



GOOD DAY NEWS

CORK'S POSITIVE NEWS MAGAZINE

€2.00

ISSUE 2: December 2018

Right Frame of Mind

Bunkering Down

Oireachtas na Gaeilge

Feeling Crafty

... and more

Editor's Letter

Dear Cork,

Over the last six years, I have nudged myself with a range of ideas. I am honoured that they have been received with an open mind, sincerity and warmth. Whether it was an intercultural event, a small conference, a series of talks or a podcast — every pursuit has been made possible by not only the generosity, but also the invaluable guidance from the people of the rebel city. Cork has helped me understand the purpose of community living.

Once I had the rare opportunity to share my entrepreneurial

journey. It took me days to prepare. I mulled over things so much, and finally, in the strangest way (I must have been peeling a carrot or something) it dawned on me that I walk about this town with a great sense of gratitude. I am thankful for Cork's ability to cheer anyone who is willing to try. You can't con the folk here.

I urge you too to recognise all that makes the space you live in wholesome and nourishing. Go on and gift yourself more of that.

*Cheers,
Jo*



Joanna Dukkipati

Photo credit: Benjamin Walsh

GOOD DAY NEWS

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We'd like to express our gratitude to Ms. Shirley Gallagher, Ms. Maria Wojdylo, Ms. Ingeborg Eikanger and Ms. Bernadette Connolly for their kind support.

You can pick up a copy of Good Day News from a host of locations such as Vibes & Scribes, Cafe Myo, St. Peter's Cork, Records & Relics, Cafe Alchemy, Major Tom's Coffee House, Triskel Arts Centre, The Green Kiwi (Ballincollig), Good for the Soul (Ballincollig), Cork Loves Music events and Mauro's Italian Street Food Gluten Free & Vegan. Please visit our social media pages for the complete list of our stockists.

The next issue will be available on 29th March 2019.

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Design:Natalie Dwyer, Cobalt Creative

Printers:.....Cantec Ireland

Cover Photo by Clare Keogh

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From Nature to Table

by Niamh Geoghegan

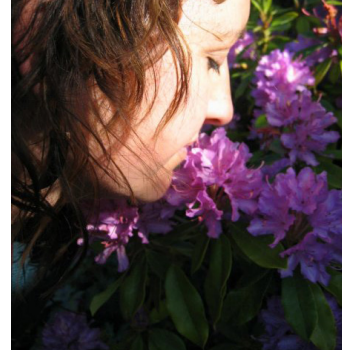
I love the trees in autumn. The inevitability of change, the gracious letting go, and the sound of the crunchy carpet of fallen leaves.

The trees stand bare and still against the crispy blue skies, while deep underground their roots are busy at work; growing, searching, and retaining nutrients to help get through the winter and prepare for the spring.

Through my work as a nature connection and movement practitioner I have come to realise that connecting with my body and nature is one and the same thing. As we cosy up in front of the fire for the long winter nights, it's the perfect opportunity to take some time to recharge and revitalise.

Having always been interested in the concept of food as medicine I set up *Roots and Remedies*, following a two year apprenticeship in Herbalism. This allowed me the opportunity to conduct workshops and encourage people to include more foraged foods and herbs as part of their diet.

Below are some recipes to experiment with that I hope can support the wellbeing of you and your family during the winter season.



Kimchi

Why it's good for us

Kimchi is rich in vitamins A and C, and due to its fermentation process it is also rich in beneficial, gut-boosting bacteria. If our gut flora is healthy we don't get stressed out so easily and anxiety and memory function can improve.

Ingredients

1 carrot
1 red cabbage
2 beetroot
1 onion
1 fennel bulb
1 chilli
A thumb of ginger
4 cloves garlic

How to make it

Julienne the vegetables and set them aside in a bowl. Make sure that the bowl you use can be covered completely by a lid or plate. Cover in brine (1 litre of water to 3 tablespoons of salt). Cover the bowl with a lid, weigh down the lid and leave overnight. Strain. Grate the spices and add them to the water. Now, and add the marinated vegetables back in. Cover with muslin and an elastic band. Stir every day for a week. Bottle and seal.

Cough Syrup

Ingredients

Dried thyme
Elderflower
Liquorice sticks
Sweetener / Preservative:
Apple Concentrate, Honey
or sugar

How to make it

Cover 2 liquorice sticks in 250 ml of water and simmer on a low heat for 20 minutes. Make sure to cover it so that liquid does not escape. Make a strong infusion of tea using 4 tablespoons of both thyme and elderflower in 250 ml of water. Leave to sit for 15-20 minutes. Strain both and add water together. Measure the liquid and add an equal amount of sweetener of your choice. Return to pot and simmer for 15-20 minutes or until you get a syrupy consistency. Pour into jars.

Golden Milk

Golden Milk has long been used in India to aid in keeping skin clear. It serves as a liver tonic, in addition to its anti-viral, anti-inflammatory, and anti-bacterial properties. It aids digestion and sleep and tastes great to boot!

