

Let's Play!

CORK

Senior Play



CORK CITY COUNCIL | COMHAIRLE CATHRACH CHORCAÍ





Since February 2019, Cork City has been working with seven other cities across Europe, learning how to make our city a more playful city. We are implementing some of their great ideas we have seen and developing our own.

Play is something that unites us, accessible to all, no matter our age. “We only grow old when we stop playing” is not just a saying - scientific research has proved that playing and the associated fun it creates all contribute to a longer and better quality of life.

During the Covid-19 pandemic, we decided to focus our attention on creating a series of play resources to make these times more enjoyable. Many of these games and puzzles will be familiar to you but we have collected them together into a pack that you can dip in and out of. Perhaps you can find new ways of playing these over the phone or through correspondence with friends of family.

This booklet and the resources that accompany it were produced in collaboration with people from a range of different organisations in Cork. Our common goal is to create a fun-filled collection of games and activities for you to engage with.

We are grateful to the many people who contributed their time and thoughts, there's even a few of Corks more famous daughters and sons who took time out to create something to entertain you. A special word of thanks to Catherina Lane who coordinated the project and to our sponsors who provided the funding to make it happen.

We do hope you enjoy it.

Martin O Donoghue
Chair,
Lets Play Cork



Cork City is a member of The Playful Paradigm, an EU URBACT funded programme, exploring play as an innovative method for promoting social inclusion, healthy lifestyles, intergenerational & cultural mediation, place-making & economic prosperity. It is supported by Cork City Council, Cork Healthy Cities, Cork Sports Partnership, Young Knocknaheeny, Foróige, Cork City Libraries and Meitheal Mara.

Illustrations and design by David Morrison.
Cover design by Martin O' Donoghue

**A message from Ms. Ann Doherty,
Chief Executive of Cork City Council and Chair of Cork Age Friendly Alliance**



I hope this booklet finds you well during these challenging COVID times as we are challenged like we could never have anticipated. The past year has reinforced for our innate need for human connection, community and nature in our everyday lives. It was a year when we collectively learnt to take nothing for granted.

With the aim of protecting us, the pandemic restrictions have impacted on how we all live our lives. We all miss our families our friends and our daily social activities.

Cork is an Age Friendly City and Cork City Council along with the HSE, Bus Eireann, Cork Chamber, Cork Business Association, Cork City Partnership, University College Cork, An Garda Síochána and the Age Friendly Forum are committed to supporting you and to keep the people Cork City safe and supported in these challenging times.

We reached out in December to ask you how you

would like us to engage with you during these months of the year and we listened to what you said. While we can never meet every single person's need we are keen to engage with you as much as we can and in the context of the current limitations for social and personal engagement.

It is with pleasure therefore that we collaborated with the Playful Paradigm in Cork City and the financial support of the Department of Health Resilience Fund to offer this playful pack to hopefully help you through these difficult days, with fun activities to enjoy games, puzzles, songs, puzzles and stories to lift your spirits and a bird feeder to help you engage with the nature around you.

We look forward also to meeting with in person in better times. In the meantime, I would like to urge you to reach out for support or even just a friendly chat if you need it. We will continue to support and work with you as we can and as restrictions allow. The Community Response is available 9am – 5pm Monday to Friday at 1800-222-226 and the HSE COVID Helpline is 1850-24 -1850.

Kind Regards,
Ann Doherty,
Chief Executive Cork City Council

**A message from Tim Lucey,
Chief Executive of Cork County Council and Chair of Cork County Age Friendly Alliance**



If there is one thing that the COVID-19 pandemic has taught us, it is the importance of community and of connecting with other people. The past year has been a challenge for people of all ages but has been particularly challenging for older people. We see this in our own families, and we see this in our communities.

Technology has proven to be a solution for many problems and can bridge the gaps in some cases, however, there is no substitute for actual social

contact with our friends and our families. Every year, the Cork County Older People's Council and Cork County Age Friendly Alliance strive to place older people at the centre of public service provision in County Cork. We do this in collaboration with a range of other advocacy and stakeholder groups including An Garda Síochána, the HSE, Local Link Rural Transport, Bus Eireann, Cork Institute of Technology, University College, the Local Development Companies around the County and many other groups. During 2020, in response to the pandemic, Cork County Council has amplified further the voice of older people and placed their needs at the very centre of our decision-making structures around COVID-19 Community Support.

Through the Department of Health Resilience

Fund, the Healthy Ireland Programme, Cork Sports Partnership and in association with the Playful Paradigm, we are delighted to support our Age Friendly Town Network across the County by providing these packs to Age Friendly Town Committees in the towns of Bantry, Cobh, Bandon, Kinsale, Millstreet, Charleville, Mitchelstown and Passage West Monkstown. The COVID-19 pandemic has demonstrated the true value of the Age Friendly Towns concept and the value of the national Age Friendly Ireland Programme to our communities. In the years ahead, we look forward to expanding this network further.

Physical activity and creativity are important for the mental health and wellbeing of people of all ages. This pack aims to go some way towards reminding

people of the simple activities that can add purpose to a day. We understand that older and vulnerable people may need additional support at this time and we are here to provide this in these uncertain and worrying times. Cork County Council's COVID-19 Community Support Helpline can be reached by dialling 1800 805 819 (freephone), by texting 085 8709010 or by emailing covidsupport@corkcoco.ie

We hope that you enjoy this pack and as the days get brighter, we look forward to happier and healthier times ahead.

Kind Regards,
Tim Lucey
Chief Executive Cork County Council

**"WE DON'T STOP PLAYING
BECAUSE WE GROW OLD;
WE GROW OLD BECAUSE
WE STOP PLAYING."**

- GEORGE BERNARD SHAW

A message from An Taoiseach, Micheál Martin TD.



I was very pleased to be asked by the Playful Paradigm to contribute to this booklet. The effort to reach out to all our senior adults is crucially important and speaks to the fantastic community solidarity in our great city and county.

I know how difficult the last year has been for everyone, but especially for all of you in who have been asked to do so much in the effort to slow the spread of this terrible virus.

But I also know your strength and resilience. All of the advances that we have made as a nation have been based on the effort and sacrifice of your generation.

While 2020 was extremely tough and we are in a difficult phase right now, 2021 does bring new hope.

With the vaccination programme now underway and the volume of vaccines due to significantly ramp up over the coming period, we will prioritise the vaccination of our older adult population just as soon as the vaccines are in the country.

We will come through this, and I look forward to brighter days, when we'll meet again.

THE GAMES WE PLAYED

Cork residents reminisce about their favourite childhood games in interviews from the sound archives of the Cork Folklore Project.

You can listen to interviewees remembering games in our radio series *How's it goin', boy?*, particularly at the start of programmes 4 (*Where we sported and played*) and 6 (*Doing Pana and meeting at the fountain*). <https://corkfolklore.org/radio-series/>



Compiled by Janusz Flakus for the CFP in the development of games workshops.

Nearest to the Wall (Feck). - Tony Barry.

In my day we used to play feck. You could play it two ways. You could play it nearest to the wall (who gets nearest to the wall) or you could put down a stone and pitch it to a stone. In our day we used two halfpennies because every fella hadn't a penny while he might have a halfpenny and you play that. And if you wanted to gamble on it, you could gamble on it and if you didn't, you just play for the enjoyment. That was in my day but I don't think that they play it at all now.

Glassy Alleys - Noel Dempsey.

Glassy alleys were kind of small little glassy balls. Marbles is another word. Two [children] would play it. We all had our own each glassy alleys and after school we used to play it an awful lot. So one lad would say, "I'll give you a game of glassy alleys" so off you go. So you'd put one glassy alley down against the wall and he'd throw his glassy alley then and if he hits your glassy alley, he wins your glassy alley and vice versa and so on and so on. You keep playing against the wall until you win his glassy alleys and you go home and you have more glassy alleys.



Pickey - Breda Sheehan.

We often played picky, which was a game of hopscotch. The picky was a shoe polish tin that we'd fill with sand to make it heavy. You'd have to get chalk and you'd have to draw six squares. And what you'd have to do then is you'd have to number them one, two, three, four, five, six. So you'd stand into the first square and you'd kick the picky with one leg. You'd have to stay hopping on one leg then. The picky would have to go over the line. If it stopped on the line you were out. But whoever got to the sixth box without making a mistake won the game.

Gobs - Breda Sheehan.

So then we used to play with stones. I always remember that. I used to love that game actually. We used to have five little pebbles and you'd have the five of them on the ground and you'd have to catch one, throw it in the air. While that's being thrown in the air, you'd get the second one and catch that one coming down. You would keep going like that until you actually got the five in your hand and whoever got the five in their hand then won that again.

The Cork Folklore Project, a community-based folklore archive, has been interviewing the people of Cork on all aspects of life since 1996. Browse our journal, radio programmes, films and catalogue at corkfolklore.org. Or would you like to go straight to hearing the stories? If so, visit our Memory Map at corkmemorymap.org. We are carrying out a collection project, 'Chronicles of COVID-19', to document people's every experiences in a time of pandemic. Please do fill out our online questionnaire, or download a print version, at: <https://tinyurl.com/corkfolklore-chronicles-of-cov>

GARDEN BIRDS

HOME
by Francis Ledwidge

A burst of sudden wings at dawn,
Faint voices in a dreamy noon,
Evenings of mist and murmurings,
And nights with rainbows of the moon.
And through these things a wood-way dim,
And waters dim and slow sheep seen
On uphill paths that wind away
Through summer sounds and harvest green.
This is a song a robin sang
This morning on a broken tree,
It was about the little fields
that call across the world to me



BIRD FEEDER DO'S AND DON'TS

What a wonderful way to get in touch with nature as you observe the visitors to your garden from the comfort of your house. Your garden can be a great refuge for birds during the cold season, you can give them welcome help by providing good food to sustain them throughout the cold winter months.



First things first, what type of food will you put in the feeder?
We have provided bird seed for you to use, but once this runs out use peanuts and sunflower hearts as they will provide for a diversity of birds and they are easy to get. Peanuts have high calorie content and sunflower hearts have lots of oils and calories

What are sunflower hearts?
They are sunflower seeds without the husks, birds remove the husk and drop it to the floor.

When should you feed the birds?
November to March when nuts, berries and fruits are in short supply in nature.





Water.

Birds need water both to drink and wash themselves in, a shallow bowl is good and fill the bowl with fresh water every day if possible, this is important when water freezes in the cold weather.

Should you wash the feeder?

Yes it is good to wash the feeder in warm water every two weeks or so and let it dry naturally.



Where will you put your feeder?

If you have a tree you could place it on a branch, make sure to put it somewhere where you can easily see it from your window, this will be a source of great pleasure as you watch the various birds. If you don't have a tree you could maybe attach it to a hedge or a large shrub or hang it from a bracket on a wall.



If you have a cat, place the feeder somewhere the cat can't get at, consider getting a collar with a bell for the cat!



Don't put your feeder out in the open the birds may find it too exposed and might feel vulnerable to predators such as sparrow hawks.

NOW WHAT CAN YOU EXPECT TO SEE?

Here are some species that may visit you over the coming months . . .



House Sparrow *Gealbhan Binne*. This bird has dark brown upper parts with heavy dark streaking and light grey underparts, the male has a chocolate nape and a black bib, the female is a little plainer. The house sparrow goes around flicking its tail.

Song Thrush *Smólach Ceoil*. Plain brown upper parts and white underside with arrow-shaped black spots down the breast and flanks. Males sit on a high perch delivering its song which is loud, fluty and carries long, it repeats short phrases three or four times.



Great Tit *Meantán Mór*. This is the largest of the tit family, it has a black head with large white cheek patches and a black band running down the centre of a bright yellow breast. Its back is yellowish green, wings and tail silvery blue. Its song is loud and full.

Blackbird *Lon Dubh*. These are members of the thrush family, the male has all black plumage with a bright yellow bill, the females are browner with speckles in the upperbreast. Their song is slow and mellow.



Starling *Druid*. Adults have brownish bodies heavily spotted in white in winter, they have a short tail and their bill is yellow. They have a great vocal variety and can imitate other birds. They are widespread in winter and often form spectacular massive swirling flocks called murmurations at dusk in winter.

