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00:00:00,000 --> 00:00:03,820

This episode is brought to you by Thorne and I have some incredible news for any of you

2

00:00:03,820 --> 00:00:07,960

that are in the military, first responder or medical professions.

3

00:00:07,960 --> 00:00:15,860

In an effort to give back, Thorne is now offering you an ongoing 35% off each and every one

4

00:00:15,860 --> 00:00:19,780

of your purchases of their incredible nutritional solutions.

5

00:00:19,780 --> 00:00:27,280

Now Thorne is the official supplement of CrossFit, the UFC, the Mayo Clinic, the Human Performance

6

00:00:27,280 --> 00:00:31,480

Project and multiple special operations organizations.

7

00:00:31,480 --> 00:00:36,420

I myself have used them for several years and that is why I brought them on as a sponsor.

8

00:00:36,420 --> 00:00:42,080

Some of my favorite products they have are their Multivitamin Elite, their Whey Protein,

9

00:00:42,080 --> 00:00:45,840

the Super EPA and then most recently, Cynaquil.

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00:00:45,840 --> 00:00:50,120

As a firefighter, a stuntman and a martial artist, I've had my share of brain trauma

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00:00:50,120 --> 00:00:55,520

and sleep deprivation and Cynaquil is their latest brain health supplement.

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00:00:55,520 --> 00:01:02,640

Now to qualify for the 35% off, go to thorn.com, T-H-O-R-N-E dot com.

13

00:01:02,640 --> 00:01:05,460

Click on sign in and then create a new account.

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00:01:05,460 --> 00:01:09,800

You will see the opportunity to register as a first responder or member of military.

15

00:01:09,800 --> 00:01:14,680

When you click on that, it will take you through verification with GovX.

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00:01:14,680 --> 00:01:18,980

You'll simply choose a profession, provide one piece of documentation and then you are

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00:01:18,980 --> 00:01:20,920

verified for life.

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00:01:20,920 --> 00:01:26,680

From that point onwards, you will continue to receive 35% off through Thorn.

19

00:01:26,680 --> 00:01:34,360

For those of you who don't qualify, there is still the 10% off using the code BTS10

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00:01:34,360 --> 00:01:36,240

for a one time purchase.

21

00:01:36,240 --> 00:01:42,040

To learn more about Thorn, go to episode 323 of the Behind the Shield podcast with Joel

22

00:01:42,040 --> 00:01:45,600

Titoro and Wes Barnett.

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00:01:45,600 --> 00:01:51,400

This episode is sponsored by a company I've used for well over a decade and that is 511.

24

00:01:51,400 --> 00:01:56,820

I wore their uniforms back in Anaheim, California and have used their products ever since.

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00:01:56,820 --> 00:02:03,400

From their incredibly strong yet light footwear to their cut uniforms for both male and female

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00:02:03,400 --> 00:02:08,240

responders, I found them hands down the best work wear in all the departments that I've

27

00:02:08,240 --> 00:02:09,240

worked for.

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00:02:09,240 --> 00:02:13,760

Outside of the fire service, I use their luggage for everything and I travel a lot and they

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00:02:13,760 --> 00:02:20,080

are also now sponsoring the 7X team as we embark around the world on the Human Performance

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00:02:20,080 --> 00:02:21,080

project.

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00:02:21,080 --> 00:02:25,160

We have Murph coming up in May and again I bought their plate carrier.

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00:02:25,160 --> 00:02:30,120

I ended up buying real ballistic plates rather than the fake weight plates and that has been

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00:02:30,120 --> 00:02:33,960

my ride or die through Murph the last few years as well.

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00:02:33,960 --> 00:02:37,920

One area I want to talk about that I haven't in previous sponsorship spots is their brick

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00:02:37,920 --> 00:02:39,740

and mortar element.

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00:02:39,740 --> 00:02:44,440

They were predominantly an online company up till more recently but now they are approaching

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00:02:44,440 --> 00:02:47,180

100 stores all over the US.

38

00:02:47,180 --> 00:02:52,260

My local store is here in Gainesville Florida and I've been multiple times and the discounts

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00:02:52,260 --> 00:02:55,520

you see online are applied also in the stores.

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00:02:55,520 --> 00:03:02,140

So as I mentioned 511 is offering you 15% off every purchase that you make but I do

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00:03:02,140 --> 00:03:07,200

want to say more often than not they have an even deeper discount especially around

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00:03:07,200 --> 00:03:08,820

holiday times.

43

00:03:08,820 --> 00:03:18,780

But if you use the code SHIELD15 you will get 15% off your order or in the stores every

44

00:03:18,780 --> 00:03:20,620

time you make a purchase.

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00:03:20,620 --> 00:03:25,920

And if you want to hear more about 511, who they stand for and who works with them, listen

46

00:03:25,920 --> 00:03:34,080

to episode 580 of Behind the Shield podcast with 511 regional director Will Ayers.

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00:03:34,080 --> 00:03:37,400

Welcome to the Behind the Shield podcast as always my name is James Gearing and this week

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00:03:37,400 --> 00:03:44,960

it is my absolute honour to welcome on the show Irish builder, firefighter and poet Jared

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00:03:44,960 --> 00:03:46,400

Devine.

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00:03:46,400 --> 00:03:51,680

Now with this being St. Patrick's Day I felt this was the perfect time to air such a powerful

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00:03:51,680 --> 00:03:52,920

conversation.

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00:03:52,920 --> 00:03:59,240

So we discuss a host of topics from his early life, building houses in both Ireland and

53

00:03:59,240 --> 00:04:07,920

the US, his journey into the fire service, paramedicine in Dublin, his pilgrimage in

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00:04:07,920 --> 00:04:12,300

Spain, volunteering in Africa and to round off this incredible conversation he reads

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00:04:12,300 --> 00:04:15,960

one of his poems The Firefighter's Call.

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00:04:15,960 --> 00:04:21,000

Now before we get to this incredible conversation as I say every week please just take a moment,

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00:04:21,000 --> 00:04:26,040

go to whichever app you listen to this on, subscribe to the show, leave feedback and

58

00:04:26,040 --> 00:04:28,100

leave a rating.

59

00:04:28,100 --> 00:04:33,280

Every single 5 star rating truly does elevate this podcast therefore making it easier for

60

00:04:33,280 --> 00:04:39,880

others to find and this is a free library of over 900 episodes now.

61

00:04:39,880 --> 00:04:45,480

So all I ask in return is that you help share these incredible men and women stories so

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00:04:45,480 --> 00:04:50,840

I can get them to every single person on planet earth who needs to hear them.

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00:04:50,840 --> 00:04:55,960

So with that being said I introduce to you Jared Devine.

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00:04:55,960 --> 00:05:01,600

Enjoy.

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00:05:01,600 --> 00:05:18,680

Well Jare I want to start by saying two things.

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00:05:18,680 --> 00:05:22,960

Firstly thank you so much to Peter Conroy who we'll talk about in a minute for connecting

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00:05:22,960 --> 00:05:28,400

us and secondly to welcome you onto the Behind the Shield podcast today.

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00:05:28,400 --> 00:05:30,720

Thanks very much James, delighted to be here.

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00:05:30,720 --> 00:05:34,480

It all came about through Peter Conroy, one of my colleagues in the Dublin Fire Brigade

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00:05:34,480 --> 00:05:40,080

so I love your show and I love what you're doing so delighted to be here.

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00:05:40,080 --> 00:05:44,780

So as an icebreaker I told you this was going to go out on St Patrick's Day, it's funny

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00:05:44,780 --> 00:05:49,760

how the universe kind of makes these things happen and then we are both holding a pint

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00:05:49,760 --> 00:05:57,960

of Guinness which is so cliché but this is actually quite a pertinent drink for you and

74

00:05:57,960 --> 00:06:02,080

your personal life and your family so talk to me about the connections with your father

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00:06:02,080 --> 00:06:04,520

and your wife and the pint of Guinness.

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00:06:04,520 --> 00:06:08,720

Okay that tastes good.

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00:06:08,720 --> 00:06:18,920

So yeah well my father would be from the centre of town and when he was 14 years of age he

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00:06:18,920 --> 00:06:24,920

started working in Guinness and he remained there for almost five decades and he remembers

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00:06:24,920 --> 00:06:31,680

he was 14 because he got his first pair of long pants and he started in Guinness and

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00:06:31,680 --> 00:06:37,640

he loved it, he worked hard but even growing up like if we were drinking any beer or anything

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00:06:37,640 --> 00:06:43,200

like that we'd be kind of persuaded, no listen hang on Guinness pay my wages so you drink

82

00:06:43,200 --> 00:06:44,760

Guinness you know that's it.

