



Let's Play!

CORK



CORK CITY COUNCIL | COMHAIRLE CATHRACH CHORCAÍ



Comhairle Cathrach Chorcaí
Cork City Council



A Community Action Project



Since February 2019, Cork City has been working with seven other cities across Europe on a project called The Playful Paradigm, learning how to make Cork a more playful city. We are implementing some of their great ideas and also developing our own. By working in collaboration with many partner organisations, Cork has been selected as a model of best practice and we will be sharing our experience with other Irish cities over the next two years.

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 and 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 our funders, without whom this pack would not exist.

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 looking ahead with hope for the future and enjoying some of the early summer weather. The last year has been immensely challenging and has reinforced for our innate need for human connection, community and nature in our everyday lives. We have collectively learnt to take nothing for granted.

With the aim of protecting us, restrictions have impacted on how we all live our lives. Though there is light on the horizon, we all miss our families, our friends and our daily social activities. As we look ahead to better times, we must continue to care for ourselves and our communities, so that in our recovery, we can emerge healthy and able to enjoy what good times await us.

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 of Cork City safe and supported in these challenging times. It is with pleasure therefore that Cork City Council have collaborated once again with the Playful Paradigm, Cork Sports Partnership and HSE Cork and Kerry Community Healthcare to offer this playful pack to help you through these difficult days, with fun activities to enjoy, games, puzzles, songs, puzzles and stories to lift your spirits.

We look forward also to meeting with you 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 Mr. Michael Fitzgerald
Chief Officer, Cork Kerry Community Healthcare Health Service Executive**



On behalf of Cork Kerry Community Healthcare, I am very pleased to contribute to the development of this summer activity and play pack in partnership with Cork City Council, the Playful Paradigm, Cork Healthy Cities, Cork Sports Partnership, Lets Grow Together and Foróige. The winter of 2020 has been a

challenging one for us all and we in the Health Services have endeavoured to respond with care, compassion and professionalism. Together we have overcome some immense challenges and

losses and are keen now to look forward with hope.

We have been working hard on an ambitious programme of protecting everyone in Cork and Kerry through the COVID-19 Vaccination Programme. Our staff have been working tirelessly to treat patients and to offer vaccination to protect vulnerable members of our society. As well as the vaccinations for residents and staff of long-term care facilities, we have also worked with colleagues in the acute hospital system on the roll-out of vaccines to healthcare workers and over 60s and we are eager to see the vaccine delivered to as many people as soon as possible.

Partnership is the key to responsive and effective action and Cork Kerry Community Healthcare is proud to continue to work at inter-agency level

with Cork City Council prior to, throughout and following this pandemic. As a World Health Organisation Healthy City and an Age Friendly City I believe we have the connections and services to respond and support your health needs at community and local level.

I would like to take this opportunity to wish you and your loved ones well and to remind

you that if you are over 60 you can still register a COVID-19 vaccine through our online registration system <https://vaccine.hse.ie/> or on the phone with HSELive (1850 241850 or 01 240 8787 from 8 am to 8 pm, 7 days a week).

Lea gach dea ghúí
Michael Fitzgerald
Chief Officer, Cork Kerry Community Healthcare

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 increase over the coming period, we will prioritise the vaccination of our older adult population as the vaccines are arrive in the country.

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

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

- GEORGE BERNARD SHAW

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.

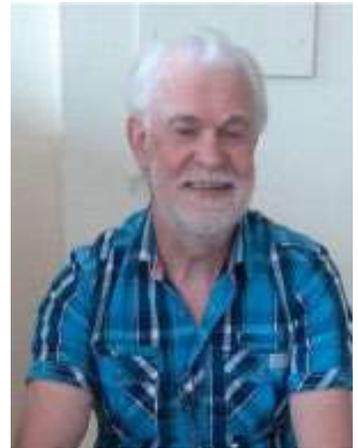
Glassy Alleys - *Noel Dempsey.*

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>

Growing Old Disgracefully

by Mamo McDonald

There was a time
I wrapped the bath towel tightly round me.

Dressed and undressed
under the tent of my nightie,
and never wore shiny shoes
in case they reflected my knickers.

Now with the nonchalance of age
I sashay from bathroom to bedroom
dressed in only my birthday suit.
Anoint my body with fragrant oils
and treat myself to scarlet lingerie
for my own celebration of Christmas.

I have not done it yet.
But some night soon
I will hop into bed, like Marilyn,
wearing only Chanel No 5,
and my panic button
- just in case.

February 2020, in the before lockdown times, I was browsing the shelves in Charlie Byrne's Bookshop in Galway and came across a poetry collection Circling by Mamo McDonald and yes dear reader I bought it! Though poetry isn't the first thing that comes to mind when I think of Mamo, still it's not that far off either as one of the co-creators of the Bealtaine Festival Mamo passionately believed in celebrating the creativity in and of older age. But mostly I think of Mamo as a fervent and feminist advocate for women, especially older women and as she describes herself someone deeply involved in "the politics of ageing".

Mamo chaired Ireland's first National Ageing Day which led to the creation of Age & Opportunity, an organisation she would go on to become its Cathaoirleach, for many years she was national president of ICA and later its honorary president and of course the Older Women's Network where she was a leading light.

So that's how we in Ballyphehane Togher CDP got to know Mamo; as a community organisation in an area with a substantial older population we joined and were active members

of Age & Opportunity, supported a Cork branch of the Older Women's Network and also worked closely with the Ballyphehane Guild who were renowned in the ICA for their craft work – something that Mamo herself also had a huge appreciation and value in. Mamo made several journeys to Cork from her beloved Clones and enthused and energised all the groups she spoke to.

The CDP supports a Community Arts Network locally and a highlight of each year is Bealtaine but in May 2020 in the midst of a global pandemic when none of us had yet become adept at online events it was difficult to know what or how to do anything. Older people were being advised, quite sternly at times, to cocoon and a few months in were getting very resentful at advice that was at times quite patronising and very directive.

Then I remembered Mamo and Circling - the very first poem of the collection 'Growing Old Disgracefully' featured in the CDP Facebook page with a message to our older subscribers that they might find this poem from a peer more helpful than all of the official guidance.

Circling is described as a "warm and emphatic" collection of poems that looks at the challenges of ageing in a candid and often humorous style which is a good description of Mamo herself. Growing Old Disgracefully depicts an older woman who is comfortable in her own skin and careful to accessorise as she matches the Chanel No 5 with her panic button!

This maybe the first mention of the Senior Alert panic button in a poem so if you'd like one for yourself "just in case" as Mamo says contact me at 021/4319085 or siobhan@btcdp.ie. And no sorry, I can't help you with the Chanel.

Like many older people Mamo has had a challenging time during Covid, contracting the virus in the early months but when interviewed by RTE's This Week programme she described her recovery as "feeling great on the good days". Her advice to older people cocooning was to "keep their hearts up and keep singing".

Mamo's permission to include this poem was sought and very generously granted so a warm thank you from all your friends in Cork Mamo.

- Siobhán O' Dowd

GARDENING TIPS

Gardening is good for our physical and mental health. It allows us to connect with nature and can reward us with beautiful flowers. It can also provide us with nutritious food. Some food growing can be physically demanding, bending, weeding and working the soil.

Here are some tips from Community Health Worker, Sarah Carr, of Knocknaheeny Community Garden on how to start an inexpensive and accessible way to grow food at home that doesn't require strenuous physical exercise.

Don't Throw It; Regrow It!

When you have finished with your store bought celery, don't throw the base into the compost or waste bin. It can be grown again to produce more celery!

1. Cut the base if still attached to the stalks, leaving a couple of inches of stalk attached to the base.
 2. Rinse it well and then fill a shallow dish or bowl with water.
 3. Pop the celery base (with flat part facing down) into the water and make sure 2/3 of base is in the water
 4. Keep in a sunny spot, and top up water/change water frequently
- You should start to see new growth emerging in 7 – 10 days. New growth may be leafy, but that's ok because celery leaves are edible too – used just like herb.

When new roots have formed in the base, you can fill a pot with compost and plant the base into the pot, or plant it into a garden bed.





Dividing Supermarket Herbs

Have you ever bought supermarket herbs and had them die very quickly? This is often because there are many plants growing in one pot, and there isn't enough space. Well you can turn one supermarket herb into a few herb plants by dividing them. The result? Herbs that should live a lot longer and give you a continuous supply. This method can be done with basil, thyme, rosemary, coriander, mint, sage oregano, chives.

1. Firstly water the supermarket herb well. Then gently squeeze the pot to loosen the roots. Carefully pull the plant out of the pot.
2. Pull the root ball of the plant apart to make 3 or 4 clumps. Don't worry about damaging the roots, they will appreciate it!
3. Fill new pots with compost and replant your new clumps, with the roots buried into the compost and the leafy growth above the compost.
4. Cut the herbs to very close to the base (you can use the herbs for cooking) It may look drastic, but the herbs will soon have new growth. Now you have 3 or 4 healthy herb plants!



Some herbs such as rosemary and thyme can even be planted outside into your garden.

These are two ideas to get you going.

Other actions you can take to make gardening more accessible include: vertical gardens; grow plants on a vine such as tomatoes up a wall using a trellis. Have raised beds that are built with extra height, so you can sit or stand and work in them. Or if you don't have access to a garden, consider joining a local community garden, and gardening alongside others that can give a helping hand.



Wildflower Seed Information. greenspacescork@gmail.com

PLANT SOME SEEDS!

What you need to know about the seeds in this pack:

Wildflowers don't like soil that is too rich and fertile and they don't like competition with grass. They prefer poor ground.

Where will I plant them and how?

You have a tablespoon of seed.

1. Pick a little patch in your garden where there is full sun. It could be by the kerbside or in a rough patch. Say two foot square or thereabouts.
2. If there is grass growing, remove the grass by simply cutting down and lifting the sods with a shovel. Keep the sods in a corner of the garden and put a bit of plastic over them, they will make great compost for next year.
3. Where you removed the grass rake a fine tilth, sprinkle in your seed, cover with a little soil and water.
4. Keep an eye on the seed and water regularly. These seeds need water.
5. Watch out for what comes up!

Alternatively, if you do happen to have a patch with poor soil with nothing much growing on it, rake a tilth and scatter the seed in, cover with a little soil and water.

What will come up?

Here is a list of seed included in the mix...



Phacelia



Calendula



Buckwheat



Caraway



Mustard



Peredovik Sunflower



Coriander



Borage



Clover



Mallow



Crimson Clover



Dill

Not everything will come up, but it will be interesting to see what varieties do emerge. The seeds with this pack are annual and will flower for one year.

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

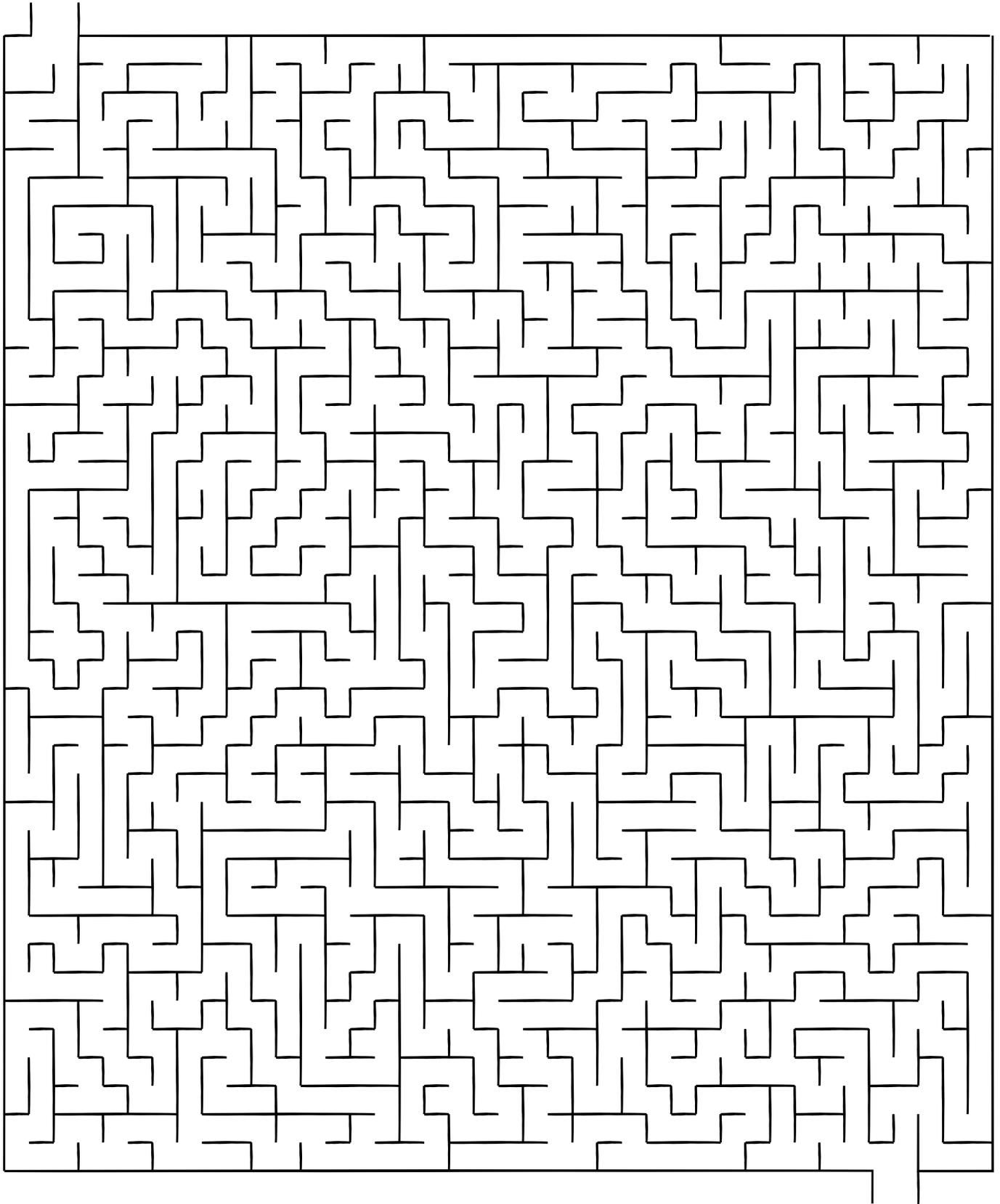
TYPES OF DOGS

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

START



FINISH



Top left: Rowing boats moored on the River Lee looking north east to St. Patrick's Bridge from Kyril's Quay/Coal Quay. Masts of sailing ships are visible in the background; c.1900. Photograph courtesy of Cork City and County Archives.