Ingredients

1 cup milk e.g. coconut milk / almond milk / dairy milk
1 (3 inch) cinnamon stick
1 (1inch) piece turmeric, unpeeled, thinly sliced, or 1/2 tsp dried turmeric
1 (1/2-inch) piece ginger, unpeeled, thinly sliced
1 tablespoon honey
1 tablespoon virgin coconut oil
1/4 teaspoon whole black peppercorns
Ground cinnamon (for serving)

How to make it

Whisk coconut milk, cinnamon, turmeric, ginger, honey, coconut oil, peppercorns, and 1 cup water in a small saucepan; bring to a low boil. Reduce heat and simmer for roughly 10 minutes, until the flavours have melded. Strain through a fine-mesh sieve into mugs and top with a dash of cinnamon.



Bunkering Down

by Mike McGrath-Bryan

HERS
ABLE

From social work in inner-city London to providing a space for music lovers in the city, Bunker Vinyl's John Dwyer brings strong community spirit to his lifelong dream.

Photo credit: Mike McGrath-Bryan

It's one thing to harbour a dream, then tell yourself that maybe it's a little bit wild for your circumstances, your headspace etc. It's quite another, though, to drop everything after two decades in one place to finally pursue that ambition. Located on Cork's Camden Quay, the unassuming surrounds of Bunker Vinyl & Studio are, for co-proprietor John Dwyer, the embodiment of such a decision. "I left London after twenty-one years of being a social worker. I'd always wanted my own record shop, since I was eight, so I started at Mother Jones' Flea Market, selling out of there for nine months, then opened the shop. Here we are two years later."

Selling music almost entirely on vinyl, Bunker is one of a clutch of shops that has grown in recent years off the back of the format's mainstream comeback as an alternative to streaming. Even so, it must have been a challenge taking on something new after being in such a substantive role for twenty-one years. "It was, but I was kind of in and around record shops throughout the nineties in Brighton, I'd be obsessed. Even though I was a social worker, I'd spend my

weekend at record shops, clubs, venues, etc. So... I had the transferrable skills."

With a strong interest in the UK's musical underground and sociopolitical ethics honed by his time in the UK's social-work system, it didn't take long for those interests to cross over, and for Dwyer to find his niche as a social worker. "Oh yeah, I used to run a music programme for kids with disabilities, and it was basically giving kids the chance to go into studios, learn how to record people, then we had DJ competitions for people. Work with disadvantaged kids, we had a music project in West London, which turned into gigs, and eventually a label, which was funded for a while, until that was taken away by the Tory government. So, it's interesting to come back and see what's changed since the boom and bust. Things seem to be improving - seem to be improving."

After moving back to Ireland to pursue his dream, Dwyer got his start selling records at Mother Jones' Flea Market, a hub for vintage culture, antiques, and specialist retail. The importance of community made

itself apparent from the get-go. "It's a good place to start. You're there for three days a week, and you get to meet loads of heads there. There's a good buzz around the place, you get to figure out who's who in the city. The overheads are small, so it's a good opportunity to start a business and see does it have legs, I suppose. Really good place."

"Everything's been done on a shoestring, only expanding as far as I can afford to, really, and that's the way the business is growing."

Once the business began outgrowing its capacity at the market, Dwyer was faced with the decision to move, no mean feat two years ago, at the outset of the current property crisis. But doing so has allowed Bunker Vinyl to grow steadily. "Just finding the property in the city was quite difficult, but I luckily found this place, it was the third or fourth shop I looked at. Just a matter of stock, buying in records from all



over the place, and doing so on a limited budget. Everything's been done on a shoestring, only expanding as far as I can afford to, really, and that's the way the business is growing."

Alongside the record shop downstairs in Bunker, a studio space has been set up for Dwyer and co-conspirator Aileen Wallace, as a base for lessons, workshops and creativity. "I met Aileen when she was busking one day, she and a few friends



Photo credit: Mike McGrath-Bryan



Photo credit: Mike McGrath-Bryan

were looking for a place to teach music. When I got into this space, I realised we could actually have two spaces within the shop, and Aileen was the first person I thought of that would be good for it. It's a slow builder, but Aileen's away doing different things as well, so it's kind-of become our little musical nirvana."

The importance of spaces like Bunker Vinyl & Studio to Cork's music scene cannot be overstated, being as they are, as the song says, the ears of the town. Dwyer will be the first to outline that

importance, and pride of place of record shops in the community. "A record shop has always been the place where the person running it is a complete music addict, wants to share music with other people. There are a lot of people that just come in to chat, tell you about their records. You get guys coming in doing posters, telling you about their gigs. You get to know everyone that comes through."

Bunker Vinyl & Studio is open Tuesday-Sunday at 1 Camden Quay, Cork City, selling music on vinyl and CD, new and second-hand.

