

# IRELAND'S **BIG** **ISSUE**

Digital Edition  
Sept 2024  
Is 303 Vol 22

## Israeli Land Grab

Israel's actions are part of a strategy to expand Israeli control and undermine the prospect of a Palestinian state



### **Brendan Taylor:**

#### **Triumph over Adversity**

“I was homeless, living in a tent in a field in Tallaght now I’m playing soccer for Ireland.”

### **Olympic Comedown:**

Imagine going back to your daily life again.

### **Ingrid Bergman:**

The Scandal that Rocked Hollywood

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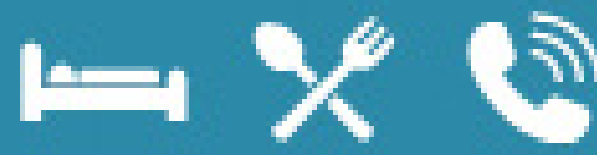
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Your support, however, will enable us to continue **highlighting under-represented voices & continue bringing you justice-driven journalism.** Proud supporters of Irish Homeless Street Leagues.



**Congratulations and best wishes to the players chosen to represent Ireland at the Homeless World Cup Seoul 21-28 Sept**

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9am to 1am Saturday and Sunday

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# Going Forward: A New Challenge

The Covid-19 pandemic has taken its toll on us, like it has on many other magazines, organisations and businesses globally.

Unfortunately we are faced with a landscape that has irreversibly changed since the Big Issue first hit the streets in 1995. To meet this challenge Ireland's Big Issue must also change.

We have reluctantly decided, albeit with a heavy heart, to host the magazine digitally only for the foreseeable future.

From now on, Ireland's Big Issue will focus our support on the Irish Homeless Street Leagues. This volunteer-driven, non-profit has been using the power of sport to transform the lives of men and women who've found themselves affected by social exclusion all across Ireland - north and south. By continuing to support the magazine online you'll be helping to develop resilient individuals and stronger communities, connecting people and promoting equality and diversity, inspiring and motivating those affected by social issues.

We will also be adjusting the content to reflect the times we live in whilst endeavoring to provide an informative and enjoyable read.

We thank you for your support to date and ask that you continue to help us. As there is no charge for Ireland's Big Issue we do need your support to continue highlighting the issues that impact our lives and bring you a truthful, balanced view of what is happening in our world.



*For as little as a cup of coffee (€3) you can subscribe.*

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‘Olympic comedown’ is a common ailment after the games – here’s what it is and how athletes cope, Helen Owton reports.



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The ‘Proclamation of the Republic’ was read in front of the General Post Office (GPO) in Dublin on Easter Monday of 1916. Over the next series of editions, Liz Scales will delve into the lives of each of the signatories. This issue, we focus on Seán MacDiarmada - described as ‘the mainspring’ of the Rising.



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# Letter to my Younger Self - *Bea Fitzgerald*

**E**ach issue we ask a well-known person to write a letter to this 16-year-old self. This issue **Bea Fitzgerald (27), an award-winning author, Sunday Times bestseller and content creator takes on the challenge. When she's not writing, Bea entertains her followers on TikTok and Instagram with her mythology-themed comedy account @chaosonolympus.**



When I was sixteen, I had a note on my phone of a list of reasons to stay alive. Amongst them, things like ‘to see the new Thor film’ and ‘to read the next Rick Riordan book’. They felt embarrassing – foolish reasons so small and petty in comparison to what they were keeping me from. But, I decided, there was never too small a reason to keep going.

As a fandom-obsessed teenager, I really think that liking things saved me. Liking things with passion, intensity and a borderline obsession. At the time, it was cool not to like anything at all, but I’ve always been someone who doesn’t know how to like things casually. Everything I’m interested in consumes me, and, back then, it sustained me too.

**As a fandom-obsessed teenager, I really think that liking things saved me.**

Looking back, there were plenty of reasons for my depression, but being the rational and logical teenager I was, I decided it was simply a chemical imbalance in my brain that antidepressants could surely fix. But, amongst other things, I was also under a tremendous amount of pressure that I felt was normal. As ludicrous as this may sound, I really truly felt that if I failed my A Levels, then life would not be worth living. My entire future hinged on these exams, and university places and everything I wanted from the future was dependent on academic success.

It’s a belief that didn’t come from nowhere. I went to a school that ranked academia above everything else, a school where it was common to see students having panic attacks in hallways or crying in the bathrooms and where disclosed and diagnosed mental illness were referred to as ‘not handling things well’. My school was an extreme experience of something that is a rampant problem: the obscene pressures we place on young

people, and the way we demand life changing decisions of them when, often, they're still figuring out who they are, let alone what they want to do.

It's something I've ensured I centre in my Young Adult books. I was so used to reading books about characters fighting to be who they are, and I wanted to write books about characters who just want a little bit more time to work that out. *Girl, Goddess, Queen* is a fantasy romance, so while not all teenage pressures are going to result in running away to the underworld and blackmailing the king of it to give you sanctuary, I certainly think it's emblematic of that desire to escape your life for a little while, of a desperation to just press pause.



Mythology has been a lifelong passion of mine. I'm mildly obsessed with the idea that people have always been people – of jokes in ancient texts that are still funny, centuries old graffiti that I could see someone painting today and of stories that are told and resonate through millennia.

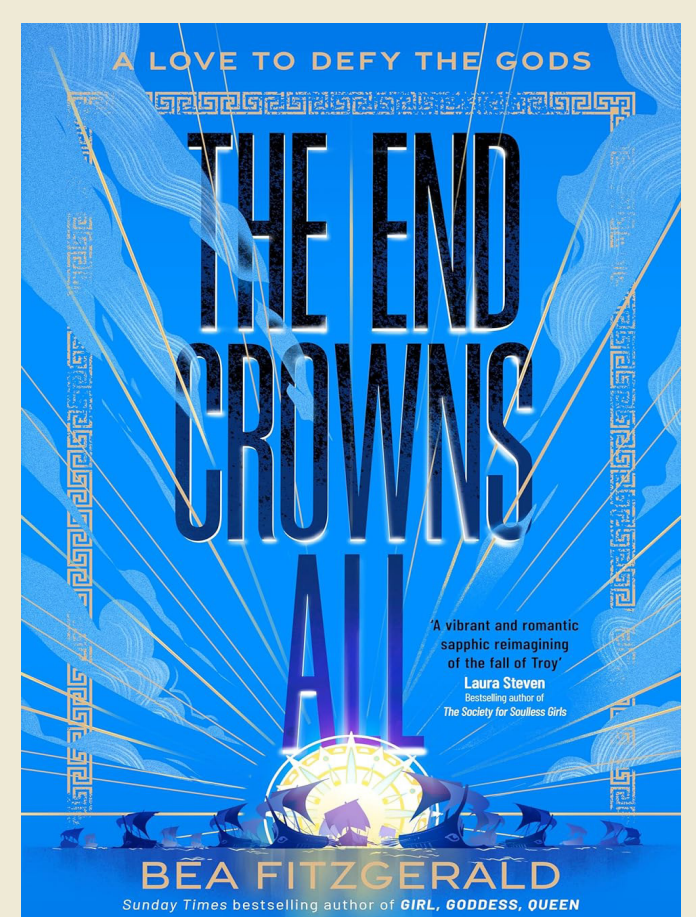
**diagnosed mental illness  
were referred to as 'not handling things  
well'.**

The feeling that people have survived so many things, and I can get through this too. Connecting to one another through story is a beautiful thing. There's something particularly fascinating about the way we are drawn to ancient stories – as the success of recent Greek mythology reimagining can attest. And I love exploring the modern teenage experience within this ancient setting. I write the stories I wish I'd had as a teenager – aggressively hopeful reimaginings that explore the things I needed to see. Queerness, neurodivergence and, of course, mental health. *The End Crowns All* is a sapphic reimagining of the Trojan war, but Helen and Cassandra both have their own struggles with mental illness. Helen weighed down by a history of depression and Cassandra suffering with visions that are symbolic of the loud, disruptive parts of mental illness – the kind media does not romanticise away as quaint and quiet, a suffering that is beautiful. And the characters react accordingly – some with anger at her refusal to be 'normal' and some with the fierce protectiveness and love that I needed to see on the page.

I write so that the young people who need it now can find it. My Young Adult books are filled with teenagers with too much weight on their shoulders and overwhelming feelings running through their minds, fighting for the right to a childhood our society so often snatches from them. And still, stories that are first and foremost fun and uplifting. Stories that are entertaining.

I came back to my obsessions, to the things that I clung to even when an insidious illness was taking everything from me. My unapologetic love of things saved me – and giving license to my love of mythology, to be creative within it, saved me too. And I hope it can be there for readers too.

**Bea's new book *The End Crowns All* (Penguin) is available in all good bookshops, online and on Audible.**



# **Record Israeli Land Grab**

## ***Fuels Already Soaring Tension in the West Bank***

Israel has reportedly approved its largest seizure of land in the occupied West Bank in over three decades, according to a report released on July 3 by Israeli anti-settlement watchdog, Peace Now. The seizure involves more than 12 sq km of land in a key corridor bordering Jordan. Serag El Hegazi reports.

In 1987, there were 60,000 Israeli settlers living in the West Bank (excluding East Jerusalem). This had grown to 247,300 by 2005 and 465,400 by 2021.



Land that is privately owned by Palestinians in the West Bank can be declared as “state land” by Israel and subsequently seized. One of the primary outcomes is the establishment or expansion of Israeli settlements on the land, which are widely considered illegal under international law.

According to the Israeli authorities, the recent land seizure is necessary for “security and development”. However, a spokesperson for the UN, Stephane Dujarric, called it “a step in the wrong direction”, adding that “the direction we want to be heading is to find a negotiated two-state solution”.

**Land  
that is privately owned by  
Palestinians in the West Bank can be  
declared as “state land” by Israel, illegal  
under international law**

The move follows a series of similar land grabs so far this year. Israel seized 2.6 sq km of land in the West Bank in February, and a further 8 sq km in March. These actions are part of a strategy to expand Israeli control of the West Bank and undermine the prospect of a Palestinian state.

There has been a massive expansion in the number of settlements over the past three decades. In 1987, there were 60,000 Israeli settlers living in the West Bank (excluding East Jerusalem). This had grown to 247,300 by 2005 and 465,400 by 2021.

These numbers look set to accelerate further. The Israeli government, led by Prime Minister Benjamin Netanyahu, is heavily backed by a coalition of right wing, ultranationalist parties. And many of its ministers have made the establishment of Israeli settlements in the West Bank a priority.

On June 28, far-right finance minister Bezalel Smotrich was quoted saying: “I will bring 1 million settlers. One settlement for every country that recognised Palestine as a state in the last month. This is their punishment.” Smotrich, who is himself a settler, has previously said his “life’s mission is to thwart the establishment of a Palestinian state”.

Many Israelis do not class these settlements as illegal. They view them as integral parts of ancient Israelite kingdoms and as a significant part of Jewish history and identity. However, the seizure of Palestinian land on such a large scale has historically always led to violence.

The second intifada, for example, was a major uprising by Palestinians that occurred between 2000 and 2005. It took place against the backdrop of the refusal of successive Israeli governments to abide by the Oslo accords and end the occupation.

But the groundwork was laid years before by the fast expansion of Israeli settlements. The number of Israeli settlers increased by at least 117% percent in Gaza and 46% in the West Bank in the period between 1993 and 1998.

The second intifada saw a significant escalation in hostilities between Palestinians and Israeli settlers. This

included a wave of deadly suicide bombings and armed confrontations, which prompted the Israeli military to respond with force. Over the course of the second intifada, violence led to the deaths of an estimated 3,000 Palestinians and 1,000 Israelis, with thousands more injured.

finance minister Bezalel Smotrich was quoted saying: “I will bring 1 million settlers. One settlement for every country that recognised Palestine as a state in the last month. This is their punishment.”



### **Rising settler violence**

Since the start of the ongoing war in Gaza, Palestinians in the West Bank have increasingly become the target of violence by Israeli settlers. The UN reported that attacks on Palestinians in the West

Bank surged in the weeks following the October 7 attacks.

At least 115 people were killed, more than 2,000 were injured, and nearly 1,000 others were forced from their homes, citing violence and intimidation by Israeli forces and settlers. The new moves by the Israeli government to expand its control of the West Bank have only inflamed tensions further.

**These actions are part of a strategy to expand Israeli control of the West Bank and undermine the prospect of a Palestinian state**

Amid rising violence, outgoing Israeli major general Yehuda Fuks condemned what he called “nationalist crime” that was undermining Israel’s reputation internationally and sowing fear among Palestinians “who did not pose any threat”.

By condemning the land seizures and settlement expansions, global bodies such as the UN and the EU could increase diplomatic pressure on the Israeli government to change tack. But, for now, it looks to be stepping up its efforts to claim more of the West Bank.

In February, former Israeli prime minister Ehud Olmert wrote that the Netanyahu government’s “supreme aim ... is not the occupation of the Gaza Strip”. In Olmert’s view, “Gaza is just the introductory chapter, the platform this gang [the Israeli government] wants to build as the foundation upon which the real fight they are eyeing will be conducted: the battle for the West Bank and the Temple Mount.”

The expansion of settlements is part of this.

**First published on The Conversation**


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**Congratulations and best wishes to the players chosen to represent Ireland at the Homeless World Cup Seoul 21-28 Sept**

Micheál  
**Martin TD**  
Tánaiste & Uachtarán Fhianna Fáil

*Best Wishes  
to the teams  
representing  
Ireland in the  
Homeless World  
Cup in Seoul*



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**CATHERINE CONNOLLY**

**Independent TD**

*Best of luck to all our players competing  
in the Homeless World Cup, in Seoul.*



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*“Best of luck to the Irish  
teams in the Homeless  
World Cup, Seoul, 2024.”*

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# Brendan Taylor

## From Crack Addict to Counsellor

**B**rendan Taylor is enjoying life, he's working in a job he's passionate about, has a good relationship with his children and will be on the male team representing Ireland at the Homeless World Cup in Korea in September, but life has not always been so buoyant. Samantha Bailie-McMurdock reports.



Brendan is incredibly likeable. Chatting before the interview his boss pops his head around the door and teases him amiably about being interviewed, "Awww stop your slaggin'" Brendan jokes as his boss wishes him good luck and closes the door.

It's evident Brendan loves his job and the team he works with, supporting addicts on their road to recovery. This is not casual employment for Brendan but "my opportunity to give back" as for many years Brendan was directionless as he battled drug addiction, homelessness and frequent spells in prison.

"I  
always felt better  
when kicking a ball...  
no matter what was happening"

Brendan grew up in Dublin's city centre, the eldest of a family of seven (four boys and three girls) and moved to Tallaght when he was 10 where he's resided for the last 40 years.

Attending St. Brigid's and St. Aidan's schools Brendan "hated classes" but "lived for playing soccer". Life was not easy,

"From the age of 7, I always felt better when kicking a ball... no matter what was happening, having soccer made everything better. I grew up watching The Dubs at Croke Park from I was small, it was something we did together as a family so it just cemented everything I loved about football."

When Brendan was still at primary school devastation struck when his little sister died of Leukemia,

"My sister was born in Oliver Bond flats just before I turned 10 and the following May (when she was 10 months old) she died of Leukemia. It was a difficult time."

**I can't imagine the impact that would have had on your mother.**

"She's the rock of the family. Sadly she had to go through the trauma of losing another son three years ago when my brother was killed in a car accident. It brought everything back to my mam... to all of us. Mam has really stayed strong for the rest of us."

### Refuge in Football

During these difficult times Brendan sought refuge in football,

"Isn't it strange but there was a real comfort in football... I remember being 10 and being told my sister had 'just passed' and I remember asking 'passed where'... I was too young to know that this meant my sister was completely gone.... I remember asking,

## **‘Can I still go to my football match?’**

I knew something was very wrong in the family, something really bad had happened yet I knew football would make me feel better...”

When Brendan left school he took on two jobs, one as a lounge boy, the other in a factory,

“I worked two jobs so was working seven days a week for two-and-a-half years and then things fell apart.”

## **What caused this?**

“Back then [in the early 90’s] we all had money, there was plenty of work about and life seemed great. There was this great rave scene and drugs were all the rage. I worked hard and loved going out dancing and taking Es.”



