

Sherkin Newsletter

ISSUE 46 ~ JANUARY 2012

A HAPPY NEW YEAR TO YOU ALL!



January 6th was a very happily busy day on Sherkin. It started with a gang assembling secretly in the Islander's Rest for a surprise 80th birthday lunch for Kitty O'Driscoll, who with friends and neighbours enjoyed the afternoon immensely.

Many thanks to Maureen for organising the day, and to the hotel management and staff for their smiley cooperation.

Later that evening the island ladies congregated in the hotel to celebrate 'Little Christmas' and the men sought refuge in the Jolly Roger. The mainly-ladies-below had a great night of singing, each voice in harmony with itself at least. This is sometimes termed 'acappella'. Meanwhile, the mainly-men-above threw themselves into a darts tournament, where the arrows were surprisingly well behaved but as the night wore on the mathematical calculations became strangely complex. In the spirit of the last day of Christmas this should not have mattered. The tournament happily concluded when it could be agreed that all matches had in fact taken place, and the night ended with a cabaret performance, two fine singers propping up either end of the piano so that it could be very sweetly played by Neil.

And so all on the homeward path, to take down the Christmas trees, and stow away all the decorations and lights for another year and hope for many more happy times in the coming months.

On a completely different note your attention is drawn to pages 7 and 8 here where there is important news about the use of the **recycling site** which will have to undergo a revamp before it can be opened again.

And last but certainly not least, congratulations to Finn O'Reilly who will be celebrating his 90th birthday on 29th Jan.

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This newsletter is produced by Karen Mould and Sue Cahalane, and published by SIDS. We welcome articles of news and of general interest, and so please do contact us with information about forthcoming events. Articles can be sent by email to sherkinnewsletter@gmail.com, or delivered by hand, and any enquiries to 087-7715862. We look forward to hearing from you! **Next deadline 10th Feb 2012**

QUIZ Captain John.

One of the many events we had over the Christmas holidays was the Quiz, held in the Islanders Rest on Thursday 29th December. The event was held to raise some funds for the Tidy Islands Group for the purchase of materials to enable a better chance of Sherkin winning this year. The quiz had a theme with many of the questions, including the music round, being based on the Christmas spirit. Being the quizmaster I had to dress in full Masters' uniform to instil a bit of authority. There was a great turnout with a total of nine tables taking part. There was also a raffle at the interval, for various prizes donated by many islanders and friends. The total amount raised was €400. Although some of the questions were difficult even the children got many of the answers right. It was evident, as the quiz neared its final round that the competition was very close at the top of the leader board. The quiz ended in excitement with a tie break round between two teams which was won by "Crackers", (Susan, Robbie and Eoin). The runners up were "The Chocoholics", (Michael, Jackie, Kelan and Emer). Their winning prize of four trees was a donation from Nick Moseley from Union Hall. Many thanks to all those involved in the event, including participants and spectators.

Sherkin Library News Josephine Jefferies

Statistics for December

Memberships new or renewed	2
Books issued	178
Internet sessions used	57

Opening Hours

Tuesday	1.30pm – 5.30pm
Thursday	11am – 2pm
Friday	5.30pm – 8.30pm

Hurrah some new DVD's came in today, 12th Jan, 10 in number and a good mixed bag including 'Red Riding Hood' 12yr certificate and starring Jeremy Irons' son Max, and 'Diary of a Wimpy Kid' which is taken from a very popular children's book. I suppose that applies to Red Riding Hood too!

The Library is awaiting a major book exchange and the result of that is that every available space is overloaded with a huge number of books that have been coming in at a steady trickle and not leaving again. So in fact this is the best time to find something you might like to read as we have never had so many books in here at one time before.

Of course I will sound the call when the book exchange has taken place as there will be shed loads of different titles on the shelves.

And what everyone has really been waiting for has arrived at last, the forms for the household tax charge! One for everybody that wants one!

And even better news, a new batch of **recycling bags** have arrived on the island and will be available for 50c each from the library during normal library hours. These are for all your paper and plastics recyclables.

Digital TV Service

You or your organisation may be interested in applying for funding to participate in the *Community Outreach Digital Switchover Programme* [<http://www.wheel.ie/content/community-outreach-digital-switchover-programme>](http://www.wheel.ie/content/community-outreach-digital-switchover-programme), a major community effort to assist people to make the switchover to digital television. The programme is managed and coordinated by *The Wheel* [<http://www.wheel.ie/>](http://www.wheel.ie/) in conjunction with *Irish Rural Link* [<http://www.irishrurallink.ie/>](http://www.irishrurallink.ie/), with funding from the *Department of Communications, Energy and Natural Resources* [http://www.dcenr.gov.ie/>](http://www.dcenr.gov.ie/).

