unwind in the relaxation lounge, with a magazine, by the indoor heated pool or avail of the hydrotherapy jets in the pool area. Complete your

Elemis Spa experience in the bubbling jets of the jacuzzi, overlooking views of Oysterhaven Bay or in the revitalising steam room or why not opt for the detoxifying sauna.

On the hotel grounds itself is 90 acres of mature parkland overlooking Oysterhaven bay to explore and relax before or after your treatment. Kinsale Hotel and Spa Cork offers a wide range of treatments for both men and women to indulge in. For details on spa treatments or if you would like to book a spa hotel break in Cork please check out the hotel's range of Exclusive Spa Packages for the ultimate spa deals, call today on 021-4706625 or go to [www.kinsalehotelandspa.ie/spa.html](http://www.kinsalehotelandspa.ie/spa.html) for more details.



### IMAGE

Louise O'Dwyer  
Image Consultant

## January – like a Monday but longer

January feels like a very very long Monday!

There has to be something out there that can save this dreaded month and make it 'get-through-able' and it is WINTER SALES and lots of shopping! Brands need to rotate current lines and make room for the hugely anticipated spring styles, so there are many great deals in every shop that you go into. The clever shopper will have her research done; she knows to leave fashion on the hanger and to look for style. She wants investment pieces that will last more than one season. One of the best things about winter sales is that you can buy things that you actually need and can wear right away and for a few months after. A shapely down jacket will keep you warm, protect you from the rain and, what a bonus when you end up paying a fraction of the original cost!

Over-sized sweaters won't be going anywhere any time soon, so it's well worth snapping up one or two. I found a gorgeous zebra print one with a sweet V in the back; it's ready for my next night out with a pair of skinny black jeans. Don't be afraid to go fuzzy — fuzzy sweaters are glorious. Make sure to balance your look with sleek jeans, wearing a big jumper with loose trousers is more boho and student-like.

The Western trend has hit big and big it will stay for the foreseeable future. Cowboy boots of old were generally uncomfortable and always seemed to

cut a woman's leg in the wrong place. Designers have made sure to nip and tuck and soften in all the right places, making sure that whichever pair of cowboy boots that you buy will last on your feet from early morning to very late at night. The variety of shades available is fantastic; there are probably 20 shades between dark brown and light tan that will leave even the pickiest shopper smiling. You can wear them with anything; they 'funk up' a tired old dress, add wow to a simple skirt and top and give jeans a fun party girl look.

The prairie dresses of last summer will be around again this year, so if you shy away from the tough cowgirl look then flaunt your femininity in a sweet prairie dress. Keep a lookout for one that you can wear now and right through to the summer. You can opt for the flowy option; ruffled, tiered or high-neckline, whichever tickles your fancy. They look so sweet with a denim jacket and cowboy boots.

Plaid skirts and thin knit sweater combos are simply divine. Rather than opting for a black top, choose a vibrant colour. If you haven't worn a polo neck yet this winter then now is the time; wear it with a plaid A-line skirt and finish the look with statement earrings and those cowboy boots. Effortlessly cool, this look has been around before but seems all the sweeter this time around.

There is always a little black dress (LBD) in the sales that

will grace every curve on your body — you just have to do a lot of looking and a lot of trying on to find the perfect one. Big sleeves will be around for a while, so don't be afraid to choose something very different from what you would normally wear. Never ever allow anyone to tell you that you have too many dresses in your wardrobe.

This is the time of the year that most of you might not think to look for sunglasses but if you are a 'label queen' then you will get some fantastic designer sunglasses in the sales.

The 2020 Golden Globes red carpet was all a glow. While most divas seemed to opt for either stunning statement earrings or a sparkling neckpiece, the colour trend was either blue or green, with Taylor Swift opting for a glorious pair of sapphire and emerald statement earrings. Perhaps your arm might be easily twisted if you see any sale signs over costume jewellery in those colours now. Like a LBD, elegant sparkle is exactly what every woman needs or should already have.

Isn't it amazing how easy it is to get lost in style? I do,

all the time. There is nothing better than seeing how a slightly different shape or a different length or colour can make a woman feel beautiful. I wish more women could see just how beautiful they are, with make-up or without, hair perfectly groomed or thrown up in a sloppy bun, in a little black dress or jeans and a top. It never matters whether you are wearing a Dior top or a Penney's top, it's how you hold yourself in it.

'And in her smile I see something more beautiful than the stars'

## Out & About: Hardy Dunmanway ladies



Braving the elements at Inchydoney Beach for the Dunmanway Christmas Day Swim in aid of the Dunmanway Day Unit for Cancer Care at Cork University Hospital were L-R : Aileen O Donovan, Lorraine Healy, Gillian Crowley, Catherine O Farrell, Gemma Shorten and Debbie Corcoran. Now in its 21st year, the Dunmaway Swim has raised almost €300,000 to date.

## people Arts & Entertainment

### Three Oscar submissions on the programme at Clon Film Club

Clonakilty Film Club opened its new Spring Season on January 14 with 'The Farewell', a humorous and moving story of inter-generational family dynamics that won the Audience Favourite award at last year's Sundance Festival.

The rest of the season is full of film festival award winners and contains three submissions to the 92nd Academy Awards for Best International Feature Film – from South Korea (Parasite), Poland (Corpus Christi) and Columbia (Monos).

Next up on Tuesday January 28 Le Brio from Director Yvan Attal. Neila is a first year law



student of Algerian descent, who hails from one of the sprawling suburbs of Paris. On her first day at the renowned Assas University she clashes with Pierre Mazard, a controversial law professor. Their public altercation goes viral

when Pierre uses language tainted with racist slurs. He is pulled before the School President and given one chance to redeem himself - he must mentor Neila for an upcoming prestigious debating contest.

The two initially struggle



to be in the same room, but slowly they begin to find common ground and warm to one another. Meanwhile Neila is faced with an identity crisis, as her newfound eloquence alienates her from old friends back home.

The new season of film then continues every second Tuesday. With its mix of genres, languages and themes the committee has once again strived to pick some of the best films shown at festivals around the globe.

The remit of Clonakilty Film Club, which screens at The Park Cinema, is to provide local people with an opportunity to see films, which have received critical acclaim but not been released nationwide. Membership costs €80 for the full year and visitors are €10 per film; visitors don't need to come with a member, all are welcome.

#### Other films this season:

January 28 – Le Brio (France)  
February 11 – The Peanut Butter Falcon (USA)  
February 25 – Corpus Christi (Poland)  
March 10 – Monos (Columbia)  
March 24 – Parasite (South Korea)

\*At the time of going to print it was announced that 'Parasite' has made history as the first South Korean film to be nominated for Best Picture at the Academy Awards!

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**Bad Boys for Life**  
**The Gentlemen**  
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**MOVIES THIS MONTH**

**Sensory Friendly Screening**  
1<sup>st</sup> Saturday of Every Month at 11.15am



#### FILM RYAN'S REVIEWS

Ryan Edwards

#### The Gentlemen

18 113 mins

Director: Guy Ritchie

Starring: Matthew McConaughey, Charlie Hunnam, Colin Farrell

Plot: A British drug lord tries to sell off his highly profitable empire to a dynasty of Oklahoma billionaires.

