



Inis Arcáin Nuachtlitir



2013

Sherkin Goes Green

18th November – 15th December

You can be a part of helping Sherkin Island Go Green and improve our environment. Each week a different topic will be highlighted. Information on the topic will be posted on the notice board, website and facebook page. Every Monday Richard in the Rughar will provide you with a green tip and clues to the competition. Prizes will be given out each week in the Community Hall. A booklet on Managing Your Household Waste and Domestic Water Usage will be given to every house on the Island.

Waste Prevention

November 18th – 24th

Reducing the amount of waste we produce by re-using, repairing, composting, recycling and, most importantly, preventing waste in the first place, can help to protect both our country and our planet for future generations.



Environmental Eddie thinks we should buy Goods that have less packaging.

Competition: If you think you have a good tip please email it to sidssecretary@gmail.com, or hand it in to Aisling, to be in with a chance to win a €50 Supervalu Voucher. **Closing Date: Wednesday December 4th**

Energy Saving

November 25th – December 1st



There are many different ways to save energy

Environmental Eddie wants to remind everyone to turn off appliances when not in use.

This week we will be giving away free energy-saving light bulbs. Details will be on the Island Notice Board, facebook and Sherkin website.

Best of luck.

Water Conservation

December 2nd – 8th

Water is an important resource and a sufficient supply of clean water is essential to the health of both people and the environment. All of our food production and agriculture needs water.



Environmental Eddie always turns off the tap when brushing his teeth. This week we will be giving away free *Hippo* bags. By putting *Hippos* into your cisterns you can reduce the amount of water flushed away, and, for those on a metered supply this means a significant and sustained saving on water and water bills.

Food Waste

December 9th -15th



On average, wasted food costs each Irish household €700 a year. For information on how to get a free portion-measurer for rice and spaghetti, watch out on the Island Notice Board and Website.

Environmental Eddie only buys what is needed for his weekly shop.

Save the Date:

Wednesday December 4th; 6p.m – 8p.m; Sherkin Island Community Hall

Rachel Boyle from *Green Homes* will give tips on how to save money in the home and help the environment.

**This project is sponsored by Cork County Council and the Environmental Protection Agency in Partnership with West Cork Islands Community Council, Sherkin Island Development Society and Tidy Islands.*

www.sherkinisland.ie

Facebook *sherkin island*

For recycling queries please call in to Richard at the Rugher on Mondays from 10am-2pm.



West Cork Islands Community Council

Established in 2012

Representing the islands of Bere, Oileán Chléire (Cape Clear), Dursey, Heir, Long, Sherkin & Whiddy

www.westcorkislands.com

Notice of Extraordinary General Meeting

West Cork Islands Community Council will hold an E.G.M in relation to constitutional changes.

Venue: West Lodge Hotel, Bantry.

Time: 11.00 a.m

Date: Friday 15th November 2013

West Cork Islands Community Council Up-date

West Cork Islands Community Council met in Dursey on 17 October. James O'Neill, the National Director of Services for Muintir na Tíre, was an invited guest. He outlined the long history of that organisation (75 years in existence), and the importance of its work in helping the 300 community associations which are affiliated to it.

Some of the important suggestions he made included:

- **setting up sub-committees to deal with specific issues**
- **ensuring good governance with the Constitution which would be aligned with the Muintir na Tíre's Constitution thereby enabling WCICC to be affiliated with that organisation,**
- **advice on choosing insurance cover – two insurance groups were mentioned – JLT and BHP**
- **branding for islands' produce – check out Achill Island Project**
- **rearing rare breeds of cows and sheep**
- **funding ideas eg. run a photographic competition and make up a calendar with the winning photographs; permits for collecting at church gates.**

He also approved the amendments we have made to the constitution. An EGM will be held on Friday 15th November to vote on the amendments

The Pride of Place final will take place in Derry in November. Representatives nominated to attend are Syd Cheatle, Anne Finch and Rosarie O'Neill. Aisling Moran will be the Development Worker in attendance.

