



# ICPO NEWS

Issue No. 85

Autumn 2022



## ICPO

It is estimated that at any one time there are in excess of 1,100 Irish people in prison overseas. Irish Council for Prisoners Overseas (ICPO) has contact with Irish people in prisons in more than thirty countries, the majority of whom are in the UK, with many more detained throughout the USA, Australia, Africa, Europe, South and Central America and Asia.

The 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 ICPO has been able to offer a more comprehensive service to prisoners and to expand our existing services to prisoners' families. 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 vision of ICPO is of a world where the human rights of Irish prisoners overseas are respected and their dignity is honoured.

- We work with all Irish prisoners and their families wherever they are and at all stages of the imprisonment process.
- We treat everyone with dignity and respect.
- We ensure the privacy of everyone we work with.
- Everyone we work with is treated as an individual and the service provided is tailored to their needs.
- We stay with people on their journey maintaining a presence as long as needed.

## STAFF

### Maynooth

Brian Hanley, Orla Dick, Ian Hanna, Catherine Kenny, Elodie Coyard and Bernie Martin.

### London

Fr. Gerry McFlynn, Liz Power, Breda Power, Declan Ganly and Sally Murphy. Traveller Equality project: Ellena Costello and Fiona Mullen.

## VOLUNTEERS

Maynooth: Sr. Anne Sheehy, Eileen Boyle, Joan O'Cléirigh and Betty Wilson

London: Sr. Moira Keane

ICPO is a registered charity with covenanted tax status under its parent body the IECE UK: 280742 Ireland: CHY 5956  
Views expressed in 'ICPO News' are the author's own and not necessarily those of the ICPO

How we may be contacted:

ICPO, PO Box 13484

Maynooth, Co. Kildare, Ireland.

Tel: 01-505-3156 Fax: 01-629-2363

Email: [info@icpo.ie](mailto:info@icpo.ie) Web: [www.icpo.ie](http://www.icpo.ie)

ICPO, PO Box 75693, London NW1 W7ZT, England

Tel: 0207-482-4148

Email: [prisoners@irishchaplaincy.org.uk](mailto:prisoners@irishchaplaincy.org.uk)

For information on the work of the ICPO London office please see their website: <http://www.irishchaplaincy.org.uk/irish-prisoners/>

Material on these pages are copyright © the Irish Council for Prisoners Overseas or reproduced with permission from the copyright owner. It is not permitted to reproduce, republish, redistribute or resell, in all or in part, any material from this newsletter without the written permission of the editor.

ICPO is greatly indebted to its funders for their generous support:



## Contents

Review of Parole - UK & Wales .....	3
Education in Prison .....	5
Family Matters .....	8
Sports Shorts .....	10
Penfriend Scheme .....	12
Book/Movie Review .....	12
Listowel Short Story Winner .....	14
Listowel Poetry Winner .....	16
Poetry Corner .....	16
Your Letters .....	18
Smidín Gaeilge .....	20
Challenge Yourself .....	21

## Greetings from the ICPO

In the words of Oscar Wilde "And all at once summer collapsed into fall". May the golden days of autumn bring cooler temperatures for some and for all, some quiet time to reflect and remember. The coming months are promising to be quite busy in ICPO. Our Family Resource booklet is almost ready for the printers, with information for families on different aspects of having a loved one in prison overseas. It deals with the legal and practical issues as well as how to help family members especially children, through the experience of a loved one being in prison overseas. Our thanks to Ciara Kirrane and Elodie Coyard for all their work on this and to family members at the recent Family Information Day for their significant input. A heartfelt thanks to all the families who attended the Day, some of whom travelled great distances.

In this issue we have an update on the Parole Process in England and Wales and an article on the value of Education in Prison from Catherine Kenny. Elodie Coyard writes about family members sharing their experiences and about Family Coffee Mornings and Family Information Days. Last month marked the centenary of the death of Michael Collins and Ian Hanna wrote on the back page about that as well as keeping us up to date with all things sport. Sharing the back page with Michael Collins is Garth Brooks and a piece from Bernie Martin on his concert in Croke Park. To kick-start our Book/Movie review page, Orla Dick writes about the film Elvis, and Fr Gerry McFlynn gives an update from the London office. Many thanks to Caitriona Ní Bhaoill for her latest instalment of Smidín Gaeilge about An Aimsear. Congratulations to Frank O'Ceallaigh, winner of the Listowel Writers Week competition for his story called The Fountain and to SP for his poem Ghosts.

My thanks as always to our regular contributors and to our volunteer Eileen, for all her work in putting this newsletter together and to Joan and Betty and Anne for organising the mail out and filling envelopes.

Cover Photo: Malahide Village  
Photographer: Elodie Coyard, ICPO

Brian Hanley  
ICPO Coordinator

# Review of the Parole Process in England and Wales

Parole is a system that allows for prisoners to be released into the community under certain conditions and under supervision. This article will focus on the parole process in England and Wales. While parole systems in many countries have similarities with that in England and Wales, they are not identical and if you have questions about the parole process where you are imprisoned, please contact your ICPO caseworker.

At the end of March 2022, the UK Government published a review of the parole system in England and Wales entitled *Root and Branch Review of the Parole System: The Future of the Parole System in England and Wales*. This is the fourth review of the parole process since 2018, each leading to some changes. These and the main recommendations of the Root and Branch Review will be outlined below. The majority of people sentenced in England and Wales receive determinate (or fixed term) sentences and will not be affected by the changes proposed in the Government's Review.

## The Parole Board

The Parole Board is the independent body, which decides whether certain categories of prisoner may be released from prison. These are as follows:

- People serving life or indeterminate sentences (mainly life sentences and sentences of imprisonment for public protection (IPP).
- People serving extended sentences, and
- People serving a fixed-term sentence of 4 years or more, given before 3 December 2012 for a serious violent or sexual crime committed before 4 April 2005.

In addition, the Parole Board considers the re-release of prisoners who have been recalled to custody for breach of their licence conditions (this includes people who served a determinate sentence).

The Parole Board has a legal obligation not to direct the release of a prisoner unless it "is satisfied that it is no longer necessary for the protection of the public that the person should be confined." Currently less than 1% of people who have been released through this process are convicted of further serious offences.

## The Parole Process

When a prisoner becomes eligible for parole they do not need to 'apply' for parole. The Public Protection Casework Section (PPCS) of HMPPS will write to prisoners in advance to let them know that the parole process has started and prisoners are asked to provide the details of their legal representative if

they have one. It is important to have a legal representative and to prepare well for parole as approximately 25% of prisoners reviewed by the Parole Board are released.

The paper-based evidence provided by HMPPS (called the dossier) is firstly reviewed by a member of the Parole Board - this part of the process is known as a Member Case Assessment (MCA). That member decides whether to refer the case for an oral hearing by a panel or to refuse parole. In certain cases, the member can recommend a move to open conditions or release the prisoner based on the papers. Oral hearings are heard by Panels of one to three Parole Board members and while hearings were traditionally held in the prison, since the Covid 19 pandemic they are often now held online. The hearing will be attended by the prisoner and their legal representative. In many cases, the Secretary of State for Justice will be represented and other witnesses may also attend. It is not possible to appeal a Parole Board decision, however it is possible to make an application for the decision to be reconsidered and an application must be made within 21 days of the Parole Board's decision. Applications can only be lodged on the grounds that the decision was "procedurally unfair" or "irrational". It is not sufficient just to be unhappy with the decision. As a public body, decisions of the Parole Board can also be challenged by way of judicial review.

Continued on Page 13

# Education in Prison

In most prisons worldwide, education provision like many other aspects of prison life has been interrupted by the arrival of Covid 19 over 2 years ago. Many of you will be looking forward to a full return to classes this term, although not all prison education has returned to pre-Covid levels.

Taking up an educational course in prison can be daunting especially if your experience of education outside of prison was not a positive experience. Some people in prison may not have had the opportunity to undertake much formal education before their imprisonment. 40% of people in UK prisons for example, were permanently excluded from school.

