



GOOD

DAY

NEWS

CORK'S POSITIVE NEWS MAGAZINE

Cork celebrates togetherness through world music

Getting back to nature

ISSUE 1: September 2018

The rebirth of our communities

A second chance at life

€2.00

... and more

Editor's Letter

Dear Cork,

Hope you are well. My name is Jo Dukkipati. I am a Corkonian since 2012. In all my time here, I have experienced warmth and the most gob-smacking generosity from you. Thank you so much for helping me be my authentic self in our community.

The world around us is changing—sure change is the only constant—most of it has been wonderful but I have also felt a surge of pain and an overall sense of helplessness. The only relief has been when I've proactively sought out stories of inspiring people...with the help of the internet, of course. The internet is a fascinating place, isn't it?

It then occurred to me: I needn't and shouldn't have to look so far for folk who are kind, empathic, and have a hands-on approach to living. Their stories are lost in the clutter and I'm left with topical world news. Enough!

Good Day is an act of self-care—self-care for all of us. Here's a magazine working hard to bring local positivity to the surface; stories of people-led positive actions in your city. Use these stories like you would a soothing balm to release toxins. Release it all and then I hope you too can extend kindness towards yourself. A kinder you means only one thing—a kinder community. Don't we all want that?



Cheers,
Jo

Joanna Dukkipati

Photo credit: Benjamin Walsh

GOOD DAY NEWS

Contents

Celebrating Togetherness _____	p. 3 _____	<i>Roos Demol</i>
A Flourishing Community _____	p. 4 _____	<i>Aileen Linehan</i>
Centred (A mindfulness column) ___	p. 6 _____	<i>Aedamur Kelly</i>
Getting Back to Nature _____	p. 7 _____	<i>Niamh Geoghegan</i>
From Fear to Freedom _____	p. 8 _____	<i>Angèle Christina</i>
Art Spot _____	p. 9 _____	<i>Marcin Lewandowski</i>
Community Announcements _____	p.10 _____	
A Second Chance at Life _____	p.11 _____	<i>Myra Kokke</i>
Built to last _____	p.13 _____	<i>Mike McGrath-Bryan</i>
The Rebirth of Our Communities ___	p.14 _____	<i>Rachael O'Sullivan</i>

Acknowledgements

There is strength in numbers. It took an army of splendid individuals (like those whom I name below) to bring this magazine to you. I am so grateful that the Crowdfunding Campaign was a success (114% funded). A roaring rooftop shout out to friends, family, and the community of Cork for investing in the *ploy* to spread positivity.

Special hugs to these *Amazing Good News Ambassadors*:

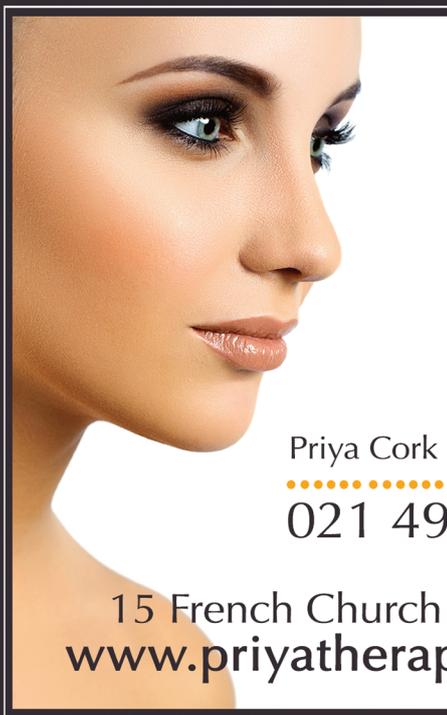
- Mary McCarthy
- Kathy O'Dwyer
- James McCarthy
- Monica Alexander
- Nuala Malone
- Maurice Supple
- Michelle Mansuy

Content Editors:Apeetha Ravi & Lindsay Cleary
Design:Natalie Dwyer, Cobalt Creative
Printers:.....Cantec Ireland
Cover Photo by Shea Wolf

Please contact info.gooddaynews@gmail.com for general queries, content contribution, and media pack.

Priya 
 Massage & Beauty

Threading
 Beauty
 Massage
 Natural
 Skincare




Priya Cork - App Store
 021 4905986
 15 French Church St. Cork
www.priyatherapy.com

Celebrating Togetherness

A celebration of world music and the cultures of Cork on the Day of the African Child

by Roos Demol



UCC Indian Alumni Community along with UCC students

Photo credit: Mustak Ahmed

On June 16, 2018, Cork celebrated togetherness in Fitzgerald Park. The event marked the day in 1976 when hundreds of children were killed, and another thousand injured, by the apartheid regime in South Africa. To remember this event, which took place during a protest against the Bantu Education Act and Afrikaans being declared the official language of education, June 16th is now known as Youth Day in South Africa. The United Nations has declared it the International Day of the African Child.

The Intercultural Dialogue Discussion Group (comprised of SHEP, Cork City Partnership, the Cope Foundation, the Traveller Visibility Group, Youth Work Ireland, CESCA and other interested individuals) decided to make this day one to celebrate the different cultures and the spirit of togetherness that defines the New Cork. With Cork also aspiring to become a City of Sanctuary, it was important for us to involve refugees and people seeking asylum as

well. Music is a universal language, and there is no better way to bring people and cultures together than by playing music and showing off the talents we have here. Being the musical event manager, I enjoyed sourcing Cork-based world musicians to create a memorable day, while working on a shoestring budget.

“With Cork aspiring to become a City of Sanctuary, it was important for us to involve refugees and people seeking asylum.”