Review: Guy Ritchie is back and with a British gangster movie – who would have thought it? Yes it is another gangster film from this director but he does them so well, so who cares.

"There's only one rule in the jungle: when the lion's hungry, he eats!" Up front and centre is Matthew McConaughey, as the king of the green drug, lord Mickey Pearson. It's not his most stand-out perfor-

\*\*\*\*\* 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"



mance, however I do think his roles are considerably more watchable when he plays the calculating but cruel hard man. His right hand man Ray is played by Charlie Hunnam who you may remember playing King Arthur in Ritchie's medieval romp King Arthur. Now, although he looks the part of a British gentleman and moves like one, he certainly doesn't sound like one! Instead he seems to have this weird British American hybrid accent that just feels a little jarring in this role. But I guess nobody is

watching Charlie Hunnam for his voice!

Without a doubt for me the two best performances of this film belong to Hugh Grant and Colin Farrell, as Fletcher and Coach respectively. Hugh Grant's creepy but sassy and weasel-like Fletcher is by far my favourite ever of his roles. You can see how much fun he has with acting the role, which he makes look easy, no simple feat for a character as complex as his; it shows master class acting. Farrell's coach starts off in a way that only Farrell could pull off and throughout the film he gives us hints of what we haven't seen since In Bruege – that cocky but totally unassuming charisma.

The soundtrack for me added nothing to the film unlike Ritchie's previous films; the pace and style just felt disjointed from what you saw on the screen. Like most of Ritchie's works there are very small amounts of CGI work, if any. Instead there is clever use

of photography and practical effects to get the same result, a commendable trait with CGI being used so readily nowadays.

If you like Ritchie's catalogue of gangster films, I have no doubt you will enjoy this film, even with it's setting being more about the upper echelons of that world rather than the grunts on the ground. Thanks to a relatively good storyline and some fantastic actors, the film is well worth seeing if, for nothing else, but to laugh at Hunnam's British accent and Grant's amazing performance! \*\*\* 3 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 February:

**Birds of Prey:** After splitting with the Joker, Harley Quinn joins superheroes Black Canary, Huntress and Renee Montoya to save a young girl from an evil crime lord.

**Dolittle:** A physician discovers that he can talk to animals.

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Contestants with John O'Brien (Laide & O'Brien Main Sponsor)

### 24 local contestants, 10 live trials, one big night of entertainment in Bantry

Our Lady of Mercy NS Parents' Association is proud to present its first big fundraiser in Bantry – I'm A Celeb! Bantry. West Cork's first King, or Queen, of the Jungle will be crowned on Saturday, February 8 in the Westlodge Hotel on a night that promises fun and laughter for all involved.

The goal of the event is to

raise enough funds to install fixed, low ropes, adventure playground equipment in the school. From playtime to enhancing the PE curriculum and wellbeing units of work, this equipment will benefit the children for many years to come.

The Parent's Association would like to thank its main sponsor Laide & O'Brien

Ltd for supporting this great event and Zenith Energy for sponsoring the launch night, as well as all of the businesses and contestants who have come on board.

See Facebook (Parent's Association OLM Bantry) for updates on contestants and ticket information.

## people Arts &amp; Entertainment

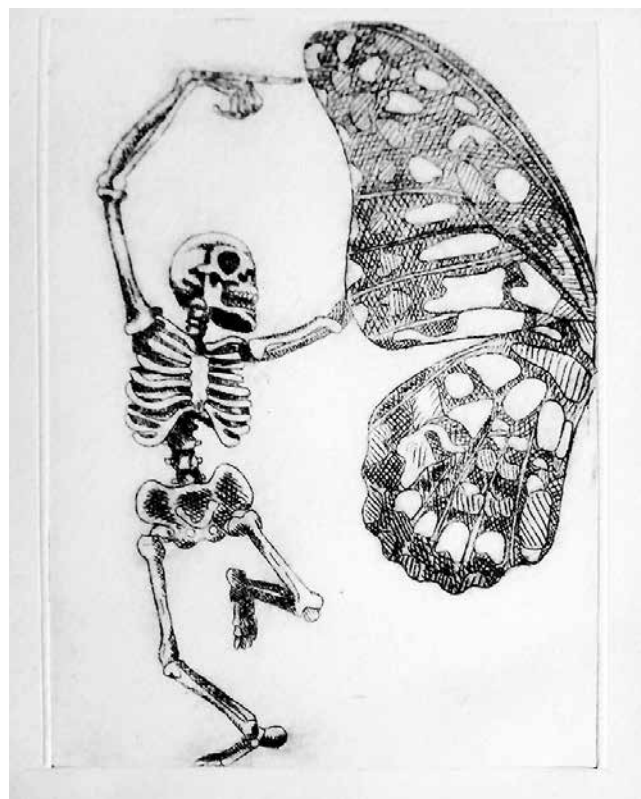
## Fledgling: CCAC Student Show 2020

CCAC's first exhibition of the year is a student show, drawing on work from Clonakilty School of Painting, as well as classes by Pauline Walsh and Lesley Cox. As the exhibition title suggests, many of the exhibitors have never shown work before, whilst others are showing work in a medium they haven't tried before. It is a rare exhibition, in that it transcends age; the youngest participants being under 10 and the oldest, retirees, with every age in between. This is a testament to a healthy and inclusive range of classes being offered by artists at the Clonakilty Community Art Centre.

Pauline Walsh, well known for her textured tree-scapes, teaches acrylic and oil painting on a Thursday night. Her students' work reflects her love of texture and abstraction, arresting the gaze with bold colours and strong expression. The work shows an interest in nature, portraiture and abstract expressionism.

Lesley Cox teaches the fundamentals of drawing on Wednesday evenings 6-7.30pm. Her students' work reflects a realistic graphic development as well as exploration of media and style. Studies in perspective and portraiture are prevalent in the display.

Clonakilty School of Painting, run by James Waller, presents a selection of student paintings and prints, including linocuts, drypoint etchings, monoprints and oil paintings. The prints come from the Junior



Drypoint etching by Joya Hatchett

and Senior Cycle Program, Homeschool Program and Adult Printmaking Program. The bold and colourful work reflects the programs' emphasis on experimentation, imagination, process and observation. The oil paintings are drawn from the school's Wednesday and Friday classes and present a mixture of master copies (studies of 'old master' paintings), landscape, still life, portrait and animal studies. They reflect the program's focus on observation, composition and realistic

development.

