

# Dub8

Issue 2

The latest local news within Dublin 8

## Aware Tackle Depression

Rising numbers seeking help

## Persian New Year

Shining a light on the  
Romanian community

Local Initiatives • Religion • Culture • Community • Health • Local Business

**“Reflections”**

**Graffiti at the Coombe,  
just off Cork Street.**

**Photo: Maria Brundin**



# Dub8

**Issue 2**

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# Inchicore in new housing initiative

by Matthew Jaffray

Dub8 speaks with Habitat for Humanity about their new housing project in Inchicore that aims to “eliminate poverty housing.”

## Inchicore at centre of new housing scheme

A new housing project spearheaded by Habitat for Humanity is under way in Emmet road, Inchicore, which aims to renovate derelict residential buildings with help from local volunteers.

The scheme, which is being carried out in conjunction with Dublin City Council, is scheduled to begin by the middle of next month and aims to give low income families from the Dublin City Council housing list an opportunity to purchase their own home. The only cost Habitat asks are a small low interest mortgage and for the future inhabitants to invest ‘sweat equity’ volunteer hours into the project.

Spokeswoman for Habitat Jannie McCann said that professionals are currently on the site drawing up estimates and that the board of Habitat Ireland are currently “in

the process of selecting families for the houses.” She goes on to say that “there will be eight to ten volunteers on the site a day when the building begins.”

According to Ms McCann, the details of the low-interest mort-

gage are still being finalised with their partners in the project, ESB. She confirmed however that they are “aiming that there’s no profit to be made.”

Four houses are currently being targeted for refurbishment, with

three-bedroom homes and two one-bedroom homes. No construction experience is required as all training is being provided on site by professionals.

Applicants must be on the Dublin City Council list and live in Inchicore and Habitat for Humanity have pledged to support the future inhabitants with their mortgages.

Habitat for Humanity, founded in America 35 years ago has been in Dublin since 2002. Its company goal is to ‘eliminate poverty housing by building simple, decent, affordable homes’.

In 2005, a similar scheme was successful which re-built six houses in Ballymun. Ms McCann blamed the economic downturn as the reason for the wait for a follow-up to this but asserted that she hopes the Inchicore project will rejuvenate the prospects for future plans in Ireland.



*The launch of Habitat for Humanity*

# D8CEC continue their work on Thomas St

With the economy still in a woeful state many people are continuing looking to upskill. The Dublin 8 Community Education Centre on Thomas Street provides such a service. D8CEC Director Marie Mulvihill spoke with Dub 8.

by Ciara Mooney

**T**he D8CEC (Dublin 8 Community Education Centre) was established in 1996. Since then it has provided over 300 adults a year with a second chance at education.

According to the 2006 census, 30% of the population in the South West Inner City has lower second level education at most. 21% of this statistic has no formal educational qualifications at all. "All of our students are from the Dublin 8 communities, our goal is to provide young adults with second level education and to get people out and working," said Marie Mulvihill, Director of the D8CEC.

There is huge demand for basic qualifications in the Dublin 8 community and the D8CEC provides a range of FETAC accredited courses to meet these needs. FETAC courses available include, FETAC level 3 Maths, FETAC level 4 Computer Applications, FETAC level 3 Communications and FETAC level 5 Personal and Interpersonal Skills.

"Our computer courses would be the most popular, particularly amongst unemployed students. It gives them a better chance at finding work and even just for learning how to master the internet for personal use," Marie continued.

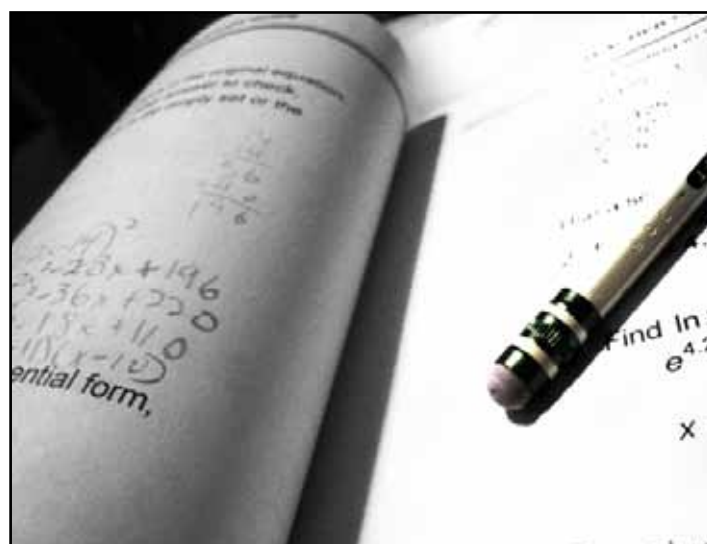
The D8CEC also provides or-

inary level Leaving Certificate courses in Maths and English, for those seeking work in a field where a Leaving Certificate qualification is required.