Shika, the Burundian drummers

Photo credit: Mustak Ahmed

The event was opened by the a capella choir *Kinsale Voices*, who performed three beautiful songs from across the world, a perfect start to a wonderful day. Thomas McCarthy, the famous *sean nós* singer from the traveller community, delighted us with his stories and songs. He had travelled from London to be part of the event, which coincided with the last day of *Travellers Pride* week. *Shika*, performing the spectacular Burundian drumming tradition normally reserved for big celebrations or for welcoming important guests, came together from Dublin, Tralee, Millstreet, and Cork to entertain us. Of the five drummers, four are currently seeking asylum here, and one is a refugee.

Jayanth Murthy (an Indian student at UCC) and Kaylie Eleanore put together a special experience for us marrying the sounds of two stringed instruments: Jayanth played the veena (an Indian instrument dating back to the first millennium BC), and Kaylie the cello. The beautiful combination made us sit back and relax. Norbert Nkengurutse from Burundi and Andrii Antoniuk from Ukraine performed songs from their homelands on guitars donated by the people of Cork to the *Guitars for People in Direct Provision* project, organised by International Community Dynamics. They were accompanied by Tim Moran, who has been giving his time to play guitar with the residents of the Kinsale Road Accommodation.

Simon Croquet and Neisha Azzopardi played guitar music from across the world, and the GMC Beats rappers took our breath away. This city is bursting with talent! A wonderful surprise for everyone were the UCC Indian Alumni Community and UCC students, who delighted us with dances which we are more used to seeing on YouTube; to see them perform so well in real life was a delight.

Afro-beat band *Olympio* made us jump to the beat. I had heard of the Ethio-jazz duo and found them in Killarney, where the two talented, young jazz musicians live in a Direct Provision centre. They were delighted to be a part of our day, and brought their

traditional instruments, the *kirar* and *masinko*, as well as their guitar and saxophone. The *kirar* is a five or six-stringed bowl-shaped lyre, and the *masinko* has one thick string, played by rubbing it with another arch shaped handle, which has a similar size string tightened on its ends. The duo had everyone on their feet with their jazz tunes, with the Ethiopians in the audience joining them on the stage to dance. Salim Nze, our MC, impressed with his humour and his amazing ability to glue the show together so well.

During the musical event, *Clowns without Borders* and the *Dowtcha* puppets entertained the children and there was a cultural exchange corner where travellers and migrants told stories of their cultures. The park was full, and the people enjoyed, learned, and listened. After the show, the performers ate *jollof* rice, fish, and meat from Sierra Leone, cooked by two ladies from the Kinsale Road Accommodation Centre.

The organising team, the stewards (of which many were asylum seekers) and the performers were made up of people from Ireland, England, Burundi, Congo, India, Bangladesh, Burma, Tanzania, Belgium, Cameroon, and the Ukraine. We all went home tired, but with the feeling that we had done something special that day. Cork came together as one, celebrating its unique blend of cultures. We're already planning for next year!

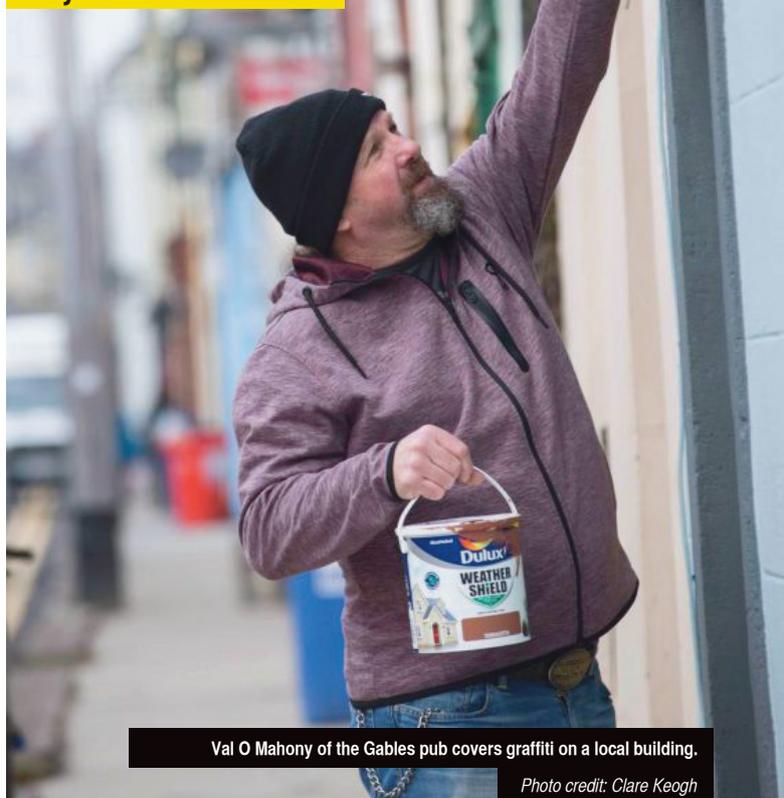


Jayanth Murthy with Kaylie Eleanore

Photo credit: Mustak Ahmed

A Flourishing Community: A testament to the power of volunteerism and community spirit

by Aileen Linehan



Val O Mahony of the Gables pub covers graffiti on a local building.

Photo credit: Clare Keogh

With six restaurants and cafes, four pubs, a literature centre, heritage centre, mechanic, florist, barber, live music every night, an aikido centre, yoga studio and a shop, you'd be forgiven for thinking that this article is about a city or town. Rather, it's about Douglas Street; a hidden gem on the outskirts of Cork City with the heart and soul of a village and so much more to offer than meets the eye.

The Douglas Street area, outside the walls of the old city, is one of the longest-settled parts of Cork, and bears all the tell-tale signs of its patchwork history. Book-ended with the gleaming glass façade of the new UCC architecture department on one end, and a 19th century, four-storey converted stone mill on the other, it is a street with

a deceptively international and award-winning demographic.