## **Was Ecstasy your gateway drug?**

“Yes... it didn’t take long until I was smoking heroin to come down off the Es. I wish we’d had the education back then there is now.”

## **How so?**

“Well, we now know that heroin is a different ballgame altogether.... Nobody should touch it. I started taking it and it progressed instantly ...It takes your life over. I remember going into treatment at 25 desperate to get off it and this went on for years - repeatedly in and out of treatment centres trying to kick heroin.”

**“Sadly  
I discovered crack  
cocaine.... If heroin was bad, I’d no  
idea how much worse life could get with  
crack.”**

## **You wanted to get clean, what stopped you each time?**

“I was fooling myself. I’d go back to the drugs thinking, ‘I can get clean another time.... The drugs are making me do this and I’m in control, I can stop it anytime’. The thing is, you can’t and you do need help but you’re in denial.”

## **But then your life took another downward spiral didn’t it?**

“Sadly I discovered crack cocaine.... If heroin was bad, I’d no idea how much worse life could get with crack. Crack is a different level entirely and will lead you to do the most awful things - even worse things than you did on heroin to get it. I’d have stepped on my own kids to get my hands on it...a person will do anything - absolutely anything for crack. I robbed houses, I did shameful things and if the crack dealer next door had the stuff and I’d no money, I’d rob him... I didn’t care that these people knew where I lived and could knock down my door to get my kids.... Nothing mattered to me except the crack. Crack cocaine operates differently in the body and that’s where the big problems come in.”

## **How do you mean?**

“Well, you get physically sick coming off heroin but coming off crack cocaine is akin to mental torture.... It’s so bad in your mind and I can’t even express in words just how torturous it is being in your own head and not being able to escape the anguish in your mind coming off crack.... I’ll never forget it.... Kids need to know that this is not glamorous, this is not fun.... This is not how you have a good time.”

## **You've been in and out of prison.**

“Yes and even now I live with the shame of knowing how stupid I was. I sometimes think of the things I did and shudder because these are things I would never dream of doing now.... Looking back with a clear mind I can see how drugs affect even the most rational thinking and moral people as your behaviour and what you deem acceptable no longer guides you - you're being controlled by this drive for these substances.



“To give you a better idea of how much worse crack is than heroin ... and let's face it, heroin is awful; with heroin I was still able to take care of my kids as long as I had methadone but with the crack cocaine addiction I lost my children - they were taken off my partner and myself and put into care. I also battled homelessness for the next two-and-a-half years and was then homeless on and off for the next fifteen or so years.”

## **You were in and out of treatment centres, what finally clicked with you to stick with it and get clean?**

“I was homeless, living in a tent in a field in Tallaght. I just wanted to lie in there and die, I really did. I remember one night in the tent praying ... I was desperate. I could see no way of living, no hope and no way of ever getting out of this rut and I remember a couple of nights later I saw two women walking across the field with torches, they had a McDonalds bag and a cup of coffee; as they got closer I could see it was my sisters. They took me home and had a treatment centre arranged for me three days later. I was determined - I knew I needed help, I knew I needed to fight for a life and I took every bit of help offered to me. I haven't looked back. I had a different outlook this time.”

**“I was homeless, living in a tent in a field in Tallaght. I just wanted to lie in there and die.”**

## **What had changed?**

“I was willing to surrender everything... the drugs, the life I was living... I was willing to accept I was not living a productive life. Another thing that changed this time was - I really, truthfully wanted help. I wasn't going to a treatment centre to avoid or reduce prison time or for any other non-genuine reason... I was going because I was ready to hold my hands up and say 'I can't do this alone... I need help and I want to change for good.' I also accepted fellowship support in recovery, as often when you leave the centre things can become more difficult... having that fellowship support is crucial - certainly for me. I also discovered the Street League on Pearse Street and the support and camaraderie I received there showed me that I was not the only person battling things in life - many other people were and seeing others overcome life's hurdles helps enormously when you're fighting your own.”

## **How do you push through on difficult days?**

“On those days I don't want to do the meetings but those are the days I make myself ... saying no is not an option.... My mind knows now - even if it's tough, we're going to that meeting. During times of stress, like if something's going on with the kids, my thinking can revert back to old patterns and those are the times when I have to be very strong and forceful with myself because there's no way I will ever walk those dark paths again. Of course I get the thoughts 'You know what would take that feeling away' and I have to remind myself that yes, for a while that drug will numb that feeling but long-term it is not the answer. Of course football also dovetails with this and our coach Graham Tucker and the other guys at the Street Leagues have helped and encouraged me in so many ways. I'm very grateful.



**You become your own therapist of sorts.**

“We learn the tools but must be strict applying them and I’m very strict with myself, I have to be as I’ve had years of bad habits and my mind automatically wanders to what’s easiest - these habits built up over time and now must be erased over time. You must act your way into a new way of thinking, not think your way into a new way of acting because the disease of addiction is a thinking disease. I’ve had to come to terms with the fact that my past is not who I am - my past was a result of my addiction but I must always stay on top of that. To kick a habit like I had you must be willing - willingness if everything.”

**“if football is your thing, head along to the Street League because ‘ A ball CAN change a life’.”**

As we finish our chat Brendan is excited for the 50th birthday party his family have organised for him and tells me how blessed he feels to have his six children back in his life again,

“I feel so lucky... I’m even a granda now. I have my life back. I have a purpose and I feel good about myself again. I have a story to tell and I hope I can help even one person out there with it. I would tell anyone out there to go and ask for help and if football is your thing, head along to the Street League because ‘ A ball CAN change a life’.”

**To learn more about the Irish Homeless Street League:**

**<https://irishstreetleague.com>**

# Budget Airlines

**Budget airlines make money from extra charges, but savvy travellers benefit too**  
**Renaud Foucart reports.**



If you're about to jet off on a summer flight, the chances of you having secured a bargain at this peak time of the year are slim. And as well as the cost of your tickets, you may have grudgingly paid various amounts on top for your bags, your choice of seat, and the chance to be one of the first to board.

So you may well be pleased that the Spanish government recently imposed a €150 million (£128 million) fine on four budget airlines – Ryanair, easyJet, Vueling and Volotea – for adding on these kinds of fees. Among the practices under investigation were charges for bringing cabin luggage and for parents to sit next to their children.

**commercial airlines tend to use a method called “yield pricing”, which means increasing the price of tickets as the plane fills up**

And so continues our love-hate relationship with cheap flying. Many of us enjoy the relatively low prices and convenience, but resent the lack of leg room and having to pay for these “extras”.

Europe as a whole seems to take a similarly conflicted view. Notwithstanding the Spanish fine (which is subject to appeal), national governments have resisted calls to end the privilege of tax-free fuel for planes. This is despite air travel accounting for around 2.5% of CO<sub>2</sub> emissions and 4% of global warming.

Regional airports around the continent even compete to offer the likes of Ryanair subsidies in the hope of attracting the revenue that tourists deliver.

Meanwhile, those airlines have found new ways to bring in more revenue of their own. When low-cost airlines first took off in Europe in the 1990s, the increase in available flights led to lower prices for everyone.

The sector subsequently streamlined its operations to ensure that planes fly almost without interruption (planes on the ground cost money), while reducing passenger comfort to the basics and cutting staff pay.

When it comes to selling tickets, commercial airlines tend to use a method called “yield pricing”, which means increasing the price of tickets as the plane fills up. For instance, the first ten economy tickets for a flight to Corfu might cost £20 each, while the next 20 cost £50, and any remaining ones sell for £100 each.

Yield pricing is a form of price discrimination, offering different deals to different consumers. And to complicate matters further, low-cost carriers often use the well-known practice of advertising their flight with the cost of the cheapest option.

Once consumers are reeled in by this price (which may not be available), they will then see charges for choosing a seat, bringing luggage, and flexible booking options. There will no doubt also be options to add on insurance, a meal and car rental.

This kind of selling can be profitable. After finding the ticket options they want, few consumers start comparing the prices of other services with other providers again.

But yield pricing and charging for add-ons are not illegal, and nor do they necessarily harm consumers. Those who really want to save money make sure to book early, only take hand luggage, and wait longer to board the plane.

Others pay more because they can afford to. If consumers understand all the rules, then authorities primarily need to ensure there is enough competition, so that one airline doesn't dominate the market – and pricing. The European Commission banned Ryanair from buying its competitor Aer Lingus for this very reason.

But there are limits. In the Spanish case against four airlines, the government ruled it was unreasonable to expect passengers not to carry hand luggage, nor to sit far away from their children, and that any related charges should be made clear at the beginning of the booking.



### Up in the air

This followed a principle already determined by the European court of justice: that all unavoidable charges should be made clear to consumers at the beginning of the booking process.

For instance, if there is an “online check-in” charge, but no option to check in for free at the airport, this is not really an extra, just a way to hide part of the price. The same applies to adding VAT or credit card fees later on in the process.

**an elderly couple charged £110 because they had printed out the wrong boarding pass.**

Research shows that advertising tax-free prices and only adding VAT at the end makes consumers buy more than they would have if they had known the full price in advance.

Research also suggests that opaque options and add-ons negatively affect consumers who are not “savvy” enough – like an elderly couple charged £110 because they had printed out the wrong boarding pass.

**Spanish government recently imposed a €150 million (£128 million) fine on four budget airlines – Ryanair, easyJet, Vueling and Volotea – for adding on these kinds of fees.**

More attentive consumers benefit from these kinds of mistake. In a competitive market, that £110 charge can end up subsidising discounts enjoyed by other travellers. And there is evidence that savvy consumers generally benefit from the extras paid by others.

So, travellers who pay for the cheapest tickets on a plane are being subsidised by those who fork out for the more expensive flights sold when the plane is nearly full. And they are subsidised again by all those baggage and early boarding fees.

As a general rule then, those who book earliest, travel the lightest and plan ahead most will pay the least. But if the courts continue to favour price transparency and competition, those of us who are less organised may start to benefit.

In fact, when consumers are better informed about the choices available, they may even find that “budget” airlines don’t always offer the best deals at all.

**Author: Renaud Foucart**

**Senior Lecturer in Economics, Lancaster University Management School, Lancaster University**

**Congratulations and best wishes to the players chosen to represent Ireland at the Homeless World Cup Seoul 21-28 Sept**

**Dublin City is YOUR City**

**Dublin City Council  
Sport & Recreation Services**

<https://www.dublincity.ie/residential/sports-and-leisure>

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- Tony Gregory Community, Youth & Sports Centre, Ballybough, Dublin 3. (01) 2228584
- Sports & Fitness Ballyfermot, Le Fanu Pl. Ballyfermot, D10. (01) 2228580
- Sports & Fitness Ballymun, Main St Ballymun, D9. (01) 2228240
- Cabra Parkside Community & Sport Complex, Ratoath Rd, Cabra, D7. (01) 2227559
- Clogher Road Sports Hall, Clogher Road, Crumlin, D12. (01) 2228504
- Clontarf All Weather Pitches, Ailín Byrne Road, Clontarf, D3. (01) 2226578
- Sports & Fitness Finglas, Malins Rd, Finglas, D11 (01) 2228620
- Glin Road Sports Hall, Costock, D17. (01) 8478177
- Inchicore Community Sports Hall, St. Michael's Estate, Off Biddin Road, Inchicore, D8. (01) 2228562
- Sports & Fitness Irishtown, Irishtown, D4. (01) 2228801
- Sports & Fitness Markievicz, Townsend Street, D2. (01) 2226130
- Poppintree Sport & Community Facility, Balbutchar Lane, Poppintree, D11. (01) 2223985
- St. Catherine's Sports Centre, Marrowbone Lane, D8. (01) 2227542
- Cooleck Swimming Pool, Northside Shopping Centre, Cooleck, D17. (01) 8477743
- East Wall Water Sports Centre, Alfs Byrne Rd, D3. (01) 2225579
- Municipal Rowing Club, Longmeadows, Islandbridge, D8. (01) 6779746

**Congratulations and best wishes to the players chosen to represent Ireland at the Homeless World Cup Seoul 21-28 Sept**

**HOMELESS WORLD CUP**



**SEOUL 2024 KOREA**

BEST OF LUCK TO

**TEAM IRELAND**



**Labour**

**Paul Murphy TD**

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A voice for workers' rights and eco-socialism



**PEOPLE BEFORE PROFIT**

**FORSA**

Ireland's largest public sector union is proud to campaign for decent housing and an end to homelessness.

*On behalf of its 85,000 members nationwide, Fórsa trade union wishes Ireland's teams the very best of luck at the Homeless World Cup tournament in Seoul.*



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**Jim O'CALLAGHAN TD**

**FIANNA Fáil**  
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**WORKING FOR YOU LOCALLY**

Please contact me if I can assist you in any way.  
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Weekly Advice Clinics - Tuesday  
St. Andrews Resource Centre: 6pm-7pm Ringsend Community Centre: 7pm-8pm  
114, 116 Pearse St, City Quay, Dublin D02 PR44 Thorncastle Street, Ringsend, Dublin 4

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[www.jimocallaghan.com](http://www.jimocallaghan.com)



# Best of Luck Team Ireland

Homeless World Cup 2024

64 TEAMS, 49 NATIONS, 500 PLAYERS

Seoul S Korea  
1st TIME IN ASIA  
September 21-28



The Homeless World Cup is a football tournament with purpose. A year-round work that culminates in a world class event which has the power to change the lives of participants and shape attitudes towards this global issue, using the universal language of football.

Chosen from the Irish Homeless Street leagues, for the male & female players who will represent Ireland it's been a long hard journey, overcoming many obstacles along the way to now finally getting the chance to represent their country, what a remarkable achievement.

I think we speak for all when we Congratulate and send our Best Wishes to the players as they embark on what promises to be a exciting and competitive tournament. Come on your girls & boys in green !! Coyg/big

Follow their progress on

Facebook: Irish Street League

X (Formerly Twitter): @IrishStLeague



Top L-R: Niamh Ryan, Siobhan Kennedy, Mary Byrne Coach  
Bottom, Alison Ryan, Abby Skelly, Nicola Duffy  
(inserts Hayleigh Power, Jade Clohsessy)



Men top IL-R: Brendan Taylor, Noel Gleeson, Shane Byrne, Jamie Wilson, Graham Tucker ( Coach) Sean Kavanagh ( Founder IHSL)  
Bottom, William Rafter, Alan Grace, Graham Mellon, Dylan Skeen.