The idea is to involve community and voluntary organisations in every area of the country in reaching out to the people who otherwise may not make the switch to a digital television service, before the analogue

signal is turned off on 24 October 2012. To ensure that nobody is left behind, we aim to harness the goodwill, energy and 'can do' spirit of people involved in organisations that already work with, and provide essential services to, the target group - many of whom are elderly, disadvantaged or isolated.

The programme will be implemented at a local level through the appointment of one local organisation per county/area to lead an outreach programme. We now invite community and voluntary organisations to apply for funding to engage a '*Digital Outreach Champion*'.
In making the application organisations must designate a person who will undertake this work on their behalf.

We're looking for organisations that are networked within a particular county/area and both interested and capable of supporting the designated person to implement the programme. Applicants should have strong organisational, motivational, networking and project management skills, and have a real interest in assisting the target group.

The funding will take the form of an all-inclusive grant of €25,000, to include all contracting/employment costs, equipment and expenses.

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For further information visit [*www.wheel.ie*](http://www.wheel.ie)

<http://www.wheel.ie/content/community-outreach-digital-switchover-programme>,

or download the

Application Pack

<http://www.wheel.ie/sites/default/files/Digital%20Switchover%20ApplicationPackJan2012.doc>

(Word, 133kb) and

Application Form

http://www.wheel.ie/sites/default/files/Digital%20Switchover%20Application%20Form_Jan2012.doc

(Word, 60kb).

The closing date for applications is *Tuesday, 31 January 2012* at *5.00pm*.

**Would you like a New Body?
Or will you put up with stiff and painful back, joints, shoulders, neck etc?**
Miriam Dunne

Last month I woke up with a stiff and painful back. I wondered if I'd slept badly, was it the damp weather, or was old age catching up at last?

I took pain killers which I rarely do, and after a few days as there was no improvement I Googled 'lower back pain' and discovered a site called Esther Ekhart Yogatics.

I clicked on to her 'Easy Yoga for Lower Back & Core', and after only one session lasting about 15 minutes my back felt better, not completely but much better than it was. After a week of trying out her various sessions I feel more energised than I have in ages and my aching back is a thing of the past. The good thing about it is that you never get bored doing the same exercises as you can download a different video every time. She has made many videos that cover every aspect of the body: stiff joints, painful shoulders, neck, upper back, morning wake up, yoga for men, - you name it she's made it.

This lady, who comes from Holland and now lives in Bantry, reaches the world twice weekly with new videos that are free to download. You can access all the others she's made over the years at any time. She gives careful and precise instructions and encourages and guides beginner and advanced yogis alike to achieve strength and flexibility. Esther has a slow and gentle manner and explains things so well, breathing etc so that anyone can do it, even those who have never done yoga before, and all in the comfort of your home, at any time and for free.

By coincidence the following piece appeared recently in the Guardian –

TRY YOGA TO SOLVE BACK PAIN

‘If you’re suffering from lower back pain, consider joining a yoga class. In a study of 313 patients carried out at the University of York, those who were sent on a 12-week course of yoga reported less discomfort, performed better physically, and felt more confident doing everyday tasks than a control group offered conventional GP care. This consisted of mild pain-relief medication, physiotherapy and advice to remain active while avoiding heavy lifting. The patients were recruited from several general practices across the country; the Yoga classes were for beginners, and were led by 20 teachers who had been given additional training in back care.

I rest my case.....

Bird Report for September – October 2011

Julian Wyllie

It seems like months since I last did a bird summary and thinking about it, there is very good reason it seems that way – it was months ago. With the exception of Heir Island’s American Golden Plover in June, the summer months passed pretty quietly with nothing of note making itself obvious, so I’ll skip straight to September.

A Ruff at Rugher Strand on 4th was the star bird in Sherkin terms, being as it was the first island record. By September, the spectacular Shakespeare-style ruff after which they are named has long gone and the bird looks a bit like a gangly Redshank, although closer inspection reveals several quite obvious differences. Two Pied Flycatchers were in Slievemore on 2nd (with a further two there on 30th, making it an above average year for the species). Not to be left out, three Spotted Flycatchers then made an appearance around the councils from the 3rd till the 8th, after which the brief flurry of migrant interest died down. The rest of September produced most of the expected species – Sanderling, Sandwich Tern, Arctic Skua and Greenland Wheatear spring to mind - but perhaps the most unexpected event was at the wings of one of our most familiar ‘everyday’ birds, the Blue Tit. Small numbers began to arrive mid-month and by the beginning of October, there were at least 500 present on the island. By mid-October, the true figure was probably over a thousand – every bush and tree had at least a couple of Blue Tits amongst its branches.