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00:06:44,760 --> 00:06:53,000

So we'd have no options and actually even when it wasn't that long ago with newborn

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00:06:53,000 --> 00:06:58,760

babies the mother would be given like a glass of Guinness because of the iron in the Guinness

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00:06:58,760 --> 00:07:00,280

it was considered good for them.

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00:07:00,280 --> 00:07:05,840

So and then I'm just trying to think well yeah my wife Steph she was working in a bar

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00:07:05,840 --> 00:07:15,720

in town when I met her and they were just closing the bar and any chance of a Guinness

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00:07:15,720 --> 00:07:21,560

we were only arriving me and my pal so she let us in and she just poured me the most

89

00:07:21,560 --> 00:07:26,480

perfect pint of Guinness and I was just in love you know I was like man this girl's amazing

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00:07:26,480 --> 00:07:32,520

you know so that was what qualities do you look for type thing but yeah and I was trying

91

00:07:32,520 --> 00:07:38,280

to chat her up and I was getting nowhere you know I don't think she was interested but

92

00:07:38,280 --> 00:07:44,160

even then you know what do I work as and set the fire brigade still nothing I was like

93

00:07:44,160 --> 00:07:45,920

oh man this is tough.

94

00:07:45,920 --> 00:07:47,400

What is wrong with this woman?

95

00:07:47,400 --> 00:07:56,560

Yeah man come on I've had more than once but then I literally had just got my dog which

96

00:07:56,560 --> 00:08:02,840

is like dog Saoirse she's a rescue dog and once she heard that the tune changed like

97

00:08:02,840 --> 00:08:06,720

because she's an animal lover and she loves dogs and then that was great like you know

98

00:08:06,720 --> 00:08:09,960

so but I was trying everything I told her I had a pickup truck I told her I worked

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00:08:09,960 --> 00:08:14,480

in the fire brigade you know nothing but once I mentioned the dog that was good it was a

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00:08:14,480 --> 00:08:20,760

good start you know so yeah ten years later yeah ten years later we're together we're

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00:08:20,760 --> 00:08:25,280

married now so we still have the dog she's hanging in there.

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00:08:25,280 --> 00:08:26,760

Beautiful beautiful.

103

00:08:26,760 --> 00:08:29,320

Thank goodness for a lot I guess.

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00:08:29,320 --> 00:08:34,280

Yeah absolutely it's interesting kind of start to the conversation so obviously by your accent

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00:08:34,280 --> 00:08:38,400

you're not in South Carolina so tell people where you're sitting right now.

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00:08:38,400 --> 00:08:43,320

Yeah so at the moment I'm over in Ireland and I know this is going out on Paddy's day

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00:08:43,320 --> 00:08:48,560

so it's probably a lot of Irish people listening hopefully on a day when everyone's Irish but

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00:08:48,560 --> 00:08:53,320

I'm in a place called Wicklow I'm from Dublin and I work for the Dublin fire brigade but

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00:08:53,320 --> 00:08:59,120

I'm in a place just outside Dublin we moved out here about five years ago so I don't think

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00:08:59,120 --> 00:09:07,000

you see there a lovely house on the hill and a lot of trees a little bit of land deer come

111

00:09:07,000 --> 00:09:12,360

into the garden red squirrels pine marhorns it's great because where I was it was city

112

00:09:12,360 --> 00:09:18,240

I was always a city boy I mean I came up here I never owned a lawnmower before and then

113

00:09:18,240 --> 00:09:23,600

you know now I have like now I have about five axes you know that type of way so it's

114

00:09:23,600 --> 00:09:32,280

a big change but it's a nice change and it's fantastic for my headspace and you know just

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00:09:32,280 --> 00:09:38,400

to be on my way from where I lived before I was kind of beside the hospital so you just

116

00:09:38,400 --> 00:09:43,400

hear the sirens you know from the ambulances you know up and down the street at night there

117

00:09:43,400 --> 00:09:49,160

was no escape from it like so up here you know you don't hear anything you hear buzzards

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00:09:49,160 --> 00:09:53,360

flying overhead and or maybe the odd helicopter but other than that we're on the side of a

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00:09:53,360 --> 00:10:00,080

mountain looking down on the lake house house needs a lot of work but we're getting there

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00:10:00,080 --> 00:10:05,400

you know we're getting there luckily luckily there's no real pressure from the wife you

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00:10:05,400 --> 00:10:09,880

know she loves it here too so probably more than me if anything because she loves nature

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00:10:09,880 --> 00:10:16,240

and yeah we're happy ever it's interesting that you have those two perspectives because

123

00:10:16,240 --> 00:10:23,520

it really blows me away that there's almost this perception that you know fire slash EMS

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00:10:23,520 --> 00:10:27,320

sit around doing nothing especially on the fire side you know waiting for a call and

125

00:10:27,320 --> 00:10:31,800

always point out like if you live in a city or a suburban area just go outside your front

126

00:10:31,800 --> 00:10:36,240

door what do you hear you hear sirens all the time and if you happen to be near a fire

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00:10:36,240 --> 00:10:41,440

station or a hospital then you're going to hear even more but the skewed perspective

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00:10:41,440 --> 00:10:45,200

is you know where you are now you could see how people are like oh they just sit around

129

00:10:45,200 --> 00:10:50,960

waiting for a call because you're not seeing you know the immense level of responses that

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00:10:50,960 --> 00:10:58,320

actually happen especially in a city yeah i mean dublin it's a it's a busy city and

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00:10:58,320 --> 00:11:03,280

it's a growing city it's growing outwards but it's also it's growing upwards you know

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00:11:03,280 --> 00:11:07,840

we've a lot of high rise just in the last like five to ten years have gone in and they're

133

00:11:07,840 --> 00:11:12,120

every day i mean there's cranes everywhere you're nearly you're being sent to addresses

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00:11:12,120 --> 00:11:18,920

now and they're not even updated on google maps the city's growing that fast so yeah

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00:11:18,920 --> 00:11:25,960

and we're just kept going constantly we do the we do the ambulance and we do the the

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00:11:25,960 --> 00:11:33,200

fire side of things so the ambulance is us 24 7 we cover each other for breaks but the

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00:11:33,200 --> 00:11:38,520

the ambulance never sits in the station very very seldom and you just kept going from the

138

00:11:38,520 --> 00:11:44,680

moment you start so the night shifts are tough going and you're kind of you're kind of eating

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00:11:44,680 --> 00:11:52,520

food on the on the wing and but uh look it's kind of what we signed up for but um sometimes

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00:11:52,520 --> 00:11:57,840

it you know a couple of hours sleep on at night would be nice you know as regards when

141

00:11:57,840 --> 00:12:04,600

you're working the ambulance but we just we just just keep going i guess you know i distinctly

142

00:12:04,600 --> 00:12:10,200

remember being humbled by pete and it wasn't anything negative at all but you talked about

143

00:12:10,200 --> 00:12:16,440

the fact that you have a combination of fire and ems in dublin specifically even though

144

00:12:16,440 --> 00:12:21,160

other parts of ireland and the rest of the uk they're still two separate um you know

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00:12:21,160 --> 00:12:25,560

departments and then i was like oh so you know how long ago did you go to the american

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00:12:25,560 --> 00:12:29,840

model knowing that our history goes back some people think it's the 70s is actually the

147

00:12:29,840 --> 00:12:34,840

60s and the freedom house is the the origin story of of paramedics specifically here in

148

00:12:34,840 --> 00:12:42,640

the u.s but um it was way before that so talk to me about the history of ems and fire combination

149

00:12:42,640 --> 00:12:49,800

through a dublin lens yes so um basically what they found was the best the best way

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00:12:49,800 --> 00:12:54,640

to survive if you're going to have a heart attack or whatever like i said if you're if

151

00:12:54,640 --> 00:13:01,160

you have the backup of a fire crew that's ems trained i mean the your rate of survival

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00:13:01,160 --> 00:13:05,560

is just it's just like i don't know percentage wise i'm sorry i can't give you any figures

153

00:13:05,560 --> 00:13:10,960

but like the fact that every every fireman in dublin every firefighter in dublin i should

154

00:13:10,960 --> 00:13:16,160

say is a qualified paramedic you know so they can jump up they can jump in the back of the

155

00:13:16,160 --> 00:13:20,880

ambulance they can be doing cpr you know they can be administering drugs so it's just a

156

00:13:20,880 --> 00:13:26,280

great resource to have and also then if the ambulances are busy and someone's having a

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00:13:26,280 --> 00:13:31,880

stroke or even a heart attack like all our we carry defibs and everything on the trucks

158

00:13:31,880 --> 00:13:37,640

i'm sure most most brigades do but we're very qualified and well used to using the gear

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00:13:37,640 --> 00:13:42,040

and we pretty much have them almost wrapped up ready to go as soon as they get there the