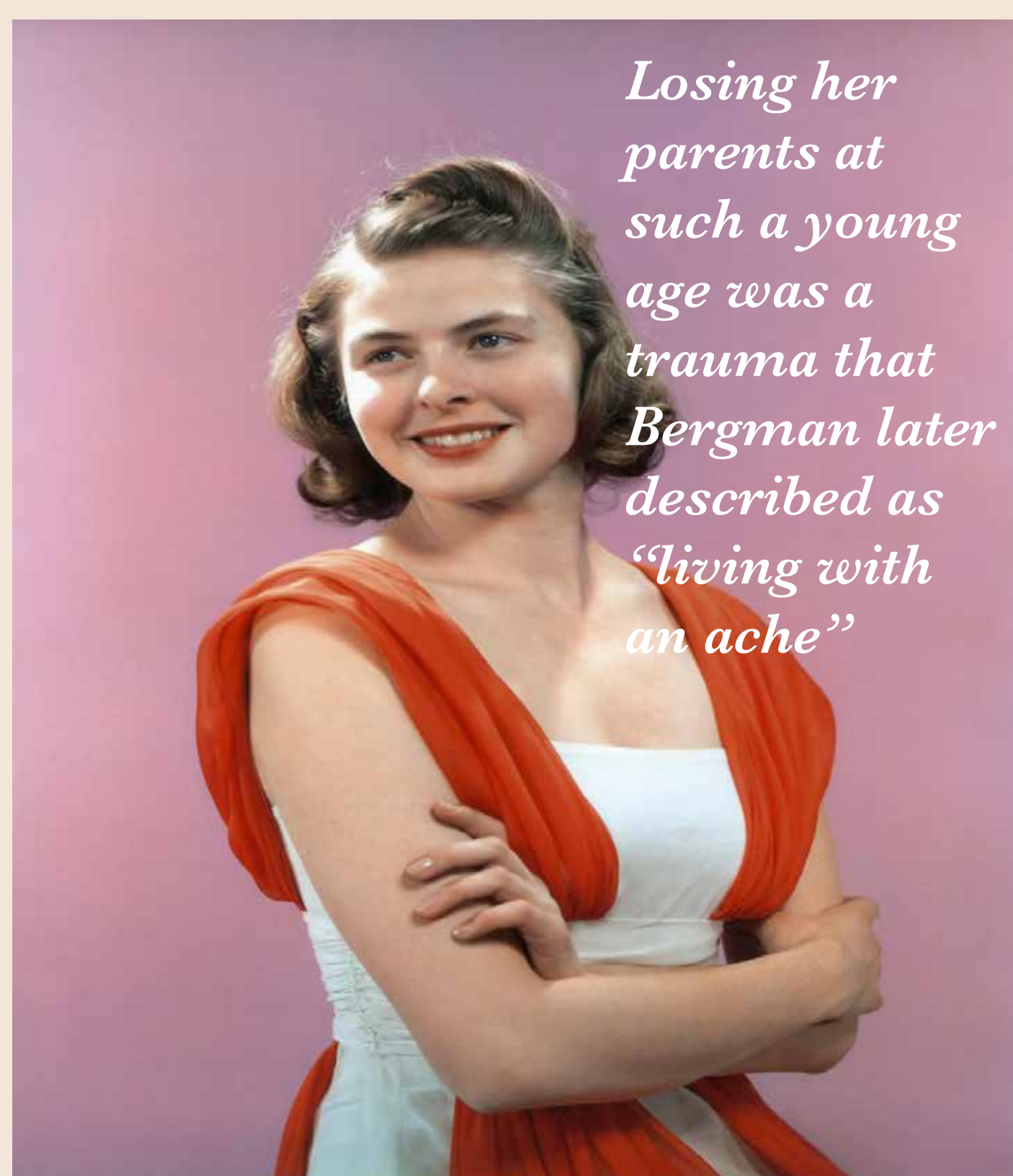


Teams gather after training

# Ingrid Bergman

## The Scandal that Rocked Hollywood

**Ingrid Bergman with a blossoming career in Hollywood found herself cancelled and exiled when she was a subject of the biggest scandal to hit the news in 1950, a scandal and almost killed her career.**



For those unfamiliar with screen legend Ingrid Bergman, she was born in Stockholm, Sweden on 29 August 1915 to a Swedish father, Justus Bergman and a German mother, Friedel Bergman (née Adler). Young Ingrid spoke fluent German as the family spent summers there. She was raised an only child as her two older siblings died in infancy before she was born.

Sadly Ingrid’s mother died when she was just two-and-a-half, and chronically lonely she began creating imaginary friends throughout her childhood. People found this odd but it brought her great comfort so her father never questioned her over-reliance on pretend pals. Justus sent his daughter to a very prestigious school in Stockholm but other children found her strange and she struggled in the classroom environment so her time there was largely unfruitful.

Justus was a photographer and his daughter was his favourite subject. A natural showoff in front of the camera, Ingrid would dance, dress up and act little skits as her dad laughed and directed her, however, tragedy would strike again when she was 14 and he passed away with stomach cancer. Losing her parents at such a young age was a trauma that Bergman later described as “living with an ache”, an experience of which she was not even aware. After her father’s death she was sent to live with her paternal aunt, Ellen, who died of heart disease six months later. Bergman then lived with her paternal uncle Otto and his wife Hulda, who had five children of their own and again her intense loneliness re-emerged and she began wearing her mother’s clothing in secret and staging private plays in front of the mirror.

Despite having no interest in school, Ingrid added three other languages to her repertoire and became completely fluent in French, English and Italian. This was good for business as she was able to attain roles utilising all five languages later when she became an actress.

Although she had little in the form of academic qualifications, Bergman won a scholarship to the state-sponsored Royal Dramatic Arts Academy (Greta Garbo had also won the same scholarship some years earlier). After several months, she was given a part in a new play, Ett Brott written by Sigfrid Siwertz. This was totally against procedure at the school, where girls were expected to complete three years of study before getting such acting roles. During her first summer break, she was hired by Swedish film studio Svensk Filmindustri and started her acting career in her native country before breaking into the European film industry. She starred in a dozen Swedish films but became very disillusioned when working in Germany as,

“I realised very quickly that if you were anybody at all in films, you had to be a member of the Nazi party.”

At the age of 21 Ingrid married dentist, Petter Aron Lindström and the couple swiftly had a daughter, Pia. Ingrid wanted back to work immediately and accepted an offer from producer David O Selznick in the movie *Intermezzo*. Petter imagined it would be one film and home so told his wife to fly over to LA and he’d stay home with their baby (she was staying at the Selznick home) and come to the U.S. when the film was about to wrap. According to Selznick’s son, his dad wanted Bergman to fit American beauty standards.

“She didn’t speak English, she was too tall, her name sounded too German, and her eyebrows were too

thick,” Selznick’s son said of his father’s concerns. But Bergman refused to alter her appearance, and eventually it was decided her “natural” beauty would become her selling point. It turned out to be a wildly successful decision, and in the years that followed Bergman starred in many major Hollywood films including *The Bells of St. Mary’s*, *Notorious* and *Spellbound*. In 1942 she appeared alongside Humphrey Bogart in *Casablanca*, one of her most well-known roles. Bergman to this day is one of only four actresses to have received at least three acting Academy Awards (only Katharine Hepburn has four) not to mention countless other accolades including a Tony Award, four Golden Globes and various other commendations.



### **The Affair that Rocked Tinsel Town**

By the late 1940s Ingrid Bergman was a household name in the US and massive Hollywood heavyweight, having even won an Academy Award for Best Actress for her role in *Gaslight*. The public adored her for her natural charm and clean-cut image, but that would all change in 1950 when she decided to work with Italian director Roberto Rossellini. Bergman already admired Rossellini’s film work and wrote to him in 1949 asking to work with him, leading to her being cast in his volcano film *Stromboli*. During production the pair began an illicit affair, despite both of them already being married. Affairs weren’t uncommon in Hollywood at the time, but the public was horrified someone like Bergman would be caught up in such a controversy. Though Rossellini had a reputation for sleeping with his colleagues, Bergman’s virtuous image would be destroyed when the affair was discovered. The affair was, of course, found out and splashed across the pages of newspapers and tabloids, along with an even juicier detail that scandalised America: Bergman was pregnant with Rossellini’s child. In an instant her reputation was destroyed, her film offers, brand deals and studio connections in the US disappearing in an instant.

**“People saw me in Joan of Arc, and declared me a saint. I’m not. I’m just a woman, another human being,”**

While the morals of the 1950s certainly played a massive role in Bergman’s downfall, it didn’t help that her film work had made the whole world view her as a virginal angel capable of nothing as salacious as the Rossellini affair.

“People saw me in Joan of Arc, and declared me a saint. I’m not. I’m just a woman, another human being,” Bergman would later say of the public outcry.

### **Exiled from the United States**

With few options left for work in the US and little incentive to return to a public who now loathed her, Bergman chose to stay in Italy with Rossellini after the affair became public. The one thing she would have returned for was her daughter Pia, but Bergman’s husband Petter Lindstrom made that difficult, refusing to divorce her for almost a year. A vicious custody battle followed, and Bergman’s residence in Italy and effective exile from the US was used against her. She didn’t see Pia for seven years as a result. Meanwhile even US politicians were speaking out against Bergman for “glamourising free-love”, demanding her films not be screened in the US.

One senator even took to the US senate floor to publicly tear into the star, following his comments there with even more heated statements about her.

Colorado senator Edwin C Johnson called Bergman everything from a “vile free-love cultist” to a “powerful influence for evil”, stirring up even more controversy. As a result, Bergman spent most of the 1950s away from the US, marrying Rossellini in 1950 before divorcing him in 1957, after welcoming three children together.

### **Reborn**

In 1956, Bergman made the bold decision to return to Hollywood in a starring role in the film *Anastasia*, which focused on the ‘lost’ Russian princess of the same name. Though the film was produced in Europe, meaning she didn’t have to physically return to the US, it was a hit with American audiences. Bergman’s scandal and exile only increased interest in the film, and in 1957 she won the Best Actress Oscar for a second time for her performance as Anastasia. Still wary of the US public, Bergman skipped the ceremony, but her co-star Cary Grant accepted the award with a pointed statement.

“Dear Ingrid, if you can hear me or see this, I want you to know we all send you our love and admiration.”

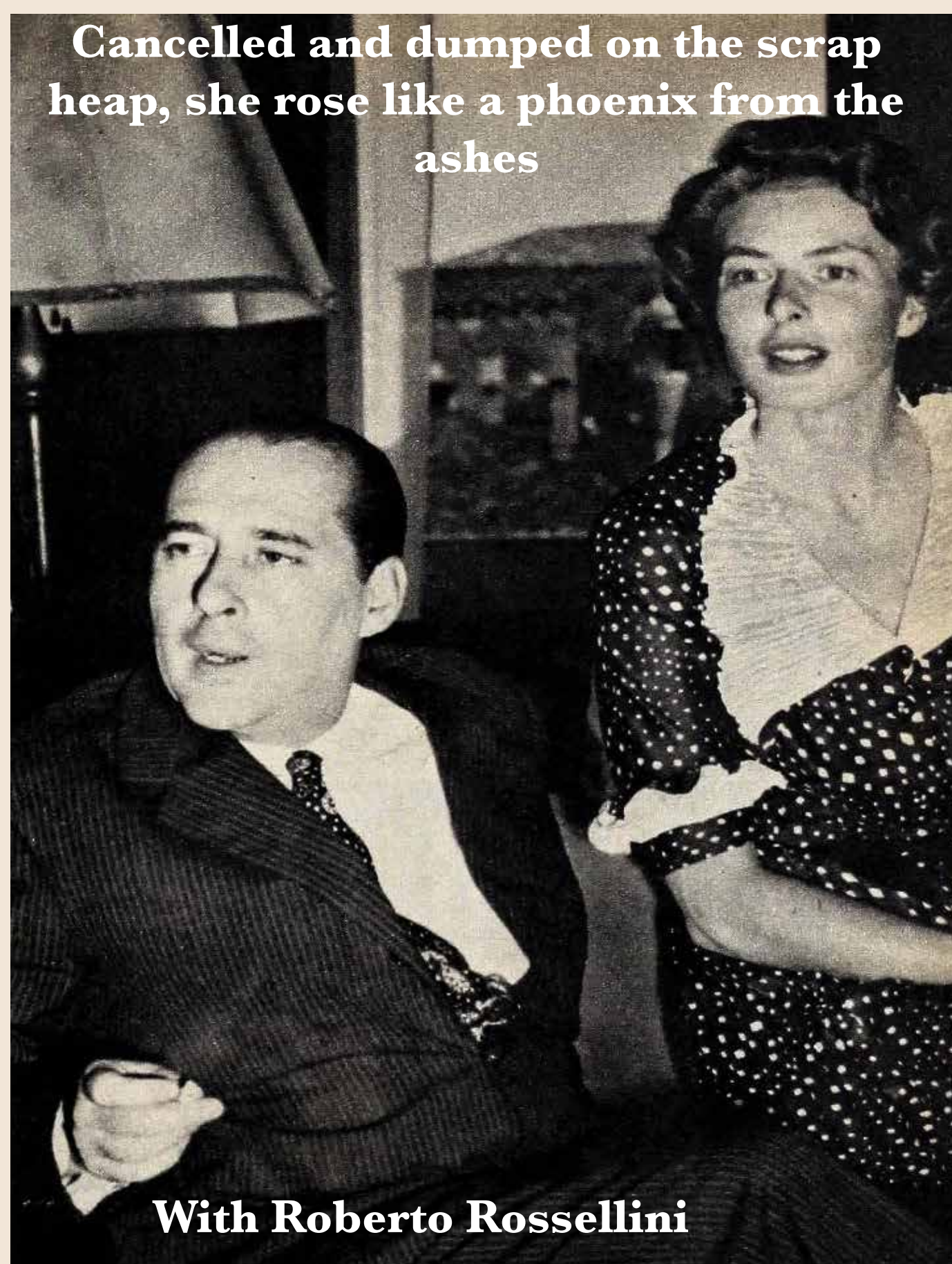
Her subsequent roles in *Murder on the Orient Express* and *Cactus Flower* helped her win back the US audience that had abandoned her, and even Senator Johnson apologised for his comments against her. Though her affair wasn't forgotten entirely, her divorce from Rossellini in 1957 helped her image, and Bergman continued to star in American films for decades. In 1958 she would marry for the third time - this time Lars Schmidt, a Swedish director.



In 1974 Bergman would discover a lump in her breast, she continued to work in London but later she would discover another lump and realised she needed to see a doctor. She was swiftly brought in for surgery and underwent chemotherapy retiring to her apartment in London as photographers camped outside her home hoping for a glance. Sadly she was also divorcing her third husband at the same time which added to the strain.

**Edwin  
C Johnson called Bergman  
everything from a “vile free-love  
cultist” to a “powerful influence for  
evil”**

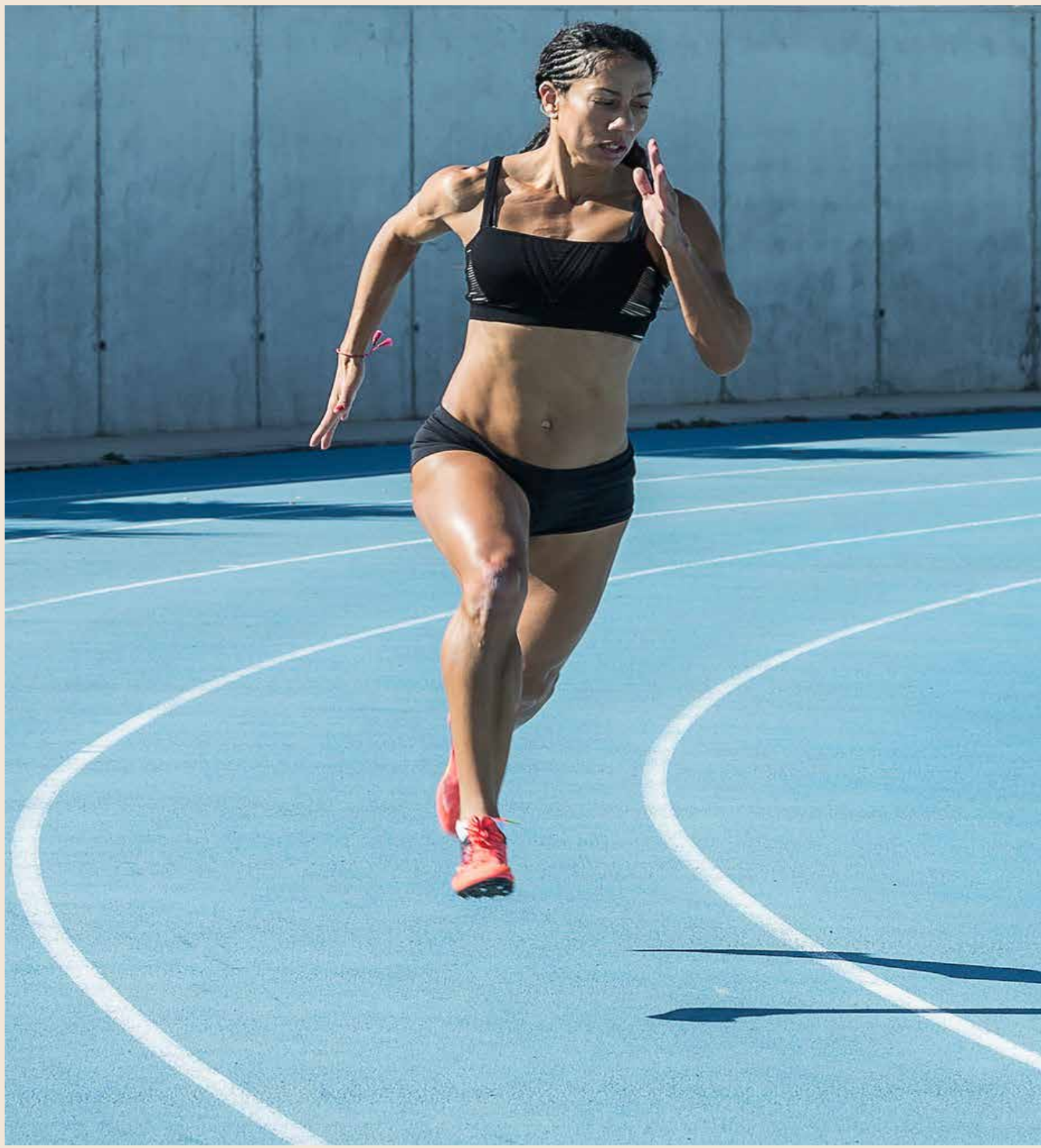
Unfortunately the cancer had spread to Ingrid's spine, collapsing her twelfth vertebra; her right lung no longer functioned, and only a small part of her left lung had not collapsed. She passed away on 29 August 1982 at midnight on her 67th birthday. Her ex-husband Lars Schmidt and three other people were present, having drunk their last toast to her hours earlier. She was cremated at a private ceremony attended only by close relatives and five friends. Her ashes were taken to Sweden.