The end of September came up trumps with the aforementioned Pied Flycatchers, a juvenile Turtle Dove and a Garden Warbler all in Slievemore on the 29th, but despite the promise brought by that trio of classic ‘commoner, but by no means common’ migrants, October shuffled in and along with no major surprises. Two Whinchats (on 3rd & 7th) and a Merlin on the 8th were very welcome, but it took a trip to Cape on the 10th for a Red-eyed Vireo and a bonus Short-toed Lark to get the pulse of this writer racing. Back on Sherkin, a Black Redstart was around the hotel for a few days from the 15th and a second one was by the Hall in company with a White Wagtail on 18th, a day that also saw a Lesser Whitethroat and a ‘northern’ Willow Warbler (subspecies ‘acredula’) near the church. A Firecrest near the Cross on 25th was my own personal highlight of the autumn, being perhaps my favourite bird of all time (usually – that accolade is subject to change depending on circumstance!) and made all the more sweet by it being the first on Sherkin since 2008. A hat-trick of scarcer members of the crow family comprised a Nordic Jackdaw, a Carrion Crow and two Jays on 25th, 26th & 27th respectively (not too sure if four birds can constitute a hat-trick, but three different types over three days probably does and anyway, they say two out of three ain’t bad. Or something). Jay is one of an elite group of birds that have been seen on Sherkin but not on Cape, which makes a change, and so a call to Steve at the observatory there whilst watching them was in order...it’s not often I get the chance! On the subject of Cape, a Hoopoe seen in Slievemore on 29th was more than likely the same bird present there (Cape) for the preceding three days.

What would have definitely been ‘Bird of the Year’ (and still is, only with the prefix ‘Most Frustrating’) made a ghost appearance on the 10th November in the form of a Killdeer, which was disturbed from a field between Norris’s and ‘Gerry’s’ at one o’clock in the morning, calling five or six times as it flew off. Killdeers are noisy and have a very distinctive call (their Latin name is *Charadrius vociferous*) which can’t be mistaken for anything else. Unfortunately, the bird flew off to the north-east and could not be relocated

the following day. They breed in northern USA and Canada and spend the winter in South America, and are a rare vagrant on this side of the Atlantic. There have been about twenty found in Ireland since the first in 1928, with the last Cork record being of one at Ballycotton in 2003. Other November birds pale in comparison, although an American Herring Gull found at Baltimore fish factory on 27th (and present until 7th December at least) would've certainly raised a cheer had it been seen in Sherkin waters. On this side of the harbour though, it was left to seven or so Long-tailed Tits (on several dates) and a Snow Bunting on 25th to add colour to proceedings. A flock of c450 Wood Pigeons on 6th and a Merlin on the 9th were also noteworthy, but as you no doubt noticed, the rest of the month was something of a washout.

December was more of the same – an eminently dreary month with no redeeming features weather-wise at least. A Siberian Chiffchaff in Ber's garden on 3rd put in an all too brief appearance but did have the courtesy to call twice thus clinching identification, a rather mournful Bullfinch-like hollow whistle, quite unlike the call of a western Chiffchaff. This was the third Sherkin record of Siberian Chiffchaff, which is in the long drawn-out process of getting itself declared a full species as opposed to its former/current status as a subspecies. The only other notable December birds were a second flyover Snow Bunting, a midden-loving Black Redstart and five Golden Plovers all in Farranacoush on 7th, 16th & 19th respectively.

So that was 2011. Due to circumstances out of my control, the razor sharp state-of-the-art recording system that you'll have become accustomed to in this column wobbled and wavered early in the year and in fact came to a grinding halt, which means that I can't offhand tell you how many species graced Sherkin with their presence in 2011. In fact even if I sat down with sellotape, glue & poster paint and put my mind to it, I'm not entirely confident I could come up with a precise figure, but I'll give it a go for next month's newsletter. What I can tell you is that normal service is resumed with this month's offerings and you can rest assured that you'll be kept bang up to date with all things Sherkin and avian during 2012. A Happy New Year to you all!

