



RadioToday

Radio Times

Vol 7 March 2026

Rite of passage

Ceremonies and traditions

Lords of the Dance

The best of Irish music

The sport of chirping

Often it's the comments that make sport fun



Keeping it Real



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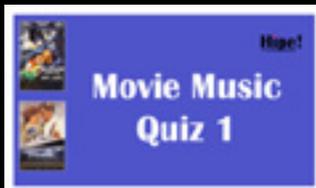


Hipe's Wouter de Goede interviews former 28's gang boss David Williams.

How much do you know about movie theme songs? Take our quiz and find out.



The old South African Defence Force used a mixture of English, Afrikaans, slang and techno-speak that few outside the military could hope to understand. Some of the terms were humorous, some were clever, while others were downright crude.



Part of Hipe's "On the couch" series, this is an interview with one of author Herman Charles Bosman's most famous characters, Oom Schalk Lourens.



A taxi driver was shot dead in an ongoing war between rival taxi organisations.



Hipe spent time in Hanover Park, an area plagued with gang violence, to view first-hand how Project Ceasefire is dealing with the situation.

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This month, in between celebrating St Paddy's Day, Murphy has had enough of political correctness.

Hipe TV brings you videos ranging from actuality to humour and everything in between. Interviews, mini-documentaries and much more.

Check out Hipe TV and remember to like, comment, share and subscribe.

If there's one day of the year that I let my hair down, then it's 17 March - Saint Patrick's Day.

Luckily I'm only on air for half an hour on 17 March - and it's from 10.30 to 11.00, so I should still be grand.

So Summer is over and we're now officially into Autumn. I know that some people look forward to the cooler months, I'm afraid I'm not one of them. Give me blue skies and sunshine any day of the week. Oh well, at least I can always light a fire in winter.

To all our Irish readers (and listeners) may we take this opportunity to wish you a very happy Saint Patrick's Day. And if you're not Irish, well we will allow you to be Irish for the day.

Until next month, stay safe and stay healthy.

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The trials and tribulations of an Irish publican.

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If you're planning on celebrating St. Patrick's Day this year then you should at least sound as if you're Irish. Here are a few words and phrases you can throw into your conversation to help.

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Often called our third lung, your skin needs to be pampered.

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In tribute to St. Patrick's Day this month, **Stix Mkhize** looks at some of Ireland's greatest sports personalities.

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Sometimes it is not the game that makes sport fun to watch, it is the comments made both on and off the field that become classics. By **Stix Mkhize**.





Rite of Passage

Every culture has ceremonies and traditions for most of the important events in a person's life; be it a birth, coming of age, marriage, or even death. **MATT O'BRIEN** take a closer look.

“Twenty-one today, twenty-one today, I've got the key of the door, I've never been twenty-one before.”

It's been many years since I heard that little song sung at my 21st birthday party. In fact, if I recall correctly, Mozart was playing the piano when they sung it.

The 21st birthday celebration is a big deal in western culture. It is the day that you “come of age”. You are now officially an adult. It probably stems from the fact that in many countries you had to be 21 before you could vote. It is also tradition to receive a key on your 21st birthday, a symbol denoting your “freedom”.

We seem to have rituals and ceremonies for most of the important events in our lives. We have them for

birth, coming of age, marriage, even for death. And, although they may differ somewhat, most cultures and religions seem to have them.

In most Christian cultures, baptism plays an important role. In some churches this is done at birth and it is normally when the child is named. In many charismatic churches, however, baptism doesn't take place at birth. This happens much later, when a person is old enough to give their life to God. They are then baptised as a sign of being “born again”. The person being baptised is immersed under the water.

It is symbolic of being buried and then rising again as a new person. Yet some churches can't even agree on how this should be done. Some say that the body should be immersed

once under the water, while others say the person should be immersed three times.

In the Jewish culture, male children are circumcised shortly after birth in a ceremony known as the *bris*. This is a symbol of their covenant with God. *Naam Karan* is a Sikh ceremony of naming a child and it usually takes place in a *Gurdwara* (Sikh place of worship) after the baby and mother are medically and physically fit enough to attend the *Gurdwara*. It normally just involves the main family members attending.

Amrit Sanskar or *Amrit Sanchar* or the *Amrit* ceremony is the Sikh ceremony of initiation or baptism. It embodies the primary objects of the Sikh faith, and promises connection with the Guru as well as promoting the ability to lead a pure and pious life which will unite the “pure one” with Almighty Lord. Other Christian churches will have rituals such as the first Holy Communion. This is common to the Catholic Church.

One ritual that is common to most cultures and religions is the “coming of age” ceremony - the rite of passage from childhood into adulthood. As we have already seen, this is normally celebrated in western culture when a person turns 21. Other cultures, however, vary on the age when a person is regarded as being an adult.

The Jewish coming of age ceremony is known as a *Bar Mitzvah* or *Bat Mitzvah*. Boys celebrate their Bar Mitzvah at the age of 13, while girls celebrate a Bat Mitzvah when they turn 12.

Genpuku was a historical Japanese coming of age ceremony. It was also known as *Kakan* and marked the entry into adulthood of boys between the ages of 12 and 16. They were taken to the shrines of their patron kami (spirits) where they were presented with their first adult clothes. They would also receive a special haircut known as *mizura*. Finally, they were given adult names (eboshi-na).

During the Heian period, the ceremony was restricted to the sons of samurai families. During the Muromachi era this gradually spread to include people of lower status and rank. The equivalent ceremony for women was called *mogi*, and was performed for girls aged between 12 and 14, and was similarly based around the presentation of adult clothing. In modern



JUMPING AROUND: Rumspringa is an Amish tradition where the youth gets to let their hair down.

Japan, these ceremonies have been replaced by annual coming of age ceremonies for 20-year-olds of both sexes called *seijin shiki*.

The *Guan Li* is the Chinese coming of age ceremony. The name Guan Li refers to the ceremony for men, whilst the Ji Li refers to the one for women. The age of the person is usually 20 and during the ceremony, the person obtains a style name. These ceremonies are now rarely practiced in China, however there has been a recent resurgence, especially from those who are sympathetic to the Hanfu movement.

The *Poy Sang Long* (Festival of the Crystals Sons) is a rite of passage ceremony among the Shan people in

Myanmar and Northern Thailand. Boys between the ages of seven and 14 take novice monastic vows. They also participate in monastery life for a period that can vary from a single week to months or even years.

In Hinduism, the *Samskra* are a series of sacraments, sacrifices and rituals that serve as rites of passage. All human beings, especially the *Dvija* or twice-born are required to perform a number of sacrifices with oblations for Gods, ancestors and guardians in accordance with the Vedic dictums for a Dharmic or righteous life. Sanskar is a commonly used variant of the Sanskrit word Samskara and signifies cultural heritage and upbringing in

modern Hindi.

Russ is a tradition and cultural phenomenon in Scandinavia, most notable in Norway. In Norway, students who graduate from upper secondary school are called russ and celebrate with the characteristic festivities (*russefeiring*) during the first few weeks of May.

In Sweden, a similar celebration is called *Studenten* (the student). In Finland students celebrate the start of the final exam in a similar tradition called *penkkarit*.

The Amish religious denomination lives to a very strict code of conduct. Yet during adolescence teens, usually at the age of about 16, embark on a period known as *Rumspringa*. They normally move out of the community and are allowed the freedom to do as they please. They are allowed to partake in activities that are normally taboo within the community.

Rumspringa ends either when the youth chooses baptism within the Amish church and returns to the community, or when they decide to leave the community forever. The Amish elders regard Rumspringa as a time for courtship and finding a wife.

While on the subject of finding wives, nearly every culture has a marriage ceremony of some sort. While they may differ in many ways, the objective remains more or less the same - becoming betrothed to a partner. Some religions and cultures allow for more than one wife. Others still have arranged marriages. A bride will

sometimes only get to meet her husband for the first time at their wedding ceremony.

Rituals, traditions, and ceremonies extend to just about every aspect of life. Not only the important ones. When I did my PPL (Private Pilot's Licence) there was a tradition, and I believe it stills exists, that after you had completed your first solo flight, your feet were not allowed to touch the ground until you had been "dunked".

At the flight school where I trained, as soon as you landed fellow qualified pilots would carry you from the cockpit to a fish pond in front of the clubhouse and you were thrown into the water. In skydiving there is a tradition that when you do your 1,000th jump, you do it nude.

Even education has many rituals and traditions. Think of graduation ceremonies, Matric dances and initiation for new pupils.

While there are rituals for birth, coming of age, marriage, and just about everything in between, don't forget the final send off. That time in our life when we bring down the curtain and join the choir invisible.

Yes, even death comes with its own little rituals and ceremonies.

Nearly every culture and religion has some sort of ceremony to mark the death of a person. These include funeral services, burial, or even cremation. Do a bit of research into traditional old Viking funerals. They were really something else.

Ireland Uncovered

Amazing inventions and strange traditions from the Emerald Isle that you'll love. By **Michelle Human**.



Being Irish, my culture has enough rituals and traditions. The celebration of St Patrick's Day, the patron saint of Ireland, is probably one of the biggest rituals. At one stage it was a religious festival, now it is also an excuse to have a huge party.

Naturally the Irish also have rituals and traditions dealing with death. One Irish ritual that is still often observed is the wake.

The corpse would be laid out at his home for everyone to see and pay their last respects. The women would normally arrive first and sit around speaking quietly while drinking tea.

Then the men would arrive and the stronger stuff would come out. Whiskey, known in Irish as *uisce beatha* (the water of life) would flow.