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OUR NEXT MEETING:

**12 Dec
9 & 23 Jan
13 & 27 Feb**



Pictiúir Togth ag Peadar de Blúit, Gael-Taca

Oireachtas na Gaeilge

Jody Buckley-Coogan

Tá deireadh Mí na Samhna ag druidim linn, rud a dh'fhágann gur beag anois idir sinn agus an imeacht is mó i bhféilire na nGael, is é sin Oireachtas na Samhna. Féile ollmhór bhliaintiúil í seo, mar a gcruinníonn Gaeil ó gach cearn den dtír agus níos faide i gcéin chuinn ár gcultúr a cheiliúradh. Bíonn an t-Oireachtas ar siúl in áiteanna éagsúla ar fud na tíre ó bhliain go bliain, agus is i gCill Áirne a thitfidh sé amach i mbliana, idir an 31ú lá de Dheireadh Fómhair agus an 4ú lá de Shamhain.

Cífeair cé chomh fairsing is atá an réimse gníomhaíochtaí i mbliana ach spléachadh a thabhairt ar an amchlár ar shuíomh idirlín na féile (antoireachtas.ie), ina bhfuil os cionn 130 imeachta leagtha amach. Is suntasach an méid a bheidh ar siúl laistigh den gceithre lá, le neart roghanna do theaghlach agus páistí san áireamh (mar shampla an Seomra Teaghlach agus an Seisiún Amhránaíochta do Pháistí atá dhá reachtáil ag Glór na nGael).

Is cuid lárnach den Oireachtas iad na comórtais iomadúla a bhaineann le gnéithe éagsúla de cheol, damhsa agus reacaireacht Ghaelach. Tosnóidh na comórtais ar an tarna lá den bhféile (Dé Déardaoin), le babhtáí san aithriseoireacht, scéalaíocht, agallamh beirte, lúibíní agus sa dreas cainte. Is sa damhsa ar an Sean-Nós agus

san amhránaíocht a bheidh na comórtais ar an Aoine, le cúig chinn de choirn chuimhneacháin san áireamh. 'Sé buaicphointe na hiomaíochta ná Corn Uí Riada, an príomhchomórtas amhránaíochta ar an Sean-Nós, a thitfidh amach agena 7 i.n. ar an Satharn. B'é Conchubhar Ó Luasa a thug an corn abhaile leis anuiridh. Craolfar an comórtas so beo ón Oireachtas ar Radio na Gaeltachta.

Beidh neart ar siúl a thaitneoidh leis an leabharbhách, leis, le seoltaí leabhar agus léamha próis pleanáilte. Ina measc súd beidh imeacht idir lámhaibh ag baill fhoirne Ghael-Taca Corcaigh, mar a seolfaidh Pól Ruiséal, Cathaoirleach na heagraíochta, an leagan den úrscéal diostóipeach *Sinne* le hEivgéiní Saimiatin atá aistrithe go Gaelainn age Risteárd Mac Annraoi (Dé Déardaoin, agena 2 i.n.). Is mó saothaor atá tagaithe chúinn ó pheann Risteáird, atá lonnaithe i gCorcaigh, agus tá áthas orainn go mbeidh seastán againn le foilseacháin eile dá chuid ar díol i rith na féile.

Is ócáid fé leith é an t-Oireachtas. Freastalaíonn na mílte air na haon bhliain, le meascán de gach saghas duine ann idir óg agus aosta. Taobh leis na comórtais agus na himeachtaí acadúla, is imeacht shóisialta don gcéad scoth é agus bíonn na sluaite mac léinn ag triall air ós na coláistí éagsúla sa tír. Is cruinn agus ealaíonta an cur síos a dheintear air ar shuíomh idirlín na féile féinig:

'Cruinniú' nó 'tionól' de chuid lucht rialaithe na hÉireann an chiall a bhí leis an bhfocal 'oireachtas' sa 7ú haois. Go dtí an lá atá inniu ann leanann Oireachtas na Gaeilge de thraidisiún uasal sin an tionóil agus na díospóireachta, a bhunaigh ár sinsir na céadta bliain ó shin, ag cur fáilte roimh óg agus aosta, scríbhneoir, file, amhránaí, damhsóir, ealaíontóir, scéalaí, aisteoir, aithriseoir, cumadaoir ceoil agus amhrán, ceoltóir agus pobal na Gaeilge, in Éirinn agus thar lear.

Dar ndóigh, is léiriú thar cionn í an fhéile seo ar bheocht na teangan agus na dtraidisiún Gaelach. Ní foláir nó beidh seachtain nótáilte ages na rannpháirithe i gCill Áirne arís i mbliana.



Joanna's Feeling Crafty

by Rachael O'Sullivan



Photo credit: Benjamin Walsh

*Joanna O'Dowd, originally from Poland, is a Cork-based entrepreneur who is turning her talent for crafts into a zero waste and sustainable business called **Feeling Crafty**. Some of her more popular products are her colourful and playful cloth menstrual pads. These pads simultaneously promote environmental awareness and the breaking of female taboos. Her journey from corporate multinationals to Cork's finest craft markets is a story that proves personal passions can become your way of life, if you believe in what you can achieve.*

Rachael (R): Can you tell us a little bit about your background and the journey that has brought you here?

Joanna (J): I was working in procurement for big multinational corporations. I took a career break when my first daughter was born. I have instinctively steered towards natural parenting which slowly became our new way of living. I started being more mindful about my choices and the environmental impact of my habits. Sewing became my mindfulness practice, a chance to carve some time for myself and the way to express myself creatively. I was making things for my kids, for our home and started going to craft markets occasionally. And so *Feeling Crafty* was born. I started with quilting, making bags and kids' hats and slowly transitioned into more sustainable items.