For more info or to report sightings, contact Julian on 087 0619186 or at jhwyllie@gmail.com

Rainfall for December 2011

The rainfall for December was 128.9mm with 98.5mm falling on 10 days:

2 nd	14.3mm
10 th	5.2mm
11 th	6.0mm
12 th	25.7mm
14 th	10.9mm
18 th	6.0mm
20 th	6.0mm
22 nd	8.0mm
27 th	8.7mm
30 th	7.7mm

Rainfall of 0.2mm or greater fell on 29 days.

The rainfall for 2011 was 1010.5mm. It was the 6th driest year since 1973. The driest was 1975 with 910mm. The wettest was 2009 with 1511.6mm.

Sherkin Carol Concert

Thank you to everyone who supported the Carol Service in St. Mona's Church, in the week before Christmas. The Skibbereen branch of the St. Vincent de Paul was delighted to receive the €681 raised. A big thank you to all who gave so generously.

Choir was good fun this year and it's a great excuse for a social gathering in the long winter nights. We usually begin practising in October so if anyone feels tempted to join us for Christmas 2012, you are more than welcome!

Santa and his Little Helper pay a visit to the School after the Christmas Concert



Some of the younger children singing carols in Irish at the concert.

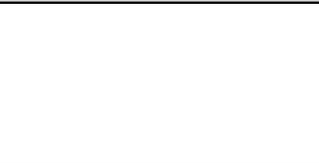
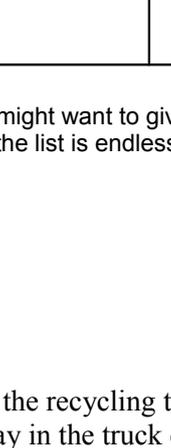


West Cork Islands Website

A new website has recently been launched to promote the West Cork Islands www.westcorkislands.com. Jointly managed and part-funded by the three Island Community Associations, Comharchumann Chléire Teo, Sherkin Island Development Association and Bere Island Projects Group the site was promoted by Cork Council Inter Island Agency and received funding from Fáilte Ireland. The site is a slick and professional platform with some stunning photography, courtesy also of Fáilte Ireland. It is planned that the site will develop in time to reflect the many positive developments on the Islands and to provide a common portal through many of the island tourism service providers can market themselves. Appropriately registered/licensed Island enterprises wishing to have links to their tourism businesses can do so by contacting their local Development Associations with a modest contribution of only €20. The site has been developed by Orphen Design Solutions Ltd.

Green Pages

Have you something you no longer want, something you would be happy to give away FREE to a new home, rather than throw it away? Why not advertise it here? If you are interested in the item(s), contact the person who is offering it directly.

Description	Photo	Contact
<p>For the gardeners - a variety of different sized moduled trays for growing/starting off seeds</p>		<p>Maggie O'Reilly 20626</p>
<p>I have this incomplete teaset if anyone interested. It includes :</p> <ul style="list-style-type: none"> Teapot Sugar Bowl Jug 6 Dinner plates 6 Cups 5 Side plates 3 bowls 3 saucers 		<p>Jackie 087-6811508</p>

Ideas of things you might want to give away: Old furniture, a half bag of cement, plant seedlings, flower pots, plates, envelopes - the list is endless! A photograph is not necessary, but might be helpful. Sent details of the items directly to the newsletter.

(Tidy Islands Group)

Recycling Site at Rugher

On Friday 13th January, the recycling truck was finally able to make it to the island to empty the Rugher of all recyclables. The delay in the truck coming to the island was weather related. With the help of up to 10 people, the truck was filled in less than 2 hours. **However, as the site needs to be properly cleared up, it is necessary to keep the site closed until further notice.**

In the meantime, people are asked to keep their recyclables at home in a dry place.

Only recyclables in CLEAR PLASTIC SACKS are accepted at the Rugher Recycling site. A new stock of these bags has just arrived and these are available at the **library** during opening hours. Please help the librarian by having the correct money, 50c per sack.

FOR THOSE NEW TO RECYCLING

What can I recycle at the Rugher?

- Cardboard
- Paper
- Magazines
- Plastic Bottles and other SOFT household plastics
- Tins & Metal lids (drink cans be placed in the appropriate Abbey Pier bins)
- Tetra Pak Containers

Cardboard - cardboard packaging such as cereal boxes, egg boxes, Christmas cards, Tetra Pak containers (please wash, squash and remove plastic tops).

Paper - newspapers, magazines, glossy brochures, office paper, telephone directories, paper envelopes and junk mail (please remove plastic windows and discard), catalogues, leaflets and pamphlets.