*"This term we have students ranging from all ages. The youngest being nineteen and the oldest celebrated her 80th birthday last week."*

The centre moved to Thomas Street last summer, it currently accommodates lifelong learning for over 450 adults from the Dublin 8 area. The building that the centre is located in was originally one of the first public libraries built in Dublin.

According to the D8CEC annual report 2009/2010, it was as eventful year for them due to the downturn in the economy. This downturn is all too evident in the Dublin 8 community. The demand for courses has increased since then, as the necessity of gaining qualifications has become all the more prominent. It was during this year that the D8CEC's student numbers rose to 450 in comparison to their aver-



age 300 students per year.

According to this report, students in the D8CEC come from local community employment schemes and from the wider community.

The youngest being nineteen and the oldest celebrated her 80th birthday last week. A lot of our students are from disadvantaged backgrounds, we have a lot of single mothers studying here because they want to better their own education in order to help their children with reading and writing," said Marie.

In the beginning the D8CEC put particular emphasis on young adults and young parents. Now, their target group has expanded and it includes parents, grandparents, workers on CE schemes, people living alone due to bereavement, people on fixed reduced incomes, participants in drug recovery schemes and members of the new Irish community.

The D8CEC receive funding from FAS, Dublin City Council and The Department of Education, amongst others. Funding is essential for the D8CEC, as the group is constantly bettering the building for the students so that they can enjoy a learning experience in a suitable environment.

According to the D8CEC, when they first moved to Thomas Street last summer, the building itself needed a lot of work but they promised major improvements for the autumn term 2010/2011.



Students from D8CEC



# LIVING WITH VIOLENCE

The city can be a dangerous place at night time, Dub8 investigates Clanbrassil Street's darker side

by Ornella Pastushok

**L**ars Schweinsberg, (40) a Community Support Worker from Dublin 8 is frequently experiencing violence from kids aged 7-10 who shot at him and other cyclists using pellet guns.

The majority of hooligans hang around on a very small side road on Clanbrassil Street and New Street South late in the evening.

"I went up Clanbrassil Terrace, five or six of those boys were first shouting at me, then shooting with a pellet gun at me. It happened a few times when I go home at 9pm Friday night or Saturday night," said Lars.

"Never mind that, but one incident really made me go mad. Friday night, I went home from work on at 9:30pm.

I saw a wheelchair user being surrounded by five boys in front of the Chicken Hut takeaway on Clanbrassil Street. I heard them shouting abuse at him, three of them trying to push over his chair."

The boys are aged between seven and ten and they all live in the same area, according to some neighbours.

Luckily enough Lars was there at the time of the violent behaviour to help the "poor chap".

He approached one of the boys who seemed to be the oldest and



*"I saw a wheelchair user being surrounded by five boys"*

told him they are "cowards attacking a wheelchair user."

The witness took out his mobile phone, claiming to call the police. In the meantime, the male wheelchair user, in his mid 50s, managed to get away.

As Lars works with people who have disabilities, they always complain of being verbally abused by

some people. Gerry,

One of the Lars clients, who is also a wheelchair user, explains that he never was the subject of physical abuse, however, he was verbally abused a few times. Gerry said,

"It has stopped recently, maybe it has something to do with more Gardaí around."

Meanwhile, according to the Central Statistics Office (CSO) in 2010 there were 3,632 people reported assaults causing harm. However, there are many ignored and unreported.

Lars has tried to approach Gardaí and complain about the incident, however because there were no witnesses or any kind of evidence, there was nothing they could do about it.

"Not that satisfying at the moment, but ever since I noticed more Gardaí presence in the area."

In order to prevent this kind of behaviour towards people with disabilities, Lars believes that they should be hit by Anti-Social Behaviour Order (ASBOS), a civil act that provides the Gardaí with a new means of dealing with anti-social behaviour.