Blue Tit *Meantán Gorm*. A colourful active bird, with a bright blue crown, yellow breast, white face with a thin blue line running through the eye separating the cap. It is very acrobatic and hangs upside down sometimes to peck at the feeders, it teams up with other tit species and its song is quite clear and high



Wren *Dreolín*. One of Ireland's smallest and most widespread birds, it has a small round body and a tiny cocked tail, the upper parts are reddish brown, the lower parts are paler, it has a white stripe over its eye. Oftentimes you will hear the wren before you see it. The wren is loud and its song sounds like a series of thrilling notes quite shrill that suddenly stops.

Chaffinch *Rí Rua*. The most common of the finches, the male's breast, face and underside are of a pinkish orange brown, the nape and crown are blue grey, the female is much greyer, both have white patches on their blackish wings and they have longish tails. The song is loud and bubbly, starting high and descending before ending



Dunnock *Donnóg*. A sturdy dark brown bird with bold black streaking, around the same size as a robin, it makes a sound of a rapid tumble of notes given in one quick burst.

Robin *Spideog*. Nearly every garden has one of these cheeky fellows listen out for their song; a melancholy melody in winter.

BIRDS OF IRELAND

Q B P S T I K W X B P D R L
 I L X R R N I B O R O K G L
 A D L B T N A R O M R O C U
 T U R T L E D O V E O H N G
 H P O A S A C L C S A E L A
 B U C T Z S C O E F R U B E
 B F X Z W Z W K F W Y N R S
 X F D F Z O U I B Y A A A A
 P I K V R Y N B T I J W M E
 P N N R Q C R V L G R S B Z
 R I A O H M A G P I E D L N
 H P G D R Q V Y R O K H I M
 S X N E A E N M E I H N N E
 Z K Z K O V H N X C K E G K
 S R H L T N K S G A L C W E



BLACKBIRD	PIGEON
BRAMBLING	PUFFIN
BUZZARD	ROBIN
CHAFFINCH	SEAGULL
CORMORANT	SPARROW
GOOSE	SWAN
TURTLE DOVE	HERON
MAGPIE	WREN

TYPES OF DOGS

G G L C I N R S D S F I P D
 B E A G L E E N H U F G I I
 V S T Q I T U E Q L I R N P
 N Y R R T H P J W Z T O S N
 G G R E S H U I K I S C C I
 U E R H E C H C S C A C H V
 T T C R I D A K O C M T E H
 Z A D C N K U I C L J F R Q
 D N L U N V H G O D L L U B
 P F O S Q A A R J P K I M E
 H H S J A L U B P O K P E A
 R E X O B T H C C O V O X M
 D A L M A T I A N D Q O Q J
 A N U B T H H A W L X G Z Q
 L K C R R Z C V N E H M V W



ALSATIAN	DALMATIAN
BEAGLE	HOUND
BOXER	MASTIFF
BULLDOG	PINSCHER
CHIHUAHUA	POODLE
COLLIE	SETTER
CORGI	SHEPHERD
DACHSHUND	TERRIER

THE WIZARD OF OZ

Y P N K K O Q E O E W S R D
 D R A Z I W N D B I A R E H
 J U D Y C G A W C P Z E T R
 S P T X Y N W K Z H R P A K
 K N W O R C E R A C S P W M
 G A I O Y D O G U M O I C E
 S A T K W D L J V B P L T L
 N G R I H I H D P K Y S S T
 E A T L N C D O R O T H Y I
 O C M D A L N O F C V R R N
 H T A N G N T U Q C P Q D G
 D H I A I O D V M H L E V P
 Y S B N T T L M G X I O P Y
 A C U Z Z B O E H R O I C C
 A J B C N N Q M E K N C I K



DOROTHY	RUBY
GARLAND	SLIPPERS
GLINDA	TINMAN
JUDY	TORNADO
WICKED WITCH	TOTO
MELTING	WATER
MUNCHKINS	LION
SCARECROW	WIZARD

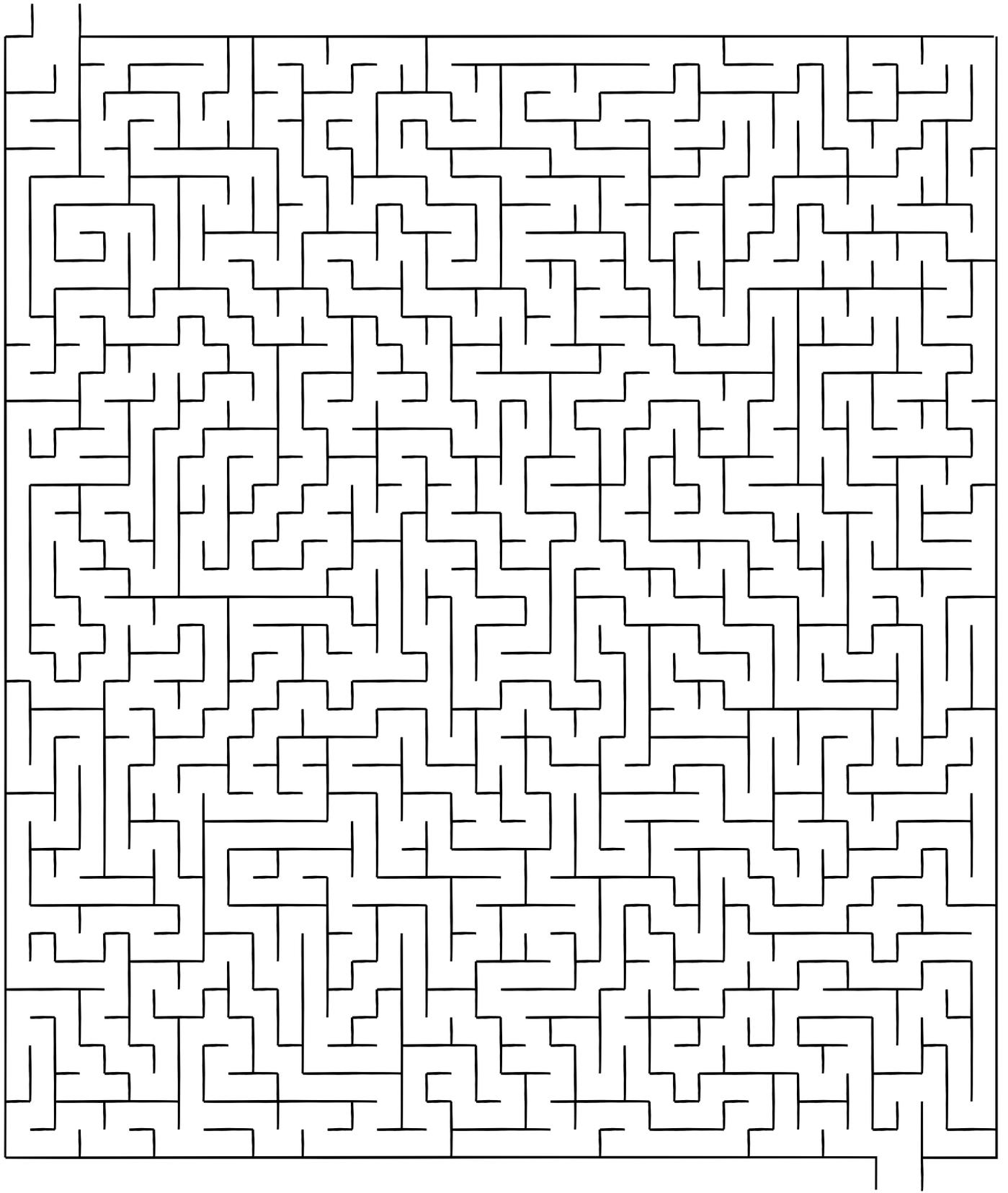
HEALTH AND FITNESS

M E N T A L D Y Q G L N Y W
 I B U G Q U O T N D A V M D
 I O V P M G O I C E C M V M
 F V O B A R E L M S I U U Z
 Q Z E J Q B N I A E S S E R
 K L O C L W L B R R Y C B V
 L U H L R A G I A O H L T V
 D I E Y I N Y X T T P E Z R
 F W T C D B D E H O R W H Y
 T G O J N R N L O N A C S T
 X S B T T A A F N I F V Y I
 H E A R T R A T E N N A Z L
 C J Q Q W H A N I M A T S I
 E C N A R U D N E O M R F G
 S T R E N G T H Y R N T D A



AGILITY	MUSCLE
DUMBBELL	PHYSICAL
ENDURANCE	SEROTONIN
FLEXIBILITY	SOCIAL
HEART RATE	STAMINA
HYDRATION	STRENGTH
MARATHON	WELL BEING
MENTAL	YOGA

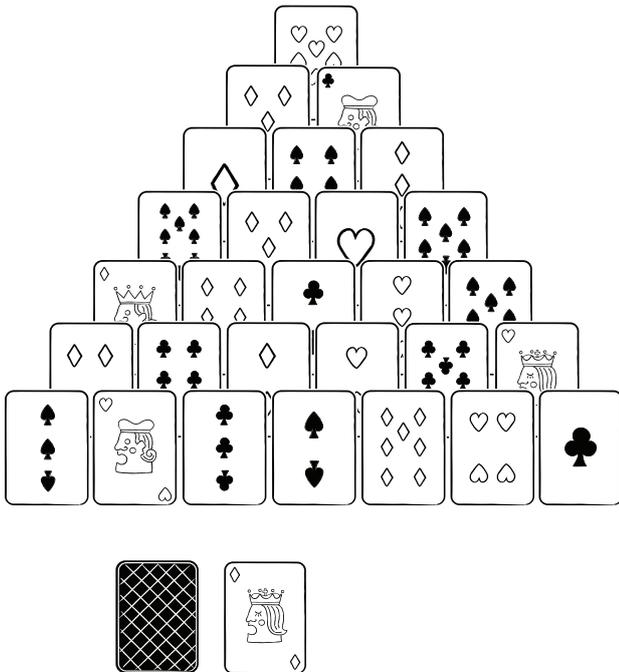
START



FINISH

♠ ♥ **CARD GAMES** ♣ ♦

Pyramid / Solitaire 13



Card Values

Kings are worth 13.
 Queens are worth 12.
 Jacks are worth 11.
 Aces are worth 1.
 Card 2-10 are worth the value displayed.

Kings can be discarded as a single card.

Some possible discard combinations:

- King: As a single card.
- Queen + an Ace.
- Jack + No. 2 card.
- No. 10 card + No. 3 card
- No. 6 card + No. 7 card.

In the above example, the Jack and 2 of Spades are both exposed in the pyramid, they can be discarded. The Ace of clubs in the pyramid and the Queen in the draw pile are both exposed, they can be discarded.

How to Set Up the Game

Shuffle the deck. Deal cards to form a pyramid, starting with a row of 1 card, followed by a row of two cards, and so on, down to a row of 7 cards. Each row should overlap the previous one. The remaining cards are set on the table face down to form the draw pile.

Gameplay

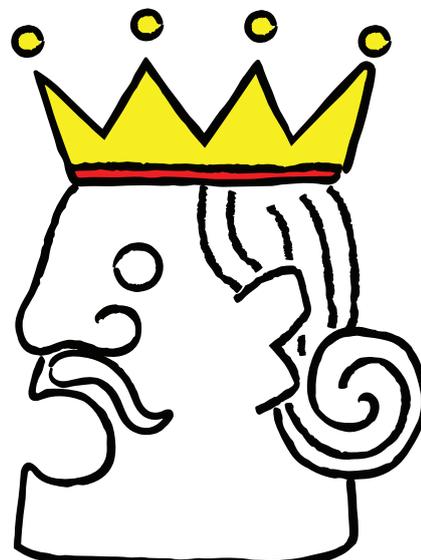
Reveal cards from the draw pile, one at a time. If a card from the draw pile is not used, it should be covered up by the next card from the draw pile. It can be used later in the game, but only if it gets uncovered because any draw pile cards on top of it are able to be discarded.

When two exposed cards total 13, they can be discarded. Discarding is always optional.

Cards in the pyramid are exposed if no cards are overlapping them. Only one card from the draw pile is exposed at any given time in the game (the most recent draw pile card to be turned).

How to Win the Game

You win the game when all of the cards have been removed from the pyramid or when the draw pile has been exhausted, whichever happens first.