Plastic Bottles (wash and squash and remove lids) - plastic containers stamped with 1, 2, 3, 4 or 5 in a small triangle on the base of the containers such as beverage bottles, milk, shampoo / bleach (please rinse out contents). You can also put the lids in the recycling bin. Plastic bottles are voluminous and should be squashed before putting into the bin or storage area to save space.

Tins & Metal Jar Lids (rinsed clean) - all food tins such as baked beans, tinned vegetable and fruit cans, biscuit tins, metal lids from jars and pet food cans. Cans are also voluminous and should be squashed to save space.

Glass bottles are NOT accepted at the Rugher but can be placed in the appropriate Abbey Pier bins.

Polystyrene is also NOT accepted at the recycling site.

DUE TO THE NECESSITY FOR LONG STORAGE, IT WOULD BE BEST TO ALLOW RECYCLABLES TO DRY BEFORE STORING, SO AS NOT TO ATTRACT VERMIN

Sherkin in the '60's

The newsletter occasionally receives mails and general Sherkin enquiries from interested parties from different parts of the world, and below is a very interesting piece which we are very happy to pass on to all the readers. Those of the older generation will no doubt recognise the fine fellows on board the Dun an Oir.



I couldn't resist sending you this little happy snap from the past. If I have it correct it shows The Post Master from Skibbereen Martin Flanagan front right with Rensie McCarthy front left with his assistant who bought the cow. The young lady aft right is returning to School. The captain is John Willie Nolan centre aft with his assistant navigating by memory as they head out from Sherkin to Baltimore. This photo was taken in the early 1960's and I believe the boat is the Dun an Oir which is still on the Island and now rests as a retired sailing boat. John Willie was on time on this trip but hadn't been to Baltimore as yet, and the Post Office had booked the trip. I look forward to seeing your take on this in your wonderful Newsletter.

I do hope the picture is clear enough for you to print and so give the Islanders a smile.

I'm sure the boat was well loaded with me sitting at the sharp end (Bow),

Kind Regards, A O Flanagan (Tony)

NB . If anyone else has any other memories or photos they think would be of interest please send them in and we'll gladly include them in future issues!

