



ICPO NEWS

Issue No. 73

Autumn 2016



ICPO
Penfriend
Scheme



Scottish
Prison
Visits



Listowel
Writers
Competition

The ICPO

It is estimated that at any one time there are in excess of 1,200 Irish people in prison overseas. The ICPO has contact with Irish people in prisons in more than twenty five countries, the majority of whom are in the UK, with many more detained throughout the US, Australia, Europe, South and Central America and the Far East.

The Irish Council for Prisoners Overseas (ICPO) was established by the Irish Catholic Bishops' Conference in 1985 in response to serious concerns regarding the number of Irish men and women in UK prisons. These deeply held concerns related to their trials and subsequent imprisonment.

In recent years the ICPO has been able to offer a more comprehensive service to prisoners and to expand our existing services to prisoners' families. The ICPO works for all Irish prisoners wherever they are. It makes no distinction in terms of religious faith, the nature of the prison conviction, or of a prisoner's status.

The objectives of the ICPO are to:

- Identify and respond to the needs of Irish prisoners abroad and their families;
- Research and provide relevant information to prisoners on issues such as deportation, repatriation and transfer;
- Focus public attention on issues affecting Irish prisoners (ill-treatment, racist abuse, etc);
- Engage in practical work in aid of justice and human rights for Irish migrants, refugees and prisoners at an international level;
- Visit Irish prisoners abroad where possible both in the UK and elsewhere.

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An Roinn Gnóthaf Eachtracha agus Trádála
Department of Foreign Affairs and Trade

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Greetings from all in the ICPO

In this edition of the newsletter we discuss the ICPO Penfriend Scheme. It is a service that almost 100 of you currently avail of and many hundreds have done so since it began. We asked both our clients and Penfriend volunteers to tell us their experience of the Scheme and the result is a positive and thought-provoking piece.

The newsletter also contains an article by ICPO Caseworker, Ian Hanna, about his recent prison visits in Scotland, as well as a piece by Bernie Martin on mindfulness and the winning entries from Listowel Writers Week. Congratulations to the winning entrants and to all who took part.

Also, please do write to us about your own experience - it is always interesting and informative to learn about the conditions, routines and how people "do their time" in different countries.

My thanks as always to our regular contributors - Caitriona Ní Bhaoill, author of Smidín Gaeilge, Ian Hanna for his sports supplement (and what a busy summer it has been) and Claire O'Connell who writes our Family Issues section.

I would like to take the opportunity to introduce you to a new member of the ICPO team. Her name is Ciara Kirrane and she is joining us as a Caseworker, Information and Policy Officer. We are delighted to have her on board.

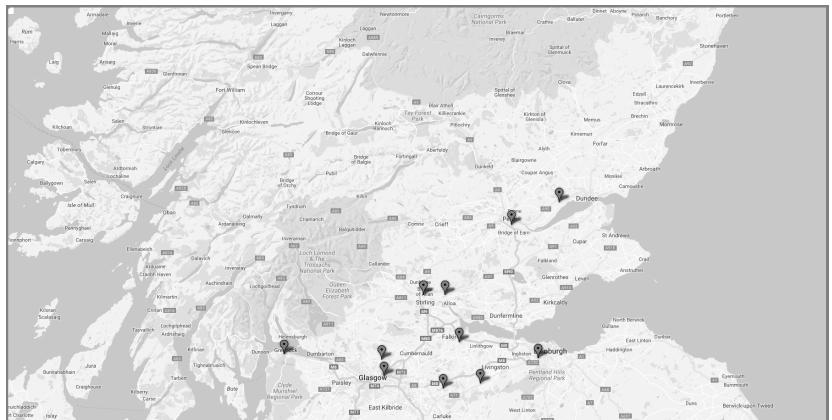
Lastly, I wish to thank the ICPO staff and volunteers (in particular ICPO volunteer Eileen Boyle) for their hard work in putting this newsletter together.

Brian Hanley

ICPO Coordinator

VISITING ICPO CLIENTS IN SCOTTISH PRISONS

During the summer I visited some ICPO clients in a number of prisons in Scotland. This visit had originally been planned for spring but due to unforeseen circumstances at that time it was postponed. The visit also included meetings with a number of prison chaplains. In addition, I met with the staff of the Irish Consulate in Edinburgh. Funding for the trip was provided by the Department of Foreign Affairs and Trade. Whilst the highlight, for me, were meetings with individual clients, the discussions with the chaplaincy services and the Irish Consulate developed and strengthened the links and support available to ICPO and our clients and were very productive.



Although this was my first visit to prisons in Scotland but last year I had visited clients in the USA which had given me a greater understanding and awareness of what is required from me. Some of them recalled the visit a few years ago made by another ICPO caseworker, Kate Jackson.

Planning a visit to Scotland requires a certain degree of flexibility due to the procedures necessary to book and confirm visits and also the fact that in the week prior to departing for Scotland, two clients were transferred to different prisons. I have to say a very special word of thanks to those clients—who with the assistance of the Scottish Prison Service managed to secure me "Agent visits" in all cases except one. This made a huge difference as "Agent visits" are normally double sessions allowing an uninterrupted 2.5 -3 hours in a booth and where notes can be written down. I was allocated nearly three hours with most clients, which produced a positive atmosphere. It allowed topics to be discussed in a frank and forthright manner leading to an exploration of ideas that might not be possible in a shorter period of time. The meetings were relaxed and while the range of topics was quiet broad a common theme was the progress, or lack of, in respect of their appeals. In one instance, concerns were raised regarding the treatment of an individual. These matters were raised with the appropriate authorities.

I managed to have a separate meeting with the Roman Catholic chaplains prior to meeting the other members of the prison chaplaincy services. All of them were serving as parish priests in their dioceses and being prison chaplain is an additional appointment. They all have considerable experience as prison chaplains and have developed good links with the prison welfare and social workers. They are part of a multi-faith chaplaincy service and if one is not available other chaplains of different denominations are available and will provide the same level of support and discretion as they do. If an inmate wishes only to speak with a religious leader of his own faith they will also do everything to accommodate this. I left some ICPO material and contact details with them so if a family member or a prisoner wishes to contact us our details should be available to them.

There are basically two ways of arranging visits to Scottish prisons. One is where the inmate arranges it directly with the prison staff two weeks in advance of the visit. The other is where the visitor arranges it directly with the prison; in some cases this type of visit can only be arranged one week in advance. I recommend that family members contact the individual prison to clarify visiting days and times and also other security arrangements that must be complied with. Each prison has their own website which explains visiting procedures, how to get there, plus other additional information. You should be aware that some prisons may have peak visiting times with a resultant restriction on the time available to meet your loved one.

I will end by saying that communication with a loved one inside a prison is very important to them as it keeps them connected to their family and friends and to the outside world. Visits are an essential ingredient in the communications mix and I found my visits to be very beneficial and positive.

Ian Hanna
ICPO Caseworker

Your body is present

Is your mind?

Mindfulness

Past

Present

Future

I have a very dear friend called Grace. She is a few years older than me but we share similar interests. We became friends about twenty years ago when we did a class together. We have the longest conversations that go on for hours and even if we don't see each other for weeks on end it doesn't matter, we just pick up where we left off before. Grace is gentle and kind and lovely and all the things I want to be. She is also good fun and we always have a great laugh together.

One thing that irked me about Grace when we started going places together was her slowness. I am the sort of person who is always running here and there, my mind is darting hither and tither and sometimes I am going so fast that I nearly pass myself out. Grace moves at a slow pace, she does everything slowly and with great concentration. Grace is a real hostess and sometimes cooks dinner for 15 or 20 people; the preparation of which could go on for two days beforehand. The meal will be second to none and Grace will serve table and talk and have fun with everyone and it will be a very enjoyable evening.