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00:13:42,040 --> 00:13:47,560

ambulance gets there so um yeah i'm not sure the exact date when they when they combined

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00:13:47,560 --> 00:13:52,560

it to what's been going on a long long time i think pete was saying it was the turn of

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00:13:52,560 --> 00:13:56,760

the century like late 1800s and obviously again you know paramedics and didn't look

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00:13:56,760 --> 00:14:01,800

like it does now but we were certainly in america because i'm more familiar with their

164

00:14:01,800 --> 00:14:08,120

their history ironically um you know our pre-hospital medicine was basically a hearse you were either

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00:14:08,120 --> 00:14:11,840

alive or you were dead and then they started trying to keep them alive in the back of the

166

00:14:11,840 --> 00:14:16,680

hearse and then obviously that evolved to ambulances and what we know now but he was

167

00:14:16,680 --> 00:14:22,480

saying that you know the first versions of medical care combined with fire went back

168

00:14:22,480 --> 00:14:29,560

to i think he said like 1892 or something it was it was way before we had you know i

169

00:14:29,560 --> 00:14:35,640

remember seeing records of like the 1916 rise in which we have famous events in irish history

170

00:14:35,640 --> 00:14:41,080

and and you can see the ambulance records you know and you know these old school records

171

00:14:41,080 --> 00:14:47,640

big books and beautiful handwriting and it's like um a volunteer was brought to st james's

172

00:14:47,640 --> 00:14:55,040

hospital uh suffering from um yeah wounds to the leg suffering from a gunshot in all

173

00:14:55,040 --> 00:14:59,960

these amazing records and so that's like back in the early 1900s like so yeah i'm sure it's

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00:14:59,960 --> 00:15:07,840

um it's definitely there longer than i've been around just just about well speaking

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00:15:07,840 --> 00:15:12,560

of that then so you mentioned that your dad you know spent his career working in guinness

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00:15:12,560 --> 00:15:16,360

tell me where you were born and tell me a little bit about your family dynamic so what

177

00:15:16,360 --> 00:15:22,360

the rest of your family did and how many siblings yeah so um dad and mom both come from dublin

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00:15:22,360 --> 00:15:29,080

city um dad's born in a place called brunswick street which is basically beside the luffey

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00:15:29,080 --> 00:15:33,960

on the north side of the luffey and mom is from the same area kind of manor street and

180

00:15:33,960 --> 00:15:39,120

then they would have moved out to clunt arf which is not that far from the city centre

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00:15:39,120 --> 00:15:45,120

um every side to see great place lovely lovely place to grow up um like there's a nature

182

00:15:45,120 --> 00:15:51,400

reserve bull island is a is a is a nature reserve a lovely beach on our doorstep and

183

00:15:51,400 --> 00:15:56,840

saint ans park great place to grow but it's a walking distance from town really like you

184

00:15:56,840 --> 00:16:01,480

i've often did it if you couldn't get a taxi or no money for a taxi you could walk home

185

00:16:01,480 --> 00:16:08,320

in you know maybe 45 minutes and um i have one older brother my older brother pat he's

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00:16:08,320 --> 00:16:17,760

a songwriter and then there's myself my brother john is a teacher kevin is web design and

187

00:16:17,760 --> 00:16:25,320

then the youngest is my sister helen and she's a graphic designer so uh yeah five kids um

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00:16:25,320 --> 00:16:31,640

i was at the end dad's uh he played hurling um he said he worked in guinnesses he played

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00:16:31,640 --> 00:16:37,600

hurling passionate hurler who would have hurled with dublin and omro who were a club from

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00:16:37,600 --> 00:16:46,120

town and um my mother's father was the manager of the team so she'd be brought to the games

191

00:16:46,120 --> 00:16:51,080

and end up falling in love with dad or vice versa whatever happened and that's how they

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00:16:51,080 --> 00:16:58,520

met was through the game and the sport of hurling and um my family it's called the gaelic

193

00:16:58,520 --> 00:17:04,360

athletic games with gaelic football and hurling and handball as well actually so um they would

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00:17:04,360 --> 00:17:09,240

um they would have met through the ga and we were always raised as we regarded as a

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00:17:09,240 --> 00:17:15,240

ga family i suppose we all played irish games irish sports and uh it's it's stood to us

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00:17:15,240 --> 00:17:20,040

you know i mean we've we have a gaelic football team in the double fire brigade and we actually

197

00:17:20,040 --> 00:17:25,960

have a hurling team this year in the double fire again and we've trips away and it's great

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00:17:25,960 --> 00:17:33,320

actually we've played against the new york fire brigade there um last year and yeah that's

199

00:17:33,320 --> 00:17:41,600

that's pretty much it a big little family i suppose you call it when i was in school

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00:17:41,600 --> 00:17:46,920

you know obviously football was really big but i found myself playing hockey field hockey

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00:17:46,920 --> 00:17:50,280

and when i think about it it's not too dissimilar from hurling obviously you can't pick the

202

00:17:50,280 --> 00:17:55,840

ball up and and you know hit it in the air so much but i don't think people realize just

203

00:17:55,840 --> 00:18:03,320

how painful it is playing a sport with a stick and a ball that's not not soft you know so

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00:18:03,320 --> 00:18:08,000

it it was pretty uh pretty interesting because it was you know kind of ridiculed as a quote

205

00:18:08,000 --> 00:18:12,160

unquote women's sport but actually i mean you know that kind of version of hockey and

206

00:18:12,160 --> 00:18:18,000

i'm sure you know stepping up even more hurling um that's a pretty courageous sport to play

207

00:18:18,000 --> 00:18:22,160

because it's not like you're wearing a bunch of pads and the ball certainly you know isn't

208

00:18:22,160 --> 00:18:26,000

isn't made so often neither is the stick that you're holding so i've always got a lot of

209

00:18:26,000 --> 00:18:31,880

admiration for for sports like that yeah it's it's a tough game for sure um hurling is the

210

00:18:31,880 --> 00:18:35,800

fastest field game in the world i think ice hockey is the fastest game in the world played

211

00:18:35,800 --> 00:18:41,640

on ice but as regards played on in the field on grass hurling is the fastest game and only

212

00:18:41,640 --> 00:18:48,080

until recently where helmets made compulsory and like i'd often i'm fairness i would have

213

00:18:48,080 --> 00:18:52,680

worn a helmet but i didn't always wear a face guard and a few marks and scars to prove it

214

00:18:52,680 --> 00:18:56,560

when my dad played there was no helmets and he's he's got a lot of scars and that was

215

00:18:56,560 --> 00:19:01,840

back in the days when you were you were stitched up you were seldom given an anesthetic and

216

00:19:01,840 --> 00:19:08,720

yeah i've had a lot of a lot of injuries um one of my hands i had a serious operation

217

00:19:08,720 --> 00:19:16,040

on that and yeah i've probably had about four operations let alone like kind of fractures

218

00:19:16,040 --> 00:19:23,040

and broken ribs that type of thing from playing hurling but um it's a great game it's just

219

00:19:23,040 --> 00:19:28,160

it's something you'd be very passionate about and um i miss it now that i'm not playing

220

00:19:28,160 --> 00:19:34,040

anymore but um i got i got a fair workout i played into my quite in my into into my

221

00:19:34,040 --> 00:19:42,320

40s from 48 now and probably played my last game about four or five years ago and uh i

222

00:19:42,320 --> 00:19:47,400

just just couldn't catch the guys anymore so i time to pack it in maybe you know that's

223

00:19:47,400 --> 00:19:52,320

the thing you can still be extremely athletic i mean i'm going to turn 50 in about two weeks

224

00:19:52,320 --> 00:19:58,160

time but you can also deny the fact that even when you're probably doing well compared a

225

00:19:58,160 --> 00:20:03,480

lot of people your age you're not 20 anymore and you start to see that gap kind of widening

226

00:20:03,480 --> 00:20:10,800

and widening and it sucks yeah yeah i remember when i when i started playing um you'd come

227

00:20:10,800 --> 00:20:15,280

up against the odd elf or the like and they'd be kind of turned a bit nasty you know they'd

228

00:20:15,280 --> 00:20:19,320

be they'd be slower and you'd get a leg tackle or you might get a you know a crack across

229

00:20:19,320 --> 00:20:25,880

the ankle or the hand or whatever and i remember saying to turn into one guy one of our younger

230

00:20:25,880 --> 00:20:32,240

fellas and i said to him i said listen pal you you need to pack it in you know and he

231

00:20:32,240 --> 00:20:37,640

kind of he was expecting a rail you know he'd hit he'd hit one of my guys i just wanted

232

00:20:37,640 --> 00:20:42,080

you need to pack it in man you're you're going too slow you know you're you're getting nasty