Environmental Protection Program funding was received from Cork County Council and the Protection agency. This money is to be used to improve signage and environmental awareness on the seven islands.

The West Cork Islands Festival will take place on June 14th and 15th 2014. For further information or details please contact Robbie Murphy, Syd Cheatle or Aisling Moran.

The second part of the fish filleting course will take place on November 13 -15, The Islanders Rest, Sherkin Island.

Below is the link for the art projection on the Beacon in Baltimore –

<http://timschmelzer.com/projection/beacon/>



1. the Dursey Island Cable Car. 2. James O'Neill from Muintir na Tíre with members of the West Cork Islands Community Council. 3. Syd Cheatle, Sherkin John Orpen, Bere Island Tim O'Leary, Whiddy and John Moore Heir Island..

Quote for the month

If you hear a voice within you say, 'You cannot paint,' then by all means paint, and that voice will be silenced" – Vincent Van Gogh

An exciting opportunity to study Visual Art on Sherkin Island

Dublin Institute of Technology in collaboration with Sherkin Island Development Society and West Cork Arts Centre is delighted to invite applications for the BA (Hons) Visual Art for the 2014/2015 academic year.

This four year modular honours degree offers a dynamic and creative programme in the Visual Arts and is fully accredited, managed and delivered by the Dublin Institute of Technology.

Application deadline for the next intake of students is 1st June 2014



For **application forms** contact

Admissions Office

Dublin Institute of Technology

143-149 Rathmines Road Dublin 6

Tel 01-402 3445

Email admissions@dit.ie

For **further information** see www.dit.ie/artdesignprinting/undergraduate/bavisualart/

or contact the Programme Co-ordinator Bernadette Burns at bernadette.burns@dit.ie

Interviews will be held at the Community Hall, Sherkin Island in June 2014.

Applicants will be asked to bring a portfolio of recent artwork.

Successful applicants should be prepared to commence the programme in September 2014.

This programme will run subject to continued community funding.

Friday Night Youth Arts at West Cork Arts Centre

Friday Night Youth Arts is a new contemporary art project for young people aged 13 – 18. Taking place at West Cork Arts Centre every Friday from 4.30pm to 6.30pm, it is an opportunity for young people to explore their creative side. You will get to try out everything and anything from photography and film, collage, painting and drawing, to sculpture and installation..

No previous artistic experience or drawing skills are needed. The whole point of Friday Night Youth Arts is that it is led by the young peoples' voice, interests and experimentation.

Fee - €50 for six weeks

Previous FNYA projects have created installations from cut paper, collaborated on contemporary performance videos, created films, projections, sound, and text as well as images, and had work displayed nationally and internationally from Dublin to Kilkenny, and Estonia to Barcelona.

To kick-start the project we will be taking a look at the upcoming exhibition *Three Days Later* by Magnhild Opdøl, a Norwegian artist who looks at the more sinister side of nature and our place in it. Her work takes many forms - film installation, photography, sculpture, drawing and even taxidermy. She likes to create works that leave the viewer feeling that things may not be as they seem!

To book your place call into West Cork Arts Centre, North Street, Skibbereen

phone 028 22090 or

email alison@westcorkartscentre.com



Moonless Night, pencil on paper 2013

By Magnhild Opdøl

Good News for Baltimore Community Swimming Pool

For almost five years The Baltimore Pool Management Group have been in negotiations with various possible purchasers of the Hotel Complex. It has been the case that the Liquidator would not sell the pool separately. The Complex has now been purchased and the local community has an opportunity to buy the Leisure Centre for 110,000 euros. The Management Group are in the process of finalising the purchase and want the Baltimore Community to become the freehold owners of the Leisure Centre. For this price the Community gains the Centre itself along with some land adjacent to the building, a car park and all necessary rights-of-way.