I tried my best to make Grace get up to my speed, walking faster and walking ahead of her, jumping out of the car and taking her bags out to hurry her up, but no matter what I did Grace would sit in the car talking while I stood impatiently waiting, and she walked at her own speed and would take her own time going from A to B. In the end I had no choice but to slow down to her speed, when I did that she got even slower and I got more irritated. I don't know at what stage I automatically slowed down when I was in her presence, I wasn't even aware of it really but I soon came to realise that at Grace's speed things were a lot less stressful. We always got everything done and always made that train or bus in plenty of time. It was like Grace had her own time zone and everything in it moved at her speed. As my life got busier I learned to appreciate the slow, peaceful atmosphere that surrounded Grace and sought to recreate it in my own life. I started reading up about mindfulness and realised that Grace, without her even knowing it, practiced natural mindfulness.

In mindfulness we notice what is going on right now, in this very second, making our mind aware of every

detail in our surroundings and what we are doing. Practicing mindfulness is a challenge and is hard work to start with but it can be very rewarding.

By way of example let us look at eating mindfully. When we are eating, most of the time we are thinking hundreds of thoughts, our minds are darting back and forth and we give little thought to the physical activity of eating. If you bring your mind back to what you are doing, start by smelling the food, let the aroma fill your nostrils. Be aware of opening your mouth and putting the fork or spoon past your lips. Feel the texture of the food in your mouth, taste the food, feel the sweetness or the bitterness on your tongue, how it effects your mood, how your body reacts to it. Chew slowly releasing the flavours even more, be aware of the movement of your jaw while you eat, be aware of the changing texture of the food as you chew it then aware of your swallow reflex. This is called mindful eating-being aware of nothing else but what you are eating and the effect it is having on you. Of course if you were to do this with every morsel you put in your mouth it would take an hour or more to eat one meal. I only use this as an example of what mindfulness is all about. Mindfulness can help over time with clarity of thought, giving you a sense of peace and inner balance. Some people spend a lot of money to do a mindfulness course, others travel half way around the world at great expense to study it but anyone can practice it without any training whatsoever. Here is one simple exercise to start you on your journey into mindfulness:

Mindful Breathing

This exercise can be done standing up or sitting down and pretty much anywhere at any time. All you have to do is be still and focus on your breath for just one minute.

- Start by breathing in and out slowly. One cycle should last for approximately 6 seconds. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
- Let go of your thoughts for a minute. Let go of

Your body is present

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things you have to do later today or pending projects or problems that need your attention. Simply let yourself be still for one minute. Purposefully watch your breath, focusing your senses on its pathway as it enters your body and fills you with life, and then watch it work its way up and out of your mouth as its energy dissipates into the world.

If you are someone who thought they'd never be able to meditate, guess what? You are halfway there

already! If you enjoyed one minute of this mind-calming exercise, why not try two or three?

Sometimes when I am stressed this quote comes into my mind and it helps to centre me.

The path is beautiful, be still.

Bernie Martin
ICPO, Maynooth

The Tree of Knowledge, Maynooth College Garden



Maynooth College Garden featured in our last edition of ICPO NEWS. We frequently take a walk there at lunch time. During the summer a monument was added to the garden and we were intrigued. When we made enquiries we learned that Professor Rowena Pecchenino had commissioned the monument to the memory of Monsignor Patrick J. Corish and gave it as a gift to the college. The monument was sculpted by John Coll, one of Ireland's most prominent figurative sculptors. He has sculpted many works of national importance including monuments to the poet Patrick Kavanagh and the writer Brendan Behan on the Dublin canals.

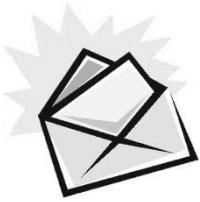
It was a collaborative project involving the sculptor John Coll, Rowena Pecchenino and friends of Monsignor Corish. For over seventy years, Monsignor Corish made a huge contribution to the life of St. Patrick's College, Maynooth, as professor, president and priest. *"He was the kind of teacher for whom every student longed. Entertaining, dedicated, serious, supportive and challenging all at once - for many he*

was simply the best teacher they ever had."
(Homily at his funeral Mass).

He had great humility and his friends knew he would not have liked a statue of him on display. So they designed a monument to reflect his love of nature as well as his great knowledge and wisdom. The roots of his knowledge were found in the Bible and one of his favourite lines was 'In the beginning was the Word' (John 1:1). They also designed the monument to have a surprise element; something that draws the viewer in. Our owl from the cover of ICPO news is hidden, nestled within these outside leaves on a branch; the owl is a great symbol of knowledge down through the ages. John Coll used welded bronze and stainless steel in the construction.

The monument was positioned in the alpine section of the walled garden which was Monsignor Corish's favourite part of the garden. His interest in the garden began in the 1950's and he developed the rock garden and populated it with alpine plants that would survive outside.

Anne Sheehy
ICPO Maynooth



ICPO Penfriend Scheme

The ICPO Penfriend Scheme is in operation for more than fifteen years now. During that time, many hundreds of Irish people imprisoned all over the world have enjoyed taking part in it. If you feel you would like to write to someone on a regular basis, the Penfriend Scheme might be for you. It is also worth noting that ICPO can provide you with prepaid envelopes so you won't have to worry about paying for stamps! What follows are some messages we received from clients and volunteers about their experiences of the Penfriend Scheme.



When I heard a spokesperson from ICPO some years ago, I volunteered to become a penfriend.

My current penfriend has been writing to me for seven years. Though born

in Ireland, he lived in the UK for most of his life. From the beginning of the correspondence, information about the past and present life of this country has interested him. Therefore, I regularly downloaded Wikipedia articles on the history and culture of Ireland for him and on places which I have visited, or to which I refer, in a letter.

When time permits it, I also write chatty meandering letters about everything and anything which occurs to me, or which I experience or observe. Some of these topics may be of little importance in the greater scheme of things, such as my 'back garden hens', but they seem to help to give him a glimpse of everyday life elsewhere. They may remind him of aspects of his former life and may help him to look forward to possible opportunities in his future life.

I delight in the correspondence and regard it as a golden opportunity to 'visit a prisoner' from the comfort of my own home.

Máire
Penfriend Volunteer



I started as a penfriend in 2004. My first pen friend was from inner city Dublin and he had the typical Dublin wit. It was incredible how amusing his letters were. It was a great

start for myself and I always looked forward to reading his letters. He was released in less than a year. Others were from Northern Ireland and even one from Australia via Africa. Most were little older than my own son and were in prison due to very unfortunate circumstances.

In the early days I was able to post second hand books but this is now forbidden in most prisons. The books gave us a topic of conversation as we both would have read the same book. These books were then loaned to

cell mates and helped the men form new friendships. Now I send newspaper cuttings and they are welcomed. Prisoners get a chance to study and learn new skills. One of my penfriends won a prize for his poem which was published in the ICPO newsletter. I have attended the ICPO conference on a number of occasions and I enjoyed meeting other penfriends and hearing some of the ex-prisoners speak of the benefit they got from receiving letters and of course meeting the wonderful staff from ICPO in Maynooth.

It has been a worthwhile experience for myself and I hope when my letter arrives I have brightened my pen friends day. I expect that apart from any news enclosed it helps the prisoner to know that another person took the trouble to write to them.

Pauline
Penfriend Volunteer



My name is David and I have been in prison in England for the past 10 years serving an IPP/life sentence. One of my main worries when I first came into prison was losing contact with family and

friends (many of my family and friends have stopped all correspondence and some have passed away since I arrived in prison) and having only what is going on in prison to keep myself occupied. Thankfully for me, I have had contact with my children and some family members but a big bonus for me was when I was given the opportunity by the Irish Council for Prisoners Overseas to take part in their Penfriend Scheme so that I could be kept in touch with how things are going over in Ireland by having a penfriend who I can write to on a regular basis.

I have had penfriends for the past eight years and I have found our contact of enormous help and comfort. My penfriends talk about everything and anything and because of my faith (Roman Catholic), we do remember each other in our daily prayers and at Mass. If I didn't have contact with somebody over in Ireland, keeping me up to date with life over there, whether it be political, social or religious, then I would be pretty much left in the dark and I would have to catch up on

everything when I am eventually released.