Wakes would often turn into huge parties and it was not uncommon for there to be a fight or two. I once heard a story, probably true, that someone punched the corpse at a wake because apparently the corpse didn't want to

have a drink with him. There's a wonderful song about an Irish wake, called *Tim Finegan's Wake*.

Another Irish tradition was to place two coins on the corpse's eyelids. This was so they would be able to pay the ferryman that carried them across the River Styx to the other side.

Mirrors in the house were covered until after the funeral. This was so that if the dead persons ghost saw themselves in the mirror they wouldn't get a fright by finding out they were dead.

According to old Irish tradition a person would always be buried with a new pair of shoes. This was because the new shoes wouldn't know the way back home and the spirit couldn't come and haunt its old house.

Traditions, rituals, rites, celebrations - they're a part of life, and of death. It's a sad fact that many of these traditions and rituals are dying out with the younger generations. Maybe we should keep them going. After all, they are a rite of passage.

Ireland may be a small island, but it's packed with incredible stories, clever inventions, and strange traditions that have made a big splash around the world. Many people don't realise that Irish minds and customs have helped shape everyday life in surprising and delightful ways.

For starters, Ireland has given the world some remarkable inventions.

- John Philip Holland, born in Louth, invented the first practical submarine in the late 1800s. His submarine was tested in Dublin Bay before helping navies all over the world explore underwater.
- Harry Ferguson from County Down invented the modern tractor with four-wheel drive, transforming farming forever.
- Charles Macintosh, an Irish-born inventor, created the waterproof raincoat that keeps us dry on rainy days.
- George Cayley, another Irish engineer, designed the first successful parachute, changing the way we think about jumping from the sky. Irish inventors didn't stop there.
- George Taylor invented the modern electric wheelchair, helping

thousands regain mobility.

- Alexander Cummings created the modern flushing toilet, making bathrooms cleaner and more hygienic.
- John Gorrie, an Irish-American scientist, invented the electric refrigerator, changing how we keep food fresh.
- Even the tools used for building and surveying, called theodolites, were invented by Irish scientist Sir William Rowan Hamilton.

But the Irish spirit of invention doesn't always go perfectly!

Some ideas didn't succeed, and that's OK - every great inventor faces failures. For example, in the 1960s, Irish engineers tried to develop a flying car, called the "SkyCycle," but it never quite took off - literally. Still, it showed Irish creativity and willingness to dream big, even if the dreams didn't always work out! There was also a brief attempt to create an Irish version of the jet pack, which ended up more like a very noisy, very expensive lawn mower. These amusing failures are a testament to Irish inventiveness - they keep trying, learn from mistakes, and keep moving forward.

Ireland's creative genius isn't limited to inventions. The country's writers have also made a huge impact. James Joyce, Samuel Beckett, and W.B. Yeats are famous worldwide. Joyce's *Ulysses* changed how stories are written, while Beckett's *Waiting for Godot* made us think about the strange, humorous, and sometimes silly sides of life. Yeats loved Irish folklore so much he collected stories and poems from the countryside to preserve our traditions. Many Irish writers celebrated in March include Seán O'Casey and Brendan Behan, who brought Irish stories and humour to the stage.

Irish music is known all over the world too. Many people love U2, but did you know that Paul McCartney of The Beatles has Irish roots? Irish reels and jigs are lively and fun, inspiring musicians everywhere. Irish dance, like the energetic Irish step-dance made famous by Riverdance, spreads joy and keeps the culture alive. These traditions keep Irish culture vibrant and fun, spreading happiness wherever they go. The phrase "Irish luck" isn't just a saying - Irish melodies and customs seem to bring good fortune and smiles everywhere.

Ireland's influence isn't just in inventions and arts; it's also in traditions and celebrations. Every year on 17 March, we celebrate St. Patrick's Day to honour Ireland's patron saint. But did you know that in some Irish villages, people still take part in a strange old custom called "drowning

the shamrock"? They put a shamrock in water and dunk it repeatedly, believing it will bring good luck for the year ahead. It's one of many quirky traditions that make Irish celebrations so fun and unique.

The Blarney Stone (Irish: *Cloch na Blarnan*) is a block of Carboniferous limestone built into the battlements of Blarney Castle, Blarney, about eight kilometres from the centre of Cork City, Ireland. According to legend, kissing the stone endows the kisser with the gift of the gab (great eloquence or skill at flattery). The stone was set into a tower of the castle in 1446.

A number of stories attempt to explain the origin of the stone and the surrounding legend. An early story involves the goddess Clíodhna. Cormac Laidir MacCarthy, the builder of Blarney Castle, being involved in a lawsuit in the 15th century, appealed to Clíodhna for her assistance. She told MacCarthy to kiss the first stone he found in the morning on his way to court, and he did so, with the result that he pleaded his case with great eloquence and won. Thus, the Blarney Stone is said to impart "the ability to deceive without offending". MacCarthy then incorporated it into the parapet of the castle.

Irish inventors and creators have given us everyday items we might not even think about. Besides the submarine, tractor, waterproof raincoat, parachute, and electric wheelchair,



Ireland's inventors created the modern electric refrigerator, the modern flushing toilet, and even the "bungee jump," which was invented by Irish-born A. J. Hackett.

But not every Irish invention was a hit - some ideas, like the "self-tying shoelace," turned out to be a bit too ambitious or ahead of their time, and never quite caught on. Still, even these 'failures' show the Irish willingness to experiment and innovate, always trying to push boundaries.

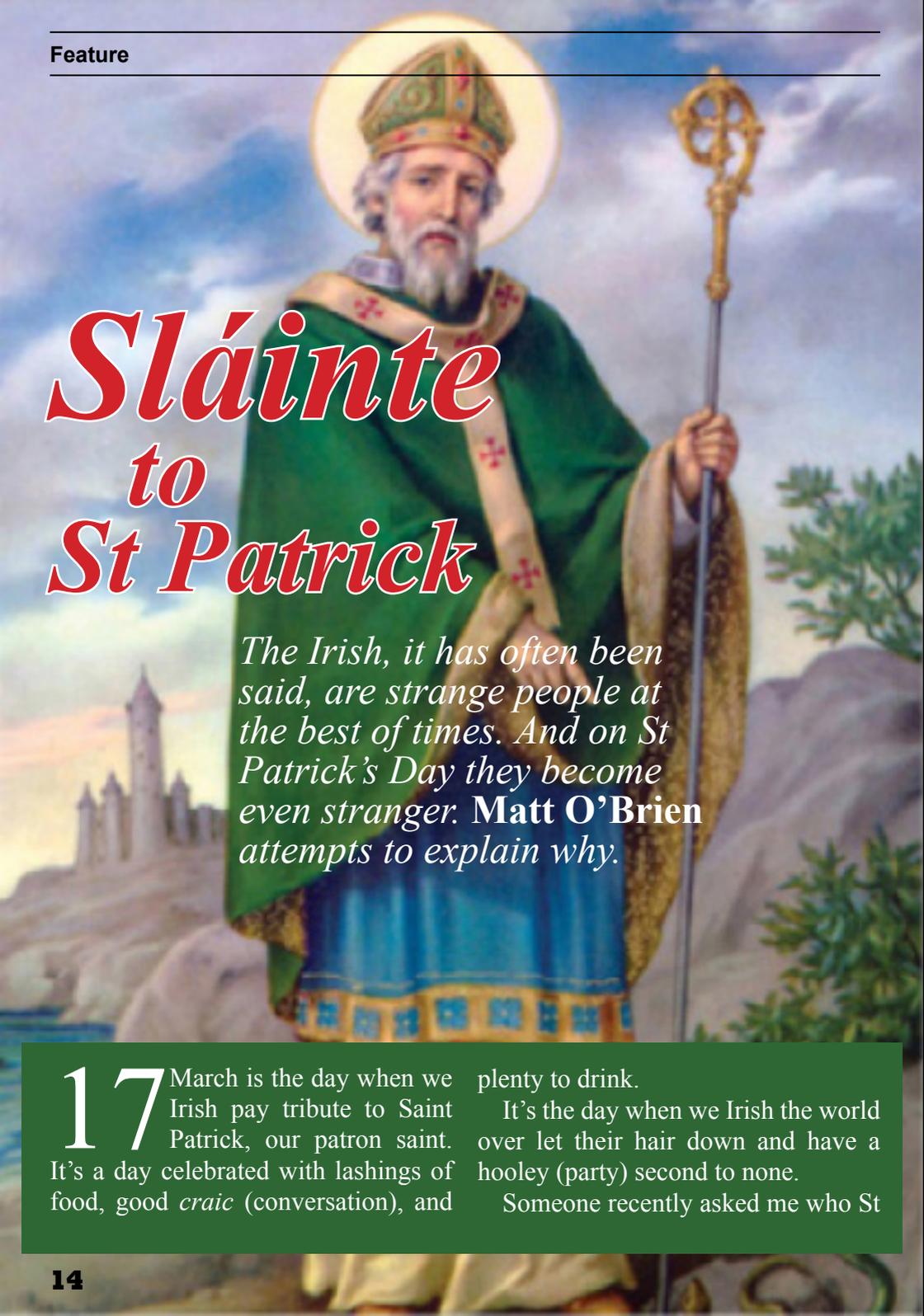
And what about Irish celebrities born in March?

While Liam Neeson was born in June, many other Irish stars celebrate their birthdays in March. For example, musician Rory Gallagher was born on 2 March, and playwright Seán O'Casey on 30 March. Their work

continues to inspire and entertain people today.

