

A vibrant collage featuring various flowers like purple, pink, and red roses, and a background of a summer event with people on a grassy field and inflatable games. A large blue oval with a dashed orange border is centered at the top, containing the text 'Summer is here ...'. Below it are three banners: a yellow one with 'with the', a white one with 'Alouette', and another white one with 'Recipes!'. At the bottom right, a white banner says 'Interviews!'. The bottom left corner features a red and white crest with a crown and the text 'Alouette St. College' and 'Aloynia'.

Summer  
is here ...

with the

*Alouette*

Recipes!

Interviews!



# Editorial

**As the school year draws to a close, everyone here on the Alouette team is proud to present to you all, the summer 2023 Edition!**

**This edition is jam packed with all sorts of articles that'll really get you into that summer holidays mindset.**

**Everyone on the team is exceptionally grateful to have been working on the Alouette this year and it's been a blast to work with everyone.**

**And of course, thank you to Ms. Dillon who helped us so, so much throughout the production of each edition!**

**We're wishing everyone a great summer!**

**-Sabrina**

# Contents

<b>East Cork Eateries</b>	3-6
<b>Barbershop Choir</b>	7-8
<b>Cosmetics</b>	9-12
<b>Podcast</b>	13-16
<b>Tyndall Institute</b>	17-20
<b>Recipes</b>	21-24
<b>Bucket List</b>	25-26
<b>Year in Review</b>	27-28

# East Cork Eateries

With the summer holidays approaching, many of us will be going out with friends. And of course, there's almost nothing better to do with friends than **eat!** But as a teenager, one of the most important factors is the cost. **Here are some of Sabrina Kelleher's top picks** for affordable eateries around East Cork, all with **price ranges below €20!**

## The Pantry

**Where? Distillery Walk, Midleton, Co. Cork, P25 EA03**

**This cosy, family-run** café and restaurant is the perfect place to spend a summer afternoon! Its sheltered out-door seating areas give you the opportunity to kick back and relax without the worry of the fickle Irish weather.

The Pantry offers a wide range of **breakfast and lunch options** and not only is their selection of food delicious but many **gluten free, vegetarian and vegan options are provided too!** In my opinion, The Pantry is the perfect place for some brunch on a warm, summer morning.

# Fantastic Flavours Ice Cream Parlour

**Where? Distillery Walk, Midleton, Co. Cork, P25 EA03**

Of course, we can't forget the best part of most meals, dessert. Fantastic Flavours takes inspiration from the **classic American diner**, making it an intriguing place to visit for its aesthetic alone! With more than **forty-two** incredibly unique flavours, ranging from classic vanilla to flavours such as Blueberry Cheesecake, **it's a place that you will want to keep coming back to again and again!**

**The  
Pantry**





## Fantastic Flavours

### Izz Cafe

***Where? 14 George's Quay, Ballintemple, Cork, T12 EY24***

**Izz Café, situated on George's Quay, is a fabulous café that serves authentic Palestinian food. With its wide variety of dishes, all with great portion sizes for their prices, it really does stick out as an **underrated gem** in Cork City. Not only are the dishes varied, there is also a wide selection of **vegetarian, vegan, gluten free and halal options** available.**



**Another aspect** of Izz Café that impresses is how you can order your food. Izz Café has the standard ordering at the till, yes, but it also allows you to **order straight from your phone via a QR code** found at each table! I'm sure this option sounds very appealing to the **introverts** out there, including myself.

**And finally**, a personal favourite aspect of mine, is that with every main course dish you order with tea, you are given **complementary maamoul (date filled biscuits)**!

# CHORAL FESTIVAL

Our school's barbershop choir recently partook in the Cork International Choral festival. **Sanjana Natchimuthu** in TY spoke to us about what the Choral festival is and what it's like being a member of the barbershop choir.



**The Choral Festival is an Irish singing competition**, where you have to perform at least one Irish song. It took place on the **26th of April in the City Hall** in Cork but schools travelled from all over the country to compete. We competed in the **'Equal Voices'** choir competition along with three other schools.

Preparation was quite stressful leading up to the competition as the choir had to learn brand new songs. The Irish song was especially difficult to perfect as timing the breathing was a challenge, it was very laborious to perfect. Sadly our choir came in fourth place. We were still proud of all the hard work

we put in and the judges gave critiques that will help us when we compete in New York next January.