## Benefits of Undertaking Education and Training while in Prison

The benefits of availing of education and training courses while in prison are many. Some of these are include:

- Prison education can help you gain additional skills that will equip you for life in the community after prison including finding work or setting up your own business
- You may be able to develop a skill or a talent that you did not realise you had, for example for art or music
- In some countries, prisoners attending approved education or training courses are paid an allowance
- Doing a course can help to prevent boredom in prison and can help to pass the time
- Undertaking education and training can improve self-esteem and give confidence in yourself and your abilities. For many people in prison, successful completion of a course may be the first time they have received validation for their skills
- Education and training can help your progression through the prison system and undertaking courses which address offending behaviour and other relevant courses are necessary for parole in some countries
- People who take any form of learning activity while in prison have a significantly lower re-offending rate on release from prison than those who do not.

## Types of Courses

Some people in prison will avail of literacy courses or undertake state exams that they missed out on, for example GCSEs in the UK, and others will complete a third level qualification while in prison. However, for others the focus is on practical skills which can help to find employment on leaving prison including welding, carpentry, plumbing, hairdressing and cooking.

Other skills that can be learned in prison include putting together a job application, home maintenance and budgeting as well as activities that can improve mental and physical health both while still in prison such as yoga, mindfulness, exercise and sports. Skills such as playing a musical instrument can lead to an enjoyable pastime both in prison and after release.



Undertaking education and training in prison is challenging but all the more rewarding for overcoming these challenges. It can be difficult to find quiet time to study especially when sharing a cell with others. Day to day life in prison, mental health issues, worries about legal matters such as appeals or parole, and concerns for loved ones can add to the difficulties of engaging in education and training in prison.

## Distance Learning

In addition to doing courses that are provided by the prison, in some countries it is also possible to access distance courses from prison. This means that an outside education provider will send you materials by post. You will study on your own and not in a classroom with others. You can usually start the course at any time of the year rather than at the beginning of the school year. It can be extra challenging to study by distance learning as you will not have the motivation of other classmates. If you are thinking of doing a distance learning course, it helps to be well organised and able to work independently. The advantage of distance learning is that you can generally still continue with the course if you are transferred to another prison.

## What Course to Choose

One of the major factors that will influence your decision is what is available in the prison and whether you have access to distance learning and the type of





# FAMILY MATTERS



*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?  
While Ciara is absent on maternity leave, please contact Elodie Coyard, ICPO  
Maynooth. Email: [elodie.coyard@icpo.ie](mailto:elodie.coyard@icpo.ie) or call on +353-87 3110000*

## You are not Alone: Share your Experience with Others

Having a loved one in prison is a difficult experience for both a prisoner and their families. It can be particularly challenging when your loved one is in prison abroad as you may have little contact with your loved one and more limited information on their situation and well-being. This situation can often be upsetting and worrying for families and may feel like a lonely experience.

You may find that sharing your experience and feelings with someone can be beneficial to you. If you are comfortable, you could share your situation with a person you know. This may be a family member, a friend, or someone that you feel could offer you some comfort and support. If you do not feel comfortable talking about your situation to someone in your close circle, ICPO is always ready to support you in a non-judgmental and confidential way.

### Family Coffee Morning

ICPO organises Family Coffee Mornings. These coffee mornings are held online on Zoom and last approximately an hour. They provide an informal opportunity for families to come together in a supportive and friendly environment to engage with one another and some members of the ICPO team. Families can share how they are feeling, ask questions or just listen to others people's experiences. You are free to share as little or as much as you wish and are under no pressure to discuss anything you are not comfortable with. The feedback from those events has been very positive. Families have told ICPO that they find it useful to talk to people in a non-judgemental space who understand their situation. The coffee mornings are held monthly and if you would like to know more please get in touch. If you would like more information about this event or how to attend our next one, please don't hesitate to contact ICPO.

### Contacting an ICPO caseworker:

If you ever need support, would like to talk about your situation or have a query, you can always reach out to ICPO. You can contact your loved one's caseworker at ICPO or you can also contact me as the Family Support Officer at ICPO. Our office is open Monday to Friday from 9am-5pm. You can reach us by email, telephone, letter and where possible, we can arrange to meet you in person if you wish.

#### Contact details:

Telephone: 01 505 3156

Email: [info@icpo.ie](mailto:info@icpo.ie) (general email address) or you can email your caseworker directly.

Address: ICPO, PO Box 13484, Maynooth, Co. Kildare, Ireland

Website: [www.icpo.ie](http://www.icpo.ie)

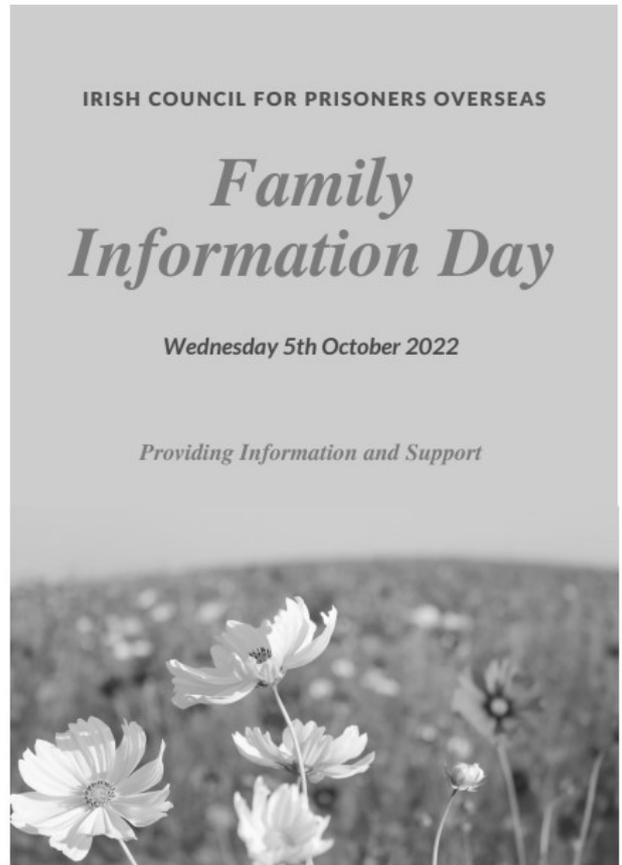
"A big thank you to all the family members who welcomed me, the compassion shown to me was so heart-warming, you have helped me so much in coming to terms with my situation."

Family member at a recent ICPO coffee morning

## Family Information Day

Twice a year, ICPO holds an in-person Family Information Day. This event is an opportunity for families to meet in person with the ICPO team and other families with a loved one in prison overseas. The event usually begins around 10am and finishes sometime around 3pm. We provide tea/coffee upon arrival as well as lunch. The event is completely free and we can reimburse you the cost of your travel to Dublin. During the day we have a range of speakers, conversations and opportunities for questions. Previous speakers have discussed topics such as resettlement after prison, the effects of imprisonment on families, and the value of self-care while a loved one is in prison.

We have had great feedback from families who have attended. Families told us they found it very helpful and enjoyable. It is also a great opportunity for families to meet the ICPO team in person and get information and advice .



"I am so glad that I went to the Family Day. I learned a lot about different things and realised that we are not the only ones who have the heartache of having a loved one locked away. Thank you for a lovely day."

### ICPO Family Resource

The team at ICPO have been working on producing a resource booklet dedicated to families with a loved one in prison overseas. It will contain a range of information and advice on areas such as:

- Supporting your loved one in prison
- Looking after yourself when a family member is in prison
- Supporting children with a parent in prison
- Coming home

We are hoping to have this booklet ready before the end of the year and will be sending it to all the families we are in touch with in the hope they will find it useful.



# Sports Shorts

with Ian Hanna

Greetings folks and welcome to Sports Shorts. What a summer it has been in a wide range of different sports where Irish sportsmen and women reign supreme. From teams to individuals they have carried the nation's flag with sterling effort and integrity, generous in victory and gracious in defeat. Winning a rugby test series in New Zealand, Meath ladies retaining their All Ireland Football crown, Limerick hurlers winning three Liam McCarthy trophies in a row, Kerry winning their first All Ireland since 2014, winning gold in rowing at the European championships, a first ever appearance of an Irish athlete in a major championship 100m final, Katie Taylor undefeated, the list is endless, so let's get down and dirty.