The pool management and volunteers have put in trojan work over the last five years, and even recently very necessary repairs were carried out. Machinery and equipment in the Centre are out-dated and in need of replacement. The cost of this will be in the region of 90,000 euros. The Target is to raise 100,000 euros from the greater Baltimore Community in the coming months. The Centre is an important resource in the Community for both young and old, and it is hoped that everyone will lend their support to the project

Sherkin Island National School News



Sherkin Island National school has signed up to take part in this year's Junior Entrepreneur Programme (JEP). JEP is an entrepreneurial awareness and skills enhancement programme for Primary School children. The Programme aims to help children recognise enterprise and entrepreneurship, and to foster an awareness and understanding of the entrepreneur's role in the community, therefore empowering the child to start to think and act with the initiative, creativity and independence that are invaluable in the modern world.

The Programme is embedded in the principles of the Primary School Curriculum and utilises an integrated teaching and project-based approach to teach many strands of the Primary Curriculum. The Programme is exclusively for fifth and sixth class students. Mr Domnic Hayes, the current Acting Principal in the school, has a special interest in this programme as his degree is in Accountancy. JEP is a not-for-profit initiative and has been developed and paid for by Tweak.com and Shannon Development in association with Mary Immaculate College. This programme will be delivered without any cost to parents or schools.

A Book Review



By Charlotte de Lacey

The Hobbit by J.R.R Tolkien

Bilbo Baggins, a hobbit from the village of Hobbiton in the Shire, sets out on an unexpected adventure that will change his life forever. He loses his reputation in the village along the way, because his family never did anything unexpected or ever went on adventures. Then a Wizard called Gandalf came and invited thirteen dwarfs to go on a life-changing journey. This journey was to take back Erbor, the mines full of gold jewels and home to the dwarfs, that had been taken away from them by a dragon named Smaug. But other dangers lurked in the shadows along the way.

You won't be able to put this book down, especially if you like fantasy fiction.

Music for November



<http://www.youtube.com/watch?v=D1ZYhVpdXbQ>

"Singing in the rain"

Gene Kelly



GOURMETS' DELIGHT

Lovers of fish, expertly cooked, will be pleased to hear that Sue (Holland) and Ian (Parr) of Custom House fame, will be taking over the Mews Restaurant in Baltimore next April, following their successful operations in France. So, once again, the chance of a decent meal on the mainland at affordable prices. For further details, opening times etc., lick your lips and watch this space.



Syd Cheadle

The Chiropodist

will visit Sherkin on

Wed 27th Nov.



**This is a private service by appointment only
so please ring Mairead Jennings**

086 1715110

028 23537

€40 per house call

€30 in community hall.

The Dog with the sloping face

You f...ing animal

I heard myself yell

At the lumping galoot

From next door

With the bell

Who lumbered in everyday

Invading our space

The dog from hell

With the sloping face.

He tried mounting our pet

Our sweet lovely Lo

With her shimmering flanks

And skin all aglow

Her once wavy tail

Now drooped in despair

When this shagger appeared

Displaying his wares

Lo's flanks trembled

It was too much to bear

With this gawk of a lump

On the prowl everywhere

So she vaulted the wall

Just like a gazelle

The hound tried to follow

Missed and fell splat

Under the wheels

Of a passing Passat

Squashed flat as a board

Along with his bell

I tossed him away

To his home back in hell

By

Miriam Cheadle



My mother (who had never been away from home in her life), just spent two weeks in St. Anne's Hospital, Skibbereen. She wasn't ill but was in for 'respite'. This means that she got a break from her 'Carers' and vice-versa.

I returned from Cork to live with Mother and became a full-time carer last June. She was no longer able to manage by herself and this was the only option if she wanted to stay at home, and, as far as I can see, almost everyone wants to stay at home in the end.

When our Public Health Nurse, Claire O' Sullivan, first suggested respite, Mags and I thought it sounded like a brilliant idea but also thought we didn't have a hope of convincing mother of this brilliance. I'm very pleased to say we were wrong. We started slipping the idea to mother in small doses. Every now and again, we'd approach the subject and talk it up and up until it sounded like a trip over Paris in a hot-air balloon. And eventually, to our delight, she agreed and seemed to think that the whole idea had merit and might be 'good for everyone.'