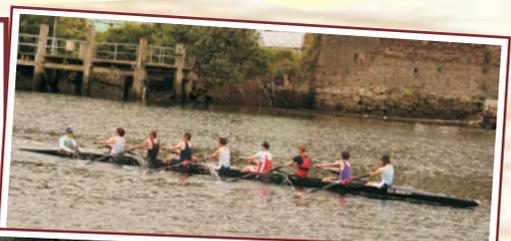
Bottom left: Meitheal Mara's Bantry Longboat "Fionnbarra", 2008.

Right: 'The River Lee - Evening' by Lady Kate Dobbin(1808-1955); image courtesy of Cork City and County Archives.

Rowing in Cork- Ar Na Maidi

Ever since Fionnbarra paddled his currach from Guagán Barra to the site of the cathedral named in his honour, the citizens of Cork City have been taking to the waters of Corcach Mór Mumhan (the Great Marsh of Munster). Today, Corkonians go afloat in yawls, high-tech racing shells, polypropylene kayaks and traditional currachs. Cork Boat Club, Lee Rowing Club, Shandon Boat Club, U.C.C and Presentation College all race under Rowing Ireland rules. The National Rowing Centre is based at Inniscarra Lake and the Marina has long been used for regattas. Blackrock Rowing Club carries on the tradition of fishermen's rowing under I.C.R.F. rules, Phoenix Kayak Club operates from the Lee Road and Naomhóga Chorcai from the Marina.

In addition, Cork City hosts the annual 'Ocean to City' race for fixed seat boats and recent arrival, 'Fionnbarra', provides the opportunity to row in a 38ft, ten-oar Bantry Bay Longboat. Some, however, need no boat and navigate the river in the city in their swimming togs for the annual River Lee Swim.



Above: Gentlemen rowing for recreation off Blackrock Castle (detail). Taken from the Beamish family scrapbook; courtesy of Cork City and County Archives.

Top: Members of Shandon Boat Club rowing on the Lee in the present day. Bottom: Blessing of the nets at Blackrock, on the opening of the salmon season; 31st January 1931.



With thanks to those groups and individuals who contributed support and information including: Cork City Council Heritage Office, Cork City and County Archives, Cork City Library Local Studies Department, The Examiner and Evening Echo, Cork Public Museum, South Parish Historical Society, Shandon Boat Club, Cork Boat Club, Members of Sunbeam Rowing Club and Leander Rowing Club.

The Sunbeam Rowing Club

Employees of the Sunbeam Wolsey textile factory in Blackpool founded their own gig rowing club in the early 1960s. They rowed in red and black singlets sewn by the Sunbeam girls, at first borrowing a boat from Shandon and using their premises and facilities. Money was raised through fundraisers and raffles for Sunbeam's 2,500 employees (most notably hiring Rory Gallagher to play in Shandon Boat Club in a sell-out gig in 1964) until the club was able to buy two gigs, an eight and a four. The eight was cut into three pieces to facilitate its transport to regattas and the club was the first in Ireland to buy spade oars.

The crew received huge support from their workmates, and trained enthusiastically all year round. They often rowed from 5.30 am until they began work at 8.00 am, continuing after work. Their training culminated in a cold shower or a hosing down, and a pint of milk and a cake purchased in "An Stad" on the way home!

Despite this dedication, success in competition eluded them and the club's eventual demise came about as members met partners and got married. The club folded in 1966-67, their last boat being given to Shandon.

The Sunbeam Wolsey Rowing Club is the only gig-rowing club to originate in the North side of the city and was the first 'works'-based rowing club in the country.



Left: The Sunbeam Rowing Club in the early 1900s; Freddie Murray, Liam Curran, Gerald Murphy, Val Quigley, Ger Healey, Tommy Dorgan, Dennis O'Sullivan, Derry Collins, John Sheehan, Paddy O'Brien, Mick Ahern (l to r).
Below: Training at Shandon; Tommy Dorgan (cox), Paddy O'Brien, Derry Collins, Dermot Healey, Dennis O'Sullivan, Liam Curran, Val Quigley, John Sheehan, Gerald Murphy.



Firms and Families

ST DOMINICK'S TERRACE									
CENSUS OF IRELAND, 1911									
SECTION OF THE CENSUS OF THE FAMILY AND THEIR SEVERAL HOUSEHOLDS, DISTRICT OF CORK, IN THE YEAR 1911									
NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY	NAME OF HEAD OF FAMILY
1. Timothy Flynn	2. Timothy Flynn	3. Timothy Flynn	4. Timothy Flynn	5. Timothy Flynn	6. Timothy Flynn	7. Timothy Flynn	8. Timothy Flynn	9. Timothy Flynn	10. Timothy Flynn

Left: The Flynn family census return detailing those family members present in No. 8, St. Dominick's Terrace, on the night of 2nd April, 1911. Timothy Flynn is listed as 'Head of Family' and with his five sons lists his occupation as 'Fisherman.'



Left: Another of the famous Flynn family, Thomas "Tucker" Flynn with two prize salmon at Tivoli, circa 1950s.

The Flynns of Crosses Green

The Flynn family are by far the best known of all the fishing and rowing families of Cork City. Their rowing exploits both professional and sporting are legendary. It is thought that Timothy Flynn (Snr.) was born in 1845 into a fishing family in the (then) small fishing village of Rochestown. He moved into the city to settle in the Crosses Green area. His wife Norah was the daughter of Peter Fahy, who is credited with establishing commercial fishing in the city in the 1850s. By 1911 the family was well established in No. 8, St. Dominick's Terrace, Crosses Green. The census of that year lists six of the nine family members as 'Fisherman.'

Michael Flynn, aged 24 in 1911, was the father of Paddy, Dan and Mick, who were pivotal in the success of St. Finbarr's Rowing Club as well as being amongst the last to fish the Lee commercially from French's Quay in the city. Mick was the 'Christy Ring' of rowing in his day. He was a member of the St. Finbarr's crew which recorded a series of famous victories at Cork City Regatta over seven seasons from 1936-1942, in various crews made up of himself, his cousin Tim O'Callaghan, Paddy Flynn, Tim Flynn, Tim "The Yank" Flynn, Jimmy Deasy and Paddy Walsh.

Fishing the Lee was a surprisingly profitable occupation until the construction of the Iniscarra Dam in the 1950s devastated local stocks. The first two seasons after the dam was opened were disastrous for fishing and that, along with the arrival of huge offshore fishing trawlers, led to the eventual ruin of both industry and St. Finbarr's Rowing Club on French's Quay.

Teresa and Bessie Garrett, rowing in the 1920s

Teresa Lucey (née Garrett) was born in 1905 on the Lower Glanmire Road and was an enthusiastic rower in Cork City in the 1920s, competing in regattas on the Marina with her sister Bessie. In an interview recorded in 1990, she spoke fondly of her experiences.

"God, they were the good ol' days. My God, on the regatta day below, the terrace, the whole terrace used to be full of people...the railway wall was packed, packed with people. ... (we were) poor oarswomen, but we did win a couple of races alright, Bessie and myself."

"(We) won a punt race and the prize was three pound, and three pound in money was an awful lot then." The prize, sponsored by a local jeweller, was to choose anything they "liked, up to three pound." They chose a mantelpiece clock costing five pounds, for their mother. On another occasion, Teresa won a watch and Bessie a signet ring.

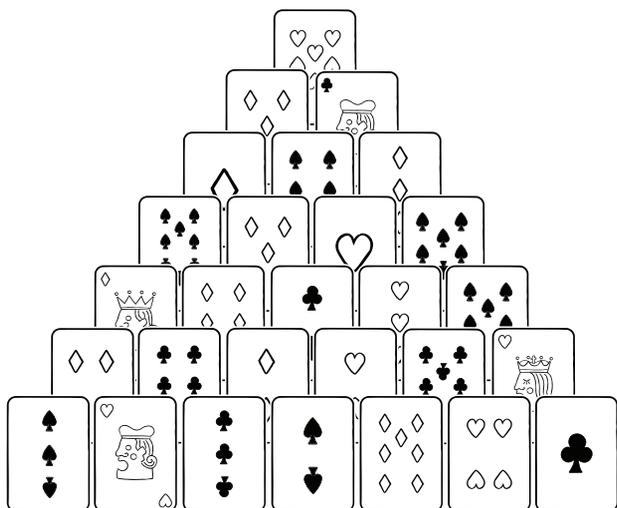
"But they were the days, alright, regatta days! It will always stand out in my memory."



Above: George Mulcahy, Teresa Lucey (née Garrett) and her sister Bessie, pictured at Cork City Regatta, 1922.

♠ ♥ CARD GAMES ♣ ♦

Pyramid / Solitaire 13



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).

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.

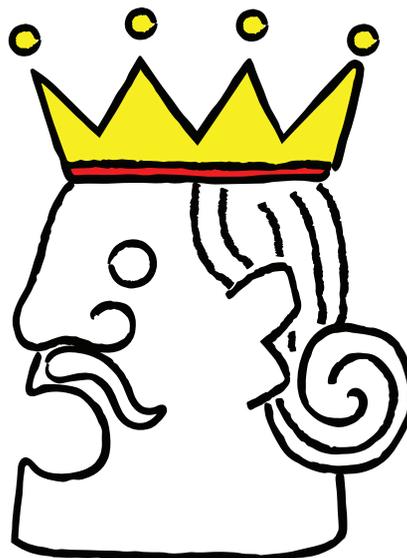
Some possible discard combinations:

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 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.

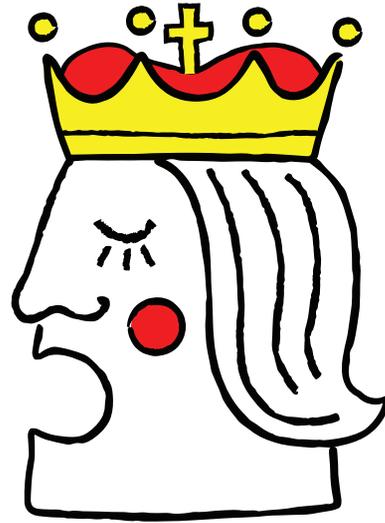
Gameplay

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.