Once considered dilapidated and run-down, the 350 metre stretch of road has seen its fair share of history, including multiple bloody murders during the Civil War. However, the past two years have seen something very special take place within its humble stonework; a quiet revolution that has regenerated a cross-generational 'spark' amongst its residents and traders.

The Douglas Street Business Association was founded in 2016 in response to anti-social behaviour that was gripping the area. Local businesses from the street and surrounding areas began a *WhatsApp* group to warn each other of unwelcome behaviours on the street. From these humble beginnings, a



The Douglas St Business Association.

Photo credit: Clare Keogh

beautiful community partnership flourished. Now in its third year, the group of volunteers have staged two street-wide community festivals and have made many visible, positive changes in the locale.

As I sit down with a number of volunteers from the group, I am struck by the unmistakable bonds of friendship woven throughout.

“Business is seemingly booming and there is a real sense of community that just wasn’t there before.”

“We were neighbours for years, but didn’t know each other at all until we set up the Business Association. Now we have become

friends. The whole initiative has brought the street so much closer together,” recounts one volunteer.

The volunteers are in the midst of planning their second annual *Autumnfest*; a street festival that saw over 5,000 people descend on the street for its inaugural celebration last October.

“It’s been a joy to open our little street up to the wider Cork community and we’ve been met with such a humbling response,” Val O’Mahony of the Gables bar tells me.

“I’m just doing my bit,” Val continues, and the sentiment is reflected across all members of the group.

There is an unmistakable sense of camaraderie and of a collective consciousness amongst the

volunteers, which is evidenced by the sustainable practices that members of the group implement in their businesses.

There has been a noticeable, conscious pooling of resources as a result of the initiative, with businesses supporting each other through a circular economy approach. This common sense approach has a powerful and sustainable impact.

A flourishing partnership with GreenSpace, *Cork* has resulted in a blossoming of floral beauty in the form of hanging baskets along the street, as well as the development of a Community Garden at the High Street-Summerhill junction; a project welcomed in force by local residents.

A resident of High Street, which is located just a five-minute walk

from Patrick Street, paid a glowing testament to the work of the business association. “I have lived on this street for four years, and the sense of community and pride of place amongst fellow residents has rocketed over the past two years. The street’s aesthetic is much more welcoming and you can see the positive effect in the footfall on the street. It’s a win-win all round. Business is seemingly booming and there is a real sense of community that just wasn’t there before.”

This year’s Autumnfest is proving to be bigger and better than its inaugural run, which was opened by the Lord Mayor of Cork Tony Fitzgerald Expect dancers, food, demonstrations, performances, music and much more.

A true example of the power of community, collective action and volunteering, the Douglas Street Business Association has changed the face of business in Cork for the better as it grows from strength to strength. It is undeniable that the possibilities budding from this initiative are boundless, thanks to a group of hard-working, creative and inspiring business owners and volunteers. While this group’s beginnings may have been humble, their achievements and aspirations are inspiring and the sky is the limit for this resourceful, community-focused group.

Autumnfest 2018 is taking place on 30th September 2018.

Dreadlock Boutique
 Synthetic & natural dreadlocks
 Handmade & custom designs
 11 Georges Quay - Cork

A Good Day

by Aedamur Kelly

Did you have a good day? For me, there was a time when satisfying an innate sense of 'super-über' productivity was the hallmark of a good day. My idea of what makes a good day has changed considerably since then. This shift in perspective was prompted on hearing an anecdote, shared at a mindfulness conference, a few years back. It is called the 'Christmas Shopper'. My recollection of it goes a little something like this...

Imagine you are going Christmas shopping. You enter a store. On selecting the gifts you wish to purchase, you proceed to the till and are greeted by a warm, smiling sales attendant, who engages in friendly conversation, offers you some chocolates, while they wrap your gifts. On paying for the gifts, the attendant wishes you a 'Merry Christmas', and offers you a discount token for your next purchase. For the rest of the day you experience similar warm encounters as you shop. You enter the final store and proceed to the till. The attendant looks at you, sighs and turns away as they continue speaking on a cell phone. You wait... and wait... and wait. Finally, the attendant starts to process the purchases, while continuing their telephone conversation. As you are leaving, you notice that the change rendered is incorrect and less than it should be. When you get home later and reflect upon your day, which experiences shape and inform the overall impression of your day? What do you choose to remember?

Pausing, noticing, and 'taking in the good' present in any given moment or day is a skill, a way of being. This, for me, comes with practise; a mindfulness practice. On a 'good day' I intentionally sit and focus on the natural rhythm of my breath, noticing thoughts, emotions, and sensations that arise. I make space for 'micro' mindful moments throughout the day; little pauses, conscious breaths, checking and connecting inwards. In this space, I can choose how I wish to respond.

This practice helps me to be present to myself, to others and to what is occurring around me; both the good and not-so-good. Personally, mindfulness helps to draw back the curtains, facilitating an opening of my eyes and my heart.

I want to be awake while living this life, consciously open to the goodness it has to offer while acknowledging and addressing the not-so-good.

Yet, often I am sleepwalking, on auto pilot, lost in mental planning, scheduling and worrying, completely oblivious to some of those meaningful moments. I seem to motor on, and drive by a 'good moment' without pausing, noticing, or breathing in the goodness. The goodness of a beautiful sunset, hearty belly laughs with friends, or that sense of pride in a personal achievement, or a job well done.

And then there was the day at Marymount Hospice, during a timeout from a bedside vigil, my heart breaking at the realisation that a dear loved one was soon to depart. In that very moment, as I exited the building, being embraced by glorious sunlight, an expanse of blue skies, and a refreshing breeze, I felt truly amazed at this beauty, manifesting in a sea of sadness and grief.

There are good and not-so-good moments in every day. Like the Christmas Shopper, I can choose where I allow my attention to rest, affording myself opportunities to pause, notice, and breathe in the goodness of a meaningful moment. So, how about you? Did you have a good day?