## RUGBY

Ireland's tour of New Zealand was a very tough ask and even a British and Irish Lions tour couldn't have been tougher. In addition to three tests games against the All Blacks, the tour included two games against the New Zealand Maori; tests in everything but name. After opening with two unconvincing consecutive defeats against the Maori and the All Blacks (42-19), Ireland dominated and won the second test, (12-23) dominating the All Blacks up front.



Ireland take on New Zealand

This was Ireland's first ever international test win against the All Blacks in New Zealand adding to the three victories in Chicago and Dublin in recent years. If Ireland came away from this tour with one test

win, many people would have described it a success. Not Andy Farrell, the Irish coach, who guided his team to a dominating win in the second game against the Maori, and then in the last match of the tour comfortably defeating New Zealand, (22-32) in the third and final test. Irish rugby history was made winning the test series 2-1. This was the first time New Zealand has lost a home test series since the introduction of professional rugby union in 1995. Ireland are now No. 1 in the world rankings and certainly gave a huge boost to our chances in the Rugby World Cup in France in 2023. By the way whisper it softly, Ireland could meet the All Blacks in the quarterfinals and that will be white hot!

## GAELIC FOOTBALL

After what seems like a very long time for the Kingdom, Kerry finally won their 38th-All Ireland title when comfortably seeing off Galway in the final in Croke Park played in front of 82,000 spectators. Their toughest match was against the Dubs in the semi-final where they had to withstand a Dublin comeback to win on a score line of 1-14 to 1-13, - winning with a free kick that was the last action of a pulsating game. Kerry were the better team and deserved to win. It was their first Championship win over the Sky Blues since 2009. Galway saw off the challenge of Derry, surprise winners of the Ulster championship 2-08 to 1-06, in a game where the Tribesmen were rarely troubled. The final was a close affair but in the second half Kerry got a stranglehold and won easily enough in the end 0-20 to 0-16. Kerry laid down a marker that they are here to stay and the likes of Dublin, Galway, Tyrone, and Cork will have it all to do to get their hands on Sam Maguire. Mayo seem to have run their race and after playing in seven All-Ireland finals in the recent past and not winning, they will enter a period of team and squad rebuilding. Kevin McStay had replaced James Horan who stepped down and he will bring his success with managing Roscommon to a Connacht title and an All-Ireland club title with St Bridget's.



# Autumn 2022



## HURLING

Well well well, there was just as much action off the pitch as on it and no real surprises as Limerick gloriously marched on to a three in a row All-Ireland successes and four times in five years. Some achievement and already it looks as if the 2023 Liam McCarthy cup will remain Shannon side. They defeated Kilkenny in an enthralling final during which momentum ebbed and flowed throughout, where the Cats hauled themselves back to within a score with only a few minutes left on the clock. The Treaty men rallied and won 1-31 to 2-26 in a classic. In the semi-finals Limerick had a mighty tussle with Galway winning by three late points, while Kilkenny easily overcame Clare. The day before the All-Ireland Football Final, the small ball bombshell landed, Brian Cody, the Kilkenny manager, stepped down after being at the helm for 24 seasons. During that time, he remarkably led them to 17 All-Ireland finals, winning 11 titles; an achievement that looks as if it will stand the test of time. He was appointed manager in November 1998 and led Kilkenny through a period of unprecedented provincial and national dominance, winning 43 major titles. Meanwhile Tipperary replaced their manager after only one year in charge, while Davy Fitzgerald has returned to steer Waterford for the second time. Galway can be happy with their performance but the fans except some

trophies during 2023 in King Henry's second year in charge. I can hardly wait for the sliothar to be thrown in again and to see and hear the clash of the ash once more in inter-county competition.

My predictions for 2023 are for Kerry to retain their football crown and Limerick to do likewise in hurling.

## SOCCER

The national team is stuttering in the European Nations League winning just two of their games so far as well as losing two and drawing one. The highpoint was beating Scotland 3-0 in Dublin, while low point was losing away to Armenia in their second game, meaning that winning the group is more or less beyond them already. The draw for the Euro 2024 group qualifying matches will take place on 09 Oct 22 in Frankfurt as Germany is the host nation. Steven Kenny missed out on qualifying for the World Cup this December in Qatar, so if the same misfortune reoccurs with the Euros, it will be bye bye Stephen Kenny and hello who...? At this stage your guess is as good as mine but I fear this will be the most likely outcome.

The ladies international football team secured second place in their qualifying group and are on the cusp of qualifying for the World Cup finals to be held next year in Australia and New Zealand. In the playoff they will meet the winners of either Scotland and Austria away and with a win there is the potential to go straight on to the finals and avoid a tricky playoff in New Zealand.

Praise indeed to League of Ireland champions, Shamrock Rovers who have qualified for the group stages of the European Club Conference Competition. They fought their way through a number of qualifying games and are set to take part in a lucrative group series where they have an outside chance of qualifying for the knock out stages.



# Autumn 2022

## ATHLETICS

Ireland has completed one of their best ever results in the recent European Championship in Germany-winning one gold, two silver and one bronze, while non medal winners set new Irish records in a number of events. The gold came in the lightweight double sculls rowing where Fintan McCarthy and Paul O'Donovan reigned supreme. Ireland's women rowers achieved silver in the coxless fours, while on the track, Ciara Mageenan won silver in the 1,500m and Mark English secured bronze in the in the men's 800m.

Israel Olatunde, a 20 year old, became the first ever Irish athletic to qualify for a 100m major championship final. He missed out on a medal place by 0.04 of a second while setting a new Irish record of 10.17 seconds. Also on the track Rhasidat Adeleke (aged 20) finished fifth in the 400m final setting a national record time of 50.53 seconds. Ciara Mageenan had previously set a new Irish record of 3.26.06 in the semi final. There is a rising tide of Irish athletics who are no strangers to success at World and European underage level and the move to senior level is progressing smoothly.

## GOLF

The end of the regulation season saw Ireland's current two best golfers winning some of the most prestigious tournaments in world golf. In August Rory McElroy won in the USA the FedEx Cup winning a prize of \$18 million in the process. Going into the final round he was six shots behind the leader. He is the first player to win three FedEx Cups and during the season also won three tournaments.

Shane Lowry won the BMW PGA, the DP World Tour's flagship event at the famous Wentworth course in England, his first victory since the 2019 Open Championship and with it \$2m prize money. He won by one shot from guess who; Rory McIlroy who shared second place with Spanish golfer Jon



Rahm. The tournament was reduced to 54 holes after play on Friday was cancelled due to the death of Queen Elizabeth II. Shan's net worth is now estimated at \$22m.

The main story in world professional golf at the moment is the Saudi sponsored breakaway tour called the LIV Tour which has caused deep divisions in professional golf. The LIV Tour is a three round event, there is no cut off, only 54 holes, 48 competitors and makes more use of teams as compared to individual competition. The major difference is that the purse in LIV golf events will dwarf any of the payouts for golfers on the PGA Tour, and the limited field means everyone is going to get a slice. Due to space shortage, I will write more about this in the next newsletter.

The autumn bodes well for sport in Ireland with lots to look forward to and cheer about-ranging from soccer, rugby, indoor athletics, horse racing and boxing to name a few.

Each of us can use the autumn to look again at 'Beo Beathach', our Alive and Well booklet and see if we can embrace some of the physical, mental, spiritual and personal development wellbeing content to help ourselves regardless of where we may be. If anyone has not received a copy please let ICPO know and we will post a copy to you and the same with those of you looking for some new material.

Ian Hanna  
ICPO, Maynooth

# Update from London ICPO Office

Such is the speed of time's relentless march that by the time you get to read this newsletter, those long, hot days of summer will be but a distant memory. No doubt many of you will be glad that they are just that - a distant memory - given how oppressively hot it was and the fact that so many of you were 'banged up' for most of the day.

## **A Difficult Time Ahead:**

The election of Liz Truss as Prime Minister may be a cause for concern. She heads a Government which is likely to be one of the most right wing governments in living memory. If you thought things were bad under Boris, just wait until you see what is coming down the tracks. It's unlikely that the welfare of prisoners will be high on her Government's agenda, so we may all be in for a very difficult time. The omens are certainly not good.