According to Mr Schweinsberg, their parents should be cautioned about their actions, and children should not be allowed to be out on the street after a certain time. And if they are, he believes their parents should be charged with neglect.

younger generation is more violent. It lacks of adequate idols. Those culprits should be punished harder," said Mr. Schweinsberg.



# March date confirmed for Nowruz celebration

*courtesy of San Jose Library*

Dublin 8's Persian community set to celebrate the New Year and the start of spring

by Donia Jenabzadeh

**O**n Sunday the 20th of March, people all over the world will celebrate International Nowruz Day, or the Persian New year, to mark the first day of spring and the start of the New Year in the Persian calendar.

Last year on February 24th, the United Nations General Assembly recognized March 20th as the International Day of Nowruz, 'a festival of Persian origin that marks the beginning of a new year for more than 300 million people'.

Nowruz, meaning a new day in Farsi, is celebrated on the vernal equinox. It is a non-religious festival that has been around for more than 3,000 years.

Pedram Rad, 22, medical student from the Dublin 8 area, explains, "A typical day would involve a big family breakfast followed by opening presents.

Then we would go to visit relatives

starting with the oldest. The night would end with a family party.

Haftsin, or the seven Ss, is a traditional table setting of Nowruz. There are a lot of powerful symbols on the New Year table. It involves seven items that start on the letter S in Persian such as the following:

- 1) Sabzeh: wheat, barley or lentil, symbolising rebirth
- 2) Samanu: a sweet pudding made from wheat germ, symbolis-

*"It is a day of joy for people all around the world"*

ing affluence

3) Senjed: dried fruit of the oleaster tree – love

4) Sir: garlic – medicine

5) Sib: apples – beauty and health

6) Somaq: sumac berries – the colour of sunrise

7) Serkeh: vinegar, which symbolises age and patience.

Nowruz is not only celebrated by Persians but also by people from the Balkans, the Black Sea Basin, the Caucasus, Central Asia and the Middle East. It marks the beginning of a new year and also the start of spring.

"It is a day of joy for people all around the world. The best thing about Nowruz is that you get to see all relatives that you haven't seen in a very long time.

For me, it is a day that we let go of absolutely everything and just enjoy the company of our loved ones," said Sepideh Shams, 28, from Dublin.

"Of course it marks the beginning of a new year so you could say it marks a new chapter for me," said Pedram.



*A Nowruz tableset - courtesy of Fatemah*



# FROM PLESCOI TO PORTOBELLO



All across the city there are various ethnic communities, Dub 8 looks at the local Romanian community

by Richard Bohan

**R**omania is one of the newest members of the European Union and previously one of the poorest. Despite the country's growing tourism industry, promoting the old Transylvanian castles and thousands of westerners flocking to the beaches of the Black Sea, many Romanian people live on less than €40,000 per year.

## Background

The EU didn't feel that Romania was ready to join in 2004 when other countries, formerly under the Iron Curtain, were granted membership. Romania had to meet

certain conditions in order to petition for membership of the European Union, which they finally met by 2007.

## Romanians In Portobello

There are small Romanian communities dotted around Dublin City, the largest being in the Dorset Street area. Other areas made home by Romanians living in Dublin include Firhouse, Donnybrook, Portobello and Lower Drumcondra.

The Portobello community is close knit and everyone seems to know everyone else. Many of these Romanians work in moderate to low paying jobs, such as secretarial work, call centres, newsagents and chip shops, despite the fact that many of them are college graduates.

*"I am still not given the chance to work in a job suited to my skills."*

One Romanian woman currently living off Harcourt Street is twenty-eight year old Alina Serban. "I came to Ireland to look for better life," she says, "and although my life is better in some ways, I am still not given the chance to work in a job suited to my skills. I am just a member of a PR firm but I have a Masters from Bucharest University of Economics."

Alina grew up in the small town of Plescoi, near Buzau (approximately 100km north-east of Bucharest). "Life is simple in Plescoi," she says, "goats and their farmers walking up the town are very common. There are many goats in rural Romanian villages."

Alina attended the local primary, middle and high schools and graduated with impressive results



before moving to Bucharest to study business management and accounting

"I was always very good with English and math," she says. "In Romania today, English is the best way to have a good job because you can live in Bucharest or Black Sea cities and work in tourism and hotels. Of course, you can leave Romania and go to other countries, like I did, but many Romanians wish to stay in Romania because of how many of us are treated outside our home country."