Aedamur Kelly has rich and varied experiences as a mindfulness teacher, a guidance counsellor and an educator. Aedamur is passionate about promoting self-care and well-being among children and young people and their supporting communities.

Photo credit: Aedamur Kelly



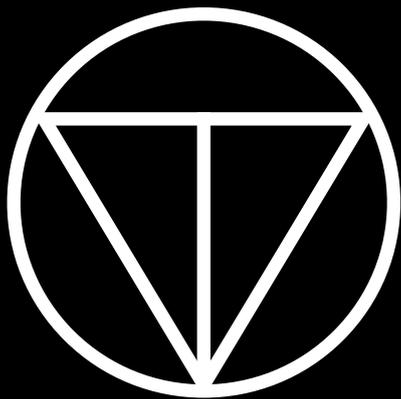
Cork
Environmental
Forum

**IF YOU THINK
OUR ENVIRONMENT
NEEDS A BIT OF HELP
TAKE A POSITIVE STEP TODAY
& GET INVOLVED WITH CEF**

www.cef.ie

*Building understanding, taking action and
influencing policy for a more sustainable future*





ON THE VERGE
For the wild spirited



 **onthevergeonline**

 **onthevergeonline**

www.onthevergeonline.com

Getting Back to Nature

by Niamh Geoghegan



When I stand still enough to hear the birdsong and see the delicate white petals of the hawthorn tree, I know that I am truly here. Nature offers me the opportunity to disconnect from my daily distractions and find a way back to myself. When I pause to smell the damp moss, to feel the bark of a tree, to listen to the distant sounds of birds as I walk slowly through the woods, I am brought home.

I am witness to the great gifts nature has to offer when I spend my time working with children and adults in nature. It allows space for the energetic child to run, climb, and jump. It provides inspiration for the quiet child to play and imagine, and opportunities for the busy mind to solve problems, be creative, or simply relax. I have witnessed children's confidence grow as they navigate their way through new terrain. I have seen them become a little braver as they attempt to reach a higher branch or venture out a little further on their own into the woods.

I have been a Forest School and Nature Connection Practitioner in Cork for nearly four years. Being someone who prefers the road less travelled, I have been lucky enough to have more passion than sense. When I moved to Cork in 2001, I got involved with Cork Community Circus and worked as an Arts Facilitator for many years. This path led me to Dublin where I worked as the Youth Arts Coordinator for a project called Young Urban Arts. This project coincided with the peak of the Celtic Tiger, so there was plenty of money available to invest in the Arts. I learnt a lot during this period and when the Tiger and the funding shrank I too was ready to put my energy into something "from the ground up".

I moved into a camper van and studied Herbalism. In 2014, after training to be a Forest School Practitioner and connecting with two other Cork-based facilitators, Mucky Boots was born. Our work to date has led us to be out and about

in all weathers and with people of all ages. We work a lot with families and young people.

The work of Mucky Boots is inspired by forest school training and also by the wealth of experience we have as a team of creatives and facilitators, and equally by those that take part. Their interests motivate us and direct our content. We offer a safe space for people to slow down, connect, and create.

For a child, nature offers freedom from the adult world. It serves as a gateway to fantasy and privacy. It offers a space of nurturing solitude, an often overlooked healing balm in a child's life.

As Richard Louv said in his book *The Last Child in the Woods*, "Unlike television, nature does not steal time, it amplifies it. Nature inspires creativity in a child by demanding visualisation and the full use of the senses."

Because the learners are at the centre of our programmes, we strive to include activities that resonate with them; visual learners create beautiful images with leaves, the aural learners respond to activities that revolve around stories, and the verbal learners are encouraged to be curious and follow their enquiries. The activities enable all children to achieve their goals with a degree of challenge, while building their confidence and self-esteem. The games, songs, storytelling sessions, nature crafts, yoga, scavenger hunts, tool-use, rope-work and fire-lighting afford plenty of time in nature while drawing on their resilience and perseverance.

Every time I go out with a group, I too get to learn, laugh, and play. I enjoy nothing more than cooking on an open fire, building shelters, or going exploring in the woods. The children have watched the trees change through the seasons, have learned to recognise the call of the chiffchaff and the robin, to find new rabbit burrows, and track with great excitement the fresh paw prints of a fox in the mud. And through teaching them, I have learned the importance of naming things. What we name, we grow to care about and what we care about we want to protect.

"No one will protect what they don't care about; and no one will care about what they have never experienced." Sir David Attenborough





From Fear to Freedom

The liberating strength of vulnerability

by Angèle Cristina

Angèle chooses love, every time.

Photo credit: Ben Cristina

Do you know that we are born with only two fears: the fear of falling and the fear of loud noises? But if anyone were to ask me what I fear the most, these two wouldn't come to mind. From my experience of working with women, the two that I have heard them say often are their fear of achieving success and the fear of finding love.

both a positive and a negative side. We need both aspects to our personality to thrive and function as fully-balanced human beings. We need contrast in our lives and should not focus only on the positives or the negatives; if we do, we will breakdown. So I am here to tell you, that fears are very much a part of our lives, our personalities and that's alright.

"Try something that brings you closer to your dreams, because if you don't, you are not going to reach your full potential. You will never be who you truly are."

I lost my grandmother when I was 14. And since then, each year on the 1st of March, I breakdown, I collapse, my heart becomes heavy. I have never been able to function on the day of her passing. This is largely because, growing up, I considered my fears as weaknesses. I was always a perfectionist. I worked very hard to suppress my fears and focus only on perfection. But let me tell you, just like a battery, we have

My personal journey from fear to freedom was very challenging, but at the end I realised that by being vulnerable we can heal ourselves. For me, speaking about my grandmother made me feel vulnerable; my voice cracked, my eyes welled up, and I felt very weak. I had to overcome the heaviness I felt when I thought of her.