## **New Policy Framework**

A worrying example of this is the recent Ministry of Justice guidance policy which enables the Secretary of State for Justice to refer certain people in prison on standard determinate sentences to the Parole Board instead of automatically releasing them at their conditional release date. Some people may now have to meet both the legal and the policy thresholds to be eligible for consideration under this policy, which includes a dangerousness test and a public interest test. Legal challenges to this approach can be expected.

## **Prison Visiting**

The good news is that prison visiting for families and prison organisations is more or less up and running again. However, over the coming months we may all be at the mercy of rail strikes called at short notice which could play havoc with booked visits. So please be understanding.

## **Traveller Equality Project:**

We are pleased to announce the launch of a new project in partnership with London Probation. The aims of the project are to improve outcomes for Travellers and Gypsies on Probation and to increase Probation Officers' confidence in and ability to work with this group by delivering staff training across London.

We have renewed our working relationship with the Shannon Trust to improve literacy in Travellers and Gypsies in custody. The regional manager for the Shannon Trust attended a Traveller Group in HMP Isis and distributed culturally specific early reader books to me. We continue to provide in-cell resources to men and women in custody, in addition to providing resettlement support to members of the GRT community when they are released from custody.

## **Repatriation update for prisoners in England and Wales**

There has been little recent progress to report on repatriation but we understand that the Department of Justice is hopeful that final amendments to existing legislation which are necessary to facilitate repatriation back to Ireland will be published shortly.

While we believe that the final amendments will not change significantly from those published in December 2021, there will be a stronger presumption towards (conditional) release for prisoners serving determinate sentences. This will mainly affect prisoners transferred from countries other than the UK. While welcome, concerns remain regarding some of the factors that will be taken into account in making the decision to release, how the decision is made and who makes it.

The ICPO will write to members of the Justice Committee and TD's who spoke at the previous Dail debate to ask them to urge the Minister to ensure that the legislation is passed as soon as possible.

In separate legislation, the Minister for Justice intends to introduce tariffs for life sentences into Irish law. Although the introduction of tariffs is of concern, one benefit may be to address concerns of the UK authorities that a life sentence prisoner transferred to Ireland would not serve his/her full sentence as there is currently no tariff system in Ireland.

Finally, to enable us to help you better, please keep us well informed of release dates, parole hearings and prison transfers. We rely on you for this information as the prison Service isn't obligated to provide it.

# Book/Movie Review

Is there a book that you have read or a movie you have seen that you think our readers would be interested in? If so, how about sending us a review of it so that we can share it here. The Review should be 300 words or less. To kick-start this section our Caseworker, Orla Dick, has written the following Movie review:

## Elvis (2022)



Firstly, I'd like to mention that this review contains no spoilers so if you haven't seen this movie yet, feel free to read on.

This movie is written and directed by Baz Luhrmann about the life story of Elvis and a good or bad review is so

dependent on how you feel about Elvis. Ultimately, you get a film that will appeal to a large demographic of fans, but could also alienate others.

Elvis as an iconic and influential character, presented in an over-the-top fashion, makes this movie so over-the-top that it is hard to see it as anything other than a light hearted cartoon. Throughout the film, the direction transitions from style to style at a very quick pace. The audience is thrown from scene to scene at a breakneck pace that is often jarring. So if you are expecting some kind of layered insight into the heart of the performer himself, you will be left feeling disappointed and maybe even annoyed.

Tom Hanks' portrayal of Col Tom Parker, is not one of his best performances. Col Parker is our guide through the triumphs and tragedies of Elvis' life, but he is so one-dimensional that he almost comes across as a Marvel super villain. The prosthetics used make him more like Danny DeVito's Penguin, and his accent often

makes his line delivery just awkward. Parker takes Elvis to what would become his audience, but we never really learn much about him as a character.

Austin Butler plays the title role, and it is an often astonishing performance. Butler effortlessly channels 'The King' and manages to capture the young Elvis in every way. This is a performance that should see Butler's career improve dramatically; powerful and enjoyable, and yet still without sophistication. Despite his excellent performance, the writing lets him down here; with just the bullet points of Elvis presented to us without any attempt at showing us anything new. We flit through Elvis' timeline, from his first appearances to his superstardom, but it all happens so quickly. Upon leaving this movie, you are left with mixed feelings. The lead performance is astonishing, but everything else is such a let-down that the whole thing looks like a childish magic trick.

This movie is a classic example of style over substance that will please certain fans and alienate others. Worth watching for the lead role, but once you get over that, there is very little here that is either new or innovative and that is such a shame when there is so much talent available.

A charitable 3 stars out of 5!



## 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.**

# Review of the parole process in England and Wales

(continued from Page 3)

## Current Situation of the Parole Process

The parole system has been beset by problems in recent years, although it has made efforts to address problems such as delays. As *Justice*, a UK charity working to reform the criminal justice system has pointed out, the parole process is currently beset by backlogs and delays which results in delays to prisoners' release. Justice also points out that the parole process can be difficult to understand for some prisoners and the parole process raises "a multitude of human rights concerns around effective participation and procedural fairness" leaving prisoners sometimes feeling frustrated and disengaged from the process. However, government reforms do not address these particular issues.

## Root and Branch Review

The Review contains a number of recommendations, which may make progress towards release more difficult for some prisoners. Of particular concern is the proposal that the Justice Secretary may override the decision of the Parole Board in certain cases (referred to in the Review as 'top-tier' cases). Politicians are influenced by media and public opinion (or what they perceive public opinion to be) and may be inclined to reverse the decision of the Parole Board in a high profile case rather than one that has not received the same public attention leading to unfair outcomes for some prisoners who may have worked hard in challenging circumstances towards rehabilitation.

## Other Recommendations Include:

- The Parole Board should have more members with a law enforcement background. This will be provided for in legislation and it is envisaged that these members will also sit on panels dealing with 'top-tier' parole cases. The Parole Board is comprised of members from a range of professional backgrounds including retired judges and psychiatrists.
- New processes will be put in place for the transfer of prisoners serving life and other indeterminate sentenced prisoners to open prison conditions again providing for greater Ministerial scrutiny. It is widely accepted, including by the Government, that a period spent in an open prison helps prepare prisoners for life outside prison. However, this proposal will make it more difficult for some prisoners to be moved to open conditions. In the cases of offences such as murder, other homicides, rape and sexual offences or cruelty against children, there will be "direct Ministerial oversight". New criteria have been proposed - among them, that a clear purpose for the prisoner's time in open conditions must be set out and it must be demonstrated why this could not be achieved in a closed prison.
- Changes will be made to the statutory release test with greater focus on public protection and setting out the criteria that must be considered by the Parole Board. This is despite the low rate of offending among people released on licence on the direction of the Parole Board.

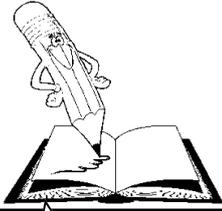
Despite the Government's admission that the parole process generally works well, it is very likely that this root and branch review will not be the last one.

## Further Information

If you would like further information on the changes to the parole process and whether these affect you, please contact your ICPO caseworker. If you have been through the parole process and would like to share your experiences with us, we would like to hear from you, especially if you are over tariff. Please also write or email if you think ICPO could help you more as you are going through the parole process bearing in mind we are not a legal advice organisation.

Catherine Kenny

Casework, Information and Policy Officer  
Irish Council for Prisoners Overseas (ICPO)



---

---

## Winner of Listowel Writers' Week Competition 2022

---

---

★ WINNER: Short Story  
Writing in Prisons Overseas

### The Fountain

Turning the corner, a gust of warm air blew dust into his eyes and a tumbleweed rushed past him as if it were running for the stagecoach.

The town, as always, was quiet at this time of day. It was a day that was hotter than most. The kind of day when there seems to be twice as many flies as usual. On his way to the saloon, Carl gently lifted the front of his hat with a nod as he looked across the dusty path to the convenience store; the female owner was brushing outside and she acknowledged Carl with a quick smile.