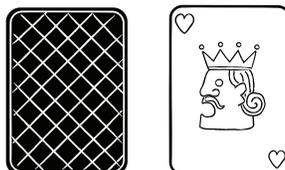
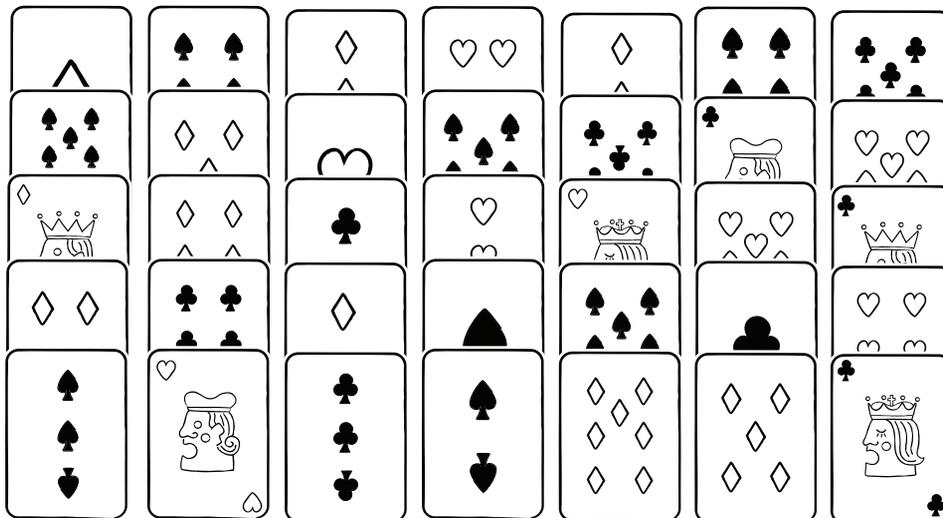


How to Win the Game

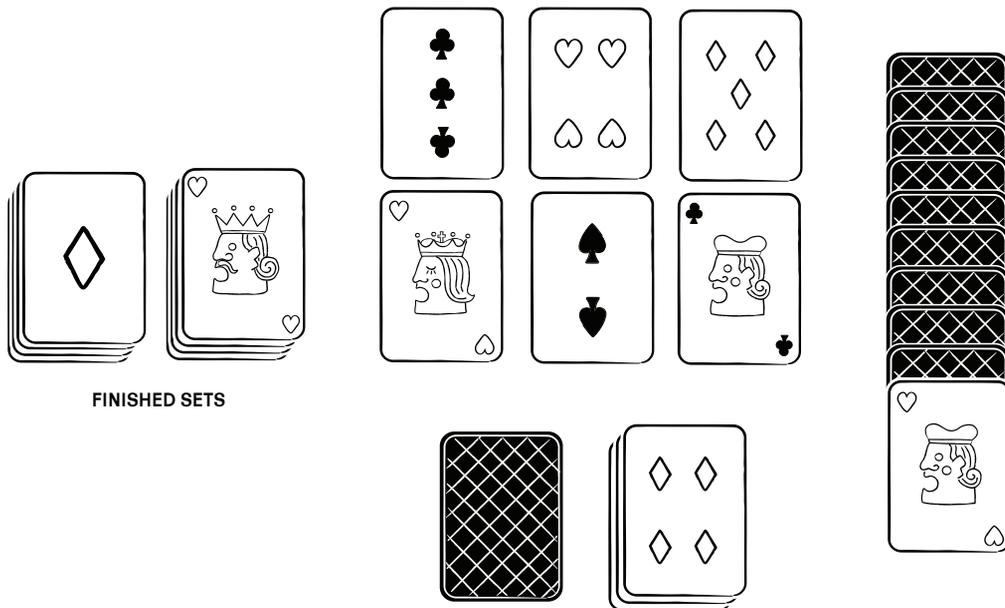
The player scores *one point for each card remaining in the table* after the stock has run out.

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.



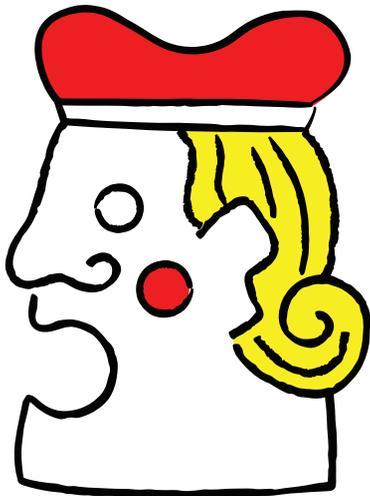
Beehive



FINISHED SETS

How to Set Up the Game

Shuffle the deck and lay out 10 cards facedown in a pile, this is known as the Beehive. Lay out 3 columns of 2 cards each, this is known as the Garden. The remaining cards form the deck which is used to make the draw pile.



Gameplay

The object of the game is to combine all the 52 cards in sets of 4 of a kind - for example 4 Aces. The player groups them in stacks of 4 in the Garden, and removes each set when it is completed.

If the top card of the Beehive is the *same value* as any card in the Garden, place it on that card. Then the next card in the Beehive is uncovered and may

be used if it has the same value as any card in the Garden.

After a set of 4 cards has been completed and removed, fill the empty space in the Garden with the top card from the Beehive.

When there are no more cards of the same value in the Garden or the Beehive, turn over 3 cards from the deck, placing them in a draw pile face up with only the top card showing. If the *current top card* has the same value as any card in the Garden, place it on that stack. The player can always use the top card of the draw pile.

If there are no more cards in the Beehive, fill the vacant space with the top card of the working pile. Go through the deck 3 cards at a time, placing them face up on the draw pile and using as many as possible on cards in the garden to build sets of 4.

Then turn over the draw pile and go through it again, 3 card at a time

In the example above, they player could place the top card of the Beehive on the stack of Jacks in the Garden. The player could also place the 4 of Diamonds (from the draw pile) on the stack of 4 cards.

How to Win the Game

If the player can combine all the cards in sets of 4, they win. If they go through the draw pile without being able to use a single card, they lose.



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
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, Whatever
the weather,
Whether we like
it or not.

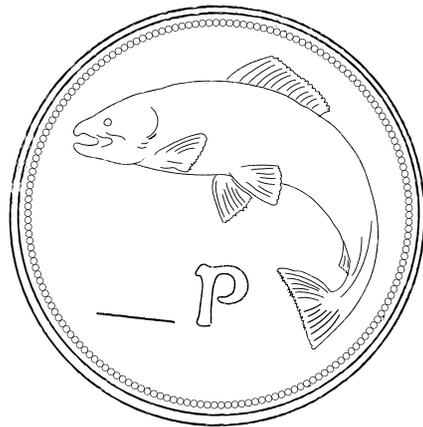


TONGUE TWISTERS

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.

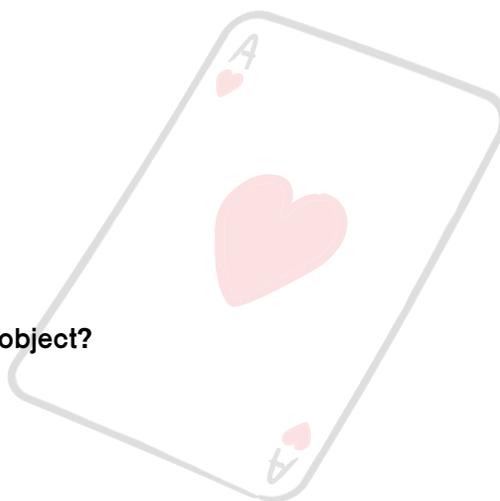
When was the first time you remember drawing with coloured pencils, playing cards, singing songs, filling a bird feeder? Perhaps you used to play cards with you friends in your 20s or you loved colouring in school, or you read a poem that really stuck with you.

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

Deck of Cards - Your memory:

How did it make you feel?

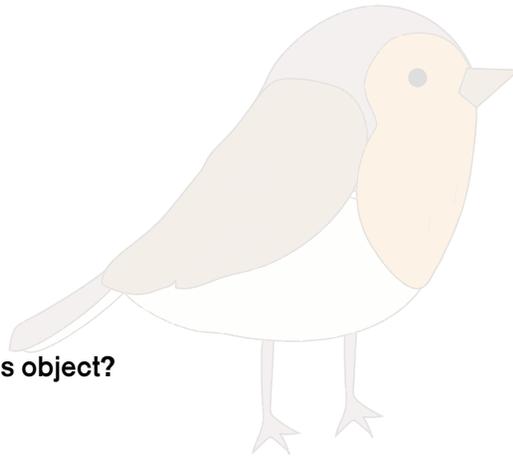
What can you do now with this object?



Bird Feeder- Your memory:

How did it make you feel?

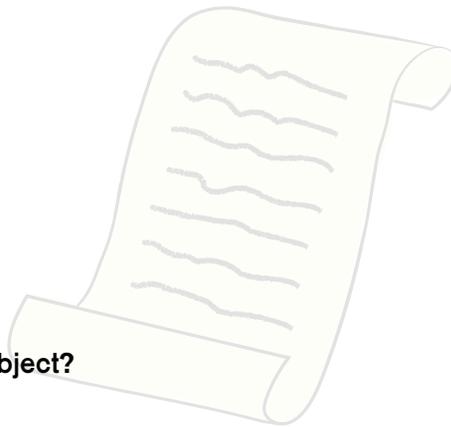
What can you do now with this object?



Poem - Your memory:

How did it make you feel?

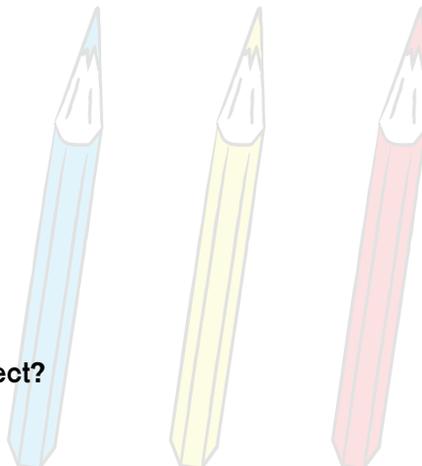
What can you do now with this object?



Colouring Pencils - Your memory:

How did it make you feel?

What can you do now with this object?





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.

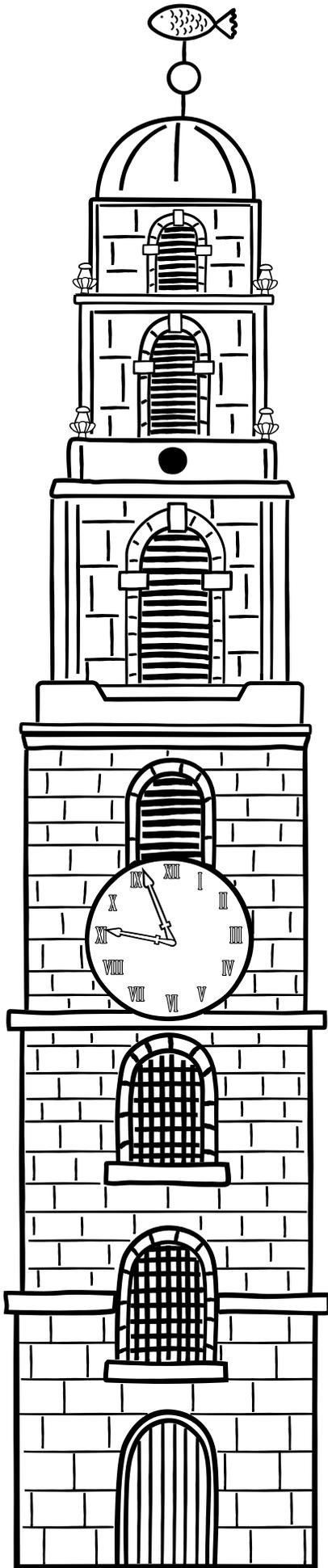
The depth and space were further highlighted through the use of contrasting warm and cool colours rather than light and shade. But what I describe is only scratching the surface of Cork and its relationship with light.

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).**



ADD SOME COLOUR TO CORK'S ICONIC SHANDON BELLS

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. Gougane Barra 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

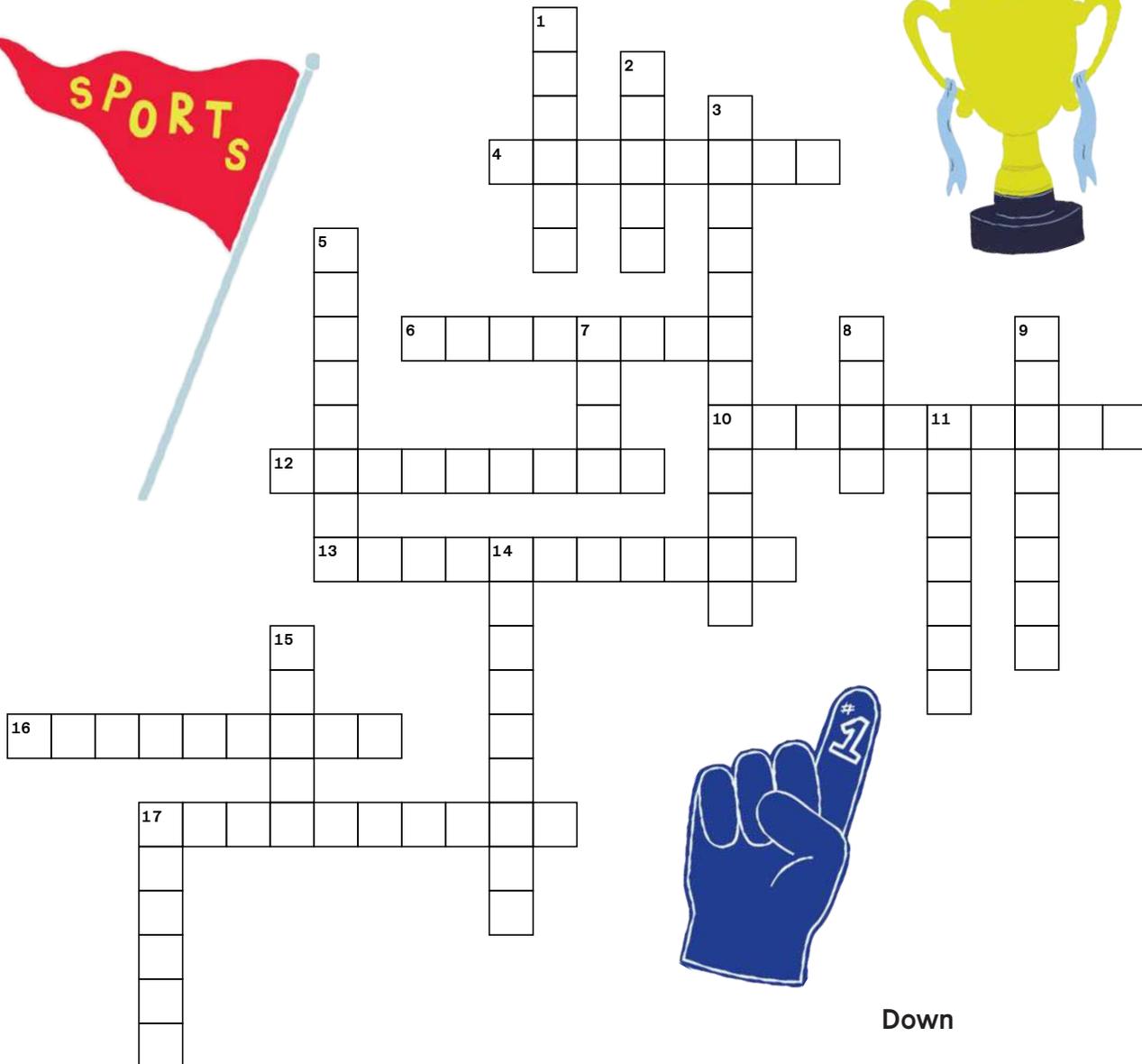
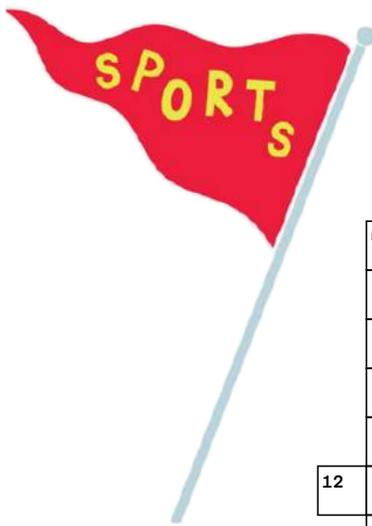
ROSCOMMON
 SLIGO
 TIPPERARY
 TYRONE
 WATERFORD
 WESTMEATH
 WEXFORD
 WICKLOW