All these stories show that Ireland, though small, has had a mighty impact. Whether inventing life-changing devices, telling timeless stories, or sharing lively music and dance, the Irish spirit shines brightly. Even the humorous failures and quirky traditions reveal a nation full of resilience, creativity, and good humour.

So next time you enjoy a pint of Guinness or listen to a lively Irish tune, remember - you're part of a long, proud tradition that has reached every corner of the globe. And when St. Patrick's Day comes around, with everyone dressed in green and celebrating, think of the strange and wonderful traditions that make Ireland so unique.



Sláinte to St Patrick

The Irish, it has often been said, are strange people at the best of times. And on St Patrick's Day they become even stranger. Matt O'Brien attempts to explain why.

17 March is the day when we Irish pay tribute to Saint Patrick, our patron saint. It's a day celebrated with lashings of food, good *craic* (conversation), and

plenty to drink.

It's the day when we Irish the world over let their hair down and have a hooley (party) second to none.

Someone recently asked me who St

Patrick was. Who exactly was he and why did he become such a legend in Ireland?

Well, to begin with, his name wasn't originally Patrick. It was Maewyn, and far from being a saint he considered himself a pagan until the age of 16. He was born either in Scotland or Northern England,

When he was 16 he was captured by a group of Celtic marauders, sold into slavery and taken to Ireland.

He spent six years there as a slave before he escaped and made his way to Gaul (France). During his time in captivity it was said that he became closer to God.

He joined a monastery and after studying for 12 years, returned to Ireland to convert the pagans to Christianity. He was quite successful as winning converts, a fact that didn't sit well with the Celtic Druids. Patrick was arrested several times, but managed to escape on each occasion.

He travelled the length and breadth of Ireland, establishing monasteries, schools and churches all as an aid to his converting the Irish country to Christianity.

Much folklore surrounds St Patrick, including the belief that he raised people from the dead. He is also said to have given a sermon from a hilltop that drove all the snakes from Ireland.

Of course no snakes were ever native to Ireland and many believe that this story is a metaphor for the conversion of the pagans. Other more cyni-

cal folk reckon that St Paddy was the only one that could see the snakes as a result of a bit too much *potteen* (Irish moonshine).

There are several accounts of St Patrick's death. What we do know, however, is that he died on March 17, 460 AD and the day of his death is now commemorated as St Patrick's Day.

Though originally a Catholic holy day, it has evolved into a more secular holiday, celebrated by the Irish, and pseudo Irish, around the world.

The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17.

As it's a religious holiday as well, many Irish attend mass, as this is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

In America cities with a large Irish population, St Patrick's Day is a very big deal. Big cities and towns alike celebrate with parades, "wearing of the green", music and songs, Irish food and drink, and activities for kids such as crafts, colouring and games. Some communities even go as far as to dye rivers or streams green.

So on March 17, whether you're Irish or not, remember to wear the green and raise a glass to St Patrick. May your cha (tea) always be hot and your Arthur's (Guinness) always be cold.

Sláinte.

20

Amazing things to do in

IRELAND

By Ryan Murphy

If there's one destination that should be on your travel bucket list, then that place should be Ireland.

The emerald isle is not just about St. Patrick's Day and Guinness. There is really an abundance of things to do in Ireland. Despite its rather secluded location, it is home to one of the earliest Christian sites in Northern Europe. But certainly, don't forget the spectacular nature, the stunning castles and the quite excellent food.

To help you plan your trip to Ireland, I've come up with a list of 20 places that you should see.

Giant's Causeway

Declared as UNESCO World Heritage site in 1986, more than 40,000 interlocking basalt columns form a tourist highlight like no other.

Legend has it that Irish giant Fionn mac Cumhaill and Scottish big man Benandonner could not stand each other.

Tired of Benandonner's insults, Fionn built a path of stepping stones to reach Scotland so they could settle things man-to-man. Benandonner ripped it up before Fionn could reach him. The result was Giant's Causeway.

Please note that the Giant's Causeway is not in the Republic of Ireland. It is located in County Antrim on the north coast of Northern Ireland, about 4.8 kilometres northeast of the town of Bushmills.

The town is famous for The Old

Bushmills Distillery which was established in 1784. And of course Bushmills Whiskey is something you have to try. In Ireland whiskey is known as Uisce beatha - literally "water of life".

Dún Aonghasa & Aran Islands

Get on a boat and visit one of the many islands at least once. The area is famous for its sheep and wool. Consider buying yourself a knitted sweater while you're there.

3000 years old and sitting on a cliff a hundred meters high – Dún Aonghasa is probably the most spectacular sight on the Aran Islands in Ireland. It's one of the most important prehistoric sites in Ireland. It offers you a spectacular view of the Atlantic Ocean and the rugged cliffs of the Aran Islands.

Cliffs of Moher

Situated at the southwestern edge of the Burren region in County Clare, you will find the Cliffs of Moher.

They run for about 14 kilometres. At their southern end, they rise 120 metres above the Atlantic Ocean at Hag's Head, and, eight kilometres to the north, they reach their maximum height of 214 metres just north of O'Brien's Tower.

At peak season, there are an estimated 30,000 pairs of birds living on the cliffs, representing more than 20 species. A wide range of sea life can also be seen, from grey seals through porpoises, dolphins, minke whales

and basking sharks, as well as, occasionally, sunfish. On land, feral goats, foxes, badgers and the Irish hare are found, along with various breeds of farm cattle.

Killarney National Park

Imagine trees half a century and older, standing side by side, and you get an idea of Killarney National Park. Situated near the town of Killarney, County Kerry, was the first national park in Ireland. The park was designated a UNESCO Biosphere Reserve in 1981.

Killarney National Park is one of the very few places in Ireland that has been continuously covered by woodland since the end of the most recent glacial period, approximately 10,000 years ago. While there, remember to visit Muckross House.

Skellig Michael

Skellig Michael is in County Kerry. The island is named after the archangel Michael; while “Skellig” is derived from the Irish language word sceilig, meaning a splinter of stone.

It is best known for its Gaelic monastery, founded between the 6th and 8th centuries, and its variety of inhab-



SPLINTER OF STONE: Skellig Michael has been a centre of human settlement for at least 6,000 years.

iting species, which include gannets, World Heritage

Site has been a centre of human settlement for at least 6,000 years. Among the highlights is the Newgrange passage grave and other Neolithic landmarks pre-dating the Egyptian pyramids.

It's on County Meath and it's one of the world's most important Neolithic landscapes, comprising at least ninety monuments including passage tombs, burial mounds, standing stones and enclosures.

Malin Head

Malin Head (Irish: Cionn Mhálanna) is the most northerly point of mainland Ireland, located in the townland of Ardmalin on the Inishowen peninsula in County Donegal.

There is a weather station on the head, which is one of 22 such stations whose reports are broadcast as part of



FAIRY TALE: Enjoy a walk around the large walled Victorian Gardens at Kylemore Abbey.

the BBC Shipping Forecast. A tower built in 1805 is on Altnadarow, also known locally as the Tower Hill.

Prepare to do a fair bit of walking on your visit. Scenes from Star Wars: The Last Jedi were filmed in Malin Head.

Rock of Cashel

According to mythology, Cashel Rock is the very site St. Patrick convinced the King of Munster to convert to Christianity in the 5th century. Whether you believe it or not, the picture-perfect site is still one of the few places in Europe you can experience early medieval architecture and Celtic art.

It is situated in County Tipperary.

Dingle Peninsula & Slea Head drive

The Slea Head drive on the Dingle Peninsula is frequently mentioned among the most beautiful road trips in the world. Even on a bad day, nature,

the tiny cottages along the road and the high mountains will leave you stunned.

It's in County Kerry. While there remember to visit Gallaunmore, a standing stone and National Monument, as well as Rahinnane Castle. a 15th-century castle built on a medieval ringfort.

Kylemore Abbey

Kylemore Abbey (Irish: Mainistir na Coille Móire) is a Benedictine Monastery founded in 1920 on the grounds of Kylemore Castle, in Connemara, County Galway.

It looks as if it came straight out of a fairy tale and you have to walk around the large walled Victorian Gardens.

Saltee Islands

The Saltee Islands, five kilometres off the southern coast of County Wexford, are a pair of islands on the Atlantic coast. Unoccupied since the early 20th century, the islands are famous for its huge bird colonies. Fulmars, Gannets, Shags, Kittiwakes, and especially Puffins have their home here during the summer months. There is also a colony of Grey Seals. A true sanctuary for nature & a tourist's favourite.

Galway

Galway (Irish: Gailimh) is a city in, where else, County Galway. It's a picture-perfect little port town and is commonly known as Ireland's Cultural Heart.

Besides the many lovely pubs, there is so much to see and do in Galway. Beyond that, the locals really try to keep the Irish Language alive.



GALWAY: Known as Ireland's Cultural Heart. The locals really try to keep the Irish Language alive. In Summer the sun rises at 05.00 and only sets after 22.00. In Winter, however, sunrise is only at 09.00 and it sets at about 16.30

Ashford Castle

Ashford Castle is a mainly Victorian and medieval castle near Cong on the County Mayo–Galway border.

Previously owned by the Guinness family it is now a five-star hotel. Try and spend at least one night there, and enjoy a very British afternoon tea.

Poulnabrone dolmen

Situated on one of the region's most desolate and highest points, Poulnabrone dolmen (Irish: Poll na Brón) is a large dolmen (or cromlech, a type of single-chamber portal tomb) located in the Burren, County Clare.