Bergman was one of the most famous film stars of the thirties and forties, and took it all on with grace and prowess. We can learn a lot from her. Cancelled and dumped on the scrap heap, she rose like a phoenix from the ashes and refused to bow down to those who pigeon-holed her as a fallen woman. She had true grit, determination and a talent second to none. Despite her natural, social awkwardness she believed in herself completely and refused to alter her appearance and questioned directors when she believed they were taking liberties. She was a woman well ahead of her time.

# Olympic Comedown

**‘Olympic comedown’ is a common ailment after the games – here’s what it is and how athletes cope, Helen Owton reports.**



Imagine hearing a crowd of roaring fans every time you make an appearance. Thousands of camera flashes follow your every move. Each moment of your life taken up with preparation for your big moment: training, performing, media interviews and photo shoots. Then imagine going back to your daily life again – acclimatising to the everyday mundanity of bills, returning to your day job and resuming household chores.

What happens when the crowds stop screaming and you have to deal with the shift back to ordinary life?

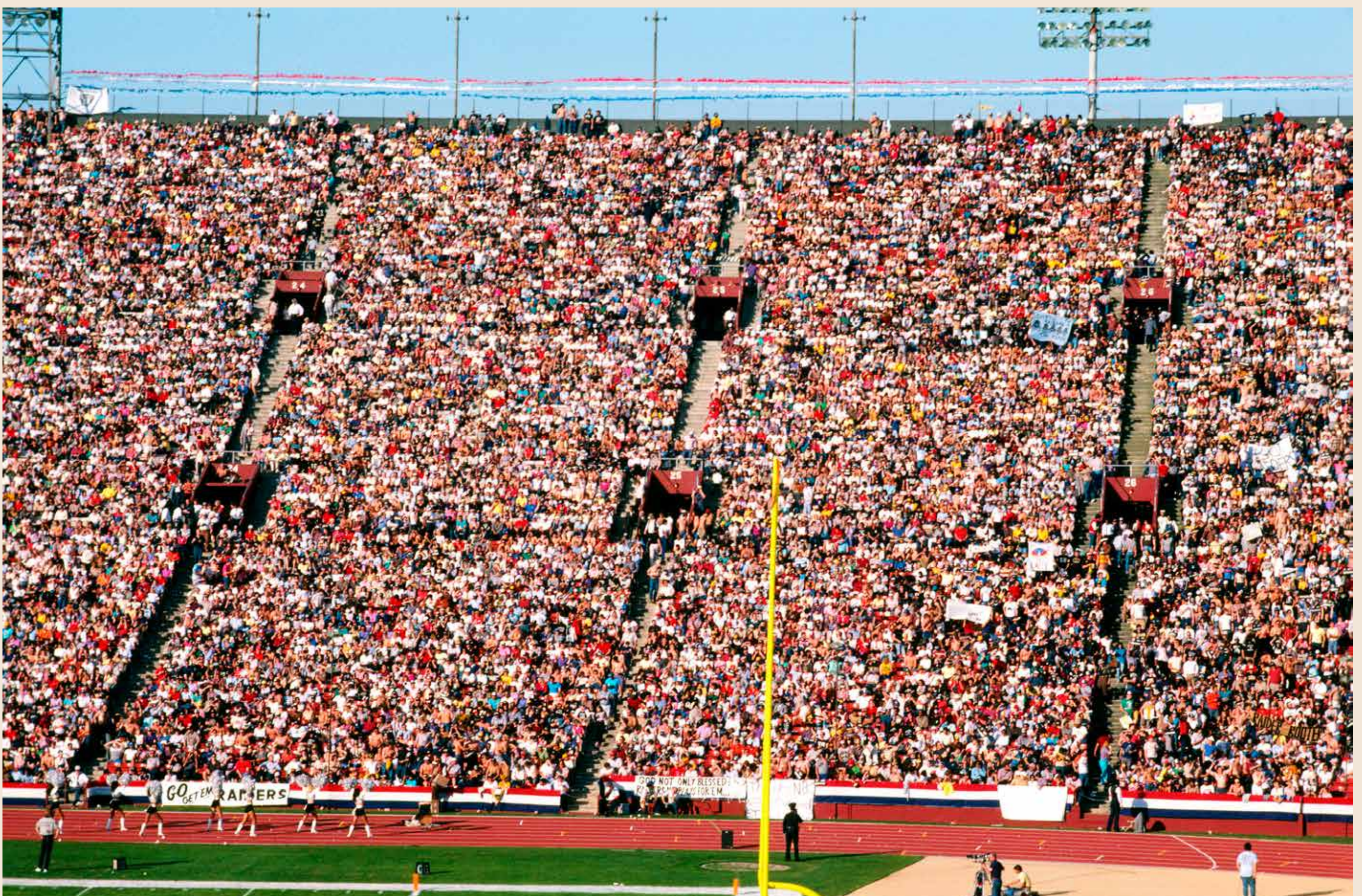
The Olympic Games finished on August 11, those of us who’ve been watching the excitement – and possibly experienced vicarious satisfaction – may also have since experience a sense of emptiness. But it’s nothing compared to the void many Olympic athletes will experience in the aftermath of the games.

**Athletes  
report feeling like “rock  
stars”**

For athletes returning home from the Olympic Games, their journey is usually accompanied by a radical change in environment and considerable physical and mental shifts. A different climate, sights and smells and the lack of excited echoes in anticipation-filled arenas. Suddenly the hype surrounding an athlete’s performance diminishes and their intense training schedule reverts to normal as their bodies recover.

For athletes, the build-up to the Olympic Games is a four-year cycle, demanding huge personal and professional sacrifices and bringing with it an enormous amount of pressure.

The event itself is an experience of sensory overload – the huge crowds and deafening noise. Add to that the pressure of performing on the global stage and – for a fortnight at least – the celebrity status that comes with being an Olympic athlete.



Some athletes thrive in such an environment, particularly on home turf. But for others, it can be a nightmare experience.

Even veteran Olympic athletes, such as US gymnast and 11 times Olympic medallist Simone Biles and former US swimmer Michael Phelps – the most successful and most decorated swimmer of all time – have opened up about their post-Olympic blues.

Looking back, Phelps said in May 2024: “2004 was my first taste of post-Olympic depression, you know, coming off such a high.” Nile Wilson, British artistic gymnast and Olympic bronze medallist has spoken publicly about his experience of Olympic comedown.

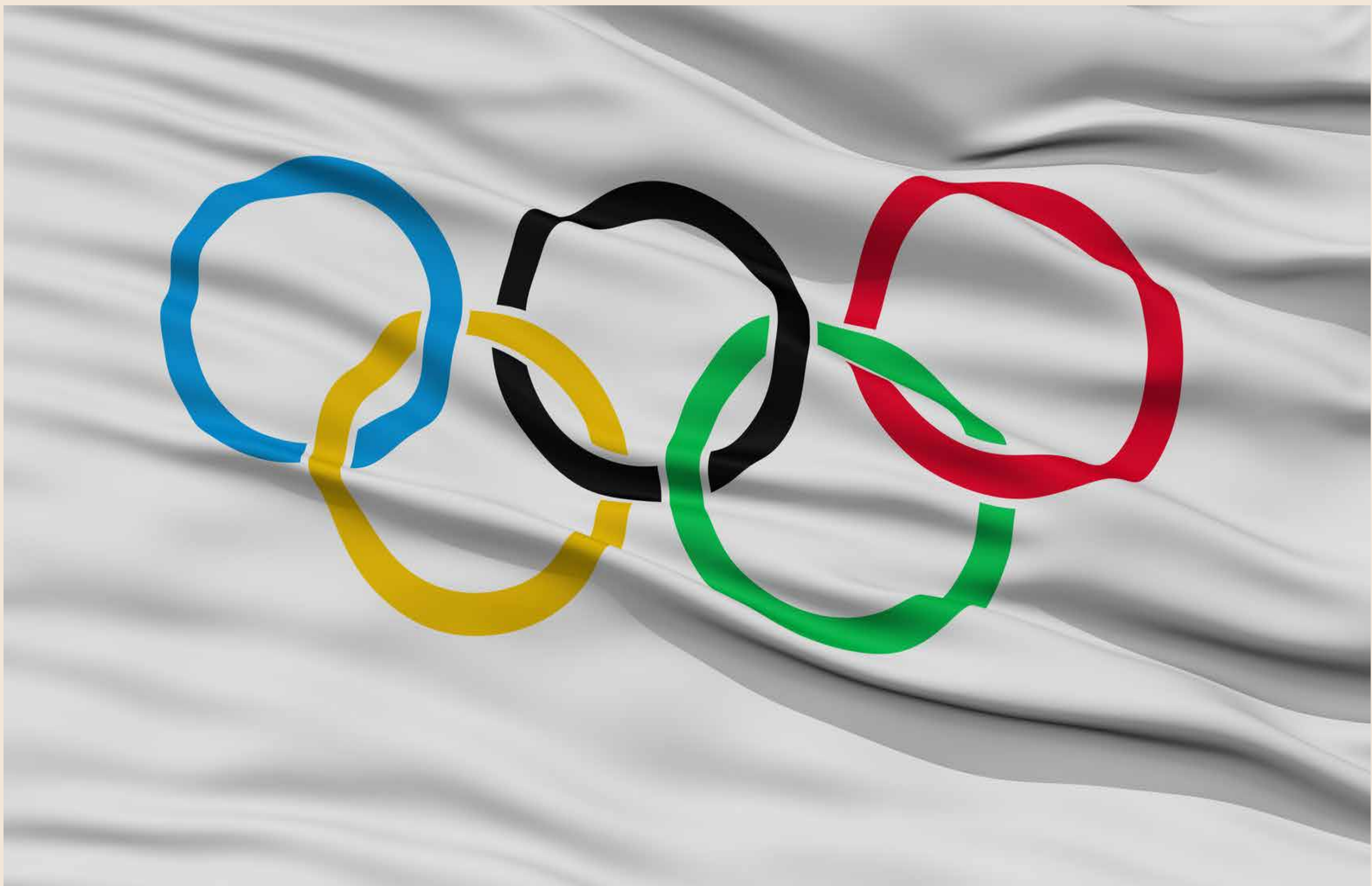
“Comedown” is a term usually associated with withdrawal from stimulant drugs. But the feelings experienced by athletes are not so different. The high athletes get from their sport has been linked to the release of the hormone adrenaline. The Olympic comedown is a response to the “high” that is experienced from the release of adrenaline during the games.

Adrenaline addiction is often connected to extreme sport participants but studies has shown that addictive disorders – including alcohol, drugs and gambling – can affect athletes across a range of sports.

Success can become like a drug to elite athletes. And, unfortunately, for some the “high” from winning and attention may be replaced with other addictions once the competition is over. Athletes report feeling like “rock stars” – one professional wrestler commented that “there’s no better drug” than their sport.

**Imagine  
going back to your daily  
life again – acclimatising to the  
everyday mundanity of bills, returning  
to your day job and resuming  
household chores.**

Prolonged media attention can delay a bout of post-Olympic blues but for many athletes retiring from elite sport altogether, this transition from feeling like a celebrity to becoming a regular person again can present a significant risk to their psychological health and wellbeing. Replacing the sporting experience with something constructive can be a challenge.



### **Coping with post-event blues**

Many athletes have a strong but narrow sense of identity – what they do is a huge part of who they are. Once athletes return from the Olympic games, they may experience an existential crisis, asking themselves “what now?”, or “what does all this mean?”

But this doesn’t have to be a negative experience. Studies have demonstrated that when athletes stop their sport it can be an opportunity for reflection, clarification of values, and a search for alternative ways of living.

Preparing the mind and body to wind down for one’s health is just as important as psyching up to perform. A 2022 study reported that this sort of preparation and athlete support is still lacking.

Days before 800m runner Keely Hodgkinson won a gold medal in Paris 2024, she opened up about experiencing depression after coming second and “only” winning a silver four years earlier at the Tokyo Games, saying: “I didn’t realise Olympic comedown was actually a big thing.”

Post-event slumps don't just affect Olympians, though. We can all experience depression after a long build-up to an important life event. While the following coping strategies were suggested by elite sportspeople to help other athletes ward off post-competition depression, they could be helpful for anyone trying to navigate our way through the blues after a big event.

The first step is to accept that you know the goal is finished, then take time off to enjoy and celebrate what you have achieved. Reflect on what went well, what didn't go so well and what you enjoyed. Most importantly, make a list of the pleasurable things you missed out on while preparing for the event – so maybe going to the movies, having more free time to devote to hobbies, friends and family, or going to the beach. Then, during your time off after the event, make an effort to go and do those things.

Filling your life with meaningful activities after a big event can help all of us to deal with comedown – whether we're Olympic rockstars or more ordinary folk.

**Author Helen Owton**

**Lecturer in Sport and Fitness, Faculty of Wellbeing, Education and Language Studies,  
The Open University School of Education, Childhood, Youth & Sport, The Open University**

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## **Irish Thoracic Society Urges Public to Prioritise Clean Air on World Lung Day**

**W**ith World Lung Day taking place on Wednesday, September 25, the Irish Thoracic Society, Ireland's national body representing health professionals in respiratory care, is urging the public to think more carefully about the quality of air that they breathe.

With latest figures showing an estimated 380,000 people living with Chronic Obstructive Pulmonary Disease (COPD), around 450,000 people living with doctor-diagnosed asthma, and nearly 2,700 people diagnosed with lung cancer each year, the importance of breathing clean air and maintaining healthy lungs has never been more crucial.

Exposure to air pollution is a significant public health concern, responsible for some 1,400 premature deaths annually in Ireland, more than seven times the number of people who died on our roads in 2023. People with existing lung conditions, such as COPD and asthma, are more in danger from air pollution, which can exacerbate symptoms, lead to more hospital visits and increase the risk of dying. Moreover, exposure to air pollution during pregnancy is associated with low birth weight and pre-term birth, while children living in areas with poor air quality are more likely to experience coughs, wheezes and asthma, which can lead to reduced lung function as they grow older.

**Orla Veale, Chief Executive of the Irish Thoracic Society, emphasises that there are really no safe levels of air pollution:**

“Indeed, air pollution can be as harmful as passive smoking. Living near a busy road carries about the same risk as passively smoking 10 cigarettes a day. Children, due to their higher activity levels, are prone to inhaling more pollution, which has been shown to impair the growth of their lungs.

“For adults, prolonged exposure can lead to chronic cough, phlegm, wheeze, accelerated loss of lung function, and serious respiratory disease. For those with existing conditions, such as asthma or COPD, air pollution can give rise to asthma attacks or a COPD flare-up.



“If you smoke, the most important step that you can take to breathe clean air is to quit smoking. Free support to quit is available from the HSE Stop-Smoking Services. With at least 250 carcinogenic or toxic chemicals, you will also be cleaning up the air for people around you who don't smoke, and who would otherwise be affected by second-hand smoke.

“If you have a persistent cough for three months or longer, shortness of breath and wheeze, and recurrent chest infection, you should make an appointment with your GP.”