Alina is friendly with many other Romanians living in Dublin. Her fiancé lives in Lower Drumcondra but came here from the central Romanian city of Brasov, one of Romania's many historical cities.

"Brasov is very beautiful and very big," Alina explains, "maybe the size of Galway or Cork. The old town is like middle-ages and the tourists love the old town but the new city is very modern with many glass buildings. Brasov is not what the tourist expects to see when they come to Romania."

*"Eastern European people can tell the difference between the gypsy and a Romanian but the Irish people cannot. They think we are the same, which is not true at all."*

Many Romanians currently living in Dublin know each other but there are no set community gatherings or functions. "We just live our lives like we would in Romania," says Alina. "Ireland is not so different and we just want to live and not make a big deal about being outside of our home country because Romania is like Ireland fifty years ago, so it not so different for us."

Romanian grocery stores can be found throughout Dublin, many of which bare the name Alimentara and have the Romanian flag painted above the doors. Alina says that only a few Romanians she knows shop in these stores as many of them just frequent the likes of Tesco and Marks & Spencer's.

Alina and her roommates lived in various neighbourhoods around Dublin before moving to the Harcourt Street area. "I lived before in Drumcondra, Donnybrook and

Miltown before coming here. I like living beside Harcourt Street because it is close to city centre and I have many friends here."

Alina explains that the Romanians living in Dublin don't only socialise with other Romanians, but mix with lots of different groups of foreign-nationals. "Many of my friends here are from Middle East and many are Russian and other Eastern European peoples. I have some Irish friends but more Russian than anyone else. I am here to work and make Dublin my home, not party like many do, so I do not mix [with] the Romanians who come to Ireland to party."

### Racism

Romanians living outside of Romania are very often subjected to racism and prejudice, due to the negative image of the Romaine-Gypsies. "The gypsy is not Romanian", Alina explains. "They come to Romania, Ukraine, Moldova and Bulgaria from Pakistan and India region many years ago and made their home in our countries."

She continues, "Most gypsies have no Romanian blood. They marry into other gypsy families. I think, only 10% maybe have any Romanian blood. Romanians will not interact with the gypsy and the gypsy will not interact with us. They are their own people and many live in their own villages away from us."

Gypsies are subject to what many see as unfair treatment in Romania, as well as here in Ireland. Their reputations for thievery, telling untruths and con-artistry have followed them from their original home in the Indus River valley to Eastern Europe and are well known here in Dublin.

"The gypsy is very dark," Alina says. "Eastern European peoples can tell the difference between the gypsy and a Romanian but the Irish people cannot. They think we are the same, which is not true at all."

The gypsies appear to have a



negative image here in Dublin, due to begging in the city centre, which they also do in Eastern Europe. "They cannot blame others for how they are treated," Alina says.

"Maybe some of them are good people, I am sure. But many, many of them tell lies and they steal from people and they are dangerous people. Today in Romania we are living with the gypsy better than twenty years ago but they are still not seen as Romanian people by us because they do not wish to be. The gypsy is very proud of their heritage and insists that they are not Romanian, Ukrainian, Moldovan or Bulgarian."

In Romania today, gypsies are not granted citizenship. They are not allowed to have social security cards or passports. "They are not Romanian," Alina says, "so they do not have passport and come to

Ireland and France on fake visas. France sends them back to Romania and Bulgaria but the governments don't know what to do with them. They will not leave Eastern Europe."

Bulgaria houses the majority of gypsies in Eastern Europe but this little fact is unknown to most Irish people. "The Irish think all Romanians are the gypsy but most gypsies in Dublin are Bulgarian gypsies."

They do not speak Romanian or have ever been in Romania. I do not think it is fair that we are blamed for the gypsy in Ireland when most of them come here from Bulgaria on a fake visa. But we can do nothing. We just want to live our lives and make good homes for ourselves here in Dublin. I don't think this should be halted by ignorance of Irish people thinking we are the gypsy."



# Aware continue support services



Photo: Jonathan Keane

by Jonathan Keane

## People availing of mental health support at St. Patrick's Hospital increases

**D**epression is, and will always remain, a very serious and delicate mental health issue. Not only that but there has shown to be a rise in the number of sufferers in Ireland in recent years. Aware, who work under the principle: "Helping to defeat depression", have been providing a support service to sufferers since 1985. Its beginnings are rooted in what were their first support group meetings that took place in St. Patrick's University Hospital, James St.