The ancient Portal Tomb dates to about 4200 BC.

Glendalough Monastic Site

Situated in County Wicklow, this

historic site, whose Gaelic name translates to "valley of the two lakes," consists of the 6th-century monastery founded by St. Kevin and the famous round tower, standing 34 metres high with a base measuring nearly 16 metres in circumference.

Powerscourt Estate

Powerscourt Estate (Irish: Eastát Chúirt an Phaoraigh), located in Enniskerry, County Wicklow. The main reason to visit - the gardens.

A gigantic landscape park surrounds the large country estate founded in the 13th century. There is even a small Japanese garden at Powerscourt. In 2014, National Geographic ranked it the number three garden in the World.

Drive the Ring of Kerry

If you are short on time, you might



DUBLIN'S FAIR CITY: No trip to Ireland is complete without spending at least a few days in Dublin, capital of Ireland.

want to drive the so-called Ring of Kerry. The ring is a 179-kilometer-long tourist route in the County of Kerry.

It is basically Ireland condensed into a day trip. Just remember, if you go by car, drive clockwise as all big coaches are required to drive anti-clockwise.

Dublin

"In Dublin's fair city, Where the girls are so pretty." The timeless opening words of the song 'Molly Malone'.

Dublin is the capital and largest city of Ireland. Situated on Dublin Bay at the mouth of the River Liffey, it is in the province of Leinster, and is bordered on the south by the Dublin Mountains, part of the Wicklow Mountains range.

Dublin is sometimes divided into a number of quarters. These include the Medieval Quarter (in the area of Dub-

lin Castle, Christ Church and St Patrick's Cathedral and the old city walls), the Georgian Quarter (including the area around St Stephen's Green, Trinity College, and Merrion Square), the Docklands Quarter (around the Dublin Docklands and Silicon Docks), the Cultural Quarter (around Temple Bar), and Creative Quarter (between South William Street and George's Street).

Try the many pubs and restaurants while you're there. You have to visit the stunning old library of the world-famous Trinity College. And be sure to visit O'Connell Street.

So there we have it, 20 places to visit on your trip to the Republic of Ireland, and Northern Ireland.

This is by no means a comprehensive guide to these places. It's merely to let you know what and where they are. Go ahead and explore.

Risky Business

This month it's time to take a closer look at Bryan Hattingh, presenter of Risky Business.

Sending Love & Light, Bryan's signature greeting. Love? Plenty, Bryan loves and is loved by everybody he comes into contact with, whether its the CEO of a multinational corporation or the waiter in the restaurant, he always has an aura of peace and goodwill and the Light is the inspiration which always results in higher productivity in the workplaces and therefore brings Love in abundance from the benefiting shareholders.

Risky Business has been Bryan's show on Radio Today for more than 24 year, and it is an extension of the inspiration, that his core business, Cycan, has developed and propagated since 2001.

"Our passion for people, and our dedication to helping them achieve lives filled with meaning, purpose, and accomplishment, define who we are, what we do, and how we do it."

Bryan at home is a dedicated and passionate family man. committed friend and social connector.

Married to the lovely Zi for 43 years thus far and counting, and they have worked together in business for 39 of those years

An attribute that is common

among our Radio Today presenters is the propensity to live life large and to the full, as if today could be the last, Bryan's list of interests is spread so wide it encompasses the richness of life, photography, writing, sports, food and wine, travel, fashion, interior design, landscaping, philosophy and spiritual enlightenment. I can just see St Peter at the Pearly Gates, with ticks in every check box as he runs down the list.

It's this attitude towards life, testing



every fruit in every orchard, sampling every dish, experiencing every nuance that Bryan regards as a precious gift, that makes Risky Business a really great place to spend an hour.

Co-hosted by Jono Shaw, digging and delving and exposing the gold seam that is the core of life, they leave us hungry for the next edition, much like a magical hors d'oeuvres that was so good it could happily have been the main dish.

Our treasured Radio Today Presenter is also:

- Chief Executive Officer, Cycan (Pty) Ltd
- Executive & Meta Coach, International Accreditation (20+ years experience)
- Retained Executive Search Specialist (35+ years)
- Talk Show Host, Risky Business (24+ years)
- Board Director, Executive and Non-Executive positions on listed and private companies
- Professional Keynote Speaker, National and International Platforms

Some of his career highlights include:

- Founded Bryan Hattingh Group (BHG) in 1987; became South Africa's top-rated IT talent acquisition firm within three years.
- Established Bryan Hattingh Independent Services, a professional services joint venture with IBM

SA; scaled to 500 consultants and profitable from inception.

- Established the executive and talent teams for the international subsidiaries of global firms such as Microsoft, SAP, SAS, Digital, Infinium, and Silicon Graphics. Microsoft reviewed the work eight years on and rated it as the best hiring initiative anywhere in the world outside the US.
- Founded Cycan (Pty) Ltd in 2001, a global leader in leadership acceleration and actualisation, through its transformational coaching solutions, becoming one of the foremost coaching practices in South Africa .

I'm not going to mention his case studies such as; De Beers International, SAPPI, Multichoice and MTN. Since that would just seem like Name Dropping, but, well, it is what it is, and as was once famously noted on the Sandhust Military Academy passing out report on a South African Statesman,

"The True Measure Of This Man Cannot Be Expressed In Words"

True for Magnus Malan and True for Bryan Hattingh.

In his own words, "*We should approach each day with the view that our best is yet to come and that we are always more than what we have become.*"

Risky Business is on air from 18.00 to 19.00 every Wednesday.



Murphy's Law

According to Murphy he starts his St. Patrick's Day celebrations at least a week before the day and usually continues until some time in April. We did, however, manage to get an article out of him this month. And it's all about political correctness.

Recently I wrote an article for a newspaper (one that actually pays me for my work, please take note Matt) about missing man-hole covers.

The newspaper received an indignant letter from a Ms. Someone-or-other pointing out that they are person hole covers and not man-hole covers.

The story was about the number of man-hole covers that have been stolen in Gauteng and then sold as scrap metal.

The fact that people had fallen into these open man-holes and injured themselves, or the fact that cars and bikes had been involved in accidents due to these open man-holes did not concern the reader in the least. The important part of the story was the fact that I had dared to call them man-holes and not person holes.

May I humbly point out two things to this reader. First of all I will not refer to you as Mzzzzzz. If you are married I will call you Mrs. Someone-or-other and if you're single I shall refer to you as Miss Someone-or-other. Get

over it.

Secondly the term man-hole cover has been around for about 1 200 years, since the time of Ancient Rome to be exact. If it was good enough for them it's good enough for me.

In my opinion, for what it is worth, the PC Brigade lost the plot a long time ago. Heaven help you if you use a word or phrase that they deem as being offensive or sexist in any way. Hence the term person hole for man-hole.

Go to a restaurant and you'll be served by a waitron rather than a waiter or waitress.

And you won't find a chairman or chairwoman anymore. They are now chairpersons. And this goes for everything. You no longer get a fireman, he's now a fireperson. And a policeman or policewoman is now a poli-person.

It's a wonder they still find the terms woman and female acceptable. Isn't it time they were changed to woperson and feperson?

What really irks me though is the

fact that so many other people are taking advantage of PC terminology. In the world of politics in should just be called what it really is - double speak.

Money is misappropriated and never stolen. Goal posts are shifted rather than admitting that we failed. And while on that topic we do not fail anymore, we are deferred success.

When a businessman accepts money in return for something it is a bribe. When a politician does the same thing it is a campaign contribution.

Police will say that they are "following every possible lead" rather than "we don't have a clue."

Children in our country are edu-

cated while children in countries we don't like are brainwashed. Genocide is portrayed as "ethnic cleansing".

Our army will never retreat in battle, rather it will make a 'strategic realignment of the front line'.

When you offer food to people that are hungry, you are giving charity. When a government takes money from you in order to give it to people that aren't a whole lot poorer than you, it is called redistribution of wealth.

Can someone please tell me where it stops? It's all so intellectually impaired that it's going to turn be into an anti-sobriety activist or make me chemically challenged.

PC Speak 101

Criminal - morally challenged.

Alcoholic - Anti-Sobriety Activist.

Bald - follically independent.

Blind - visually non-receptive.

Body Odour - nondiscretionary fragrance.

Bum - Involuntarily Domiciled.

Censorship - Selective Speech.

Cheating - Academic Dishonesty.

Clumsy - uniquely coordinated.

Computer Illiterate - Technologically Challenged.

Deaf - Visually Oriented.

Drug Addict - Chemically Challenged.

Fat - gravitationally challenged or horizontally gifted.

Geek, Nerd - socially challenged.

Homeless - residentially flexible.

Housewife - domestic engineer.

Incompetent - Uniquely Proficient.

Lazy - motivationally dispossessed.

Man-hole - person hole.

Plagiarism - Previously Owned Prose.

Poor - economically marginalized.

Psychopath - socially misaligned.

Short - Vertically Challenged.

Stupid - intellectually impaired.

Thin - horizontally challenged.

Ugly - Cosmetically different.

Unemployed - Involuntarily leisured.

TONY'S TOP TIPS

Chef TONY ZOLA dishes up some ADVICE



It's the first month of autumn and before we know it winter will be with us.

I'm already looking forward to making those lovely winter soups, stews and, of course, curries.

Now don't for one second believe that curry should only be eaten in winter. It's a dish that can be served at any time of the year. And a good curry involves far more than just throwing a few teaspoons of curry powder into a pot.