'Fledgling' is running at the Clonakilty Community Art Centre from January 11-31, Tuesday to Saturday, 11am-5pm. For student enquiries contact: lesleycox0@gmail.com (Lesley), pbyrne503@gmail.com (Pauline), starfugue@gmail.com (James). Online: paintingschool.jameswaller.org | paulinewalshart.com | lesleycoxart.com

for a full listing of classes being run at the art centre please visit clonarts.com

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## West Cork Showcase Concert in Skibbereen

The Cork ETB School of Music will put on a West Cork Showcase Concert in St Fachtna's Cathedral, Rosscarbery on Monday, February 10, starting at 7.30pm. Taking part will be students who study an array of instruments including flute, guitar, piano, trumpet, recorder, saxophone, violin etc. in different centres from Bandon to Bantry and beyond. Donations accepted towards the upkeep of this historic Cathedral. All are welcome to attend.

## DeBarra's Spoken Word new for 2020

The first meeting of the new DeBarra's Spoken Word took place on Wednesday January 15. Nick Smith, PRO, reports.

The new committee has superseded the old pSoken Word, which began in 2013; the innovative spirit undoubtedly remaining the same with thanks and kudos to all who contributed over the years.

There was a great response to the 'Pen-twister' after which special guest, award-winning poet Paul McMahon (accompanied by Kieran McMahon on slide guitar and Pat Barrett on double bass), performed a dynamic set of poetry with musical accompaniment. Paul and Kieran have performed this style of spoken word music at

festivals throughout Ireland including three times at The Electric Picnic. Kieran McMahon is a songwriter, producer and session musician in Berlin, while Pat is a seasoned jazz bassist and composer who has toured extensively throughout Ireland with diverse acts such as Fiona Kennedy, Anita Williams, Gina and The Champions, and The Darktown Strutters.

After the break, and as popular as ever, the open mic brought a remarkable evening to a close. The evening ran smoothly under the charming hands of joint MCs, Moze Jacobs and Nick Smith with thanks to De Barra's, Cork County Arts' Office and all who contributed.

Paul, Kieran and Pat are offering to provide musical

accompaniment to writers who would like to perform their writing to music. Those interested can email an attachment (a voice recording, in mp3 format) of spoken poetry or prose to debarrasspokenword@gmail.com. Those interested in having their work accompanied by specifically composed music at the next DeBarra's Spoken Word session on Wednesday February 5 at 8.30pm need to email their voice recordings by no later than Wednesday, January 22.

DeBarra's Spoken Word events are now taking place on the first Wednesday of each month and, of course, there will be an Open Mic, The Moze Jacobs Stand-Up Interview, and the chance to win a free drink.

## COMPETITION

## Were you ever at a really good sing song?

Were you ever at a singsong? Did it go late? Were the doors locked? Did you sing?

Brokencrow Presents Blackwater Babble from Monday Jan 20 to Thursday Jan 23, 8pm at The Everyman, Cork.

Written by Ronan Fitzgibbon and Directed by Joe Meagher Blackwater Babble is a story of a man who spent 40 summers traversing the Blackwater river, stopping into every pub along the way, while trying to divine the dynamics and the variables of what makes a good singsong – and what makes an epic one. What made the night and what killed it...

40 years of sitting in the corner of each pub, scribbling in a notebook.

But, as he sat in the corner, life and love flowed past him.

Starring two of Cork's best loved actors, Gary Murphy alongside the Irish Times Award nominee John McCarthy.

Tickets: €20 | €18 | €9 | Age: 16+A  
www.everymancork.com | 021 450 1673

To be in with a chance to win a pair of tickets to Black Water Babble at The Everyman on Thursday 23 January, 8pm, email your name and phone number with 'Babble' in the subject of email to info@westcorkpeople.ie. Entries must be in by Jan .



## people Home &amp; Garden

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# Gardening in January 2020

First of all I would like to wish you all a very Happy and Peaceful New Year and every success in the garden in 2020.

This is a good time of the year for planning the garden. If you are new to gardening it is worth investing in a few good up-to-date gardening reference books. The Royal Horticultural Society's Encyclopedia of Plants and Flowers is well worth including in your garden library. Hillier's Manual of Trees and Shrubs is a long-established classic, which is regularly updated and a definitive book on trees and shrubs. Take a look around the local bookshops to see what is available. There are wide variety of books on fruit, vegetables, allotment and greenhouse growing and if you want a very specialised book I'd suggest looking at ones devoted solely to Apples and Pears, giving a background to the history and specific qualities of each variety. Usually these specialised books will contain details of the compatible pollinating varieties, which are needed to achieve optimum pollination and ultimate cropping potential.

Now is also the time to clean pots, trays and garden tools in readiness for Spring.

Ventilate the glasshouse/polytunnel on sunny, bright days. The exchange will be good for the plants and will help to dry out the atmosphere.

Protect emerging Spring flowering bulbs such as Tulips, Daffodils, Snowdrops and Iris against slug damage.

If you have any unplanted bulbs that were not planted in the autumn get them in the ground right away – better in than out of the ground! Bulbs are planted at double to three the depth of the bulb.

**Trees and Shrubs**

Plant Roses where soil conditions allow. Don't however plant where Roses have been grown before or you will end up with replant disease.

Continue planting bare-root deciduous hedging plants and



Look out for the *Jasminum nudiflorum*, which is ideal for mid-winter colour on a sheltered wall.

trees. Stakes should be securely in place before the rootball to avoid damage to the roots.

Move established trees and shrubs provided the ground is not waterlogged or frozen.

Don't move established trees and shrubs too late in the season, as they will be put under stress from dry conditions and drying winds from March onwards.

It is well worth checking out some of the delightful mid-winter flowering trees and shrubs, which provide much-needed colour at this time of the year. Many winter flowering shrubs are also deliciously fragrant.

Hamamelis (witch hazel) has delightful sulphur-yellow, bronze or copper flowers, which fill the mid-winter air with their delightful fragrance. Hamamelis are best in a sheltered site on an acid soil. Add peat, Browngold or pine needles to keep the soil acid (lime-free).

Daphne bholua 'Jacqueline Postill' will flower prolifically from November to February/March. It is one of the most delightful shrubs you can have in your garden with a plentiful supply of deliciously fragrant flowers over a long period.

Sarcococa (Christmas Box) flowers freely during the depths of winter bearing an abundance of fragrant, white flowers on glossy, shiny foliage.

Grow in a sheltered, acid



*Hamamelis (witch hazel) has delightful sulphur-yellow, bronze or copper flowers, which fill the mid-winter air with their delightful fragrance.*

site for best results.

Look out for the *Jasminum nudiflorum*, which is ideal for mid-winter colour on a sheltered wall. Bright yellow flowers on bare green stems.

Winter Heathers provide valuable colour throughout the winter. The better varieties will flower continuously from late autumn to spring in all weathers.

Plant in groups of three, five, seven, or nine of the same variety for the best effect and display.

Mahonias give great colour in early winter. They are prolific flowering with fragrant clusters of cheerful yellow flowers. Old, untidy Mahonias can be pruned back quite hard

to a distinct rosette of growth. This will revitalise them and they will make a good recovery and come back into a more disciplined shape.

Camellias give great value in the garden from late winter until late spring. Choose a northerly or westerly aspect in a sheltered, acid location. Camellias have glossy, shiny foliage, are evergreen and there is a wide colour range including white, pink, red, cream and combinations of colours known as bi-colours. Camellias are also superb performers in large containers such as oak barrels or large terracotta or ceramic pots.

