

# TRACTON MUSIC & ARTS FESTIVAL

## MINANE BRIDGE, CO. CORK

### PROGRAMME

29<sup>th</sup> June - 2<sup>nd</sup> July 2023

FULL DETAILS OF ALL EVENTS ARE ONLINE  
[www.tracton.org](http://www.tracton.org)

<b>THURSDAY 29<sup>th</sup></b>	6.30pm	7.30pm	9pm	<b>FRIDAY 30<sup>th</sup></b>	11am	8pm						
<b>Inkwell Theatre</b>	Tracton Artists' Annual Exhibition & Festival Opening. Festival launch, sponsored by Stonewell to mark the 8 <sup>th</sup> Tracton Music & Arts Festival and 14 <sup>th</sup> Tracton Artists' exhibition. Opening speaker <i>Mr. Barney Whelan</i> , Vice Chair of the National Gallery of Ireland, Chair of Cork International Film Festival and The Everyman Theatre and also Board Member of Uillinn, West Cork Arts Centre.		Sean Scoil, (Old School), FREE. A short documentary, produced, directed and edited by <i>Lorraine Hogan</i> , celebrating the local community saving an old school from demolition and transforming the 1836 building into a state-of-the-art community and arts centre.	Snatch Comedy, €15. Sketch comedy show with a difference... A night of comedy sketches like you've never seen before! Snatch Comedy perform spontaneous funny scenes based on ideas suggested by the audience. It's unpredictable and perilous, but they've been performing for more than twenty years so they know what they're doing!	<b>Outdoor Stage</b>	John Blek & the Broken Strings, plus guests, Paddy Dennehy & Lorraine Nash €25. Rich ensemble of string playing mixed with the fingerpicking guitar style and emotive lyricism of <i>Blek's</i> songs..	<b>Upstairs Gallery</b>					Tracton Artists' Annual Exhibition, FREE. Tea, Coffee & Homemade Cake, available on the mezzanine 11am - 5pm - 7pm - 9pm.
<b>Upstairs Gallery</b>			<b>Bar refreshments</b>		<b>Large Marquee</b>	<b>Bar Refreshments</b>						
<b>Garden Café/Lrg Marquee</b>												
<b>SATURDAY 1<sup>st</sup></b>	10am	11am	12pm	1.15pm	2.15pm	2.30pm	3pm	4pm	4.30pm	6pm	8pm	
<b>Inkwell Theatre</b>	Victor Richardson - From an artist's perspective, €10. 10am - 11am Belfast born painter, <i>Victor Richardson</i> , gives a talk on his life & the steps that led him to be a successful professional artist exhibiting widely in Ireland, Britain & the U.S.A.						Irish Artists in Brittany, €10. 3pm - 4.30pm <i>Aine Andrews</i> will give an illustrated talk about Irish Artists in Brittany relating to the popularity of Pont Aven in Brittany as a destination for plein air painters in the 19 <sup>th</sup> century.					
<b>Outdoor Stage</b>							Film screening (45mins) in the Inkwell Theatre, 5pm, <i>Grandad &amp; the Pier</i> , €5. A cinematic documentary, by director, <i>Reuben Armstrong</i> , about an elderly community of passionate volunteers on the Isle of Man who have spent the past few years restoring their 130-year-old Victorian-era pier. A vision realised with similar values of community & local spirit as in our own story of saving the old school in Tracton. Heart-warming and inspiring.					
<b>Buckley Room</b>			Pilates Workshop, €10. 12pm - 12.45pm <i>Patricia O'Neill</i> will teach you the Art of Pilates & its benefits - How to engage your core and learn movements that can help with muscular skeletal problems.	An Introduction to Meditation, €10. <i>Laura Hosford</i> leads this class introducing you to the benefits of meditation & how to begin your meditation journey.		Tapping Workshop, €20. Tapping stress out of your life with EFT (Emotional Freedom Techniques) with <i>Christine Disant</i> .		Sound Bath/Healing, €25. <i>Vicky Phelan</i> of Gaia soul sounds will guide you into a deep & restful state with sacred sounds & vibrations of Himalayan bowls, crystal bowls, gong, sansula & chimes. Let your body & soul be rejuvenated.			Tracton Incognito, €25 for original postcard sized artworks, on show in the mezzanine all weekend... Blind raffle will take place. Every ticket guarantees a piece of art but which one you win, will be a surprise.	
<b>Upstairs Gallery</b>	Tracton Artists' Annual Exhibition. Open 11am - 5pm and 7pm - 9pm. FREE Showcasing the work of a multi-disciplined group who live or work in the vicinity of Tracton including painters, ceramicists, sculptors, (don't miss outdoor installations) metal & wood workers, batik & mixed media artists, printmakers & photographers. Get a raffle ticket for just €5 and be in with a chance to win a beautiful piece, donated by artist, Linda Taylor. Work also on show in the Inkwell Theatre.											
<b>Large Marquee</b>	Homemade cold lunch sandwiches, savoury and sweet snacks, coffee and tea.										<b>Bar Refreshments 7pm - 10pm</b>	
<b>Small Marquee &amp; Garden Café</b>	Herbal Workshop, €25 Learn to make simple homemade herbal remedies, using local plants and common kitchen cupboard ingredients, with Community Herbalist, <i>Jessica O'Loughlin</i> .					Lino-printing workshop, €12, 12yrs+ 2.30pm - 4.30pm Learn how to carve a lino block & produce beautiful hand printed greeting cards with artist <i>Kira O'Brien</i> .						