I take great care that *Feeling Crafty* is a zero waste business. I made reusable alternatives for things we use every day in our home; napkins, cloth wipes, handkerchiefs, produce bags, menstrual products, shopping bags, cotton pads for removing make-up.

R: What inspired you to begin your current business project?

J: It was combination of things. I have this wonderful friend, Deirdre, who has always admired and supported my creative business. She kept nagging me to make her cloth menstrual pads. At the start, the idea of it was absolutely revolting and so I kept turning her down.

I am raising two daughters and decided to educate myself about menstruation. I took a menstruation workshop with the amazing Gillian Kennedy and this was a huge turning point for me. I gained much greater understanding of the wonders of my body and frankly fell in love with my femininity. I made a cloth menstrual pad for my friend and haven't stopped making them since.

The biggest gain from this project for me personally is that menstruation has become normal and even fun in my house. My girls see me making the pads in all the fun prints, washing and drying them. There's nothing taboo about it and my girls actually can't wait for their own menstruation to begin.

R: What challenges have you faced as a woman on this path and how have you overcome them?

J: The biggest issue is that unfortunately menstruation is still a taboo. It still is something that should not be discussed in public. This upsets me; it is an integral part of the lives of half of our population. None of us would be here if it wasn't for menstruation. I keep having open discussions with people and share my personal story and reasons for switching to cloth pads and it seems to work.

R: What advice do you have for women who want to start a new venture in Cork?

J: The key is, just doing it. Don't wait for the best moment, it won't come. Just do it, you never know, it might just work!

'How am I now?'

by Aedamur Kelly

Earlier this week, while going through my 'Important Documents' file, I had a strange and unsettling experience.

Each document was a testament to a sequence of significant changes, affected rapidly over a short and concentrated period of my life. Quite suddenly, an internal movie was triggered, a whirlwind of flickering images.

A marital breakdown ending in divorce; the bereavements of my dear Mum and Dad; moving cities; leaving a much loved career; starting another; losing Petra, my loyal and loving dog; selling my house; moving, always moving and now, once again, a new direction.

Swept up in this tornado of memories, I could no longer sense the ground beneath my feet, struggling to land and make sense of it all. *'Where am I? Who am I? All these changes, so many changes.'* I tried to focus my attention on my breath, which helped a little, yet, I felt shaken and uneasy, still trying so very hard to make sense of it all.

Normally, when feeling disconcerted, my feet serve as a touchstone, I pause, breathe, and feel into my feet. This time I was stuck in my head. I was trying to reason, to understand what had just happened. I did not like this sense of uncertainty, and imagined that 'knowing' and finding a reason would restore some semblance of control and authority within myself.

I was confused. Had I not already navigated and accepted these changes? I remembered grieving, mourning the loss of loved ones, the life I thought I was going to have, then painfully having to reframe how things actually were and how life might be from then on.

Later that day, during a conversation, a colleague suggested that there seemed to be *'a sense of loss in all of this'*. The word 'loss' landed and resonated with me, launching another memory. I heard the gentle voice of a yoga teacher I once knew,

encouraging me to 'check-in' and to lovingly ask, *'how am I now? Where am I now?'*

Returning home, I found sanctuary in a quiet room. I allowed myself to settle and consciously focused on my breath. I asked myself that very question; *'how am I now?'* That's when it happened. I was drawn completely inwards—feeling movement and warmth in my chest, tears rolling down my face, far reaching cries from the pit of my stomach renting the air—a deep sadness, embodied with sensation and feeling. This experience lasted some time, giving way to a gradual sense of ease and calm.

It was powerful. Things seemed clear. Sometimes, the 'need to feel' is far greater than 'the need to know'. I had been caught up in my head, listing and fixating on the changes that had occurred in my life, the content of my story. I was confused by the state of 'unresolvedness' and uncertainty. I was aware of discomfort, eager to know the source and striving to find a solution in order to touch ground and to feel safe.

The tears are continuing, slowly generating peace and ease. I am tentatively and tenderly exploring the feelings of discomfort, of deep sadness, while continuing to be open to moments of joy and the 'good stuff'. This experience serves me well. A good day is when I remember to pause, check-in and ask, *'how am I now?'* In the process of sensing *'where am I now?'*, I am in my head, in my body, outside my body, mind traveling into the future, or ruminating on the past, or perhaps just here, in this moment, with nowhere to go, nothing to do, just being here, right now.



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

The Right Frame of Mind

How A Cork Student Is Shaping The Way We Talk About Mental Health

by Cailean Coffey



A still from the documentary 'My Other Life: Ireland's Youth and Their Mental Health', directed by Edvinas Maciulevicius.

A new documentary by former CIT student Edvinas Maciulevicius looks all set to break down some of the stigma still surrounding mental health in Ireland, focusing its attention on university students. At 23 years old, Edvinas' directorial debut, *My Other Life: Ireland's Youth and Their Mental Health*, was screened on RTÉ Two in October of this year. It's an incredible achievement for Edvinas, and to use this platform to shed light on such an important issue is beyond commendable. **Cailean Coffey** got a chance to sit down with Edvinas to discuss the documentary and how RTÉ came on board.