Use a lime-free compost such as Bord na Mona Brown-gold or a proprietary ericaceous compost. As with all containers always ensure there is adequate drainage. Drill drainage holes prior to planting if not already in place.

Do visit some of the public gardens open to the public to get inspiring ideas for winter colour. Visit Blarney Castle Gardens, Fota Arboretum and the National Botanic Gardens in Glasnevin, Dublin 9 during the winter. Details of Garden opening times are given on the gardening pages of local and national newspapers, The Irish Garden Magazine, as well as the websites/Facebook pages of each specific garden. Some gardens such as the National Botanic Gardens also provide daily tours on winter colour but do check in advance prior to travelling.

**Fruit Garden**

Inspect fruits in store and remove any that are rotten. Continue planting of fruit trees and bushes when soil conditions permit. Don't plant fruit trees where fruit has been grown previously. Apply potash to strawberries, gooseberries, red and white currants, apples and pears using an organically based fertiliser. Continue pruning of apples and pears. Dispose of prunings off site. Check all stakes and ties and make sure they are firm and sound.

## Annual West Cork Bird Race

The annual West Cork Bird Race takes place on Sunday January 26 with registration at 8.15am; start at 8.30am and finish at 6pm. The meeting place is Scally's Supervalu, Clonakilty.

The race is open to everyone, from the very experienced birder to the very inexperienced,

and all have an opportunity to win the coveted trophy! It's a fun day out and a great opportunity to see a lot of bird species and get familiar with one of the best birdwatching locations in the whole country.

If you are interested in taking part in the Bird Race, please register your team by

email to secretary@bird-watchirelandwestcork.ie, or on the morning of the race before 8:15am at the starting point. Registering beforehand will help greatly with catering after the race. Teams should be four people, but three is ok too!

If you do not have a team of four, but want to take part,

register your name and the organisers will try to put you with a team.

Race entry is €5 per person and this includes finger food in O'Donovan's after the Race.

A checklist of birds with a list of the rules and a race area map will be provided on the day.

## people Home &amp; Garden

## Shut out the weather and create your own happy bubble



## A COTTAGE GARDEN PROJECT

Jean Perry

Over the coming months Jean Perry of Glebe Gardens will share the ongoing successes and failures of growing a small cottage garden using no-dig and organic principles to see just how much food she can get out of such a plot. Join her on this journey...

A new month, new year and new decade, but there is not much good news for us to cheer about. Instead of thinking too much about things that I have no control over, I take the advice of one of my daughters. Her mantra is, build your own happy bubble. So, with that in mind, I ignore the wind

and rain, the soaking wet soil and sit by the fire with my laptop and vivid imagination ready to trawl the online seed catalogues. What I ought to do first, is check my list of seeds from last year, then look to see what I have left, check the viability date and then read my feeble notes and records of what worked and what didn't before I even look at what is on offer, but that would be too sensible and boring. So, I enjoyed many an hour gazing at descriptions and pictures of perfect vegetables, while pretending I was really working on this season's plan.

As well as the everyday staples, all the catalogues have beguiling descriptions of exotic and unusual things to try, but as I contemplate tonight's dinner, it is kale, one of the mainstays of the winter garden that we'll be eating. Last year I tried Mandeley, Asparagus and Ragged Jack Kale from all from Brown Envelope Seeds. The first two are quite similar but both performed very well. I have always liked Ragged Jack, as it is very versatile. The first small leaves are good for salads but the mature plant is very hardy. One of the other varieties I would like to try from Brown Envelope Seeds is San Cristoforo Short Pea. This Italian heirloom variety



only grows to about a metre tall, which means it doesn't need much support, and crops over a long period. Peas are a real favourite in my household, but they do take up quite a lot of space. Last year I tried a very tall variety, even saving some seed, but I had to tie the plants up to a bamboo wigwam and all the pods that ripened inside the support were wasted, so we'll give the short ones a try this time.

I have also rethought the broad bean situation. Both my early and maincrop attempts failed, mostly because I left them too long before I planted them out, but the variety I chose was too big for our small plot. This year I am going to try The Sutton. This is a dwarf variety with a branching habit, producing a large number of pods each containing four or five beans. It can be sown from November inside to May outside, which will give many successional harvests. The

Sutton is widely available; I bought mine from our local garden centre.

Unable to resist something unusual, I noticed in the Real Seeds catalogue, an edible lupin. If, like me, you enjoy growing flowers among your vegetables this seems to be an unmissable opportunity. 'Dietta' sweet lupin is a high protein crop that grows well in our climate. It has beautiful flowers followed by large pods full of nutritious seeds like flattened beans. It was apparently bred

in the UK especially for human consumption and unlike other lupin varieties is completely non-bitter. \*It must be noted that the lupins contains similar compounds to peanuts, so people who are allergic to

peanuts may also react badly to eating lupin seed.

So shut out the weather, keep warm and enjoy dreaming your way through those catalogues.

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## Choosing and planting bare-root roses



Everyone loves a rose says **Deborah Ballard** of Future Forests and the trick for growing them at their best is to pick the right place for the right rose for you.

Rambler Roses have long, flexible stems, and tend to flower in one awe-inspiring flush at midsummer, although some, like crimson Excelsa, repeat

sporadically. They bear masses of pretty, often double flowers; many, like salmon-pink Albertine, are highly scented. These are the roses to grow up a sturdy tree or over a large pergola. Most are large, but smaller ones can be trained along a wall. With their naturalistic habit, these roses are lovely in large or wilder gardens.

Climbers are smaller, with a much stiffer habit; they are more likely to repeat than ramblers and come in every flower colour, shape, scent and size. These are the roses to train on a wall as a fan or along wires to encourage flowering, or over an arch or pergola. Some, like richly scented, salmon-pink Compassion are so stiff that they are better grown up pillars or pergola-supports.

Modern shrub roses – hybrid teas and floribundas/cluster-flowered roses – come in a huge range of colours, flower-shapes and sizes, and repeat. These are the roses for a border, especially good when

under-planted with sun-loving perennials and sub-shrubs like hardy geraniums or dwarf lavenders. Many modern shrubs have a climbing form, so be sure to choose the right one.

Some of the loveliest roses of all are the old garden roses, the albas, centifolias, damasks, moss roses and Bourbons, with their beautiful, highly scented

rosette flowers; these shrub roses are mostly once-flowering. The English rose breeder David Austin decided to breed roses that had the scent and beauty of these old roses but were repeat-flowering and super-healthy, producing some stunning shrub, climbers, hedging and pillar roses, many with the RHS Award of Garden

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## people Sport & Fitness

### Get your 2020 goals



#### 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.

This year we will pursue goals and dreams again, but instead of bringing the old mindset of whip and carrot, let's try something different that doesn't involve that old routine. These are my best pointers for successfully implementing and reaching new goals that come through fitness, health and life-style changes.