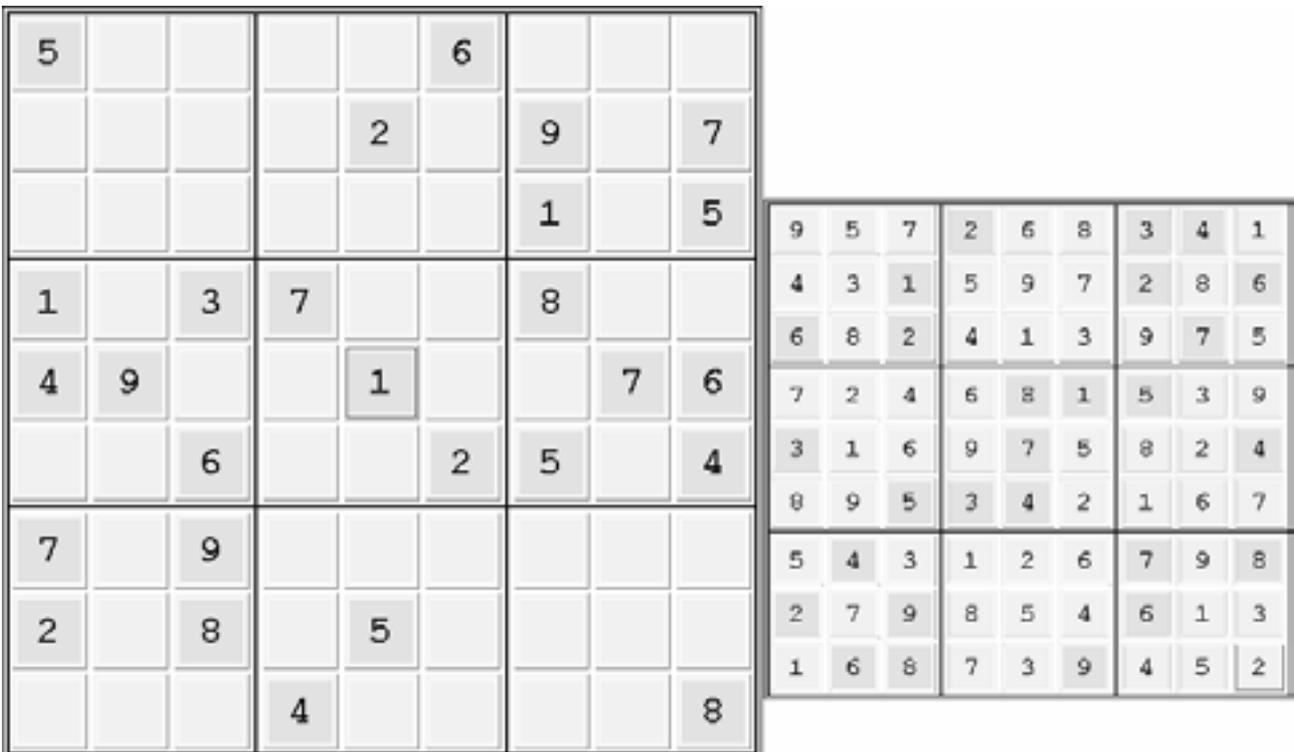
SIDS News
Robbie Murphy

On Dec 4th 2011, the planned 2010 Annual General Meeting could not be concluded due to the incompleteness of the Audited accounts for 2010. However the Interim Management Committee, elected at this General Meeting, will soon be in a position to reconvene the 2010 AGM. SIDS members will be notified 14 days before this reconvened AGM.

SIDS members are reminded that those who have not already done so are asked to return to the SIDS Secretary, Robbie Murphy, the renewal of membership form along with the required €5 (cheques made payable to Sherkin Island Development Society) on or before March 4th 2012. The form also contains a questionnaire regarding where and how the Sherkin Newsletter and other information from SIDS should be sent to each member. If you need a new form they are available from the Secretary.

At a Committee meeting on January 9th 2012 Syd Cheatle was co-opted onto the Interim Management Committee of SIDS. The next Committee Meeting will be held on **Thursday January 19th 2012** at 8pm in the Community Hall.

There are plans to draw up a list of all the businesses on Sherkin Island, which will be made available for publication on the Sherkin Newsletter and/or on various websites designed to promote Sherkin Island. The information provided can be as brief as the company or business name, contact person and service provided. Other information can include phone number, email address and/or website address, though these are not essential. To have your business included on the list please contact the SIDS Secretary, Robbie Murphy - sidssecretary@gmail.com



West Cork Islands Interagency Meeting
Syd Cheatle.

A meeting of the West Cork Islands Interagency Group took place at the Westlodge Hotel, Bantry, on December 16th. Sponsored by Cork County Council the meeting was attended by the newly elected members of the West Cork Islands Community Council, together with representatives of Cork County Council and the various agencies involved in promoting the welfare and development of the islands. Chairing the meeting, Theresa White of Cork County Council advised that the West Cork Islands had initiated a website, accessible at <http://westcorkislands.com> which will be officially launched at County Hall on February 27th. Ms White advised also that funding has now been allocated by the Council specifically for the islands and would be available for a number of community or infrastructural projects – particularly those where the work would be carried out by the islanders themselves or with the assistance of other State agencies (e.g. Fas etc). Suggestions from the West Cork Islands Community Council representatives in this regard would be welcomed.

Results from West Cork Islands Community Council Elections, December 11th 2011

Sherkin	Robbie Murphy Syd Cheatle
Cape	Fiona MacLachlan Ferdia O Liathain
Bere	John Orpen Colum Harrington
Heir	Sarah Matthews John Moore
Whiddy	Tim O' Leary (Bank House) Tim O' Leary (Ferry)
Dursey	Rosarie O'Neill Martin Sheehan
Long	(To be elected 14/15 January)

A meeting of the Community Council will take place at the Islanders Rest, Sherkin Island, on Tuesday 17th January at 12.30pm. A SIDS meeting will take place later that evening at the Community Hall with Nuala Ni Chriochain to discuss the appointment of a Development Worker.

Launch of West Cork Islands website and Interagency meeting at County Hall, Cork on February 27th.

Dates for the Diary

Jan

Tues 17 th	Meeting of West Cork Islands Community Council, Islanders Rest, 12.30pm.
Thurs 19 th	SIDS Committee meeting at the Community Hall 8pm.
Sat 21 st – 18 Feb	'West Cork Inspires' at West Cork Arts Centre, Skibbereen. A showcase of significant works by W. Cork based craft workers, plus archive material from 4 decades, offering an insight into the impact, both locally and nationally, of the Cork craft movement.
Thurs 26 th Jan	airing of TV programme 'Don't Tell the Bride' Sherkin episode!