So when I decided to face my fear, I went to a place that brought back vivid memories of her. I had been to Paris with her when I was eight; we both rode on the carousel just outside the Sacré-Coeur. And there I was on the steps of the Sacré-Coeur, bawling because I was overwhelmed by the memories. But, determined to face my fear, I rode on the carousel. I went around once, I was still sobbing, I went around a second time, and suddenly, I felt free. I felt this big weight come off my chest. I was finally letting go. I

realised that I had been controlling and suppressing my emotions for twenty-two years, in an effort to appear strong. We should try being vulnerable more often. By being vulnerable, and letting myself cry, I was able to let go of suppressed emotions that were holding me back. I am sharing my journey with you because it has been the most beautiful experience of self-discovery in my adult life.

To conquer my fear though, I had to do something that was very difficult for me. I took a leap of faith. And today, I invite you to take your leap of faith; to get out of your comfort zone. Try something that brings you closer to your dreams, because if you don't, you are not going to reach your full potential.

You will never be who you truly are. To get out of your comfort zone, you need to face your fears, because when you jump, there is no assurance that you are going to land on grass. There might be rocks and there might be a couple of scratches on the way, but trust me it will be worth the risk. Some of my best decisions have been leaps of faith.

Let me share with you a key message that's made my life easier. When you don't know what to do or when you are not sure about making a choice in life, I invite you to: *choose love over fear*. Each time you make a decision, pause for a while and ask yourself if the decision is coming from a place of love or fear. You will know that it is right when the decision is made from a place of love. When we choose from love, we will make things possible. We will make dreams come true for ourselves and for the people around us. When you practise making decisions using love every day, it will make life simple.

Curious about cloth nappies?

Modern cloth nappies are as easy to use as ABC and by far a better option for the environment and baby!



Cloth Nappy Library

If you'd like to find out more visit our website or come to our regular coffee mornings (nappuchinos) and chat with parents who have already made the switch to cloth. It's also a great opportunity to see and feel a real nappy!

www.clothnappylibrary.ie

We meet in the Kino Centre, Washington St, Cork on the third Wednesday of the month (check our website for times) or we also regularly attend the BWI sling meets in Ballincollig

Why not join our community to learn more or email: nappylibraryireland@gmail.com



Art Spot

If you'd like your work to be featured on Art Spot, just drop us an email: info.gooddaynews@gmail.com



Like the Celtic blacksmith Goibniu, the craftsman is forging silver into jewellery inspired by the Viking era. Dancing flames pierce the darkness, reaching deep into the metal commanded by his hand, reminding us of Swaróg's manipulation of the celestial fire. Piotr Bibliw, of the Cork-based Nord Emporium, at work in his studio. *Credit: Marcin Lewandowski / soundofphotography.com ©*



Community Announcements

Give Blood: Giving blood is a way for a regular person to become a lifesaver— just one donation can save up to three lives. The IBTS needs blood donors year-round to help hospital patients; we supply blood safe for transfusion to over 70 hospitals across Ireland 365 days a year. Please visit one of our upcoming local Cork clinics in Fermoy (Sept), Glanmire (Sept), Blackpool (Oct), Macroom (Oct), and Mallow (Nov), or visit our clinic in St Finbarrs Hospital Monday–Thursday weekly. Check out www.giveblood.ie for more information.

Why don't you be part of **Homeless Help and Support Cork** team this year?

We would like all volunteers and our supporters to join us in this year's Evening Echo Women's Mini Marathon to raise much needed funds for our street runs. This is a great opportunity to meet up with everyone (people on the front line and people in the background), have some fun and raise some funds. Please email homelesshelpcork@gmail.com for more information.

The Yoga of Food: An evening of nibbles, sharing platters, food chats, and mindful eating, meeting like-minded people, and making connections. Will you join us? Hosted by: Jeanie Jyanti of Anam Solas Yoga, in the beautiful Good for the Soul Café, Ballincollig Wed, 19th Sep 7:30pm–9:30pm.

Part of the #yogaFSTVL. All welcome.

Tickets here: theyogaoffood.eventbrite.com

Cork Environmental Forum's Annual Iconic Family Fun Cycle & Picnic: The Rebel Pedal takes place on Sat, 22nd Sept from Fitzgerald's Park at 11.30am. This is part of the EU Mobility Week programme and is open to all.

Conversation Cafe in Cork Central Library is a new social space where people from all communities can come together to chat, share experiences, and ideas. Open to all each month, the meet and chat will explore an agreed theme. Enjoy refreshments along with presentations and information sharing. The next cafe is on Mon, 8th Oct at 10am. Please call 021 4924900 or email libraries@corkcity.ie for details.

Workshop: Feeling Energy Learn how to Feel Energies to make better decisions in daily life. Experience how foods, crystals, flower essences, and more affect your energy flow and vibration. Early bird €30 up to 3 days before the event, afterwards €35. *Sat, 22nd Sept 6:30–9:30pm *Sun, 14th Oct 3–6pm Teaching Rooms, 6 Sidney Pl, Wellington Rd, Cork. Please register: <http://spiritual-healer.ie>

Workshop: Miracle of Unconditional Love Unconditional Love is the strongest Energy in the universe. Experience the Power of Embrace, Gratitude, & Forgiveness to heal yourself. Early bird

€30 up to 3 days before the event, afterwards €35. *Sat, 6th Oct, 6:30–9:30pm Teaching Rooms, 6 Sidney Pl, Wellington Rd, Cork. Please register: <http://spiritual-healer.ie>

LinkedIn for Business Owners Workshop: Hello business owners in West Cork! Do you want to know how to drive sales and leads in LinkedIn through creating engaging content and creating professional profiles? We're holding a one day LinkedIn for Business Owners workshop in the Brookpark Enterprise Centre, Dunmanway on 2nd Oct. Bring your laptop for a practical and hands-on workshop, with lunch, tea, coffee, and free parking. Price: €95 e-mail louisebunyan@smartfox.ie to book your place today.