First of all, the best advice I can give you is to TAKE ONE

STEP AT THE TIME – one day at the time. If you don't go running or make it to training one day, go next time. Don't sweat it; one day off schedule won't ruin your overall plan. The same applies with food – had a chocolate bar or got surprised by a birthday cake? No worries – just get back on track right after. It won't ruin anything, so don't beat yourself up about it. Too many people expect perfection from themselves: A flawless following of training schedule and diet, and when they fail once, all hope and motivation is lost and they give up. Would you expect perfection from someone else trying out something new for the first time? Or would you give them a chance? Forgive and forget your sidestep and get back on track.

A close second mention is: Drop the badmouthing! DON'T TALK YOURSELF DOWN: Speaking about yourself (to yourself) as fat, useless, lazy etc. It will only serve as motivation for a short period. After all, how would you enjoy working for someone who called you names on a daily basis? Instead talk yourself up: You're strong and getting stronger, you are able to do this – to move, run, lift and dance. Your body is working, it's functioning and perfect (no matter the size) – and you're

working to make it even better.

Thirdly, I'd advise you to SEEK SOCIAL SUPPORT for your new goals. As so often happens, our daily network can be reluctant to support us in changing our ways. It's often not by bad intentions, but simply because we, as humans, have an inherent resistance to changes, and perhaps they fear that the changes in your life mean you won't be the same to them. So, for an initial period look for support outside your normal social circle. Being supported in your new lifestyle and goals can be highly motivating and inspiring. You'll find likeminded people who walk the same path as you, and you won't have to justify or explain your changes. If you don't find your 'crowd' in the gym/town/local community, look for an online community. Simply Google your activity or search for it on Facebook or Instagram and you'll find lots of groups, pages and profiles that are on the same quest.

This doesn't mean I want you to ditch friends and family. Of course not! Make time and effort for them because they are important in your life, but realise you could be in a situation where they won't understand your new choices and some might even

*continued on next page*

## Miles and smiles in the 10th year of the Clonakilty Waterfront Marathon

The 10th year of the Clonakilty Waterfront Marathon could not have gone off any better regardless of the early morning rain reports **Bob Hilliard and the Clon Crew.**

Following the traditional minute of silence and blessing by Monsignor Aidan O'Driscoll, close on 2,500 runners, walkers and wheelchair participants raced down through the town of Clonakilty, out along the bay, around Inchydoney island towards Rathbarry, down on to Red Strand, up into Ardfield village and over to Dunmore where Carol and her wonderful hotel crew always kindly support the weary runners and the Clon Crew marshalls with endless well wishes, teas, coffees and refreshments to encourage and inspire everyone through the last six miles home to the Clonakilty Park Hotel finish line.

Again this year everyone who took part were overwhelmed by the generosity of Clonakilty Park Hotel's free access to showers and facilities post race; Meadh O'Leary and her crew's free massages and rub-downs and the ever-brilliant Colette Twomey's Clonakilty black pudding and sausages, which have been provided for 10 years without fail.

Local businessman Tossy Hayes again kindly provided the safety barriers and toilets and Carbery Plastics, Kilty Furniture and Joinery along with the Showgrounds provided free parking around the race start/finish, making it as easy as possible for all those people travelling for the first time to West Cork.

This year the marathon had record numbers looking to take part, leaving over 530 disappointed enthusiasts on waiting lists due to limited number of technical tops and medals.

Twenty-two people travelled from Sweden in support of mother and daughter, Malin and Cystic Fibrosis sufferer Filippa Muskala of Team Breathe, with a bigger crew planned for next year. Boston and the USA were, as always, well-represented, along with Denmark, Poland, France, Germany, Finland, Spain, Holland, Wales, Scotland, England, Norway, Portugal and the Canary Islands amongst the countries represented, with an even bigger number that ever of Irish North and South club runners lining up. This year, lots of friends formed teams to run for charities and many family members ran together again this year, as their annual end-of-year commitment to family fitness awareness.

Inclusion was the order of the day with local racing legend



Images: Tomas O Grealley

Blarney man Jerry Forde pushing his wheelchair over the hills of West Cork to complete his 10th Clon Marathon, adding to his already 458 marathons. Team Hoyt were well-represented with both Clon Team Hoyt running chairs on the roads with local team Dave White and young Raya Murphy, alongside Dublin-based father and son Colm and Owen Sheridan.

Current Irish female record marathon holder Catherina McKieran was recognised for her lifetime of running achievements on this year's medal. She kindly came again to Clonakilty to give free talks, advice, and workshops on injury free Chi Running. She again led the field, winning the 10K for the second year in a row, this year on her 50th Birthday. Pamala Marshall and her newly formed Clon Crew Choir led the singing



of Happy Birthday along with



their time freely and with pride



Close on 2,500 runners, walkers and wheelchair participants raced

2,500 race participants pre-race start.

Superintendent Finbarr O'Regan led his crew of Garda to provide endless support, advice and traffic management, along with the ever-loyal local Clon Crew and family and friends, who marshal year-in year-out regardless of weather. They give

to showcase Clonakilty and West Cork.

The Red Cross led by local man and upcoming town Mayor Pdraig O'Reilly and his crew provided medical support with Dr. Fiona O'Reilly on standby on the finish line throughout the day. Retired town council foreman John O'Reilly led the

runners out for the 19th time, including the 2013 to 2015 B2B marathons race series and the Courtmacsherry 2013 to 2015 Ultra marathon race series.

To take the time to acknowledge and thank everyone that has made this race possible throughout the past decade would take a book at minimum; this indeed is a work-in-progress progress. We have made wonderful lifelong friends, too many to mention, but we believe every picture tells a thousand words.

A week before she passed on October 22, 2016, our mother and original Clon Crew member, Phil Hilliard, said, "Never give up organising The Clonakilty Waterfront Marathon, regardless of the obstacles thrown in front of you. The smiles and the elation on everyone's face crossing the finish line and the joy in their eyes knowing they stayed the course regardless, allows you a brief moment to see into their souls – no reward could be greater received than a big hug and welcome home to those having their well-earned medal placed around their necks."

We thank everyone involved in making this such a unique and special family-like affair, indeed a race like no other, where family, friends and a town opens their hearts and their arms to welcome everyone home to West Cork. Long may it last!

## people Sport &amp; Fitness

cont'd from previous page

question them. If this is the case, don't discuss the changes in your life with them but seek outside your normal circles for understanding and support, at least until you are grounded in your new ways.

Fourth piece of advice to consider: Whether you joined a gym or will be training at home or outside, a hard learned lesson is TO NOT START OUT TOO INTENSE. Starting out by doing too much, too fast, can be motivating, I won't deny that it often

kickstarts the weightloss, which is great, because you're seeing results fast. However training too hard, too often, does have downsides: If you come from a sedentary lifestyle, too much, too fast, often leads to injuries. Your body, muscles, tendons and bones are simply not used to the sudden task of training so much. You're risking getting injuries that in turn will force you on a break or to modify your training.

Another risk is burning out. You're simply driving yourself too hard, and after the initial weightloss stops or slows down, the motivation dries up and you

don't look forward to get up and out anymore.