By writing to my penfriends over in Ireland (and they writing to me), I feel less isolated and better within myself; a good sense of wellbeing. The ICPO Penfriend Scheme is something I can recommend to every Irish national who is in prison throughout the world (not just here in the UK). You too will feel the benefits by taking part in the Penfriend Scheme by having contact with somebody in your native country.

On average, I write to my penfriend once a month (sometimes more often) and I always include a monthly update describing what has gone on for me in that particular month, both inside and outside of prison. It is a good way of off-loading things to somebody independent and also sharing positive and good situations.

My penfriends have never judged me on what brought me into prison in the first place. They are there to support me by communication and at my request, spiritually, (you never have to talk about religion if you don't want to. The whole ethos of the ICPO Penfriend Scheme is contact and communication with your native country, FULL STOP, anything else is up to you.)

I hope my story is of some help to you in deciding to take part in to ICPO Penfriend Scheme and I wish you all the best for the future.

David, UK

"The letters I receive uplift me and cheer me up. My penfriend is very kind and checks how I am doing. So I recommend the Penfriend Scheme to other prisoners. It's nice when a letter lands on your cell floor. So please apply - it helps you through tough times inside."

John, UK



I first heard about ICPO and the Penfriend Scheme in 2008 when Sr. Anne invited me to consider becoming a volunteer. I signed up and encouraged two of my friends to do the

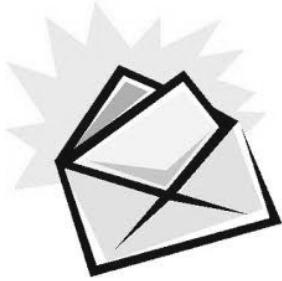
same. Over the past eight years I've written to five different penfriends.

One was a bit impatient and said if he had my home address our letters would come and go quicker. He was disappointed when I explained we had to abide by the penfriend guidelines and continue to use the ICPO office address. I was delighted he continued to write.

All of the penfriends are interested in news from Ireland, sports, political, weather-floods etc. Some shared their day to day activities, helping in the kitchen, laundry etc. I was happy to know they were not confined in a cell all day. Some of the penfriends say they are happy to be on their own a lot of the time.

It is lovely to read it when penfriends say how delighted they are to get a letter addressed to them and what a surprise it is.

Clare
Penfriend Volunteer



ICPO Penfriend Scheme

"I found out about the Penfriend Scheme when I was reading one of the newsletters. I applied for one and haven't looked back. My penfriend has a farm in the Rep. of Ireland. Tells me how its going, also tells me how the politics are going".

Keith, Australia



I have been a volunteer with ICPO for the past four years. Letters from the prisoner I correspond with have opened my eyes to the reality of prison life and how resourceful a person has to be to survive it.

My penfriend has generously shared in his letters how he is coping and dealing with his situation. He draws on his strength and capabilities and in the process is realising his talents and gifts. He is very appreciative of the letters I write to him. While I may be seen as the supporting party I have got much more from the experience.

Nuala
Penfriend Volunteer

Some Quotes from Clients

"I don't think I would be here today if it wasn't for my penfriend." Paul, UK

"It means so much to get a letter especially from someone back home in Ireland bringing words of kindness and moral support". Brian, Canada.

"There are times when things look bleak and we feel lonely and then a simple post comes and it can make an enormous impact on our days." Paul, USA

ICPO Penfriend Scheme

The aim of the scheme is to enable Irish people in prison abroad to keep in touch with everyday life in Ireland. It can also help with any loneliness and isolation that you might be experiencing.

If you do not already have a penfriend and would like to maintain a friendly correspondence with one of our volunteers, please contact us.

Update from London ICPO Office

Autumn 2016



BREXIT

As you are aware, the UK has decided to leave the EU. However, the legal processes involved in completing this historic move will take a couple of years to complete. In the meantime, as far as Irish prisoners are concerned, there will be no change to their status within the UK. Prisoners will still be eligible to apply for repatriation in the usual way and the non-deportation of Irish prisoners will remain the same. The ICPO will carefully monitor the ongoing situation and keep prisoners well informed of any developments as and when they occur. But for the foreseeable future, it will be business as usual.

LEGAL AID

With the virtual abolition of **legal aid**, life has become much more difficult for many prisoners seeking reviews, etc. However, one source of help here might be the **Prisoners Advice Service (PAS)** which provides legal advice and information to prisoners in England and Wales regarding their rights, the application of the Prison Rules and conditions of imprisonment. PAS takes up prisoners complaints about their treatment inside prison by providing free advice and assistance on an individual and confidential basis, taking legal action where appropriate. Issues they can help with include: parole, temporary release, life sentences, categorisation adjudication and licences/recalls. Telephone them on **0207 2533323** between 9.30-13.00 and 14.00-17.30 on Monday, Wednesday and Friday. You can also write to them at **PAS, PO Box 46199, London EC1M 4XA**. If you want them to help, they need your permission, so contact them directly. If you are worried about writing private details, you are within your rights to write **Rule 39 applies** on the outside of the envelope and seal the letter up without it being read by prison staff. Rule 39 is the Prison Rule relating to confidential legal correspondence and is only for use in a legal matter such as letters to a court or legal advisor.

PRISONERS MAINTAINING INNOCENCE

Back in July, Fr Gerry McFlynn chaired a public **PMI (Prisoners Maintaining Innocence)** lecture by the outgoing Director of the Prison Reform Trust, **Juliet Lyon**. Juliet used the opportunity to look back over her time at the PRT and the changes that have taken place in the prison system. **PMI** is a campaigning group seeking to draw public attention to the problems faced by prisoners maintaining innocence. While it does not deal with individual cases, it can refer them to the Innocence Project. Prisoners maintaining innocence should contact Fr Gerry.

ROGER CASEMENT COMMEMORATION

In this year of the 1916 Commemorations, Fr Gerry was privileged to be invited to offer a reflection at the State Commemoration in honour of **Roger Casement** in Glasnevin Cemetery, Dublin, back in August. Sir Roger Casement, great humanitarian, diplomat and Republican, was the last of the 1916 leaders to be executed and the only one to be executed outside of Ireland. He was hanged in Pentonville prison on 3 August 1916 for high treason for his part in the Easter Rising.

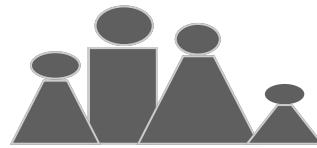
BISHOP EDWARD DALY

Finally, the Irish Church and many people of all religions and none, lost a dear friend with the passing of **Bishop Edward Daly** back in August. Perhaps best known for his famous photograph with the white handkerchief on Bloody Sunday, Bishop Daly had a great empathy for prisoners and was a prominent figure in the Birmingham Six and other miscarriage of justice cases. A man of the people, he personified the mercy and compassion spoken of in the scriptures. Ar dheis De go raibh a anam dilis.

Fr Gerry McFlynn
30 August 2016

F

FAMILY ISSUES



This section is for families who have a loved one in prison.

Do you have useful information that may be helpful to other families?

Have you a question you would like to see answered on this page in the future?

If so, please contact Claire O'Connell, Caseworker and Family Support Officer, ICPO,

Something that has struck me during my time working at ICPO is that over the course of a person's arrest and imprisonment there are three stages that seem to be acutely difficult for both prisoners and their families.

1. The initial detention;
2. Approaching sentencing or trial;
3. Preparing for release and possible Deportation.

In the next three newsletters I will focus on each of these stages and some of the emotions and experiences encountered by family members. Today I consider the range of emotions that families commonly feel when a loved one is first detained and some of the things which may help them.

"I went to the court, I was waiting for the judge to say when he was coming home. I didn't understand that he had to be sentenced. They took him away and I had no idea where."

The Initial Detention

Every family member will have a different reaction to the imprisonment of a loved one, although there are often similarities. Some families have had other relations in prison and understand a bit more about the system. They may have dreaded that something like this would happen. Others may even express relief that they now know where their loved one is. However, many families are completely blindsided by the news of a loved one's arrest.