Golf Solitaire

How to Set Up the Game

Shuffle the deck and lay out 7 columns of 5 cards each, all face up to form the *table*. One additional card is dealt face up to form the *foundation*. The remaining 16 cards are turned face down to form the draw pile.

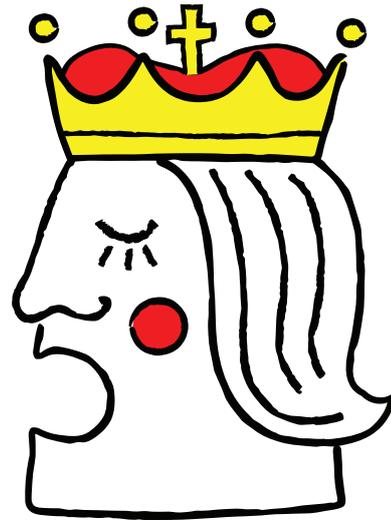
Gameplay

Only the topmost card in each column (closest to the player) may be removed from its row. When it is removed, the card beneath becomes available for play.

Cards may be moved from the table to the foundation if they are either *one rank higher* or *one rank lower* than the top card of the foundation, regardless of suit.

However, *nothing may be played on top of a King*. Whenever there are no possible plays, turn cards up one at a time from the draw pile to the foundation and resume playing cards from the table when possible.

The game is over when the draw pile is exhausted and no more moves are available.

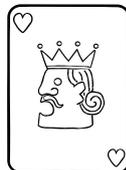
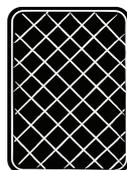
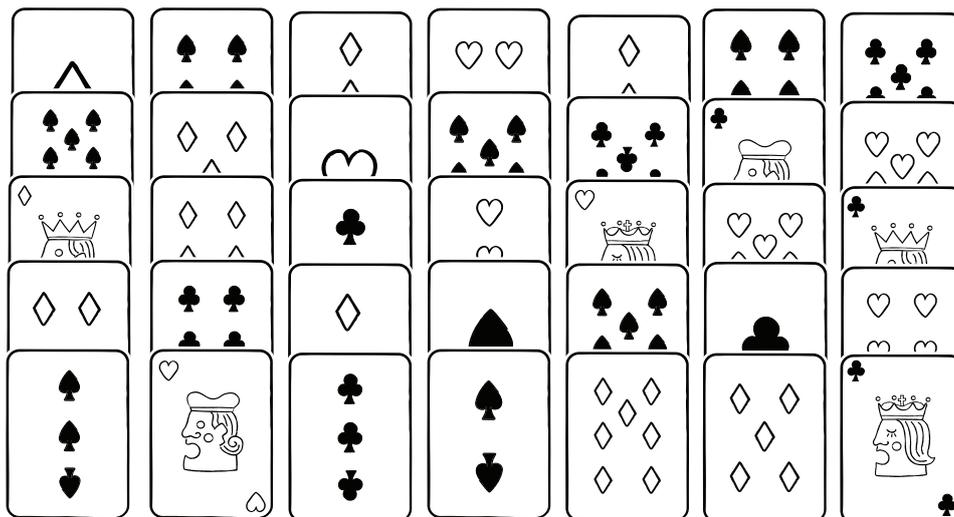


How to Win the Game

The player scores *one point for each card remaining in the table* after the stock has run out.

If the table is cleared, player scores a negative point for every card left in the draw pile.

A game is nine "holes" (deals) - A score of 45 or lower is considered par.





MINDFUL COLOURING

Mindful colouring is a relaxing and enjoyable activity whose many benefits are promoted the world over by mental health professionals. Concentrating on the page allows us to clear our minds and enter a meditative-like state known as mindfulness. Mindful colouring is a great way to help us unwind and destress as we forget the distractions of the world and allow ourselves to be present in the moment. The practice has even been shown to improve focus and quality of sleep. Whilst you don't have to be artistic to enjoy mindful colouring, it can help us connect with our creative side. Pick up a pencil included in this pack and have some fun!

Of all the felt I
ever felt, I never felt
a piece of felt which
felt as fine as that felt
felt felt, when first I
felt that felt
hat's felt !

While we were
walking, we were
watching window
washers wash
Washington's
windows with warm
washing water.

Sarah saw a
shot-silk
sash shop full of
shot-silk sashes as
the sunshine shone
on the side of
the shot-silk
sash shop.

Whether the
weather be fine, Or
whether the weather
be not, Whether the
weather be cold, Or
whether the weather
be hot, We'll weather
the weather, Whatever
the weather,
Whether we like
it or not.



TONGUE TWISTERS

Susan shineth
shoes and socks,
Socks and shoes shines
Susan. She ceased
shining shoes and socks,
For shoes and socks
shock Susan!

A flea and a fly flew
up in a flue.
Said the flea, "Let us fly!"
Said the fly, "Let us flee!"
So they flew through a flaw
in the flue.

Three thin thieves
thought a thousand
thoughts. Now if three thin
thieves thought a thousand
thoughts how many
thoughts did each thief
think?



1p

5p

10p

20p

50p

Can you match these old coins with their value?

Remembering Happy Moments to Build our Present.

In this pack you found new objects and activities to try out and have a good time with. Do they bring back memories?

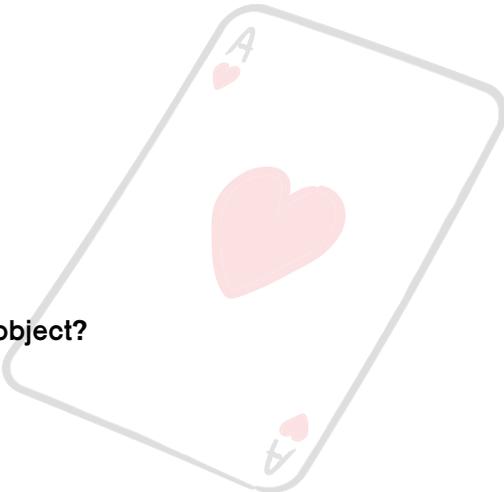
How can you link these new activities with things that you liked to do in the past?

Like real banks, our memory banks have real valuables in their vaults. When we retrieve these good memories we begin to feel happier, in fact research shows that the more details a person uses to describe a happy memory, the better they begin to feel.

Use the objects in this box to spark your happy memories.

When was the first time you remember drawing with coloured pencils, playing cards, singing songs, filling a bird feeder? Perhaps you used to play cards with you friends in your 20s or you loved colouring in school, or you read a poem that really stuck with you.

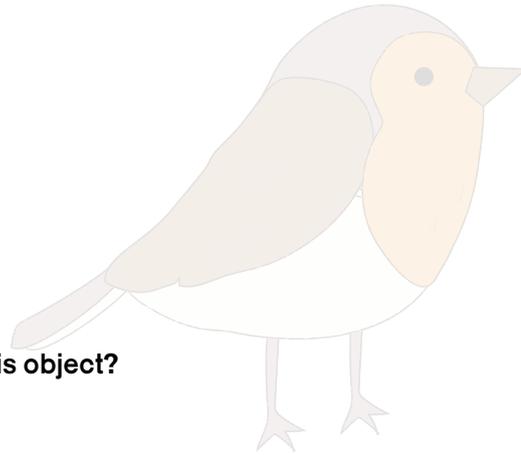
Use the boxes to write down your memories and how they make you feel.

<p>Deck of Cards - Your memory:</p>

<p>How did it make you feel?</p>
<p>What can you do now with this object?</p>

Bird Feeder- Your memory:

How did it make you feel?

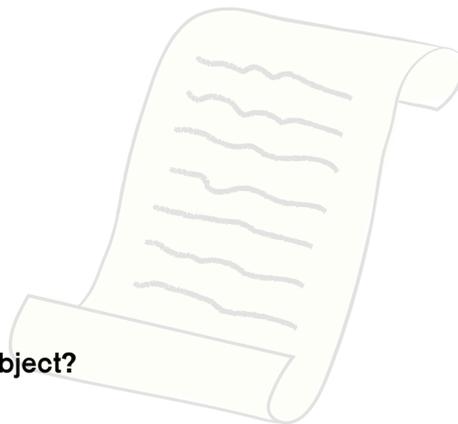
What can you do now with this object?



Poem - Your memory:

How did it make you feel?

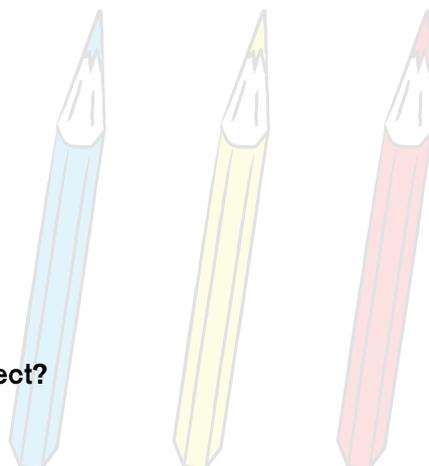
What can you do now with this object?

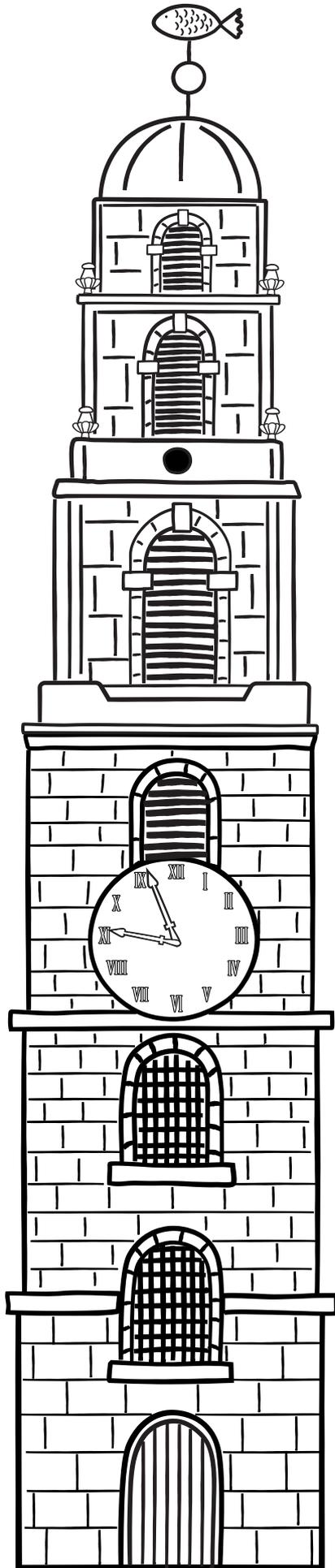


Colouring Pencils - Your memory:

How did it make you feel?

What can you do now with this object?





ADD SOME COLOUR TO CORK'S ICONIC SHANDON BELLS

SING ALONG!