Here are some spices that you



should have in your kitchen to help produce the best curries.

Garam masala is a blend of ground spices that will add punch and flavour to any curry.

Other spices you will always find in my kitchen include: ginger, garlic, elaichi (cardamom), star anise, cinnamon, coriander seed, turmeric, coriander powder, nutmeg, jeera (cumin seed), cloves, mustard seed, fennel seed, bay leaf, dried chili flakes, black pepper and salt.

I know it sounds like a huge amount of spices, but remember you don't use all of them in one dish,

There are many different types of curry that you can make. Check out curry recipes on the Internet and you will find more than you will ever need.

Curries are ideal for winter, but don't wait until then. Why not get your hand in by making a few before the winter months are upon us.

Quick & Easy



A traditional Irish loaf that is quick and easy to make.

Irish Soda Bread

ingredients

- 450 g plain flour, plus extra for dusting.
- 1 tsp caster sugar.
- 1 level tsp bicarbonate of soda.
- 1 tsp salt.
- 425 ml buttermilk.
-

preparation

1. Preheat your oven to 230 C.
2. Sift the dry ingredients into a large bowl and make a well in the centre. Pour in most of the buttermilk. Using one hand with your fingers outstretched like a claw, bring the flour and liquid together, adding more buttermilk if necessary. Don't knead the mixture or it will become heavy. The dough should be softish, but not too wet and sticky.
3. When it comes together, turn onto a floured work surface and bring

4. together a little more. Pat the dough into a round about 4 cm deep and cut a deep cross into it.
4. Place on a baking sheet and bake in the oven for 15 minutes, then turn down the heat to 200 C and cook for 30 minutes more. When cooked the loaf will sound slightly hollow when tapped on the base and be golden in colour. You can also turn it upside down for the last five minutes of cooking. Allow to cool on a wire rack.



Lords of the Dance

Sound the uilleann, beat the bodhrán, and warm up the auld sean nós and let's head off for a ceilidh.

Music is as much a part of Ireland as Guinness, leprechauns, shamrocks, and the Blarney Stone. The Irish love to sing and dance, and it plays a large part of Irish social life.

The common root of Irish music is the uilleann pipes. These are the Irish version of the bagpipes. From the pipes music evolved to include the fiddle, the tin whistle, flute, and button accordion.

Instruments such as the banjo, mandolin and cittern were adopted only much later. Rhythmic instruments such as the guitar, piano and drums such as the bodhrán are more recent additions.

Irish music tells the story of Ireland, its history and tradition. Some tell of the tribulations and struggles of the Irish. Songs such as **The Leaving Of Liverpool, McAlpines Fusiliers, and Poor Paddy Works On The Railways.**

Many songs deal with the political upheaval known to many Irish simply as “the troubles”. These include songs such as **Give Ireland Back To The Irish, Irish Republican Army, and A National Once Again.**

Other songs are sentimental, guaranteed to bring a tear to Irish eyes. These include favourites such as **When Irish Eyes Are Smiling,** and

Black Velvet Band.

Yet the main ingredient in Irish folk music is that of humour. Songs such as **Paddy McGinty's Goat,** and **Finnegan's Wake** to name but a few.

Music is such a large part of Irish life. Many groups still play traditional Irish folk and dance music. These include famous groups such as **The Dubliners, The Chieftans, Clannad,** the **Dropkick Murphys, Flogging Molly,** and the evergreen **Foster And Allen.**

The Session

The premier outlet for traditional Irish music is the so-called seisiun (session).

A music session in a pub is called a ceilidh (pronounced kay-lee). There are also summer music festivals known as fleadh (pronounced flah) and feis (faysh), a competitive fleadh.

Modern Success

Irish artists and bands have contributed in no small way to modern music.

Artists such as **Van Morrison, Sinead O'Connor, Chris De Burgh** (who was born in Argentina), **Elvis Costello** and **Enya** (real name: Eithne Ní Bhraonáin) have all achieved international success.

Irish bands include the likes of **Thin Lizzy, The Boomtown Rats, The Commitments, The Corrs, The Cranberries, The Pogues, U2** and even boy groups such as **Boyzone** and **Westlife.**

Ireland's biggest selling act of all time, U2, have sold more than 170 million albums. They are followed by Enya with sales of more than 88 million.

Perhaps one of the greatest contributors to creating a worldwide interest in Irish dance has been Michael Flatley.

He first gained fame with Riverdance and then went on to produce and star in Lord Of The Dance.

The Anthem

There has often been confusion as to what song is Ireland's official national anthem.

At most international rugby matches the anthems of competing teams are sung before the game. When the Irish team is playing you will hear the anthem, **Ireland's Call.**

Naturally most people think that this is the Irish national anthem. It is not.

With the Ireland rugby team representing both the Republic and Northern Ireland, Ireland's Call was scripted to help cross sectarian and national divides and adopted as the rugby anthem in 1995.

The official national anthem of The Republic of Ireland is **Amhrán na bh-Fiann (A Soldier's Song).**

So when Ireland play rugby in Dublin, then both Ireland's Call and A Soldier's Song are played.



Did You Know?

This month we look at some trivia all about the Ireland.

- Ireland, along with Sweden, has won the Eurovision Song Contest seven times, more than any other country. Ireland won in 1970, 1980, 1987, 1992, 1993, 1994 and 1996.
- The oldest bar in the world is in Ireland! Sean's Bar has been researched thoroughly by the Guinness Book of Records and proudly holds the record for "The Oldest Pub in Ireland", with an official date of 900AD.
- Love duty-free shopping when you travel? Amazingly tax-free stores started at Ireland's Shannon Airport in 1947.
- It takes 119.5 seconds to pour a perfect Guinness.
- Ireland is the only country in the world to have a musical instrument (the harp) as the national symbol.
- The three most famous Celtic symbols of Ireland are the green Shamrock, the harp, and the Celtic cross.
- Nothing less than 3 million pints of Guinness are brewed every day at the St James' Gate Brewery in Dublin.
- The Cliffs of Moher have featured in famous movies, including Harry Potter and the Half-Blood Prince, the Mackintosh Man and The Princess Bride.
- Over 70-80 million people worldwide claim Irish ancestry.
- In Irish, there is no word for YES or NO. However, you can say *Tá sin ceart* – That's right.
- Ireland had a female president in 1990! In the 1990 elections, Mary Robinson was elected the republic's first woman president.
- The song "When Irish Eyes Are Smiling" was written by two Americans, George Graff and Chauncey Olcott, in 1912. But no records state that they ever visited Ireland.
- There are no wild snakes in Ireland? The sea has stopped many animals common in mainland Europe from reaching the island. However, many believe that St Patrick banished all snakes from Ireland.
- During the 1840s, Ireland's staple

crop – the potato – failed, leading to the Great Famine. An estimated million people died of starvation and disease between 1846 and 1851, and two million emigrated between 1845 and 1855.

- Surprisingly Ireland, the home of Guinness, does not sell the most Guinness in the world! Britain is; first, Nigeria is second, and Ireland is third!
- Only about 9% of people in Ireland have natural red hair, contrary to popular belief.
- Over 40 million Americans are of Irish descent, which is seven times more than Ireland's population.
- The official colour of Ireland is St. Patrick's blue (a shade of azure blue), and not green.
- You may have heard of County Limerick, located in Ireland's southwest. But strangely, there are ten places in the world called Limerick! with eight in the United States, one in Ireland and one in Saskatchewan, Canada.
- The Royal Cork Yacht Club was founded in 1720 and is the world's oldest yacht club.
- Ireland is the second biggest tea drinker in the world! Turkey is first and the United Kingdom is third.
- The oldest hotel in Ireland is in County Wicklow. The Woodenbridge Hotel opened in 1608.
- The Old Bushmills Distillery in Northern Ireland is the world's oldest licensed whiskey distillery, with a license to distil granted by King James I in 1608. Located in County Antrim, it has been producing Irish whiskey for over 400 years. It was officially registered as a company in 1784.
- In County Cork there is one pub for about every 500 people.
- A motorway in Ireland was delayed by ten years and then re-routed to protect a tree that was thought to belong to fairies.
- Until 1985, you needed a prescription to buy condoms in Ireland.
- In 1853 a Dundalk man named John Coffee built the Dundalk Jail. However, he encountered some financial troubles while building the prison. He ended up going bankrupt and becoming the first inmate in his own prison.
- Sports betting is legal in Ireland; Irish citizens can use online gambling platforms that are domestically certified.
- The guillotine was used in Ireland before it was used in France. The earliest use dates back to 1307.
- There are no female Leprechauns! It might sound strange, but throughout Irish history, all images and stories are of male Leprechauns.
- Ireland has one of the highest church attendances in Europe, and about 80% of the total population are nominally Roman Catholics.

More than skin deep

Often called our third lung, your skin needs to be pampered.

The skin is the largest organ of the body, and it's also the only one permanently on show.

It serves a number of different functions in that it's protective (it covers all the other organs), it's involved in communication through touch and colour, in heat and fluid regulation, and sexual attraction.

It is continually being touched and must have the capacity to regenerate in order to replace itself because skin cells are continuously being shed in their thousands each day.

As you get older your skin starts to age. It loses its elasticity and before you know it the dreaded wrinkles will begin to appear.

It's a good idea to invest in your skin at an early age. Prevention, as they say, is much better than cure.

No matter how hard you try you will not be able to stop the aging process.

The best you can do is to protect and look after your skin as best possible. There are, however a few things you can do.

What's your skin type?

The first thing you need to do is identify what type of skin you have.