Here are some feelings that families might initially experience:

Disbelief - "This must all be a big mistake and he'll be released soon."

Stress and worry - "Is she OK? Is she safe?"

Panic & loss of control - feeling that you can't help them or save them.

Intense emotional pain - thinking about separation and their future.

Anger - "I can't believe he's gone and done this!"

Self-blame - "Why didn't I tell him to stay away from those other lads? I knew they were trouble."

Uncertainty - At the start, it can be hard to get news on how a prisoner is or even the charges they are facing.

Shame - "What will people think of our family?"

Feeling very low or depressed - "I can't face getting up in the morning."

"I'd just like to thank you so much for your help, I actually burst into tears after talking with you because it was such a relief to talk to somebody and I can tell him something positive."

Moving Forward

1. You have experienced something extremely traumatic and you are allowed to cry and feel completely devastated by what has happened.

2. This situation can happen to **anyone**.

3. **You are not to blame** for a decision that another adult has taken.

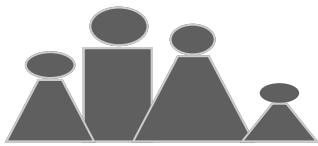
4. **Talking to someone you trust** - perhaps your husband, a sibling, friend, or your local priest will help air some of your feelings. Bottling them up is harmful to your own mental health.

5. **Talk to ICPO**. We will not judge, only listen and try to support you the best we can. We can often explain the system around arrest and detention in the country concerned and can point you towards resources that help. Gaining knowledge of the system may help you feel more at ease. ICPO may also be able to arrange a prison visitor for your loved one. We are also happy to meet for a coffee and a chat where possible.

6. Prisoners are often moved around a lot when they are first detained and it can take a while for them to get a phone account set up in a prison.

This can usually explain the delays in them phoning home and they will usually ring you as soon as they

FAMILY ISSUES



have the chance. Sometimes they can be reluctant to do so as they are embarrassed about what has happened.

7. Positive action - Although it may well be that you cannot do anything to impact on your loved one's legal matter, try asking yourself "**what can I do right now at this moment in time to improve the situation?**" It might be that you could send them a card or letter to tell them you love them, take yourself out for a walk, meet a good friend for coffee, get your hair done or perhaps do something kind for someone else who might need help in your community.

8. If you are feeling very down, consider talking to your GP about a referral for **counselling**. Although there can be long waiting lists for counsellors there are some private organisations that are quicker and a few which claim to only charge what they think a person can afford.

9. Try to get your sleep - it will help you cope with events and support your loved one. Stay away from

screens and phones for at least an hour before bedtime. Maybe try some reading or mindfulness meditation exercises.

10. Try not to give up on your hobbies or the things that you enjoy doing. Some family members tell us that taking up a new hobby can help shift their focus.

11. Last but not least, come to our next ICPO Family Information Day in November - you can meet other families in a similar situation, enjoy a lunch together and listen to guest speakers talk about issues that are relevant to you and your loved one. Please ask us for more details.

"All the talks were very interesting especially the talks on drugs as my son is in recovery." (Family Day, 2015)

Creative Communications!

Skype Numbers

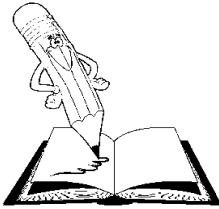
It can be very expensive to call phones in Ireland from prisons overseas. It is now possible to rent a phone number through Skype that is local to the prison where your loved one is being held. When the prisoner calls the number they pay only the local rate and the call will ring through to the family's Skype account - which can be diverted to your own phone. It costs €17.10 for three months or €43.83 for 12 months at present for UK and Australian numbers. You will have to factor in this Skype number rental fee and local call charges in comparison to your normal phone costs when deciding if this will save money in your particular situation.

One disadvantage is that if a prisoner is moved to a prison outside that area code, the benefit of the discounted calls may be lost or reduced. For more details please see <https://www.skype.com/en/features/online-number/> or speak to ICPO.

The Serenity Prayer

God, grant me
Serenity
to accept the things I cannot change,
Courage
to change the things I can, and
wisdom
to know the difference.

Would you be interested in sharing your experiences of how you have managed with the imprisonment of your loved one? Perhaps you would like to write a short piece about it for our newsletter? If so, we would love to hear from you. Please write to Claire O'Connell, ICPO,Columba Centre, Maynooth, Co Kildare.



Winner of Listowel Writers' Week Competition 2016



The Ballad of Debbie James

My mind goes drifting back to childhood,
Dancing to a simpler beat,
Outside toilets, coats for blankets,
Tin bath Sundays, terraced street.

To old street games; 'British Bulldog',
'Kick the Can' and 'Alley-O',
Footie games that took forever,
A world of boys where girls can't go.

Me and Davver, Pete and Charlie,
Bezzy mates and hope to die!
The summer hols stretched out before us,
No more school, just clear blue sky.

None of us could see it coming,
That fateful day our whole world changed.
A car pulls up and in slow motion,
Out stepped a girl called Debbie James.

She oozed like honey from the Hillman,
Auburn hair and drop-dead smiles.
Davver sizes up a 'peno'
He looked up and missed by miles.

Her spell was cast, our hearts were captured,
Nothing would be quite the same.
Debbie brought a brand new rulebook,
We now played a different game.

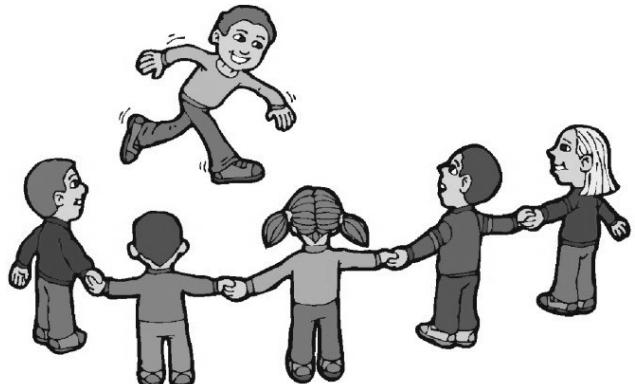
Fights broke out between old allies.
Rutting stags in short grey pants.
A bloody nose the price worth paying
As Debbie led us in the dance.

Baths were taken, hair was parted,
Mums and Dads looked on bemused,
Debbie, though, remained stone-hearted,
All advances were refused.

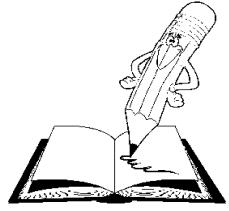
Then one day our siren vanished,
The Hillman took her far away.
But she had changed us all forever,
(Except for Charlie. He was gay).

Fifty years I've loved and laboured,
I often think about old flames.
Though they all mean something to me,
None come close to Debbie James.

Stephen Potter, UK



Winner of Listowel Writers' Week Competition 2016



**WINNER: Short Story
Writing in Prisons**

Hishat

Hishat sits on his perch and looks out through the window of the tower high above the land of the north's most northerly point. It is a grey, cold night and he is awaiting his mistress, Nirvanha, to return. He had expected her to be there when he arrived with the good news that he had seen someone not of this land, but the cabin was deserted. Hishat jumps from his perch to the window ledge and he looks out over the land. Below he can see the witch's cabin in the moonlight. It is an old cabin with a slanting roof and a chimney, which is only half of what it used to be due to decay and time. The witch's cabin is situated in an opening between the trees of the forest of fear, close to a pond and the tower sits to the cabin's left hand side. The tower has been there for many decades but Hishat has no idea what it was used for before the witch took it over. He wanted to know but was too afraid to ask her. It is his home now and it has been his home for some time.



Hishat can partly see the moon as the clouds move quickly past it. He can hear footsteps on the stone stairs outside the tower and he begins to shake. He quickly jumps back onto his perch and lowers his heads as the footsteps stop outside of the door. He raises his eyes and watches as the heavy brass door ring turns, and the door creaks open. Nirvanha steps into the room. Hishat raises his heads slightly and he can see the red brim of her hat. He then sees her red face and he lowers his head before she notices that he is watching her. 'Your wickedness, I have been impatiently awaiting

your arrival,' Hishat says as he raises his heads to look at Nirvanha.