233

00:20:42,080 --> 00:20:47,360

and he looked at me and he kind of did realization like and i never saw him since so he kind

234

00:20:47,360 --> 00:20:52,840

of he probably burst into tears then i was playing a match one time and a guy went by

235

00:20:52,840 --> 00:20:59,360

me kind of not made a fool of me but i i just i just wanted to kill him you know kind of

236

00:20:59,360 --> 00:21:04,120

a bit of a nasty streak in me and i was just like right it's time to pack it in pal if

237

00:21:04,120 --> 00:21:09,720

you're if you start you know if that's going to be the way you're going to play you know

238

00:21:09,720 --> 00:21:14,560

lose your sportsmanship it's time to time to call it a day you know so that's what i

239

00:21:14,560 --> 00:21:19,520

did you know yeah that is it's humbling and it's your ego speaking you know i should still

240

00:21:19,520 --> 00:21:23,520

be beating that person i've been playing it longer than that person but that's just not

241

00:21:23,520 --> 00:21:29,400

the way life is the body does not hugely but you just just and you know slower and slower

242

00:21:29,400 --> 00:21:33,600

and not as strong and not as explosive as you were and and it shows and younger people

243

00:21:33,600 --> 00:21:38,140

that have not been doing something as long will start beating you and it's a it's a humbling

244

00:21:38,140 --> 00:21:44,160

moment in middle age yeah true and i'm the last to listen to that advice so you know

245

00:21:44,160 --> 00:21:47,680

people saying oh yeah you're not getting any younger because i think that can be used as

246

00:21:47,680 --> 00:21:52,280

a cop out for lads you know not going to the gym anymore it takes too long to recover or

247

00:21:52,280 --> 00:21:57,000

not going for runs and spotting the joints because you know some great athletes out there

248

00:21:57,000 --> 00:22:03,920

like i'm just trying to keep going as best i can and well i like trying i'd probably

249

00:22:03,920 --> 00:22:10,640

the same as yourself i kind of train for um for mental health like um as well it's just

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00:22:10,640 --> 00:22:18,200

great i feel sluggish if i'm not training you know so um yeah that's pretty much it

251

00:22:18,200 --> 00:22:22,680

yeah i think that perspective understanding that you're slower though if you process it

252

00:22:22,680 --> 00:22:27,160

the right way keeps you training yeah people get discouraged and if their ego gets them

253

00:22:27,160 --> 00:22:30,880

i go fuck it i'm not going to play anymore this is stupid you know they keep you know

254

00:22:30,880 --> 00:22:35,480

beating me rather than all right well you know i'm not catching that 22 year old anymore

255

00:22:35,480 --> 00:22:39,540

but let me refocus and we'll get to to some of the things that you're training for now

256

00:22:39,540 --> 00:22:48,160

in a minute when you talk about mental health um as we sit here now uh in 2024 we are starting

257

00:22:48,160 --> 00:22:53,960

to really understand that it's not just what you and i saw in uniform but what happened

258

00:22:53,960 --> 00:22:57,880

before we ever put the uniform on there's a big part of our overall mental health story

259

00:22:57,880 --> 00:23:04,040

and journey when you look back at your early life were there any elements that contributed

260

00:23:04,040 --> 00:23:13,320

to any struggles later in life yeah no i was looking like childhood was a great childhood

261

00:23:13,320 --> 00:23:20,800

um i always played with as a team with a big brother looking out for me i had a few things

262

00:23:20,800 --> 00:23:28,400

i i would have got i would have got beaten up once or twice as like you know like the

263

00:23:28,400 --> 00:23:32,560

local bully type stuff you know that way like it was would have been bigger and older than

264

00:23:32,560 --> 00:23:39,520

than me or my older brother like and uh and it's amazing i i one guy in particular like

265

00:23:39,520 --> 00:23:45,120

um i was probably about 12 at the time and i remember i remember just tears in my eyes

266

00:23:45,120 --> 00:23:49,640

and my my pals were there and there's nothing they could do and i remember saying to them

267

00:23:49,640 --> 00:23:56,880

like you know someday i'm gonna be a big guy i'm gonna get him you know and and i kept

268

00:23:56,880 --> 00:24:00,640

an image of this guy like a little thing i kept an image of this guy when i'd be training

269

00:24:00,640 --> 00:24:05,120

when i wanted to quit you know even say you know whatever it was precipice just keep going

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00:24:05,120 --> 00:24:10,760

to anything and training learned how to box thinking of his head on the bag you know and

271

00:24:10,760 --> 00:24:17,360

then it got to the stage where it was insane well you heard he 20s you know i i met him

272

00:24:17,360 --> 00:24:21,680

you know and i i just kind of didn't have to hit him you know i just scared had a few

273

00:24:21,680 --> 00:24:25,680

words of him you know scared a lot he was just all apologies you know he'd no idea but

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00:24:25,680 --> 00:24:31,320

but it's kind of like i don't know was it uh maybe it was a blessing in disguise because

275

00:24:31,320 --> 00:24:36,200

it gave me focus it gave me something to maybe it's not a great thing to aspire to be able

276

00:24:36,200 --> 00:24:40,280

to kick the shit out of someone but you know it was a lot to be said for it was kind of

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00:24:40,280 --> 00:24:45,640

many movies have they made a mess stuff like that you know you know seeking revenge and

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00:24:45,640 --> 00:24:50,360

the montage of the guy training comes along but i spent like at least 10 years training

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00:24:50,360 --> 00:24:56,200

training so never to feel like that again never have you know to feel vulnerable that

280

00:24:56,200 --> 00:25:05,400

someone could just overpower me you know so um but as regards um yeah no you know usual

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00:25:05,400 --> 00:25:11,960

things you know grandparents dying pets dying that type of thing but nothing i didn't i

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00:25:11,960 --> 00:25:18,600

didn't bounce back from to be quite honest i'm lucky in that regard i i'm my dad is a

283

00:25:18,600 --> 00:25:27,400

very very stoic man you know he he's been i'm my mother too and they've had a few tragedies

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00:25:27,400 --> 00:25:31,400

in their life and they just they wouldn't even tell you about it you know it would be

285

00:25:32,440 --> 00:25:35,800

someone else or another relative would tell you about such and such what happened and

286

00:25:35,800 --> 00:25:40,840

you would have had no idea because dad and mom wouldn't not that they're hiding it away

287

00:25:41,640 --> 00:25:47,560

and like suppressing it as such but more that them you know life goes on you know that's just

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00:25:47,560 --> 00:25:51,720

the way it was a kind of a tougher generation in a lot of ways and i guess a lot of that

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00:25:51,720 --> 00:25:55,960

would have rubbed it off on me and my brothers and my sister i'd like to think it has anyway

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00:25:57,160 --> 00:26:01,480

it sounds like they and i don't know if i'm right or wrong in this but it sounds like maybe they

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00:26:01,480 --> 00:26:07,800

processed it properly because i think this is a kind of misunderstood element of trauma is if it's

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00:26:07,800 --> 00:26:14,120

left unaddressed then it simmers there there's a there's a mexican proverb that i quoted in my book

293

00:26:14,120 --> 00:26:21,000

they think uh excuse me they tried to bury us they didn't know that we were seeds and i love that if

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00:26:21,000 --> 00:26:27,720

you push it down it's going to grow however i also from a hope perspective i truly believe that if

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00:26:27,720 --> 00:26:33,960

you process trauma that becomes strength that becomes resilience and so that is how you kind

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00:26:33,960 --> 00:26:39,560

of stop the dominoes from falling on that kind of multi-generational trauma so it sounds like maybe

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00:26:39,560 --> 00:26:44,040

you know because if it had been buried down and buried down that you'd probably be identifying

298

00:26:44,040 --> 00:26:48,920

things where it was affecting them but if they had kind of you know the buck stops here i'm not

299

00:26:48,920 --> 00:26:54,440

going to let that carry on into me raising my kids then i think that's a really powerful

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00:26:54,440 --> 00:26:57,960

perspective because that's what we need we need to deal with our own shit so we don't pass it

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00:26:57,960 --> 00:27:05,080

onto our children yeah 100 and i remember i actually remember my m with the time when

302

00:27:05,080 --> 00:27:10,840

people really didn't show their emotion you didn't see you didn't see i didn't see men crying when

303

00:27:10,840 --> 00:27:17,800

i grew up you know i don't remember seeing my dad crying maybe maybe at a funeral if even you know

304

00:27:19,000 --> 00:27:26,280

but i remember my my granddad died who was it was jared who i was named after and his son my uncle

305

00:27:26,280 --> 00:27:33,240

jair i'd say i was about 10 or 11 i was young enough but i distinctly remembered myself my