The best remedy of the 'Too much, too hard' approach, is to slow things down. Two times a week for training – whether it's at home, on the road, or in the gym – is fine at the start. It gives your body time to adjust and gives you time for all the other things in your life. As you grow comfortable training and feel your body getting stronger, you can add more sessions to your weekly schedule. Whether you change your schedule up after three weeks or three months matters less – do it when you



feel comfortable in your new routine. Then it will be time to take the next step and evolve a little more.

Fifth and last – ENJOY THE CHANGES and the rewards that your choices bring about. Which ever sport you've chosen as your training: Boxing, crossfit, zumba or hometraining (fill in yourself) – it'll all teach you new skills, new things about yourself. Embrace it all, as it's all a reward for your hard work. The extra energy you get from training, the new variety of food your diet brings to your table, the clothes that start to fit better and the glow on

your face after a session. Once you did something you never thought you could do, you'll find the feeling so empowering, that you'll want to experience it again and realise that you can!

Good luck and good health in 2020! Questions, comments etc are as always welcome at: tianias-fitnesskitchen@gmail.com

Follow me on Instagram for tips, inspiration and hometraining programs – or just to connect and let me follow your training: Search: @trainwithadane on Instagram

Have a happy, healthy January.

## Kick your way into 2020 with the West Cork Kickboxing Club



Junior Squad

World and European kickboxing champion Tony Stephenson runs the West Cork Kickboxing Club with club founder Ian Kingston, a former Irish national kickboxing coach. This is a busy time of year for the kickboxing club, with lots of new members joining classes in towns all over West Cork. Tony takes some time out to talk to **West Cork People** about his own experience in kickboxing and the benefits of taking on the martial art.

Tony was just six-years-old when he started training with head coach Ian Kingston. "I suffered from a bad stammer and was bullied at school so my dad thought that joining the kickboxing club would help me and my brother and sister make friends and gain confidence," he explains. "I also learned discipline and focus and had great fun at the same time. Ian is a wonderful coach; he kept on challenging me and over time I developed into an athlete."

Twenty-two years later and Tony, 28, now works full-time alongside Ian as a head coach. "I've gotten so much out of this sport," says Tony passionately. "I have a job I love, compete for my country, met my partner through kickboxing and we have a beautiful daughter together. I owe everything to this sport."

There was a time when Tony felt like giving up training but he credits his dad with encouraging him to stick with it. "I had a wobbly week when I was about 11, as you do," he says. "But thanks to my dad I stuck with kickboxing and the following week, it was like it never happened. I'm so grateful that I stayed with it."

Tony started competing at the age of 10, winning his first All Ireland competition at the age of 13. The following year, he started his International kickboxing career with the Irish team and hasn't looked back since. He took the Junior Cadet world title in Croatia, age 15, and two years later, in 2009, won the European Junior title in Italy. He has won two more European competitions since. Tony also qualified for the Senior Irish team in 2009 and won his first senior world title in Austria, age 17. 2019 marked a significant year for the fighter as, after a 10-year-gap, he took his second coveted world title in Bosnia-Herzegovina. He now has two senior World and two European lightweight and welterweight titles to his belt.

"In 2009, I was a boy fighting men. I wasn't all-rounded as a fighter, or as strong mentally as I am now. Last year in Bosnia I felt like a man, I was stronger and more confident, fought the harder fights, I fought the current world champion, beating Spain on my second day. After five good hard fights, it really felt like I'd worked for and deserved to win the title."

Tony has a particular style of fighting; he's front leg dominant, which means he's very good at picking off opponents



Senior Team

from a distance. The only injury he has suffered over the years is a concussion. He explains "I dropped my hands by accident."

"Overtraining is the biggest challenge for fighters," says Tony, "you have to be 100 per cent physically and mentally going in to a fight or an injury might be the result."

Managing energy levels and eating and sleeping properly, cutting down weight safely are other smaller challenges.

"The challenges are small really...there are so many benefits to joining a kickboxing

club," says Tony. "Many of the kids who come to us are not involved in any team sport, they might have low confidence or low self-esteem and need help with improving flexibility and focus. No one sits on the bench in kickboxing," says Tony. "Your confidence and discipline increases straight away and it's an opportunity to make friends from other schools. You also learn a lot about self-control. You learn to give and take and work with younger people and bring them on. There are lots of role models in the club and there



Tony Stephenson in the World Championship Final.

is constant improvement."

Training is one hour a week but very often kids look to increase that to two.

There is no age limit – anyone can join from age four up. "I have a woman training with me who is 60 years this month," says Tony. "She started training five years ago."

Lily de la Cour, current world champion and former European has been training with the club for over 20 years. Toby Bermuller and Denise Daly have both won world titles, as have Tony's brother and sister in the


juniors.

The junior West Cork Kickboxing team recently brought back three silvers and two bronzes from Hungary.

Coming up, the club has a junior team and two veteran club members participating in the All Ireland this February.

Tony and Ian will possibly be travelling as coaches with the Irish junior team to the world championships in Turkey next September.

Classes have started in the club but beginners are always welcome.





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## people Sport &amp; Fitness

## Inspiring Doheny's star honoured

Cork senior football star Melissa Duggan recently had the proud honour of receiving All-Star and Munster Ladies Football of the Year awards following a plethora of outstanding displays for the senior inter-county team and her beloved club team the Dohenys. The West Cork football heroine also captained the Munster senior footballers to provincial championship glory after they defeated Connacht in the final. **John Bohane** catches up with the ace footballer who is widely regarded as one of the best footballers in the country.



## SPORT

John Bohane

**M**elissa is still coming to terms with picking up an All-Star award at the recent annual awards banquet, which was held in the CityWest Hotel. The Cork senior footballer was recognised after producing a series of brilliant individual performances for the Rebelettes. The football star was thrilled to capture a coveted All-Star. "It was such

a fantastic honour to win an All-Star award, not only for me, but for my family and for my local club, Dohenys, as well. They have all supported me so much throughout the last year and to celebrate with this award is just incredible. It was a very proud moment for my family. A lot of my family were present on the night, which made it extra special. My aunts, uncles, cousins and many more were at the All-Stars night. I think there was 12 of us there overall, so we had a great night. My family love going to the games and following my progress, so when my name was called out it was an extra special moment. They have been so supportive of me ever since I started playing football with Cork. They have helped with everything from driving me to matches and training sessions to doing my weekly food shop. I am so grateful for all the support I have received

from my family."