The Banks of My Own Lovely Lee

How oft do my thoughts in their fancy take flight
To the home of my childhood away
To the days when each patriot's vision seem'd bright
Ere I dreamed that those joys should decay
When my heart was as light as the wild winds that blow
Down the Mardyke through each elm tree
Where I sported and play'd 'neath each green leafy shade
On the banks of my own lovely Lee

And then in the springtime of laughter and song
Can I ever forget the sweet hours?
With the friends of my youth as we rambled along
'Mongst the green mossy banks and wild flowers
Then too, when the evening sun's sinking to rest
Sheds its golden light over the sea
The maid with her lover the wild daisies pressed
On the banks of my own lovely Lee
The maid with her lover the wild daisies pressed
On the banks of my own lovely Lee

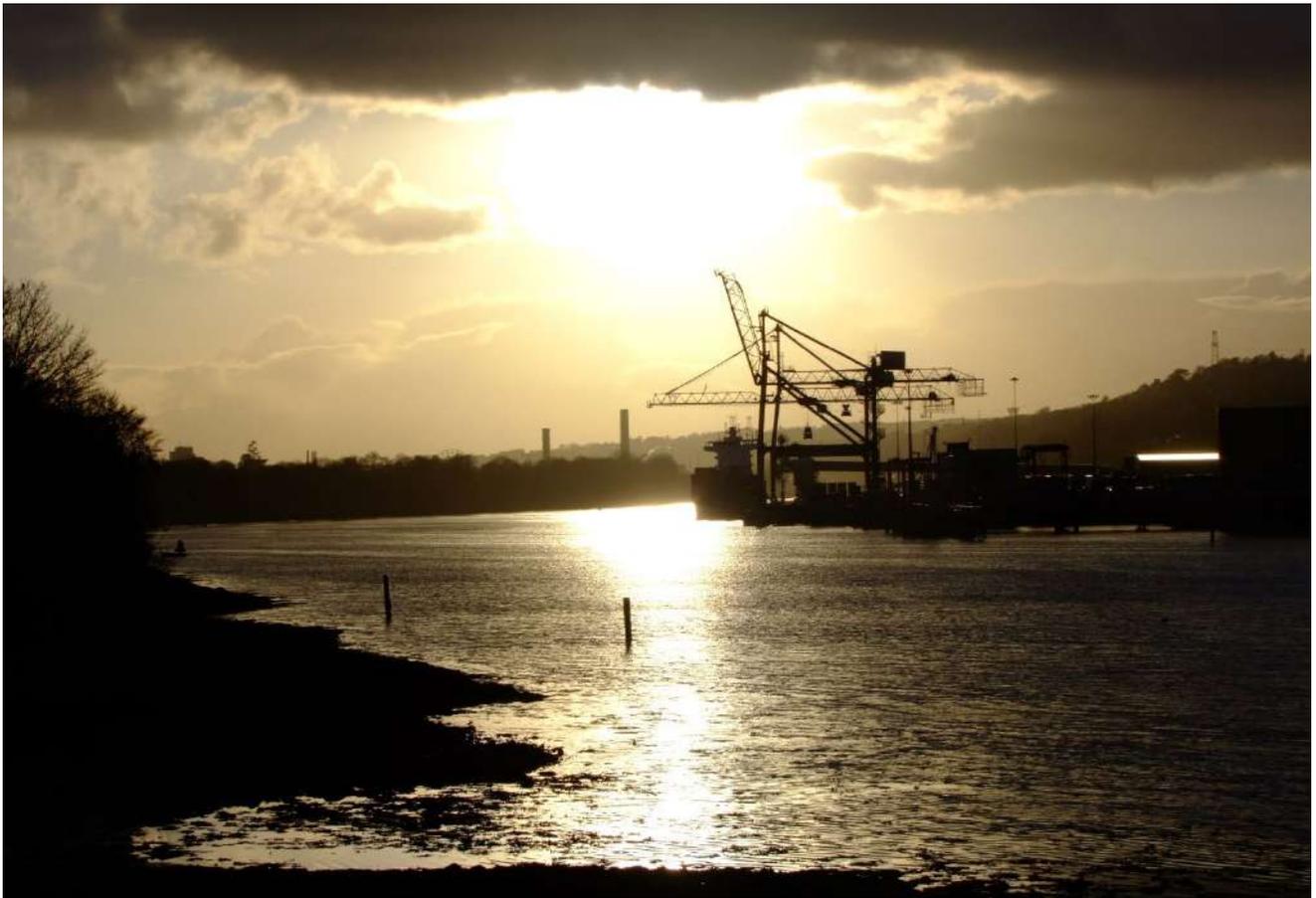
'Tis a beautiful land this dear isle of song
Its gems shed their light to the world
And her faithful sons bore thro' ages of wrong
The standard St. Patrick unfurled
Oh! would I were there with the friends I love best
And my fond bosom's partner with me
We'd roam thy banks over, and when weary we'd rest
By thy waters, my own lovely Lee
We'd roam thy banks over, and when weary we'd rest
By thy waters, my own lovely Lee

Oh what joys should be mine ere this life should decline
To seek shells on thy sea-girdled shore
While the steel-feathered eagle, oft splashing the brine
Brings longing for freedom once more
Oh all that on earth I wish for or crave



The Atlantic Light

by Kieran McCarthy



Cork's location in the North Atlantic world is a core facet of the city's DNA. Apart from having lots of rain per annum, the Atlantic light is a very important one for Cork and its soul, it's mood, its urbanity – its very character. I have long marvelled at how the Atlantic light in Cork can change the textured feeling of the city. On any given day, the North Atlantic light can change the mood of the landscape through beautiful sunrises and sunsets – heralding the advent of day and night. The scenery prompts one to wonder what lies beyond. The Atlantic light can also just bring just small playful beams of light – such light drives the imagination; such light drives the personal connection.

The Atlantic light can bring limited light – with little or no light for days on end at all getting through the North Atlantic cloud formations. When the sun does come out - to a person in Cork, everyone seems to have to wear sunshades – because of intensity of light – whose beams

are also magnified through the dampness in our North Atlantic atmosphere.

I love photographing how the Atlantic light illuminates parts of the River Lee and its quaysides, bridges and walkways, different neighbourhoods, parts of street corners, parts of buildings, parts of our valued and shared cultural heritage. The light can vary at different points of an hour, day or a season.

The city's past, present and future narrative is enlivened by light. The position of the sun in the sky and its qualities of light all create and enhance personal connections to and experience of Cork's urban landscape.

This illumination of the city by Atlantic light is also enhanced by the limestone buildings of our city – which light up when the light hits them and go very dull when grey clouds prevents beams of light from getting through.

Cases in point are the beautiful and imposing structures such as the thirteenth century Red Abbey Tower, the seventeenth century Elizabeth Fort, the nineteenth century structures of the Quadrangle in UCC, St Finbarre's Cathedral, the North Cathedral and St Anne's Church, Shandon, Blackrock Castle. All are very photogenic when the sunshine illuminates them.

It is something to remark upon that even how the city developed – its buildings and their windows. and the direction they face is linked to the light. Light and shade has defined the city's development upon its marshes and on its surrounding hills. Light and shade determines the inside of some of the city's most beautiful interiors. Take for example some of the oldest structures in the city still standing from the early eighteenth century – and the oval Georgian fanlight above the door. Apart from helping with understanding and dating the history of the building – it also helped light the space in the age of just candles.

Take the interior of what is one of my favourite buildings, the Honan Chapel in UCC and its array of stained glass windows of Ireland's regional saints, by famous stained glass window makers – Harry Clarke and Sarah Purser – and how the light is refracted through the glass onto the floor and interior walls of the Honan Chapel – casting different colours onto the epic mosaic called the River of Life.

Such obsession with light is also reflected on the walls of our art institutions such as the Crawford Gallery. Check out its sculpture gallery of nineteenth century casts and how the light flickers on them illuminating their almost movement and animation if you look at them for a sustained time. Light also flickers across the wider collection of paintings in other galleries. In addition, in many of the Cork paintings, the Atlantic light is very much depicted in romantic terms. One such painting is that by the artist John Butts from 1760 whose picture a View of Cork encompasses rich water colours but is painted at a point in the day when one part of Cork was enlivened and other parts are not. The painting depicts a detailed landscape view or a highly complex compositions showing a profound study of knowledge of landscape.

The depth and space were further highlighted through the use of contrasting warm and cool colours rather than light and shade. But what I describe is only scratching the surface of Cork and its relationship with light.

Dr Kieran McCarthy is an Independent City Councillor and is the author of 25 books on Cork history. He writes a weekly history column in the Cork Independent.

**His heritage website is :
<http://www.corkheritage.ie>**

Photographs:

- 1. Tower of St Anne's Church Shandon, Cork silhouetted through a sunset (picture: Kieran McCarthy).**
- 2. Sunset at The Marina, Cork (picture: Kieran McCarthy).**

CORK QUIZ

1. For a truly Cork cuppa, it has to be...
a. Barry's Tea b. Lyons Tea c. Twinings Earl Grey d. PG Tips
2. What kind of fish sits atop the Shandon Bells?
a. Pike b. Trout c. Salmon d. Carp
3. How many bells does the tower contain?
a. 8 b. 4 c. 10 d. 6
4. Who was the first Taoiseach from Cork?

5. Where does Cork's senior GAA team play their home games?
a. Páirc Uí Chaoimh b. Páirc Uí Rinn c. Musgrave Park d. Turner's Cross
6. In what year was Cork named European Capital of Culture?
a. 2004 b. 2005 c. 2006 d. 2007
7. Legendary Cork guitarist Rory Gallagher first found success with which band?
a. Cream b. Planxty c. Taste d. The Frank and Walters
8. What animal does Fota Wildlife Park NOT have?
a. Hippos b. Cheetahs c. Giraffes d. Lions
9. Which town was formerly named Queenstown?

10. Which is the oldest street in Cork City?
a. Grand Parade b. Patrick's Street c. Barrack's Street d. North Main Street
11. Where was the 1993 Eurovision Song Contest held?
a. Millstreet b. Macroom c. Cork City d. Mallow
12. The name for Cork in Irish, *Corcaigh*, means what?
a. Town b. River c. Marsh d. Port

ANSWERS

1=A, 2=C, 3=A, 4=Jack Lynch, 5=A, 6=B, 7=C, 8=A, 9=Cobh, 10=D, 11=A, 12=C.

CAN YOU NAME THESE CORK LANDMARKS?



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

ANSWERS

1. Crawford Gallery 2. English Market 3. Baltimore Beacon 4. Blackrock Castle
5. University College Cork 6. Garnish Island 7. Glucksman Gallery 8. St. Fin Barre's Cathedral
9. Gougane Barra 10. Shandon Bells 11. Blarney Castle 12. Drombeg Stone Circle

COUNTIES OF IRELAND

F J Z F D T N M C J G K Q D Y F N O D A
 K E C A A R O M U K C S K U E Z Z S N R
 F O R U P H O W N I V L G B J N Z F H H
 M L C M D R O F R E T A W L X Q O W F M
 O C H T A E M E X R I R O I E Q V R F Y
 H E A N I N M K F E J A A N S F X L Y L
 B G W R T I A Q F D W V Y E Y O T Z Y T
 O V U P L L X G S R U H K F G A N G H Q
 L M S R F O K O H O C M R I Y X Y L M K
 A E O A X I W E W S G Y O K Y Y N U U K
 O C D N L L L I O C H I C E O B N G O I
 I L N D A B G R B O K T L W V D E R R Y
 S B A S Z G T M B M L E A S G P K I V Q
 C R D V L R H N J M W O R E R O L I H E
 E D O S F P Q A K O T G L R M F I Y I H
 L O N G F O R D N N Z O N G Y T K V S D
 S Y E M I R T I E L U W Z T E C S N Q E
 F X G N T M G X J T O Z P Z A I T E T B
 F U A O I J N O H D G P Z U G I W C W R
 L U L R C Z T F B U S R U A P B O M S T
 E I T R Q O K D N N Y L L P B Q L Q Q B
 B N M A Y O F L F I N W E O C F K K I M
 A B I P U B W R X C A R R Q F T C N D T
 F W Z X C J N H A Y A Y S X K E I Y E W
 A R M A G H A V H R R H S M X K W R C D
 Y L A F F O V S Y Z R W N U W T A M K R
 S C M Z G B A X A M N K J F H L K N L S
 C T B J V X C W G N Z Q H P C I S U F R