Aware support groups are strictly confidential meetings where anyone is welcome to discuss and share their experiences with depression and avail of a unique support. There are also support group meetings for relatives.

"The service has developed and expanded over the years and in addition to the Aware support groups, which continue to meet in St Patrick's Hospital", comments Aware PRO Sandra Hogan, "there are also groups meeting in eight other locations in Dublin and about 40 locations throughout the country."

"Each support group would have an average attendance of about 10-15 people," she continues.

Due to logistical constraints or various personal reasons some people may be unable to attend support group meetings. As a result, Aware also launched an online support group service, recently.

In the last few years, with the economic mire of the country ever worsening, Aware and other organisations have seen a sharp rise in the numbers of people suffering from depression, and that is only recorded cases. In Ireland there are over 300,000 sufferers from depression.

"All of Aware's services have been busier in the past couple of years, so the financial climate at this time would appear to be having an impact on people's mental health." In a recent study, the HSE declared that people who have found themselves unemployed are more likely to slip into depression.

This just doesn't affect the number of people attending the groups but could potentially affect how the service is delivered. Aware is a voluntary organisation and "relies on fundraising and donations for more than 80% of its annual budget."

The woes of the country's economy have meant that numbers availing of Aware's service have risen; the donations they rely on have gone the opposite direction and fallen. Regardless, this slip has not dented the protocol of Aware.

"There has been a decrease in the income received in the last 18 months or so, of about 12-14%. This has not impacted on our frontline services, nor will we allow it to."

As well as its support groups St. Patrick's Hospital and Aware run monthly lectures on various mental illnesses in a bid to further educate people on and provide awareness. "The Aware monthly lecture takes place in the Swift Lecture Theatre, St Patrick's Hospital on the

second Wednesday of each month", says Sandra.

"Lectures are free to attend and all are welcome. They are of interest to individuals and families affected by depression, as well as anyone who has an interest in mental health."

Aware lectures have included speakers from different fields of both medicine and psychiatry fields. February's lecture was presented by Marie Sutton, a clinical nurse from DETECT, an organisation specialising in awareness of psychosis. Prior to that in January, the lectures tackled the issue of eating disorders and featured speakers from the organisation Body Whys.

For March's lecture we are told that well-known General Practitioner Dr. Harry Barry will present his lecture 'Depression and the Plastic Brain – A Modern Perspective'. Dr. Barry is a renowned doctor and author with two books, *Flagging The Problem* and *Flagging The Therapy*, as well as several articles in *The Irish Independent*, mostly focusing on mental illness, care and prevention. More lectures will continue in the Swift Lecture Theatre in the coming months.

*"There has been a decrease in the income received in the last 18 months or so, of about 12-14%. This has not impacted on our frontline services, nor will we allow it to."*

For more information on Aware's services, support groups and lectures, visit [aware.ie](http://aware.ie) or their lo-call helpline:

St. Patrick's Hospital: 01 249 3200





*A familiar scene from Richmond Park*

by David Goulden

## St Patrick's Athletic prepare for the League of Ireland with fans full of hope for the new season

**W**hile the majority of Irish sports fans are drooling over the last stages of The Champions League and are eagerly awaiting the summer months for The GAA Championship, another, largely ignored, sporting calendar is about to begin. To most of this 'sporting' nation, the return of the League Of Ireland season will go largely unnoticed, only to excite a few.

Most big League Of Ireland news stories these days involve clubs' financial problems and, in some cases, the death of these clubs. Only recently, Sporting Fingal, a club that entered the league in 2007, came to its inevitable end. High wages, low support and the demise of their main sponsor and benefactor saw Fingal cease to just weeks before the 2011 season was due to start.

But some clubs in the league are going about their business professionally and prudently. Clubs like Sligo Rovers, St. Patrick's Athletic and Dundalk have all shown the way in the past few seasons even though, with the exception of Sligo, they've come away trophy-less. But if Cork City, Shelbourne, Bohemians and Drogheda United's stories have been anything to go by, being prudent is being progressive.

St. Patrick's Athletic play at Rich-

mond Park, Inchicore, Dublin 8, just a half hour walk from Griffith College. The club was founded in 1929 and played their home games at Phoenix Park in Dublin. A year later they moved to their current home in Dublin 8 and entered the League Of Ireland in 1951 after establishing themselves as the top intermediate team in the country.