Your skin will normally fall into one of four types.

They are:

Oily to normal - shiny skin, especially on the forehead, nose and chin.

Oily - shiny all over most of the time.

Dry to normal - feels tight and gets dehydrated after a few hours.



Dry - especially around the cheek area and usually looks and feels dehydrated.

Skin Tips

Here are a few tips that you can follow:

Sunscreen and antioxidants

If you're stepping out the door, apply sunscreen. This is the absolute most important thing you can do to keep from looking older and to protect yourself against skin cancer.

Recent studies have shown that topical antioxidants enhance the efficacy of sunscreen. There are tons of antioxidants out there including vitamins C and E, coffeeberry, green tea, and fruits such as acai, blueberries, and pomegranate.

Put on those sunglasses

Not only will you look cool but less squinting equals fewer fine lines and crow's-feet.

Eat Right

Eat a variety of fruits and vegetables. The Mediterranean diet is great for skin. Salmon and foods rich in Omega-3 make a positive impact. Not too much sugar, it's inflammatory.

Get rid of dead skin

Exfoliate, but don't overdo it. Exfoliation sloughs away dead skin cells, smooths fine lines, and improves skin texture and tone.

Drink it up

Drink water to clean out toxins. Green tea is anti-inflammatory and in the lab has been shown to heal skin.

Stress Less

Stress is not only bad for your health, it's going to give your face wrinkles.

Moisturise

Keep your skin clean and moisturise dry skin; dermatologists recommend moisturizing dry skin twice a day and overnight.

Stay Healthy

Exercise to shed stress hormones and improve circulation.

Get your beauty sleep; skin regenerates and hormones balance.

Don't smoke and stay away from second hand smoke and other obvious pollutants.

Aim for good health. When you are healthy, you look more youthful and act that way. Illness weighs you down and saps your energy.

And last, but not least - smile. It will make you look younger and prettier.



Ireland's sporting greats

In tribute to St. Patrick's Day this month, Stix Mkhize looks at some of Ireland's greatest sports personalities.



GEORGE BEST - FOOTBALL

He played for the Northern Ireland national team and Manchester United. Named as European Footballer of the Year in 1968, Best was infamous for his heavy drinking. He once said; "In 1969 I gave up women and alcohol - it was the worst 20 minutes of my life."

MICHAEL CARRUTH - BOXING

A southpaw Irish Olympic boxer from Dublin who won the welterweight gold medal at the 1992 Summer Olympics in Barcelona. Carruth turned pro in 1994 after taking leave from his job as a soldier in the Irish Army.



KEN DOHERTY - SNOOKER

Known as "The Darlin' of Dublin", he is the only player ever to have been world amateur (1989) and world professional champion (1997). He was also World Under-21 champion in 1989.



STEPHEN FARRELLY - WWE WRESTLING

Best known by his ring name Sheamus, he is a two-time World Champion, having held the WWE Championship on two occasions. He also won the King of the Ring in 2010, the Royal Rumble in 2012, and the WWE United States Championship once.



ROY KEANE - FOOTBALL

A central-midfielder, noted for his aggressive and highly competitive style of play, he captained Manchester United from 1997 to 2005. Played for the Republic of Ireland for 14 years, most of the time as captain.

WILLIE JOHN McBRIDE - RUGBY UNION

Played as a lock for Ireland and the British and Irish Lions. He played 63 Tests for Ireland including eleven as captain, and toured with the Lions five times. He also captained the most successful ever Lions side which toured South Africa in 1974.



BRIAN O'DRISCOLL - RUGBY UNION

Widely regarded as one of the best centres of all time, he has 123 Test caps, 117 for Ireland (80 as captain), and six for the British and Irish Lions. Player of the Tournament in the 2006, 2007 and 2009 RBS Six Nations Championships.

SONIA O'SULLIVAN - OLYMPIC ATHLETE

Won a gold medal in the 5000 m at the 1995 World Athletics Championships. She won silver medals in the 5000 m at the 2000 Olympic Games and in the 1500 m at the 1993 World Championships. She has also won three European Championship gold medals and two World Cross-Country Championships.



MICHELLE SMITH - OLYMPIC SWIMMER

A practising Irish barrister, she was a triple gold medalist at the 1996 Summer Olympics in Atlanta, for the 400 m individual medley, 400 m freestyle and 200 m individual medley. She also won the bronze medal for the 200 m butterfly event.

The Sport of Chirping

Sometimes it is not the game that makes sport fun to watch, it is the comments made both on and off the field that become classics.

By Stix Mkhize

“And people still wonder why so many men have taken to watching athletics on television.”

Sky Sports commentator

One of the fringe benefits of sport is the comments that you hear both on and off the sporting field. Here, for your enjoyment, are some of the most memorable comments, chirps and insults.

Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard of all rules and sadistic pleasure in witnessing violence: in other words it is war minus the shooting.

George Orwell

Golf is a good walk spoiled.

Mark Twain

I regard golf as an expensive way of playing marbles.

G.K. Chesterton

The only time he opens his mouth is to change feet.

David Feherty on Nick Faldo

I may have exaggerated a bit when I said that 80% of the top women tennis players are fat pigs. It's only 75%.

Richard Krajicek

He's never going to be a great player on grass. The only time he comes to the net is to shake your hand.

Goran Ivaniservic on Ivan Lendl

If you can't take a punch, you should play table tennis.

Former French captain and coach

Pierre Berbizier

What other problems do you have besides being unemployed, a moron and a dork?

John McEnroe to a tennis spectator

I'm not having points taken off me by an incompetent old fool. You're the pits of the world.

John McEnroe to umpire Edward James

McEnroe was as charming as always, which means that he was as charming as a dead mouse in a loaf of bread.

Clive James on John McEnroe

If I ever needed a brain transplant, I'd choose a sportswriter because I'd want a brain that had never been used.

Norm Van Brocklin

Joe Frazier is so ugly he should donate his face to the US Bureau of Wildlife.

Muhammad Ali

57 old farts...

Will Carling on the Rugby Union governing body's committee

Be kind to animals, hug a rugby player.

Bumper sticker

Someone with about as much charisma as a damp spark plug.

Alan Hubbard on Nigel Mansell

Donate blood, play rugby

Bumper sticker

I thought he was one of the human race, but he is not.

Alain Prost on Ayrton Senna

He is so brave, but such a moaner. He should have 'Who Dares Whines' embroidered on his overalls.

Simon Barnes on Nigel Mansell

The relationship between the Welsh and the English is based on trust and understanding. They don't trust us and we don't understand them.

Former RFU boss Dudley Wood on Anglo-Welsh relations

Joggers are basically neurotic, bony, smug types who could bore the paint off a DC-10. It is a scientifically proven fact that having to sit through a three-minute conversation between two joggers will cause your IQ to drop 13 points.

Rick Reilly, Sports Illustrated

No leadership, no ideas. Not even enough imagination to thump someone in the line-out when the ref wasn't looking.

J.P.R. Williams on Wales losing 28-9 against Australia

I spent all my money on booze, fast cars and loose women - the rest of it I wasted.

George Best

For an 18 month suspension, I feel I probably should have torn it off. Then at least I could say, 'Look, I've returned to South Africa with the guy's ear.'

Springbok Johan le Roux after biting All Black captain Sean Fitzpatrick's ear

The drunk we could all have become.

Michael Herd on George Best

You guys pair up in groups of three, then line up in a circle.

Hurricanes coach Colin Cooper

Moses Kiptanui - the 19 year old Kenyan who turned 20 a few weeks ago.

David Coleman

Grandmother or tails, sir?"

Rugby ref to Peter Phillips at the pre-game coin toss. Phillips is the son of Princess Anne and the grandson of Queen Elizabeth II

I've never had major knee surgery on any other part of my body.

Winston Bennett

Sure there have been injuries and deaths in boxing - but none of them serious.

Alan Minter

I was in a no-win situation, so I'm glad that I won rather than lost.

Frank Bruno

I owe a lot to my parents, especially my mother and father.

Tana Umaga

When you're as great as I am, it's hard to be humble.

Muhammad Ali

I've got ten pairs of training shoes. One for every day of the week.

Samantha Fox, British model and pop singer

Martina was so far in the closet she was in danger of being a garment bag.

Rita Mae-Brown on ex-lover Martina Navratilova



Muhammad Ali isn't a puncher. He just hit me so many times I didn't know where I was.

Brian London, British heavyweight boxer

Because every time I make love to your wife, she gives me a biscuit.

Zimbabwe batsman Eddo Brandes to a bowler who asked him why he was so fat.

I never comment on referees and I'm not going to break the habit of a lifetime for that prat.

Ewan McKenzie

Pitches are like wives; you can never tell how they're going to turn out.

Sir Len Hutton referring to cricket pitches

He cannot kick with his left foot, he cannot head a ball, he cannot tackle and he doesn't score many goals. Apart from that he's all right.

George Best talking about David Beckham

A brain scan revealed that Andrew Caddick is not suffering from stress fracture of the shin.

Jo Sheldon

If David Seaman's dad had worn a condom, we'd still be

in the World Cup.

Nick Hancock following England's defeat to Brazil in the 2002 World Cup

How's your wife and my kids?

Aussie wicketkeeper Rod Marsh to Ian Botham

The wife's fine. The kids are retarded.
Ian Botham's reply to Rod Marsh

My parents have been there for me, ever since I was about seven.

David Beckham

You can't see as well as these f@#%\$% flowers – and they're f@#%\$% plastic.