<b>Out &amp; About</b>	10am - 12pm, The Art of Growing, Farm Walk, (€10 donation to Tracton Arts Festival on arrival). <i>Utan Walsh &amp; Lucy Stewart</i> will give a tour of their award winning organic farm, Gort na Nain. This will be of great interest to the hobby grower, the serious amateur and the committed foodie (directions online).					10am - 2pm, Canoe trip and BBQ lunch, €60 (special festival rate). 12yrs+ if accompanied by adult. Online booking essential. <i>Mick Hoey</i> , fisherman, forager and nature lover will guide you down the Minane river in Canadian canoes, enchant you with his knowledge and cook wild lunch on the river bank. An unforgettable experience.						
<b>SUNDAY 2<sup>nd</sup></b>	11am	11.30am	12pm	1pm	2pm	4pm	6pm	8pm				
<b>Inkwell Theatre</b>	Stomping at Tracton with Ruti - music & movement for 5 to 9 years & their older people, €5. Bring a musical instrument if you wish.... or just yourself.... and be ready to play, sing, dance, jump and create some new music. No experience needed. Percussion instruments will be provided at the workshop. Ruti Lachs is a multi-instrumental musician, composer and music teacher.											
<b>Outdoor Stage</b>						Local Musicians will grace the outdoor stage, 12pm - 6pm, FREE. The highlight of last year's festival, Sunday Sessions returns - a great afternoon of sounds, celebrating local talent with a mix of music genres. We are delighted to welcome <i>Paul Tiernan</i> to headline. Enjoy all that the Sunday Market has to offer from 11am - 2pm, as well as hot artisan food, sweet treats, homemade ice cream & bar refreshments all day. A chilled fun Sunday afternoon for all. Come & support our amazing musicians who are playing for FREE.....			KILA 5, €25, with special guest, <i>Clare Sands</i> ... expect an evening of high energy, with Kila's unique & ever evolving sound, rooted in tradition & inspired by a myriad of musical influences. <i>Clare Sands</i> , promises an electrifying live performance on fiddle, guitar & vocals. A show to close the festival on a high note & not to be missed.			
<b>Buckley Room</b>	Tracton Community Market takes place on the first Sunday of every month from 11am - 1pm, where you will find a perfect selection of local produce from bread, vegetables, jams & homemade cakes, to crafts, plants, & seasonal goods. Also on offer the delicious wood-fired pizza, barista coffee & teas. A great opportunity to support local & connect with neighbours & friends.											
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<b>Large Marquee</b>	Refreshments, Wood Fired Pizza & Barbequed Hot Food, Homemade Ice-cream. Afternoon activities include throwing your own pot on the potter's wheel with <i>Kira O'Brien</i> , watching <i>Maree O'Sullivan</i> demo her flower arranging techniques. • Balloon man • CRAFT FAIR, 11am - 3pm.					Make your mark & capture a moment in time with <i>Terry Datson</i> , where you will have great fun working together in the creation of a magnificent intuitive collaborative community painting, FREE.						
<b>Small Marquee &amp; Garden Cafe</b>	Pollinators & Plastics in your garden, are you interested in sustainable living? €10. <i>Bernie Connolly</i> , Cork Environmental Forum and <i>Martha Cashman</i> MORE CLAY LESS PLASTIC Ireland, come together to talk about the benefits of planting pollinators and removing plastics from the garden, including a demo on making a clay bird feeder.					Brush Calligraphy Workshop with signwriter, <i>Niall Marron</i> . Suitable for all ages. FREE. Get your free calligraphy "name" Scrolls for loved ones, for parents, pets, grandchildren etc. Participation is optional, if you prefer to just watch the demo.						
<b>Out &amp; About</b>	10am - 2pm, Canoe Trip & BBQ lunch, €60, (special festival rate), 12yrs+ if accompanied by adult. Online booking essential. <i>Mick Hoey</i> , fisherman, forager & nature lover will guide you down the Minane river in Canadian canoes, enchant you with his knowledge and cook wild lunch on the river bank.		11am - 1.30 pm, Nature Walk, A suggested donation €10/€5 will be collected on arrival. A guided walk exploring the diverse insect & bird life of a local woodland. Hosted by butterfly enthusiast <i>Rodney Daunt</i> & tree expert <i>Ted Cook</i> . Meet at Tracton Community Centre to car pool at 11am, (as site parking restricted) and returning for 1.30pm to the centre where lunch options will be available. Suitable footwear & clothing recommended for weather & terrain. Children welcome.			4pm - 5pm, Bug Hunt - Calling all nature detectives! €5, on arrival. Meet at Church Car Park, Minane Bridge. Children under 12yrs should be accompanied by an adult. Suitable outdoor footwear & clothing will be required. Along the Millennium Walk let's find those creepy crawlies that are out & about! <i>Niamh O'Flynn</i> , Animal Scientist & Wildlife Educator will help you discover & identify them!						

ARTISAN FOOD & BAR REFRESHMENTS  
FAMILY FUN-FILLED  
FESTIVAL  
WEEKEND

LIVE GIGS: TICKETS AVAILABLE ONLINE OR THEATRE BOX OFFICE, (11am-2pm, 26<sup>th</sup>-28<sup>th</sup> JUNE) ♥ WALKS €10 ON ARRIVAL ♥ TALKS €10 ONLINE/ON ARRIVAL ♥ WORKSHOPS FROM €10 ONLINE/ON ARRIVAL