**For tips on breathing clean air, visit  
[www.irishthoracicsociety.com](http://www.irishthoracicsociety.com)**

# A LITTLE BIT OF IRISH

| Phrase:                         | Translations:                  | Pronunciation:                           |
|---------------------------------|--------------------------------|--|
| Tá an Fómhar beagnach anseo     | Autumn is nearly here          | Taw ahn foh-war byag-nahk ahn-shuh       |
| Ceannaímis puimcín.             | Let's buy a pumpkin            | kan-ee-mish pim-keen                     |
| An bhfuil tú ag iarraidh        | Do you want hot chocolate?     | ahn will too eg ir-ee-ing shah-klawd teh |
| An nglacann tú siúcra?          | Do you take sugar?             | ahn glah-kun too shoo-kra                |
| Teastaíonn cóta te uaim         | I need a warm coat             | tyas-tee-uhn koh-tuh teh oo-im           |
| Feicimid scannán.               | Let's watch a movie.           | fek-ih-mid skan-nawn                     |
| Tá na hoícheanta ag éirí fliuch | The nights are getting chilly. | taw nuh hee-han-tuh egg ay-ree flookh    |
| Tá mé ag dul ag rith.           | I'm going for a jog.           | taw may egg dool egg rih                 |
| Lasaimis an tine.               | Let's light a fire.            | lah-shee-mish ahn chin-uh                |

## Word Power

**O**ver the next few issues we'll be attempting to increase your word power. Have a look at the words below and afterwards see if you know their meaning.

| Word               | Pronunciation        |
|--------------------|----------------------|
| 1. Synergy         | Sin-er-jee           |
| 2. Lugubrious      | Loo-goo-bree-uhs     |
| 3. Pulchritudinous | Puhl-kri-tood-n-uhs  |
| 4. Verisimilitude  | Ver-uh-si-mil-i-tood |
| 5. Truculent       | Truhk-yuh-luhnt      |
| 6. Insouciant      | In-soo-see-uhnt      |
| 7. Conundrum       | Kuh-nuhn-druhm       |
| 8. Ineffable       | In-ef-uh-buhl        |
| 9. Quixotic        | Kwik-sot-ik          |
| 10. Pernicious     | Per-nish-uhs         |
| 11. Tergiversate   | Tur-ji-ver-seyt      |
| 12. Sagacious      | Suh-gey-shuhs        |

### Answers

- The interaction of elements that when combined produce a total effect that is greater than the sum of the individual elements.
- Mournful, dismal, or gloomy, especially in an affected, exaggerated, or unrelieved manner
- Physically beautiful.
- The appearance or semblance of truth.
- Aggressively hostile.
- Free from concern, worry, or anxiety.
- A riddle, the answer to which involves a pun or play on words.
- Incapable of being expressed or described in words.
- Extravagantly chivalrous or romantic.
- Causing insidious harm or ruin.
- To change repeatedly one's attitude or opinions with respect to a cause.
- Having or showing acute mental discernment and keen practical sense.

How did YOU score?  
 10 or more - Perfection!  
 6-9 Brilliant.  
 3-5 Well done.  
 0-2 Must do better.



# Screen Scene

## **The Perfect Couple \*\*\***

**Starring: Nicole Kidman, Liev Schreiber**

**Run Time: 6 x 60 mins**

**Streaming: Netflix**

**Available: 5th September**

An adaptation of Elin Hilderbrand's New York Times bestseller, *The Perfect Couple* follows Amelia Sacks (Eve Hewson), a bride marrying into one of Nantucket's wealthiest families. The groom's mother Greer Garrison Winbury (Nicole Kidman), a famous novelist, spares no expense on the high-society wedding; but, when a dead body appears on the beach, everyone's Champagne dreams quickly vanish and are replaced by suspicion. As secrets bubble up to the surface, an investigation takes hold that feels plucked from one of Greer's books.



## **Bob Marley - One Love \*\***

**Starring: Kingsley Ben-Adir, James Norton**

**Run Time: 107 mins**

**Streaming: Paramount+**

**Available: Currently**

*Bob Marley - One Love* is currently available to stream on Paramount+. Starring Kingsley Ben-Adir as Bob Marley and Lashana Lynch as his wife Rita Marley, *One Love* focuses its attention on Marley's life in the late 1970s, from an assassination attempt to music making, and his later tragic cancer diagnosis. Marley fans will love this and to be fair, even if you aren't a fan of his music, his triumph in the face of adversity is truly inspiring.



## Wolfs \*\*\*

**Starring:** Brad Pitt, George Clooney  
**Streaming:** Apple TV+  
**Run Time:** 130 mins  
**Available to watch:** 20th September

Global superstars George Clooney and Brad Pitt team up for the action comedy “Wolfs.” Clooney plays a professional fixer hired to cover up a high-profile crime. But when a second fixer (Pitt) shows up and the two “lone wolves” are forced to work together, they find their night spiraling out of control in ways that neither one of them expected.

Well worth a view.



## Beetlejuice Beetlejuice \*\*

**Starring:** Jenna Ortega, Michael Keaton  
**Streaming:** At the cinema  
**Run Time:** 104 mins.  
**Available to watch:** 6th September

Before he was Batman, Michael Keaton’s breakout role came in 1988 as the obnoxious ‘bio-exorcist’ hired by the recently deceased to scare away the humans moving into their homes. Now, a mere 36 years later, the Tim Burton saga we assumed was dead and buried is going bump in the night all over again, with Keaton fronting an ensemble cast that includes original stars (Winona Ryder, Catherine O’Hara) and the cream of the new scream team, led by Wednesday’s Jenna Ortega.

Fans of the original Beetlejuice will love this.







## Because laughter is the best medicine!

A man staggers into an emergency room with a concussion, multiple bruises, two black eyes and a golf club wrapped tightly around his throat. Naturally, the doctor asks him what happened.

“Well, it was like this,” said the man. “I was having a quiet round of golf with my wife, when at a difficult hole, we both sliced our balls into a pasture of cows. We went to look for them, and while I was rooting around, noticed one of the cows had something white at its rear end. I walked over and lifted up the tail, and sure enough, there was a golf ball with my wife’s monogram on it-- stuck right in the middle of the cow’s butt.” “That’s when I made my big mistake.” “What did you do?” asks the doctor.

“Well, I lifted the cow’s tail again and yelled to my wife, “Hey, this looks like yours!” “I don’t remember much after that!”

A strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. “I am the strongest, most powerful man here,” he boasted. He made a special case of making fun of John, one of the older workmen.

After several minutes, John had enough. “Why don’t you put your money where your mouth is?” he said. “I will bet a week’s wages that I can haul something in a wheelbarrow over to that outbuilding that you won’t be able to wheel back.”

“You’re on old man,” the braggart replied. “It’s a bet! Let’s see what you got.”

John reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said “All right. Get in.”

Actual control tower conversation

Tower: ‘Eastern 702, cleared for takeoff, contact Departure on frequency 124.7’

Eastern 702: ‘Tower, Eastern 702 switching to Departure. By the way, after we lifted off we saw some kind of dead animal on the far end of the runway.’

Tower: ‘Continental 635, cleared for takeoff behind Eastern 702, contact Departure on frequency 124.7.

Did you copy that report from Eastern 702?’

BR Continental 635: ‘Continental 635, cleared for takeoff, roger; and yes, we copied Eastern.... we’ve already notified our caterers.’

Father Murphy walks into a pub in Donegal, and asks the first man he meets, ‘Do you want to go to heaven?’

The man said, ‘I do, Father...’

The priest said, ‘Then stand over there against the wall.’

Then the priest asked the second man, ‘Do you want to go to heaven?’

‘Certainly, Father,’ the man replied.

‘Then stand over there against the wall,’ said the priest.

Then Father Murphy walked up to O’Toole and asked, ‘Do you want to go to heaven?’

O’Toole said, ‘No, I don’t Father.’

The priest said, ‘I don’t believe this. You mean to tell me that when you die you don’t want to go to heaven?’

O’Toole said, ‘Oh, when I die, yes. I thought you were getting a group together to go right now.’

Two days before his scheduled visit to the proctologist, John accidentally swallowed his glass eye when he was cleaning it. He was worried at first, but after calling his doctor and learning he probably won’t get sick, he ordered another and soon forgot about it.

He arrived for his annual proctology exam on time, and was soon called into the doctor’s examining room.

After undressing, John follows his instructions and bends over. The first thing the proctologist saw when he took a peek up the man’s butt was his glass eye staring right back at him!

“You know John,” said the doctor, “you’re really going to have to learn to trust me.”

A therapist walks into the waiting room to welcome a new client. When she arrives, she is surprised to see a man holding a full-sized house door. She is a professional, so she calmly ushers him and his door back to her office and proceeds to ask what problems he’s been experiencing and how she can help him. “Oh no, the therapy isn’t for me,” he replies, “it’s for the door.” Still remaining professional, and trying to get to the root of the issue, the therapist asks “and why does your door need therapy?”

“Are you blind?” Says the man, “it’s clearly unhinged!”

# Tallaght Drugs & Alcohol Task Force



**TDAATF team promoting recovery: L-R: Breda Byrne, Grace Hill & Jacqueline Sheehy**

Hi from all at Tallaght Drugs & Alcohol Task Force! Well, it has been a busy summer to say the least, as our preparations for recovery month in September, are almost complete. Each September we celebrate recovery and what this means for different people: individuals, families and communities impacted by substance misuse, and everything that goes with that. Our calendar of activities is full of events that promote the message, #recoveryispossible; community drugs services play a huge part in this, not least because without them and the lifesaving work, they do, we would be without any recovery communities to celebrate.

In June we celebrated ‘the beautiful game’ by welcoming teams competing in the Irish Homeless Street Leagues 20th Anniversary International Tournament, as Tallaght played host to this incredibly special tournament. Huge well done has to go to the Homeless Street Leagues for all the organisation that went into planning a competition of this scale. The parade from the Maldron Hotel to the Astro at Tallaght Stadium was particularly special and emotional, music from a local pipe band and encouraging words from Mayor of South Dublin County, Cllr Alan Edge set the tone well; not to mention the amazing pre-match motivational speech from former Ireland International & Street Leagues supporter, Niall Quinn. The real stars of the tournament for us, however, were locals Ray Daly,

Ireland Team Captain and Anthony Lees who was awarded player of the tournament. Hugely proud of Ray and Anto who are well known to our Connect 4 Detached Street Work Team, and are now themselves, positive role models for young people in Tallaght. The nation holds its breath on who will make it to the final in Korea, none the less we are practicing our “ole ole,” c’mon Ireland!



**Connect 4 Team Leader Paul Perth, with Ray Daly & Anthony Lees**

Continuing with the theme of football, which is one of the tools of engagement used by our Connect 4 project, to engage young people that are most vulnerable or disconnected; the project hosted the second

**Shamrock Rovers Manager, Stephen Bradley with Glenn Fullam's father and son.**



Continuing with the theme of football, which is one of the tools of engagement used by our Connect 4 project, to engage young people that are most vulnerable or disconnected; the project hosted the second annual Glenn Fullam Memorial Cup, over three nights in Knockmore at the start of June. Paul Perth, Team Leader- Connect 4 told The Big Issue:

“Glenn was a local lad who tragically passed away from cancer in 2023. He would have used a lot of youth services in the area and played for Sacred Heart FC”

“Glenn was a lovely character; an aspiring footballer and he had an aura and an energy about him.” The tournament provides an opportunity for the community to come together, to remember Glenn, support his family and this year the theme of the three-day event was “mind your mental health” with money raised for Jigsaw, supporting children and young adults experiencing mental health difficulties in Tallaght.

**For more information on Tallaght Local Drugs & Alcohol Task Force & local addiction supports, go to [www.tallaghtdatf.ie](http://www.tallaghtdatf.ie)**



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[irishstreetleague.com](http://irishstreetleague.com) or contact [lev@irishstreetleague.com](mailto:lev@irishstreetleague.com)



[www.irishstreetleague.com](http://www.irishstreetleague.com)



Irishhomelessstreetleague



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# SEAN MACDIARMADA

## THE MAINSPRING OF THE RISING

**T**he ‘Proclamation of the Republic’ was read in front of the General Post Office (GPO) in Dublin on Easter Monday of 1916. Over the next series of editions, Liz Scales will delve into the lives of each of the signatories. This issue, we focus on Seán MacDiarmada - described as ‘the mainspring’ of the Rising.



Seán MacDiarmada (also known as John MacDermott) was born in Co. Leitrim in 1884 to Donald MacDermot, a carpenter and his wife Mary (nee McMorrow), the third youngest of ten children. Seán grew up in an area scarred by the sad history of Ireland’s experience under English rule. Surrounding his boyhood home there was an ancient sweathouse, Mass rocks from the penal law days when the Catholic faith was illegal and countless abandoned homesteads as the silent testament to when England allowed Ireland to starve. These atrocities were sadly not confined to the past; as a boy of fifteen Sean saw one hundred of his neighbours evicted by the local landlord.

Seán was educated at Corradoona National School where he was remembered as “one of the school’s best pupils, bright in every sense of the word, lively and fond of boyhood games, good natured and even tempered”, a “dark-haired comely boy with a smiling face and dark-blue eyes”. He was a voracious reader of Irish history and when he was a little older studied at night in Tullinamoyle, Co. Cavan where he learned book-keeping and Irish.

....as  
a boy of fifteen  
Sean saw one hundred of his  
neighbours evicted by the local  
landlord.

He left home at a young age and travelled to Edinburgh and Belfast where he worked in a number of jobs including a stint as a tram conductor, gardener and a barman.

At 22, he joined the Irish Republican Brotherhood (IRB) and set out on his lifelong quest to drive the English from Ireland. When Tom Clarke returned from America in 1907 and teamed up with MacDiarmada, Ireland finally had her own Dynamic Fenian Duo, two men capable of rousing Ireland out of its political coma.

MacDiarmada, like his young protégé Michael Collins, was handsome and charismatic, had an ebullient personality, and was a master organiser.

He travelled the country, bringing the word of the new Ireland, an Ireland that would no longer bend its knee to the British. Even an attack of polio in 1912, which left him lame, could not contain his enthusiasm.

In mid-1915, he was arrested under the Defence of the Realm Act for trying to subvert British recruiting for the Great War and was duly packed off to Mountjoy Gaol for several months.

When England went to war with Germany, MacDiarmada knew it was Ireland’s time. His prime purpose was to resuscitate Irish nationalism, which he feared was dying. He knew the only way to do this was to stage a rebellion. “If we hold Ireland for a week,” he said, “we will save Ireland’s soul.”

In the months leading up to the Rising he was an integral part of the IRB’s Military Council, which was planning the uprising. On Easter Monday, because of his lameness, he arrived, along with Clarke, at the

GPO via automobile. What they had been working towards for so long had finally come to fruition. “One of my happiest recollections of Easter Week,” said Irish Revolutionary Diarmuid Lynch, “was that of Seán MacDermott and Thomas Clarke sitting on the edge of the mails platform beaming satisfaction and expressing congratulations.”



As the week went on MacDiarmada took more control of the GPO as Connolly was wounded, Plunkett was ill, and Pearse was in a panic. With the rest of the men he made his way to Moore Street. After Pearse signed the unconditional surrender the Volunteers revolted – they would not surrender. No one, including Michael Collins, could calm the rebels.

“The thing that you must do, all of you, is to survive!... We, who will be shot, will die happy – knowing that there are still plenty of you around who will finish the job.”

Finally, MacDiarmada spoke up:

“You fought a gallant fight,”

he said, according to Joe Good in ‘Enchanted by Dreams.’

“The thing that you must do, all of you, is to survive!... We, who will be shot, will die happy – knowing that there are still plenty of you around who will finish the job.”

The rebels heeded MacDiarmada’s advice and surrendered. “That quiet speech,” said Good, “was the most potent that I was privileged to hear.”

Later, Michael Collins would write of his time in the GPO and the men he admired most: “I think chiefly of Tom Clarke and MacDiarmada. Both built on the best foundations. Ireland will not see another Seán MacDiarmada.”

Lagging behind on their forced march from the Rotunda to Richmond Barracks, MacDiarmada arrived almost an hour after the rest of the rebels. The sorting of rebels, according to importance, began. It may have been at this time that there was some confusion regarding MacDiarmada. He had signed the Proclamation as “Seán MacDiarmada,” but the intelligence agents of the G-Division of the Dublin Metropolitan Police knew him by the Anglicised name of “John MacDermott.”

Were they one and the same? It took the DMP a while to figure it out, but in the end, they got it right.

Future Irish President Seán T. O’Kelly saw MacDiarmada “in a group assembled for deportation, with bright muffler, talking eagerly and gaily. They were lined up for inspection by detectives. The inspector stood in front of MacDermott for thirty seconds, then he was ordered out of the ranks and marched back to his room in the barracks.”