I love being a part of the **Barbershop choir**. I love how people from every year can be involved and I also love how welcoming and friendly everyone is to each other.

I **really enjoy the process** of perfecting songs, progressing from how they sound during the first practice up until the performance day.

I **appreciate** how everything sounds when everyone's different parts blend together. When I joined in first year I was shocked by how good everything sounded because there are **no instruments, it's just voices**.



We are all really looking forward to **representing Ireland in the International Choir Convention** in New York next January. We got through to that competition by winning the Choir Convention in Killarney last year and we'll get to stay in **New York for a week**.

# Make-up Dupes & Tricks for the Summer!

**With summer approaching we want to help you to get your glow on! Here are a few makeup products that we like that won't break the bank!**

**1** ElfPower grip €11 instead of Milk hydro grip €32:

This is a gel based primer, it moisturises, preps and smooths your skin before you apply anything else.



**2** Elf Halo Glow €15 instead of Charlotte Tilbury Hollywood Flawless Filter €42

It's a sort of tinted moisturiser that brightens your face and makes it glow.



**9**

**3**

**L'oréal Lumi glotion €6.50 instead of Drunk Elephant bronzi drops €34:**

It hydrates and luminisies skin for a fresh, natural glow. Perfect for the summer.



**4**

**Maybelline Lip Gloss €11.99 instead of Fenty Beauty Lip Gloss €19:**

A highly recommended lip gloss is the Maybelline Lip Lifter lip gloss, it's very pigmented and has a high shine.



# *SPFs that DON'T leave a white cast*

**1**

## **La Roche Posay SPF 30**

Water/sweat proof and developed for sensitive skin.



**2**

## **Garnier Sensitive Advanced Serum SPF 50**

Easily absorbs into the skin without feeling sticky or greasy.



**3**

**Neutrogena Clear Face  
Oil-Free Sunscreen  
SPF 30**

For acne-prone skin.



**4**

**Aveeno Protect and Hydrate  
Sunscreen SPF 30**  
Water resistant



**5**

**CeraVe Hydrating  
Mineral Sunscreen  
SPF 50**

Best for Eczema-  
Prone Skin



# Interview with *Spill the Tea*



## Where did the idea of a school podcast come from?

Last year, the **Female Lead Society**, led by Ms. Holland, workshopped the idea of creating a podcast to **interview and celebrate women** in different types of industries, to inspire and create new conversations with our student body. This year, **Mr. Murphy and Ms. Ryan** expanded the team and started to figure out how to make it happen. We're currently live on Spotify!

## How did you come up with the name for the podcast? It's great!

We brainstormed loads of different names and all the girls are obsessed with **Barry's Tea** so it made sense. It creates a fun hook that could be used across lots of different types of guests and at the end of the day, it's all about having the **chats over tea with new people!**



## Are students from every year group involved?

Currently we have students from 5th, 4th and 2nd year as part of the podcast crew.

We are always open to new members of the team across any year group.

**On our team we have:**

**5th Year** - Emma Carey, Faith Ansbro, Éabha O'Brien, Síofra O'Brien, Chloe O'Neill, Aoibhinn Gough, Jessica McNamara.

**TY** - Noa Navon.

**2nd Year** - Maja Skowronska.

## Briefly, what's involved in creating a podcast?

**Creating a podcast is essentially storytelling.** From the start we needed to make sure our **tone of voice** was appropriate, as we are representing the school publicly, but also appealing to our fellow students, alumni and guests. **Initially, we workshopped** every tiny detail from the potential guests to lines of questioning and coming up with new **social media ideas**. From figuring out technological issues to learning how to lead a conversation as it unravels, **it's been a journey!** We've been developing our **interview skills**, **doing guest research** and also **generating hype** on our social media channels.



**Creating a buzz** around each episode and marketing it to our listeners in a fun way is a key part of the podcast and helps us maintain our growth! **We have listeners from 19 countries**, over **200k views on TikTok** and just hit our **1,200th listener** which was a huge milestone for us!





## **How many episodes have there been this year and what topics have you covered thus far?**

To date, we've released 5 episodes (6 at the time of print!). We have interviewed guests from the music industry, health industry, past pupils and current staff leader, which has really built a strong sense of community within the school.