Cailean (C): How did the story of this documentary begin?

Edvinas (E): It was in a student kitchen up on College Road, a friend and I were sitting down having a chat, and I was like, "here's what I'm thinking of doing, I want to do some kind of documentary. I'm not sure what exactly it should be about, but

I'd like for it to have some kind of positive impact. Let's pick an issue that hasn't been covered before." I initially looked at drug abuse and addiction, because I saw a couple of headlines in the press that caught my attention. The more we looked into it, the more we saw that mental health was the umbrella for all these issues; and when we started looking into mental health it became really clear, really quickly that this is the issue we should cover.

C: Who funded the documentary?

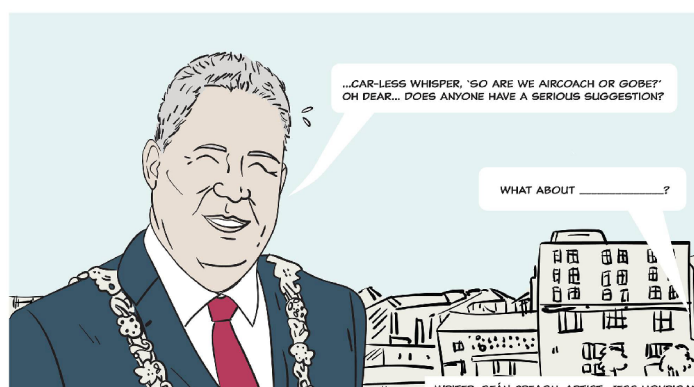
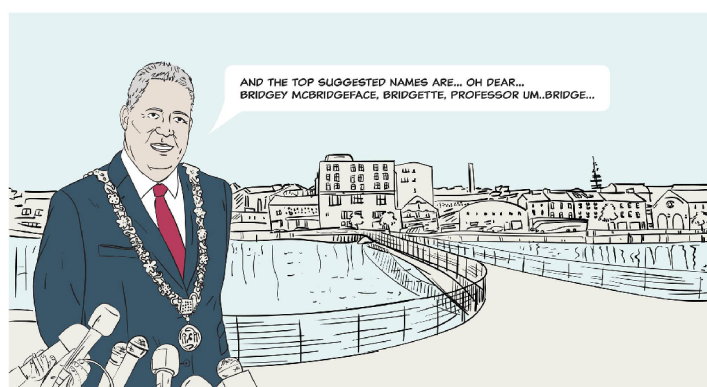
E: The issue we had when we started making this movie was that we didn't have anyone to interview, and we didn't know how to find people to interview. We were three or four of us in a student kitchen trying to figure it out. Initially we had no budget for it whatsoever, so I thought of releasing a video online announcing what we were going to do and waiting to see if there was an appetite for such a film; see what response we get.

So we made a short two-minute clip stating "this is the problem, and this is what we want to do about it". We borrowed what equipment we could, shot a small two-minute clip in Crane Lane because they were nice enough to let us use the venue, and got a couple thousand views. We got a couple thousand followers in a week, and we went from "these guys want to interview people" to having something incredible behind us. We aimed to get 1500 in total and within the first week we had hit that mark, [which] was enough to make the film. The initial funding came from backers, generous members of the public. We're forever grateful to those people [who contributed early], because without them, none of this could have happened.

C: How essential was the funding for you to begin shooting the film?

E: In the beginning we were being very lean, we were very naive, actually. As you can imagine, having never made a film before, we didn't know what a movie

Cork Chuckles



WRITER: SEÁN CREAUGH, ARTIST: JESS HOURIGAN

budget would look like. So I figured we'd just raise €1500, we weren't being greedy. It would be enough for me to buy a lens and a microphone, to cover travel costs (if we were to go to Dublin), and get a set of lights too. And that's exactly what we did! We actually had the movie more or less finished, it was about 85% there with that budget. All the interviews were there and that's really the core of the documentary, it's the content of the interviews, these people, and what they're opening up and talking about. So I brought that almost-finished product to RTÉ and said, essentially, I think this is a good story; I think it's good enough to go on TV. Gladly, they thought the same!

C: Now that the documentary is finished, what would you say your favourite scene of the whole documentary is?

E: Well, on television, it's split into three parts. My favourite part is definitely the last one, which is the resolution. It's the one that shows there *is* hope, that if you're struggling with depression or anxiety or any mental illness, these people, by sharing their stories, say, "look, I've gotten better and so can you, there is hope. You just have to reach out, you just have to talk to people." So my favourite scene would definitely be one coming close to the end, where people talked about their resolutions and how things got better. But the documentary is more important than just a few scenes. I hope this documentary has an impact on a personal level, but I also want it to have a real tangible impact on mental health and on mental health policy in Ireland as well.

'My Other Life: Ireland's Young and Their Mental Health' is now available to watch on the RTÉ Player.

A Good Day Is...