Although the club has been located in Inchicore for the majority of its past, they have also played at Milltown, (original 'home' of Shamrock Rovers) Chapelizod, Harold's Cross Greyhound Stadium and the original home of Irish football; Dalymount Park.

The club has won seven League Of Ireland titles and two FAI Cup's since its inception. Their last League Of Ireland title came in 1999 when the club finished 3 points ahead of Cork City. They won eleven other trophies, the most recent being their 2003 Eircom League Cup over Longford Town.

The last few seasons won't go down in the history of the club as the most memorable. Finishing last

season in fifth position, behind the now defunct Sporting Fingal, saw Pat's fail to make it to the qualifying rounds of the Europa League. But due to Fingal's withdrawal from the league, Pat's will enter the competition at the first qualifying round in mid July 2011.

Although, for Pat's it is the Europa League that gave them their most memorable nights. Last season they went all the way to the Play-off round of the Europa League qualification process but were knocked out by Romanian giants Steaua Bucharest. Along the way Pat's defeated Valletta FC of Malta (2-1 on aggregate) and FC Krylia of Russia (3-3 on aggregate, won on away goals). Previous to this Pat's also had big wins in the 2008 season beating JFK Olimpus Riga of Latvia (3-0 on agg.), Elfsborg of Sweden (4-3 on agg.) before being knocked out by Hertha Berlin of Germany. Pats did manage a 0-0 draw at the RDS, one of the best results in recent memory for any Irish team in Europe.

This season sees team manager

Pete Mahon and his squad attempt to wrestle the Airtricity League Premier Division title off local rivals Shamrock Rovers. Mahon has brought in a mix of experience and skill with signings like Stephen Bradley from champions Shamrock Rovers and David and Evan McMillan from UCD. Daryl Kavanagh also makes the move to Inchicore from Waterford United and is a proven goal scorer in the Airtricity League First Division. Mahon also took advantage of the situation at Sporting Fingal, signing exciting young midfielder Shane McFaul from the former Santry based side.

Some of the regulars from last year's squad have gone out the door at Richmond Park. Players like last year's influential midfielder Stuart Byrne, tricky winger Ryan Guy and captain Damian Lynch have left the club along with squad players like winger Brian Cash and striker Vinny Faherty, who was on trial at a Turkish second division side. Young attacking midfielder Dave McAllister also left the club, signing for Npower Championship side Sheffield United.

Pat's first home game of the season is on Friday 11th April. You can visit [www.stpatsfc.com](http://www.stpatsfc.com) for more info on the club and directions to the ground.

*The club has won seven League Of Ireland titles and two FAI Cup's since its inception.*

# Step Back in Time to Find Your Viking Side

Dub 8 takes a tour of Viking times at Dublinia at Christchurch

by Karla Stein

**T**ravel back to Medieval Dublin! From Strongbow to the reformation, Dublinia recreates the sights, sounds and smells of this busy city. Learn of warfare, crime and punishment, death and disease and even tooth ache remedies of 700 years ago. This Viking centre has a lot to offer, especially those with an interest in Irish history. It is located at the heart of the city.

When I visited the centre, two tour guides greeted me warmly and were more than willing to take me on an adventurous tour of the renowned centre. According to Mary-Therese Byrne, the company's tourism and marketing manager, the centre is "never quiet". With various schools coming from across the country every day to see what life was like 1000 years ago. Still, "weekends are definitely our busiest with a huge influx of tourists".

The inside was laid out like a maze. Every corner you turned were offered you something different. It started by showing the visitor the beds in which the Vikings slept, which were wooden and carved delicately.

The walls of most of the houses in Ireland were built using a double

skin of post and wattle with a filling of vegetation for insulation. It was interesting to see this up close, I felt as though I was taking a step back in time.

When Vikings raided a settlement they not only took away as much treasure as they could lay their hands on, they also took away people. There is a wax model of a Viking holding a little girl by a chain around her neck, for slavery. It is quite surreal and fascinating to think that actually happened.

I noticed while experiencing this famous centre, I was the only Irish person touring at that particular time. Many of the groups passing through were European, which I felt showed an ignorance that people living in Dublin have not visited such an exceptional place and it is in the middle of town.