Next, the logistics. Mother is no longer able to walk (she had 'no mobility' to put it in medical terms) so how would we get her from her bed in Slievemore to her bed in Skibbereen?

Back to PHN Claire. Before you could say 'Where's me bed-pan' she had it all organised. An ambulance came in to Sherkin via the roll-on roll-off ferry. Two extremely nice Medical Technicians, Don and Brendan, took mother on a gurney from her bed at home, put her in the ambulance which came up to the house, drove back onto the ro-ro which was waiting at the pier and took her to her bed in Skibb. They were highly professional and competent so that she felt safe and secure during the whole operation. Brendan drove and Don stayed with the 'patient' during the trip. He told me that they cover a wide area from Sherkin to Castletownbere to Mallow and are employed mainly in Patient Transport. However, they sometimes get called, if the other services are unavailable when an emergency, such as a car accident, occurs. This is a fantastic service and at the risk of getting death-threats, I must give the HSE credit where it's due and, in this case, it's definitely due.

The staff in St. Anne's Hospital in Skibbereen are wonderful. It's really like being at home except the carers there are professional and they have all the necessary facilities. This Residential Care Centre is a purpose-built, single-storey facility providing long-term care, convalescence and short-term care.

It can accommodate 50 residents in 34 single rooms and eight twin-bedded rooms with en suite shower, toilet and hand wash facilities. There are two lounges, a dining room, library, an oratory, a treatment room, hair salon and, (ssshhhhh), a smoking room. Access to an enclosed courtyard is from the main reception area. The premises are situated on a six acre site with 28 houses for independent living within the same grounds. The centre is located approximately three kilometres from the village of Skibbereen.¹ This means it's ideal for anyone from this area who feels like a week of pampering and relaxing and being waited on hand, foot and other parts.

Taking care of someone on a full-time basis can be demanding but knowing that this service is there and can be used approximately every 8 weeks makes a huge difference. That kind of support is invaluable in these situations.

Thanks to everybody who helped Mary J., during her respite, especially to Claire O' Sullivan our Public Health Nurse, to the staff in Skibbereen Community Hospital, the Medical Technicians in charge of the ambulance and to Vincy O' Driscoll and his men on the roll-on roll-off ferry.

We'll be back.

Dolly O'Reilly

Library News

October Stats

Items borrowed	230
Visitors	141
Memberships new/renewed	3
Internet sessions	47

Opening Times

Tues	1.30 - 5.30pm
Thurs	11 - 2pm
Fri	5.30 - 8.30pm

The library continues to be busy with people seeking pleasure and or information. If you cannot find what you need on the shelves the item can usually be ordered, and if it's in another branch it will generally arrive within 2 weeks. A pretty good free service!

Congratulations to the children of the school, who all entered the recent Children's Book Festival Calendar Art Competition on the theme of 'I Love my Library'. There are some very talented drawers in the school! The winning drawing from the countywide entries will appear on the front cover of the 2014 Cork County Council Library calendar, maybe Sherkin will be lucky.

Phone 028 20009

Congratulations



Congratulations to Adrian Legg and his new Business "Fastnet Archiving" who have just won an Innovation Voucher through Enterprise Ireland.

Haiku-Island

*Winter afternoon
a crow blackens
the white sky*

***Haiku – A Japanese nature poem in seventeen syllables**

A Sherkin Island Community project inspired by Haiku poetry and incorporating art forms such as painting, beach-combing, drawing, nature, embroidery, baking etc..

The group will work together with artist Tess Leak to create a collection of winter themed Haikus with a view to displaying them around Sherkin in a variety of imaginative and surprising ways

Tess has collaborated with a songwriter, sound recordist, boat builder and with many groups in her role as an artist facilitator. She co-curated the "Museum of Miniature" for Skibbereen Arts Festival in 2012.

For further details contact Aisling 087 7669657 or email aislingbipg@gmail.com

Every Friday from 15 November – Friday 13 December 6 p.m. – 8 p.m.