Since its launch, Good Day News has received warmth and great support from Cork. Thank you so much.



Art Spot

« I've been looking so long
at these pictures of you
that I almost believe that
they're real » *



What
Is
Your
Reality
?



A camera as a key to open an
alternative world.

Hide the tracks, mess with the
gaze, create a dizziness.

Reinventing is a way of owning
my new surroundings. Is a way
of making them mine.



aureliefoto.wixsite.com/project

AuréLie

* From « Pictures Of You », The Cure, album
Disintegration released 02 May 1989

Community Announcements

Drummatia Drumming Workshops, Blarney st, Cork (next to Suzuki shop), starting from 1st of November, 2018. Once a week, minimum 2 hours. This six-month programme includes West African djembe techniques and other percussion instruments. Every participant has the opportunity to join Keepers of the Rhythm Ensemble, travel & perform at different events. For more information contact sylvia_sirshiva@yahoo.com or Sylvia Sir Shiva on Facebook.

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@nurturelearngrow.com | nurturelearngrow.com | Facebook: Amelie Nyhan Doula

Looking for a New Year's Resolution? Give the gift of life—**Give blood!** One donation can save 3 lives. Upcoming clinics include Bandon, Fermoy, Togher, Glanmire, Kinsale, Macroom and Clonakilty, plus we're open in St Finbarr's Hospital Mon-Thurs weekly. Visit www.giveblood.ie for more information. Be someone's hero this year.

Weekly Contemporary Dance classes with Inma Pavon on Tuesdays 7-8:30pm Intermediate level and Thursdays 10-11:30am Improvers level (Beginners welcome to this class) at PLAN BE Movement Studio (Eircode:T12 X868). Please contact Inma in WhatsApp 0877791911 or by email inmapavon38@gmail.com
For more details visit: @InmaPavonDance

Pregnancy yoga classes to stretch, relax and breathe for enjoyment of your pregnant body and reduction of fear and anxiety. There is also monthly birthing ball workshops (2 hours) focussing on how to remain active in labour and birth, to help shorten it's duration and reduce perception of pain. Contact yoga teacher and midwife Bindu 0861026309.

Free Community Trading! Cork LETS (Local Exchange Trading Service) is a network of hundreds of people who use LETS community credits, with no need for traditional currency to trade, share, and support the community. Post 'Wants' and 'Offers' on our website, meet and trade with other members... LETS do things differently! Join for free and learn more from: www.corklets.net We're on Facebook too: www.facebook.com/letstrade/



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Serenity Yoga Hatha Yoga class every Saturday in Cork School of Music 11am to 12pm. A relaxation session called "Deep Rest" will be held on 9th Dec from 5pm to 6pm. Personalised yoga classes also available. Please visit www.serenityyoga.ie for more details.

'Making Moves' presents **Winter Moves** - An exciting Dance, acrobatics and live music show; co-directed by Maeve Kelleher and Ally Futto at Firkin Crane. Dates Sat 26th, Sun 27th January 2019 at 8pm each evening! Promises to be a varied and entertaining evening - also come and join one of our various classes if you love to dance - many opportunities to perform - for more details please contact Maeve - 0876561555

My name is Dr. Lekha Menon Margassery. I am a Cork-based microbiologist, living in Cork and am contesting for local elections in 2019. I'd like to inform you that everybody residing in Ireland, who is above 18 yrs is not only eligible to vote but also contest in local elections. I request you to register and definitely cast your vote in the upcoming local elections. The form is available here: <https://www.checktheregister.ie>

The next issue of the magazine will be available on 29th March 2019. Community listings are accepted, at no charge, by email info.gooddaynews@gmail.com

The deadline to send your listing is 1st March 2019.

**GOOD
DAY
NEWS**



Few of the members of Citadel (from left to right) Norbert Nkengurutse, Gursewak Singh, Abderraouf Bounouh, Mosih Uddin, Roos Demol, Alexis Alexander

Mná na hÉireann: How a tweet helped us come together

by Roos Demol

I have been a Twitter user for many years, but never really did much with it, until one day a couple of months ago, when one resident of the Kinsale Road Accommodation Centre (KRAC) approached me.

Christine* reached out to me when I was at KRAC. She was visibly distressed so we found a quiet corner and sat down. Christine, a beautiful lady from South Africa, told me that her daughter, who stays in the Direct provision Centre in Mosney with her husband and 2 sons, had given birth prematurely to a little girl. The girl was born at 29 weeks, she was tiny and needed to stay in intensive care. The parents had to make their own way to the hospital every day, paying for the transport costs with the little money they received weekly. They hadn't expected this premature birth and were not prepared or equipped.

Christine said that she sent all her money to her daughter to help her buy food for the two boys who are growing and very hungry all the time; she had nothing left. The new parents could not afford to buy a pram, and the grandma asked for help from me.

I contemplated my options. GoFundMe campaigns take a while and are not always successful. I did not have the money to help her myself, but I really wanted to find a way to solve this issue. I wondered if using Twitter would help, and at 8 am the next morning, I posted: "young mother in Direct provision who gave birth to premature baby urgently needs pram. Please DM if you can help"

"More offers came in, the women of Ireland were doing what they are best at: supporting a woman in need. By midday I had organised for the pram to be delivered straight to Mosney, along with nappies and clothes for the baby and for the boys."

