

MAY 2022



TRANSITION year

NEWSLETTER • NUACHT IDIRBHLIANA CBC

Transition year is a vital year in the development of our students. This year placed additional value on student engagement after a very tough and uncertain period, as a result of a global pandemic.

Masked students who had limited school experiences in the previous two years presented its own challenges.

Planning in uncertain times also proved difficult but it was decided that the theme of our Transition Year, this academic year 2021/2022, was based on four basic pillars: Leadership, Resilience, Friendship and Maturity.

For me **LEADERSHIP** is all about being decisive, showing integrity, team building, problem solving and being dependable - these skills were offered to students during various workshops given this year.

RESILIENCE is about our ability to react/recover from disappointments. Developing ways to counteract adversity is important.

FRIENDSHIP: the friendships created or cemented this year will last you a lifetime.

MATURITY is all about maturity in studies by making students more self-directed learners through the development of general, technical and academic skills. Maturity in relation to work and careers by developing work-related skills. Personal maturity by providing opportunities to develop communication skills, self-confidence and a sense of responsibility. Social maturity by developing greater 'people' skills and more awareness of the world outside school. Maturity that will help the student make a more informed choice of subject for their Leaving Certificate studies.

These basic pillars were harnessed through various workshops provided throughout the year and the many additional opportunities like Gaisce afforded to all.

Our TY Teacher Buddy system was a very important part of this year's programme where teachers volunteered to take a number of their own students and act as a mentor to guide them through the transition from Junior to Senior Cycle. There was additional emphasis on this initiative this year based on the prior restrictions placed on society. Each teacher engaged with their designated students on a coffee morning to have an informal chat in an informal setting. This was of benefit to all involved.

This year's play, 'Alone it Stands' afforded our TY students the opportunity to forge new friendships and to cement old ones. These will prove to be lifelong friendships for all involved. Other activities harnessed the concept of teamwork and leadership.

The class of 2021/2022 can be proud of their work and involvement in transition year and the TY Open Night showcased all that was great about this year's group.



Mr. S. Hogan,
TY Coordinator

DRIVEN TO SUCCEED

Effort, dedication and team spirit were qualities CONOR BROPHY recognised as key ingredients in Marine Motorsport's team success in the 'Formula One in Schools' competition.

The 'Formula One in Schools' competition is an opportunity to learn new skills and develop a knowledge in physics, business and graphic design.

That's the beauty of this annual competition - there is a role for everyone, no matter the skill set. I had no proficiency whatsoever in graphic design or physics, and while one would think that that's a deal-breaker, this competition has an enterprise side and an engineering side.

The message of this competition is not to become a one-man team, but to learn to collaborate and let other people do the jobs that you cannot, which is an invaluable skill once you enter the professional world. The F1 in Schools competition is a chance to form a team, with up to six members from two sides of the team: the enterprise side and the engineering side. The engineering team has the most obvious role - to design and build the best car possible for the race in the regional and national finals.

However, the competition is so much more than that. The judges award more marks for sponsorship management, finance management, marketing, team structure and team branding and identity. We learnt that the team with the fastest car will not win if they have neglected other aspects of the competition. This is not an obstacle, but a learning experience. If a team cannot learn to branch out, and achieve all of its goals, then it will not succeed. This is why the team is split into two divisions, so they can manage all of their problems, and that people are given the tasks that fit their skillset the best.

Our team, Marine Motorsport, competed in the national finals. This was a fitting platform to showcase our team's talent and dedication. On a sun-dappled May morning just after dawn broke, we set off for Galway. We had to fit all of our equipment into the cramped bus without damaging anything, a challenging task in itself, but, thankfully, the assembly process at the competition venue was significantly more manageable.

Firstly, we made our verbal presentations, during which we described our team's progress, structure, design and engineering to two judges. This went well, and with the first hurdle cleared, we breathed a sigh of relief. On aspects of engineering and enterprise, we were thoroughly scrutinised, but we felt we articulated our answers clearly and coherently.

Ahead of the race itself, we were anxious as engineering had never been our forté, but our car put in a decent performance, placing us in the middle of the leaderboard.

On reflection, we felt we did as well as could be expected, and were satisfied with how we represented the school. As we were disassembling our pit display and getting ready to depart, we had contemplated not staying for the awards ceremony. It was a three-hour bus journey home after all, and it had been a long day. But, just as we were getting ready to leave, we heard our team being announced. "That'll be the participation medals," we said, but then we realised that we had won Best Enterprise and Pit Display!

We were both shocked and delighted. No team from CBC had ever won an F1 award before, and we were immensely proud of our achievement. The funny thing is that I didn't particularly care about any trophy. I was happy to walk out of that hall empty handed knowing that my team had put in the work for the last year, and that we had showed the judges that we had put our best effort into this competition.

I said at the start of the year that I didn't care if we came 1st or 101st, that I'd be proud of my team no matter the outcome because I knew that we would put in our best effort.

I'm proud to say that I was right.



A Freedom to Fight with Words

The absence of limits or instructions added a freedom and an intrigue to this year's Poetry Slam workshop, writes JAMES WALSH.

Poetry Slam was one of the most enjoyable experiences I had in Transition Year. Facilitator, Marvin Nash, was an exuberant character - he made us question our world view and attempted to explain the importance and relevance of poetry.

We had a very absorbing and challenging discussion about poetry, where we touched on how poetry can be very impactful and influential. At first, instead of pointing out famous poets and their work, he cited the Holy Bible and the Tao Te Ching as key examples of significant poetry. He explained that many important philosophies and spiritual teachings are expressed through poetry. Before the workshop, I had never considered those texts as poetry, and I'm sure most of the other people in my group hadn't either. In fact, I'm willing to wager that the teacher introduced us to a lot of ideas we hadn't considered before.

We watched two videos during the workshop, one of which was a music video about the state of the world (again expressed through poetry), and the other was a video about being a teenager. Although I cannot tell you the names of either of the videos, they did leave an impact on me. As I'm sure they left an impact on the other people in the class.