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00:27:33,240 --> 00:27:37,960

granddad were very very close like we used to go to his house after school every day and you know

307

00:27:37,960 --> 00:27:43,080

play in the garden and he loved us and he i know he'd grow for me a love for me because i was you

308

00:27:43,080 --> 00:27:53,000

know i was named after so my uncle jerry was a big strong man very very strong man sadly he he passed

309

00:27:53,800 --> 00:27:59,960

but um i remember bringing me out to the garage and he's like jerry just come out here to me

310

00:27:59,960 --> 00:28:08,920

and this is the day of the funeral after a funeral and he said okay i noticed you you haven't cried

311

00:28:08,920 --> 00:28:15,000

you haven't cried yet you don't seem too upset you know it's and and i was i was probably in

312

00:28:15,000 --> 00:28:19,160

shock i was just a kid you know i didn't process the whole thing properly but i hadn't i hadn't

313

00:28:19,160 --> 00:28:25,320

cried and he said to me it's okay to cry and i said yeah no i know i know he goes it isn't men

314

00:28:25,320 --> 00:28:32,600

cry too you know i was like okay okay yeah yeah grant and he gave me a hug and he says sorry and

315

00:28:32,600 --> 00:28:39,160

and i realized and i was only a kid but i really remember this he wanted me to cry so he could have

316

00:28:39,160 --> 00:28:45,880

a cry and i remember forcing myself because i didn't particularly want and he had his few tears

317

00:28:45,880 --> 00:28:51,640

he wiped wiped him away and then he said now we won't say i won't we won't this is the RC could

318

00:28:51,640 --> 00:28:57,560

this we keep this for ourselves and then he draws a big chest a big strong guy goes back into the

319

00:28:58,280 --> 00:29:02,520

into the afters into the wake you know and no one knew when he could go in going there

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00:29:02,520 --> 00:29:08,360

was looking after little jerry you know i let him have i never said it to him and you know you're

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00:29:08,360 --> 00:29:13,800

great guy your character i miss him very very much actually but um yeah it was just a different

322

00:29:13,800 --> 00:29:21,560

generation and there's a lot to be said for it i mean um maybe some people get too upset too

323

00:29:21,560 --> 00:29:26,280

easy nowadays you know life life life is tough you know you're gonna have you know the young

324

00:29:26,280 --> 00:29:29,480

guy you're gonna have girls break your heart you know there's just different things you're

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00:29:29,480 --> 00:29:35,640

gonna face and you need to have a little bit of i think a bit of resilience you know and you think

326

00:29:36,920 --> 00:29:44,920

yeah that's just my opinion on it really so i think the where i see a kind of disconnect

327

00:29:44,920 --> 00:29:51,960

is gratitude you know when because crying is a an incredible human emotion we literally do it the

328

00:29:51,960 --> 00:29:56,200

moment we're born you know what i mean so it's there's nothing bad about it at all however

329

00:29:56,760 --> 00:30:03,000

self-pity is a different conversation and i think the less you feel grateful for the more you feel

330

00:30:03,000 --> 00:30:08,120

like a victim and i just shared a few things on social media recently one of them was just now

331

00:30:08,120 --> 00:30:15,480

mark colman ufc legend um rescued his two parents from a fire in his home and then went back in to

332

00:30:15,480 --> 00:30:19,720

try and rescue his dog which is called hammer which is his fighting name and he wasn't able

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00:30:19,720 --> 00:30:26,360

to get it ends up being intubated um because i'm sure he inhaled superheated gases um and they just

334

00:30:26,360 --> 00:30:32,520

just shared a video like two hours ago of him extubated and he's hugging his family and just

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00:30:32,520 --> 00:30:41,320

is so grateful for his life for having saved his parents but then is also in tears about losing his

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00:30:41,320 --> 00:30:48,520

dog like those are raw real emotions you know but i think what happens is if you if you also don't

337

00:30:48,520 --> 00:30:53,800

wake up and realize just how lucky you are to be born in ireland in england in in america you know

338

00:30:53,800 --> 00:30:58,120

and there's no war outside your front door you know and you've got food in the fridge and there's

339

00:30:58,120 --> 00:31:04,040

clothes to put on then that feeds into that victim mentality which is i think you know what is

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00:31:04,040 --> 00:31:12,600

diluting the very healing positive mental health and cry a men crying conversation because we're

341

00:31:12,600 --> 00:31:17,400

surrounded by people that you know some people that burst into tears over everything these days

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00:31:17,400 --> 00:31:22,440

because you know there is that entitlement and that lack of gratitude so i think you know the

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00:31:22,440 --> 00:31:27,800

pendulum hopefully will swing back to the middle where we have some grit and some resilience but

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00:31:27,800 --> 00:31:36,520

we're not afraid to cry when we need to cry yeah yeah um you're saying we cry when we're born i

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00:31:36,520 --> 00:31:41,960

actually when i was born i seemed like i had a pint of guinness and i got i got a taxi home myself

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00:31:41,960 --> 00:31:50,200

you know yeah no but um no you're right i think you like i'm lucky that i i've i've traveled

347

00:31:50,200 --> 00:31:57,400

a lot i do a bit of volunteer work actually in connection with the fire brigade over in africa

348

00:31:57,400 --> 00:32:02,040

and a bit of building work over there and it humbles you you know you're seeing kids with

349

00:32:03,480 --> 00:32:07,960

great kids and they're like someone will have sores on their face and you know that that poor kid

350

00:32:07,960 --> 00:32:13,640

has hiv and when you come back next year that kid's not going to be there you know so i've never

351

00:32:13,640 --> 00:32:18,360

taken for granted how lucky we were i was growing up you know we weren't we weren't we weren't

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00:32:18,360 --> 00:32:24,600

spoils by any means but we were we were spoils when it came to then you know when it came to

353

00:32:24,600 --> 00:32:31,080

love in the house you know we were we were we were um yeah it was a very very lucky like but i and i

354

00:32:31,080 --> 00:32:37,000

appreciate that you know and uh yeah don't get me wrong i've shed a few tears here and there like

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00:32:37,000 --> 00:32:43,000

but um it's it's amazing the way different things it's nearly as i get older now i maybe

356

00:32:43,000 --> 00:32:49,400

beyond becoming a bit more sensitive in the old age but um different things hit me you know different

357

00:32:51,800 --> 00:32:58,120

things that are unfair kind of hit me more or you know and someone someone you lose and there's one

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00:32:58,120 --> 00:33:03,960

of the guys in work there he had a bit of a turn he's okay now and i remember just thinking how

359

00:33:03,960 --> 00:33:09,800

fair it was there's a great guy fit guy looks after himself and he's almost afraid you're going

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00:33:09,800 --> 00:33:14,840

to lose him you know and luckily he didn't but uh it's just heartbroken i was just like man am i

361

00:33:14,840 --> 00:33:19,880

having a breakdown here or something like i found myself on the couch with the dog um after a night

362

00:33:19,880 --> 00:33:27,000

shift just kind of tears in my eyes thinking about man i can't you know um there's a great poem and

363

00:33:27,000 --> 00:33:31,720

no one's sure who wrote it they some blame say it was a scottish writer there's of course the irish

364

00:33:31,720 --> 00:33:38,600

we claim it's irish so um but it's called uh tell them now it's my dad's favorite poem and it has

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00:33:38,600 --> 00:33:43,720

had such an impact on my life and i can't even remember it recited but there's a few lines it's

366

00:33:43,720 --> 00:33:49,880

basically it finishes a man can't read his grave stone when he's dead so the gist of it is if you

367

00:33:49,880 --> 00:33:54,440

think someone's great there's these things i want to do a great job or a great person tell them

368

00:33:54,440 --> 00:33:58,360

this is no point when they're you know standing over at the grave when they're gone saying that

369

00:33:58,360 --> 00:34:04,040

he was such a great fellow or you know they were you know so it's something i've tried to do more

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00:34:04,040 --> 00:34:11,080

and more often if someone has been sound or you know just just let them know because unfortunately

371

00:34:11,080 --> 00:34:17,400

you leave it too late and they'll never know and then it's a nice thing to do you never know who

372

00:34:17,400 --> 00:34:23,080

who can use a leg up or a boost from time to time and sometimes i've done it once or twice and

373

00:34:23,800 --> 00:34:27,960

a couple of months later i've got a phone call saying you jerry you didn't realize what that

374

00:34:27,960 --> 00:34:32,760

meant to me at the time you know i was actually in a bad spot and out of the blue you just rang me

375

00:34:32,760 --> 00:34:38,440

saying listen man i think you're smashing fella and uh it's it's a great thing to it's not an

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00:34:38,440 --> 00:34:44,920

easy thing to do i think it takes uh it takes guts to tell someone you know because they're like are