ANTRIM
 ARMAGH
 CARLOW
 CAVAN
 CLARE
 CORK
 DERRY
 DONEGAL

DOWN
 DUBLIN
 FERMANAGH
 GALWAY
 KERRY
 KILDARE
 KILKENNY
 LAOIS

LEITRIM
 LIMERICK
 LONGFORD
 LOUTH
 MAYO
 MEATH
 MONAGHAN
 OFFALY

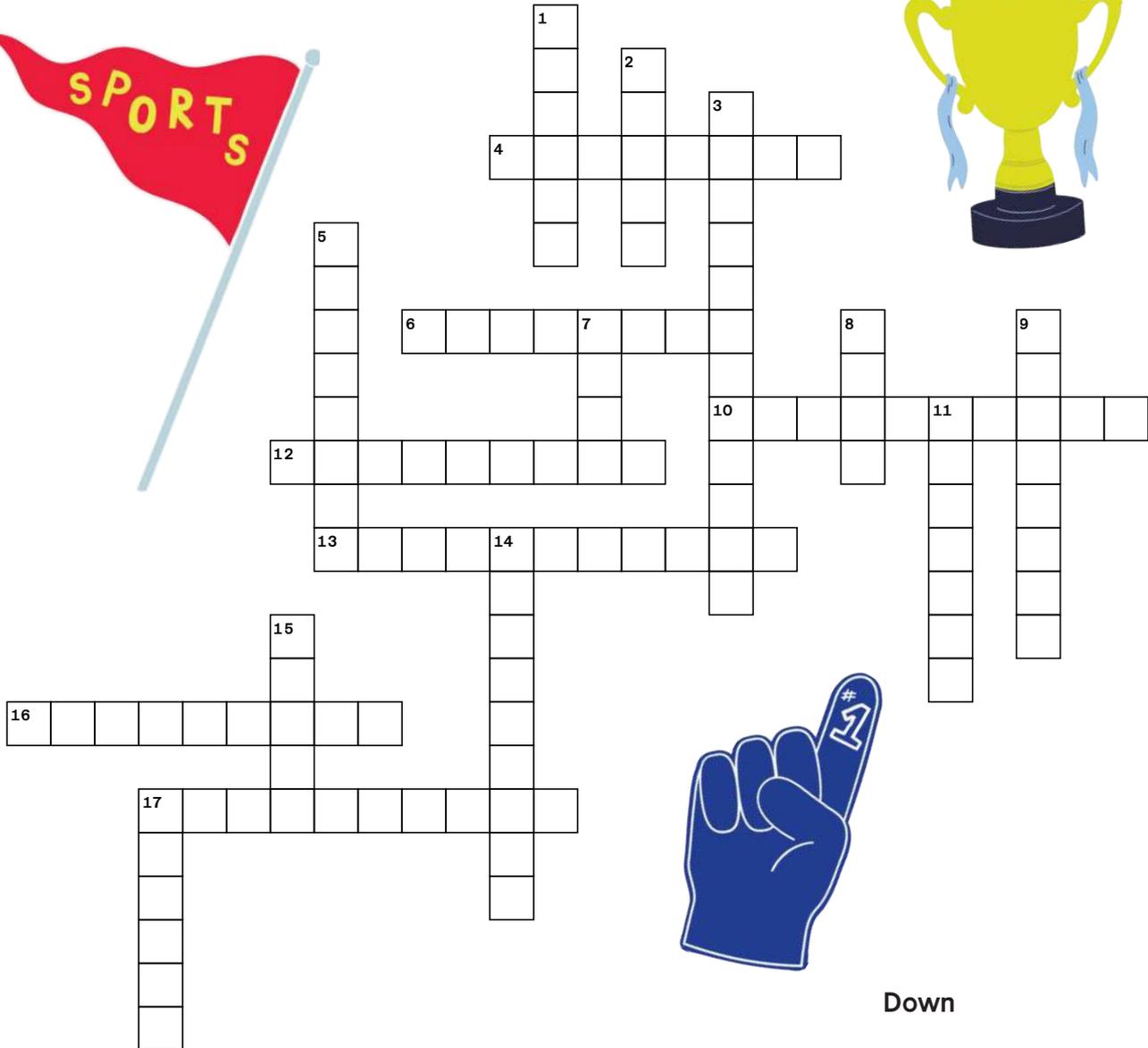
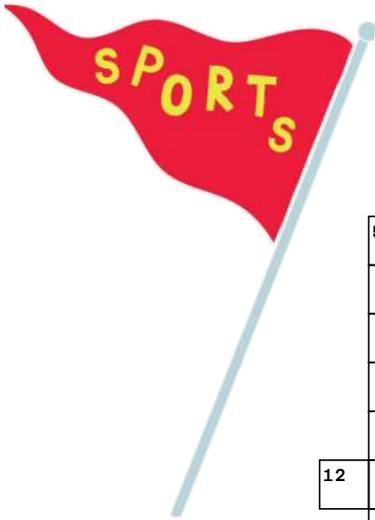
ROSCOMMON
 SLIGO
 TIPPERARY
 TYRONE
 WATERFORD
 WESTMEATH
 WEXFORD
 WICKLOW

**CAN YOU NAME THESE COUNTIES
FROM THEIR NICKNAMES?**

1. The Banner County _____
2. The Kingdom _____
3. The Garden of Ireland _____
4. The Wee County _____
5. The Faithful County _____
6. The Rebel County _____
7. The Royal County _____
8. The Marble County _____
9. The Treaty County _____
10. The Model County _____
11. The Premier County _____
12. The Dolmen County _____
13. The Orchard County _____

ANSWERS

1 - Clare, 2 - Kerry, 3 - Wicklow, 4 - Louth, 5 - Offaly, 6 - Cork, 7 - Meath,
8 - Kilkenny, 9 - Limerick, 10 - Wexford, 11 - Tipperary, 12 - Carlow, 13 - Armagh



Down

SPORTS CROSSWORD

Across

4. Another name for table-tennis.
6. The centre of a dartboard is called the _____.
10. This team has won the Champions League more than any other.
12. An annual tennis tournament that takes place in London.
13. For a game of badminton, players need rackets and a _____.
16. The home of GAA / A stadium in Dublin.
17. The Chicago Bulls, Toronto Raptors, and Milwaukee Bucks play which sport?

1. Knocking down all the pins in bowling is known as a _____.
2. Johnathan Sexton is the captain of the Irish team for which sport?
3. The world's most prestigious bicycle race.
5. A major sporting event held every 4 years.
7. A type of wrestling from Japan.
8. A birdie, an albatross, and an eagle are all scores in this sport.
9. This race is roughly 42km long.
11. To compete in this sport, you will need a bow and arrow.
14. This race combines running, swimming, and cycling.
15. What colour is the last ball potted in a game of snooker?
17. Mike Tyson is a famous former world champion in which sport?

TRADITIONAL SWEETS

H O N E Y C O M B S T O S Q
 B O N B O N S J E H E R D P
 T L A V R E R Y A T E J Y D
 B E B U T T E R S C O T C H
 T A B H A S D X U T J M V J
 O A R W L G M A B E G I J S
 F P H L U N S P L B Z N S L
 F D U M E G D L J R Z T P O
 E B S P N Y Y S F E F H O L
 E F U I N B S U P H P U R L
 C L Y S A Z D U C S L M D I
 C L Y B Z G S S G B D B R P
 F Z I Z E G X Y K A I U A O
 U E C I R O U Q I L R G E P
 S M U G E N I W B E C S P P



BARLEY SUGAR	BONBONS
JELLY BABIES	LIQUORICE
BULLSEYES	LOLLIPOP
BUTTERSCOTCH	FUDGE
FLYING SAUCERS	PEAR DROPS
MINT HUMBUGS	SHERBET
HARD GUMS	TOFFEE
HONEYCOMB	WINE GUMS

FOOTBALL

S B K P C A P T A I N D C R
 R A C R P R W N G W I U O E
 I R I E A H E O E R N Y W P
 S C R M O L A F D C K X U B
 S E T I P L I A E E T C A P
 E L T E D W M V A R D Y I V
 M O A R A L Y N E L E F C L
 L N H L A Z E L R R W E J Y
 E A Q E H D O O N F P R D P
 N J R A I P W M M K Q O T F
 O A R G P U U Q J V H U O D
 I X S U T N E V U J B K K L
 L S P E I J V Q F J N N V U
 N B A C O R K C I T Y F C M
 H O H P P O L K N E G R U J



JURGEN KLOPP	CAPTAIN
PREMIER LEAGUE	AJAX
BARCELONA	GOAL
BAYERN MUNICH	HAT TRICK
LIONEL MESSI	REFEREE
CORK CITY FC	ROY KEANE
REAL MADRID	WORLD CUP
JUVENTUS	LIVERPOOL



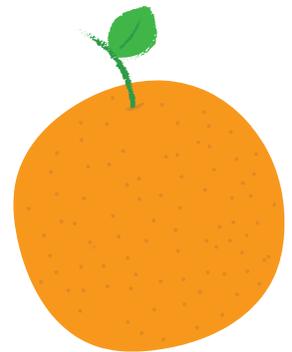
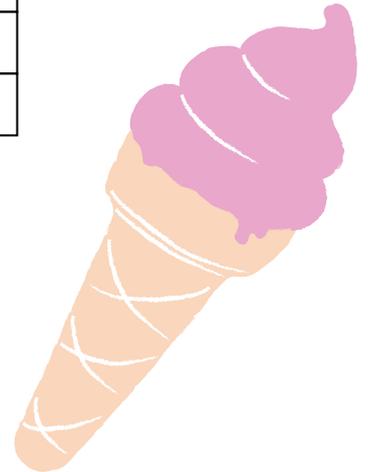
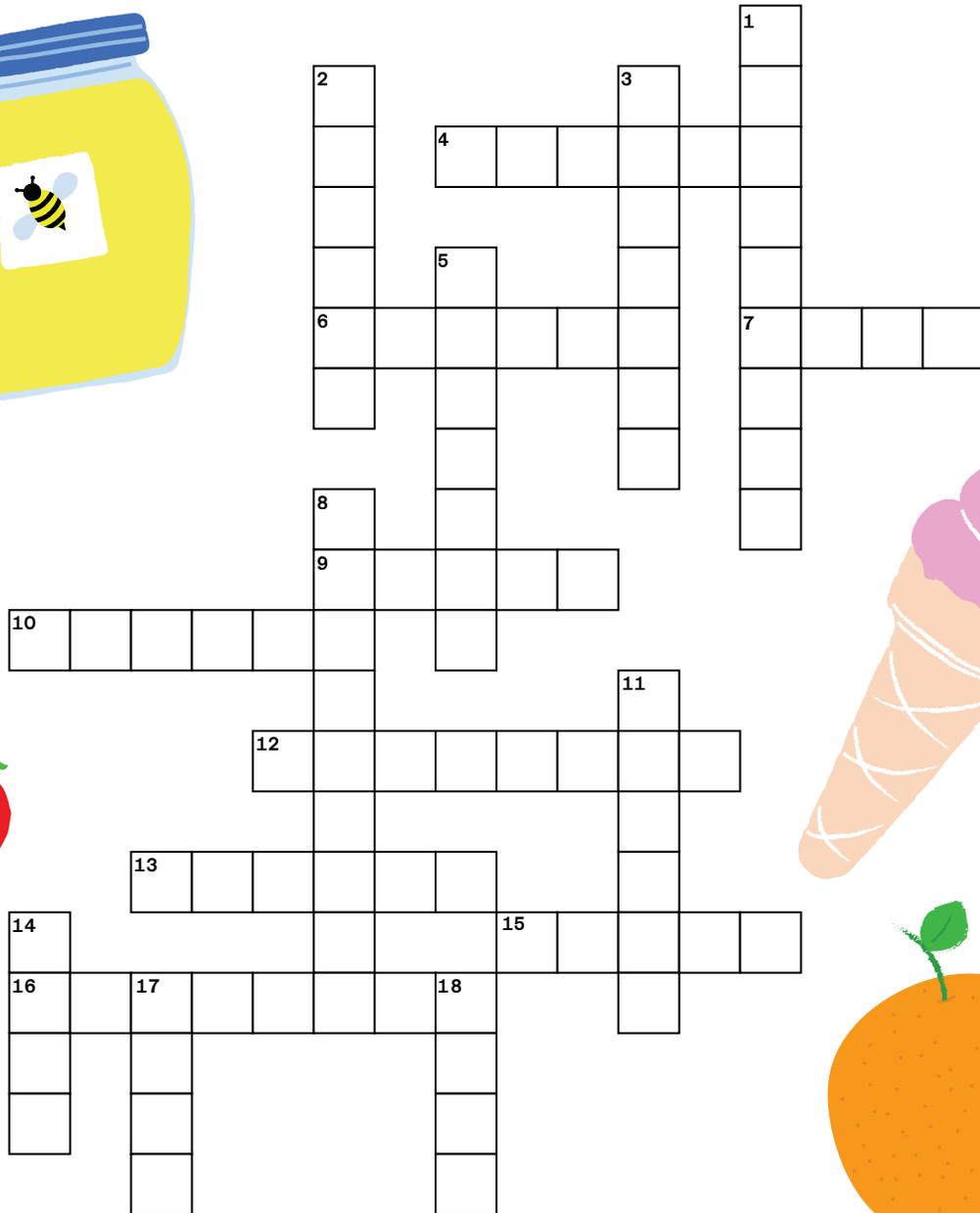
Darina Allen's Bread and Butter Pudding

Serves 6-8

This is my original bread and butter pudding recipe, the one that people tell me over and over again is the best they've ever tasted. But there's nothing frugal about this recipe – it's got lots of plump dried fruit in it and a generous proportion of cream to milk. When people taste it, they say 'Wow!' I know it has a lot of cream in it, but don't skimp – just don't eat it every day! I play around with this formula and continue to come up with more and more delicious combinations, depending on what's in season and what I have to hand (see below for some of my favourite additions). It may come as a surprise, but this bread and butter pudding reheats perfectly.