Residential Writing Retreats in West Cork: Do you have a writing project you are longing to bring to life, a story you want to tell? Perhaps you are craving some time, space, and creative support to help you along your writing journey? Wild Edge Retreats, led by author Clare Mulvany, are designed to do exactly that. Hosted in Grove House, West Cork overlooking Schull harbour, solo and group experiences are available year round. The next five day workshop is from 25th–30th Oct. To find out more visit www.claremulvany.ie/retreats

CORK L.E.T.S. Community Trading Network: Meet the community, share and trade items and services with Cork LETS!

Șuădele bellydance presents

TRIBAL REPUBLIC

A showcase of
Fusion Bellydance and Alternative Arts,
with a special guest performance by
ALEXIS SOUTHALL



Firkin Crane Theatre
Shandon, Cork
Saturday 17th November
Doors 8.30pm, €15

Tickets at www.firkincrane.ie / 021 4507487
Online and phone bookings subject to per ticket fee
€1 Firkin Crane restoration levy included in ticket price
www.suadelabellydance.com

A Second Chance at Life

by Myra Kokke



Photo credit: Sanja Orlović

I'm a storyteller at heart. I fill my days telling the stories of companies, brands, and people to make sure that their voices are heard. But there's one story that I don't get to share very often. A story about love, sacrifice, and happiness. A story about two people who fell in love.

I met him on a dark November night in the wilderness of Macroom while staying in an old house that served as my safe haven, escaping a hectic and somewhat troubled life in the Netherlands. When our eyes met, I suddenly remembered all the tales of true love my dad used to tell me at bedtime. The world stopped spinning and time stood still, while our eyes locked in an embrace safer and warmer than anything I had ever felt. His name was Borko, and even though we didn't speak much that evening, we knew that this was the love we had both been patiently waiting for.

After returning to Netherlands and after numerous phone calls and visits to Ireland, I decided to pack my bags and move here. My father, initially surprised by my choice, was supportive. He helped me pack my bags and drove me to the airport.

So there we were, not more than a few months after we first met; two souls who had left their whole lives behind to start a new chapter, together, here in Ireland. As in all relationships, we too had our baggage from our past lives. A life in which we had both experienced things that are best left unspoken. But we found safety in sharing the past with each other. Some truths are too much to bear, but together, we could overcome anything. The wars and battles we had conquered during our life transformed into the foundation of a new beginning.

LETS (Local Exchange Trading Service) is a network of hundreds of people in Cork who can trade with each other using just free LETS community credits, with no need for cash. Trade goods, services, post wants and offers on our website, meet members of the community... It's all good! Everyone is welcome to join and trade for free anytime by visiting www.corklets.net. Our web-based trading community is open at all times, local community market meets first Wed of every month between 7:30-9pm at Rebel Reads, 14 Fr Mathew Quay, Cork. www.corklets.net

Postpartum Doula available in Cork City and surrounding areas. For at-home support and guidance in the early days with your newborn baby. Contact Amélie: amelie@nurturelearnrow.com | nurturelearnrow.com | Facebook: Amelie Nyhan Doula

Cork Henna Art by Shilpa: Authentic traditional henna art with natural ingredients. Designs suitable for every occasion from birthdays to hen parties. I'm available for large events like wedding, ball-dances etc. Please drop me a message via Facebook page: Cork Henna Art by Shilpa or e-mail shilpaskd@gmail.com

Henna & Indian folk artist: My name is Shatabdi Choudhury. I am a passionate artist. I do henna/mehendi art, painting (Indian folk art), Indian cooking and food styling, and DIY art and craft. Please find and follow my page Angshu Arts on Facebook and Instagram to know more. You can contact me at shatabdi.choudhury2@gmail.com or +353 894658110.

Making Moves Inclusive Dance Group: Cork based dance-group welcomes people of all ages and abilities who love to dance - incorporating all types of dance with opportunities for performance! For more details please contact Maeve 0876561555.

Love and Care for People welcome migrant women living in East Cork to an eight weeks workshop. This workshop will focus on your self-esteem and provide you with information of local support and services. This project is proudly supported by Department of Justice and Equality, Office for the Promotion of Migrant Integration, Community Integration Fund 2018. Register by phone with Patience 0877106715 or e-mail info@loveandcareforpeople.eu

Get Social with

**GOOD
DAY
NEWS**



@gooddaynewscork



@Good_DayNews

It wasn't easy. Three years before we met, Borko had to leave his two beautiful girls behind in Serbia to be able to provide for his own, and their happiness. For me, following my heart meant that I had to leave family, friends, and my life behind. We had no money, no house, and no support system apart from each other. Spending our first months together in a tiny room in a shared house, we found happiness in small, stolen moments. We lit candles all around the room, drank wine while lounging on a mattress on the floor, and watched the stars through the tiny bedroom window.

In desperate need of an income, I decided to put my writing ambitions aside and start a job in a call centre. We bought our first 300 Euro car and started looking for a place to call our own. We moved heaven and earth to rebuild our lives, together. Our past experiences and the need to be with our loved ones continually inspired us to make the best of our present circumstances.

Almost three years later, Borko decided to re-educate himself. Instead of living in fear, he used his doubts to strengthen his focus and didn't let this chance at a new life go to waste. After a year of indulging in the world of books and theories, he officially graduated as a freight forwarder, beginning a new career at 43; an inspiration to many around him,

showing them that no one is ever too old to change their lives.