We then moved on to writing poetry ourselves. At first, we were given a scenario in which we had to piece together and write a poem. This gave us the chance to explore our wilder or - if you're a pacifist - our more compassionate side. Then we were given the chance to write our own poem without any set scenario or guidelines. The creative freedom we were afforded during this part of the workshop gave us the opportunity to write our own poems without having to worry about theme or relevance.

Normally in English class, we would be given a specific theme to write about, which would make things clearer for the students. In fact, it was the absence of limits or instructions which led to a freedom and an intrigue when writing poetry.

We each wrote our own poem, and sent it in to a website where the teacher was able to view it. He was very supportive and encouraging of each student who

wrote a poem, and made me want to write more. My only complaint about the whole experience was that I wish we had more time in the workshop. It was by far my favourite workshop in Transition Year, and is probably part of the reason why I continue to write poetry today.

But don't just take my word for it; ask any of the other students in my group who did the workshop with me.

Harry Walsh, when asked about his experience in the workshop, said: "I thought the guy who did it with us was really engaging in the way he got his ideas across to us and made the atmosphere of the room a conversation rather than a class. I really enjoyed it."

Meanwhile, Eoghan Dunne offered this insight: "The workshop facilitators used many more contemporary techniques than we are normally used to."

In conclusion, the poetry slam was not only engaging (and believe me engaging fourth years is no easy task!), but also inspiring.

I'm sure that the other students in my year feel the same way, and I noticed that they never lost interest during the workshop.

For more information go to InspireIreland.ie.

REDEMPTION SONG

When I attended a talk hosted by professional boxer, Eric Donovan, I expected to hear the perfect story of how all the stars aligned to give him the perfect opportunity to become a great boxer. I was expecting a Cinderella story.

Instead what I heard was anything but from a man and a boxer who has moved seamlessly from the amateur to the professional ranks.

Instead of a perfect story, I got an intriguing story of a life less ordinary, and how he turned the clichéd phrase 'trials and tribulations' into a very real, serious situation. When he detailed how he struggled with addiction, I was intrigued, especially considering the fact that he was fighting for a place on the 2012 Ireland Olympics team. The fact that he managed to achieve bronze at the 2010 Moscow European Championships while dealing with all of his inner demons is quite remarkable.

When he started talking about his experiences at the 2012 World Series of Boxing event in Kazakhstan, I was struck by his character and inner strength to change his attitude and his diet, and how he built himself up to get picked to fight for his country - and then become a member of the victorious Ireland team.

I was also fascinated by the honesty and strength he showed to admit that he entered rehabilitation weeks after almost making the 2012 Olympics.

After listening to Eric recount all the struggles he faced in his life, I feel more equipped to not make the same mistakes, and achieve what he has in his life now.

by LUCAS KENNEDY



Ballyhass Training Day Brings its Challenges

JAMES HARRINGTON recounts what is now regarded as a very special day on the TY calendar - the Ballyhass Activity Day.

Towels? Check. Togs? Check. Spare clothes and shoes? Check. All set. Well prepared and, needless to say, raring to go, I headed to bed early, but getting to sleep through all the excitement proved to be a challenge. It's not often the entire TY year-group gets the chance to go on trips like this that are organised by the school, especially with a pandemic that has been looming over us for the last couple of years.

I woke to the familiar sound of my alarm wailing next to me. For a split second I felt the dread of getting up and leaving for a long day of school. Then, it clicked: Finally, a fun day out for the entire transition year group awaits. I stumbled in and out of the shower, threw on my hoodie and joggers, shovelled down the Bran Flakes, grabbed my bag and got into the car as quickly as my half-asleep self would allow.

My dad dropped me into town and I made a short journey by foot to the bus. I had forgotten my headphones so the sounds of the city in the early morning had to suffice for the brief journey to the quays.

After the teachers had taken the roll call, I tried my best to get a glimpse into the top deck of the bus from the footpath. The bus was packed and loud with seventy or so lads, but a seat became available near my friends and, without thinking, I claimed it.



Ballyhass Activities Day.

When we arrived in Ballyhass in Coachford, my first impressions were that it resembled an army training ground with coarse gravel covering the location, army green tents propped up for our bags, oil drums for bins and shipping containers for toilets. Grouped into teams of ten, the first activity our instructors brought us to was axe-throwing. It shouldn't come as a surprise that I have, in fact, never thrown an axe. After being shown what to do, I had a go. I was - concerningly - good at it!

Next up was the obstacle course. One part required two teams of ten to face off against each other in an arena with small platforms spanning across it. Three planks of varying length were given to each team. All ten of us had to use the planks to get from platform to platform

until we reached the end and beat the other team to it.

Tired and hungry, we struggled to line up for lunch. Shortly after we were given sopping wet wetsuits and told we had five minutes to get ready and into the water. I remember hurriedly squirming into my wetsuit and briskly making my way to the jetty. This was where the excitement re-ignited. This was it, the main event, the headliner. Fifty minutes on an inflatable, glorified bouncy-castle on a lake. Bruises, cuts and blood-noses expected!

The instructor blew his whistle before everything went a bit Darwinian - every man for himself! Twenty guys wriggling through the water and climbing onto the obstacle course all at once. For most, it seemed like chaos, but I had already picked my spot before we even got in the water. Scrambling to get to the top of the inflatable pyramid, I looked down and saw a sea of guys floundering and tussling with one another to get through the obstacle course. After conquering the fifteen-foot climb up the pyramid I realised I needed to muster up enough courage to jump off, into the bottomless pit that is the River Lee. I jumped. Time seemed to freeze. I splashed down and climbed back aboard the pyramid only to do it again seconds later.

After a long day of activities, we boarded the bus and prepared for the return trip to the city. There was a completely different atmosphere on the bus. What was an exciting, loud and cheerful bus on the way to Ballyhass turned into a coach of tired teenagers, some of whom were trying their very best to fall asleep as we made our way back to the city.