- 50g (2oz) softened butter, preferably unsalted, plus extra for greasing
 - 12 slices good-quality white bread, crusts removed
 - 1/2 teaspoon freshly grated nutmeg or ground cinnamon or mixed spice
 - 200g (7oz) plump raisins or sultanas
 - 450ml (16fl oz) double cream
 - 225ml (8fl oz) whole milk
 - 4 large organic, free-range eggs, lightly beaten
 - 1 teaspoon vanilla extract
 - 110g (4oz) granulated sugar, plus 1 tablespoon for sprinkling
 - a pinch of salt
1. Grease a 25 x 20.5cm (10 x 8 inch) rectangular ovenproof dish with butter, then butter the bread. Arrange 4 slices of bread, buttered-side down, in one layer in the base of the buttered dish. It's really important to leave a generous space between each slice of bread to allow for expansion, so the pudding will be light and fluffy. Squash in too much bread and the end result will be disappointingly heavy.
 2. Sprinkle the bread with half the freshly grated nutmeg (or cinnamon or mixed spice) and half the raisins or sultanas. Arrange another layer of bread on top, buttered-side down, and sprinkle with the remaining spice and dried fruit. Cover with the remaining bread, buttered-side down. Leave the slices whole or cut into quarters.
 3. In a bowl, whisk together the cream, milk, eggs, vanilla extract, sugar and a pinch of salt. Pour the mixture through a fine sieve over the bread. Sprinkle 1 tablespoon of sugar over the top and set aside, loosely covered, at room temperature for at least 1 hour or cover and chill overnight.
 4. Preheat the oven to 180°C / 350°F / Gas Mark 4.
 5. Put the dish in a bain-marie and pour in enough boiling water to come halfway up the sides of the baking dish. Bake in the middle of the oven for about 1 hour or until the top is crisp and golden. Serve the pudding warm, with lots of softly whipped cream.

Recipe taken from 'One Pot Feeds All' by Darina Allen, published by Kyle Books.



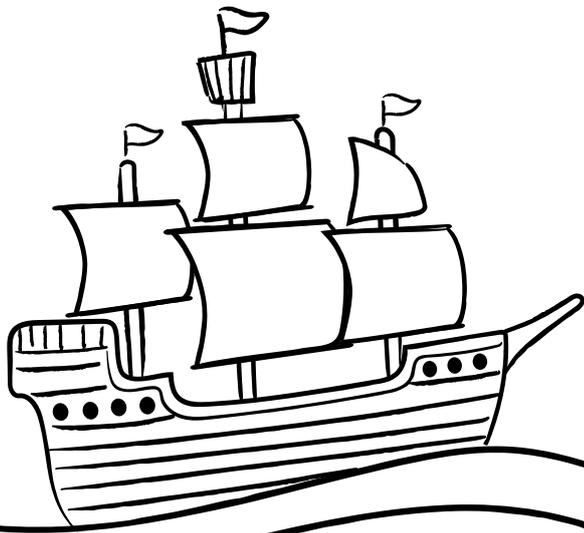
FOOD, GLORIOUS FOOD!

Across

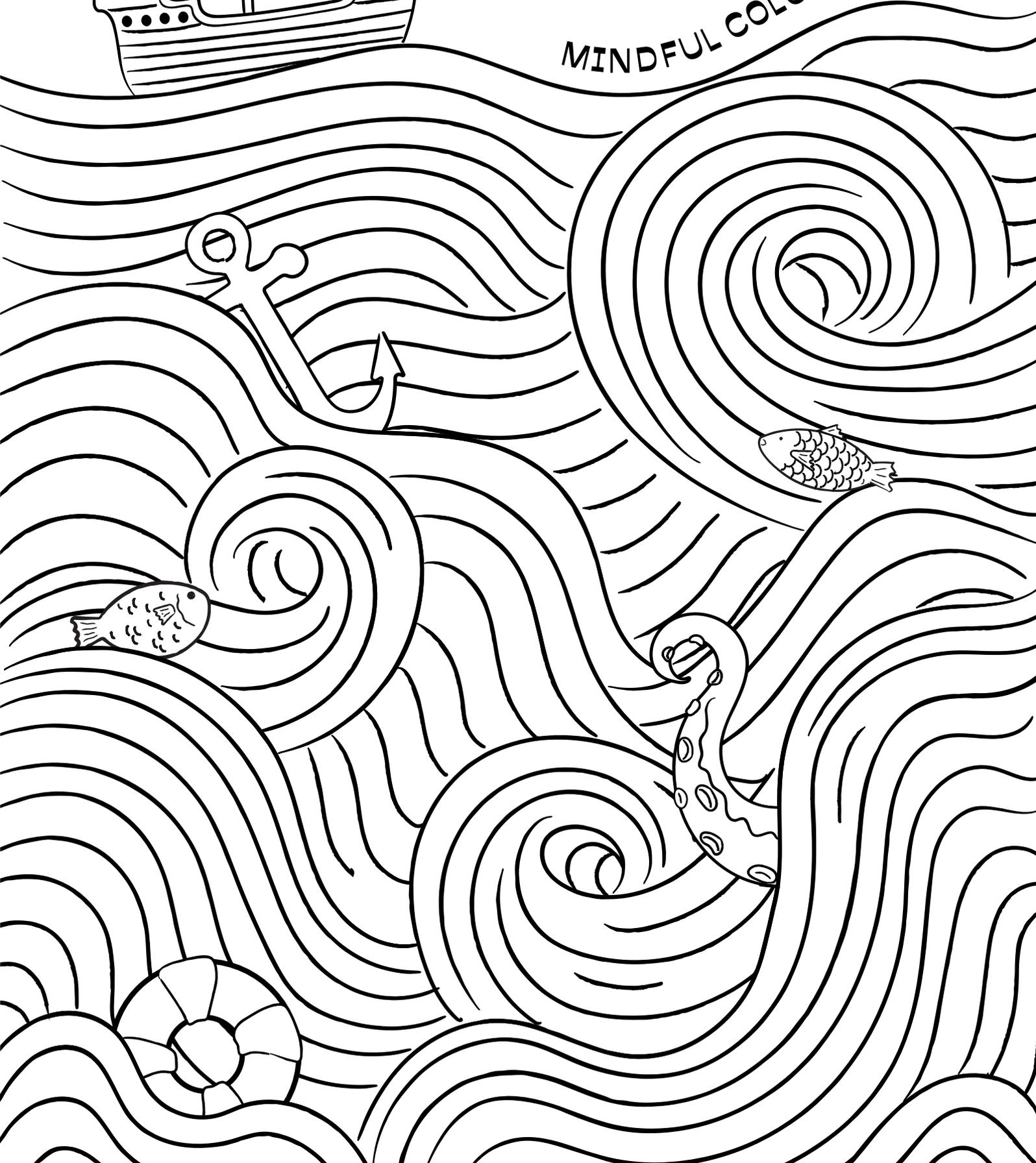
4. Gouda, Cheddar, Mozzarella etc...
6. This fruit has lots of vitamin C.
7. Mullet, Sardines, Herring.
9. The land of milk and _____.
10. You may be surprised to learn this is a fruit.
12. A cake with a hole in the middle.
13. Full of potassium . Watch out for the skin!
15. Baguette, brioche, sourdough.
16. A cold sweet dessert.

Down

1. The first meal of the day.
2. "They'll help you see in the dark!"
3. These vegetables come in yellow, red, and green.
5. Shrivelled grapes. A fibre rich snack.
8. A sweet treat enjoyed at Easter.
11. A type of spread. It may be cultured.
14. Someone from New Zealand.
17. Enjoyed scrambled, poached, fried, and boiled.
18. Essential for healthy bones and teeth.



MINDFUL COLOURING





Pat O'Connell of K O'Connell Fish Merchants in the English Market.

In over 50 years of selling fresh fish, two questions in particular keep being repeated by our loyal customers. The first, obviously is, "Pat what do you recommend today?"

The answer to this always varies, as it depends very much on what's landed at Castletownbere that morning. My Mother, who I learned so much from, used to say that your reputation is only as good as the last fish you sold. Hence we recommend the best when asked.

The second question most frequently asked is probably what is my own favourite fish, and while I love most fish with one or two exceptions, the answer to that question never varies. The first time I tasted Black Sole, or Dover Sole as it is sometimes called, it hit the spot and it continues to do so ever since. Served on the bone it can be fried, grilled, or baked. My favourite is baked but with the little twist of adding some Dublin Bay Prawns. This is the first time I've shared the recipe, so I hope you love it as much as I do.

Pat O'Connell's Black Sole with Dublin Bay Prawns

- 1 medium Black Sole
 - 6 peeled Dublin Bay Prawns
 - 50g butter
 - 1tsp finely chopped capers
 - 1 lemon (zest only)
 - Sea salt
1. Ask your fishmonger to skin the Black Sole, both sides, remove the head and nicely trim the fins.
 2. Now get your fishmonger to slit the flesh starting about 1cm from the top of the fish following the centre bone and finishing the slit 1 cm from the tail.
 3. Now ask them to gently cut the flesh from the centre to the sides of the fish forming an 'envelope' in which to place the Prawns.
 4. Season the cavity now formed on the fish.
 5. Soften the butter (room temperature), and mix with capers and chives. Spoon the butter into the envelope on the back of the fish.
 6. Place the Prawns into the 'envelope' and season on top with sea salt and the zest of a lemon.
 7. Place the fish on a greased oven dish and cover with parchment paper and foil. Bake in a preheated oven for 15 minutes at 180°C
 8. After 15 minutes remove the foil and parchment paper.
 9. Baste the fish with some melted butter, and turn up the oven up to 200°C and cook the fish for another 5 minutes until it is a beautiful golden brown.
 10. Pour a glass of your favourite white wine and enjoy a meal fit for a King...or a Queen.

SUDOKU

	7		5					
6				2				
		3	4		6	5		7
3				5	4		1	8
			9	7	8			
5	8		1	6				9
8		9	3		1	2		
				9				4
						2		6

A.

8		6			2			
5		7	8			9		
		2	7	3	1		6	
	6					8		
			5	2	9			
		5				2		
	2		4	7	5	1		
	7				3	2		6
			2			7		3

B.

					3		8	
	1	4			6	2		
3	9	2	1			4		
		6						1
		1	3	9	4	6		
2								
		5			8	9	3	7
		3	7			8	1	
	7		2					

C.

5							2	
	6	7					1	
	1			6	5	9	7	
	2	4		7				9
			6		1			
3				9		7	6	
	5	3	8	2			4	
	7					8	3	
	4							5

D.

ANSWERS

A.

4	3	5	7	8	2	9	6	1
7	1	2	6	9	5	8	3	4
8	6	9	3	4	1	2	7	5
5	8	7	1	6	3	4	2	9
2	4	1	9	7	8	3	5	6
3	9	6	2	5	4	7	1	8
9	2	3	4	1	6	5	8	7
6	5	4	8	2	7	1	9	3
1	7	8	5	3	9	6	4	2

B.

1	7	8	2	3	9	5	6	4
9	6	3	7	4	5	8	1	2
4	2	5	6	1	8	9	3	7
2	3	9	5	6	1	7	4	8
7	8	1	3	9	4	6	2	5
5	4	6	8	7	2	3	9	1
3	9	2	1	8	7	4	5	6
8	1	4	9	5	6	2	7	3
6	5	7	4	2	3	1	8	9

C.

8	4	6	7	1	3	2	9	5
9	7	2	4	5	6	8	3	1
1	5	3	8	2	9	6	4	7
3	8	1	5	9	2	7	6	4
7	9	5	6	4	1	3	8	2
6	2	4	3	7	8	1	5	9
4	1	8	2	6	5	9	7	3
2	6	7	9	3	4	5	1	8
5	3	9	1	8	7	4	2	6

D.