Nirvanha, the Scary Witch of the North, raises her hand and shouts, 'Silence, creature. I created you and I could un-create you if I so please. I have no wish to listen to you. You bore me.' 'Yes, your evilness. I apologise for my stupidity,' Hishat says as he begins to shake.

'I have been to the west to speak to my sister, Wrihana, and I was held there longer than expected.'

'It is good that you have returned your wickedness for I have news.'

'You have news of what?' Nirvanha asks curious.

'I have news from the forest of fear, your scariness,' Hishat mumbles.

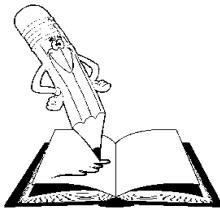
'From the forest of fear?' Nirvanha roars, 'What is going on in my forest?'

'Your most scary highness, I must report to you that I have seen someone not of our land here in the forest of fear. I have flown here immediately to notify you but you were not in the cabin,' Hishat tells Nirvanha with a trembling voice.

'How is it possible for someone not of this land to be unaffected by my spell?' Nirvanha shouts as she paces the room. 'It was a lasting spell to affect everyone in the land and everyone coming into the land.'

'Your most powerful highness, I feel it is also my duty to report to you that the person not of this land is pure of heart. It is a girl.'

'A girl?' Nirvanha roars throwing her hands in the



Winner of Listowel Writers' Week Competition 2016

air. Hishat is sitting on his perch terrified and shaking uncontrollably.

'It is not possible,' Nirvanha roars. Turning to the window she fires a bolt of lightening from her right hand out of the window and into the night sky which briefly turns to day. 'A girl pure of heart with the proper backing could break my spell. I cannot allow this to happen. How did a girl manage to get to my land?' Nirvanha shouts at Hishat.

'Your imperial wickedness, I have no idea but I will help you defend our land. Yes, I shall. I am your most loyal servant and I will help you. I will always help you for I am yours, my mistress.'

'Have I been remiss in my duty as the most feared witch in all of the lands?' Nirvanha asks Hishat as she paces the floor.

'No your imperialness. You are the most feared witch of the four lands.'

'A girl could ruin my plans for the future.'

Everything would go back to the way it was. I changed this land as a punishment to everyone and now a girl could stand against me. A little girl. I'll bet she is even an ugly girl and not beautiful like me.'

'You are correct, mistress, she is very ugly whereas you are the most beautiful of all.'

Nirvanha continues, 'I changed everything in this land and now all of those rotten animals could go back to what they were before my spell and the people will change too. How did this happen?' she asks.

'Your scariness, I am unable to say but I am your most loyal servant and your wish is, and always has been, my command. We will fight all intruders into our land. We shall destroy them your imperial

scariness. You are the most evil of all and that is why you have this land as your kingdom.'

'Silence, you snivelling weed. I regret the day that I made you,' Nirvanha shouts at Hishat as he cowers on his perch. 'It is partly your fault that I changed the creatures of this land. Look at you, you weeping coward. You are good for nothing. You are not even a cat, at least cats can be useful creatures whereas you, you useless bag of skin and bone, are of no use to anyone.'

'Yes, your imperialness. Please accept my apologies for having the audacity to breathe your fresh air and for what I have done in the past and for forcing you to listen to my voice every day. I know that I am pathetic and I will forever be grateful to you for giving me new life.'

'Silence,' Nirvanha roars at him.

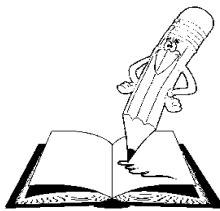
Hishat sits on his perch paralysed with fear. The Scary Witch of the North has always scared the life out of him. Even if he just looks at her for a second he begins to shake.

'Silence, you useless weeping weed. You make me want to vomit each time that I look at your disgusting faces. I don't want to hear your voices again unless I ask you something. Do you understand?' Hishat nods his two heads in unison.

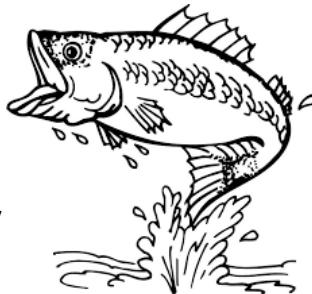
Hishat was once the cat of the witch. He was the most evil cat in the land and all creatures were afraid of him, not because he was a powerful animal that could beat them in a fight but because they knew who he was. One day, Hishat was walking in the grounds surrounding the cabin near to the pond where the witch kept her most loved creature, a fish. The fish was many years old and had grown so large that Nirvanha had no choice but to place him into her pond. In the pond, he continued to grow, and he grew the length of an adult human arm. This did not go unnoticed by Hishat. Each day he would pass the pond and watch the fish swim in the water, whilst listening to his stomach rumble with hunger. He would watch the fish and wonder how it would taste.



Winner of Listowel Writers' Week Competition 2016



One day, as Hishat passed the pond he noticed two men fishing in the pond of the witch. This was forbidden and everyone in the north knew that the pond of the witch was out of bounds go all. Hishat watched them and they seemed to be pulling a catch from the water.



Hishat looked on in shock as he saw the fishermen pull the beloved fish of the witch from the pond, lay it onto the grass and strike it on the head. Hishat ran towards the fishermen who were now congratulating each other on their catch. He roared as his paws pounded the ground running as fast as he could on the grass to get to the fishermen.

The fishermen looked up to see Hishat come towards them and they began to run. Hishat gave chase but the smell of the fish pleased his nostrils and he stopped the chase. He walked back to the fish and sniffed over it. Hishat licked his lips. He had another sniff of it and a small lick at its head. It tasted so beautiful. He took a longer lick and his tongue ran the length of the fish's body.

Hishat then took a bite. He sank his teeth into the side of the fish and began to chew on the most mouth-watering bite to eat that he had had in a very long time. Without thinking of the consequences, Hishat took another bite.



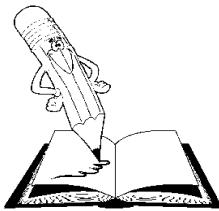
From the skies above, two hungry hawks had spied the feast that Hishat was dining upon. They watched for a few seconds then began their descent. They dive bombed Hishat to make him leave the meal but Hishat was in no mood to surrender his prize. Hishat jumped at the birds and tried to swipe them with his open paw but the birds were big and skilful hunters. Their claws were bigger than those of Hishat's. The birds

attacked again and dug their claws into Hishat's side, piercing it. The cat meowed as loudly as he could and he tried to escape the clutches of the hawks but the hunter had now become the hunted and Hishat's time was running out. Both hawks dug their nails into Hishat and began to peck at his head and body. Hishat continued to make as much noise as possible which was heard by Nirvanha, the witch.

She saw the hawks attack her cat and as Hishat took his last breath, the witch threw a ball of fire from her hand which struck both birds on the back of the head ending their life on impact. Nirvanha knew that her cat was no longer of this world and she knew that she had to act quickly. She moved towards him and she saw her fish lying under his body. Nirvanha was now angry and instead of bringing her cat back to life she brought back a creature never before seen in this land.

The creature had the hairless body, minus a head and tail, of her cat. On its back was the fin of her beloved fish. His tail too was the tail of her fish. Nirvanha decided that due to the cat's stupidity with only one head and a brain that obviously didn't function properly, she would give him two heads as two brains are better than one. She took the featherless heads of the hawks along with two wings and placed them onto the hairless body of the cat and breathed new life into him. When the creature arose, she then banished him to the tower until such time as he was required, which was some quite considerable time.