**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

MUSICAL

BY LILLIAN SMITH

Many years ago when I was a roving reporter for various RTE Cork programmes, I interviewed a member of the famous North Cathedral Gramophone society. He told me that in the past, Italian Opera companies would be greeted at Kent station like rock stars. Huge crowds would gather to welcome the companies, who would often stage a number of operas on the same night to cope with demand. The next day as you made your way around the city, you would hear the Arias being whistled and hummed by young and old, road sweepers and merchant princes. We're mad for thae music in Cork.

The days of the travelling Italian opera companies are gone, but Cork remains thirsting for tunes and we're great supporters of live music. Come visit us. But we need to tell you about our home town heroes first.

As we started with opera, a home grown and now sadly missed soprano Cara O'Sullivan made her own of Puccini's O Mio Babbino Caro and its one that many in Cork will have heard and hummed, as Cara was always so generous in sharing her musical gifts with the city she loved and which returned that love in spades.

I don't know if they teach it in schools in Cork anymore, but back in my day you learned "The banks of my own lovely Lee". T'would bring a

tear to your eye when you heard sung when you were on a foreign shore. This and "The Boys of Fair hill" were always trotted out at sessions. Jimmy Crowley with his authentic Cork tone, kept these great Cork numbers going. There are many mighty Cork county songs, but these two are pure Cork City.

Rory Gallagher may have been born in Ballyshannon Co Donegal, but he was reared in Cork, and most importantly bought his first guitar in Crowleys on MacCurtain street. He learned his trade by listening to the radio and I'm sure he picked up a few tunes in the North Mon. To say nothing of his time with the showband "Fontana". Listen to his song "Going to my hometown"

The most successful of the Cork showbands was the Dixies. Speaking of Rockstars, they rocked the Arcadia for many a year.

The 1970's and 80's people speak of legendary gigs in the City Hall. Even Connolly hall. Before things went completely sweat, Sir Henrys hosted hundreds of bands and wannabe bands. Cork Rocks gave a few a great start. And there's a great book by Monica MacNamara if you want to delve into "Magic nights in the Lobby Bar"

Sinead Lohan hit a nerve with the country with her song "Sailing by". She famously covered Bob Dylans "To Ramona" but her own song "No

CITY

Mermaid” from the album of the same name has been covered by Joan Baez amongst others.

A new young Cork singer I love is Lorraine Nash Check out her song “River” it’s a great number.



The 90’s saw Micro Disney and a perfect song hit the charts “Town to Town”. Cathal Coughlan is still producing brilliant music. The Sultans of Ping FC will forever be remembered for “Where’s me Jumper” and officially Cork’s favourite song (There was a vote!) comes from Bishopstowns finest “The Frank and Walters.

“After all” is feelgood slice of jangly pop, which we all loved long before it became part of The Young offenders.

Our very own tunesmith Mr John Spillane, has written many, many beautiful songs. I mentioned Magic nights in the lobby bar, a song that makes me cry everytime I hear it. The line “we were children, our mothers were young and our fathers were tall and kind”? Everytime. Sobs.

In terms of a great song to sing along to though, I have to choose “Dance of the Cherry trees”.

The Langer song. Take that with a pinch of Natural Gas.

There are loads more, Sean O Riada, Emperor of Ice cream, Stephanie Rainey, Brian Deady has some great songs.

We’re a fierce talented bunch all the same. And we have great taste in music. Modest too.....

Lillian Smith is a broadcaster with RTE Radio One and you can hear her every weekend on Rising Time as she gently wakes up the nation with a diverse selection of music introduced in her lovely Cork lilt. She is a deservedly 2021 Hot Press Award Nominee. Her selection of songs for our Singathon is inspired and #purecork : some old favourites, some new , a few borrowings but nothing we hope will make you feel blue.

Sailing By – Sinead Lohan

Two by two and it's me and you
Falling from a yellow sky
It doesn't really matter if the coast is clear
Just as long as you're not telling me lies

Dreams are a kite on a windy day
Free as a boat by the pier
And i can see it's always me
Holding her here
Holding her here

By the law of the ground my feet were bound
Made to levitate towards the core
And try as you might you just can't fly
But the secret is to separate your mind

Dreams are a kite on a windy day
Free as a boat by the pier
And i can see it's always me
Holding her here
Holding her here

Sitting in my chair i could be anywhere
When you turn for my reply
Did you know i could go as you watch out
From your window i'll be sailing by

O mio babbino caro

O mio babbino caro
Mi piace, è bello, bello
Vo' andare in Porta Rossa
A comperar l'anello!
Sì, sì, ci voglio andare!
E se l'amassi indarno,
Andrei sul Ponte Vecchio,
Ma per buttarmi in Arno!
Mi struggo e mi tormento!
O Dio, vorrei morir!
Babbo, pietà, pietà!
Babbo, pietà, pietà!

English translation:

Oh my dear papa
I like him, he is so handsome.
I want to go to Porta Rossa
To buy the ring!
Yes, yes, I want to go there!
And if my love were in vain,
I would go to the Ponte Vecchio
And throw myself in the Arno!
I am pining, I am tormented!
Oh God, I would want to die!
Father, have pity, have pity!
Father, have pity, have pity!

“Going To My Home Town” – Rory Gallagher

Mama's in the kitchen baking up a pie.
Daddy's in the backyard, "Get a job, son,
You know you ought to try".
I packed up my bag, I headed down the road,
I got me a job from Henry Ford.
But I made a mistake, I moved much too far
And now I know what the lonesome blues are...
I'm getting lonesome, I'm getting blue,
I need someone to talk to.
I'm getting lonesome, I'm getting blue,
Let me tell you where I'm going to...

Yes I'm going to my home town,
I don't care ever even if I have to walk.
Yes I'm going to my home town,
I don't care even if I have to walk.
I gotta move on now baby, I got no more time
left to talk.

Yes I'm going to my home town,
Sorry but I can't take you.
Yes I'm going to my home town,

Sorry but I can't take you.
Only got one ticket, you know I just can't afford
two.
Take me home.

The day I left,
You know the rain was pouring down.
The day I left,
You know the rain was pouring down.
I'm going home again baby,
I believe the sun's gonna come on out.
Let's go home, boy, let's go home.

Yes I'm going to my home town,
You know baby I gotta go.
Going to my home town,
You know I just have to go.
I really love you, woman,
I'll see you in a year, maybe no, maybe yes.

Going to my home town,
I'm going to my home town,
Going to my home town,
Going to my home town.

After All – Frank and Walters

After all I really love you
After all that we've been through
I know that we fight,
And our gets pushed to the side
Still it ends alright

After all I really need you
Don't know how I'd live without you
Days they go by,
And you're always there at my side
Girl I'm glad you're mine

There are times I get distracted girl

By the ways and workings of this world
Yet I think of you as my life's shrine
And I'm glad that I'm yours
And you're mine

When I'm far from home and lonely
And I think about my life
I think about you
And all the little things that you do
And I'm glad you're mine

There are times I get distracted girl
From the ways and workings of this world
Yet I think of you as my lifes' shrine
And I'm glad that I'm yours

Dance of the Cherry Trees – John Spillane

Let me tell you 'bout the cherry trees
Every April in our town
They put on the most outrageous clothes
And they sing and they dance around
Hardly anybody sings or dances
Hardly anybody dances or sings
In this town that I call my own
You have to hand it to the cherry trees
And they seem to be saying,
To me anyway;
"You know we've travelled all around the Sun
You know it's taken us one whole year
Well done everyone, Well Done"
Cherry Blossom in the air
Cherry Blossom on the street
Cherry Blossom in your hair
And a Blossom at your feet

You know we've travelled all around the Sun
You know it's taken us one whole year
Well done everyone, Well Done
On behalf of me and the Cherry Trees, Well Done!
You know me, sometimes I think I'm getting old
Not as young as I used to be
So it means even more to me
To see the Dance of the Cherry Trees
And they seem to be saying
Is it only to me?;
"You know we've travelled all around the Sun
You know it's taken us one whole year
Well Done Everyone, Well Done!
You know we've travelled all around the Sun
You know it's taken us one whole year
Well Done Everyone, Well Done!"
On behalf of me and the Cherry Trees, Well Done
Well Done Everyone, Well Done
WELL DONE EVERYONE!

Boys of Fairhill

The smell on Patrick's Bridge is wicked
How does Father Matthew stick it?
Here's up them all says the boys of Fair hill

Come boys, spend a day with our Harrier Club so
gay:
The cry of the hounds it will make your heart
thrill
And, when you hear Conan Doyle say: the
Amoured Car has won today,"
Here's up 'em all say the boys of Fair Hill

First you go to Fahy's well for a drink of pure
clean water
The finest spot on earth sure the angels do say
Where thousands came across the foam, just to

view the Blarney Stone
Which can be seen from the groves of Fair Hill

First you go to Quinlan's pub - that is where you
join our club
Where around us in gallons the porter does flow
First they tap a half-a-tierce and drink a health to
Dashwood's race;
That's the stuff to give 'em say the boys of Fair
Hill

Come boys and spend a day with our Hurling
Club so gay
The clash of the ash it will make your heart thrill;
The Rockies thought that they were stars, till they
meet the Saint Finbarr's

Here's up 'em all say the boys of Fair Hill

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

Cork City Singathon!

We hope you've enjoyed a sing song with these classic Cork tunes-would you like to take part in an online city wide Sing-a-thon to celebrate midsummer?

Ring Marta on **021-4921641** or Email **info@btcdp.ie** by May 28th, using the subject 'Singathon' and we will be in touch. We may not be able to come together in person, but let's see if we can join in song none the less!