1	5	8	2	9	6	7	4	3
9	7	4	1	8	3	2	5	6
6	2	3	4	7	5	1	8	9
3	4	5	6	1	8	9	2	7
7	8	1	5	2	9	6	3	4
2	6	9	3	4	7	8	1	5
4	9	2	7	3	1	5	6	8
5	1	7	8	6	4	3	9	2
8	3	6	9	5	2	4	7	1

CAN YOU GUESS THE PHRASE?

history history

history repeats itself

talk

HEART

AGED
AGED ←
AGED

ORDER

MOON

JOB

MILL1ON

tickled

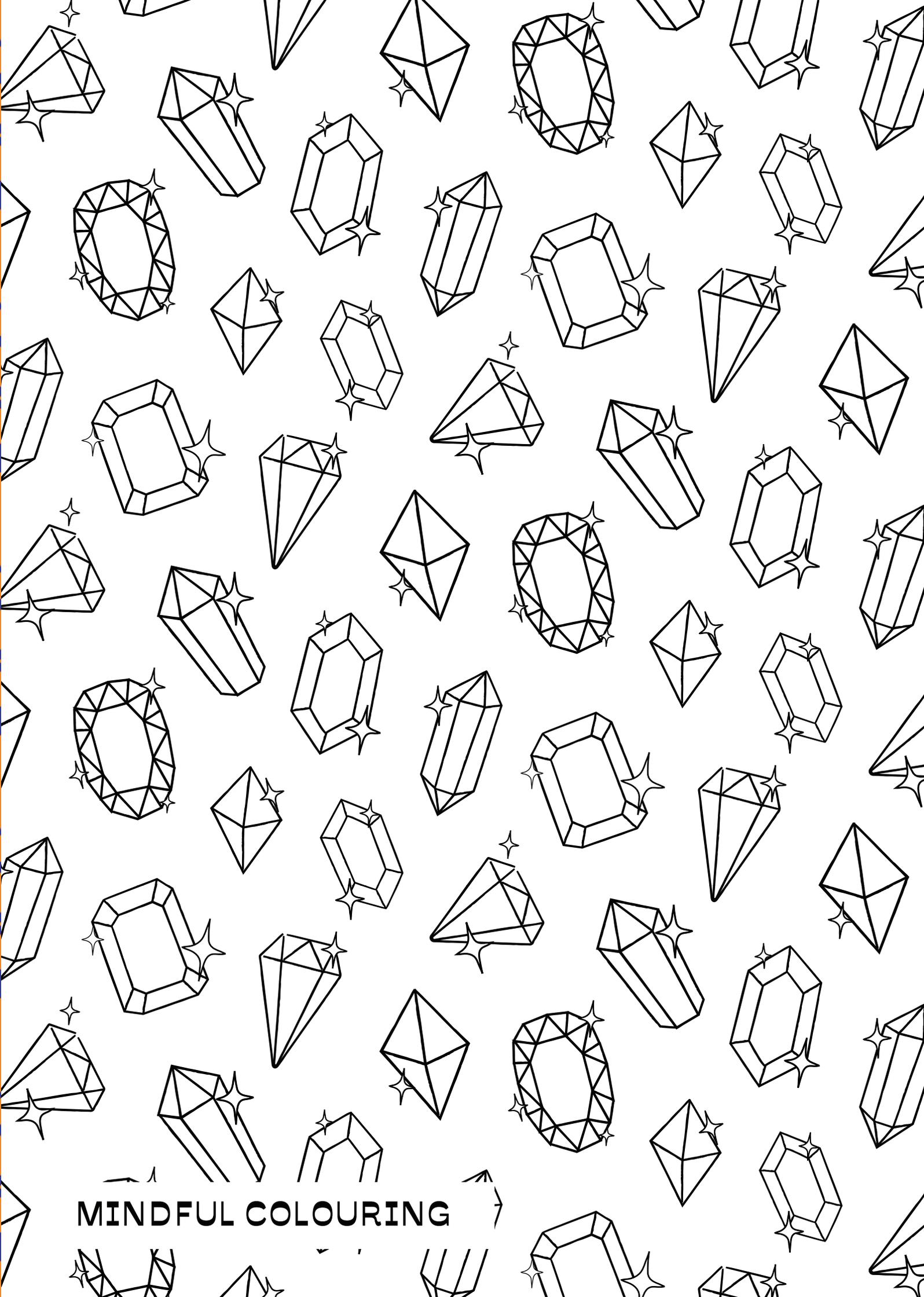
MAN
BOARD

BR
AIN

poFISHnd

ANSWERS

2. Small Talk 3. A Broken Heart 4. Middle Aged 5. A Tall Order 6. Blue Moon 7. Inside Job
8. One in a Million 9. Ticked Pink 10. Man Overboard 11. Scatter Brain 2. Big Fish in a Small Pond



MINDFUL COLOURING

A Hoarder's Haven

by Alice Taylor

Welcome to my attic! A family of old friends lives up here. Over the years they crept silently up the steep, narrow stairs, gently eased open the creaking door and slipped in quietly. They made themselves comfortable and now have earned their right of residence. When my life downstairs was frantic with the demands of business and small children they reached down with welcoming arms and raised me up. Up here in the restful silence they fostered and encouraged my first tentative steps into the world of writing. These comforters were handed on to me by family hoarders who had cherished and loved them for decades. Now they are my protégés and I would like to introduce them to you, and you may be pleasantly surprised to be reunited with some long-forgotten friends, and hopefully make new ones.

My mother was a hoarder and kept all our schoolbooks. My husband Gabriel was another hoarder who kept his schoolbooks. My cousin Con, who became part of our family, was an extreme hoarder and brought all his old schoolbooks with him when he came to live in our house. So a deep drift of old schoolbooks was building up that would eventually swirl in my direction.

In the home place, my mother stored all our old schoolbooks up in a dark attic that was christened the 'black loft' because in those pre-electricity days only faint rays of light penetrated its dusty depths under the sloping roof of our old farmhouse. Gabriel stored his in a recess under the stairs, which he had cordoned off from our destructive offspring. You entered his mini library via a handmade little door secured with a bolt above child-level access. An adult gaining entry to this literary archive then had to

genuflect and go on all-fours to reach the shelves in the furthest corners. Con stored his books under his bed and on shelves all around his bedroom, until the room resembled a kind of beehive of books. When these three much-loved family members climbed the library ladder to the heavenly book archives, I became the custodian of all these old schoolbooks.

My sister Phil sorted out our mother's collection of a lifetime, brought them from the home place and landed a large box of books on my kitchen table with the firm instructions: 'You look after these now.' We went through them with 'Ohs' and 'Ahs' of remembrance. In the box was a miscellaneous collection of moth-eaten, tattered and battered-looking schoolbooks. Amongst them was a book that had belonged to our old neighbour Bill, who had gone to school with my father. It was somehow uncanny that here was a reminder of Bill, who, every night during our childhood, came down from his home on the hill behind our house and taught us our lessons. He was a Hans Christian Andersen who loved children and had the patience of Job, so he was the ideal teacher and we loved him dearly. He spent long hours teaching us our lessons; one night he spent over an hour patiently trying to drum the spelling of 'immediately' into my heedless head. All the books eventually found their way up into my attic with promises of: Some day, some day! Isn't life littered with good intentions!

For many years all these old books remained stored away in the attic, gathering dust. Occasionally when I was up there rummaging through miscellaneous abandoned objects looking for something else, I would come across one of them. Planning just a

quick peep inside, I was still there half an hour later, steeped in memories. These impromptu sessions transported me back into the world of *To School through the Fields*.



Author Alice Taylor in her garden.

That first peep into a book sometimes led to a search through others along the shelves, looking for another, where a half-remembered poem or some lessons I half-recalled might be hidden. Having found that other book, the nearest chair was sought and a journey back down memory lane ensued. This sometimes provided a welcome break in a then busy schedule downstairs and there was deep satisfaction in these stolen moments

There and then the promise would again be made that one day all these old schoolbooks would be gathered together and sorted out. I owed it to my mother, to Gabriel and to Con, who had all so carefully preserved them and entrusted their future to me. Unfortunately, it never happened. But lodged at the very back of my mind was the thought that one day when I too would climb the golden library ladder all these old books could well finish up in a skip! A terrible thought! But if I, who knew and loved the history of these books did nothing with them, how could I expect someone who had no nostalgic connection with them do what I had failed

to do? But after these episodes it was back on the conveyor belt of a busy life, which flattens us all. But sometimes life has a funny way of working things out in spite of us and as time evolves it comes up with its own solutions. And so it was with this collection of old schoolbooks.

On recent long car journeys, my grand-daughter Ellie, aged seven, and I are back-seat passengers, and these journeys invariably evolve into storytelling sessions. And one day I said to Ellie: 'I think that I have become your Gobán Saor.' 'Nana, what's a Gobán Saor?' she inquired.

Now, there are many stories about the Gobán Saor, I told her, but probably the correct one is that he is a very good mason who works for free or very cheaply, skilled at building, and always manages to get his due, whatever the circumstances. But my favourite story about him is this. And so I told her my version of the Gobán Saor story. She loved it.

'Long, long ago there was a Gobán Saor who had a large kingdom and three sons. He had to make a big decision. He had to make up his mind to which of his three sons he would leave his kingdom. This was a very big decision. So one day he took the eldest son and some of his courtiers on a long, long journey and when they had were all getting weary he asked his son: 'Son, shorten the road for me.' The son looked at him in surprise and protested: 'Father, how can I shorten the road for you? I cannot cut a bit off it.' So they continued on in silence.

'The following day the king took his second son and as they walked along he said to the second son: 'Son, shorten the road for me.' And the second son made the same response, so they walked on in silence. When they came home that night the queen knew that the following day it would be the turn of the third and youngest son. This son was kind and wise and would make a good king, and she wanted him to inherit the kingdom. So that night she whispered a secret in his ear.

The next day as the father and son walked along the father said to his youngest son: 'Shorten the road for me, son.' And the son began to tell his father a fascinating story to which the father and all the courtiers listened in awe. The time flew by and they never noticed the long journey and arrived at their destination in no time at all. And so the youngest son inherited the kingdom.'

When Ellie heard this story she absorbed every last detail and demanded that it be retold many times, precisely as she had first heard it. The Gobán Saor led on to other old stories and she was completely fascinated by the stories, myths and legends that I had learnt in school. A visit back up to the attic was necessary to re-familiarise myself with these stories. Many had totally faded from my memory and rediscovering them was like meeting up with old friends. I decided now was the time to rescue the old books.

I gathered them all together into one long flat box, brought them downstairs and spread them out on the kitchen table. It was an old school reunion. At last all these old friends were back together. Many were tattered and torn from lots of grubby-fingered thumbing and years of dusty storage. Some covers were missing and of other books there was only the cover – but even a cover can sometimes tell a story. One ragged cloth cover was stitched to a book with Bill's name on it and was dated 1907. On another book was my father's beautiful copperplate writing. That generation took great pride in the art of handwriting, or 'having a good hand' as my grandmother termed it.

Back in those days the books on the curriculum were seldom changed as books cost money and that was a scarce commodity, so schoolbooks were passed down from one family member to another, one generation to another, and indeed often from neighbour to neighbour. So these books had the names of many members of the family and sometimes of old neighbours inscribed in them. When leafing through many of them, I felt like saying: 'Well done, thou good and faithful servant', because these books had indeed taken good care of their contents and served us well.

These were the books that were used in the National schools of Ireland during the 1940s and 1950s, and probably since independence in the 1920s. Amongst my collection too were copies of books that were used in the early years of the small secondary schools set up around rural Ireland by enterprising young graduates who wished to bring education back to their own place. At that time not every family could afford to send their children to boarding school and in remote rural areas there were no convents and monasteries with nuns and brothers who were then the main educators in cities

and towns. Those small rural secondary schools provided second-level education for many of us who would otherwise have gone without. These young educational entrepreneurs could have found jobs in well-established convents or colleges, or emigrated to exciting new places, but chose instead to face an uncertain future and invest their time and money in renting premises to set up these small schools. Sometimes they were following a family tradition – the grandfather of the young man who started our secondary school had, years previously, taught in our old school across the fields. They even provided education for many who might not be able to come up with the small fees that they charged. These teachers are the unsung educators and enlighteners of many young minds around rural Ireland. We owe them a debt of gratitude.