Nirvanha was angry, she had lost her beloved fish and her cat. She stood and cast a spell to send out into her land to all creatures big and small in order to teach them all a lesson. She placed both of her hands in front of her body, palms down. She began to recite the words of the spell, as the clouds in the sky above her came together they turned from grey to purple. Nirvanha threw her hands in the air and there was a flash of light which seemed to move from her hands in all directions of



Winner of Listowel Writers' Week Competition 2016

the land. The light was brilliant. It blinded everyone who saw it at that particular time. The light covered the land for more than two minutes and then Nirvanha lowered her hands and looked at what remained of her beloved fish. Close by, Nirvanha saw the fishing rods and other fishing equipment of the fishermen. Rage overtook her as she looked at the remains of her beautiful fish. Once again, Nirvanha placed both of her hands in front of her body and began to recite the words of another spell. She threw her hands in the air and there was a flash of blue light which spread throughout the land. She laughed, a chilling, cold, frightening laugh as she cast the spell which would reduce the size of the people in the land. They would never fish in her pond again. She had paid them back for what they had done to her beloved fish.

'I must rectify this problem. I must sort it,' Nirvanha says as she paces the tower floor. Hishat is silent with his heads lowered. 'I must put this right and you, you sack of sickness, will help me.' Hishat raises his heads slightly but does not look at Nirvanha. He can see her red dress as she moves around the tower floor, walking in circles murmuring to herself.

'What do you propose that we do your wickedness?' Hishat says.

Nirvanha stops walking and looks at Hishat. He lowers his heads again.

'I've told you to be silent and only speak when spoken to.' Nirvanha raises both of hands above her head and claps them together while muttering some strange sounding words. She then throws out her hands towards Hishat and both of his beaks are bound with what appears to be elastic bands. 'Now you'll be silent,' Nirvanha says as she begins to

pace the floor again muttering to herself. Hishat sits in silence feeling hurt and unloved and a tear appears in his eye. He lowers his heads in order that the witch does not see the tear in his eye. It runs from the eye on the left head, down along his beak and it drops to the floor.

'You, you snivelling bag of sickness will fly. You will fly and you will find this little girl and you will tell me of where she is. You will find out who she is and you will tell me who she is with and I shall stop them all. I shall stop them all,' Nirvanha roars. 'Go now, fly you ugly beast and do not return without news of the girl or I shall send you back to where you came from.' Nirvanha raises her right hand and wiggles her finger at Hishat and the bands binding his beaks snaps off.



Hishat spreads his wings and leaps from his perch, flying straight out of the open window and into the night sky, delighted to be free of the Scary Witch of the North.

Nirvanha runs to the window and begins to call out after Hishat.

'Do not return without news you flying corpse.'

Frank Kelly, Scotland



Brush up on your Irish with Caitriona Ní Bhaoill

Smídín Gaeilge

Cluichí Oílimpeacha Rio an Bhrasaíl

Olympic Games in Rio, Brazil

Cli-hee Oh-limpucha Rio on Vrasil



More than 10,000 athletes competed in Rio de Janeiro, the first Olympic Games to be held in South America. People from over 200 countries participated in 42 different sports. The battle for medals in 306 events took place in 37 venues.

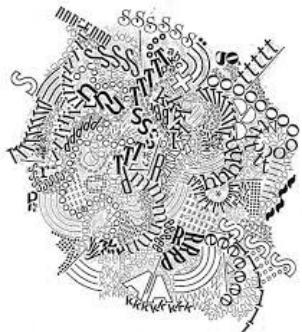
*Ghlac breis is 10,000 luthchleasáí páirt i Rio de Janeiro, an chéad cluiche Oílimpeach i Mericeá Theas.
Ghlac breis is 200 tír ag glacadh páirt i 42 spóirt éagsúla. Tharla cath na boinn i 306 imeachtaí Ii 37 suíomh éagsúla.*

Annalise Murphy and Gary and Paul O'Donovan won silver medals in water sports. Everyone was disappointed when Katie Taylor lost her bout.

Bhuaigh Annalise Murphy agus Gary agus Paul O'Donovan boinn airgid san sport uisce. Bhí díoma ar chách nuair a chaill Katie Taylor a cluiche.

lúthchleasáí	athlete	loo-class-ee
comórtais	competitions	come-ore-tash
searmanas	ceremony	shar-man-ass
ócáid	event	oh-kawd
tóirse oilimpeach	olympic torch	torsha- oh-limpuc
brat oilimpeach	olympic flag	brot oh-limpuc
brat na hÉireann	Irish flag	brat na hayrann
náisiúin	nations	nawshoon
buaiteoir	winner	boo-tore
boinn	medals	bween
bonn órga	gold medal	bown ore-ga
bonn airgead	silver medal	bown aar-gid
bonn cré-umha	bronze medal	bown cray-oo-a
spórt	sport	sport
dornálaí Eireannach	Irish boxer	durn-awl-ee ay-ran-ock
curiarracht downda	world record	cur-eer-oct down-da
sceitimíneach	excitement	shket-ameen-och
Go n-éirí leat	good luck	gun ire-y lat
Lean ar aghaidh	keep going	lan air eye
Mí ádh	hard luck	mee awe

Poetry Corner



Deal With It

I am Irish, deal with it
 I am good. Deal with it
 I am caring, deal with it
 I will not be bullied, deal with it.

I am a convict, deal with it
 I am friendly, deal with it
 I am patient, deal with it
 I will not be harassed, deal with it.

I am faithful, deal with it
 I am forgiving, deal with it
 I am in prison, deal with it
 I will not be abused, deal with it.

I am quiet, deal with it
 I am peaceful, deal with it
 I am a father, deal with it
 I will not be ignored, deal with it.

I am interesting, deal with it
 I am funny, deal with it
 I am human just like you, deal with it
 I will not be oppressed, deal with it.

I am busy, deal with it
 I am a reader, deal with it
 I am a writer, deal with it
 I will not be your victim, deal with it

I am religious, deal with it
 I am creative, deal with it
 I am happy, deal with it
 I will not be distracted, deal with it.

Love Poem

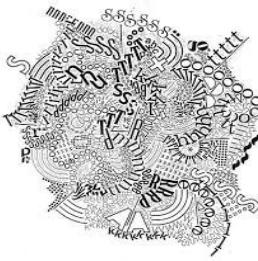
I love you so much
 I only want to feel your touch
 I think about you all the time
 I remember when you was all mine.
 These days are kinda' long
 I think of you, it keeps me strong
 But tonight could be a long old night
 'Cos you're not here to hold me tight
 I love you babes, I really do
 My heart's not here
 It's with you

I walk to faith, not be sight
 I've only just seen the light
 Good and bad is where we are
 But Jesus Christ is never far
 There's no such thing as a limit
 To the things he can do
 So if you're lovin' it, it's 'cos he's lovin' you
 My God I love your way
 The pain you suffered
 But yet here I am today
 I need to understand, to change my ways
 So to the Lord, I look, I kneel and I pray.
 But people do me a favour
 And tell the devil to stay at home
 Cos where we're at
 It's all God's love.

Walking down the same old road
 When I die, I won't be old
 You may question how I know why
 Please don't ask, I can't cry
 Shallow days round the bend
 If I die my love I send.
 Dreams come true when you die
 If you think. Don't be shy.
 Death is always in the air
 You're probably thinking, I don't care
 But what I'm really trying to say
 Is life is living day by day.

I was in Reading Court one fine day
 I thought the Judge was proper gay
 I was looking at the judge
 He was looking at me.
 He said 'Mr Shannon, enter your plea'
 I said 'Guilty, as guilty as could be'
 Then I asked how long would it be
 The Judge then said 'It's 3 years for you'
 So I turned to say
 I've done longer in the canteen queue.

Poetry Corner



The Quantum Dice

Roll the quantum mechanical dice
And wonder as it rolls.
Where did it all begin?
Is it your prerogative to know?

Newtonian understanding moves us from A - B.
But did it land from 1 - 12
Or all positions in between?

Did the Big Bang make the dice?
Perhaps intelligent design?
Do we have the faculty to understand our theory?
The more I stop to contemplate
The more my mind grows weary.

If we did not measure action
Would the dice exist?
Is someone in another dimension giving the dice a twist?