**NEXT UP, TEACHER THERAPY #2! STAY TUNED!**

Q Follow us on TikTok: @spillthetea\_saintals

# MY WEEK AT TYNDALL

**Hi! My name is Sanjana Natchimuthu. I am a TY student and I would like to tell you about my time doing work experience at the Tyndall National Institute in Cork.**



## Day 1

The first thing I did was sign in. As I was waiting I thought I should talk to someone so I looked at the person beside me and saw that it was one of my classmates! I didn't know that she was doing this work experience so I was happy there was someone I knew there. Then another girl came up to us and started talking. We had a friendly chat and eventually the organiser, Alida, came to welcome us and showed us where we would be for the week.

She took the roll, and gave us a safety talk in which they basically told us that if we touched anything we would die, so that was fun and it definitely didn't scare me!

Our first workshop was about silicon wafers. They are the base part where microchips are printed on. Silicon is used because it is easy to find and cheap to produce.

## Day 2

In the morning I took the bus to Patrick Street but I got lost and was 15 minutes late. We were supposed to have a tour of UCC, but the rest of the group had already left, so I waited in the reception with Alida until someone came and got me. In UCC we were shown the medical building, the Boole Library and the Honan Chapel.

The next workshop was my favourite. It was a light-to-sound workshop and we got to do an experiment. We had to create a transmitter and receiver circuit connected to a phone and a speaker. Once we played music on our phone the laser would light up. Then you had to point the laser at a photoreceiver which was connected to the speaker and the music would play through it.

At the end of the day, we got told that we had to research a project which we would present at the end of the week. We got put into groups of two and we got assigned a topic that we had to research. The topic I got was 'Light Therapy Treatment in Medicine'. We had some time to look up the links our assigned researcher provided us with.

## Day 3

The third day wasn't a very busy one. We had a coding workshop where we learned some basics in Python. We had to get into pairs and try to draw something with the turtle program. I tried to draw a smiley face, but we only got time to do the circle and the mouth.

After lunch, we had to meet up with our researchers to ask them questions about the topic that we had been assigned. We got on a video call with our researcher and asked her questions about our topic. We talked to her for about thirty minutes, and then we had to start putting together the slideshow.

## Day 4

In the morning, we had two hours to prepare our presentation. After lunch, we had to present.

Alida told us she was going to be judging and that there would be a small prize for 1st, 2nd, and 3rd place. When it was finally our turn, we got up and presented it. We watched the rest of the presentations. We came in 3rd place! We got reusable coffee cups as our prize.

Later, we signed a pledge about having a gender-equal society and put it in an art installation chandelier made of coloured test tubes. The colours represented the percentage of males and females working at Tyndall. It is predominantly males, but they told us they are working on making it 50/50.

The week was so much fun and it gave me a good insight into what working at a research centre is like.

# SUMMER RECIPES

## **Homemade Fruity Popsicles**

**Don't have ice-cream?  
Here's another way to cool down in the sun!**

### **WHAT WILL YOU NEED?**

- Popsicle sticks
- A popsicle mould - It is useful to have this if you want more of a traditional popsicle but a muffin tin or small glass will do just fine.

### **INGREDIENTS**

\_(makes around 6 but be prepared and have extra ingredients on hand)

- $\frac{3}{4}$  cup of juice/yoghurt
- 2  $\frac{1}{2}$  cups of your choice of fruit
- 4-6 tablespoons of honey (maple syrup, agave etc.)



## **Recipe**

- 1.** First choose your popsicle base, for example Greek yoghurt or a vegan option like full-fat coconut milk.
- 2.** Whichever you choose, I recommend you sweeten it up a bit with honey or agave, maple syrup etc.
- 3.** Next, blend your fruit together with your base mix and pour into your mould.
- 4.** Then, insert one of your popsicle sticks into each of your moulds.
- 5.** Finally, put your mould into the freezer and leave it there to freeze for 4-8 hours. Later, to unmould simply just run the mould under warm water for a few seconds to loosen and then enjoy your refreshing fruity popsicles!

### **Tip:**

If you are having trouble getting the popsicle sticks to stand straight, then wrap your mould (muffin tin, glass etc.) in aluminium foil (try not to let the foil touch the popsicle mix) and just poke your popsicle sticks through the foil and they should stand up straight.

# Homemade Vanilla Ice-Cream

If you don't have any ice cream you can always make your own. This is super fun because you can add whatever you want into your ice cream and make it your own.