Thankfully it was a Friday and, with the May Bank Holiday weekend looming, we had more than enough time to recover and recharge our batteries. However, most of us still looked zombie-like the following Tuesday morning!

Ballyhass Activities Day.



AN 'UPLIFTING' EXPERIENCE AT SHANNON AVIATION MUSEUM

LIAM CASSIDY joined 15 other lucky TY students from around Ireland on a fascinating aviation course at Shannon Aviation Museum (sponsored by AerCap). This is Liam's diary of a week to remember.

MONDAY

Learning the basics of how a plane flies was intriguing. We were taught how the 'Ailerons' (flaps on the outer half of the wing) control the roll, how the 'Elevator' (flaps perpendicular to the tail of the aircraft) controls the pitch and how the 'Rudder' (flaps on the tail of an aircraft) controls the 'Yaw' (when the aircraft turns left or right without any roll). We also learned about 'the angle of attack' - this is the pitch angle of an aircraft while it is taking off and climbing. They say that the best angle of attack is roughly at 15 degrees.

TUESDAY

We embarked on a short bus journey to a Vortex hangar a

short distance from Shannon Airport's main terminal. Vortex is a company that stores, inspects, services and repairs airline engines. We were given a tour around the hangar, and we were offered an opportunity to closely inspect plane engines. We also visited the Shannon Aviation Maintenance School. It is here where students complete a four-year apprenticeship to become aircraft engineers. After touring the school, we were afforded the opportunity to view the interior of a 'Cessna Citation' (which is a type of small private jet).

WEDNESDAY

Experts from the world of aviation provided three in-depth talks on their area of expertise. One explained how and where composite materials are used in aircraft. Another gave a lecture on Air Traffic Control while a third demystified the world of unmanned aviation. This was fascinating as it included discussions on remotely controlled, automatic and autonomous aircraft.

THURSDAY

A British Airways captain spoke at length about the different career routes one can take to become an airline

pilot. The highlight of the day was taking the controls on a Boeing 737-800 simulator. This simulator resembled the cockpit of a real aircraft - it had the full arsenal: buttons, switches, dials and controls. The day got even better as we listened - spellbound - to the words of a pilot and a photographer from the Air Corps.

FRIDAY

We visited the Atlantic Aviation Group maintenance hangar. We were given a tour of the facility before making our way into the main hangar area where maintenance work was ongoing on three Boeing 737-800 aircraft. We got up very close to all three planes. We walked around the aircraft and even under their wings. To round off an unforgettable week, we returned to the Shannon Aviation Museum to receive our certificates.

The insight I gleaned from the world of the aviation industry will remain with me forever. What was most interesting was that everyone who works with the Shannon Group clearly seems to love his/her job. I would recommend students to consider a career in aviation.

"I'm incredibly grateful to have had the opportunity to take part in such a unique project."

Misneach experience will benefit us in life, according to team member, NATHAN POWER.

Initially I wasn't going to sign up for the Misneach team. I thought it wasn't cool enough, and I was too worried about how I would look in the eyes of others. My mother finally convinced me to put in my application. "You must make the most of this year," she said encouragingly. And I did.

The Misneach team was one of the best decisions I made this year; it opened the door to so many opportunities and pushed me to do even more. Whether it was meeting new friends or learning to do things I had never done before, Misneach allowed me to do it all. Some guys who I would never have known are now some of my best friends.

The variety of projects the Misneach team undertakes allows one to constantly improve teamwork, communication and leadership skills. I would go as far

as to say that even just doing the interview is incredibly beneficial as you are sure to encounter something similar in later life.

The most prominent project we took on was the Christmas Nativity Crib in the College Atrium. This was the first project we planned and executed, but it must be said that we were very much lofted "into the deep end".

However, it wasn't so much of a bad thing; rather it made us adapt and learn quickly based on how a situation can change.

Leadership was crucial in many of our projects. A brilliant example of this was when I utilised the value of initiative to go home and actually build a crib. Previously, progress had been very slow but this was exactly what we needed to kick everything in motion; a significant step in not only the project but in my own development as a leader too.

Communication was also essential as there are twelve of us, and each student has his own creative vision and unique talent. Combining these visions and talents proved difficult at first; however, through common

sense and clear communication we took the best part of each individual idea to help bring this project to fruition.

Above all else, Misneach is about team. At the beginning of our TY year, we did not know each other that well and, for the first few weeks, we didn't really work as a team. Instead we were more like a group of individuals. However, I think when we commenced our first big project of the year, the Nativity Crib, we had to come together as a team and work in tandem to get the job done. Since then we have gotten to know ourselves and each other much better, and, above all, we have really developed into a team that we can be proud of.

Making new friends is one of the main goals of TY, and through the Misneach team, I have certainly made new friends that could last a lifetime. I'm incredibly grateful to have had the opportunity to take part in such a unique project not only because of the skills and experience I gained but because I had the opportunity to form such close bonds with guys in my year through our shared experiences on Misneach.

CBC TY PHOTO GALLERY



U17 Soccer Squad for Cork Cup game vs North Monastery.



GAA Coaching Course at CBC's Lansdowne grounds.



GAA Coaching Course at Páirc Uí Chaoimh - September 2021.



Students took part in a Chinese Language and Culture Module with Zoe. This was organised by Mr. Edmond Hussey, far right.



Ahead of TY Open Night Mr. Peter Martin's Art Group created a mosaic of College caretaker, Mr. Larry Roe.



TY Rugby Coaching Course at CBC's Lansdowne grounds.



Jonathan Walsh, Donncha Collins and Jagat Gogineni, winners of the CBC Poster Chemistry Competition organised by the Chemistry Department.



TY students helping with Preparatory School Colour Run.



Serve Volunteers on their Sponsored Marathon walk through Cork City May 2022.



TY Tidy Towns outing - organised by Ms Delaney at the Lee Fields.

OUR THEATRE OF DREAMS

Producer, **HARRY WALSH**, takes us behind the scenes of this year's successful TY Play, *Alone It Stands*.