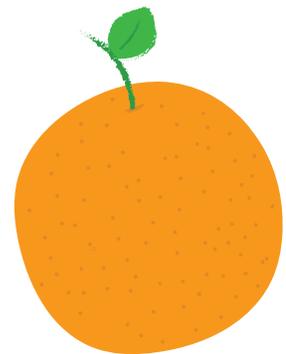
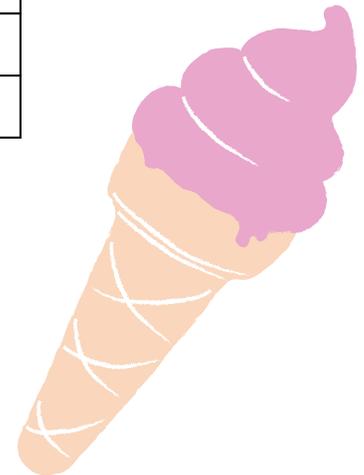
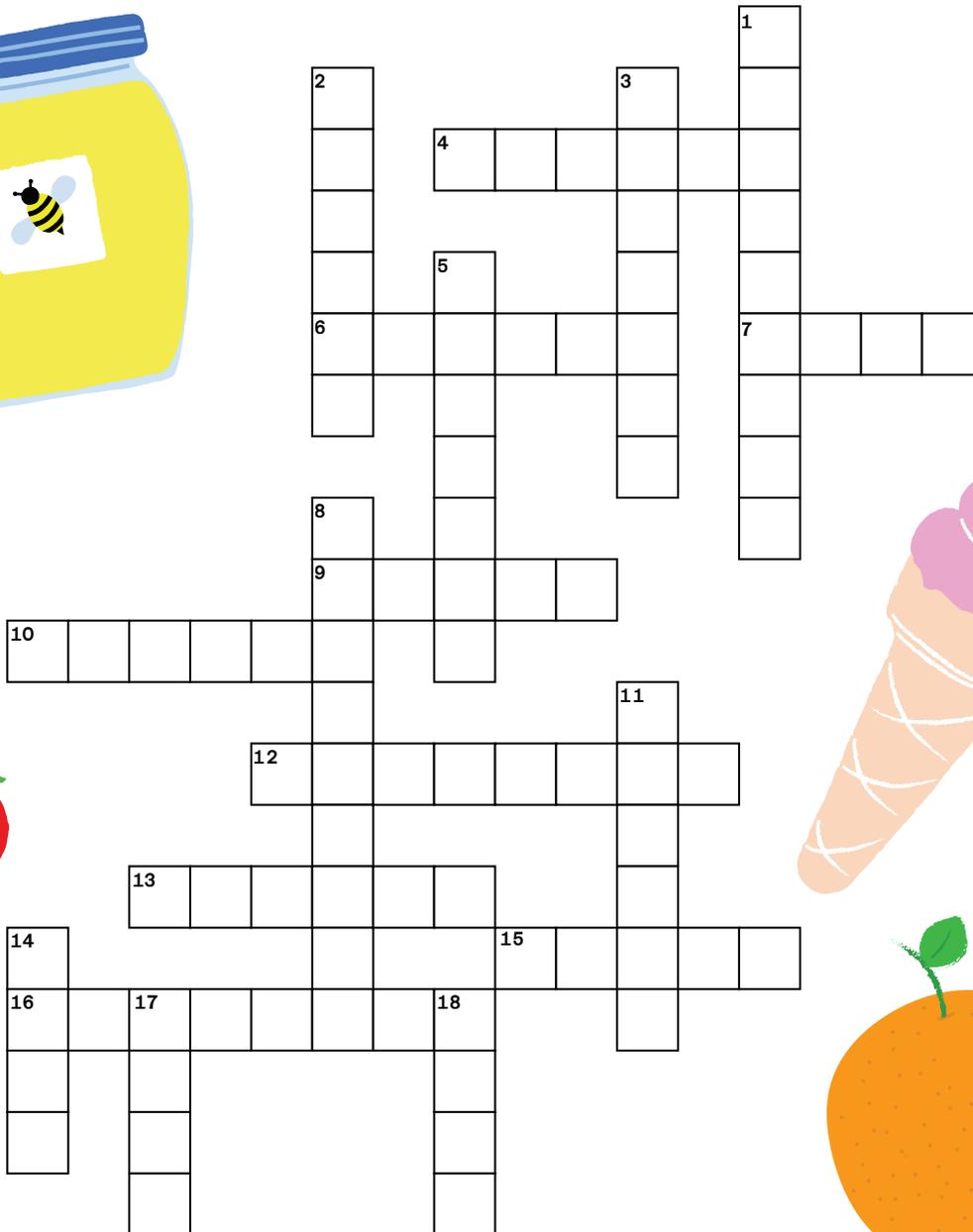
Darina Allen's Bread and Butter Pudding

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.

'I'd ate it like chocolate'

:Cork and traditional food specialities.

by Regina Sexton

Many places, regions, cities and town, have food specialities that are unique or special to those places. Cork city is no exception and we might think of foods, dishes, and drinks like Tannora, spice beef, buttered eggs, gudge cake or Chester cake, bodice (pork ribs), pigs' feet and heads, salt cod or ling (locally called Battleboard) and of course tripe and drisheen.

These foods, especially tripe and drisheen and the pig offal items like feet, ribs, tails, give local and regional character to Cork. The origin, availability and popularity of these beef and pork by-products can be traced to commercial developments in the city between the 1600s and 1900s. In this period, Cork's exportation of salted beef, butter and, to a lesser extent, bacon was estimated to have been 'than those of any town in the King's dominions.' By 1741, for example, Cork was annually exporting 10,300 barrels of bacon to England, America and the Continent and by 1776 over one hundred thousand barrels of salted beef were annually delivered to ports in England, Europe and as far away as the West Indies and Newfoundland. So, by the mid-1700s, the victualling trade had eclipsed all others in the

city. As a result, the city earned itself the titles 'the Slaughterhouse of Ireland' and 'the Ox-slaying City of Cork.'

Cork's victualling trade supplied food to the British Naval fleets, to the French and it also supplied food to the growing plantations in the Americas. The big item of trade was salt or corned beef, which was produced in Cork, particularly in the northern suburbs around Blarney and Shandon Streets. The growth of his meat industry brought an increase in meat eating, particularly among the wealthy members of the community, while those less well-off were left with the coarser, less desirable cuts. More specifically, the vast quantities of quick-spoiling blood and entrails to hand during the slaughtering season gave rise to the easily made by-product, drisheen.

Traditionally three varieties of drisheen were manufactured in Cork city: sheep drisheen, beef drisheen and tansy drisheen. The first was a pudding of sheep's blood, boiled in sheep's casings (intestines). The second was a mixture of beef and sheep's blood boiled in beef casings, while the tansy drisheen was prepared with either blood type and flavoured with a little tansy, which is a bitter-tasting herb. The second variety, beef drisheen is the only one available today. The small-scale factories making drisheen came under threat in the 1930s when the City Corporation embarked on a policy of house clearance, particularly on the northside of the city, in and around the areas of Ballymachthomas, Cattle Market Street and Wolf Tone Street. This demolished quarter was not only a concentrated housing area, but it was also the heart of the city's drisheen industry.

With the destruction of the slaughterhouses, the linked activity of drisheen making failed to re-establish itself in the city. Today, only a very small number of drisheen makers are left in Cork. And this is how it is made: the process of beef drisheen making begins with the blood of about ten cattle (approx. twenty gallons). Although the pudding is called a beef drisheen, it is usual to mix in a quantity of sheep's blood, as this makes the drisheen more palatable. The proportions of cattle and sheep blood varies with the season of production. During the summer and autumn months the drisheens are made of more sheep blood as the heavier and richer cattle blood would make the pudding too tough and

too dark. During the winter and spring months the proportions are reversed.

After blending, the hot bloods are left to rest and within a few minutes the mixture begins to coagulate and solidify. After a number of hours it is scored with a knife and is again left to settle overnight. By morning, the mixture has separated into blood serum and coagulated residue. The serum is now ready to be drawn off and poured into prepared beef intestines. Approximately 2.5 gallons of usable serum will be produced from the original mixture of 20 gallons. The waste blood residue made an excellent manure and up to the 1950s it was widely used by orchard owners and market gardeners.

Drisheen heated with milk is a popular Cork dish on its own, but more commonly it is served and complemented with the equally traditional tripe. Today any tripe offered for sale is invariably beef tripe. The most abundantly available comes from the first stomach or rumen and is locally called 'plain', 'blanket' or 'vein'. More popular is honeycomb tripe that comes from the second stomach or reticulum. It is named because of its characteristic honeycombed texture and it is a great favourite with Cork housewives, who consider it more tender and flavoursome. Two other varieties of beef tripe, in Cork called 'book' and 'reed' tripe, have become but distant memories. Book tripe comes from the omasum or third stomach chamber in cattle and consists of a complex arrangement of leaf-like layers, as you would find in a book. The thin nature of this tripe was its main feature. The cleaning of this tripe was hard work and required careful washing between each of the leaves. The process became too time consuming and it is no longer offered for sale in Cork. A fourth beef tripe known as 'reed' or 'the black' coming from the fourth stomach chamber or abomasum is no longer carried by tripe sellers, because of its dark greyish/black colour. Despite being considered the most flavoursome of all tripe, people were put-off by its dark colour and was not charged for by the sellers: they would simply 'throw in a bit of black' for their favourite customers.

Tripe can be quite bland in flavour and it relies on its accompanying sauce for its flavour. The tripe is cut into small pieces of about one inch square and is given at least one full hour of boiling. The smell from this process is quite

strong and lingering and one very familiar to many Corkonians. When ready for eating, the tripe is reheated in a mixture of milk and onions. It is usually at this re-heating stage that the drisheen is added.

Throughout the nineteenth century in Cork a number of commercial and economic developments combined to bring about a change in the range of foodstuffs available in the city. First, Cork's cured beef export trade in salt or corned beef declined. With the ending of the Napoleonic Wars in 1815 lost Cork its British Navy provisions contract, while in the 1820s and 1830s the Newfoundland and West Indian markets went to better competition. In particular, the introduction of the steam-ship in the cross-channel livestock trade in 1825 brought about an increase in the exportation of live cattle to Britain. Yet, while one industry declined, another rose to fill a gap. The expansion of the factory bacon-curing industry in the second half of the 1900s supplied both the home and foreign markets. Exportation of cured meats rose after 1876 due to the combined efforts of the Cork and Munster Bacon curers to improve the quality of bacon. By the end of the 1900s, three main bacon curing factories, Lunhams Bros. Ltd., Denny and Sons Ltd., and Murphy's Evergreen supplied the city markets with a wide variety of pig off-cuts that provided cheap and sustaining fare. Items like pigs' heads, crubeens (feet), bodice (ribs), tails, shoulder and breastbones, knuckles and skirts (diaphragms) and kidneys continue to linger in the diet of Cork people but with a greater variety of foods now available, they are losing their popularity.

Gone are the days when areas of the city like Shandon and Barrack Street were alive with 'fresh meat' shops that sold a variety of pig offal. Back in the 1990s, I interviewed a number of women who remembered running and working in these shops. I interviewed one woman who remembered fondly items like breasts of offal and knuckles. People would prepare these at home in making white stews with potatoes and root vegetables, like carrots and turnips. She remembered her favourite was the pig's head, which she told me she 'ate it like chocolate.'

Regina Sexton is a food and culinary historian at UCC and she is the Programme Manager of the Postgraduate Diploma in Irish Food Culture.



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

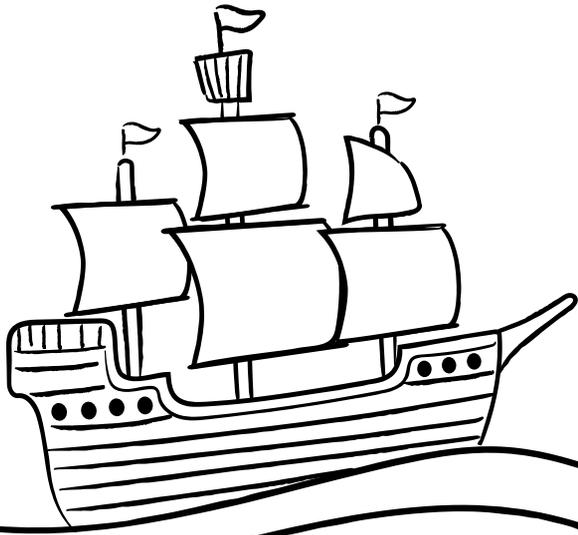
In over 50 years of selling fresh fish, two questions in particular keep being repeated by our loyal customers. The first, obviously is, “Pat what do you recommend today?”

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.

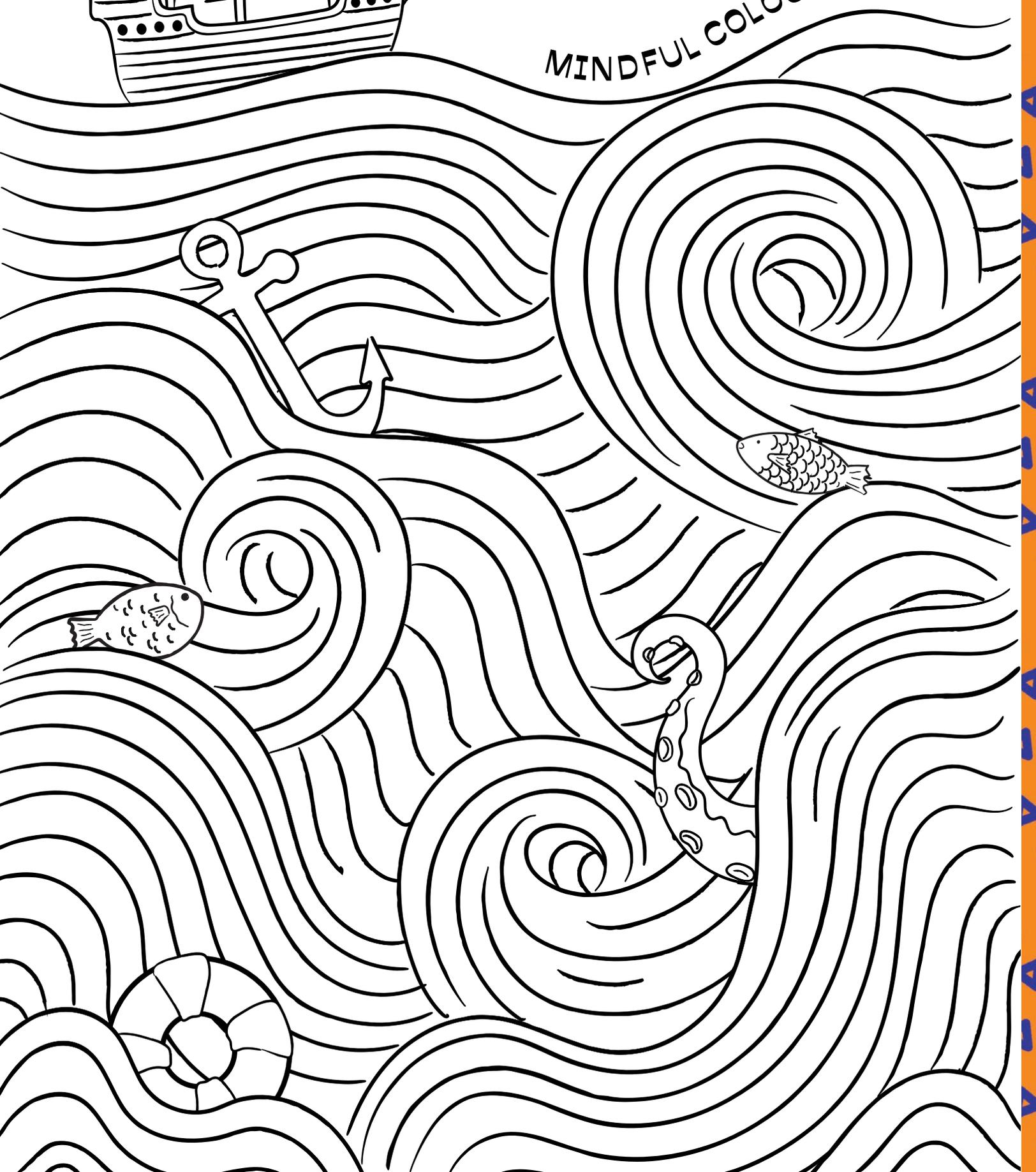
The second question most frequently asked is probably what is my own favourite fish, and while I love most fish with one or two exceptions, the answer to that question never varies. The first time I tasted Black Sole, or Dover Sole as it is sometimes called, it hit the spot and it continues to do so 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.