Carl removed his hat as he stopped at the fountain and submerged his head in the cool, still water washing away the dirt, dust and sweat of the long, hard morning. The decade's old stone fountain, a parting gift from the Widow Lennox who'd departed back to the country of her birth to see out the remainder of her life, closer to family. It had been engraved with words of the old world which were now lost to memory, 'That man to man, the world o'er...!'

Carl, a kind, caring man and well respected in the town, was tall and stockily built with blond hair. He was the local blacksmith, had been for over a decade now. A family man with a beautiful wife and a newborn baby, he slaved away daily in the unbearable heat of his workplace fabricating everything from horseshoes to railings. Business was good for Carl, it had been good since he arrived here from a neighbouring city. He loved the life that he'd had built with his wife in this town and things were good for them.

As he approached the saloon he saw the enormous, dejected figure of a man descending the wooden stairs, barefooted. His coal black hair parted to the side, left to right. His features were handsome and intelligent but his most striking attribute were his eyes; a piercing shade of lime green that Carl had never seen before. Dabbing his forehead with his handkerchief, Carl turned his head to watch the man as he walked off slowly, head lowered. Carl pushed the handkerchief back into his hip pocket and entered the saloon to be greeted by the angry voice of the bartender as he ranted and raved, complaining about how many times he'd told this man not to enter the premises. How many times he'd told him that he was not welcome. How many more times would he need to repeat the same words. It was the second time that Carl had observed this same scene in three days.

The first time that he was witness to it, the bartender had been blocking the entrance to the saloon denying entry to the man. The bartender, who, at the best of times, was very vocal, had used some colourful and disgusting language. The man, who was humble throughout, had said nothing. While watching the animated actions of the barman and listening to his verbal attack on the stranger, a rage began to build in the pit of Carl's stomach. His heart began to beat more rapidly, so much so that he began to see small spots in front of his eyes with each palpitation. Fists clenched. Teeth gritted.

The floor of the saloon was covered in a blanket of dust and a bowl lay on the floor; it's contents the same colour as the bottled whiskey. The barman's four legged friend was napping close by; head resting on it's front paws. The saloon was full of smoke, hot and noisy. Ted was playing his favourite melody on the piano, cigar hanging from the right side of his mouth, a cloud of thick grey smoke hovering over his head. Close by, sitting in a rocking chair close to the extinct fire, Charles seemed to be dozing. From time to time he opened his eyes then closed them again while puffing wildly on his pipe before, once again, allowing his chin to fall

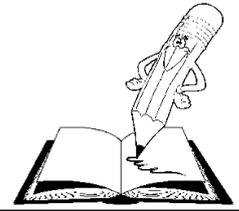
---

---

# Winner of Listowel Writers' Week Competition 2022

---

---



back onto his chest.

At another table, the daily card game was well under way and all the usual players were present. Dillon, sitting in his customary chair facing the dealer, back to the piano, had the sombre look of a condemned man as he sweated profusely, waiting anxiously on the turn of the next card. Red had a jovial look on his grimy face and he was looking at Dillon the way a hungry snake looks at a rodent. He then blew a few smoke rings into the air and watched them gradually distort and dissolve.

Carl ordered a bottle of suds and he wiped his brow. With his left hand, he dropped a silver coin onto the bar and lifted his beer. He turned slowly and walked towards his usual seat by the window. Outside, the dejected figure that he'd passed earlier was standing, alone, by the water fountain.

The roar of laughter brought Carl back into the saloon and he turned his attention to Jessie who'd drunk so much that he'd fallen from his bar stool and lay sprawled on the grubby floor as if he'd just been gunned down. At the card game, Dillon was looking paler than he had looked a few minutes beforehand: he obviously hadn't received the card that he'd been hoping for.

They had known each other for many years. Carl had known Dillon's wife and children but that was in the good old days, before drink and gambling took hold of him. His wife, Marisa, tired of her husband's drunkenness, took the children and returned to the city. Dillon, a farm hand, numbed the pain with alcohol; the gambling came later to help pay for the alcohol. Carl always thought of how lucky Dillon was to be fed at his place of work. He dreaded to think of the state that Dillon would be in if that weren't the case.

Carl looked back out of the window. The dejected man was now sitting at the foot of the fountain. He was wiping the sweat from his brow with his forearm and then he placed his head in his hands and sat motionless for some seconds.

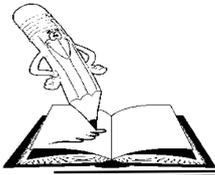
Getting to his feet, Carl swallowed the final mouthful of beer from his bottle before wiping his mouth with the back of his right hand. He then made his way to the bar. He requested two bottles of suds and had one final glance in Dillon's direction. The colour of his face had not changed but he was now trembling like a dog during a ferocious storm. Carl dropped a few coins onto the bar then left the saloon.

As he stepped outside, he was engulfed by the heat of this sweltering Mississippi afternoon. The town was, once again, coming to life. Without turning his head he looked in the direction of the fountain. He slowly descended the stairs of the saloon. Then, he adjusted his hat and began to saunter slowly in the direction of the dejected man.

Carl glanced around the town. He was being watched. Some of the town folk had stopped what they were doing. Carl stood with his back to the fountain before sliding to the ground and sitting next to the black man. The black man looked at this white stranger sitting beside him but said nothing. Carl passed a beer to the black man who, with hesitation, accepted it but stared back at him. Shocked. Mouth gaping. Eyes wide open.

The baking afternoon sun beat down upon the two of them. The sweat from their backs ran over the engraving. 'Shall brothers be for a' that.' Without speaking, both men sat in their silence staring out to the mountains.

Frank O'Ceallaigh, Scotland



## Winner of Listowel Writers'



WINNER: Poetry  
Writing in Prisons Overseas

### Ghosts

It's four in the morning and daylight creeps up,  
So up out of bed with a coffee filled cup,  
I've tried to nod off since nine last night  
But sleep's an illusion that hid from my sight.  
For quiet rest is luxury for everyone or most,  
As when I close my eyes, all I see are ghosts.  
Memories of a life that no longer exists,  
All due to this carcass and it's failure to resist.  
The ghosts that I see, they overwhelm my mind,  
For the last sixteen years they are so easy to find.  
When, like an explosion, they appear in my head  
And make me wish and long to be dead.  
The pain that I caused in that moment of time  
I can never repair the damage of my crime.  
So in this cell I sit with a pen in my hand  
Trying to say sorry, a word that's so bland  
When it's bandied about and used without thought  
True meaning of feeling, it's not often caught.  
There's no words invented for the magnitude of feeling  
I want to express, my mind's constantly reeling,  
To convey what I think and put it in word  
Is a silence of thought, that's screaming to be heard?  
The way that I feel, it does not compare  
To the pain I created that together you share.  
The coffin I need should be under construction  
But the strength I don't have to aid my destruction.  
I have not the power to assist in my death  
So remain in this void until my last breath  
With these ghosts that I see, my permanent company  
Creating these words in tortuous symphony.  
I'm sorry for the pain that I left upon you  
So with these ghosts I'll stay here and stew.

SP, UK

# Poetry Corner

### The Pen and Paper

Pens and some paper is all that you need  
To verse a poem, a letter or story to read.  
Mulling over in your creative mind  
Some words of inspiration you'll surely find.

Recalling your days when you were a youth.  
A historical moment, the hidden truth.  
Growing up in Ireland as a little lad  
Times of hardship, good times and the bad.

A simple rhyme, a story to tell,  
Words of wisdom, a novel to sell.  
These things in life you can surely achieve  
If you put your mind to it and in yourself you believe.

So put your mind to the very test  
And let those words and moments do the rest.  
Put that pen to paper with a continuance ink feed,  
Write what you think for all to read.