Liam O’Briain observed a most touching interaction in Richmond Barracks between Clarke and his protégé, MacDiarmada: “Seán fell asleep with his head on Tom’s chest...I don’t think Tom slept at all. Seán would start a little and we would hear a mutter from him saying: ‘The fire! The fire! Get the men out!’ Then you would hear Tom’s quiet voice saying gently: ‘Quiet Seán, we’re in the Barracks now. We’re prisoners now, Seán.’ ”

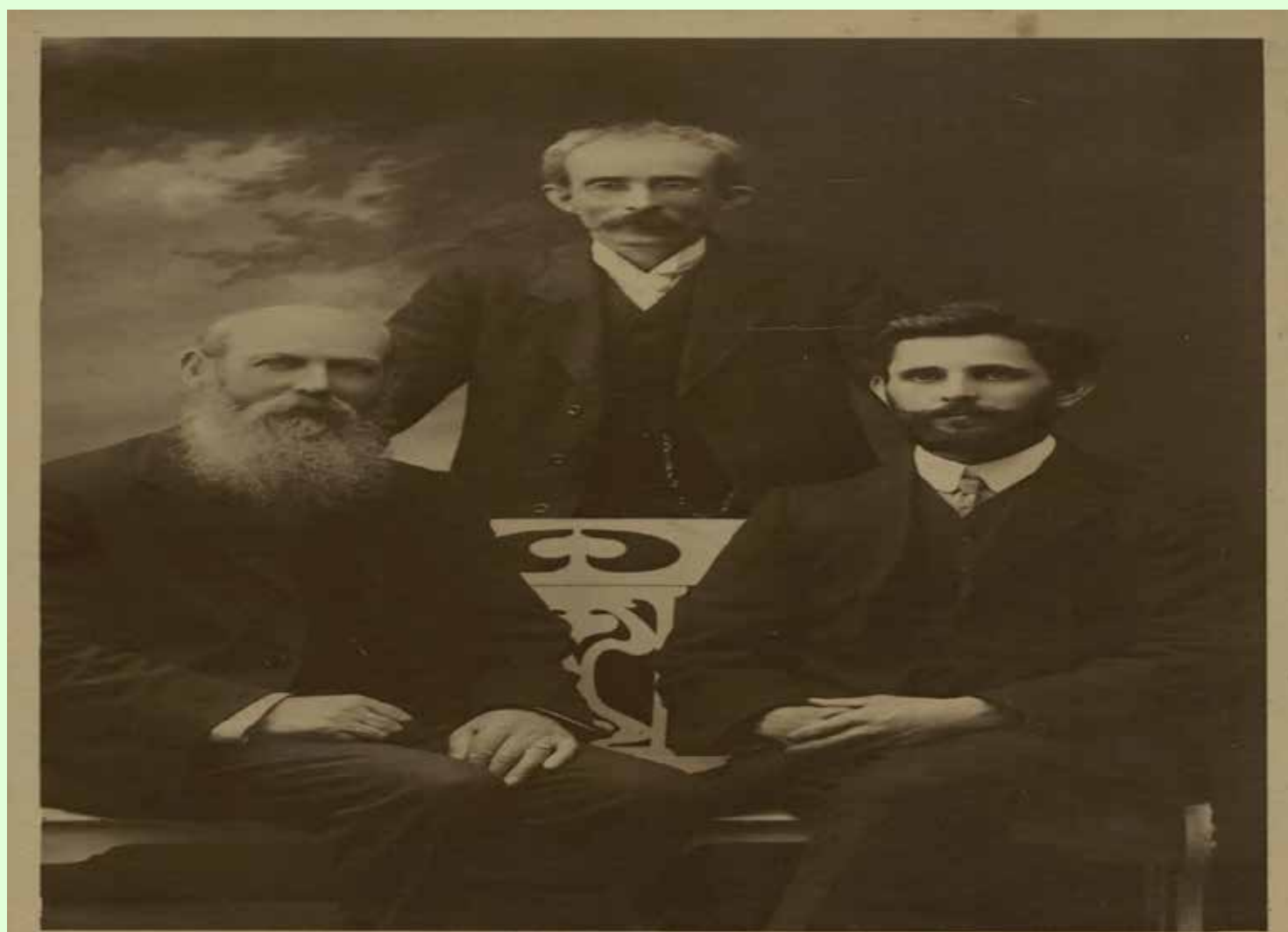
The early shootings were the blood sacrifice that MacDiarmada thought would shake Ireland out of her political slumber:

“The executed leaders are our victory. Had they [the British authorities] not shot them, we would be presented as a lot of poltroons who dared challenge the power of England. I’ll be shot and I hope I will be.”

He was even blunter to Desmond Ryan:

“I am going to be shot. If I am not shot, all this is worthless.”





Because he was one of the last to be executed, MacDiarmada had a chance to write letters. He wrote to the old Fenian John Daly that he had been

“sentenced to a soldier’s death...I have nothing to say about this only that I look on it as a part of the day’s work. We die that the Irish nation may live. Our blood will rebaptise and reinvigorate the old land. Knowing this it is superfluous to say how happy I feel. I know now what I have always felt – that the Irish nation can never die...posterity will judge us aright from the effects of our action.”

“I  
have been tried by court-  
martial and sentenced to death – to  
die the death of a soldier...”

MacDiarmada also wrote to his brother and sister the day before his death:

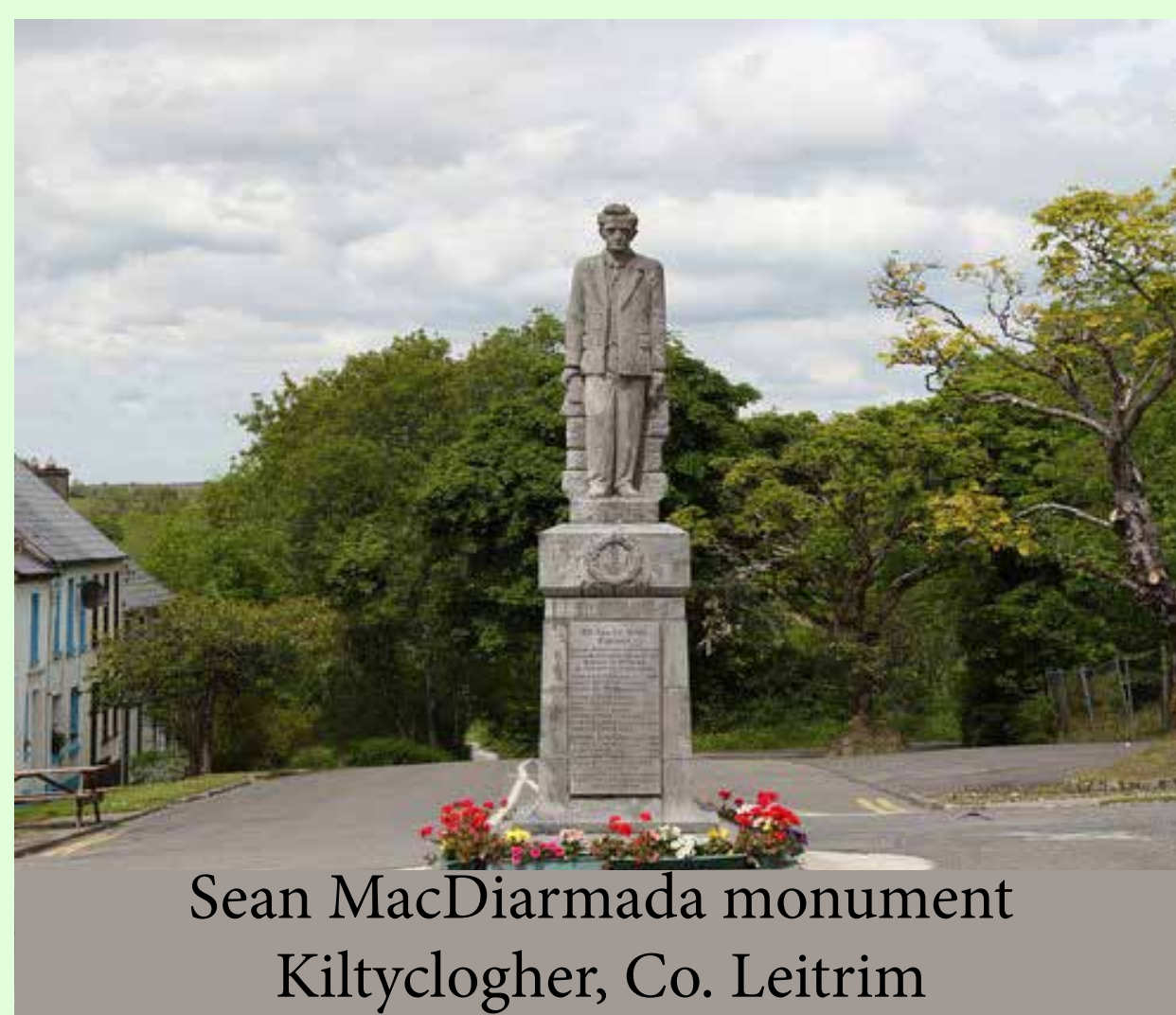
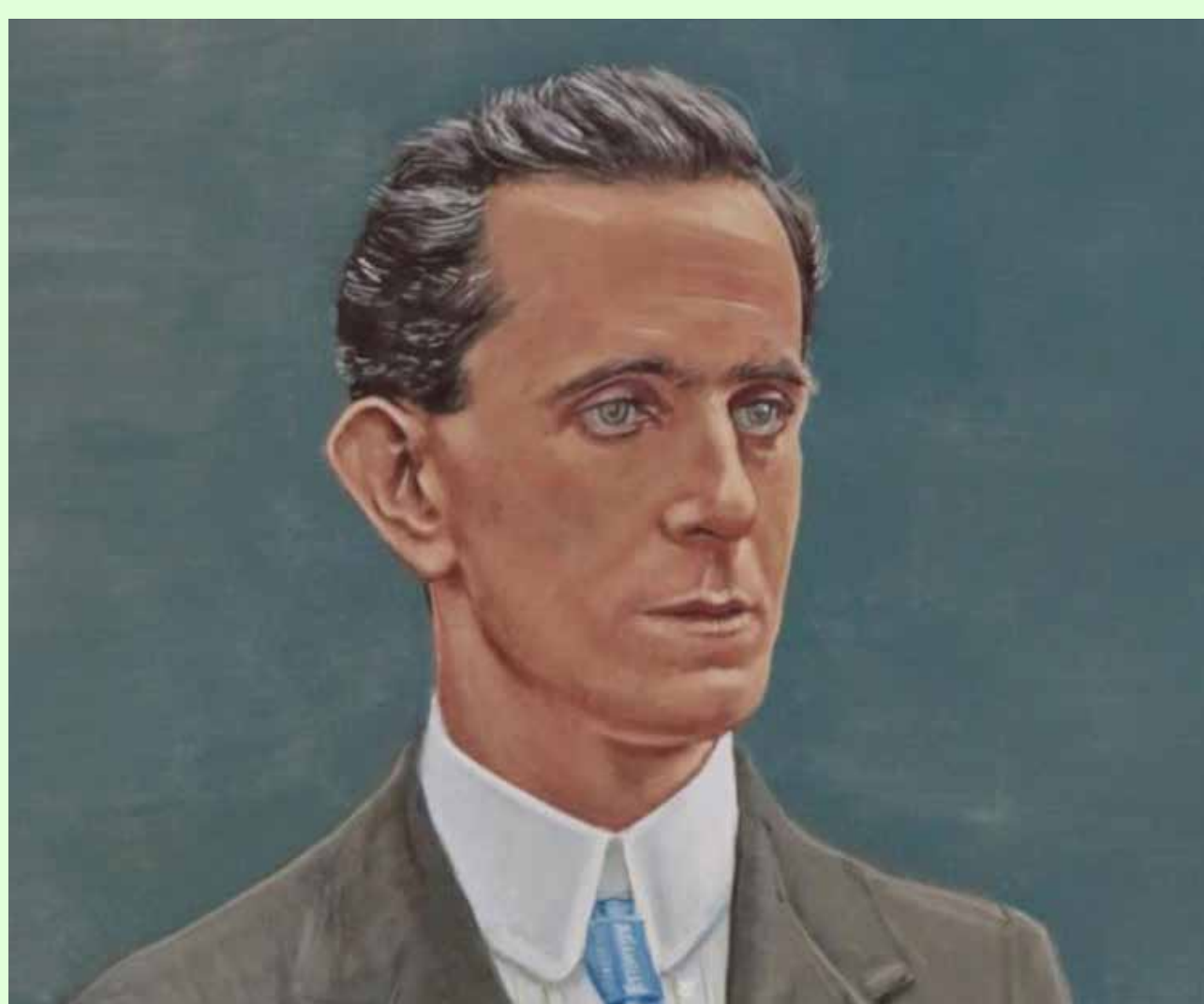
“I have been tried by court-martial and sentenced to death – to die the death of a soldier...I feel happiness the like of which I never experienced in my life before, and a feeling that I could not describe...You ought to envy me.”

These were assuredly the  
tears of my Dark Rosaleen over one of  
her most beloved sons.

At midnight his girlfriend Min Ryan – who would later marry General Richard Mulcahy – and three friends were led to Seán’s cell and remained there for three hours. Min said that Seán was “very anxious to have the others go” so they could be together alone. But it was not to be. They all left together. At 3:45 on May 12th 1916 in the stonebreaker’s yard in Kilmainham Gaol MacDiarmada was executed by firing squad.

Min Ryan later wrote:

“At four o’clock on that Friday morning a gentle rain began to fall. I remember feeling that at last there was some harmony in nature. These were assuredly the tears of my Dark Rosaleen over one of her most beloved sons.”



Seán MacDiarmada monument  
Kiltyclogher, Co. Leitrim

### Commemoration

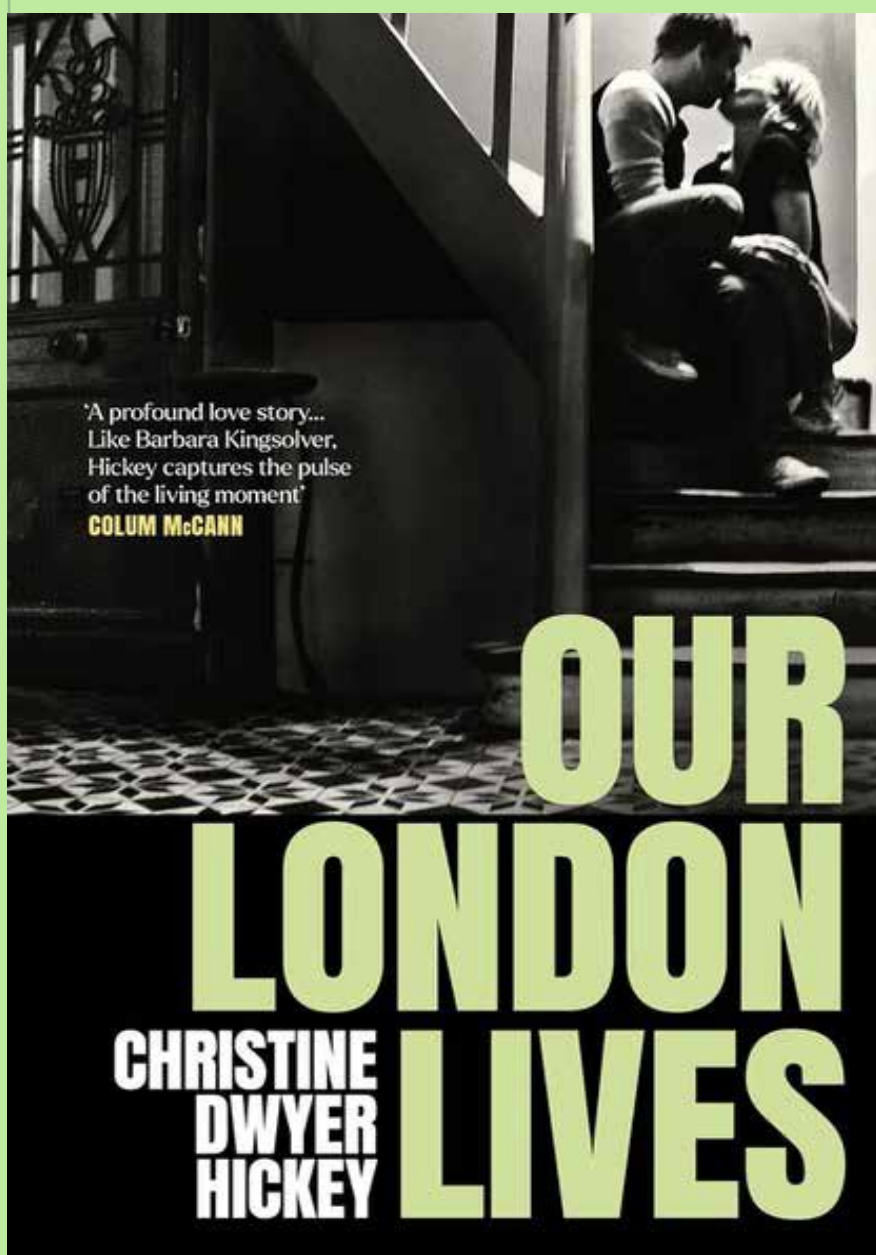
Seán MacDermott Street (formerly Gloucester Street) In Dublin is named in his honour. So too is Sligo Mac Diarmada railway station. In his hometown of Kiltyclogher a statue inscribed with his final words was erected in the village centre and his childhood home became a National Monument. Seán MacDiarmada will always be remembered as one of the seven men to sign the Proclamation of Irish Independence and as such his name will never be lost in the annals of Irish history.