The Vikings have been a major source of inspiration for both literature and cinema. This was interesting to know as I have an interest in both these areas. Tolkien used his knowledge of Norse mythology when he created his novels *The Lord of the Rings* and *The Hobbit*. Many elements from Viking myths and sagas feature prominently in his stories, including dwarves, runes, magic, fire demons and even the rings themselves, which were an important part of Viking rituals.

Vikings are frequently featured in cartoons and comics; this was



A Viking model at the Dublinia Viking Centre Photo: Karla Stein

evident in the centre as there were cartoon versions of Vikings on display. Perhaps this was done to give young children a connection with the Viking world. For most adults and children a 'Viking' is as instantly recognisable as Mickey Mouse despite the fact that they are depicted in different forms. These range from amusing and hapless characters in Martyn Turner's cartoons for the *Irish Times* to the superheroes portrayed in pages of *Marvel Comics*.

Vikings have a strong identity in advertising terms. Their name and many of the images associated with them have been applied to a wide range of products.

According to Mrs. Byrne "Rover cars and the AIB Bank are just two of the better known examples in Northern Europe. The corporate symbol of the AIB Bank is based upon a Celtic carving of the Ark from a stone cross in Co. Meath. The image of the Ark clearly shows the influence of the Viking long ship."

I thoroughly enjoyed my experience of Dublinia; I would most definitely go again. I think it has a lot to offer. It is perfect for a family day out as it has a coffee shop upstairs with plenty of treats. I would recommend it for those with a huge interest in Irish history, for tourists visiting Dublin it is a definite 'must-see'.

*"Weekends are definitely our busiest with a huge influx of tourists"*





Cross Art Gallery, Francis Street, Dublin 8

Photo: Kieran Broderick

# The Irish Art of Francis Street

by Stephen Ramsey

Dub 8 takes a look at the various art galleries that are scattered across Francis Street and investigates the rumours of a decline in the industry

**I**f you are ever looking for an art gallery or an antique dealer in Dublin, Francis Street has long been established as the city's art district.

It is filled with galleries for various types of art; the antiques are ancient and beautiful. You can browse at your leisure without any pressure to buy and even the car park for the Tivoli Theatre (located at the south end of the street) is decorated with thought provoking and artistic graffiti. But has the economic recession damaged Dublin's artistic venues?

Walking down Francis St. you will notice that some of the galleries are rarely or never open for business. The Bad Art Gallery recently closed and was forced to relocate, while Portfolio on Francis Street, situated across the road, is selling itself as real estate.

Zebrano has boarded up its entrances and the WOI? Gallery has been painted over and is also ready to be sold on.

However, when asked whether or not business was bad in the area, the owner of Johnston Antiques

shrugged and said, "Places are closing down everywhere."

Despite what appears to be a trend of bad business on Francis Street, the store owners remain positive and bookings for exhibitions continue. The Cross Art gallery has been displaying the painted works of Cara Thorpe since mid February and has sold almost all of them. Its next exhibition will be a series of pencilled pieces called Pencil to the Plough (no artist attributed) to be debuted in March.

Vincent Kelly, the owner of Gallery Zozimus, discussed how certain art forms were not well known yet but are growing. A fan of ceramic art, he emphasised its value and how it sold for a great deal more in New York than here. Over there "they recognise it as art." But when asked if Irish art connoisseurs were starting to realise the value of ceramic art he said, "There's no doubt about it, they are."

Gallery Zozimus also plays host to students from the National College of Art and Design [NCAD]. "The students show here nearly every year," he said. "The NCAD

[students], as part of their third year, have to set up a gallery and we've been doing that for the last three or four years." Mr Kelly facilitates all sorts of student art from paints to ceramics and sculptures during the late spring and early summer months.

He also noted how the influx of student art helped to keep the industry fresh. "I like working with the students," he says, "and I like working with the college because of its different ideas."

When asked how the art business was doing Mr Kelly was quite enthusiastic. He talked about the annual Antique and Art fair that will be held in the RDS on the 24th and 25th of March. "A lot of shops will be going," he said in reference to the Francis St. businesses. However, he stressed that other dealers would be there too. "They come from all over Ireland."

So it would appear that not only is the Francis St. art trade safe and successful but so is the national art trade. It is important though to support our local art and antique dealers where we can.