John McEnroe to a line judge

Well, either side could win it, or it could be a draw.

Rugby commentator Murray Mexted

I'd like to play for an Italian club, like Barcelona.

Mark Drapper, soccer player

Does your husband play cricket as well?

Graeme Hick to Aussie fast bowler Merv Hughes

Ja, anyone know where I can get an engine for a Toyota Corolla?

The late Springbok prop Frans Erasmus after being asked if he had anything to add to an inspiring team talk



I can see the carrot at the end of the tunnel.

Stuart Pearce, soccer player

I don't think heading a ball has got anything to do with it, footballers are stupid enough anyway.

Premier League spokesman following a report that heading the ball damages brain cells.

Left hand, right hand, it doesn't matter. I'm amphibious.

Charles Shackleford, Basketball player

I miss the putt. I miss the putt. I miss the putt. I make.

Golfer Seve Ballesteros, when asked for a detailed analysis of his four-putt at the 1986 Masters.

Will Chelsea qualify with ease? I think they will, but it won't be easy.

Jamie Redknapp, soccer player

It's just a job. Grass grows, birds fly, waves pound the sand. I beat people up.

Muhammad Ali

They say that nobody is perfect. Then they tell you that practice makes perfect. I wish they'd make up their minds.

Wilt Chamberlain, basketball player.

Football is a simple game. Twenty two men chase a ball for 90 minutes and at the end, the Germans always win.

Gary Lineker, soccer player

Footballers these days often have to use their feet.

Michael Owen, soccer player

Ronaldo's been given a second yellow for arguing with the life support... err, the linesman.

Chris Waddle, commenting for BBC

The problem with winter sports - and follow me closely here - they generally take place in winter.

Dave Barry, American author

For those of you watching in black and white, Spurs are in the all yellow strip.

John Motson, soccer commentator

Moses went from being a slave to being a prince, but there was a lot of kak in between.

Peter De Villiers, Springbok Rugby coach

Running is the best way to remind yourself how much you love sitting.

Bill Murray, comedian

That would've been a goal had it gone inside the post.

Michael Owen

Sometimes you want Obertan to open his legs and do something a bit exciting.

Alan Pardew, soccer commentator

So there it is, as clear as day - sometimes people open their mouth only to change feet.

At least we know that anyone can say stupid things, some of them often. Trust you enjoyed the article.



Happy Days

The trials and tribulations of an Irish publican.

BY SEAMUS MULLIGAN



Mulligan is my name. Seamus Patrick Mulligan. Now as you may have guessed, I'm Irish. I own and manage a small pub in Limerick. It's called Mulligan's Irish Pub.

Now some of you may have watched that television series called *Cheers*. It was the pub "where everyone knows your name." Well Mulligan's is similar to that except that it's not the place "where everyone knows your name" it's more like the place where "everyone wants to punch you in the head."

Limerick is the type of city where organised crime means remembering to fill the getaway car with petrol. It's also perfectly acceptable to put down "getaway driver" on your CV. But it's my town and I love it.

I must confess that I was rather taken aback when I was asked to write a story for this book. After all, I am not a writer. It was some famous author that once said, "I'm a writer with a drinking problem." Well I'm a drinker with a writing problem.

When I asked what I should write about it was suggested that I write about some of the interesting people that I've met in my pub. Fair enough, I thought. Fair enough.

Being a publican (that's the term for someone who runs a pub) is not just a job. It is a calling. I will serve anyone no matter what their nationality or religion. As long as they have the money to pay, I'll see that their glasses are kept full. And, just by the way, I make

the best Irish coffee in Ireland. Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar, and fat.

But enough of that. Let me tell you about some of my more interesting experiences.

Take last Thursday night for instance. It was a very quiet night, as most Thursdays are, and there were only two customers in the pub.

"Hello there," one of them said.

"Hello yourself," the other replied.

"Where you from?" the first one asked.

"From Ireland," the other told him.

"Go on. Get away with you. I'm also from Ireland. Where about in Ireland are you from?"

"Limerick."

"I don't believe it. I'm from Limerick myself. Where did you go to school?"

"Sexton school."

"No ways! I was also at Sexton. Where about did you live?"

"In Connolly Street."

"I grew up in Connolly Street. What star sign are you then?"

"I'm a Leo."

"Well smack me in the mouth and call me Harry. I'm also a Leo."

With that the phone rang. It was my wife.

"How's it going down there love," she asked.

"It's pretty quiet," I told her. "Just the Murphy twins getting drunk again."

Just the other day Liam Donelly was heading into my pub for a quick drink. On the step outside he was accosted by a nun, Sister Marie, who said:

“Surely a fine man like yourself is not going into this den of iniquity? Surely you’re not going to waste your hard-earned cash on the devil’s brew. Why don’t you go home and feed and clothe your wife and children?”

“Hang on, Sister,” spluttered Donelly. “How can you condemn alcohol out of hand? Surely it’s wrong to form such a rash judgement when you’ve never tasted the stuff?”

“Very well,” said Sister Marie. I’ll taste it just to prove my point. Obviously I can’t go into the pub, so why don’t you bring me some gin. Oh, and just to camouflage my intent, maybe you should bring it in a cup not a glass!”

“OK,” said Donelly and into the bar he breezed.

“I’ll have a large gin,” he said to me. “And can you put it in a cup?”

“Bloody hell,” I said, “that nun’s not outside again is she?”

About six months ago a man walked into my pub and ordered three pints of Guinness. He asked for all three glasses at the same time.

“Why not have them one by one,” I said. “That way they’ll still be nice and cold.”

He explained to me that he was

one of three brothers. One of them lived in New York, another in South Africa, and him in Limerick. He said that every Friday night they would all go to a pub and order three pints of Guinness. That way it was almost as if they were together and sharing a few drinks.

This carried on every Friday night for about six months. Then one Friday night he walked in and only ordered two pints of Guinness.

As he sat there drinking his first pint I realised that one of his brothers must have died. I told him how sorry I was and asked which of the brothers had passed away.

“No, no, it’s nothing like that,” he laughed. “It’s just that I’ve given up drinking.”

Some of my regular customers are a little bit thick. Take Ryan O’Doherty for example. He asked me if I wouldn’t mind installing a

large mirror in the pub. When I asked him why he said to me:

“Well the doctor has told me that I need to watch my drinking.”

At times I feel rather sorry for O’Doherty. He’s not had the easiest of times. He spent three years in prison, but it was his own stupidity that put him there.

He was arrested and charged with robbery. According to the *garda* (po-



lice) he had robbed a bank of 5 000 Euros. When he went to court there was insufficient evidence and he was found not guilty.

“That’s grand,” O’Doherty said to the judge. “Does that mean I can keep the money then?”

One night it was quiet and O’Doherty and I were sitting talking.

“Do you know what the first thing my dad said to me when I went to prison?” he asked.

“No,” I replied.

“Hello son. Fancy seeing you here.”

Poor O’Doherty is always getting himself into trouble. Last week he left the pub at closing time and I must admit that he was bolloxed (drunk).

Outside he was stopped by a banner (policewoman - the Irish for police woman is *Ban Garda*).

“Well you look like you’ve had a bit to drink,” she said. “I’m placing you under arrest. Anything you say will be taken down.”

“Your knickers (panties),” he said.

Naturally he spent yet another night in the police cells.

Some of my regular customers can become a bit of a handful. Take the time when Ireland became part of the European Union. Some of my regulars were not very happy about it.

One afternoon, after quite a few bevvies (drinks) they decided to do something about it.

Paddy O’Leary phoned the French president, Nicolas Sarkozy.

“Hallo, Mr. Sarkozy! This is Pad-

dy down at Mulligan’s Pub in County Limerick, Ireland. I am ringing to inform you that we are officially declaring war on you! We voted to reject the Lisbon treaty!”

“Well, Paddy,” Sarkozy replied, “This is indeed important news! How big is your army?”

“Right now,” says Paddy, after a moment’s calculation, “there’s meself, me cousin Sean, me next door neighbour Seamus, and the entire darts team from the pub. That makes eleven!”

Sarkozy paused. “I must tell you Paddy that I have 100,000 men in my army waiting to move on my command.”

“Okay then” says Paddy. “I’ll have to ring you back.”

The next day, Paddy calls again. “Mr. Sarkozy, the war is still on. We have managed to get us some armoured vehicles!”

“And what armour would that be Paddy?” Sarkozy asks.

“Well, we have two combines harvesters a bulldozer, and Murphy’s farm tractor.”

Sarkozy sighs. “I must tell you, Paddy, that I have 6,000 tanks and 5,000 armoured personnel carriers. Also, I have increased my army to 150,000 since we last spoke.”

“Saints preserve us!” says Paddy. “I’ll have to get back to you.”

Paddy rings again the next day.

“Mr. Sarkozy, the war is still on! We have managed to get ourselves airborne! We have modified Jackie



McLaughlin's ultra-light with a couple of shotguns in the cockpit, and four boys from the Shamrock Bar have joined us as well!"

Sarkozy was silent for a minute and then cleared his throat. "I must tell you, Paddy, that I have 100 bombers and 200 fighter planes. My military bases are surrounded by laser-guided, surface-to-air missile sites. And since we last spoke, I have increased my army to 200,000!"

"Mary and Joseph!" says Paddy, "I will have to ring you back."

Sure enough, Paddy calls again the next day. "Top o' the mornin', Mr. Sarkozy! I am sorry to inform you that we have had to call off the war."

"Really? I am sorry to hear that," says Sarkozy. "Why the sudden change of heart?"