It is cause and effect I wish to know.
Are we on the same plain of understanding?
Did life start of miracle?
Or are we here at random?

There are deserts of understanding
That dry the quantum mind
Moving us still further
From understanding of any kind.

Roll the quantum dice
If ever you dare.
Through space and time
All relative?
I'll be waiting for you there.

SO, Thailand

Voyage of Discovery

It isn't always possible to see what's right in front of you,
The chance of a journey, that'd take you places you never knew.
With a glint of an eye and the shyness of a smile,
That taste of 'forbidden fruit', you've been waiting for, for a while.

Through times of trouble and ever increasing strife,
Two lost souls finding strength, coping with on-going strains of life.
As friendship grows into more, faith hand-in-hand with trust,
For the sake of your heart, self-sacrifice is a must.

Despite what obstacles, you think you might face
Fate has given you a chance to find that happy place.
Caring for another and having those feelings returned
Is a sure-fire way to ensure that you don't get burned.

A life lived in the past, should never hold you back,
From that little chance of happiness, life just now might lack.
No-one can predict or foretell what the future may hold
So let nature take it's course and let the opportunities unfold.

Confusing and strange is what this experience may be
But follow your heart to allow what you need to see.
Look deeply into those eyes, shining brightly as they do
On that voyage of discovery, creating smiles, just for you.

CC, UK

Fire and Water

Fire and water, two elements that don't normally collaborate.
Yet, like parts of a storm, create results to make us ruminate.
In what situation would these two worlds collide?
A world where opposites combine with freedom to abide.

Flames that start from a spark which water surely must end,
With the passion of fire growing stronger, water, an unusual blend.
Instead of focussing on the negative, producing a cloud of smoke,
Fire heats up the water, strong emotions it does evoke.

As the temperature keeps rising, gradually reaching boiling point,
Confusion slowly passing by, as opponents become joint.
Bubbles in the water, create a frenzy like never before,
Like the heat from the sun, as waves rush to the shore.

It feels wrong, yet oh so right, it has to be done,
Hot and cold, wet and dry, working together as one.
The rippling of waves, mirror flickering of a flame,
Proving that underneath it all, these two differences are the same.

CC, UK



Sports Shorts

With Ian Hanna

Well folks so much to talk about and so little space to write it all down! What a year it has been for Irish sports, from Olympic glory, the fantastic achievement of Tipperary footballers, the "The Boys in Green" at the Euro soccer finals in France, the ongoing Olympic Council of Ireland (OCI) ticket controversy, to the retirement of our greatest goal scorer Robbie Keane. So down to business!

SOCCER

The Euro finals in France saw both the Republic and Northern Ireland advancing beyond their tough group stages to the knockout stage. For the Republic beating Italy 1-0 with a sublime goal with six minutes left on the clock when they had to win was incredible. The nerves of a nation were on tenter hooks until the final whistle went. We had France well rattled in the knockout stages until they scored two goals in the second half to knock us out. Did we deserve to beat them? I thought so but Martin O'Neill should have brought on big John O'Shea to dominate the defence and maybe we could have scraped through as the goals we conceded were more defensive errors on our part, as distinct to French flair and élan. Your intrepid sports reporter was based in Bordeaux for some of the finals and while I didn't have a ticket for the Belgium match the supporters in the city and the fanzone were incredible. The locals fell in love with them. Only the Irish could play football on a dark night using a local town square as a pitch and shop fronts as goals, all in the driving rain. The mayor of Paris, on behalf of the French nation officially acknowledged this, as well as the N Ireland fans for the joy, happiness and good humour they brought to the finals when he presented a gold medal to selected fans at the end of the tournament.

It came as no surprise but it was still a bit of a shock to hear that Robbie Keane, or "Keano" to the fans has hung up his international boots. He gave great service both as a player, captain and a role model for players and non-players alike. He played 146 times for Ireland, scoring 68 goals including 3 international hat tricks. He reckons his best was in the 2002 World Cup held in Japan and South Korea when he scored the equalising goal against Germany. We will never forget his characteristic goal celebrations of a couple of cartwheels followed by shooting an arrow action. He has been a wonderful servant to Irish football.



Robbie Keane in full flight after scoring a goal.

GAA

Well the old reliables are at the top of the All-Ireland football tree again. Mayo in yet another final, facing Dublin who had a titanic struggle against Kerry in the semi-final winning in what was a pulsating and tension filled clash between two titans. The Sky Blues won by two points scored in injury time. The nation except for Dublin fans is hoping for a Mayo win at long last as they have their fair share of disappointments in All Ireland finals over the last number of years. Yet in May it seemed from the outset that there would be no changes to what has become a predictable provincial championship. Then out of nowhere, Tipp defeated Cork in the Munster semi-final to face Kerry in the final. They lost but in the qualifiers defeated Derry and then trounced the surprise Connacht champions, Galway in the All-Ireland quarter final. They made their first appearance in an All-Ireland semi-final in 85 years where they lost to Mayo. Mayo was surprisingly beaten by Galway in the Connacht semi-final but found their form in the qualifiers and will face their demons as they try to secure the Holy Grail on 18 Sep in Croke

Park. Can Mayo defeat Dublin? Maybe but judging the Dubs by their victory over Kerry, Mayo have it all to do and more. If they can meet the physical intensity of Dublin they have some chance, but will they survive the white heat of an All-Ireland final. Let's hope they can prevail but my head goes for a Dublin win by 4 points.

In hurling we witnessed two fantastic semi-finals, a replay and a final all of which stand like a Colossus



Tipperary's Brendan Maher lifts the Liam McCarthy Cup after beating Kilkenny in the All Ireland hurling finals.

over all other sports. Kilkenny and Waterford drew in their semi-final, with the Cats winning the replay by two injury time points. The following day saw the other semi-final between Galway and Tipp which was another humdinger of a game. End to end pulsating action with no quarter asked or given. Tipp won by a point on a score line of 2-19 to 2-18. Then we had the final between those age old rivals Tipp and the current champions Kilkenny. There are not enough adjectives to describe what unfolded before our eyes. This was an emotionally charged, electric, absorbing, tense, dramatic contest between two supremely skilful, hungry, fit and passionate teams. The skills were straight from the top drawer with Tipp winning on a score line of 2-29 to 2-20. It is up there with one of the best games ever played anywhere.

THE OLYMPICS

First the good news! We were on the edge of our seats and biting our nails watching the brothers Paul and Gerry O'Donovan from Cork win a silver medal despite being pipped for gold by France in the final of the 2,000m lightweight double sculls. It was some race and you could feel their determination and strength jump out at you from the television. They were fantastic. Then they captured the world with

their laid back and relaxed interview techniques which were in marked contrast to the formal, more bland type of sports interviews. We had the success of Annalise Murphy in winning silver in sailing which is a just reward for all she has put herself through and especially after her bitter disappointment of finishing fourth in the London Olympics in 2012. Also Paul won the World Championship just two weeks after the Olympics in the single lightweight sculls. Some achievement to say the least for a 22 year old.

Now for the bad news. Controversy dogged Team Ireland from the very start with the non-show of our leading golfers in the re-introduced golf competition due to the scare about the Zika Virus. Then we were hit by boxer Michael O'Reilly getting sent home for failing a routine drugs test that had been conducted in Ireland shortly before he departed for Rio. This was followed by Pat Hickey, the President of the Olympic Council of Ireland (OCI) being arrested concerning the alleged improper selling of over 870 OCI tickets apparently ear-marked as part of an Olympic hospitality package by a firm that was no longer an authorised ticker seller for the OCI. The boxers have had a difficult Olympics and many people are saying the loss last year of High Performance Coach, Billy Walsh in controversial circumstances may have something to do with their below par performances. There was controversy over some of the boxing judges' decisions including the surprise defeat of some Irish boxers when most experts thought they had won. Katie Taylor's surprise elimination was a massive blow not only to team Ireland but also to the nation.

To finish on a good note we had Conor McGregor earning a majority decision win over Nate Diaz in their epic rematch at UFC 202 last weekend. His world has started to look better already.