Then I came across a wonderful book, *The Secret Life of Books*, by Tom Mole, which made me think about how precious books are. It was another incentive to rescue the old books in the attic. What secrets would they reveal? How would I relate to them now, so many years later? Would they still live or would they have faded from my mind? And so, after long years of wondering quite what to do with these old school books, a seed was planted and *Books from the Attic* began to take shape. My mother, Gabriel and Con had entrusted the books to me. They should not be lost, because their stories and poems are from another time and another place and are a huge part of our culture. So please find a comfortable chair and put your feet up. It's time for the Gobán Saor!



SANDWICH

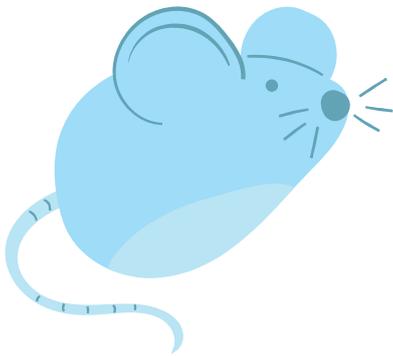
HIPPOPOTAMUS



RAINBOW

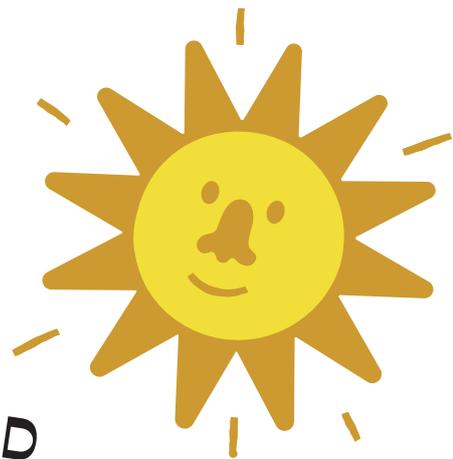
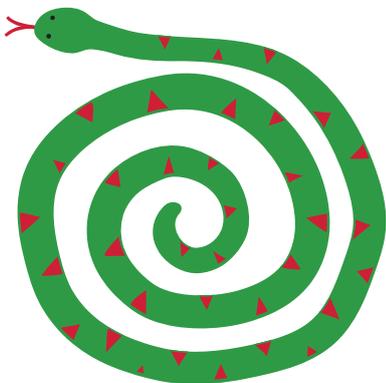


JELLYFISH



DOMINOS

PARACHUTE



BLIZZARD

MIND SQUEEZE : Take 2 minutes to look at the objects and words on this page. Then turn over the page and see how many you can recall.



HAVE SOME FUN ON YOUR FAMILY CALLS



If you were invisible what would you do?

What is your favourite thing about me?

What is the nicest thing anyone ever said to you?

If you were stranded on a desert island who would you like to be with you?

If you were the Taoiseach what rules would you make?

What makes you happy when you feel sad?

If you could travel to anywhere in the world tomorrow where would you go?

What was the first thing you thought about this morning?

If you could travel back in time, where would you go?

If you could talk to COVID 19 what would you say?





MINDFUL COLOURING

COMPLETE THE PROVERBS

1. Give the cold _____
2. You can't teach an old dog new _____
3. A chain is only as strong as its weakest _____
4. A change is as good as a _____
5. You are what you _____
6. A journey of a thousand miles begins with a single _____
7. Blood is thicker than _____
8. Cleanliness is next to _____
9. A penny for your _____
10. A penny saved is a penny _____
11. Easy come, easy _____
12. Laughter is the best _____
13. Don't count your chickens before they _____
14. Pleased as _____
15. A problem shared is a problem _____
16. Absence makes the heart grow _____
17. Go the whole nine _____
18. Familiarity breeds _____
19. If you want something done right, you have to do it _____
20. Cold hands, warm _____

ANSWERS

1 = SHOULDER, 2 = TRICKS, 3 = LINK, 4 = HOLIDAY, 5 = EAT, 6 = STEP, 7 = WATER, 8 =
GODLINESS, 9 = THOUGHTS, 10 = EARNED, 11 = GO, 12 = MEDICINE, 13 = HATCH, 14 = PUNCH,
15 = HALVED, 16 = FONDER, 17 = YARDS, 18 = CONTEMPT, 19 = YOURSELF, 20 = HEART

MINDFUL
COLOURING



MINDING YOUR WELLBEING

This year has been a challenging time for us all and it's important to take some time to check in with how you're feeling and to mind your wellbeing. In life we're often in automatic pilot, lost in our thoughts and not really paying attention to what's happening around us. We can often be stressed and push on without really noticing how we feel.

Mindfulness can be a helpful way of looking after your wellbeing. It involves deliberately paying attention to what is happening in the present moment with an attitude of kindness. This can help us to slow down, relax and be more in tune with the world around us.

Take some time out for yourself to try some of the following short mindfulness exercises.

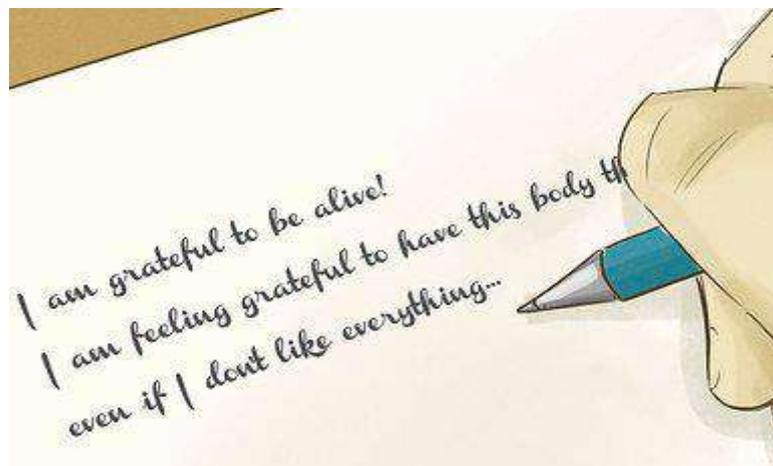
Mindful Breathing



- Sit comfortably, with your eyes closed and hands in your lap.
- Bring your attention to your breathing.
- Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates and your tummy rises. Each time you breathe out, the balloon deflates and your tummy falls.
- Thoughts will come into your mind, and that's okay, because that's just what the human mind does. Simply notice those thoughts, then bring your attention back to your breathing.
- Continue to follow your breathing and bringing your attention back to your breathing if thoughts come into your mind.

MINDING YOUR WELLBEING

Start a Gratitude Diary



A gratitude diary is simply a way of keep track of the good things in your life. No matter how difficult life can sometimes feel, there is always something to feel grateful for or appreciate. Set aside a few minutes to focus on the positive things in your life.

In a notebook, write down 3 things you are grateful for on a daily basis. Examples could include – my health, having a warm home, a nice cup of tea, my granddaughter’s smile, the sound of birds in the garden and so on. It can be a wonderful resource to look back over particularly at times when life can be challenging.

And use these five tips to support your wellbeing...



MINDING YOUR WELLBEING

Mindful Walking



- Pick somewhere for a short walk for 5 or 10 minutes. This can be in your home, in your garden or in your local area.
- As you walk, notice how your body feels. Pay attention to how your legs, feet and arms feel with each step you take.
- Notice your foot as it touches the ground and the movement of your body as you move into your next step.
- If you become lost in thought try to gently move your attention back to your next step.
- Notice the sights, smells and sounds around you. Notice the solid feeling of the earth beneath your feet.

5 4 3 2 1

SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

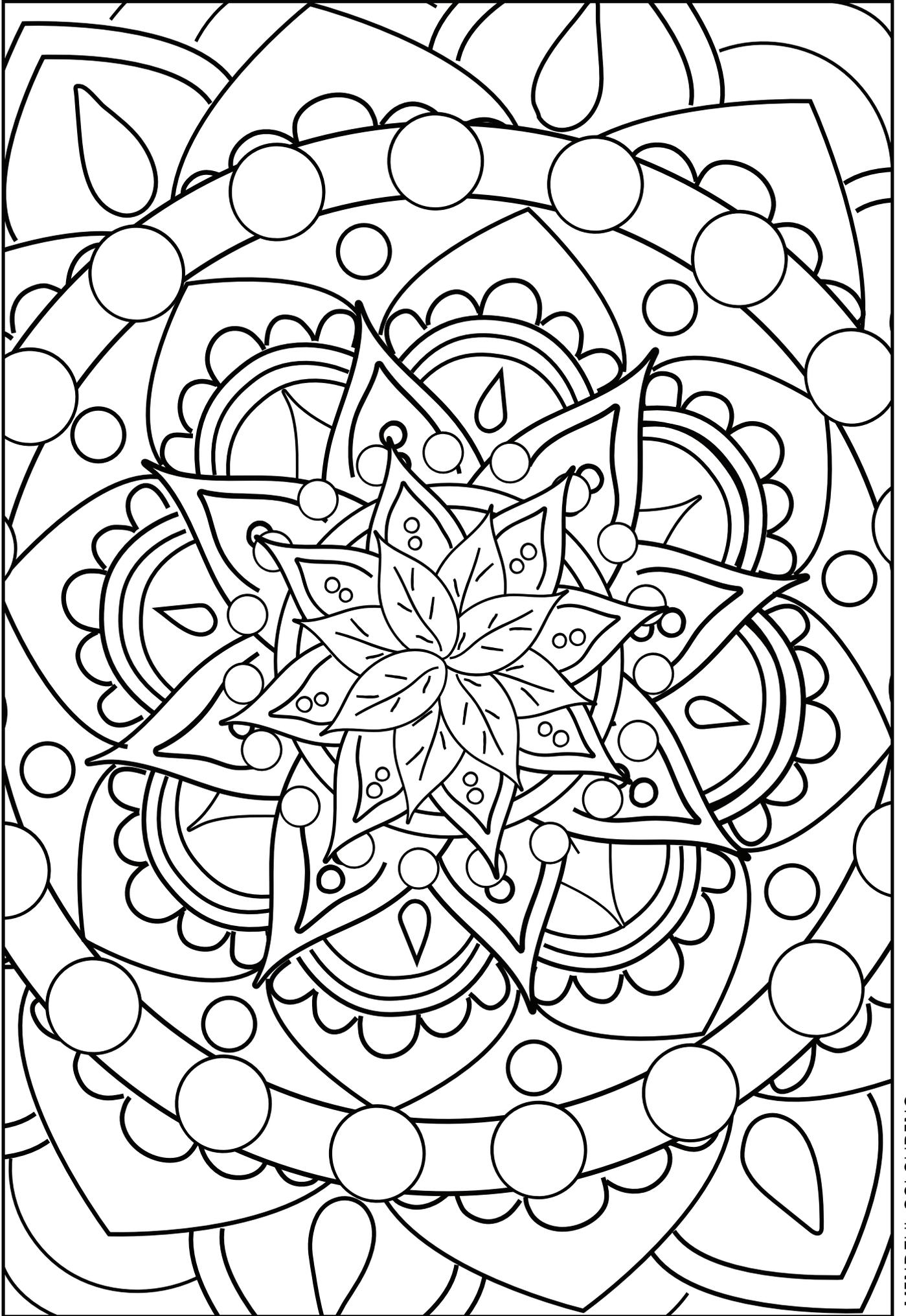
1 List something you like to TASTE 

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

Mindfulness with our body

Take a few moments to connect with your body. You could try some or all of these:

- Slowly push your feet hard into the floor.
- Slowly straighten up your back and spine.
- Slowly press your fingertips together.
- Slowly stretch your arms or neck and shrug your shoulders.





Teddy and Catherine



Eileen

WE'D LOVE TO HEAR FROM YOU!

SHARE SOME PHOTOS OF YOU ENJOYING THE BOOK AND PLAY PACK USING THE HASHTAG
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**PLAY IS
OUR
BRAIN'S
FAVOURITE
WAY OF
LEARNING.**

-DIANE ACKERMAN