I was fortunate to be selected by Mr. Hussey as producer of the 2022 CBC TY play, *Alone It Stands*, a play in two acts written by Limerick native, John Breen. When I look back at this time, I realise now how the journey and the experience of producing a play have affected and changed me for the better. To bring a production of this magnitude successfully to the stage requires dedication, courage and talent, qualities that the students (and teachers) of this TY year possess in spades.

Alone It Stands attracted a record number of aspiring thespians to the audition room. Whether it's for dramatic or filmic production, the casting must be right, and Mr. Hussey's theatrical experience ensured each role was filled by a student perfectly suited to the character. One thinks of Nathan Power in the lead role ("Gerry") or Eoghan Dunne in dual roles as both "Tom Kiernan" and "Mary". It had been outlined during the pre-production stage that the audition phase can mark the making or breaking of a play; therefore, it was crucial that ours was spot on.

I can vividly remember many of the rehearsals during which Mr. Hussey carefully worked with the actors on delivery of their lines and attendant action. We both created a weekly schedule for the cast; this allowed sufficient time for students to prepare or to schedule their week. We felt this was the best way to work our way efficiently through the two Acts of the play.

A challenge that we faced early on - and throughout the whole process - was the scenes that dealt with the all-important rugby match between Munster and



the All Blacks. The choreography and synchronisation were challenging for both the cast and director so we were hugely grateful to both Mr. Russell Foley and Mr. Éanna McGrath for their expertise in helping to make the scenes real, exciting and accurate for the stage.

A crucial aspect to this production was the work behind the scenes. The production team - lead brilliantly by Mr. Peter Martin - worked tirelessly to bring the props and settings of the play to life. As a member of the production team, I was witness to the incredible effort they put in.

The final week of preparation was one filled equally with nerves and excitement. We worked with the PR team to promote the play, and thanks to determined promotional work, the 'sold-out' signs were up days in advance of opening night.

After all the rehearsals and the highs and lows of an unforgettable journey, it was time to perform. Performing

the play was complicated and demanding so we needed concentration from all involved. The weekend before opening night was one filled with rehearsal work and set preparation. The stage team and I worked on bringing on and off props such as the car and the bonfire as smoothly as possible, while Mr Hussey fine-tuned the positioning of scenes and helped the actors get used to the mics and the lights of the stage.

On opening night, nerves were jangling, but the performances were profound and professional. It was a resounding success.

This journey - from the first cautious steps in the audition room to opening night - has been one of the best experiences of my life, and I would do it all again in a heartbeat. I must thank Mr Hussey, the wonderful cast, the production and PR teams for being such fantastic people to work with and for making TY such a memorable year.

TY Play brings light back into our lives

The darkness of the Covid pandemic shrouded everyone, but light returned to our lives with the CBC staging of the John Breen classic *Alone It Stands*.

HARRISON O'KEEFFE pays homage to the cast, crew and director.

Days pass by and I still cannot comprehend how such an incredible journey through the world of drama has come to an end. *Alone It Stands* remains one of the most incredible experiences of my life.

Though I am a huge fan of the silver screen, I have always retained a keen interest in theatre. From a young age I had always wanted to understand how this art form worked; to tread the boards - as the thespians like to say - would have remained a life ambition of mine. Following a series of shutdowns and restrictions due to Covid, the TY play, thankfully, was resurrected under the guidance and direction of Mr. Trevor Hussey.

I have learned so much from Mr. Hussey - he is one of life's most humble and inspiring individuals. If ever there was someone to guide us in the right direction in producing one of the greatest plays the college has ever seen, we would have wanted Mr. Hussey. And that's exactly what we got. He is a true CBC hero, and I can't wait to see what's in store for his next big adventure.

The play, written by John Breen, dramatises the story of the 1978 rugby match at the famed Thomond Park in Limerick between Munster and the New Zealand national rugby team, the All Blacks. The plot-line embraces the human story of birth, tragedy and death. Allied to this are scenes replete with comedic action from characters that leave an indelible mark on audiences the world over. The play sheds a light on an Ireland of yesteryear as viewed through

the medium of rugby and the game's ability to bring people together.

After two years of uncertainty and distress due to Coronavirus, a play, performed to a happy audience by an enthusiastic and hardworking cast, is what people needed. Our number one aim as a cast and crew was to put on a great show, but to the forefront of our minds, too, was our desire to bring people back together in the College for two nights.

Alone it Stands provided us with that opportunity to invite the larger CBC community - and beyond - back inside CBC.

Alone it stood as a great production, and everyone was positively impacted over two evenings of unforgettable entertainment.

Thank you, Mr. Hussey!

Serving those in Greatest Need

SHANE RYAN describes the work of Serve, and how CBC students contributed to a successful fundraising drive, raising funds for Zambian school children.

This year's Serve Program was one of the best and most rewarding experiences for the eleven TY students who took part.

Before Christmas, Rory, a Serve schools ambassador, came into the TY year group for a workshop on poverty and climate change across the world. The workshop was both fun and entertaining - it included games and many questions, yet the message of the visit still came across loud and clear.

In January a form was sent out via email to every student in TY about signing up for the Serve TY program. Eleven of us were selected and there began our journey as Serve representatives.

Over the course of the first few months after Christmas, we went to Scala Blackrock, where the Serve offices are based, and we took part in more workshops. Rory organised a day at Penny Dinners Cork, which we all thoroughly enjoyed, and we even asked him if we could go again.

This was an eye-opening experience for us, and proved that the work they do is relied on by so many. After this, we organised a sponsored walk which totalled to three marathons. We each walked 12 kilometres. We were very proud of our work and we raised over €500 from our sponsor cards.

After the walk we met in Scala for the last time and planned our big fundraising event for this year. We decided on a cake sale, collaborating with Mrs. O'Brien, First Year Head. Thanks to donations of cakes from first year students, we raised over €1,200 for fifty schoolchildren in Zambia. These schoolchildren work without desks, which is a basic necessity to learn. Our goal was reached, and we are happy to have been able to raise this money for those boys and girls.