There is simply not enough space to explore all the different sports stories we would love to discuss with you but the staff in ICPO salute all of you who, in the most arduous of circumstances not only manage to keep fit but also take part and win in various prison competitions. You are the embodiment of the true Olympic spirit and an inspiration to us to get out and take part. Thank you for that.

Ian Hanna



challenge yourself!



Archery
Athletics
Badminton
Basketball
Boxing
Kayaking
Cycling
Diving
Equestrian
Fencing
Football
Golf
Gymnastics
Handball
Hockey
Judo
Pentathlon
Rowing
Rugby
Sailing
Shooting

Olympic Sports 2016

T	L	P	S	J	F	I	O	G	T	S	H	G	H	F	Q	E	L	
R	S	L	A	J	V	I	P	E	N	C	N	E	O	L	F	Q	L	
I	W	M	A	A	S	H	O	O	T	I	N	G	C	O	E	U	A	
A	I	V	Z	B	O	T	T	N	T	T	K	F	K	G	U	E	B	
T	M	V	J	D	Y	N	Y	F	W	E	Y	A	E	T	F	S	T	
H	M	P	U	N	I	E	I	L	G	L	D	B	Y	I	C	T	O	
L	I	J	D	M	B	L	L	Y	N	H	S	I	G	A	Y	R	O	
O	N	W	D	T	T	A	M	L	W	T	W	F	V	U	K	I	F	
N	G	A	N	H	B	N	S	A	O	A	Y	F	S	I	R	A	G	
M	B	P	G	D	A	R	T	K	S	V	Z	N	J	B	N	N	N	
J	M	I	N	S	O	E	T	A	E	K	W	O	N	D	O	G	I	
M	E	A	T	W	R	Z	W	J	R	T	G	C	A	V	X	G	C	
W	H	I	I	P	T	X	N	Z	L	R	B	N	C	S	N	X	N	
E	C	N	O	L	H	T	A	T	N	E	P	A	I	I	F	B	E	
S	G	L	G	N	I	L	T	S	E	R	W	E	L	L	S	V	F	
V	O	I	T	A	B	L	E	T	E	N	N	I	S	L	C	I	X	
A	U	E	Y	R	E	H	C	R	A	C	A	M	Q	C	X	Y	M	
B	O	X	I	N	G	O	P	Y	Y	S	I	N	N	E	T	O	C	
R	u	u	u	u	u	u	u	u	u	u	u	u	u	u	u	u	u	u
Swimming		Tennis		Water Polo														
Table Tennis		Triathlon		Weightlifting														
Taekwondo		Volleyball		Wrestling														

Brain Teasers

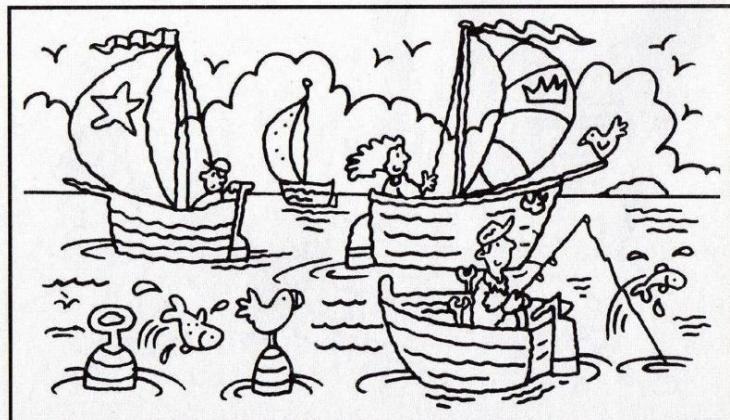
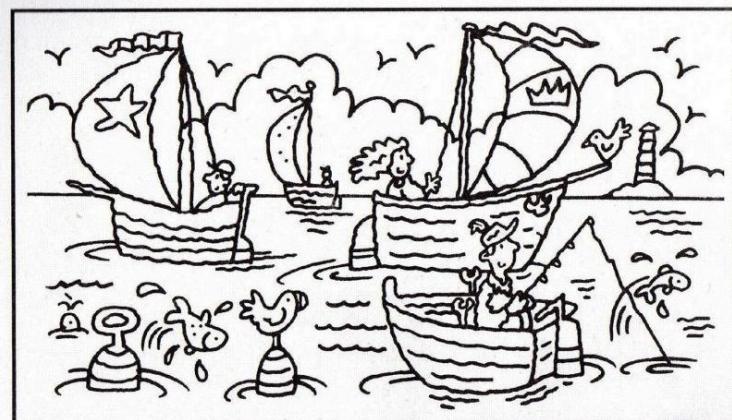
- Jim and Mary both have some apples. If Jim gives Mary an apple, they will both have the same number of apples. However, if Mary gives Jim an apple, Jim will have twice as many as Mary. How many apples do Jim and Mary each have?
- A woman and daughter walked into a restaurant. A man walked past and the women both said 'Hello, Father.' How is this possible?
- How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.
- What can travel around the world while staying in a corner?
- What has a head and a tail but no body?



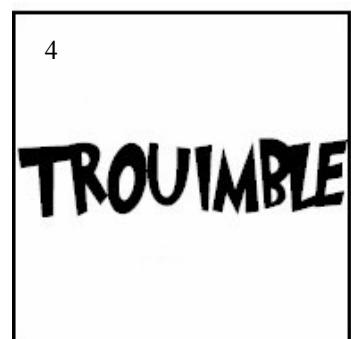
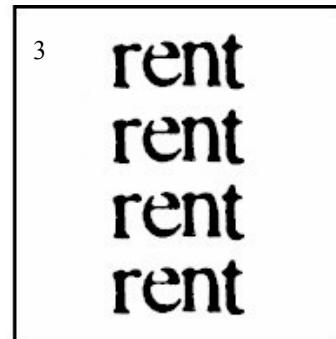
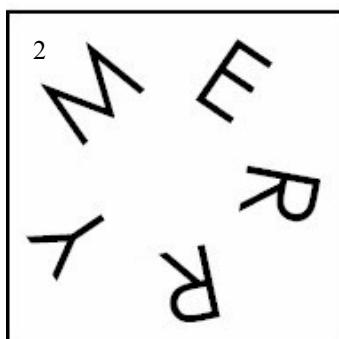
challenge yourself!

Spot the Difference

Can you spot 10 differences between these two pictures?



Word Puzzle Pictures



Sudoku

	2	3	7	8	5			
7	5				2			
5	8							
4	8	5	6	9				
1	9	4			7			
5	9	2	7	4				
		9	3					
2			5	4				
9	6	8	7	5				

Each Sudoku grid has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Answers

Spot the Difference: 1. No flag on small boat. 2. No lighthouse. 3. Drop missing under fish. 4. Fisherman's hat. 5. Little rock on left missing. 6. Line missing on rudder. 7. Girl's hair. 8. Notch on fishing rod. 9. Wing on bird missing. 10. Man on small boat missing.
Brain Teasers: 1. Jim has 7 and Mary has 5. 2. The man was a priest. 3. Throw the ball straight up in the air. 4. A stamp. 5. A coin.
Word Pictures: 1. Hand it over now. 2. Merry go round. 3. For rent. 4. I'm in trouble
Word Puzzles: 1. Hand it over now. 2. Merry go round. 3. Merry go round. 4. I'm in trouble
Answers: 1. rent
rent
rent
rent



RECENT EVENTS IN IRELAND

IRISH SILVER MEDAL WINNERS IN RIO



Cork brothers Gary and Paul O'Donovan have won Ireland's first ever Olympic rowing medal after they took silver in the lightweight double sculls in Rio. The Skibbereen pair produced a brilliant performance to finish only 0.53 seconds behind French duo Pierre Houin and Jeremie Azou.



Annalise Murphy celebrates silver medal in the women's Laser Radial in Rio four years after finishing fourth in the same event in London.

Rio 2016 Olympics

Spectacular fireworks explode over the Maracana stadium after a samba fuelled opening ceremony to kick off the Olympic games.