JMcF, UK

## He-Being-Me

He understood now why his life seemed to empty, so pointless  
He himself had rendered it so in refusing to think.  
He had been a slave to everyone's needs.  
He had given them their only real weapon against him.  
He had surrendered to their twisted lies by putting the  
Crippling chains of guilt around his own neck for them.  
Giving himself freely into slavery to the wants and wishes  
Of others instead of living his life as he should have -  
For himself.  
He had never asked why it was right for him to be a slave  
To others, but not wrong for them to use him.  
He was not contributing to the betterment of things  
But was merely a puppet to want to be tyrants. Being  
Wrong was not one large wrong, but a ceaseless torrent  
Of small wrongs left unchallenged until they festered  
Into monsters.  
He had lived his life on shifting quicksands where reason  
And intelligence were not to be trusted, only faith was  
Valid, and blind faith was sacred.  
He himself had enforced mindless conformity to that place  
In which the very worst of men had made their mark.

MM, USA



## Why?

Why that night did I try as I might  
To fight a friend or re-offend.  
I'd got my record for life  
But I just stood there with that knife.  
I ran towards her  
But she backed away  
It looked like something  
Outta a play.  
I carry on and strike the knife  
Soon regretting, I could get life.  
Off to the police I go, no comment  
But all along she didn't deserve it.  
Stood in court, full of remorse  
Wish I could turn back time.  
I'm a menace says the Judge.  
9 years and 8 months is what I got.  
Now I sit in my cell  
Thinking the scars, what a mess.  
All I do is sit and stress  
I can't change what I did  
The drugs got the better of me.  
I hope she understands I think of her  
And regret my actions.  
As I sit in my 6 x 4 cell  
Nothing good, it's a living hell.  
I want to say sorry but she won't forgive  
I made a mess of her face,  
I'm a menace, a disgrace.  
Why did I fight that night?  
All she lives with is fear and fright  
I'm truly sorry, I wanna make it right.

SC, UK

## Memory

I have struggled with my memory long enough to know that I am not a hero, though I once knew one.  
But this knowledge, like all knowledge, has not been without cost.  
And yet, we must remember. Without memory we cannot place ourselves in the world,  
Cannot see the distance we have travelled, nor the places left to go.  
We cannot know if we deserve God's mercy, or must be declined it.  
If in the end we are left with memory, remembering, correctly, remembering again.  
If in the end we are left with the truth ---- then we will know what God himself knows, our own souls.

(This is a favourite poem of a US client, by an unknown author, who thought our readers might enjoy it as much as he does)



# Your Letters

## Something Soothing

There are certain memories that stick with us throughout our lives. Moments that become a foundation or moments that provide a peace of mind when things seem a little chaotic. Mostly, I am thinking about memories that remind us of our childhood and of home. For some, these memories are of holidays or they are about the people we have shared them with. I suppose it's something a little different for everyone.

For me, there are a million little details that have the ability to bring me back to my childhood and home. At least in my mind. But as I look back at my life thus far, the memory that sticks out is of a time when my parents took my sister and myself on a small trip to the coast of County Clare. Of all my childhood memories, this one never fades away.

We stayed in a small cottage just outside of Doolin, not far from the Atlantic Coast. The road stretched for miles in either direction with only a few neighbours whose homes were barely visible. It was quiet and relaxing but there were so many sprawling green fields around us that I felt there was no end to the world and there were no limits on what I could be or where I could go. This was a piece of the world untouched by technology and unspoiled by construction. It was a sense of freedom before I really understood anything about the world.

We stayed there for what seemed like months but it was really only a matter of days. Every day, we walked the countryside and we visited the Cliffs of Moher overlooking the bluest waters I had ever viewed on a sunny day, that also happened to be the strangest shade of grey when the sky was dark or cloudy. Either view was incredible and if I thought the green fields made the world look unending, the open sea stretching further than my eyes could see had me wondering just how big the world really was?

Something about being on those cliffs has never left me. I can still see that particular view of the Atlantic when I close my eyes. I can still smell the salt water and feel the grass beneath my feet. I can feel the breeze coming off the ocean; But more than anything else, I can hear the roar of the ocean crashing against the cliff side. It's like it's own music and no matter how loud the sound might have been, there was something peaceful about it. Something soothing.

Every time I see a movie or television show where there is a scene by the ocean or any time that I see pictures of where the ocean meets the coastline, I think of our family trip. I remember small details of our holiday. I remember home and my childhood in ways I had forgotten. Every time that I'm near water, whether it is a river or a lake or a beach, I can't help but to look off into the distance as if I'll somehow see those cliffs in Ireland and be a little closer to home and a little more connected to the lad I used to be before my choices took me far from home and far from the idea of freedom that I recognised as a boy in those green fields or as I stared out over those cliffs.... A long time before I ever knew what freedom could really mean.

GMcG, USA



# Your Letters

## Cynophobia

So that's what it's called. Half a century terrified of dogs and only now do I find out that there's actually a name for it; cynophobia. As long as I can remember I've been frightened of dogs and I've never known why. Even small dogs that I can kick if necessary make me very nervous. It's not just that dogs can bite, it's more than that. This is something else entirely.

Perhaps a dog attacked me or tried to bite me when I was a young child? Or jumped up and scared the crap out of me leaving a profound psychological scar? For whatever the reason, I am seriously scared of dogs and it has had a substantial impact on my life. For countless years too I've had a recurring dream of a large black dog running into my bedroom and jumping up on my bed scaring the daylights out of me. But is this just a repetitive dream or did it really happen?

A phobia is basically an excessive and irrational fear of an everyday object, place, creature or situation that poses little or no threat. Many people are slightly nervous climbing high ladders for instance but that's not a phobia. It just makes sense that they're cautious so they don't fall. When climbing ladders the danger can be real. Where a phobia occurs, the danger is largely imaginary and yet the terror can be very real.

Lots of people, children and adults alike, have an illogical and irrational fear of clowns (coulrophobia), or are inexplicably scared of dolls (pediophobia). These are very real phobias of harmless things that lead to the heart racing, high anxiety, sweats, severe tremors and for the sufferers of these irrational fears the danger is immense and very real.

Some phobias are more prevalent than others. A fear of arachnids such as spiders or scorpions (arachnophobia) is commonplace. As is a fear of snakes (ophidiophobia) and a fear of confined spaces (claustrophobia). Millions of people all over the world are petrified of flying (aerophobia). Although I was one of those people myself, I finally got on a plane years ago and have flown dozens of times since. I still get a little nervous before I fly sometimes but it's no longer a proper phobia and I conquer any nervousness I may feel by necking one pint of lager beer and a double brandy and coke before boarding the aircraft. Not enough to get drunk but just enough to help me relax. Of course, if it's a long flight I may need more relaxation on board, but I won't overdo it; being drunk on a plane is never a good idea.

Other phobias again are far more difficult to understand. Fears of mushrooms (mycopophobia), crossing the street (agoraphobia) and a fear of bridges (gephyrophobia) are difficult to fathom. Harder still to grasp are irrational fears for belly buttons (omphalophobia), teenagers (ephebiphobia) forests or trees (dendrophobia) and some people are even terrified of being tickled (pteronophobia).

Trypanophobics are frightened of needles and injections (they'd make lousy doctors, nurses or junkies). Agoraphobics dread open spaces or crowds, spectrophobics are scared stiff of mirrors and acrophobics are frightened to death of heights.

But for me now the only truly irrational fear is cynophobia, the fear of dogs. Man's best friend they may be but they're hardly mine. They get me in a cold sweat just thinking about them. But I'd never bother talking to a psychologist about this. They'd probably think I was barking.