MINDFUL COLOURING



CAN YOU GUESS THE PHRASE?

history history

talk

HEART
HEART

history repeats itself

AGED
AGED ←
AGED

ORDER

MOON

JOB

MILL1ON

tickled

MAN
BOARD

BRAIN

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. Tickled Pink 10. Man Overboard 11. Scatter Brain 2. Big Fish in a Small Pond

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			9	7	8			
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						2		6

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8	3	6	9	5	2	4	7	1

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
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 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

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.

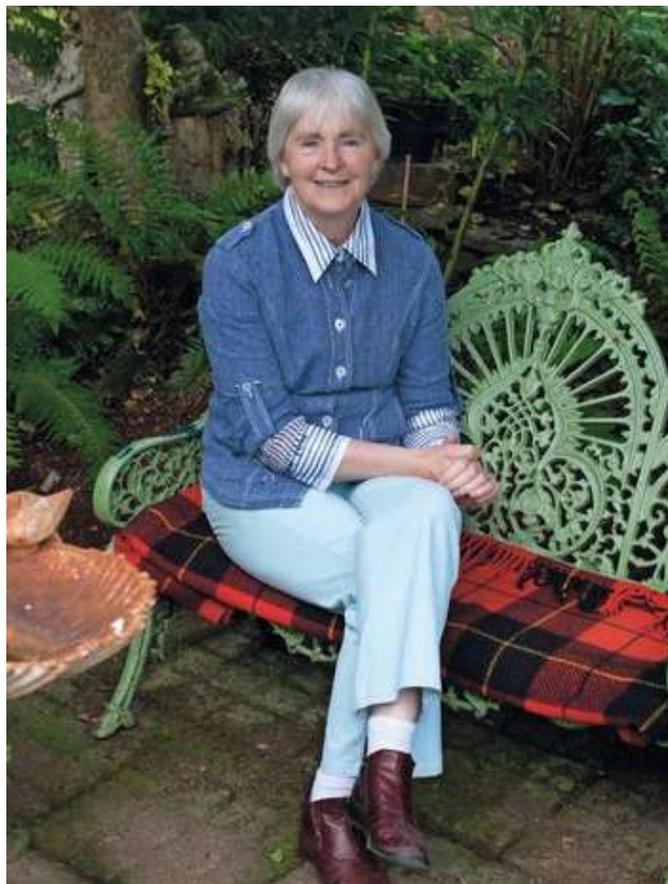
In the home place, my mother stored all our old schoolbooks up in a dark attic that was christened the 'black loft' because in those pre-electricity days only faint rays of light penetrated its dusty depths under the sloping roof of our old farmhouse. Gabriel stored his in a recess under the stairs, 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.

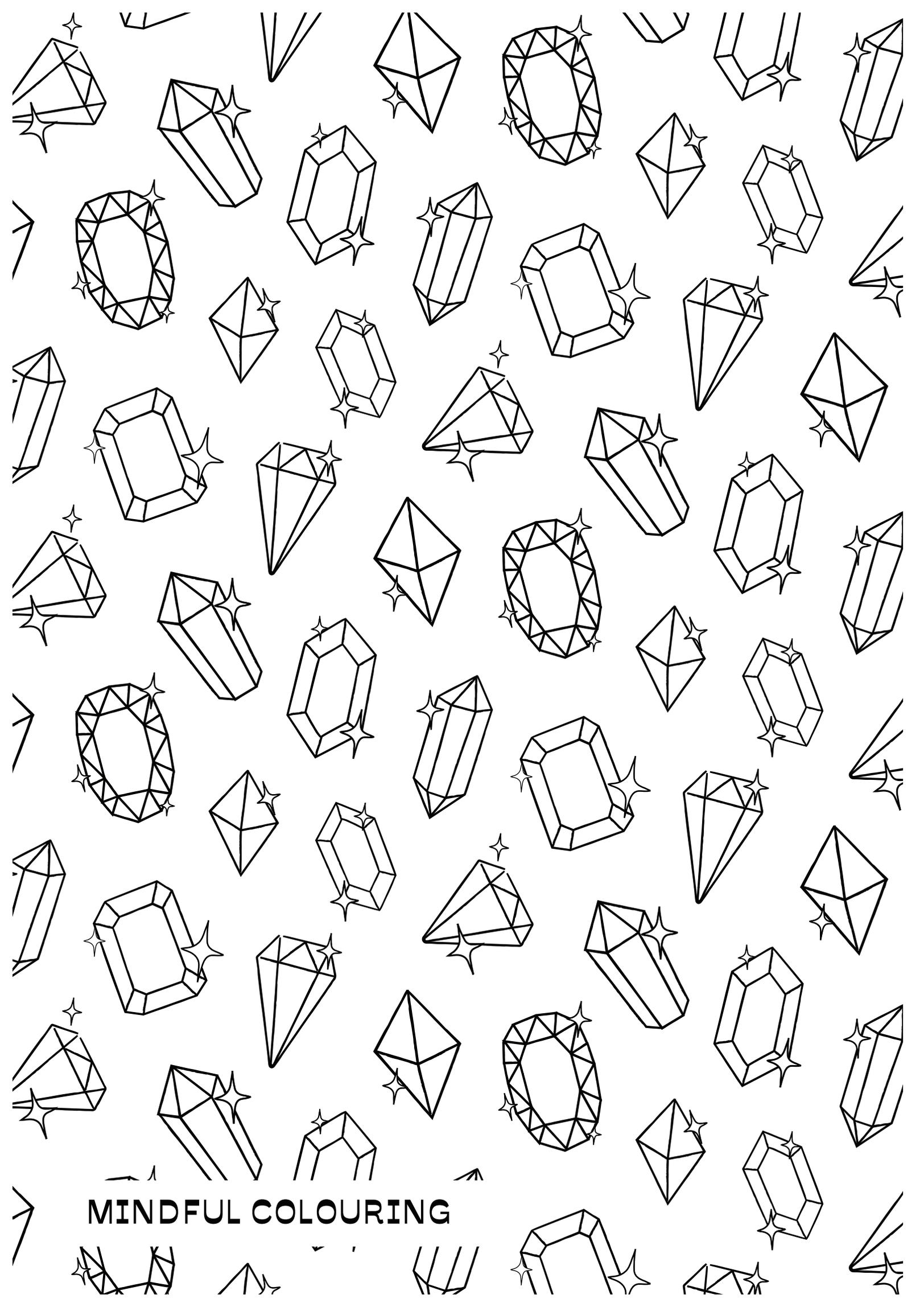
These were the books that were used in the National schools of Ireland during the 1940s and 1950s, and probably since independence in the 1920s. Amongst my collection too were copies of books that were used in the early years of the small secondary schools set up around rural Ireland by enterprising 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!

Alice Taylor grew up on the Cork Kerry border and has written many books about Country Living. Now living in West Cork her recent books have documented the changing face of rural Ireland. Last year she published 'A Cocoon with a View' which was about coping in the lock down and a second 'Books from the Attic' incorporating extracts from the school books from her childhood. Later this year a book dealing with living alone and coping with lock down as you grow older will be published called "Tea for One"

Photograph of the author by Emma Byrne.

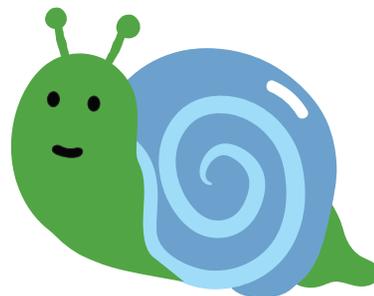


MINDFUL COLOURING

SANDWICH



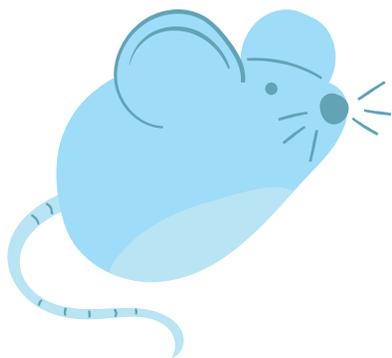
HIPPOPOTAMUS



RAINBOW

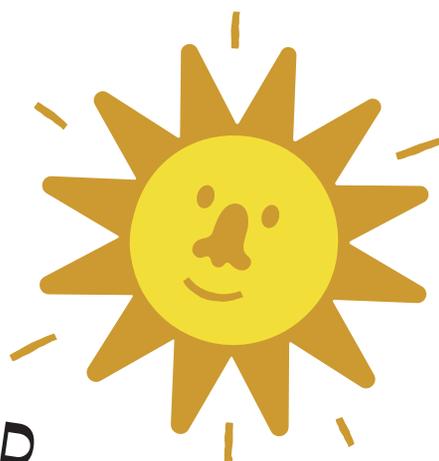
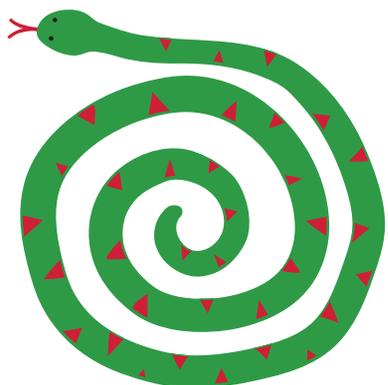


JELLYFISH



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.





MINDFUL COLOURING

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?



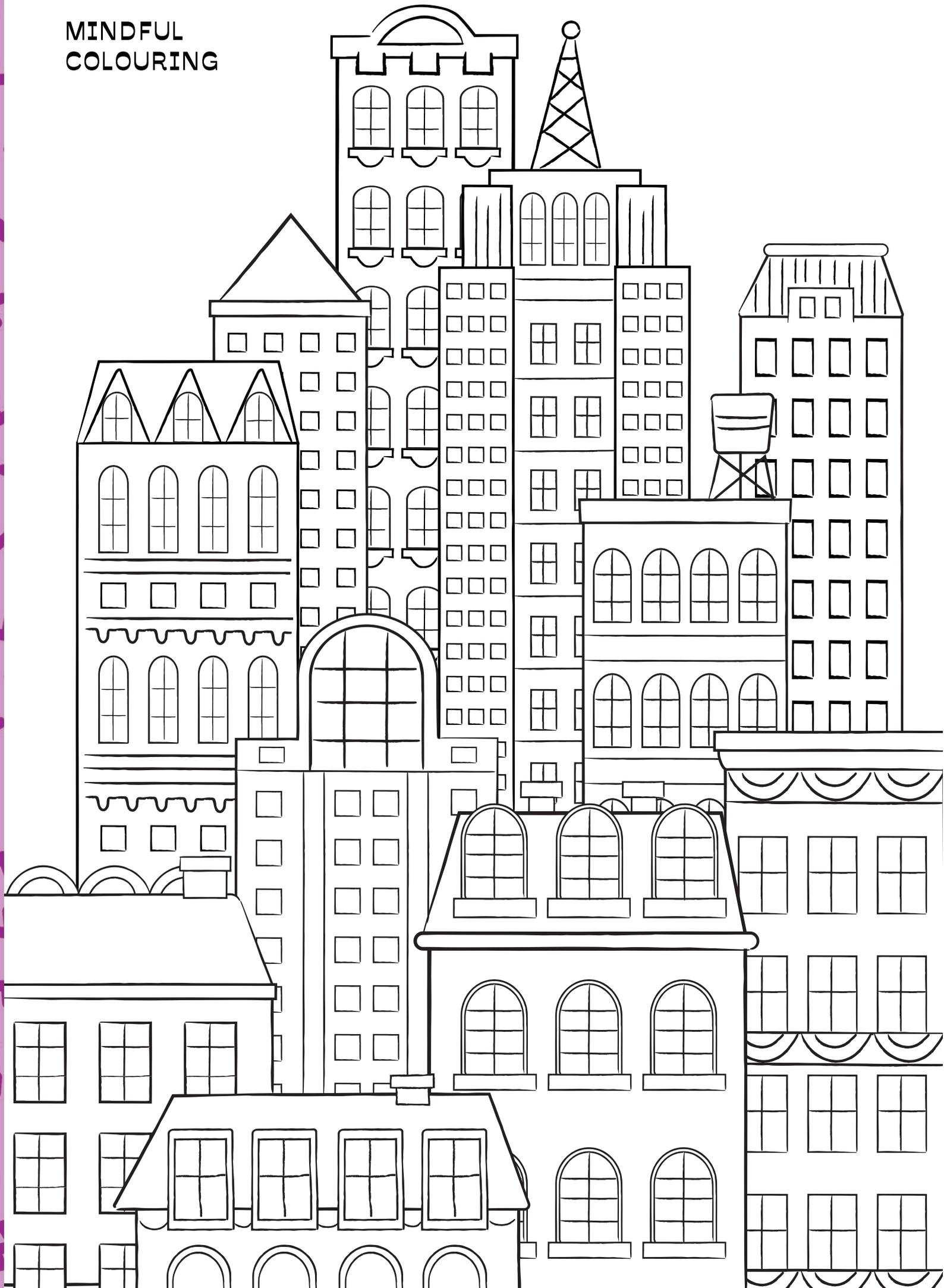
COMPLETE THE PROVERBS

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



**SIMPLE TIPS FROM YOUR HSE PODIATRIST
DURING THE COVID- 19 PANDEMIC**

FOLLOW THE 6 DAILY TIPS BELOW TO PROTECT YOUR FEET



Wash your feet daily in tepid soapy water. Always check the temperature is not too hot before placing your feet in. Do not soak your feet for more than 5 minutes.