Our journey as Serve representatives is over for this year, but who knows what could happen in the future.

All of this could not have been possible without Rory, and we all thank him for the timeless effort he put into giving us a good experience as well.



Cookery Course a Recipe for Success

Thanks to a placement at The Cookery Cottage, ZACH McGARRY admits that he now has the confidence to cook for himself.

Cookery and baking programmes cram our television schedules, from *Ramsey's Kitchen Nightmares* to *The Great British Bake-off*. And, so, inspired and curious to understand the minutiae of cooking and baking in the white-hot heat of a kitchen, I made it my business to get up close and personal with a group of professional chefs during the TY Activities Week

Mr. Hogan registered a group to attend the Cookery Cottage in Douglas, and while we arrived in the kitchen with a few nerves, we left equipped to handle some of cooking's basic tasks. Early culinary tasks we needed to cover included peeling potatoes so we could make potato cubes. Later in the morning we made some naan bread from scratch to complement the curry we would make later. This involved a careful process of kneading the dough to the correct shape and adding spices.

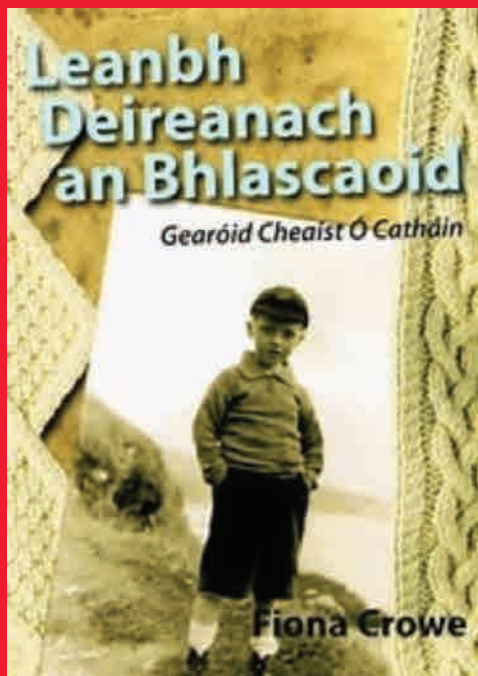
Creating the main chicken curry meal was an interesting experience to say the least. We made the curry which wasn't too spicy, and we cooked this dish with the assistance of three chefs who work in the Cookery Cottage. The chicken curry was then served and complemented by the naan bread.

For dessert we made Oreo muffins first by crushing Oreos into a mix and then putting them into tubes before baking them.

I think the day was quite valuable as I would've never known how to make a chicken curry if I didn't get the opportunity to go to the Cookery Cottage. Now if I ever need to cook for myself, I could possibly cook a chicken curry instead of having to order a takeaway.



GEARÓID CHEAIST Ó CATHÁIN



Ar an 16ú Márta chuaigh mo rang Gaeilge go Gael-Taca chun bualadh leis an údar cáiliúil Gearóid Cheaist Ó Catháin, Blascaodach. Ba mhór an phribhléid dúinn éisteacht leis ag caint faoina shaol ar an mBlascaod Mór i gCo. Chiarraí agus faoi mhuintir an oileáin. Thaispeáin sé a leabhar féin dúinn agus leabhair eile scríbe ag leithéidí Tomás Ó Criomhthain, Muiris Ó Súilleabháin agus Peig Sayers. Bhaineamar taitneamh agus tairbhe as an turas.

le FIONN MANSFIELD

FOOTBALL'S JOY AND PAIN

As a result of Covid-19 there were no soccer competitions last year, and whether there would be any this year was debatable. In the end, it was decided that competitive football should go ahead for this academic year.

Our U17s were handed a very difficult draw in this year's competition, a home-tie against fancied Carrigaline Community School. Played at windswept Mayfield United, it proved to be a game that everyone will remember.

It was important to try and stay in the game as long as possible but that didn't go to plan. Carrigaline had an Irish international in their ranks, and he settled their early nerves with a brace in the first ten minutes.

Another goal on twenty minutes had them in the driving seat with a 3-0 lead. It was important to keep going and to be fair to our lads they tried to get back into the game. Ronan O'Keeffe scored with a great strike just before the interval to give us some hope after some neat interplay between himself, Luke Philpott and Evan Lynch.

Our half time team-talk stressed the importance of netting the next goal, and of course, not conceding at the other end. Ten minutes after the restart Zachary Philpott worked the oracle, finding the net just inside the box after great work from Conor McCarthy and Finn Dalton. This gave us added belief, and we were on the front foot for the next ten minutes. Joe O'Connor, Andrew O'Sullivan and Liam O'Connor combined well to tee up Alex McCaughley, but his effort flashed wide.

Soon after we were in dreamland as some nice passing set Evan Lynch up and his brilliant strike nestled in the bottom corner to incredibly bring us level. We continued to dominate after this and Evan came close to giving us the lead. Carrigaline were hanging on and, unfortunately, caught us on the break to go ahead with minutes remaining. Two more counter attacks cost us dearly as we again chased an equaliser. We fought the good fight but it wasn't to be. This was an early exit and harsh lesson for all involved.

This was the last opportunity for a number of our players to represent the College in Munster, but we have the nucleus of a very good squad for next year in place.

by LIAM HEALY



Back Row (L to R): Jake Hanafin, Liam Kavanagh, Liam O'Connor, Evan Lynch, Zachary Philpott (Captain), Luke Philpott, Darragh O'Connor, Conor McCarthy, Ronan O'Keeffe, Jack Levis, Liam Healy, Nikki Bertocchi.

Front Row (L to R): Harry Walsh, John Walsh, Shane O'Herlihy, Marcus Lambe, Cian Lawless, Joseph O'Connor, Andrew O'Sullivan, Finn Dalton, Alex McCaughley.