After he had realised his dreams, it was time for me to begin my journey to happiness. And so I did. After a few months of building my career as a self-employed copywriter, it was time to end my job at the call centre. We were both happy and settled.

A few months ago, one of Borko's daughters reached out to us. She wanted to join us here, in Ireland. Having rebuilt our lives ourselves, we were happy to give her a chance at realising her dreams. For us, it was not just the love we had for each other, but the welcoming friendliness of the people of Cork that made it easier. For Borko, it meant finding a home after leaving his own. For me, the mesmerizing moments I experienced in Ireland, helped me find inner peace. It was the magic of this country that led us to find each other. Nothing could make us happier than to share our blessings and give a 13-year-old child the opportunity to experience the love, the magic, and the sense of community we have experienced these past three years. I want this to be the most important story I tell—a story about life, sacrifice, love, and happiness.

So, thank you, people of Cork for giving us a place in your hearts, for giving us a place in your land.



Built to Last

*Music: The pillar of life
in the Leaside city*

by Mike McGrath-Bryan

Call it our town's status as a 'cool second city', or attribute it to simple Corkonian strong-headedness, but the fact remains: Cork city's music scene has over the years laid its foundation in a strong and ingrained sense of community. This has given us one of the most eclectic and eccentric music scenes in the country. With a keen awareness of the significance of spaces to play in, community hubs in which to gather, and a small bit of that Leaside civic pride, the musicians, DJs, producers and facilitators of Cork City comprise a story all their own.

The story of independent artists making something of their surroundings and thriving in adversity is nothing new. And yet, it rings true when looking at Cork's music community, and how it has shown resilience in the last ten years. The banking crisis of 2008 put a generation to the wall, disenfranchising young people socially and economically. It was DIY music, turning up to play, making social media posts, asking after disused buildings, and maintaining a community infrastructure that helped young people re-shape Cork's current cultural climate.

The problems plaguing any small city's music communities were sharpened by urgency in Cork. Beginning with the loss of Tuckey Street's The Quad in 2012, small venues and specialist places around the city came and went. The short-lived Bourbon Street



Myra & Borko blessed with a second chance at life.

Photo credit: Sanja Orlovic



God Alone performing at An Spailpin Fanach, South Main St., Cork.

Photo credit: Shane J Horan

its brightest creative and media minds. The recently-established HAUSU Records has seen a wave of solo artists come together to session for one another live, as well as collectively releasing and promoting their new material.

Individuals and collectives have changed along with the times and venues. The most prominent example would be the shift of Quarter outgrowing their quarterly all-dayer format and emerging as a fully-featured community festival. With funding offers coming in, the people involved with Makeshift and Southern Hospitality Board decided to celebrate by bringing music, art, and theatre to the North and South Main Streets in early spring each year. The resulting festival, Quarter Block Party, has succeeded in showcasing Cork arts' community spirit and shining a light on a part of the city full of stories, and rugged charm. January's Urban Assault and August's Monolith Festival, the two metal all-dayers, signified the revival of the city's heavy

"It was DIY music, turning up to play, making social media posts, asking after disused buildings, and maintaining a community infrastructure that helped young people re-shape Cork's current cultural climate."

left music fans at a loss, but its upstairs venue, recently occupied by Dali (formerly Dali & Gala) has given techno a new home in the city. Cyprus Avenue is undergoing an expansion that will see it double in size.

the Dead Pigeon Club (musicians and poets) maintain close working relationships with some of the busiest creators, Cuttin' Heads Collective (a hip-hop co-op) have re-organised Cork's genre community by uniting some of

The idea of collectives and co-ops is nothing new in Cork music. Spaces like Camden Palace Hotel and Cork Community Print Shop helped keep pockets of activity going across the genre spectrum, the former even home to Room 101 (an online radio station). The Makeshift Ensemble of artists and facilitators ran the Quarter all-dayers out of the Triskel arts centre, creating opportunities to connect, co-create, and assemble in a creative environment. This was echoed across the board;



Sarah-Beth performing at The Roundly.

Photo credit: Shane J Horan

and Bradley's attempted to fill the void before being repurposed, but Fred Zeppelin's and The Roundy have remained, providing home to various regular residencies and local gig promoters. The closure of the Pavilion, Carey's Lane in 2014

086 1533207

7 George's Quay, Cork City

info@thelighthousecork.ie

http://www.thelighthousecork.ie



GENEVIEVE WATTERS
PSYCHOTHERAPIST

THE LIGHTHOUSE THERAPY CENTRE

Depression | Anxiety | Addiction | Psychoses, etc

metal scene. Cuttin' Heads' anniversary shows bring hip-hop heavyweights to the city, while Cork Sound Fair and SoundEye fests provide different takes on electronics and experimentation.

While outlets and festivals are essential to the functioning of any music community, spaces that signify an ongoing sense of cohesion facilitate discussion and serve as a lifeline between events. The humble record shop is as important now as it ever was. Ten years ago, the current 'vinyl revival' phenomenon would have been unimaginable, but PLUGD Records has hung in there, sustained by a loyal customer base that has followed them to several physical homes over the years, including their current location upstairs in the Roundy, where records share shelves with 'zines, tapes, and local art. Bunker Vinyl on Camden Quay provides a tuition

space alongside a full stock of major-label catalogues, while Records and Relics marries pre-loved vinyl to vintage fashion.

It's a time of profound change for the city. The wave of musicians that maintained the city's grassroots through the bad years, like The Altered Hours and The Shaker Hymn, join veterans like Hope is Noise, Stevie G, and Fish Go Deep. Young artists like God Alone, Ghostking is Dead, Pretty Happy, Rare Faction, Red Sun Alert emerging from our music schools and communities, overseen by careful promoters like Cosmonaut Music, are performing in festivals after two to three years. Change is inevitable, and the city's music community has rolled with the punches for decades, and is sure to be ready for newer challenges while producing distinctly Corkonian sounds.