My phone did not stop buzzing, and after two hours I got the first message: an offer of a pram, followed by offers of clothes for

premature babies, money, toys, and breast pumps. I could not believe what happened. More offers came in, the women of Ireland were doing what they are best at: supporting a woman in need. By midday I had organised for the pram to be delivered straight to Mosney, along with nappies and clothes for the baby and for the boys.

It was easy then, for me, to create an awareness among the women of Ireland on the plight of young mothers and families in Direct Provision Centres. I got messages thanking me for bringing this to light, people were asking me where they could bring clothes, how to get in touch with people in Direct Provision centres, sharing their own experiences of having premature babies. It was wonderful to see the solidarity among the Mná na hÉireann.

Christine was delighted. Her daughter is completely kitted out with pram, clothes, breast pumps, and anything she could possibly need. Her daughter spent another 6 weeks travelling up and down to the hospital, but her step was lighter and her smile brighter. She did not feel alone anymore. As Christine says, “Everyone has been amazing. We don’t know what we would have done without you, many, many thanks to everyone who called us, supported us and gave us hope in these very difficult times. We will never forget. God bless you all.”

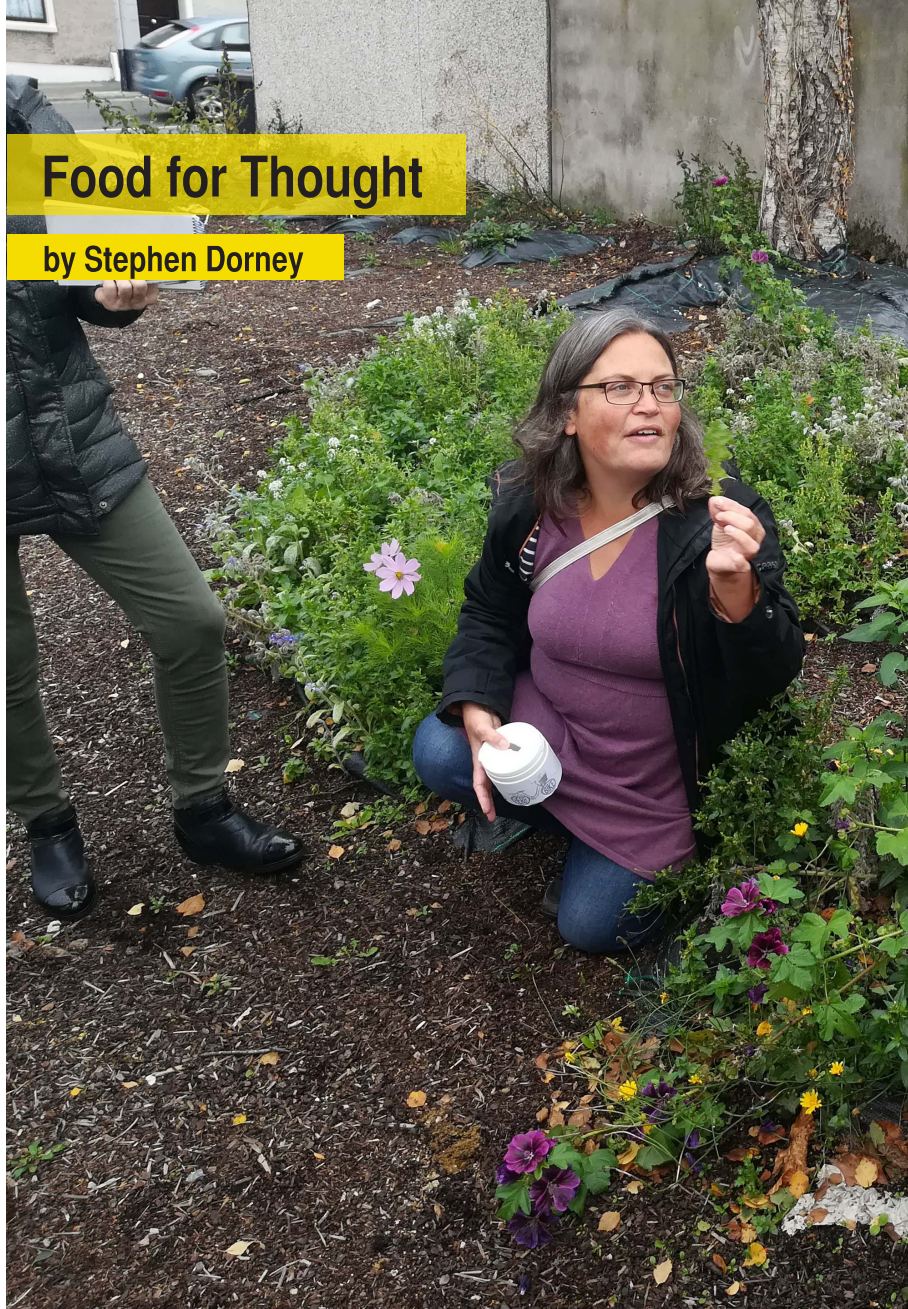
For an independent social worker like me, Twitter has been indispensable. I have been successful in sourcing school uniforms for the children in KRAC, money for school books, and in raising funds for a new tabla set for one of the young Indian musicians there. Being active on social media has generated press interest in a world music event we organised in Bull McCabe’s pub to raise awareness of our Guitars for People in the Direct Provision Programme. Thanks to all this attention we were able to launch a band called Citadel (@CitadelEire) and have been invited to perform at the Clonakilty Guitar Festival, Cork Culture Night and Dolan’s Warehouse in Limerick, and on October 27th we performed at the intercultural day in Midleton.