*"I like working with the students and I like working with the college because of its different ideas"*



# HIV Drugs Offers Hope for Patients

by Grainne Byrne

Nurse from St James Hospital praises modern drugs that will give HIV patients a longer life. Dub 8 speaks with Gillian Farrell about progressive HIV treatment

**L**iaison Nurse Gillian Farrell from St James Hospital has stated that modern medicines have allowed HIV patients to live to a healthy elderly age.

Ms Farrell says "HIV is not the death sentence it used to be modern drugs are enabling patients to live a long and healthy life"

HIV first appeared in the 1980s where it was mostly common in the Gay community. The condition became known when many became ill with various diseases but were not responding to medical treatments.

It was evident to doctors that this was the cause of an immune decline allowing simple illness to fatally attack patients.

HIV is a lentivirus, and like all viruses of this type, it attacks the immune system. Lentiviruses are in turn part of a larger group of vi-

ruses known as retroviruses.

The name 'lentivirus' literally means 'slow virus' because they take such a long time to produce any adverse effects in the body. They have been found in a number of different animals, including cats, sheep, horses and cattle.

However, the most interesting lentivirus in terms of the investigation into the origins of HIV is the Simian Immunodeficiency Virus (SIV) that affects monkeys, which is believed to be at least 32,000 years old.

The frightening thing to many people is that HIV does not produce any symptoms and many can live with it for years without knowing it exists in their bodies.

It is commonly known that HIV is not in fact dangerous it is the progression of HIV into AIDS that is fatal.

*"HIV is not the death sentence it used to be modern drugs are enabling patients to live a long and healthy life"*

Gillian Farrell says, "Aids is rarely seen anymore as modern drugs are able to control the virus during the HIV stages"

ST James hospital would deal with four thousand five hundred patients diagnosed with HIV and would care for two thousand regular HIV Patients. Gillian Farrell added that "counseling services are provided "for those newly diagnosed with the illness.

Today according to ms Farrell due to modern drugs HIV will not "disrupt a normal life" patients will still be able to conceive children. children of HIV patients will only have a one per cent chance of contracting the virus compared to a forty per cent ten years ago.

Gillian myers says "We will help patients in any way that we can to live a normal life, it doesn't have to be a death sentence.

# Urban Oasis Offers Break from Daily Grind



Couple on rental bikes.

Photo: Maria Brundin

by Daryl McGarrigle

Escape the concrete jungle: Dub 8 magazine explores the bastion of nature that is Phoenix Park

**D**ublin 8 is not immediately known the world over as a hub of intellectual or creative endeavour.

Ask the locals on Cork Street and they will probably bemoan its newly-built apartments and say the character of the area is losing ground to commercialisation.

The mosque on the South Circular road has complained that there is not enough mixing of their congregation with the locality.

There are divisions, then in an area once called 'Little Jerusalem'.

The whole Dublin 8 area on the outset looks as sad and monotonous as a mime's funeral.

It is densely populated by housing estates, more so than many other Dublin post codes and as such there is little to see or do, one would think.

The Phoenix Park is situated in

Dublin 8 and is one of the largest national parks in the world. Completely free, the place is inundated with a sense of history and beauty. It was established in 1662 by James Butler, Duke of Ormond, on behalf of King Charles II and was conceived initially as a Royal deer park.

Áras an Uachtaráin, the residence of the President of Ireland is located in the centre of the park and dates from 1750. Many other historic buildings and monuments are located in the Park. Dublin Zoo is also situated there, as are many other sites such as a two and a half acre Victorian Kitchen Walled Garden and Ashtown Castle.

A particular monument to note is the one paid in tribute to Dubliner Sir Arthur Wellesley, A.K.A Duke of York, for his defeat of Napoleon at the Battle of Waterloo.

*"The Park is worth a visit anytime...With spring already in full flow, now is the time to take full advantage of the Park and all its splendour."*

On-the-site businessman Paul says the high season is the summer yet "the Park is worth a visit anytime".

Paul currently runs Phoenix Park Bike Hire, a business started three years ago that supplies bicycle rental to patrons of the park and has proved very popular.

When asked why he thinks it is such a popular venue for tourists and natives alike, he cited "the open spaces" as the reason.

A perfect place then, to go on a bicycle jaunt and Paul takes pride in the value of his: "[It's] €5 per hour and €10 for as long as you want, rendering it most definitely one of the best value bike hire facilities in Europe"

With spring already in full flow, now is the time to take full advantage of the Park and all its splendour.