Brush up on your Irish with Caitriona Ní Bhaoill

# Smidín Gaeilge

Haló! Cé'n chaoi a bhfuil tú? Tá súil agam go bhfuil tú go maith.  
Hello! How are you? I hope you are keeping well

## An Aimsear The Weather

Is lá mór é - It's a grand day

Báisteach	<i>Baw shtee</i>	Rain
Grian	<i>Gree-on</i>	Sun
Cith báistí	<i>Cih bawshtee</i>	Shower
Sneachta	<i>Shnockta</i>	Snow
Ag Cur sneachta	<i>Egg cur shnockta</i>	Snowing
Flich-shneachta	<i>Fli-hnockta</i>	Sleet
Clocha Sneachta	<i>Clucka Shnockta</i>	Hailstones
Sioc	<i>Shuck</i>	Frost
Tintreach	<i>Tin-trock</i>	Lightning
Toirneach	<i>Torn-ock</i>	Thunder
Gaoth	<i>Gwee</i>	Wind
Stoirm	<i>Stirim</i>	Storm
Bogha Báistí	<i>Bow-a bawshtee</i>	Rainbow
Ceo	<i>Keogh</i>	Fog
Teas	<i>Chaas</i>	Heat
Teocht	<i>Choke-t</i>	Temperature



Athrú aeráide	Climate change
Téamh domhanda	Global warming
Timpeallacht	Environment
Lorg carbóin	Carbon footprint
Tá poll mór ann sa chiseal ózóin	There is a big hole in the ozone layer



Tá'n grian ag scoilteadh na gcloch	<i>Taw on gree-on egg squeelcha nag luck</i>	The sun is splitting the stones
Tá'n Gaoth ag séideadh	<i>Taw on gwee egg shay-da</i>	It is windy
Tá sé ag stealladh báistí	<i>Tá shay egg shtallaght baw shtee</i>	It is lashing rain
Grianmhar	<i>Gree-on-ver</i>	Sunny
Bhí sé ag cur báistí inné	<i>Vee shay egg Cur baw shtee</i>	It was raining yesterday
Tá sé scamallach inniu	<i>Taw shay Scawmalack inew</i>	It is cloudy today

# Challenge yourself!

## Wordsearch

### The Environment

Atmosphere

Biodegradable

Climate

Compost

Conservation

Ecology

Ecosystem

Emission

Endangered

Fossil fuel

Global warming

Greenhouse Effect

I	E	E	C	L	A	N	V	W	C	A	P	W	C	K	X	P	B	N	E
I	C	M	O	I	T	E	U	D	F	N	I	P	F	C	O	I	W	O	L
F	T	E	I	T	M	M	Q	V	W	L	Z	O	J	L	O	V	A	I	C
N	C	K	F	S	O	Y	S	Y	D	S	S	G	L	D	C	X	S	T	Y
W	E	X	M	A	S	Y	X	L	W	S	N	U	E	E	A	L	T	A	C
F	F	X	C	D	P	I	I	J	I	C	T	G	W	A	F	N	E	V	E
E	F	Z	S	X	H	F	O	L	W	I	R	S	N	J	T	G	I	R	R
K	E	D	U	H	E	Q	F	N	O	A	E	C	O	S	Y	S	T	E	M
N	E	X	P	P	R	U	X	N	D	T	I	W	E	P	W	F	X	S	O
X	S	X	B	W	E	S	M	A	A	M	U	H	N	C	M	D	M	N	Z
S	U	A	C	L	M	M	B	T	U	Y	W	C	D	D	P	O	G	O	O
K	O	K	I	C	V	L	I	J	G	O	R	G	A	N	I	C	C	C	N
C	H	W	K	H	E	B	Z	O	O	V	R	S	N	Z	W	A	K	R	E
G	N	I	M	R	A	W	L	A	B	O	L	G	G	T	L	M	A	T	L
N	E	Q	Z	H	G	O	N	V	P	F	B	Q	E	L	O	L	R	Q	A
F	E	Z	A	M	C	K	L	F	M	J	R	X	R	Q	O	X	U	I	Y
P	R	T	S	E	R	O	F	N	I	A	R	T	E	S	E	K	I	M	E
M	G	S	U	S	T	A	I	N	A	B	L	E	D	I	G	T	D	C	R
E	T	A	M	I	L	C	L	L	I	M	D	N	I	W	P	N	S	H	K
E	U	B	O	M	M	V	Q	I	S	J	A	W	V	P	K	A	V	Q	G

Habitat

Organic

Ozone Layer

Pollution

Rainforest

Recycle

Solar

Sustainable

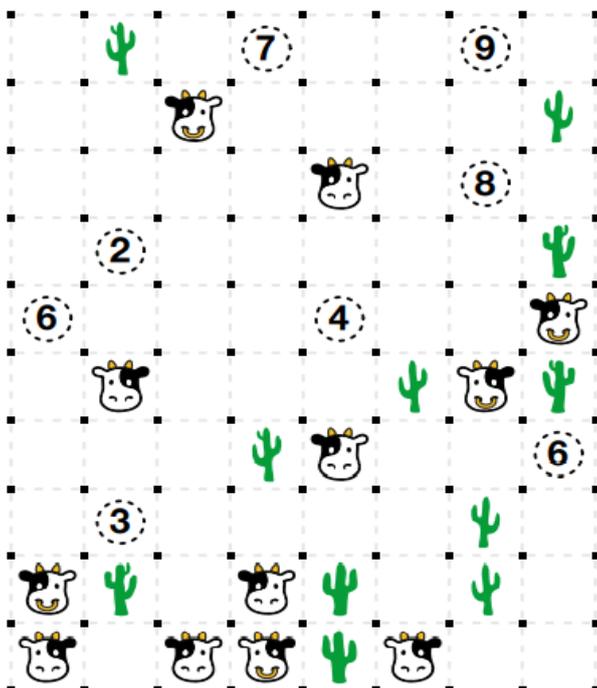
Toxic

Waste

Wildlife

Windmill

## COW & CACTUS



The goal of this puzzle is to build a fence fully containing all the cows and excluding all the cacti. The fence must be a single closed loop that does not cross itself at any point!

COWS must be kept *inside* the fence, or they will wander away.

CACTI must be kept *outside* the fence, as they will give cows indigestion.

CIRCLED NUMBERS are always inside the fence; they indicate visibility. This number counts the total squares visible looking north, south, east, and west from the location of the clue (including the clue's square). You cannot see squares that are beyond the fence.

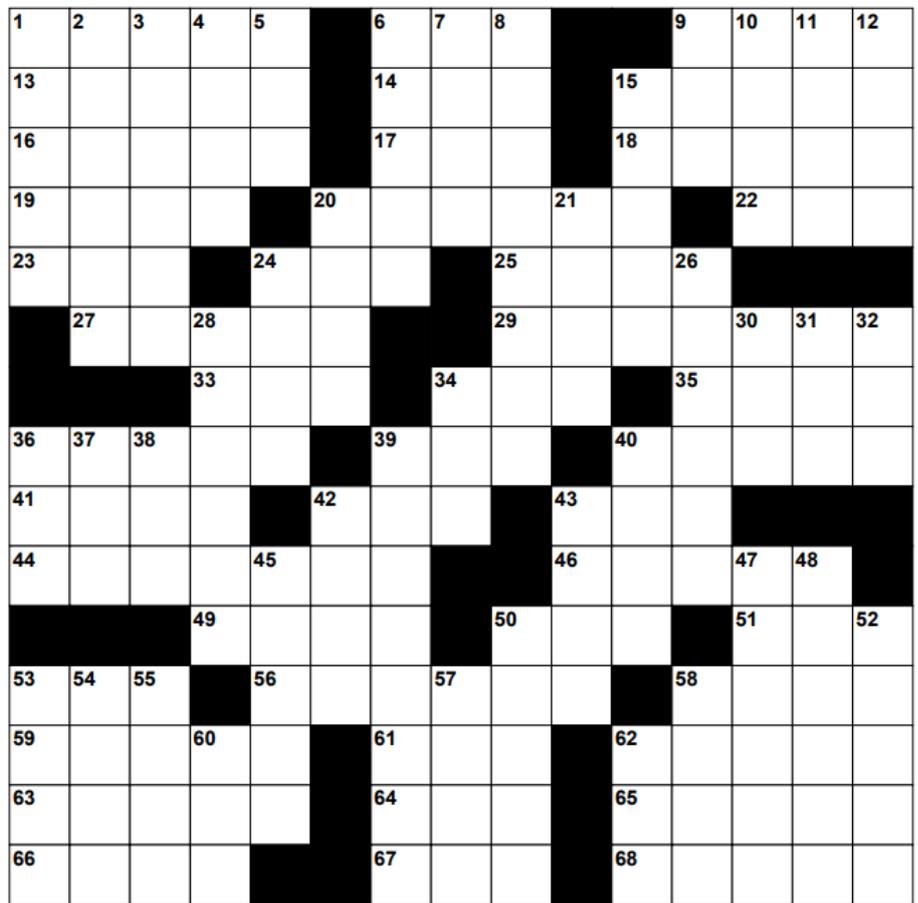
There is only one solution!