Christine, however, is still in the Kinsale Road Accommodation centre. She travels up and down to Mosney to visit her daughter as much as her little allowance will let her. Being a resilient woman, she has stopped asking for a transfer, instead focusing on pursuing an IT course in the Cork learning centre, hoping that her nursing qualification from her country of origin, combined with IT skills, will help her find a well-paying job and stop relying on handouts to ensure her grandchildren are taken care of.

**Christine, name changed to protect privacy.*

Food for Thought

by Stephen Dorney



Conscious food choices are all the rage now and for good reason. Cork has stepped up to the plate in the past few years in the sustainable food sector, fostering a massive sense of genuineness, dedication and ethical involvement in the people of Cork city. Some places that encourage a vegan lifestyle include the Cork Vegans group, the *PositiVely Eventful* monthly market, and a host of plant-based restaurants that have opened their doors around Cork.

A notable part of this group is *Mauro’s Italian Street Food*. Mauro has been in Ireland since 1990 and Cork since June 2014. Mauro’s establishment in his own words “is the result, the fruit of 45 years of observation, dedication, patience, suffering, research, discovery, and then the meeting with my needs

[and] priorities”. His stall can be found at markets dotted around Cork (including *PositiVely Eventful*), special occasions, selected events, and on the streets.

Mauro mixes his blend of culinary skills—vegan and gluten-free Italian food—with a seasoning of mindfulness. He is also the President and Founder of Emerald Ireland Humanity Projects where he “helps [those] who recognise the need to address and acquire an adequate knowledge of the laws governing the individual consciousness, family, and collective”. Mauro believes that “the future depends on the present. We need healthy food, clean water, fresh air; quiet, relaxed, friendly, reliable, autonomous people. The planet needs all of us to be able to give us what we really need”.



Jo Goodyear at the 'Food Forest' during the Food Harvest Festival in October

Photo credit: Stephen Dorney

Green Spaces for Health can also be placed in this bracket. The initiative is a group of enthusiastic and passionate 'urban greeners' who live, work, learn, or simply love the South Parish area of Cork. The enterprise encourages local people to get involved through a multi-stakeholder system, which takes in multiple

groups: The Lantern Project, Cork Environmental Forum, Cork Healthy Cities, Cork Food Policy Council and the Douglas Street Business Association. A committee is established with a member from each of the first four groups (on that list) to plan events.

One of the many major draws

from this Cork conglomerate is the 'Food Forest' situated at the bottom of Summerhill South. The free-access plot allows anyone from the general public to pick their way through nature's delights. The vegetation on show offers culinary and medicinal properties to those who need them. As part of the Cork Food

Mauro believes that "the future depends on the present. We need healthy food, clean water, fresh air; quiet, relaxed, friendly, reliable, autonomous people. The planet needs all of us to be able to give us what we really need".



Mauro's Italian Street Food stall

Photo credit: Mauro's Italian Street Food

Harvest Festival in October, Jo Goodyear took attendees through the plot. Among the growth are staples such as chives, strawberries, fennel, and mint, and some wonderful life-replenishing crops such as yarrow, daisies, and wood betony.

Jo currently runs her own clinic – Blackrock Herbal Clinic – and is also heavily involved in Cork Herb Bike, a mobile clinic that provides free herbal care to communities around Cork.

Making the right food choices is such an important part of our future and is only coming to true fruition now. Whether you agree or not, it is still worth checking out and supporting these great enterprises around the city.

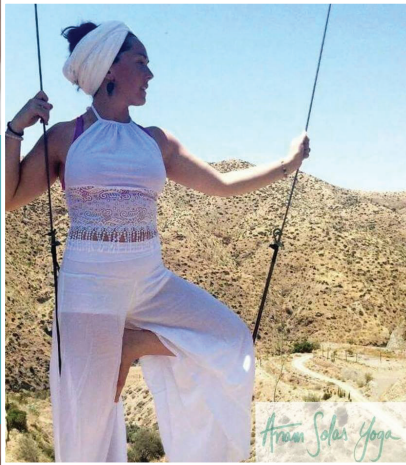


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Fri 13th - Mon 16th Sep 2019
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Fri 11th - Sun 13th Oct 2019
Orlagh Country House, Dublin

Prices start from €350 all inclusive.



For booking contact Jeanie Jyanti of Anam Solas Yoga on
0879915247 or anamsolasyoga@gmail.com