EXPERIENCE BANKED IN A SEASON OF FOND MEMORIES

Cork minor hurler, PETER O'SHEA, represented CBC at both Dean Ryan and Dr Harty Cup levels during the 2021/22 academic year. A Dr O'Callaghan Cup triumph bookended a busy season for the Erin's Own clubman, who has fond memories of CBC's Dr Harty Cup win over Midleton CBS.

On our return in September the Dean Ryan Cup was the focus for hurlers in Transition Year. Our opposition in round one was a formidable one - Limerick powerhouse, Ard Scoil Rís, at Glen Rovers GAA Club. On the day, we were overcome by a powerful Ard Scoil side that subsequently reached the decider only to finish second best against a strong St. Flannan's outfit.

Our priority quickly turned towards Midleton CBS, our Harty Cup opener. In preparation for this game, we trained up to three times a week. Sessions were intense and physical with a strong emphasis, too, on the tactical side of the game. We aimed to replicate the high tempo that we expected to encounter against our close rivals. For Transition Year students, in particular, we found that these training sessions were a major step up in intensity for those of us coming from Dean Ryan level.

The workload lightened in the week leading into a Cork colleges' derby that was capturing the imagination of not just the Cork hurling public but of the CBC community: you could sense the excitement building in the school corridors on the morning of the match.

We wanted to start the campaign with a win, especially against near rivals who would enjoy home advantage for this mouth-watering fixture.

We arrived at Midleton GAA Club's ground just under an hour before the throw-in. As we alighted from the team bus, you could see spectators piling into this beautifully-appointed ground. We could feel a tinder-box atmosphere in our bones, and, such was the local interest building around this fixture, throw-in needed to be delayed to allow spectators to enter the venue.

From the first whistle, it was obvious how physical this game was going to be. It was a massive step-up from the pace and the level of intensity we were playing at the beginning of the year. The chants from both sets of supporters created an incredible vibe as we went at it

like gladiators in the Colosseum. On reflection I believe our workrate, focus and those high-intensity training sessions stood to us, and we managed to put daylight between ourselves and CBS towards the end of the game. We came away with a six-point win, but we knew we had been in a real battle. This is what Harty hurling is all about. An experience to savour; a special day for the school, but we tried to train our minds to focus on the next day in this feted hurling competition.

We had secured a quarter-final berth, which saw us pitched against east Clare college, St Joseph's of Tulla. They had qualified after staging a late comeback win against St Colman's, Fermoy, in the round of 16. The early January game was scheduled for Kilmallock.

As the game neared, our training remained at a high intensity as we began to focus on a game plan to counter Tulla's. On match-day, we assembled in the College to discuss tactics before beginning our journey to Limerick. Surprisingly we had little to no support in Kilmallock, unlike Tulla who had bussed the majority of their students to the Limerick venue.

Their support played its part, especially late in the game as Tulla staged a comeback and, thanks to a fortunate goal, the Clare college narrowly advanced to the last four.

We were crestfallen. However, as the days passed, we knew we still had the O'Callaghan Cup as a possible silver lining to the season. The O'Callaghan Cup is an A-grade competition for all the top hurling schools in Cork, and we were drawn to play St Colman's in the semi finals. Both teams were hurting after being on the losing end of late Tulla comebacks in the Harty Cup. Naturally, both teams had a point to prove.



Peter O'Shea gets the ball away against St. Colman's in the Dr. O'Callaghan Cup semi-final in Rathcormac.

From the start it was a physical game, and we were very lucky to beat St Colman's by a point. North Mon AG awaited us in the final in Páirc Uí Rinn. From the start, it was clear that we were the stronger side. We burst into an early lead and managed to hold off a Mon comeback for the duration of the match.

This is the second Senior 'A' hurling title Christians have won, so it was a big achievement for all of us. While this was not the way we had wanted to end our Senior Hurling campaign - the Harty remains our Holy Grail - it was great to finish the season with some silverware for the school.

I enjoyed my experience with the Harty Cup group. My hurling skills, tactical awareness, leadership skills and physical conditioning have progressively improved, and I am already looking forward to the 2022/23 campaign.

Come September, we'll go again. Begin again.



The successful CBC 2021/2022 Dr. O'Callaghan Cup hurling squad, pictured at Páirc Uí Rinn following victory over Gaelcholáiste AG.

“In many ways, this was a successful season”

If the Junior Rugby campaign was an All Ireland League, then CBC would be top of the tree. A narrow provincial final loss does not define this group, according to leading player, RORY COGAN, who played his part in wins over many of Ireland’s premier rugby school teams.

The CBC Junior Cup Team 2021-2022 had a largely successful season, losing out narrowly to the “old enemy” PBC in a tightly-fought final. Only one score separated the teams at the final whistle.

With the pandemic still prevalent in August 2021, there was growing uncertainty as to whether or not we would get to start the season, let alone complete the Cup competition.

Without any formal training for a considerable amount of time, early-season training proved a wake-up call, with all players lacking match practice. Plenty of work was undertaken on both our fitness and skill sets, and it took some time to finally see all the effort paying off. Luckily, winning results were soon seen with all members of the panel benefitting from the hard work.

Unbeknown to us, an early season loss to Pres. foreshadowed things to come.



The CBC Junior Cup squad after victory over Crescent at Musgrave Park.

Constant work and input from all the coaching staff ensured that, as the season progressed, the team secured impressive victories over opposition including a fancied St. Michael’s College team and Blackrock College, both powerhouses in Leinster Schools Rugby. In fact, the only other loss heading into the Cup Campaign was a loss to Clongowes, a match where much chopping and changing of positions was undertaken in order to find the right balance for the upcoming campaign. Throughout this time we were lucky to be able to draw on resources from second to fourth year.

Huge credit must be given to all the coaching staff who selflessly gave their time to ensure that we began to see results and progression in our performances.

The Cup Campaign consisted of a qualifying competition before Christmas with CBC recording impressive victories over Munster CSP, Rockwell and Castletroy, thus qualifying top of their group.