Dry both feet carefully, make sure to dry in between the toes. Daily application of surgical spirit in between the toes, acts an astringent that can evaporate moisture/perspiration.



Check feet daily for any cuts, abrasions, blisters or ingrown nails. If skin breakdown occurs, keep the site clean and cover with a dressing/plaster. Seek professional help from a podiatrist or GP immediately. Evidence of infection typically presents as an area of redness, heat, pain and swelling.



Moisturise your feet daily. Do NOT apply cream in between your toes. For very dry skin on your heels try using a urea based cream. Ask your local pharmacist for help choosing the right cream for you.



Socks should be changed daily to keep feet fresh and comfortable. Avoid synthetic materials as these can cause your feet to sweat. Ensure socks fit correctly and that they are not too tight.



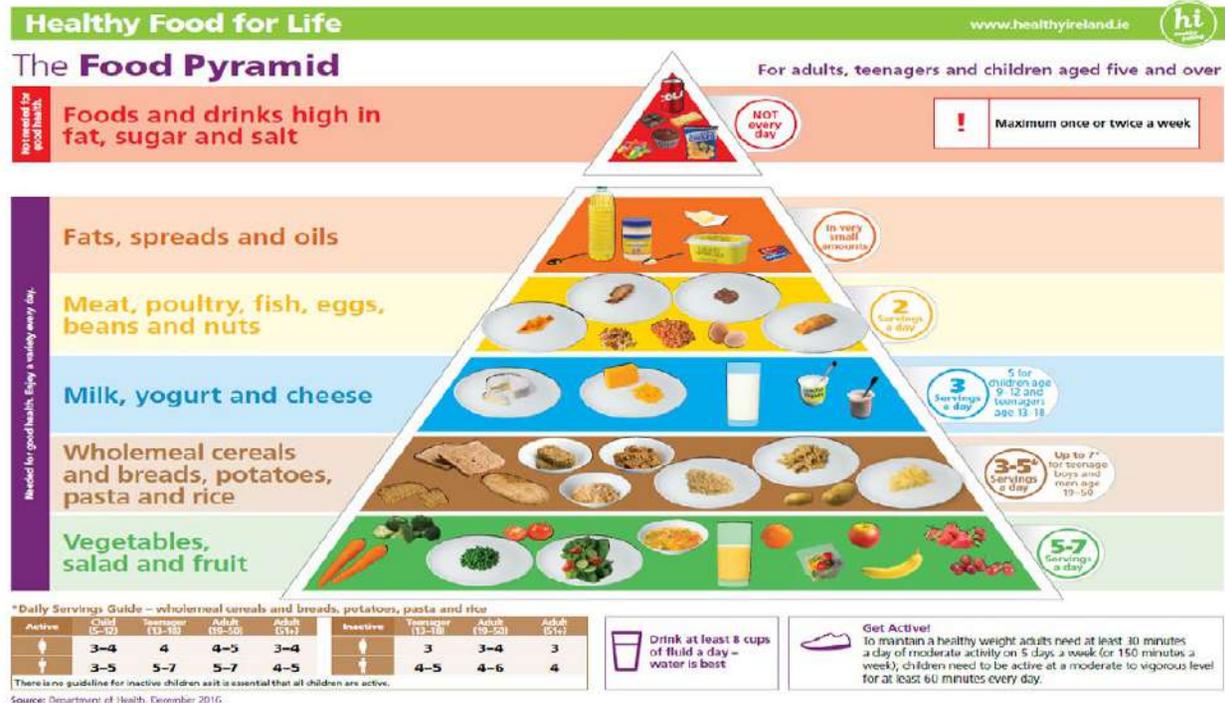
DO NOT use a "corn plaster" to treat corns yourself. These contain acid that can damage your skin and may cause ulcers.

BEST WISHES AND THANK YOU FOR READING OUR TIPS. IF YOU HAVE ANY QUESTIONS ABOUT YOUR FOOT HEALTH YOU CAN CONTACT US ON 021 4225683

HSE NORTH & SOUTH LEE COMMUNITY PODIATRY SERVICES CORK

Preventing falls... How Diet and Nutrition Can Help?

It is important to eat well at all stages of life, following the guidance of The Food Pyramid. It is important to have a variety of the foods on each shelf to be a healthy weight and have enough vitamins and minerals.



As we get older our muscles naturally weaken, as do our bones. To reduce your risk of a fall, there are some nutrients that need extra attention!

Looking after your bones

- Calcium: 3-5 servings per day
- Vitamin D
 - o Oily fish- Salmon, trout, mackerel, sardines, eggs, liver
 - o Fortified foods- 'Supermilk'
- Activity- Weight bearing activities
- Other risk factors
 - o Smoking
 - o Excess Alcohol
 - o Excess Caffeine

What does 1 portion of dairy look like?



If you feel like you cannot take enough calcium in your diet, it can be helpful to take a supplement. **Speak with your doctor or dietician about this to see which supplement would best suit you.**

Protein

- Important for muscle strength and function
- Also important for bone health
- Protein foods;
 - Meat, chicken, fish, beans, lentils and nuts
 - Have oily fish twice a week for heart health
 - Dairy products also high in protein
- Aim to have at least one protein source at every meal

Protein portion sizes- Animal proteins



Protein portion sizes- Plant proteins



How to increase protein at meals?

Add protein to light meal

- Smoked **Salmon**, with **soft cheese** on broy bread. 
- Brown bread sandwich with lean **chicken** breast, tomatoes, lettuce and a **glass of Milk**. 
- Crackers with **hard cheese**, with a fruit salad covered in **yogurt**. 
- **Fish Cake** with Salad and **Beans**. 
- **Chicken** and Vegetable soup or Mexican Bean soup or Sea Food **Chowder**
- **Having a glass of milk with your meal** 

Add Protein to Breakfast:

- Making Porridge with **Milk** or Protein Weetabix.
- Having a Boiled **egg** with your breakfast cereal.
- Having a **yogurt** & Seeds with some fruit.
- Having **Beans** with **Scrambled Egg** on Toast.



Hydration

- Dehydration can cause confusion and reduce balance and increase risk of a fall
- Use the hydration chart below to check your hydration
- It is important to have at least 8-10 cups of fluid per day
- Tea/coffee/milk all count towards our daily fluid intake

HYDRATION	
1	Good Hydrated
2	Good Hydrated
3	Dehydrated
4	You may suffer from cramps - Dehydrated
5	At Risk - Dehydrated
6	Health risk! drink more water.
7	Health risk! drink more water.
8	Health risk! drink more water.

URINE COLOR

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

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

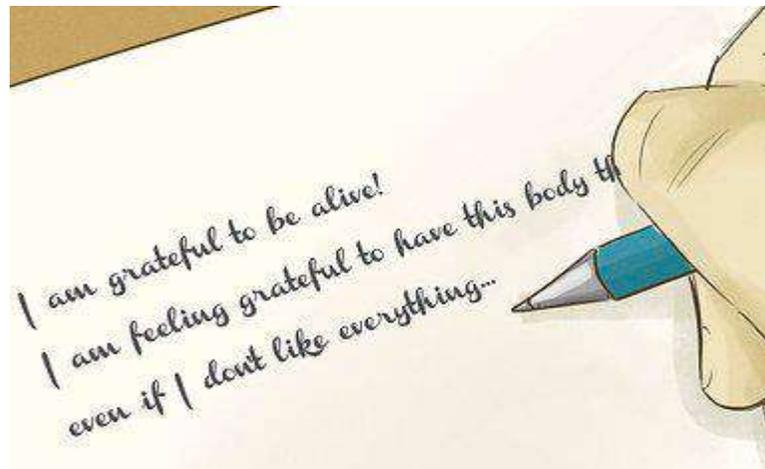
Mindfulness with our body

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.

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...

FIVE WAYS TO WELLBEING



Talk & Listen,
Be there, feel
connected.



Embrace new
experiences, see
opportunities,
surprise yourself.



Your time,
Your Words,
Your Presence.



Do what you
can. Enjoy what
you do. Move
your mood.



Remember the
simple things
that give you joy.

Love, Relationships and Sexuality

Love and Relationships are often seen as the preserve of the young. However, if this last year has taught us anything, it is to widen the lens on how and where we see love. We have seen it in many forms throughout the year. In the absence of intimate touch for many and where hugs and kisses that we previously took so much for granted, rapidly disappeared from our lives, we saw how the human spirit battled for love and through this battle; we found innovative ways of sharing our love. Some of us rediscovered new love for the outdoors, nature, our gardens, our pets and cooking. We found love in new places and by trying new things.

This last year has rightly shone a light on our older people. It has shone a light on the frail and the vulnerable and how they have suffered and it has also shown us the vibrant lives that lots of older people had prior to this pandemic

and, quite rightly, the lives to which they want to return.

Part of this life may/may not include relationships, sex or intimacy, but we should be reminded that love exists in so many forms and for all age groups and that getting older should not be used as an excuse by society and agencies to side line the voices of our older generation or to make assumptions that they don't have certain needs or desires.

Love, companionship and intimacy are all basic human needs no matter what our age and we need to come out of this pandemic with lessons learned. Our older generations have long earned the rights to have these issues highlighted and they deserve to be able to enjoy these years with the best social, emotional and health supports that we can provide.

L	U	S	T	T	S	R	U	I	S	G	M	H	N	O	T	R	Touch
R	T	L	O	T	R	U	S	T	M	P	N	E	L	R	S	E	Hug
R	O	J	K	E	B	A	E	M	T	F	A	A	N	R	G	L	Relationship
F	U	N	L	I	F	H	X	I	S	E	L	R	U	N	F	A	Family
M	C	I	C	L	B	Q	U	Z	T	P	E	T	K	M	P	T	Sexuality
C	H	B	N	J	L	C	A	G	S	W	C	I	O	V	D	I	Services
J	O	Y	E	T	B	C	L	R	I	D	E	L	B	C	A	O	Protection
J	U	E	S	E	R	V	I	C	E	S	V	I	C	A	B	N	Trust
M	O	M	E	C	J	U	T	P	A	C	L	M	K	G	R	S	Spark
A	B	O	C	N	D	F	Y	L	C	C	D	A	T	C	I	H	Fun
X	C	T	Y	B	A	C	O	A	T	H	U	G	M	I	K	I	Image
E	S	I	Z	B	N	M	B	A	L	O	V	E	P	R	G	P	Choice
P	R	O	T	E	C	T	I	O	N	I	L	C	O	P	G	S	Consent
N	A	N	D	F	E	I	T	H	J	C	O	N	S	E	N	T	Lust
C	A	F	A	M	I	L	Y	M	B	E	C	R	O	M	L	C	Intimacy
C	H	M	Y	T	H	I	N	T	I	M	A	C	Y	C	A	L	Heart
																	Pet
																	Emotion
																	Dance
																	Joy

Research has shown that social support is a significant contributor to good health overall. There is so much to gain from safe and supportive social relationships - including the connections that we make with acquaintances, friends, family members, colleagues, and romantic and/or sexual partners.

Healthy communication is crucial to maintaining healthy relationships. It is not always easy or comfortable, but it is a skill which can be improved with practice and patience. Everyone has different ways of communicating, so self-awareness and curiosity can be important contributors to creating intimacy with others. Having a healthy relationship with yourself can also impact the connections you make with others, and make it easier to communicate your wants, needs and boundaries. The quote below describes important aspects of your relationship with yourself:

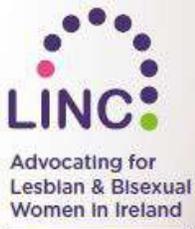
“Self-esteem is what we think and feel and believe about ourselves. Self-worth is recognising ‘I am greater than all of those things.’ It is a deep knowing that I am of value, that I am loveable, necessary to this life, and of incomprehensible worth.” - Dr. Christina Hibbert, 2013.