Melissa is always thrilled to represent her beloved local GAA Club, The Dohenys, on the highest stage of them all, representing the Cork senior ladies footballers and winning coveted All-Star and Munster awards. The modest defensive ace loves playing for the Dohenys junior ladies footballers. Melissa played an integral role in helping their junior ladies team win the county title last year following so much anguish in recent seasons. Melissa is confident the club has a very bright future. "I am delighted to represent my local football club on the national stage. Every year as I get older it means so much more to play for both my club and county. The club has grown so much in the past three or four years and it is fantastic to see so many young girls training in the evenings. This year was the first year that we had a minor team, so it is great that girls are continuing to play football whilst at secondary school. Words cannot describe what it means to win a county final with your friends and family from home. We lost three successive county finals, so we were determined this year that we were going to bring the cup home to Dunmanway. We had great support at the final. It is such a big boost for the club, as it was the first time they had won a county final in 40 years. It is fantastic to see the club growing in recent years and I



am delighted that I can help out with training and inspire the younger girls in the town to play football. I think the club has such a good future ahead as we have very strong U14, U16 and minor teams coming up the ranks. The junior football team are really looking ahead to this season and the challenge of playing in the Junior A grade. Donoughmore winning the All-Ireland title a few weeks ago is a huge inspirational story for us juniors, as we were playing them the last two years in the league, so we are going to use them as our motivation going forward. We have such a good bunch of girls in the junior team. I hope we can have more success next year as they de-

serve it with all their hard work and commitment throughout the years."

Melissa also enjoyed success with the Cork senior ladies last season. She played a key role on the Cork team who defeated Galway in the national league final. Clonakilty club player Martina O'Brien had the huge honour of captaining Cork to national league glory. Melissa was delighted to play her part in their success. "It was great to win the league final in May, as we didn't have the greatest of starts in the league campaign. We trialled a lot of new girls during the league matches, which was great for the panel, as it strengthened the squad and the management had very difficult decisions picking the team. It really gave the likes of the Kiely twins, Saoirse Noonan, Laura O'Mahony and Clare O'Shea the chance to experience what it is like to play senior as the jump up from minor can be very tough. These girls will be a huge boost to us in 2020, as the games they played in 2019 will stand to them so much. Towards the end of this year the panel had become very competitive and there were many positions up for grabs. This is very encouraging for us going forward."

The Cork senior footballers ultimately succumbed to Dublin in the All-Ireland championship semi-final. Melissa is confident the future is good for the

Rebelettes moving forward. "The defeat to Dublin was hard to take as we were there or thereabouts with them. We had beaten them twice in the league earlier so we were ready for the challenge of the semi-final. They are such an experienced team and they will be the team to beat again this year. Over the last few months we had the chance to reflect on the year and the championship semi-final defeat. We are already regrouping for this season. The league and championship layouts are changing for the 2020 season, so it means that we will need to get a good start in both campaigns."

Experienced coach and Nemo Rangers club man Ephie Fitzgerald recently committed to another two years managing the Cork senior ladies footballers. Melissa has loved working with the coach and is looking forward to achieving more success in the foreseeable future. "I am delighted that Ephie is back. He has been my only manager that I have had since I joined the panel in 2017, so I have huge time and respect for him. It is great to have familiarity in the team this year, so we can kick off where we left off without any disruptions. He is bringing in a few different people into his backroom team, so it will be nice to have a mix of new and old faces. I am really looking forward to the start of this season. Hopefully we can build on our success from last year."

## Interesting ties out of Munster Schools' Cup draws

The draws for the Munster Schools' Cup were made recently, with some interesting ties from a West Cork rugby perspective. **John Bohane** reports.

**B**andon Grammar and Colaiste Pobail Bheanntraí were drawn to play each other in a novel all West-Cork first round tie. Damien Hicks, a coach with Bantry Bay RFC, was thrilled with the recent draw. "The draw is good, especially for West Cork rugby. It will present a big opportunity for the Bantry school players," declared the rugby enthusiast.

The much-anticipated schools' cup tie will be played in Irish Independent Park next Wednesday, January 22, at 2pm. Damien is lavish in his praise for the strong rugby reputation Bandon Grammar enjoy. "The Bandon Grammar team are strong all across the pitch. They possess a very talented squad. They have a great tradition and that has helped attract more rugby playing students which is really good for the school. A

number of the players have experience of playing in the Junior Cup, which I'm sure will help them the day of the match."

It will be an historic occasion for the Colaiste Pobail Bheanntraí junior rugby team. It is the first time in their history, they have reached the first round of the Junior Munster Schools' Cup. The Bantry-based secondary school team had to play a number of qualifier games to reach this stage. The excitement in the school has been building gradually in recent weeks revealed Damien. "All the players are looking forward to the match. It's a massive achievement for all of them and one they deserve. The school has been knocking on the door over the last few years. It is great to get over the final hurdle and make the first round proper."

Damien loves working with this very talented set of players in the Colaiste Pobail Bheanntraí junior rugby team. He has watched them develop as players since they first began playing mini-rugby. Damien is very grateful for the supportive nature of all involved within the school. "They are a fantastic

group of lads. Their willingness to improve and learn is brilliant. They know themselves they need to push themselves individually and as a team to move to the next level. The majority of them are playing together since U8 level. They all have a really strong bond. They all treat each other as equals. The school are extremely supportive and they always have been. Dr Kevin Healy and vice-principal Denis O'Sullivan are always supportive of all the rugby in the school. All the players really appreciate the support."

What makes this all West Cork derby tie even more intriguing is the fact that Damien's son Dylan will be playing for the rival team Bandon Grammar. Damien is looking forward to their forthcoming cup encounter. "It is certainly a unique situation. It will be hard and on the day someone is going to have their hearts broken, but I'm firmly with the Bantry team and Dylan totally understands. It is just as awkward for Dylan because he is going to be playing his best mates that he has played with for years in the club. Dylan

lives and breathes rugby. He is a very determined young man. He is developing well in Bandon Grammar. He has some really good coaches helping him develop. I know come match day, they will all play hard and shake hands after the match. This is another journey for all the players. It is not a final destination and they will remember this achievement for the rest of their lives. Whatever happens on the day, I know both teams will give their all and hopefully enjoy the whole occasion."

Rugby in Bantry continues to grow on a regular basis. The Wycherley brothers Fineen and Josh, who are excelling with the Munster senior and academy team respectively at present, both played for their local club, Bantry Bay RFC at underage level. They are great ambassadors for the club and area revealed Damien. "The success of both Fineen and Josh is fantastic for Bantry and West Cork. Both are extremely dedicated and focused on what they want. They are both doing really well. They are amazing ambassadors and nothing is ever a problem. Both are always looking to help



Colaiste Pobail Bheanntraí captain Fionn Barry pictured along with Bandon Grammar captain Mitchell Connolly and Munster senior player Darren Sweetnam at the recent Munster Junior Schools' Cup draw. The two secondary school teams are due to play each other on Wednesday, January 22nd, at 2pm in Irish Independent Park.

out within the club and any time they are around they are training some team. It is fantastic for the young players to have the chance to be coached by their heroes. They are great role models."

Rugby all over West Cork continues to thrive. Darren Sweetnam, the Wycherley brothers and the Coombes cousins are blazing a trail with the Munster senior team. Damien is delighted with the continued growth in the region. "Rugby in West Cork is doing really well. Skibbereen, Bandon, Clonakilty and Dunmanway are all doing

well. There are some fantastic volunteers involved in all the clubs. Bantry Bay RFC are also flying it. Great credit must go to all the volunteers. All success doesn't just happen overnight. It is achieved over a number of years. The future is bright for rugby in Colaiste Pobail Bheanntraí. The long term plan is to help promote and develop all the teams in Colaiste Pobail Bheanntraí. Our aim is to ensure the players can be the best they can be. There is some fantastic work going on behind the scenes by teachers in the school and the club."