After Christmas the knockout stages commenced, and CBC secured a semi-final spot with an impressive victory over Limerick rivals Crescent College Comprehensive. In the semi-final against St. Munchin’s, CBC played some impressive rugby, securing a final spot against local rivals, PBC.

Injuries to two first-team players in the semi-final gave an opportunity to others to fill the gap for the final with all of the starting replacements seamlessly fitting in, a sure sign of the commitment and work put in by the whole panel throughout the season.

In the final played at Musgrave Park, PBC took an early lead with a converted try. CBC responded with a try of their own to leave us trailing 5-7 at half time.

PBC started the second half in the same fashion as they scored an additional converted try to lead by 14-5. CBC, showing the spirit and heart demonstrated throughout the season, responded with an uncovered try, and, in spite of a few close chances, the time ran out leaving the final score CBC 10 - 14 PBC.

Obviously, spirits were extremely low after the match, with a deafening silence enveloping the dressing room. Although one could argue that it was an unsuccessful season, I disagree. The development of our skill-sets, the growth of our individual leadership capacities and the strengthening of friendships is, in my book, a fantastic season in anyone’s language.

As proof of this, a number of panel members have organised a trip to France during the summer to both build on skills, fitness and, more importantly, friendships. In my eyes that constitutes a successful season.



Rory Cogan demonstrates his athleticism during CBC’s Junior Cup clash with Crescent Comprehensive at Musgrave Park.

Rowing Course a Major Hit with Students

The rowing coaching course and workshop was organised to teach us how to row but also to help develop leadership skills. Rowing experience was not a prerequisite for this hugely beneficial course, and it attracted students who had previous experience and others who had none.

The course featured both active and in-class activities. For the in-class activity we learned about leadership and respect. We watched videos about famous Irish rowers such as the O'Donovan brothers from Skibbereen who hold both gold and silver Olympic medals.

For the active segments, we went to the school gym, where we were taught how to row correctly along with how to effectively warm up before exercise. On the rowing machines, we did a couple of relay races, to try and simulate what it is like to race on water.

I thought that this course was very helpful - it taught us basic leadership skills, correct posture and technique when in a boat, and how rowing is beneficial to our well-being and sense of self.

by **ALEX O'BRIEN**

DISCOVER CORK SCHOOLS' HERITAGE PROJECT

Earlier this year, Mr. Ronan O'Donovan's History group took part in the Leaving Cert. Individual Category of the 'Discover Cork Schools' Heritage Project' organised by Kieran McCarthy and the Cork City Council. Both myself and Jack O'Callaghan were lucky enough to be chosen as first and second place winners respectively in this category.

Why I Chose This Project

Growing up, I often found myself visiting Fitzgerald's Park. Whether it may be through family walks attempting to stop my dog from barking at the ducks in its central pond or playing in its playground while waiting for my sister to finish in the Marydyke Arena sports centre. It was a mainstay in my childhood and was always a favourite location of mine within the city.

However, it was not until 1st year in which I was informed of its history. Following a school trip to the Cork Public Museum in the park, my dad told me about the world trade exhibition for which it was constructed. The thought of such an event happening, something I had thought reserved for giant metropolises, in my city always enthralled me so when I was given the opportunity to research and write about something about Cork that interested me, it was a no-brainer.



My project was entitled "Fitzgerald's Park & The Cork International Exhibitions". I chose this topic because I felt as though Cork's International Exhibitions of 1902 and 1903 were major events in the city's history of which very few people today are aware. I had first heard of the exhibitions following a Heritage walk to the park and museum I had made with the school in First Year.

The exhibitions were major international events, visited by King Edward VII, featuring exhibits of radium, an element that had only been discovered four years prior to that point, as well as halls showcasing Irish engineering and industrial achievements. They also served as major

tourist attractions with early roller coasters and zip wires on show as well as a skating rink, concert hall, and a huge "water chute" which led into the Lee on the site on which the "Shaky Bridge" or Daly's Bridge stands today.

As part of the project we had the choice to make a model or short film relating to our topic. While I was researching the exhibitions, I discovered that a company from England called Norden Films had filmed much of the event and this footage still existed today. I decided to use this footage in my short film. I filmed from the spots Norden had placed his camera all those years ago, and my final cut showed how Fitzgerald's Park and the entire city had

changed in the 120 years since the exhibitions.

I was lucky enough to be able to locate many of the Norden shots using OS maps and I included notable buildings such as Sunday's Well Boating and Tennis Club's rear dock. The filming took me all over the city, from the Lower Glanmire Road to the Mardyke, and gave me an opportunity to see exactly how much the city has changed - and how much of it has remained the same - in the century since.

by **PAUL SCANLAN**

The Idea

In 1901, then Lord Mayor Edward Fitzgerald proposed the idea for an International Exhibition in the city to showcase trade, engineering, sport and to put Cork on an international stage.

Cork had previously hosted exhibitions in 1852 and 1883 but the 1902 exhibition was set to dwarf them.

Due to the immense success of the 1902 exhibition, another was held in 1903.



Guidebooks for the exhibitions



Lord Mayor Edward Fitzgerald

The Exhibition Grounds & Its Buildings

The International Exhibition was situated on a massive 44-acre area of reclaimed marshland at the Marydyke. The grounds hosted a large variety of exhibitions and structures, most all of which were designed by Henry A. Cutler. Many of the most notable exhibitions were housed in 170,000 square foot Industrial Hall, one of the most important exhibitions was the Women's Section which displayed a "comprehensive exhibition of what is being done today in this collection by women of all countries". Another main attraction at the event was the specimen of radium, found only 4 years prior. Following the 2nd exhibition, many structures were auctioned.



Workers pictured outside of the construction.



Illustration of the exhibition grounds featuring such landmarks as the Concert Hall Industrial Hall and Water Chute.



Map of the grounds of the 1903 exhibition.

The Water Chute: Then and Now



Then



Now

Fitzgerald's Park & Culture

Today, Fitzgerald's Park no longer serves as an advertisement for international trade or as a tourist fair but as a cultural hub within the city.