All ages welcome and no experience necessary

heroes in the seaweed

*craggy island dreams
sad-eyed seal of approval
dragons of my heart*

*By
JMW Parker*

Sherkin Island 2014 Calendar



Photography by Terry Farnell

A calendar of black and white photographs is now on sale through Lulu.com at their link <http://www.lulu.com/shop/my-calendar/calendar/product-21286874.html>

or you can go to Lulu.com and search the site for Sherkin Island.

The price is €11.95 + p&p and all the photographs were taken in and around Sherkin

By

vintage film photographer Terry Farnell.

Seanfhocail



PHRASE: Cha d'dhùn doras nach d'fhosgail doras

PRONOUNCED: caw dih-doo-inn durrissnock dus-gall duress

MEANING: No door closed without another opening

*Stop and Stare Dance
Performance and Inclusive
Dance Workshops*



Stop And Stare

On Friday 8th of November in Skibbereen Town Car Park, Dancer Mary Nugent performed an excerpt from *Stop And Stare*, a solo interpretation of this thought-provoking dance, originally choreographed by Tara Brandel, Director of Croi Glan.

Stop And Stare brings dance and disability onto the streets and encourages spectators to wonder about the world they think they live in.

Mary Nugent has danced with Croi Glan since 2006. She has trained and performed with Adam Benjamin, Genevieve Mazin, Jess Curtis, Tim O'Donnell, Scott Wells, Jeff Wallace, Eric Kupersand and Liz Roche and has taught dance workshops with the Irish Wheelchair Association, Dublin Institute of Technology, KCat, and Open Arts, as well as InterAct and St Paul's Performing Arts School in Minneapolis, USA.

This performance highlights the commencement of a new series of Inclusive Dance Workshops beginning Wednesday 20 November in Ballydehob, and from January in Skibbereen. Inclusive Dance is a ground-breaking new dance form where people with, and without disabilities, dance together in an enjoyable, playful and creative environment. During the workshop the facilitator provides an outlet for physical expression and creativity; and celebrates the diversity of the human body and the uniqueness of each person's way of moving. The workshops are for all young people and adults who would like to experience Inclusive Dance for the first time - no previous dance experience needed.

Inclusive Dance Workshops are free of charge.

Booking is essential at West Cork Arts Centre on 028 22090.

These workshops will be facilitated by Tara Brandel, Director of Croi Glan Integrated Dance Company a professional contemporary dance company based in Cork, which performs work that includes both disabled and non-disabled dancers. Croi Glan was co-founded in December 2006 by Rhona Coughlan and Tara Brandel. Croi Glan highlights the cutting edge artistic value of creating performance with diverse bodies by producing high calibre work which tours nationally and internationally. www.croiglan.com

Social Dance Classes

With Emily O Sullivan

6 Weeks commencing Wednesday 23rd October

Late Night Special Ferry (*Reduced Rate*)

Sherkin Island Community Hall

19.15 – 21.00



Email: aislingbigg@gmail.com or phone 0877669657

to register.

Rainfall for October 2013

The rainfall at Sherkin Island Marine Station for October was 168.5mm. 129.6mm fell on eight days:

15 th	23.2mm
17 th	10.4mm
20 th	14.0mm
21 st	9.0mm
22 nd	7.7mm
24 th	38.2mm
26 th	14.7mm
27 th	12.4mm

The driest October was 1978 when 26.4mm fell and the wettest was 1988 when 216.7mm fell.

For Sale

New, Tilt & Turn, White, PVC Windows
Double Glazed

Outside Dimensions (incl frames): 24"W x 47.5"H, 61cm W x 120cm H
For further information call Maggie 087 0664697

Some opinions expressed in the *Sherkin Newsletter* are those of the individual contributors and do not necessarily reflect the views of Sherkin Island Development Society.

Currently *Sherkin Newsletter* is produced on a completely voluntary basis. The *Sherkin Newsletter* is compiled by two volunteers and the printing facilities are kindly provided by Sherkin Island Development Society (SIDS.)

The *Sherkin Newsletter* team welcome and want people to contribute to this publication if they desire.

Contributions and Queries to be emailed to: sherkinnewsletter@gmail.com