## people Sport &amp; Fitness

## Make Tae Kwon Do a New Year's resolution that sticks

We've all got great intentions for 2020; this year we're going to exercise more, worry less, and be better versions of ourselves. We mean it too; we'll go hell-for-leather at being the 'New Year, New Me' success story we've read so much about...for about a month. After that we realise that this stuff is tough, and not just physically tough – we were ready for that – but mentally it's tough. The new workout regimen and the healthy

diet and the positive thinking mantras all go out the window fairly quickly once we realise that this stuff might be good for us, but it's no craic.

The key to getting healthier, physically and mentally, is not about dramatic changes, but consistency. To succeed in our goals, we need to have a reason to keep trying; it has to be fun. Children have no bother saying they don't want to do something because it's boring; adults get bored too. That's why Tae Kwon Do, an activity

popular with kids in West Cork for a long time, has, over recent years, seen increasing uptake among people in their 20s, 30s and 40s.

Classes, typically an hour long, are structured, but informal, with chat and laughter peppered throughout the session. The activities covered include: stretching and mobility exercise; high-tempo cardio workouts; getting to grips with self defence skills; and the mindfulness that comes with studying the movement 'pat-

terns' of the art. There's also the added benefit of getting to relieve stress by battering one of the big padded shields, after a long day's work!

With its ever-changing challenges, and fun, friendly atmosphere, Tae Kwon Do could be the one New Year's Resolution that actually sticks. Warrior Martial Arts run classes all over West Cork, and you can find your local club at [www.warrior.ie](http://www.warrior.ie).

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## people Motoring

CAR  
REVIEWS

Sean Creedon

## The return of the solid and stylish Toyota Camry

saloon segment.

Fifteen years is a long time off the road and while many mature Irish drivers who previously drove the old Camry, welcomed its return, there should be plenty of new younger customers who will also be interested in purchasing this very solid and stylish motor.

The Camry replaces the Avenis in the Toyota stable and is available as a self-charging 2.5-litre petrol hybrid. The new Camry expands Toyota's line-up of hybrid vehicles to eight models. That engine provides 218 brake horse power, which won't leave you floundering at the traffic lights.

The new Camry is the eight generation of a car that has won several awards and distinctions since it first went on sale in 1982. The model is sold in more than 100 countries globally, with sales

totalling over 19 million units to-date.

My test car was bronze-coloured and externally it looked very impressive with bulges and creases to imply stature and strength.

Naturally I got a lot of questions from some young drivers who had never seen a Camry on Irish roads before. The first question was always the price and if it was a Hybrid?

Inside the cream leather seats provided a classy look. My Platinum version really looked luxurious and some people have described the new Camry as a cut-price Lexus. Of course Lexus are part of the Toyota family.

I drove an automatic and it was really smooth on the road. The dash is a bit old-fashioned, but nothing wrong with that for a mature driver like me. Sometimes these huge touch-screens can be

an irritant for older drivers, while younger drivers love them.

It's a fairly long car at 4.8 metres and the boot is massive with 524 litres of space, but sadly no spare wheel, just the dreaded repair kit. However, a plus for Toyota in that you do get a CD player, a rarity in new cars nowadays.

There are three different driving modes, eco, normal and sport. And as usual with Toyota three different versions: Camry Hybrid, Sol and Platinum.

Fuel economy was very good, but of course economy always depend on how hard you drive a car and whether you drive in city traffic or on motorways.

Prices start at €39,750 or €297 per month on a PCP deal. That's only a starting price and as with most manufacturers the higher the spec you choose, then the price will rise accordingly. My top of



the range Platinum version will cost you €42,950. Road tax is €190.

The Camry was truly gorgeous to look at and so comfortable to travel in. All family members, who availed of a 'lift' enjoyed the experience of drive in the car. There was plenty of head and leg

room for five people.

My only complaint was the driver's window tended to be a bit noisy when opening and closing plus the absence of a spare wheel. There is a massive 'well' in the boot, so once again the advice is to haggle for a spare if buying new.

## The success of the Nissan Qashqai

Most Irish people don't have any fond memories of former British Prime Minister Margaret Thatcher. Maggie will always be remembered for her 'Out, Out, Out' remarks 36 years ago when, after an Anglo-Irish summit, she reiterated that Northern Ireland was part of the UK.

However, Mrs Thatcher did us all a favour in a roundabout way. In the eighties her Government sold Britain as a 'gateway to Europe.' She backed her friend Norman Tebbit in a dispute with Chancellor Nigel Lawson over tax breaks for inward investment to the UK. Mrs T kept the promise she made to Nissan and sold the Japanese company the 80-acre Usworth airfield site near Sunderland at agricultural prices.

The Sunderland plant has been a major success story and we can only speculate what will happen when Brexit is achieved.

We are told that 85 per cent of the five million parts Nissan use in the North of England every day, have to be imported from mainland Europe.

For now the success of Nissan in Sunderland has meant thousands of satisfied Irish customers who purchased cars like the Juke, Leaf or Qashqai. Production of the Micra has moved to France, while the X-Trail is now made in Japan.

I was lucky enough to visit the Sunderland plant a few years back and it was fascinating to see a combination of robots and humans produce a new car every 61 seconds.

The most successful output from the Sunderland plant has been the Qashqai. First launched in 2007, there was a face-lift in 2009 and the second generation came in 2014. The third generation is expected early this year.

Recently Nissan introduced

a 1.3-litre petrol version of the Qashqai and last week I drove an automatic version of the car. It was my first time to drive an automatic version of a Qashqai and not having to change the gears just added to the pleasure of the drive. There is less road noise and the good news is that it has a proper spare wheel.

Nissan has added what they call an 'Intelligent Driving' system plus a few styling updates, from a robust front grille and bonnet design to luxurious new seats. The 1.3-litre is a very frugal engine and overall the car looked great in a Vivid Blue colour. Incidentally the ten millionth car to roll-off the production line at Sunderland earlier this year was also a Vivid Blue Qashqai.

Nissan were the pioneers of electric cars in Ireland with the Leaf and the second version of the Leaf is now on sale. Leaf cars

with a 62kwh battery have an estimated range of 385 kilometres.

The current Nissan scrappage deal runs until March 31 and you can get up to €5,500 off your 'old banger.' The company has also introduced a new monthly subscription service which allows customers to own a new car for a little as €365 per month without having to pay a deposit. That €365 figure would get you a Micra, while the monthly payment for a Qashqai would be €543.

Motorists signing up to Nissan's 'Subscribe & Drive' service will also have the opportunity to trade in their old car and to cash in on its residual value as part of the new subscription model.

Prices for the Qashqai start at €27,700, while the 1.3-litre automatic version I drove starts at €30,560. Road tax is from €270.

Thanks Maggie.



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