377

00:34:44,920 --> 00:34:49,320

you okay you know is everyone okay i'm saying no listen i'm 100 i just want to let you know

378

00:34:49,320 --> 00:34:55,160

you're a legend and they're like okay and eventually they get it you know and uh so i've

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00:34:55,160 --> 00:35:03,320

tried that's something um i try and do from time to time you know so uh there's a quote from it's

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00:35:03,320 --> 00:35:08,120

attributed to ann frank is sometimes you kind of think that someone said it for years and then all

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00:35:08,120 --> 00:35:12,040

of a sudden the internet says uh they never said that actually but regardless this is what it's

382

00:35:12,040 --> 00:35:19,320

supposed to have been said by her um the the dead get more flowers than the living because grief is

383

00:35:19,320 --> 00:35:24,600

more powerful than gratitude yeah i like that yeah yeah i think i've actually heard that before

384

00:35:24,600 --> 00:35:30,200

it's brilliant yeah it's a brilliant but that's exactly what i'm talking about you know it's um

385

00:35:31,160 --> 00:35:37,400

just let them know you know it's kind of if you put your heart in your sleeve type stuff but uh

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00:35:38,440 --> 00:35:47,640

you know even um i've rung up the odd uh manager that used to uh look after me as a kid you know

387

00:35:47,640 --> 00:35:51,240

because all these guys are giving up their their saturdays their sundays their midweek to train us

388

00:35:51,240 --> 00:35:56,040

for nothing you know there's no money in it for them it's an amateur sport and just to say listen

389

00:35:56,040 --> 00:36:01,720

just thanks thanks for that and then a guy gave me a gave me a crack at the dublin hurling team and

390

00:36:01,720 --> 00:36:07,400

then i rang him up years later and you know and just said listen like just thanks for the opportunity

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00:36:07,400 --> 00:36:12,680

like you know the fair play to you like oh it's not a bother you know you deserved it whatever

392

00:36:12,680 --> 00:36:19,000

i said yeah but even so you're the only one that you know so um just little things like that and

393

00:36:19,000 --> 00:36:26,600

um i had a pal there who passed away a guy in my ga club an older man he's ex-army tough as nails

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00:36:26,600 --> 00:36:36,520

lovely guy and he wasn't well and i rang him up and um i don't want to keep it to you but i just

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00:36:36,520 --> 00:36:42,520

told him what i thought of him you know the regard i held him and i was just delighted i got to say

396

00:36:42,520 --> 00:36:49,560

those things to him you know before he passed on a few months later but yeah it's about been grateful

397

00:36:49,560 --> 00:36:55,400

isn't it really that's what it comes down to absolutely well speaking of poetry obviously

398

00:36:55,400 --> 00:37:00,920

we'll get into you know your writing currently but when you were in school were you already

399

00:37:00,920 --> 00:37:07,240

kind of diving into poetry or writing no coming here diving in i was trying to dive out of school

400

00:37:07,240 --> 00:37:15,000

to be quite honest with you you and me both yeah i wasn't an ace you i was smart you know the usual

401

00:37:15,000 --> 00:37:20,600

brains to burn but doesn't apply himself type thing and my brother pat was very academic yeah

402

00:37:21,320 --> 00:37:29,560

and he went before me you know so that was kind of always in his shadow but um i love maths i loved

403

00:37:29,560 --> 00:37:35,000

art and that but i actually had dyslexia which wasn't discovered until i was probably about um

404

00:37:35,000 --> 00:37:42,040

um i'm not sure maybe late primary school but even then there was no dispensation for it he

405

00:37:42,040 --> 00:37:47,000

didn't get extra time in exams or anything like that but what i did get it got some lessons

406

00:37:47,880 --> 00:37:53,160

people who understood it like some english teachers and that really brought me on but i

407

00:37:53,160 --> 00:38:00,440

look back at some of my old things i used to write and like just putting letters backwards and stuff

408

00:38:00,440 --> 00:38:05,320

like that which isn't i don't suffer from that anymore thank god i don't think you can kind of

409

00:38:05,320 --> 00:38:11,480

um kind of get over dyslexia such as something you're always going to have but you can you can

410

00:38:11,480 --> 00:38:19,080

learn to deal with it it doesn't really affect me now day to day and and then it's seen now as

411

00:38:19,080 --> 00:38:24,040

actually because i'd written a poem about it and dyslexia ireland were like all over it but then

412

00:38:24,040 --> 00:38:28,840

in my description of the poem i described it as a demon and they were like no no no you can't say

413

00:38:28,840 --> 00:38:32,920

that demon doesn't seem to me that's a bad word now you know and i'm like well i'm not changing

414

00:38:32,920 --> 00:38:38,680

it because to me it was a demon that held me back even everything from i don't know even

415

00:38:39,560 --> 00:38:43,720

even i don't sound silly but like even in relationships with girls and that like because

416

00:38:44,440 --> 00:38:49,080

sooner or later you're reading menus or she wants you to read her horoscope or that and you'd be

417

00:38:49,080 --> 00:38:57,800

fucking nervous as hell like so um but yeah like i mean i did uh you know i obviously got into the

418

00:38:57,800 --> 00:39:04,840

fire be able to go to college um but i just had to work work harder at it i still i never really

419

00:39:04,840 --> 00:39:11,720

enjoyed reading but there's so many gifted people like einstein even my favorite poet uh yates is

420

00:39:11,720 --> 00:39:19,800

dyslexic um so there's a there's a string in them you know richard branson mamadali there's

421

00:39:19,800 --> 00:39:25,400

seen it you just have a different way of looking at things and actually since doing the poetry

422

00:39:25,400 --> 00:39:31,400

i'm only doing the poetry the last couple of years and the amount of people i've spoken that

423

00:39:31,400 --> 00:39:36,280

are poets and said yeah yeah i'm dyslexic as well like you know a different way of looking

424

00:39:36,280 --> 00:39:40,920

at it and it's nothing to do with your writing your vocabulary it's it's your turn of phrase

425

00:39:40,920 --> 00:39:46,840

is the way you look at things so in a way i've been a great advantage in that regard when it comes to

426

00:39:46,840 --> 00:39:54,040

poetry brilliant well i know that you went into the building industry before you entered the fire

427

00:39:54,040 --> 00:40:00,760

service so you're in school walk me through your journey into to that side yeah i would have always

428

00:40:00,760 --> 00:40:09,560

um i would have always been um doing kind of building work especially carpentry and

429

00:40:09,560 --> 00:40:14,680

tiling that type of thing and then worked in sports but there's no there's no money in sports

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00:40:14,680 --> 00:40:19,480

there's no you know yourself growing up there's very few gyms if they were gyms they were like

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00:40:19,480 --> 00:40:24,840

spit on the floor gyms that were just full of the bouncers you know it's just big steroid guys you

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00:40:24,840 --> 00:40:35,480

wouldn't have athletes per se in them enough that off sorry um but yeah i got into the building

433

00:40:35,480 --> 00:40:41,400

trade and then i i am i was working away doing that and lifting blocks doing carpentry doing

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00:40:41,400 --> 00:40:45,720

everything really i worked for a small kind of builder and we basically did everything we took

435

00:40:45,720 --> 00:40:51,720

the foundations and we put the we put the chimney cows on from start to finish we did the decorating

436

00:40:51,720 --> 00:40:57,640

the tiling did the whole lot building houses and then i would have spent time in the states and i

437

00:40:57,640 --> 00:41:03,880

like that i was i was doing framing i was doing doing real thing and concreting and that was

438

00:41:03,880 --> 00:41:10,200

tough work and i've done a lot of tough jobs but and concreting in california in the east

439

00:41:10,200 --> 00:41:16,760

you know just using the jackhammer and you're just you're there with like just watching like

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00:41:16,760 --> 00:41:22,280

your sweat drip off you're like just trying to get water into you and then i did roofing in boston

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00:41:22,280 --> 00:41:30,840

and geez that was tough going i remember um i was only i was about 19 um aid have started on
a

442

00:41:30,840 --> 00:41:37,000

thursday and i was the only one that went back on the friday you know it was that was that's
how

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00:41:37,000 --> 00:41:42,120

tough it was it was actually what got you to america how did you get over there to work

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00:41:42,120 --> 00:41:47,880

i was i was brought over at playing gaelic football actually i'm playing hurling so you'd

445

00:41:47,880 --> 00:41:52,680

be brought over for the summer and it was great because you'd get um your flights and
accommodation

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00:41:52,680 --> 00:41:57,800

paid for and all you got to do is you know play ball and then they get you work as well

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00:41:58,920 --> 00:42:04,360

so it's been three summers in boston and then when i was in boston i'd be flown down to new york