The Rebirth of our Communities

Cork's Anti Water Charges Campaign

by Rachael O'Sullivan

I left Ireland during the Celtic Tiger and returned during the economic crash. The Ireland I returned to after a decade was not my home. It was an alien land, devoid of community spirit and humour that echoed through the paper thin walls of my childhood council house. In my Cork, we didn't have neighbours; we had communal confessional booths and secrets we pretended to keep until we needed to use them. We knew who was depressed and could do with having something to do. A half-used tin of paint would emerge and suddenly a fence would need painting. Street cred was made up and "I'll tell your mother" was the easiest way to make you behave. We were poor. Everyone outside of Mahon knew that we were, but in the old trees and unused fields that were my young summers, I did not notice nor care. Poverty was just a word for my child's mind and as of yet it held no power. Community was my wealth and in streets full of mothers having tea and children drawing in chalk on hazy tarmac, I was rich.

Celtic Tiger Ireland squandered its greatest resource, community spirit, and replaced it with isolation. Armed with credit cards and second mortgages, Ireland ignored the death of its communities and sat in front of flat

screens watching society through the lens of a camera. Alone we faced a recession that saw the working and middle classes of Ireland pay the bill of incompetent bankers. Austerity Ireland was born. There was property tax, prescription charges, A&E charges, chemotherapy charges. There were cuts to Lone Parents and Child Benefits, youth payments, Back to School Allowance, Rent Supplement, Disability & Carer's Allowance. Health spending was cut by 27%, school grants were abolished, and funding was cut by 50% for youth organisations and community development groups. Local authorities lost 25,000 units during a housing crisis that created the *hotel children* of Ireland. Depression and suicide statistics became recurring headlines. Water charges were the next tax and we decided to say no. Was it the fact that we had already agreed to increase car taxation to pay for improvements of our out-dated water infrastructure, a sum of 1.2 billion a year? Was it the unpalatable attack on lone parents or the steady increase of Ireland's millionaires from 16,000 to 91,000 within a ten year period of austerity? I do not know the answer, but Cork's communities stood up. They acknowledged the law of the land but decided for themselves that they no longer agreed.



The Roundy, Castle St., Cork.

Photo credit: Shane J Horan



Mahon Says No waiting for IW.

Photo credit: Rachael O'Sullivan

The Anti Water Charges Movement was a democratic, non-violent revolution against social inequality. It began in Cork City, in Ashbrook estate where a Cork woman, Suzanne O'Flynn, supported by *Ballyphehane South Parish Says No*, simply refused her meter. Her actions inspired others and a tidal wave of "No" began to rise. *Ballyphehane South Parish Says No*, *Mahon Says No*, *Mayfield Has Had Enough*, *St Lukes Says No*, *Cobh CommUNITY for Change*, *Curraheen Says No*, *Watergrasshill Says No*, *Togher says no*, *Gurrabraher Meter Watch*, *Blackrock Says No...* the list kept growing and similar groups could be found in most counties and communities across Ireland. These non-politically-aligned individuals

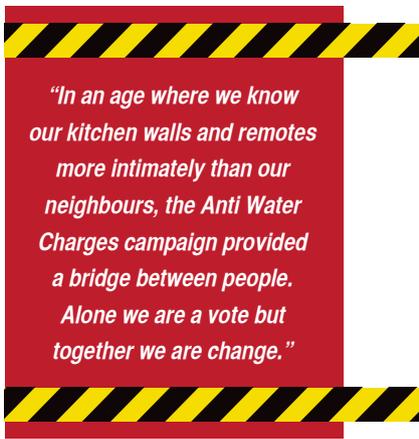


Community Posters by Mahoney Says No.

Photo credit: Rachael O'Sullivan

began to create groups of peaceful resistance and the Anti-Water Charges movement was borne. The water campaign in Cork came from the communities. It began with organised street meetings that turned into community groups, which then became the cross community pillar of Cork. This unique movement consisted of residents from around Cork who ran local groups that met and cooperated with other community

intimately than our neighbours, the Anti Water Charges campaign provided a bridge between people. Alone we are a vote but together we are change. Capitalism creates treadmills of isolated existence and beautiful possessions. It strips us of each other. This movement reminded us of the power and riches that lie in conversation and connection. It turned streets into homes and people into neighbours. It returned my community to me.



The Cork Community Pillar working together in Mahon.

Photo credit: Rachael O'Sullivan

groups. They gave out information leaflets, legal advice, and ensured direct resistance to the installation of water meters. The residents patrolled their areas to prevent meter installation, ran local fundraisers to create leaflets and posters, met up weekly and organised text alerts systems that the community could use. It was a catalyst for community connections and, as one resident from Mahon said, "It works. I rang you and you all came, and it works. They didn't put a meter in, I can't believe this works." She brought out polish dumplings and we ate together on her wall and laughter was our dessert.

The act of democratic resistance brought my community together once more. The chalk and bicycles of my childhood were replaced with placards and protests but the sense of unity was familiar. In an age where we know our kitchen walls and remotes more

THE FAIR ALTERNATIVE

Your Cork Craft Market

EVERY SATURDAY



Unitarian Church T12 D785
Princes Street, Cork city
Tel: 0876110679

f @ **thefairalternative**

find your

VOICE



MIDLETON TOASTMASTERS

Develop self-confidence through public speaking in a fun, supportive environment



MIDLETON TOASTMASTERS meet at 8PM on the second and fourth Wednesday of each month, in the Midleton Park Hotel, Old Cork Rd., Midleton

WWW.MIDLETON.TOASTMASTERCLUB.ORG

WWW.FACEBOOK.COM/MIDLENTOASTMASTERS

OUR NEXT MEETING:

26th Sep

10th & 24th Oct

14th & 28th Nov

12th Dec