# Patricia Scanlan's Book Club



Patricia Scanlan was born in Dublin, where she still lives. She is a #1 bestselling author and has sold millions of books worldwide. Her books are translated in many languages. Patricia is the series editor and a contributing author to the award winning Open Door Literacy series. In this monthly feature, Patricia brings you her favourite reads of the moment.

## Our London Lives – Christine Dwyer Hickey – Atlantic Books

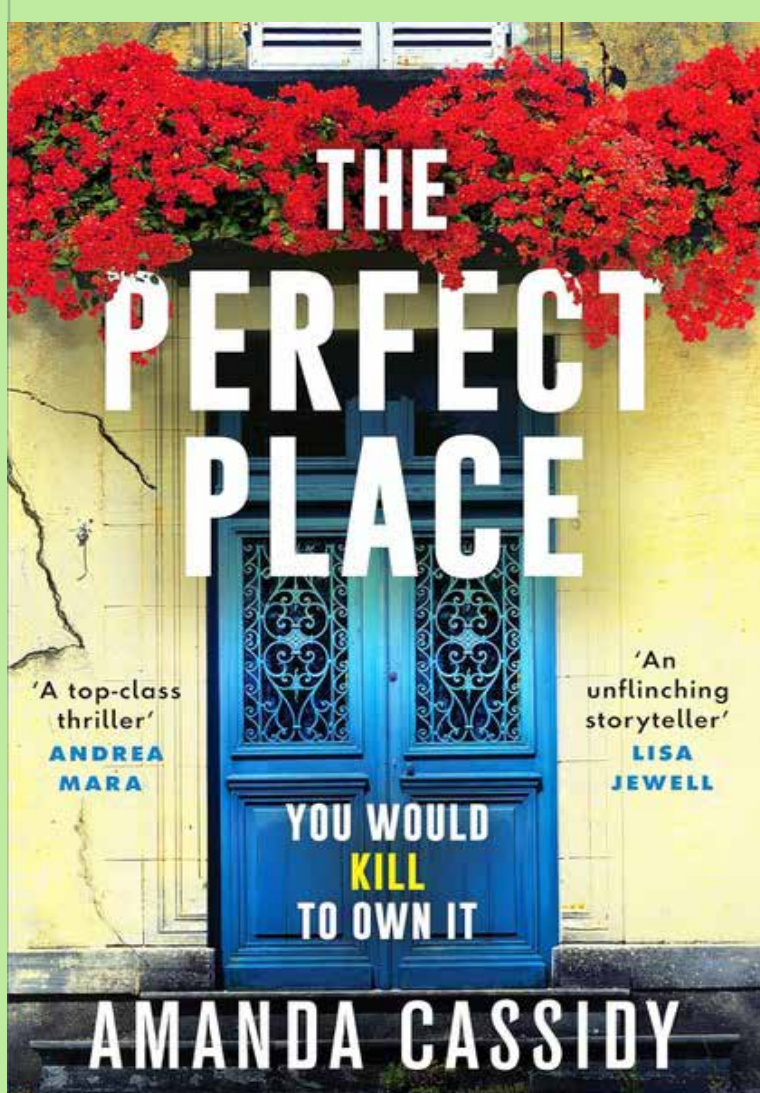
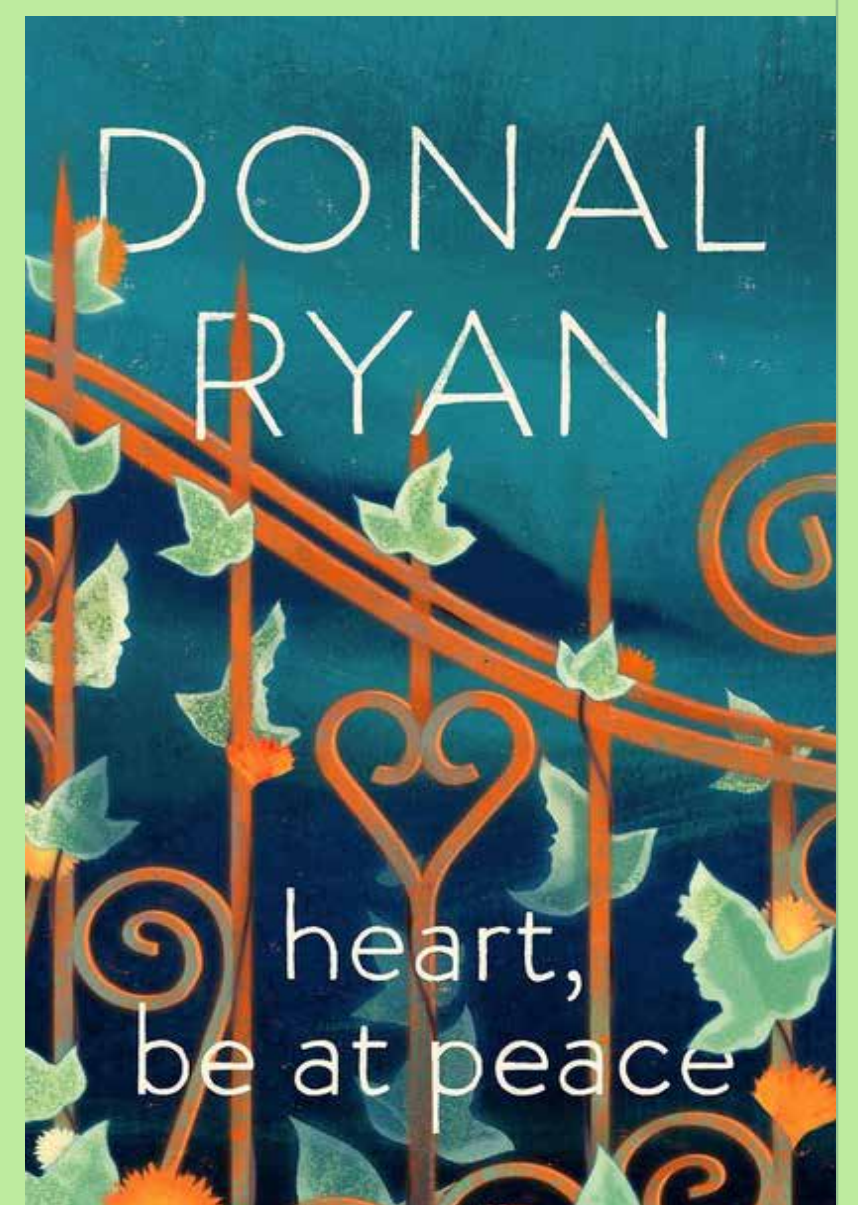


1979. In the vast and often unforgiving city of London, two Irish outsiders seeking refuge find one another: Milly, a teenage runaway, and Pip, a young boxer full of anger and potential who is beginning to drink it all away. Over the decades their lives follow different paths, interweaving from time to time, often in one another's sight, always on one another's mind, yet rarely together. Forty years on, Milly is clinging onto the only home she's ever really known while Pip, haunted by T.S. Eliot's *The Waste Land*, traipses the streets of London and wrestles with the life of the recovering alcoholic. And between them, perhaps uncrossable, lies the unspoken span of their lives. Dark and brave, this epic novel offers a rich and moving portrait of an ever-changing city, and a profound inquiry into character, loneliness and the nature of love. Christine Dwyer-Hickey is one of Ireland's finest writers. Our

London Lives is a superbly crafted masterpiece.

## Heart, Be at Peace – Donal Ryan – Doubleday

Some things can send a heart spinning; others will crack it in two... In a small town in rural Ireland, the local people have weathered the storms of economic collapse and are looking towards the future. The jobs are back, the dramas of the past seemingly lulled, and although the town bears the marks of its history, new stories are unfolding. But a fresh menace is creeping around the lakeshore and the lanes of the town, and the peace of the community is about to be shattered in an unimaginable way. Young people are being drawn towards the promise of fast money whilst the generation above them tries to push back the tide of an enemy no one can touch... Told in twenty-one voices, *Heart, be at Peace* is a heartfelt, lyrical novel that can be read independently, or as a companion to Donal Ryan's multi-award-winning novel, *The Spinning Heart*, voted 'The Irish Book of the Decade'.



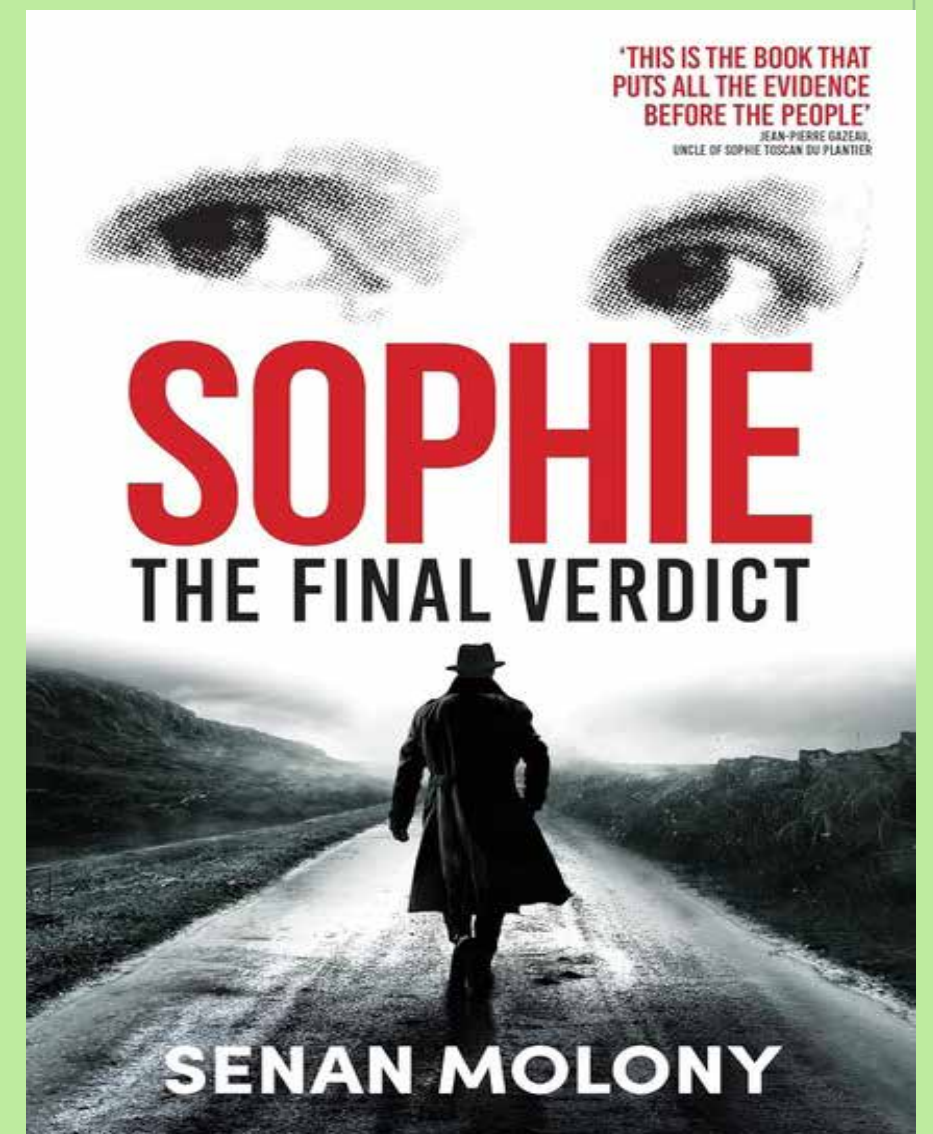
## The Perfect Place – Amanda Cassidy – Canelo

What you see isn't always what you get. Elle Littlewood can barely believe her luck when her producer tells her about the chance to get her hands on a dilapidated chateau in Aix-En-Provence, France for a rock bottom price. It seems too good to be true, but as a home interiors influencer, she knows this would make incredible content. Lately, Elle has noticed the cracks start to show. Her life is the envy of thousands, and her social media posts show a beautiful, accomplished woman. Yet this wasn't always the case. If they knew the truth about her past, they would never look at Elle the

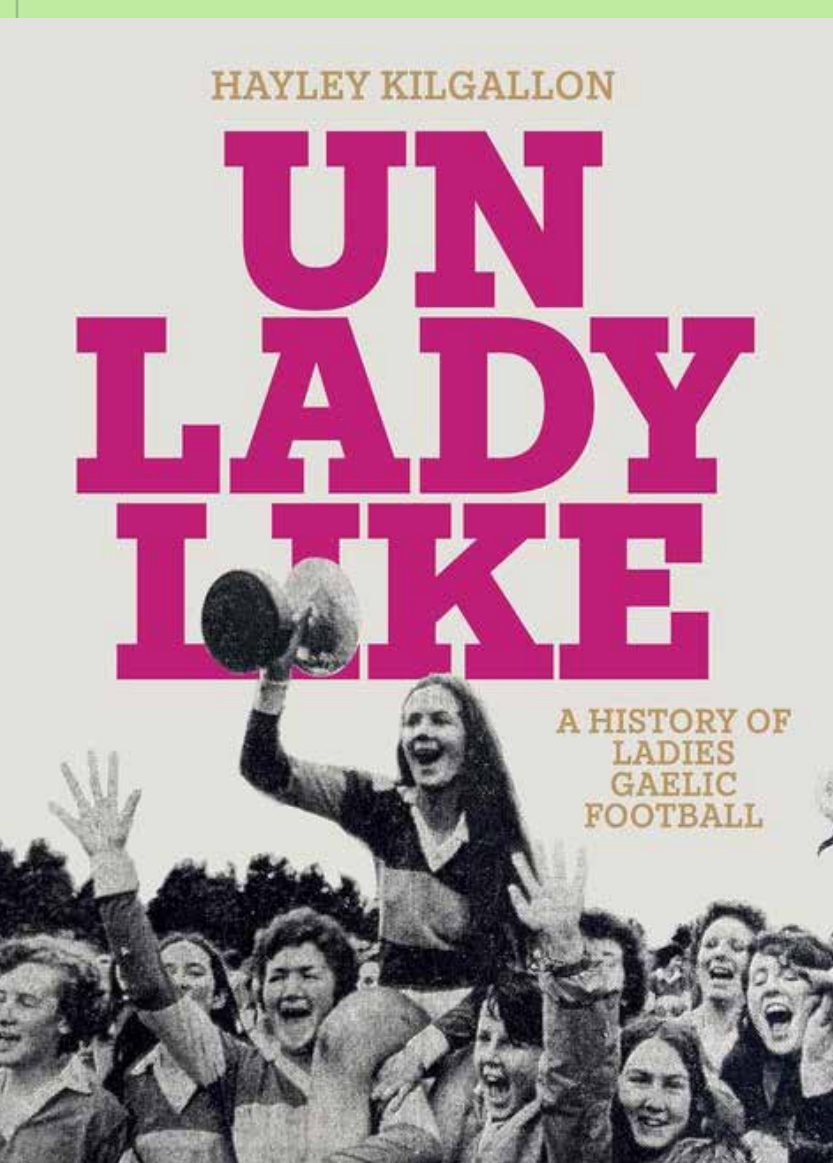
same way again. Elle needs this house. She doesn't care that it comes with huge strings attached. And when people get in her way, there's nothing Elle won't do to protect her brand. After all, she's survived by doing things that people could never imagine – and knows she would do them again. A dark, voyeuristic and utterly captivating crime thriller that fans of *People Like Her* and *Sun Damage* will love from CWA Debut Dagger shortlisted author Amanda Cassidy.