## INGREDIENTS

- ½ a 397g can of sweetened condensed milk
- 600ml of double cream
- 1 tsp of vanilla (or an extract of your choosing)

## Recipe

- 1.** First, put the condensed milk, cream and vanilla extract into a large bowl.
- 2.** Next, beat the ingredients together with an electric whisk until thick and quite stiff.
- 3.** And finally, scrape the mixture into a freezer container and leave to freeze until it becomes solid.



# Homemade Lemonade

Now, for a summer beverage, lemonade is the perfect sweet drink.

## WHAT WILL YOU NEED?

- 1 cup of freshly squeezed lemons
- $\frac{3}{4}$ -1 cup of sugar
- 1 cup of water
- 2-3 cups of cold water (to dilute)

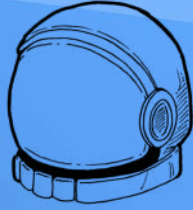


## Recipe

- 1.** First, make the simple syrup by putting the cup of water and the sugar into a heated pot. Stir until the sugar dissolves completely.
- 2.** Next, juice your lemons. For a cup of lemonade, it's about 4-6 lemons.
- 3.** Pour the simple syrup and the lemon juice together. Add two to three cups of cold water to dilute. You can add more or less water, it is up to you.
- 4.** Lastly, chill and refrigerate for 30-40 minutes. Then, enjoy some delicious chilled lemonade.

# ENJOY!

# Summer Bucket List



Stargazing

Kayaking



Go on a hike



Go for a bike  
ride



Ziplining

Picnic with  
friends



Make s'mores



Go camping

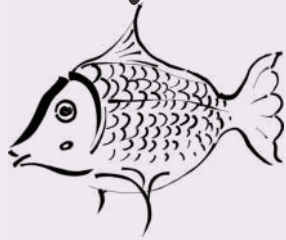


Movie night



Sea swimming

Go to an aquarium



Go pier jumping (safely)



Read a new book



Make friendship bracelets





**First full year of Pride Club**



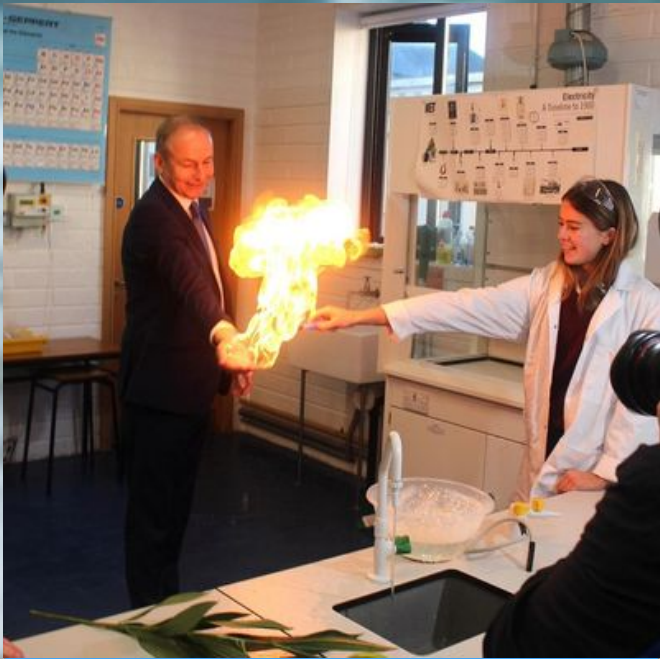
**Daffodil Day**

**A lot of memories were made this year, so we've made a gallery of some of the highlights!**



**Seachtain na Gaeilge**





**Taoiseach's Visit**



**5th Year Italy Tour**



**House Fun Day**



**All Shook Up**



**Delphi**





# Brought to you by the Alouette Team!

Dylan O'Riordan..... Graphic Designer

Sabrina Kelleher..... Editor

Chiara Smith..... Sub-Editor

Nell Hofftt..... Feature Writer

Ali Cotter..... Feature Writer

Agata Kobos..... Feature Writer

Jessica Tyler..... Feature Writer

Lucy Nolan..... Marketing

Eva Fitzpatrick..... Marketing

Julia Kuczynska..... Photographer

Eva McAuliffe..... Photographer

& Ms. Dillon



## Socials

Twitter: @StAlsCarrig

Instagram: @saintalscarrig

Facebook: St Aloysius College, Carrigtwohill

Tiktok: @saintalscarrig