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00:42:04,360 --> 00:42:10,040

and probably every second sunday to play a match down there in gaelic park or van corp and park

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00:42:10,040 --> 00:42:19,160

you just be flown down for the day play a game get a couple of quid come back and then i went to

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00:42:19,160 --> 00:42:26,200

um san francisco uh to play over there play hurling over there and football and then i just fell in

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00:42:26,200 --> 00:42:34,520

love with the place there and i ended up staying there for a while and uh then i ended up going

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00:42:34,520 --> 00:42:40,760

coming home i came home because i got the fire brigade to be quite honest and i'd done the exam

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00:42:43,000 --> 00:42:47,160

and then next thing i got called for an interview so there was no i'd no phone over there at the

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00:42:47,160 --> 00:42:52,840

time so my mom knew i'd probably be in the the irish bar where i used to work used to do the

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00:42:52,840 --> 00:42:58,360

door in the irish bar so a place called steven's green and they then they rang the bar sunday

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00:42:58,360 --> 00:43:02,280

morning i was there having my breakfast and i have to get home you're after getting an interview for

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00:43:02,280 --> 00:43:06,920

the fire brigade and i was like oh god you know because i was because over there i was kind of

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00:43:06,920 --> 00:43:13,640

set up as best i could be you know and the car and the girlfriend and this and that and but i came

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00:43:13,640 --> 00:43:19,480

home and i arrived back in america or back in ireland rather from california the day before my

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00:43:19,480 --> 00:43:25,160

interview i kind of had my hair bleached long kind of bleached white kind of blonde

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00:43:26,360 --> 00:43:31,880

shaved my hair off and number one all over borrowed a suit off my brother and just went in

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00:43:31,880 --> 00:43:39,560

for the interview like totally kind of unprepared you must have the best tan of any uh candidate

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00:43:39,560 --> 00:43:49,560

that walks through that door yeah i had a great tan and he's going okay i had a guy interview me kind of a

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00:43:50,280 --> 00:43:56,040

well-known character in the double firebate though i've never met him since a guy called wadji

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00:43:57,480 --> 00:44:03,240

that was his nickname anyway but he had a big strong guy and he had an old kind of indian ink

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00:44:03,240 --> 00:44:13,240

tattoo on his forearm and he's saying i see you played football in boston for colin kills and i was like yeah that's right yeah yeah did you um were you there yourself and he goes

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00:44:13,240 --> 00:44:18,280

then i was there in 83 with the fire brigade and i was like oh jeez great isn't it where did you where

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00:44:18,280 --> 00:44:23,240

did you go out and he's kind of looking at me going listen listen this is an interview

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00:44:23,240 --> 00:44:32,520

you're a chat and then he then he said to me he said soldier um do you think that him

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00:44:32,520 --> 00:44:37,720

being physically strong and physically fit has a major role to play in being a firefighter

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00:44:38,760 --> 00:44:43,880

and i was totally unprepared you know so i was just kind of went there well yeah i said i hope it does

472

00:44:43,880 --> 00:44:50,760

i said it's my best asset he just he just started laughing they all started laughing just shook their

473

00:44:50,760 --> 00:44:57,080

heads going all right okay but anyway whatever happened it worked you know so it was luckily i

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00:44:57,080 --> 00:45:02,280

did a lot of experience you know playing as a team working as a team that type of thing so that stood to me

475

00:45:03,320 --> 00:45:07,960

you know so and the construction background too was that valued i mean you know when i went to

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00:45:07,960 --> 00:45:13,320

california worked as a firefighter i mean the the depth that we had to understand building construction

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00:45:13,320 --> 00:45:17,560

especially on the truck companies when we're standing on those roofs and cutting was was

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00:45:17,560 --> 00:45:23,160

pretty intense and a lot of the people that were you know older than me had that construction

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00:45:23,160 --> 00:45:27,720

background they were usually the ones teaching us so how was that viewed your actual hands-on

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00:45:27,720 --> 00:45:33,640

experience when it came to you as an applicant yeah absolutely it was and then in particular when

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00:45:33,640 --> 00:45:39,400

i started um like you'd be going into a remember like going into a building before and they um it

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00:45:39,400 --> 00:45:45,480

was apartments i think it was a post fire or somewhere trying to the boss wanted the ceiling

483

00:45:45,480 --> 00:45:51,960

taken down and he was like a junior manager like oh yeah get the ceiling hook and i'm looking at

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00:45:51,960 --> 00:45:55,720

him with a ceiling hook because all you do pretty much with ceiling hook in my opinion is punch holes

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00:45:55,720 --> 00:46:01,560

in it you know it has its job but i said i might grab a shovel if that's okay and i don't know if

486

00:46:01,560 --> 00:46:05,320

you've tried taking down a ceiling with a shovel it's so much faster i was taking them down and

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00:46:05,320 --> 00:46:10,360

slab i think i was in one room and i was i came out of it like you know two minutes i'm finished

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00:46:10,360 --> 00:46:15,960

where and they were looking at me well they'd like had a little square hole like you know so but even

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00:46:15,960 --> 00:46:22,200

stuff like when it came to um even heating systems like you'd have an idea of how things work you

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00:46:22,200 --> 00:46:29,160

know and then and then i actually recently enough there i did in building services engineering

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00:46:29,160 --> 00:46:35,000

in college and and that's helped me a lot you know because it's all all solar all that type of

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00:46:35,000 --> 00:46:39,880

stuff you know so having just having i'm not an expert by any means but just having an idea of

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00:46:39,880 --> 00:46:46,360

how things function how a house a new household you know ventilation systems all that type of

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00:46:46,360 --> 00:46:50,040

thing and buildings and that but i mean it's a resource you know yourself i mean if you're

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00:46:50,040 --> 00:46:55,640

if you're if you're on the truck and you're going to a something an electrical fair and you and you

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00:46:55,640 --> 00:46:59,960

you could very well have an electrician sitting in the in the back of the truck you're going to use

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00:46:59,960 --> 00:47:08,280

that you know so um definitely yeah definitely useful and it's definitely um yeah definitely

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00:47:08,280 --> 00:47:15,640

a value i guess absolutely i was blown away in in california they use what's called rubbish hooks

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00:47:15,640 --> 00:47:22,680

so rather than a pipe pole it's this kind of fork that's probably six seven inches wide and it's

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00:47:22,680 --> 00:47:27,720

got two two prongs and so when you punch through the ceiling and obviously it's drywall here

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00:47:28,280 --> 00:47:33,000

those prongs grab the piece and almost the whole freaking slab comes down the first time

502

00:47:33,000 --> 00:47:37,000

so again you know right tool for the job depending on obviously what the construction is of that

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00:47:37,000 --> 00:47:41,960

building but um yeah and i'm sure those came from people that understood construction and they're

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00:47:41,960 --> 00:47:45,720

like well if we were going to remove this piece this is the tool we'd use we wouldn't use that

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00:47:45,720 --> 00:47:51,400

little tiny hook for you know plaster and lathe for example we'd use this massive massive hook

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00:47:51,400 --> 00:47:56,520

so yeah so i wouldn't have been the person to go to but i think that's what you know when you're

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00:47:56,520 --> 00:48:01,800

talking about diversity in the fire service i think that's that's the real valuable conversation of

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00:48:01,800 --> 00:48:06,760

course we need to have all of the people that are in communities reflected in you know in uniform

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00:48:06,760 --> 00:48:11,240

but diversity is also you know who's good with animals who can speak these languages who's got

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00:48:11,240 --> 00:48:16,760

the construction experience so that within a station hopefully you've always got a go-to man

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00:48:16,760 --> 00:48:21,880

or woman that's the expert in that field yeah absolutely i mean we've got an art crew and he

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00:48:21,880 --> 00:48:28,040

works and he worked with lifts and elevators you know and then he's just so he's just so

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00:48:28,040 --> 00:48:31,480

knowledgeable you know he just knows you know because how many times are you going to go to

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00:48:31,480 --> 00:48:37,880

someone stuck in the lift i mean it goes great to have you know and then i'm just trying to think

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00:48:37,880 --> 00:48:42,280

of someone to perfect you really all sorts of one guy used to deliver coal you know another guy's

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00:48:42,280 --> 00:48:48,040

ex-army you know he's very you know physically strong great guy you know so everyone brings

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00:48:48,040 --> 00:48:56,360

their own and i think actually some some people forget that you know the biggest resource we have

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00:48:56,360 --> 00:49:01,640

is ourselves you know like and especially if you get a say an officer on transfer who's not familiar

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00:49:01,640 --> 00:49:06,440

with the crew they don't know they don't ask sometimes who've we got anyone any experience

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00:49:06,440 --> 00:49:11,960

on this you know you could be going to it i'm trying to think so but you know you could have