### **Sophie: The Final Verdict – Senan Moloney – Hachette Books Ireland**

'Arriving in West Cork to cover the murder of Frenchwoman Sophie Toscan du Plantier, our man on the ground was local journalist Ian Bailey. His level of insight into the killing was extraordinary . . .' So began the journey of journalist Senan Molony, first national crime correspondent on the scene of Sophie's brutal murder in December 1996, in a saga that would shock the nation. The 2024 death of prime suspect Ian Bailey reopens the case for Molony, who goes behind the scenes to tell the full chilling story, as never before - from first seeing the Englishman as someone with impressive inside sources, to his moment of awakening at Bailey's arrest for a murder the suspect freely wrote about in the national press. The book charts the astonishing early days of a doomed investigation and times thereafter, as Bailey - a violent misogynist and pathological liar - escaped charge or trial in Ireland despite compelling evidence. Including interviews with Sophie's family, key garda investigators, local witnesses and Bailey himself, with shocking excerpts from his 'black diaries', it unpacks the truth and categorically dismantles Bailey's mainstay defence that he did not know Sophie. It also explodes commonly held myths - often seeded by the suspect himself - bringing to light astounding new information, along with fresh and disturbing proof of guilt. This is the book that lets all the evidence speak.



### **Unladylike: A History of Ladies Gaelic Football – Hayley Kilgallon – New Island Books**

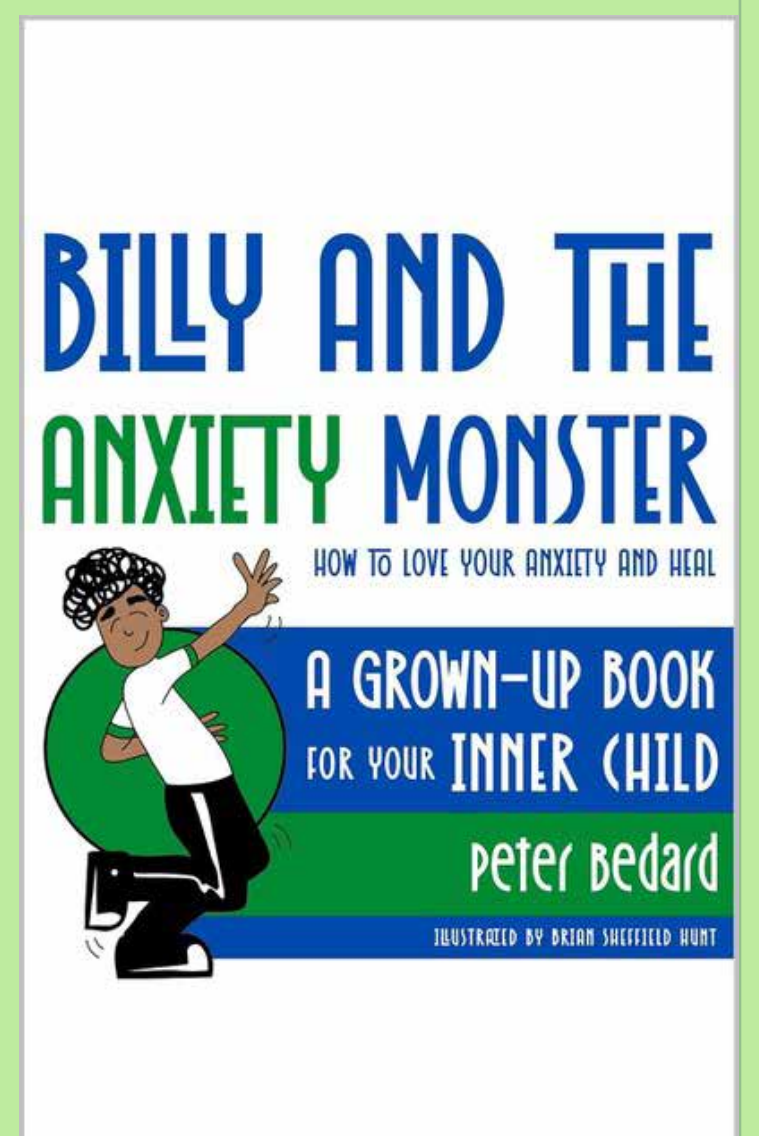


The first recorded game of ladies' Gaelic football was played in St James' Park, Dublin, in 1920. Players competed in ankle-length skirts, watched by a sizeable crowd. But the game was not authorised by the GAA and, in the decades that followed, the sport was kept to the sidelines, a popular novelty act at local fairs that was branded unsuitable 'for frail feminine fingers'. The message was clear: Gaelic football was unladylike. But, by the time of the first ladies' Gaelic football final in 1973, the Evening Press was reporting, 'there is a future for this latest craze in the Irish sporting world'. And when, a year later, the Ladies' Gaelic Football Association (LGFA) was founded in Hayes' Hotel in Thurles, County Tipperary in July 1974, the future for this new craze was undeniably set in motion. From its carnival origins to record-breaking attendances, from

writing the rule book to a membership of nearly 200,000, from the earliest All-Stars to game-changing partnerships, this definitive history of ladies' Gaelic football captures the extraordinary growth of a national sport, one that defied traditional gender norms and exceeded all expectations, to enter the mainstream and travel the world. Lavishly illustrated and drawing from national, club and personal archives, UNLADYLIKE is a book to be treasured by players and supporters alike, and confirms the best is yet to come.

### **Billy and the Anxiety Monster: How to Love Your Anxiety and Heal, A Grown-Up Book for Your Inner Child – Peter Bedard MA, C.Ht., RScP (Author) Brian Sheffield-Hunt (Illustrator) – Convergence Healing**

*Billy and the Anxiety Monster: How to Love Your Anxiety and Heal, A Grown-Up Book for Your Inner Child* – Peter Bedard MA, C.Ht., RScP (Author) Brian Sheffield-Hunt (Illustrator) – Convergence Healing. In, *Billy and the Anxiety Monster How to Love Your Anxiety and Heal, A Grown-Up Book for Your Inner Child* (BAM), Peter Bedard, takes us through a simple process of working with anxiety and learning to LOVE it. With any pain, anxiety included, our society historically teaches us to attack it, to be angry with it, to cut it out, shove it aside, medicate it, or run away from it. We become frustrated and bully the parts of us that are suffering. This can create a feedback loop, causing us to feel more anxious, overwhelmed, and helpless. Inspired by a timeless quote from Rumi, the mystical poet, "The cure for pain is in the pain", Peter takes us on a healing journey full of practical and doable concepts that can help you heal.



# The Podcast Review

**We source the best selection of podcasts each issue. This time we bring you, Escape from the Maze, The Human Subject, She Got Game and Investigating Essex.**

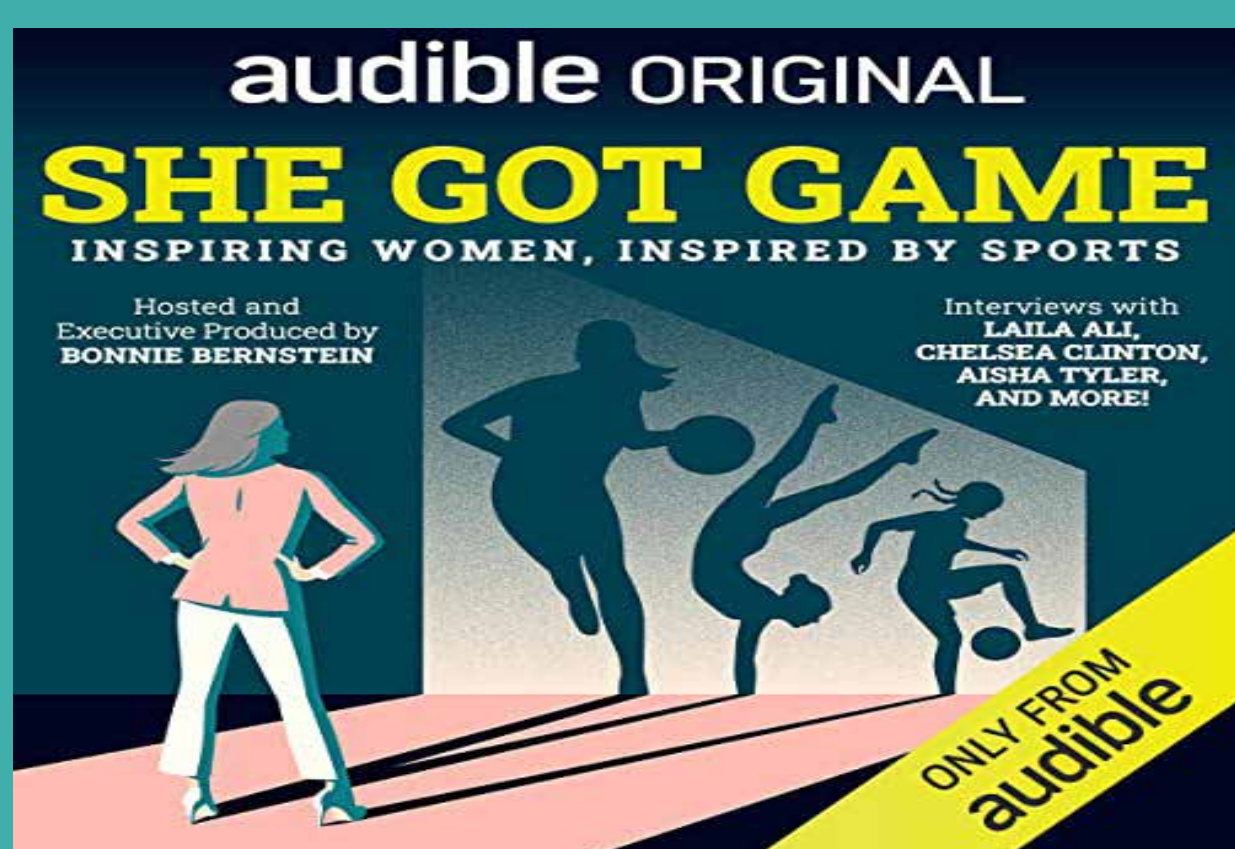
## Escape from the Maze (True Crime)

Carlo Gebler navigates the wings of the Maze Prison's notorious H-Blocks - to unlock the disturbing inside story of the biggest jailbreak in British and Irish history.



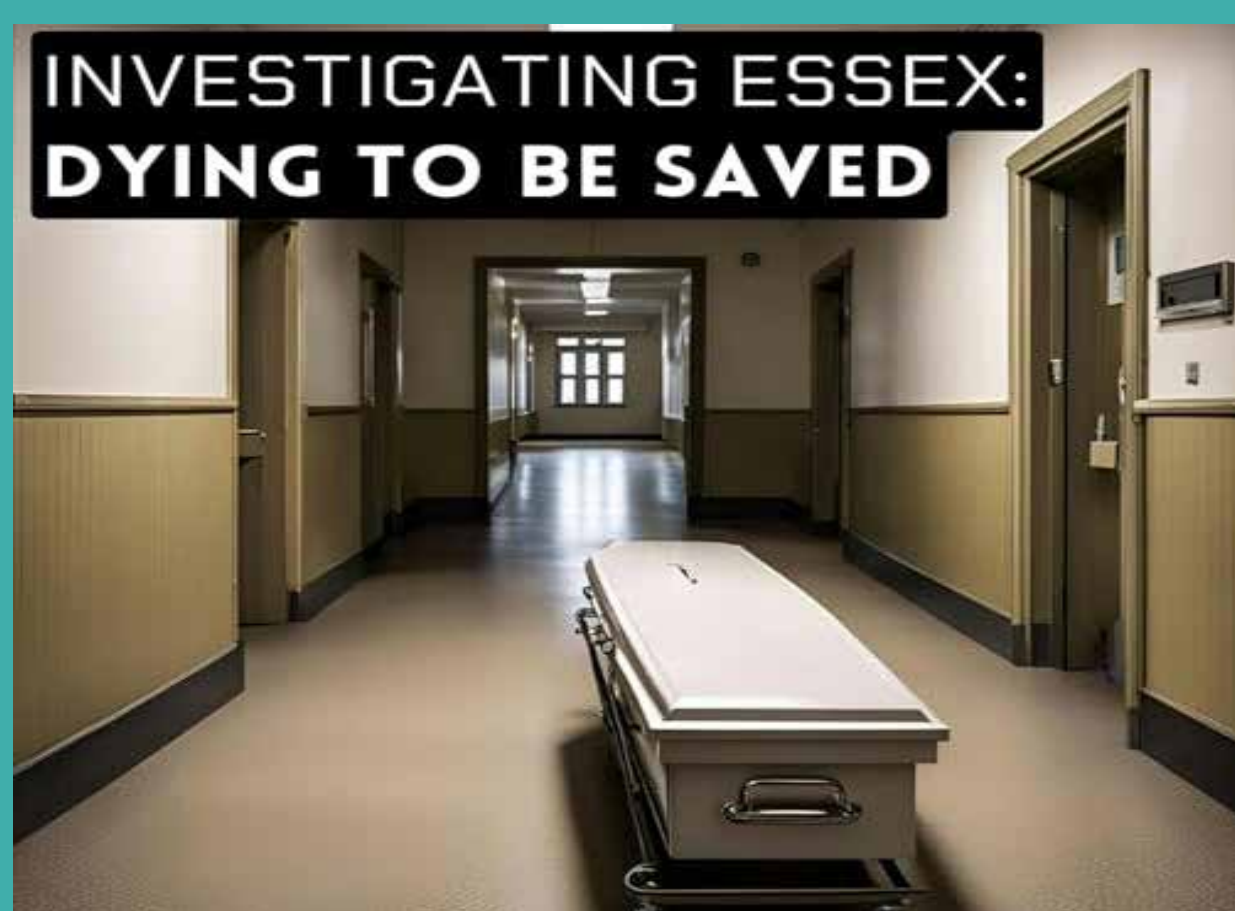
## The Human Subject (Human Interest)

Dr Adam Rutherford and Dr Julia Shaw investigate the threads connecting modern day medicine to its often brutal origins. This is the story of 16 year old Lana Ponting. The year is 1958 and she has run away from home yet again. The police pick her up and a judge orders her to the infamous Allen Memorial Institute in Montreal, Canada. There, she is met by Dr Ewen Cameron, a very famous psychiatrist. What neither Lana nor her parents knew is that Dr Cameron's method of treatment was less than conventional and his work would soon attract the attention of the CIA and their mind control efforts. This is the story of Subproject 68 and MK Ultra. Julia and Adam hear from journalist John Marks, author of The Search for the Manchurian Candidate: The CIA and Mind Control. They also speak with Lana Ponting, one of the last living survivors of Dr Cameron's experiments.



## She Got Game: Inspiring Women, Inspired by Sports (Sport)

This groundbreaking podcast spotlights 10 extraordinary women whose grit, teamwork, perseverance and resilience learned through sports has empowered them to reach the top of their respective professional mountaintops.



## Investigating Essex: Dying To Be Saved (Investigative)

In 2023, the UK government announced it would be investigating the deaths of 2000 patients, who died under Essex mental health services, as part of a public inquiry. With the inquiry now underway, some of the families of those who lost their lives, whilst in the care of Essex Partnership University Trust and its predecessors, are telling their tragic and heartbreaking stories. Many of these families still have no idea why their loved ones died and they are hoping this inquiry will hold to account those who have repeatedly failed patients in their care. This series addresses catastrophic failures including proven sexual assaults from staff on patients, the falsifying of care plans after a patient has died, unexplained deaths and reviews harrowing undercover footage from inside two mental health inpatient wards in Essex. This series has been made with the aim of giving grieving families a voice.

### How to:

Search "Google podcasts" in the Play Store app (if you've an Android phone). iPhones comes with Apple podcasts app installed. Open the app and type in the name of the podcast you want or you can just browse categories whilst there.

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**Congratulations and best wishes to the players chosen to represent Ireland at  
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