This relationship with ‘self’ is particularly important in intimate relationships - whether it’s in a casual sexual relationship, dating, a long-term relationship, a marriage or anything in between. ‘Intimacy’ is often thought of as the physical, sexual aspect of a relationship, but it really encompasses the connections that we make on both an emotional and physical level. During 2020, we, at the Sexual Health Centre put together a guide to navigating healthy relationships during the pandemic, with practical tools for dealing with emotional awareness, interpersonal skills, self-worth, cohabitation and intimacy. If you would like more information on this guide or would like a copy posted to you, you can give us a call on 021-4276676, email us on info@sexualhealthcentre.com or visit our website at www.sexualhealthcentre.com/news/healthyrelationships.

Sexual health is integral to all of our lives, but unfortunately it is not always prioritised. The importance of the expression of sexuality for people throughout the lifespan has been highlighted by authors (Nay et al. 2007; McAuliffe et al. 2007). However, the sexuality of older people is often ignored, overlooked, or assumed to not exist (Nay et al. 2007). You have a right to embrace your sexuality, and to pursue a safe and pleasurable sexual life if you so wish. Just as your friendships and relationships are impacted by your own relationship with yourself, your sex life can be impacted by how you view and prioritise your own sexuality (for example, whether you practice masturbation).

Due to the range of sexual health issues experienced by people of all ages in Ireland, support services also vary and come from different fields. Many issues can be addressed with your GP; other concerns may be best dealt with through forms of talk therapy/counselling; and lots of topics can be discussed with community-based services. For example, if you are in a sexual relationship, Sexually Transmitted Infections are an important consideration and you can obtain helpful information and advice from the staff of the Sexual Health Centre based in Cork City.

The Sexual Health Centre offers a wide range of services, including counselling, HIV support, HIV testing, pregnancy testing, workshops, marginalised group support, professional training and free condom provision along with a helpline service that can offer help and guidance in relation to sexual health. For more information, please contact the Sexual Health Centre at 021-4276676 or info@sexualhealthcentre.com




Silver Scribblers

Are you an older lesbian or bisexual woman? Would you like to receive a letter in the post from a LINC volunteer?

Join our pen pal service and we will connect you with another community member who will write to you each month.

If you, or someone you know, would like to receive a letter please get in touch at 021 4808600 or email clara@linc.ie or by post to LINC, 11a White Street, Cork

LINC is a community organisation for Lesbian & Bisexual Women
www.linc.ie   




Growing Old Sexually

Many young people find the very idea of older folks having sex unpleasant or upsetting; add in the distaste that some straight people have for 'gay sex' and it becomes clear that talking about sex and the older LGBTQI+ person can be challenging. So let's get one thing clear – there is no cut-off age for sexual activity!

It is true that for some people the urge to have sex, or to have many sexual partners, can decline with age, but this is not inevitable. There may be many reasons why sexual activity does decline with age; many older people have a very clear idea of what they enjoy sexually, and have the confidence to resist coercion to engage in non-consensual activities. They may have tried an enormous range of things, and realised that some activities don't give them much pleasure.

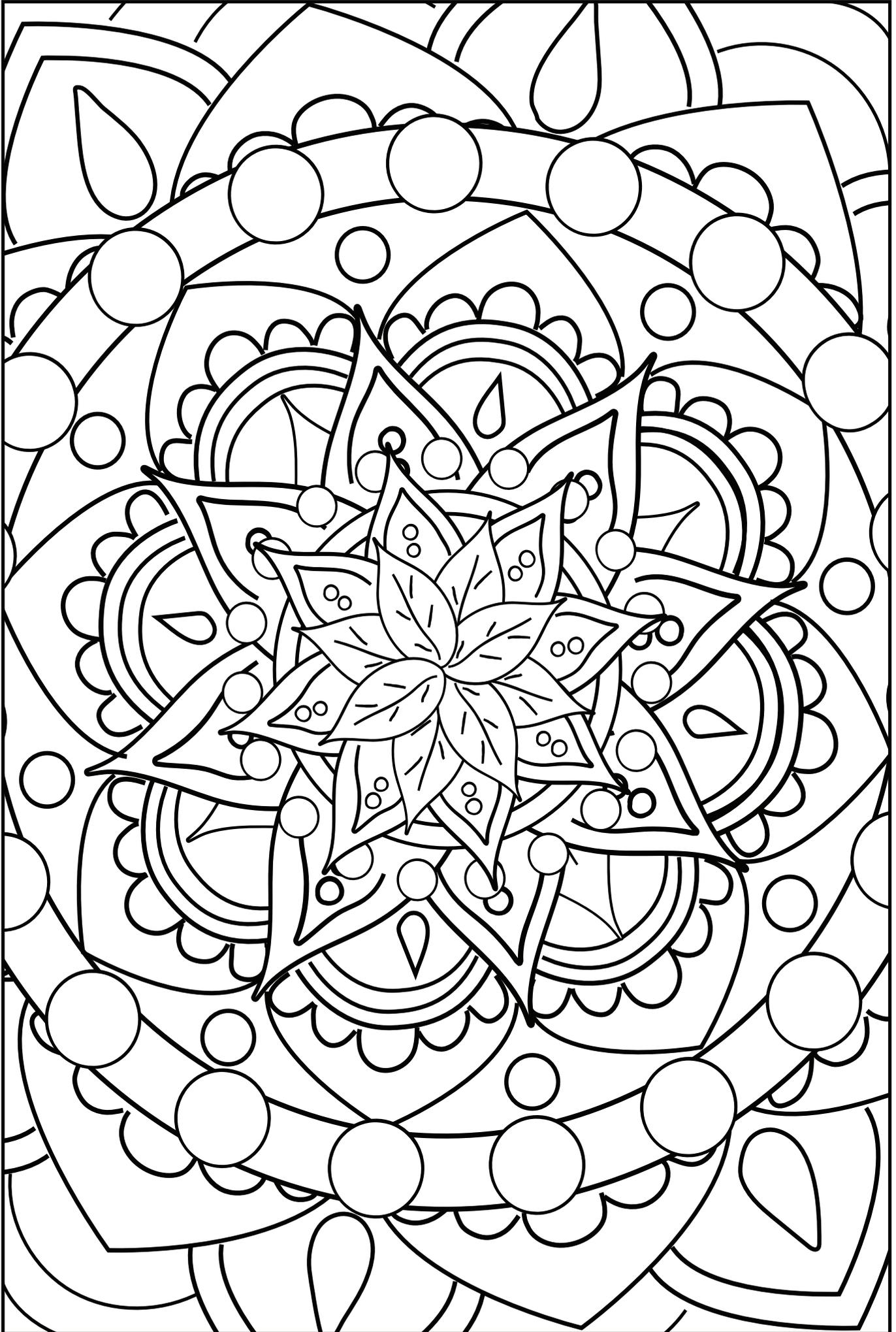
Another factor for the older LGBTQI+ person is that they may be in a stable relationship that has endured for many years. In such a situation, sexual activity may have settled into mutually

satisfactory patterns, but it may also have become rather 'stale'. Older people may be less likely to experiment with novel sexual activities. In a stable relationship, it may be easier not to risk upset by expressing dissatisfaction with aspects of one's sex life, as this can often be taken as criticism when it might just be an attempt to improve enjoyment for everyone involved.

The guidance around safe sex applies to all age groups – you're never too old to catch an STI!

If you are a member of the LGBTQI+ community, and still interested in an active sex life, you can get support and advice from LINC (for lesbian and bisexual women) and Gay Project (for gay, bisexual and trans men and men who have sex with men). Some activities are especially for the older person, so have a look at the appropriate website:

Contacts : Gay Project – 021/4300430
LINC – 021/ 4808600
www.gayproject.ie www.linc.ie



MINDFUL COLOURING

Health Benefits of Stress Balls

Stress balls were originally intended to be used for remedying stress and tension but with their increasing popularity as a stress relief tool, it seems that squeezing it may have other health benefits. Studies show that when you squeeze a stress ball, your nerves and muscles stimulate and contract which makes them stronger. The strength improves the overall nervous system, which reduces essential hormones and can control your stress levels.

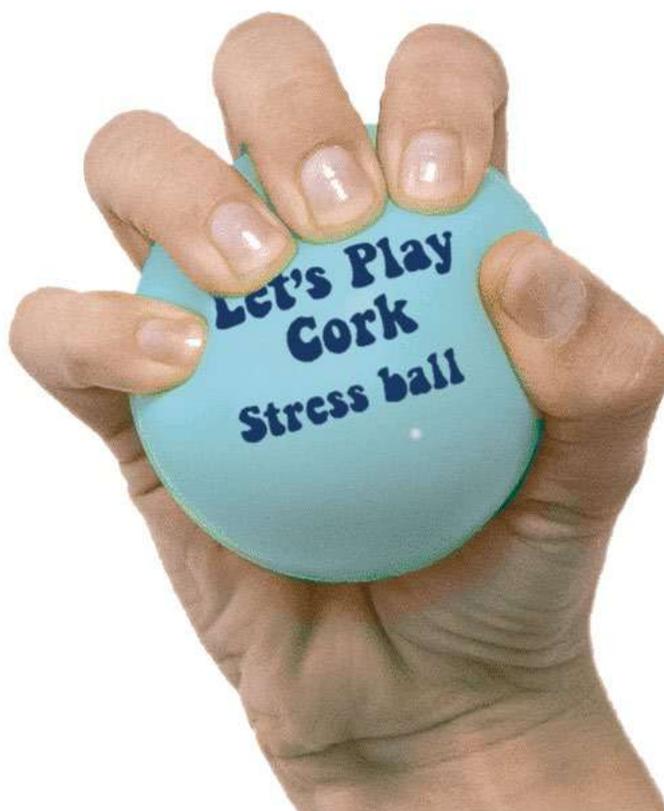
Some of the benefits:

- Relieve arthritis pains
- Enhance emotional stability
- Reduce anxiety and stress
- Lower blood pressure
- Improve concentration and creativity
- Strengthen muscles
- Increased positive energy
- Improve sleep

Ways to Use Stress Balls.

By simply squeezing stress balls regularly you can tone your muscles. Regular exercise will help to strengthen the muscles of your hands and wrists. If you feel tired, bored or irritated you can use one of these balls to keep your hands occupied and your mind at rest.

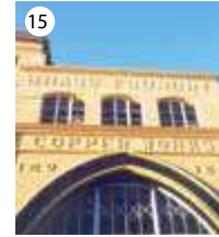
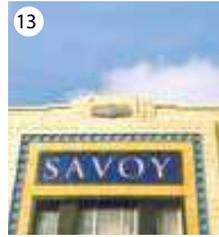
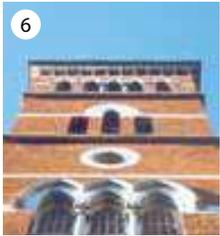
1. One of the main ways to use a stress ball is to place it on a surface and roll the ball by curling your fingers towards your palm, hold for a few seconds and release your fingers.
2. Another popular way is to place a ball between your hands while keeping your arms in a vertical position. Then press for 5 seconds and relax.
3. The full grip method is our favourite. If you feel extra stressed out, hold and squeeze a ball as hard as you can for up to 5 seconds, then relax.





Cork City Centre

...looking up



LOOKING UP ANSWERS

- Brown Thomas Patrick Street
- Thomas Crosbie Holdings 97 South Mall.
- Isaacs Hotel, McCurtain St.
- Metropole Hotel, McCurtain Street
- Firkin Crane, Shandon
- Marriage Counselling Centre, 34 Paul St.
- Crawford Art Gallery, Emmet pl.
- Dunnes Stores, Patrick St.
- St. Finbarr's cathedral, Bishop St.
- Thompsons Bakery, McCurtain St.
- Butter Museum, Shandon St.
- Queen Anne, HSE, Emmet Place
- Savoy Cinema, Patrick St.
- Hive Iron Works, Washington St.
- Mahers Sports, Oliver Plunket St.
- Woodford Bourne, Patrick St.
- City Hall, Anglesea St.
- Camden House, 2 Camden St.
- Mothercare 74-75 Patrick St.
- Property House, Grand Parade
- St. Patrick's Building, Grand Parade
- 92 South Mall
- St. Annes, Shandon
- Roches Stores, Patrick St.
- McKenzie Building, Camden Place
- Penrose House, Penrose Quay
- St. Mary's, Popes Quay
- Custom house, Custom Quay
- Peter and Paul's church, Paul St.



Willie



Anne

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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IF YOU WOULD LIKE ANY FURTHER INFORMATION ON THIS BOOKLET, PLEASE CONTACT:

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EMAIL: COMMUNITY@CORKCITY.IE

AGE FRIENDLY CONTACT

021-4924076 / AGEFRIENDLY@CORKCITY.IE



**“WE DON’T STOP PLAYING
BECAUSE WE GROW OLD;
WE GROW OLD BECAUSE
WE STOP PLAYING.”**

- GEORGE BERNARD SHAW