*Courtesy Krazy Dad*

# Challenge yourself!

## Across

- 1 Turned toward  
 6 Her  
 9 Grub  
 13 Decorate by inserting  
 14 Large weight unit  
 15 Tropical fruit  
 16 Fluttering  
 17 Extremely high frequency (abbr)  
 18 Disturn  
 19 Accurate  
 20 Uncontrolled waters  
 22 Explosive  
 23 Held  
 24 Time period  
 25 Rodents  
 27 Japanese city  
 29 Having a hidden meaning  
 33 Floor covering  
 34 Soaked with water  
 35 Costa \_



By Evelyn Johnson - www.qets.com

- 36 Moses mountain  
 39 Pole  
 40 Plastic  
 41 Foot wear  
 42 Fresh  
 43 Transgression  
 44 Enfold  
 46 Transparent, tasteless, odourless liquid  
 49 Twofold  
 50 Buddy  
 51 Cow sound  
 53 Ship initials  
 56 Producing an uncomfortable sensation  
 58 Lowest in rand  
 59 Frighten  
 61 Bird call  
 62 Wine bottle stoppers  
 63 Personal writings

- 64 Feign  
 65 Calf  
 66 Land measurement  
 67 Distress call  
 68 Freezing rain

## Down

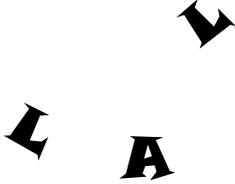
- 1 Dirtiness  
 2 Windbreaker  
 3 Overcast  
 4 Comfort  
 5 Changing colour  
 6 Inscribed stone  
 7 Deep exuberant laughter  
 8 Compelled  
 9 8oz  
 10 Poetic 'has'  
 11 Kitchen appliance

- 12 Power unit  
 15 Marked by bursts of wind or rain  
 20 Pond dweller  
 21 Run quickly  
 24 Decorative needle case  
 26 Dash  
 28 Spoke  
 30 Can metal  
 31 Covered with ice  
 32 California (abbr.)  
 34 Great  
 36 Compass point  
 37 Charged particle  
 38 Second to last mo  
 39 Copies  
 40 Small bottle  
 42 Man who built the arc  
 43 Swing  
 45 Fortunate  
 47 Surface

- 48 Beginner  
 50 Secret plans  
 52 Beginning  
 53 U.S. Department of Agriculture  
 54 \_\_\_ and span (very clean)  
 55 Glide  
 57 North American plant that is poisonous  
 58 Pond  
 60 Unrefined metal  
 62 Discs

# Challenge yourself!

## Word Puzzle Pictures

1 <b>YRAROPMET</b>	2 <b>SITTING WORLD</b>	3 <b>BARBERSHOP BARBERSHOP BARBERSHOP BARBERSHOP</b>	4 <b>AGED <u>AGED</u> AGED</b>
5 <b>BELT</b>  <b>HITTING</b>	6 <b>NOON GOOD</b>	7 <b>PROM... ...ISES</b>	8 <b>WAD</b>
9 <b>0</b> — <b>MB.SC Ph.D M.D.</b>	10 <b>YOU JUST ME</b>	11 <b>JUST144ICE</b>	12 

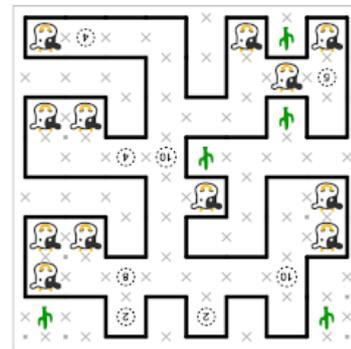
## Sudoku

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

Courtesy: KrazyDad

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 ever 3x3 square.

## Answers



Cows and Cactus

F	A	C	O	E	D	S	H	E	C	H	O	W
I	N	L	A	V	A	T	O	N	G	U	A	V
L	O	S	E	F	U	P	S	E	T			
T	R	O	O	S	E	T						
H	A	D	S	T								
K	A	R	O									
R	O	G										
S	T	R	O									
B	O	O	T									
F	E	N	V	E	L	O	P					
U	S											
J												
S	P	O	K									
D	I	A	R									
A	C	R	E									

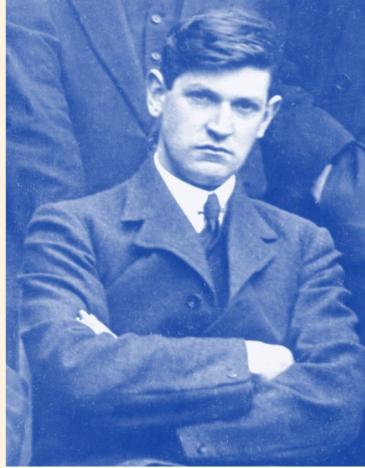
Crossword

1. Temporary Setback.
2. Sitting on top of the world.
3. Barbershop Quartet.
4. Middle Aged.
5. Hitting below the belt.
6. Good Afternoon.
7. Broken Promises.
8. Tight Wad.
9. Zero degrees.
10. Just between you and me.
11. Gross Injustice.
12. All mixed up

# RECENT EVENTS IN IRELAND

## MICHAEL COLLINS

Born 16 Oct 1890 – died 22 August 2022 aged 31. Last month marked the centenary of the death of what many people hail as one of Ireland's greatest heroes and a never ending sequence of what-ifs all asking the question; 'what if Michael Collins hadn't died so young'. It is said his death changed the course of Irish history. He was a politician as well as a soldier and at the time of his death was Commander in Chief of the Irish Army or Pro-Treaty forces. He died in an ambush by Anti-Treaty forces on 22 August 1922 at Beal na mBlath, near Bandon in West Cork.



During the Irish War of Independence, 1919-1921, Collins was Director of Intelligence and was responsible for the overwhelming success in the counter intelligence campaign against British forces. The post ceasefire talks resulted in the Anglo-Irish Treaty of December 1921 and after a ten month transitional period overseen by the provisional government, the Irish Free State was created in December 1922. The Treaty however led to the partition of Ireland with six of the nine Ulster counties remaining under British administration. When the Anglo-Irish Treaty was brought before Dail Eireann in Dublin, in January 1922 it voted to accept it by a small majority. Eamonn de Valera rejected the Treaty and split the Republican movement. Collins,

was appointed Minister of Finance in the provisional government but the movement broke into two distinct and bitter groups over the ratification of the Anglo-Irish Treaty. Where only a few months previously comrades in arms had fought side by side in the War of Independence, they were now bitterly opposed. Those in favour of the Treaty were known as Pro-Treaty and those against as Anti-Treaty. What ensued was a bloody civil war that began in April 1922 ending in May 1923.

The two main political parties in Ireland, Fianna Fail and Fine Gael have deep links to the Civil War, with Fianna Fail being led for many years by Eamonn de Valera. Fine Gael commemorate the ambush at Beal na Blath with an address by the party leader and a large gathering of the party faithful. This year was the first time a Fianna Fail Taoiseach, Mr Micheal Martin, addressed the commemoration in an act of reconciliation aided by both parties being in coalition forming the current government.

The 1996 film titled 'Michael Collins' directed by Neil Jordan and starring Liam Neeson as The Big Man and Julia Roberts as Kitty Kiernan is a biographical period drama film which received many accolades and two Oscar nominations. There are also many books about Michael Collins.



US country star Garth Brooks finished a five night run in Croke Park on 17th September. He had previously been due to play there in 2014 but the shows had to be cancelled due to licencing issues.

I am not a die hard fan of Garth Brooks but had tickets and decided to go. It was a night to remember. The crowd sang along with just about every song, and as one voice, raised the roof on *I've Got Friends in Low Places*. The stadium was electric and the singer full of emotion could be heard shouting "I love this place". It was hard not to get swept up in the excitement and found myself singing along and dancing.

It is estimated that fans North and South of Ireland had spent in excess of €30 million to see him and he departed Ireland promising to do an All Ireland tour next time.

Bernie  
ICPO Maynooth