"Well," says Paddy, "we had a long chat over a few pints of Guinness and packets of crisps, and we decided there is no way we can feed 200,000 prisoners of war."

Some of the people do try and better themselves. Take the case of Peter O'Dwyer. He was from County Clare and had such a thick, rough Irish accent that no-one could understand a single word he said. He decided to move to London and enrol in a college where he took elocution lessons.

Three years later he was speaking with a perfect BBC English accent. It was time, O'Dwyer decided, to return to Ireland.

The first thing he did when he landed was to go and celebrate with a drink or two.

"They won't even know that I'm Irish," he smiled to himself as he walked into the first establishment he came across.

"I say old chap," he said to the man behind the counter. "Could I have a large gin and tonic and one of your finest Havana cigars?"

"You must be from County Clare," the man said.

"Good lord," O'Dwyer said, clearly stunned. "How did you know that?"

"Well you see," the man told him. "This is the post office."

Michael Maher and Paddy Molony came into the pub yesterday and poor Paddy looked in a terrible state. He was covered in bandages and bruises.

"What happened to you then Paddy," I asked.

"Well it was like this you see," Paddy explained. "Yesterday just after lunch Mike and meself left the pub

and bumped into two young boys. They were carrying this huge fish and I asked them where they had caught it.

"The boy tells me that they had gone to the bridge and his brother had held him by the ankles over the side of the bridge. When the fish came past he had grabbed it."

Paddy paused for a sip of his Guinness before continuing.

"So I says to Mikey, come on me aul' son we're going fishing. So we go to the bridge and Mike grabs me by the ankles and holds me over the side."

"So did you catch a fish," I asked.

"No," Paddy replied in disgust. "I got hit by a bloody train."

Not all my regular customers are hooligans though. David Flynn is a local politician. One of the things I really like about Flynn is that I can always tell when he is lying - his lips move.

He told me an interesting story the other day. It appears that the presidents of America, France and Ireland were travelling on a plane. They were flying around the world while holding a high-powered conference on how to solve the problems of the world.

At one stage French president Emmanuel Macron stuck his arm out of the window of the jet and said:

"We are over Paris, France."

"How do you know," the other two asked him.

"I just hit my hand on the Eiffel Tower."

A short while later US president

Donald Trump stuck his arm out of the window, pulled it in and said:

"We are over New York City, United States of America. I just hit my hand on the Empire State Building."

Not long after that Irish president Catherine Connolly stuck her arm out of the window and quickly pulled it back.

"We are over Limerick, Republic of Ireland," she said.

"How do you know that," Trump and Macron asked.

"My wrist watch is missing."

There are some of my regular customers that I would like to ban from the pub. It's just that I need the money. Brian Brennan is one of them I would love to ban. He's a nice enough fella until he's had a few drinks. Then he becomes very aggro.

A couple of nights ago he was in the pub and he starts picking on a young lad sitting next to him.

"Hey you," he shouted, sticking his finger in the young man's face. "I think you're one of the most ugliest things I've ever laid eyes on."

The young man said nothing. Just sat there and continued to sip on her beer.

"And what's more," shouted Brennan, "I think you're an eejit. A big thick eejit."

Still the young man didn't respond and this really got Brennan worked up.

"And let me tell you a little secret my friend," Brennan smirked. "I've slept with your mother. That's right,

I've had sex with your mother. And more than once!"

The young man turned to Brennan with a look of despair on his face.

"Why don't you go home dad. You've had more than enough to drink."

Well that's enough Blarney for me for one story. It's almost time for me to open the pub again.

Already I can see a few of the regulars outside looking at their watches. Heaven help me if I'm one minute late when it comes to opening time.

I can see O'Doherty and he's already drunk, even before the pub is open. Paddy O'Leary and his mates are plotting who to declare war on next. Brennan is out there arguing with himself. As Sigmund Freud said: "This is one race of people for whom psychoanalysis is of no use whatsoever."

Happy St. Paddy's Day to all of you and remember what the great Grace Boyle once said:

"If you are lucky enough to be Irish, you're lucky enough."

And in closing, may I leave you with this old Irish blessing.

"May the roads you walk be straight, with never an uphill. May the sun shine down upon your face. May a gentle breeze blow at your back. And may you be in heaven for at least five minutes before the devil finds out that you're dead." ■

You know you're Irish when...

- You swear very well.
- At least one of your cousins holds political office.
- You think you sing very well.
- You have no idea how to make a long story short.
- There isn't a huge difference between losing your temper and killing someone.
- Much of your food was boiled.
- You spent a good portion of your childhood kneeling.
- You are strangely poetic after a few beers.
- You are therefor poetic a lot.
- You will be punched for no good reason - a lot.
- Some punches directed at you are legacies from past generations.
- Someone in your family is incredibly cheap. It is more than likely you.
- You may not know the words, but that doesn't stop you from singing.
- You can't wait for the other guy to stop talking so you can start talking.
- "Irish Stew" is the euphemism for "boiled leftover from the fridge".
- These wasn't a huge difference between your last party and your last wake.

Talk like a Paddy

If you're planning on celebrating St. Patrick's Day this year then you should at least sound as if you're Irish. Here are a few words and phrases you can throw into your conversation to help.

Like most cultures around the world, the Irish have developed slang that is common to Ireland. Here is a small sample of some of the slang used in the Emerald Isle.

- Amadán - idiot.
- Arthurs - a pint of Guinness; as in Arthur Guinness the founder.
- Be wide - be careful.
- Aul fella - father.
- Aul wan - mother.
- Bogs - public toilets.
- Bold - naughty.
- Cow juice - milk.
- Craic (pronounced crack) - fun time and good conversation.
- Dry up - Shut up!
- Eejit - idiot.
- Flea Rake - a comb.
- Git - rotten or bad person.
- Gobsmacked - very surprised.
- Grand - fine, nice.
- Hole in the wall - ATM.
- Hooley - party or celebration.
- Howya - "how are you?"

- Jammy - lucky.
- I've a throat on me - I'm thirsty.
- Jammers - very crowded, busy.
- Knackered - very tired.
- Lay off! - leave me alone, stop it!
- Middling - so-so, neither good nor bad.
- Milling - fighting.
- Mind yourself - be careful.
- Muppet - fool, idiot.
- Nifty - very useful.
- Rabbit on - talk a lot.
- Ri-Ra - fun and excitement.
- Savage - very severe or excellent.
- Shattered - exhausted.
- Sláinte - Cheers (literally Health!
- Sound - really good.
- Spuds - potatoes.
- Stay easy - relax.
- Vexed - upset.
- Vitamin G - pint of Guinness.
- Whack to you - well done.
- Wise Up - use your head, wake up!
- Yonks - a long time.





Program Schedule

Mondays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Nature Journal
 19.00-22.00: Stormy Monday
 22.00-00.00: BBC World Service

Tuesdays

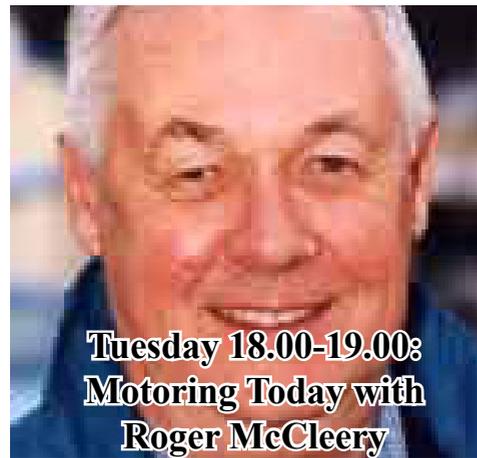
00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-11.00: Living Our Best Years
 11.00-12.00: Reading Matters with Sue Grant Marshall
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Motoring Today with Roger McCleery
 19.00-22.00: Your Classical Radio
 22.00-00.00: BBC World Service

Wednesdays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Risky Business
 19.00-21.00: Fall In/Tree Aan
 21.00 - 22.00: Easy Listening
 22.00-00.00: BBC World Service

Thursdays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Deep in Durban
 19.00-22.00: Your Classical Radio
 22.00-00.00: BBC World Service



Tuesday 18.00-19.00: Motoring Today with Roger McCleery

Fridays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: The Human Touch
 19.00-22.00: The Mix Bag of Rock 'n Roll
 22.00-00.00: BBC World Service

Saturday

00.00-07.00: BBC World Service
 07.00-10.00: From Coppers Farm
 10.00-12.00: Fishing Tales with Peter Jensen
 12.00-14.00: Fall In/Tree Aan
 14.00-16.00: The Braaifest with Mike Stroud

16.00-17.00: Bally On Air
 17.00-19.00: The 5 o'Clock Blues
 19.00-20.00: Keeping It Real
 20.00-22.00: The Bandstand Easy Listening
 22.00-00.00: BBC World Service

Sunday

00.00-07.45: BBC World Service
 07.45-08.00: Nature Journal Express
 08.00-09.00: Nature Journal
 09.00-11.00: From Coppers Farm
 11.00-12.00: Reading Matters
 12.00-14.00: Softly on Sundays
 14.00-15.00: Anything Goes
 15.00-16.00: Softly on Sundays
 16.00-17.00: Bally On Air Irish Music
 17.00-18.00: Softly on Sundays
 18.00-19.00: I've Got My Standards
 19.00-21.00: The Bandstand Easy Listening
 21.00-22.00: Keeping It Real
 22.00-00.00: BBC World Service



Fridays 19.00-22.00: The Mix Bag of Rock 'n Roll

Hipe!

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