This is perhaps best seen in the change in use of the Lord Mayor's Pavilion built for the exhibition. Originally, the building was used to host distinguished guests attending the fair. Today, it is used to showcase the work of local artists and photographers on a public stage.



This can also be seen in the Pavillion of Light Bandstand. Taking inspiration from the Grand Bandstand seen during the exhibition. The new bandstand serves to publicise local music.

Daly's Bridge

One of the most iconic features of the park as it stands today is Daly's Bridge, or the "Shaky Bridge" as many know it, constructed on the site of the original Water Chute, one of the most iconic features of the original fair. It was unveiled in 1927 and constructed by the David Rowell & Company bridge builders.

It is named after James Daly, a Cork businessman who funded the construction. It is the only suspension bridge in the city and spans nearly 50m.

It was recently renovated and reopened in December 2020, though the engineers have insisted it has retained its iconic shake.



My Short Film

<https://youtu.be/alcs8o5Qbu8>

My short film "1902 Cork International Exhibition: Then & Now" is free to view for all on YouTube.

I uploaded it to YouTube as I believe it is an important event in Cork's history which many people, particularly young people, are unaware of and I feel it is the best way in which to make my work as widely accessible to as many people as possible.



1902 Cork International Exhibition: Then & Now

32 views · 1 day ago



Nobody is safe, until everyone is..

JONATHAN WALSH was the winner of the 2022 ActionTalks National Speech Writing Competition. ActionTalks is a national speech writing competition run by ActionAid, open to all students aged 14 to 17 year olds. Jonathan received a specially-commissioned trophy and a €500 One4all Voucher. Chosen from over 130 entrants, and following victory in the regional finals, Jonathan delivered his speeches in historic Wood Quay Dublin to a panel of expert judges. It was the first in-person final of the competition since 2019.

This is the text of Jonathan's winning speech:

"Today, I'm going to talk to you about the regression of humanity into a tribal mind-set over the last 2 years, which has prolonged the Covid-19 pandemic, and could do much worse in the future.

We all know the story of Covid; the first few cases, the 2-week break from school and work which turned into months, and the sudden evolution into a global emergency.

In wealthy countries, people battened down the hatches and waited, supported through online working, social security payments and public health guidelines. However, in lower-income countries this was simply not an option. Breadwinners with no financial support had to work, putting billions of people with no other choice in the virus' line of fire, and causing hundreds of thousands of deaths.

The economic destruction of the pandemic pushed millions under the poverty line and sewed chaos among the world's most vulnerable. When aid for these people was needed the most, it disappeared, as wealthy countries cautiously saved money, fearing and preparing for the worst. After a long year of this nightmare, a glimmer of hope emerged: The vaccine. However, it quickly became obvious that there was more to this lifeline than met the eye. Limited supplies were snapped up by the same wealthy countries, buying enough doses to vaccinate their population multiple times over.

As vaccine campaigns rolled out across the developed world, Covid-19 showed no signs of slowing down elsewhere. Despite this, developed nations lounged on their piles of life-saving vaccinations, and watched.

The consequences of this greed made themselves known when the Delta variant plunged India into an apocalyptic crisis and began to spread around the globe, causing a surge in illness even among the vaccinated.

The rise of other variants such as Omicron, has served as further proof of the obvious that world leaders still have not realised; Covid-19 is an international problem, which can only be solved using international solutions. By denying vaccines to huge amounts of the world's population, it is only a matter of time before one random mutation adapts to our defences and bypasses all progress we have made.

Nobody is safe, until everyone is. Not only are billions suffering unnecessarily because of this ignorant gluttony, wealthier countries themselves are not benefiting from it, inviting the virus to go back to the drawing board before launching another assault. Although in Ireland and much of the global North we have moved past coronavirus restrictions, our complacency will be our downfall if we allow Covid-19 to continue its ravaging of the developing world. In Ireland, over 80% of people are vaccinated against Covid. In Nigeria, that number is 4.4%. By allowing billions of people to remain unvaccinated, we constantly run the risk of an unpredictable mutation bringing us right back to square 1. If we want to finish off this pandemic once and for all, we will have to accept the nonnegotiable condition of international aid and donations of vaccines to developing countries.



Karol Balfe, CEO ActionAid, presents Jonathan Walsh with his winner's certificate.

And we shouldn't stop there. Improved international relations will allow us to vanquish this virus, but will also be invaluable when solving the titanic problems currently facing mankind. For example, without trust between countries, no nation will postpone economic growth while sustainable energy is advanced, in fear that others will get ahead. This would doom life on Earth as we know it. A future where each country has access to weapons of extreme power is fast approaching, with nuclear weapons and emerging technologies. I am sure I do not have to remind anyone of the current conflict in Ukraine which threatens the entire world, should these weapons be used. Man has always been strongest when united.

Whether the superpowers of today like it or not, as the world becomes more connected than ever, we will have to mature past our current infancy, and begin to think of humanity as one community, not as divided nations and survival of the fittest.

Governments will not be able to ignore this necessity for much longer, and the best place to start is right here and now. The developed world must see the bigger picture and give a helping hand to the billions worldwide who are struggling, not only through vaccinations in this pandemic, but through the development and growth of economies and societies. As humanity progresses through globalisation into a new stage of international existence, and international challenges, we cannot afford to leave anyone behind. You and I, as individuals, can only ensure this does not happen if we stand as one. Use your vote to elect open-minded, forward-looking politicians who will serve not only their own countries, but mankind as a whole. Consider donating to charities such as COVAX or the UNICEF Vaccine Fund. Spread awareness and make yourself heard about this issue affecting not only those in poverty, but humanity and our very existence. When the future historians of the world look back upon this critical time, do we wish to be recognised as those who did the right thing, or ridiculed as those who didn't? Thank you."

*For more on Action Aid see [actionaid.ie](https://www.actionaid.ie)



A delighted Jonathan Walsh raises the specially-commissioned trophy after winning the National Speech-writing Final in Dublin.