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00:49:11,960 --> 00:49:16,520

someone that's an expert in that field that you're going to you know so um yeah it's definitely worth

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00:49:16,520 --> 00:49:27,080

that yeah yeah you know i've seen um i've seen people discount experts on calls you know i'm

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00:49:27,080 --> 00:49:31,400

talking about the you know you go to a facility well the people that work there are going to be

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00:49:31,400 --> 00:49:36,440

the experts in that thing and they're kind of like you know shushed i would just we got it we'll

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00:49:36,440 --> 00:49:41,320

handle it and i remember standing there like this is the person that you said that's an expert in

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00:49:41,320 --> 00:49:45,480

the lift or this warehouse that we're going to or the paper mill or whatever it is

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00:49:45,480 --> 00:49:50,920

and so you know having the humility to to ask the people at the place that you're going to

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00:49:50,920 --> 00:49:55,960

the expert might not be on your crew there might be someone that called 911 that you can use as a resource

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00:49:57,160 --> 00:50:05,000

yeah 100 you know and um yeah just just a little thing you know if you're if you're used to

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00:50:06,440 --> 00:50:12,440

being around tools or you know you're going to be more like i consider myself very comfortable

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00:50:12,440 --> 00:50:18,760

very comfortable too i use consoles every week you know because i'm working at my own house here

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00:50:18,760 --> 00:50:27,320

and um i mean even today i was up scaffolding you know and uh so i think there's horses horses

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00:50:27,320 --> 00:50:32,440

don't get me wrong anyone could be trained on something but like say if um if two guys are going

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00:50:32,440 --> 00:50:40,040

for say um an mur course you know a marine emergency response unit and one guy one guy is

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00:50:40,040 --> 00:50:43,640

an expert swimmer and the other guy can't swim you know you're gonna i'm gonna lean towards the

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00:50:43,640 --> 00:50:48,760

guy that can swim or if i'm doing a high rise and but trying to put a high rise team together

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00:50:48,760 --> 00:50:53,080

and one guy's an ex scaffolder i'm gonna you know i'm gonna lean towards that guy you know

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00:50:53,080 --> 00:50:57,000

there's um there's guys and girls there we're coming in with great experience and

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00:50:58,200 --> 00:51:04,440

maybe sometimes it's it can be overlooked but uh generally a good a good scout if you like

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00:51:04,440 --> 00:51:12,040

we'll spot the talent and use it that's important thing absolutely well walk me through what it was

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00:51:12,040 --> 00:51:17,160

like for you as a new recruit you talked about being all being paramedics and obviously having

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00:51:17,160 --> 00:51:22,040

the fireside so what does that educational journey look like for a brand new recruit in

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00:51:22,040 --> 00:51:30,040

dublin fire brigade yeah so we would have been in the training center um for six months and

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00:51:30,040 --> 00:51:35,080

in that time we would have done our paramedic training as well which i found the toughest

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00:51:35,080 --> 00:51:40,120

because there's a lot of there's a lot of um a lot of reading involved in that it was quite tough

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00:51:40,120 --> 00:51:45,880

and it's actually got tougher i mean the amount of drugs we would have to know has at least

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00:51:46,600 --> 00:51:52,600

doubled if not quadruples nearly the new recruits coming out now but i would have been sent up to

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00:51:52,600 --> 00:51:59,640

um a station called uh thingless uh things would have been a one pump station in other words we'd

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00:51:59,640 --> 00:52:04,760

one ambulance and one truck uh would have been quite a busy station as well which is a great

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00:52:04,760 --> 00:52:11,400

place to serve your apprenticeship so there was flats there these flats called the ballywool flats

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00:52:11,400 --> 00:52:15,320

and they would have been you know concrete floors concrete walls concrete ceilings and we were

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00:52:15,320 --> 00:52:19,560

getting a lot of fires and then some of them were derelict but i mean it's just literally like going

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00:52:19,560 --> 00:52:25,240

into a pizza oven but my first time going into one um i was going in one of the senior guys

554

00:52:26,520 --> 00:52:33,000

and he said to me he said he said to me grab there grab there and he put me put my my hand onto his

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00:52:33,000 --> 00:52:38,600

the back of his set and i'm kind of i wasn't shown this you know this i was supposed to you know

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00:52:38,600 --> 00:52:44,920

and he said you grab there and don't let go do not let go and stay you know stay there and then

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00:52:44,920 --> 00:52:52,280

um i'm like okay so we did and we we did we put out a fire and um couldn't see anything

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00:52:52,280 --> 00:52:57,560

blacks with smoke and then he said right he brought me in afterwards and he showed me

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00:52:57,560 --> 00:53:02,360

we're probably about seven stories up the window which wasn't there anymore was only about a foot

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00:53:02,360 --> 00:53:08,680

off the ground so i could have you know and it was a mickey mills fire as a dirty but you would have

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00:53:09,560 --> 00:53:13,240

possibly i'd like to think i wouldn't if we use what i use my search procedures but

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00:53:13,240 --> 00:53:16,360

there's a good chance it could have gone out that fecking window you know for pretty much

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00:53:16,360 --> 00:53:23,160

and nothing for it and he knew that and that's why you know just the experienced guy knowing

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00:53:23,160 --> 00:53:27,000

what to do and showing me why we do it and then of course when it came my turn to show

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00:53:27,000 --> 00:53:31,800

to show him the new guy did the exact same thing but it was a great great place that i'm very busy

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00:53:31,800 --> 00:53:38,840

and close to a lot of motorways so we got a lot of uh a lot of car crashes that type of thing

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00:53:38,840 --> 00:53:44,440

and then of course we would have come across unfortunately a lot of suicides that type of thing

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00:53:47,240 --> 00:53:53,080

and unfortunately all ages young girl at one time you know and then yeah different things

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00:53:53,080 --> 00:53:58,360

different things like that very very busy and you were watched out for and i was only in the job a

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00:53:58,360 --> 00:54:09,000

couple of weeks and so i like it when it came across a very bad incident involving a baby and

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00:54:09,000 --> 00:54:16,680

it was a bizarre scenario and something i had to deal with and i did i did my best but anyway baby

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00:54:16,680 --> 00:54:25,000

baby was dead but there was no one on my crew who had dealt with this particular thing they'd

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00:54:25,000 --> 00:54:28,200

been to cut deaths and whatever but they didn't have to do what i had to do at the time

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00:54:28,200 --> 00:54:33,000

so there was no one really to advise me but they just um they just kept an eye on me like you know

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00:54:33,000 --> 00:54:37,640

what i mean made sure i was okay so that was my first introduction like i was only in the job

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00:54:38,200 --> 00:54:45,240

like two weeks operational two weeks and i'm there man this is this is tough going but i was happy in

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00:54:45,240 --> 00:54:51,560

the fact that possibly because i was just fresh out of training that um all my cpr procedures at

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00:54:51,560 --> 00:54:57,560

the time were like spot on i was on the money so there's i gave the kid whatever chance i could

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00:54:57,560 --> 00:55:05,480

you know but um yeah so i was a really eye-opening um experience and then from there i was sent into

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00:55:05,480 --> 00:55:11,800

the control room where i spent three years in there and then you see another side of the job

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00:55:11,800 --> 00:55:20,120

i didn't particularly um didn't particularly like the control room but i got to see a different

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00:55:20,120 --> 00:55:24,840

aspect of the job i would have preferred to be out on the you still are rotated out you know to

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00:55:24,840 --> 00:55:28,600

keep your skills up and especially you have to keep your skills up on the ambulance and stuff like

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00:55:28,600 --> 00:55:34,920

that so um whenever there's an opportunity to be rotated to the to the outside if you like

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00:55:34,920 --> 00:55:41,560

i would always jump on that you know and then but that's pretty much it i was i think i'm 18 years in

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00:55:42,120 --> 00:55:49,960

just about a week ago march 6th of march so um yeah i still have a grow for the job you know

587

00:55:49,960 --> 00:55:56,200

i still enjoy going to work which is the main thing so um the control room would that be what

588

00:55:56,200 --> 00:56:03,080

we call the dispatch center here people answering yeah yeah the exact same thing yeah yeah so i've

589

00:56:03,080 --> 00:56:09,800

asked this funny enough quite a lot recently i've had dispatchers on on the show um what was the

590

00:56:09,800 --> 00:56:15,640

interesting contrast that you witnessed or experienced between the voice on the radio

591

00:56:15,640 --> 00:56:21,000

that some of us sometimes get impatient with when we're actually in the stations versus being that

592

00:56:21,000 --> 00:56:30,920

voice and taking the calls yeah i am it was it's tough going it's it's might sound strange but

593

00:56:31,480 --> 00:56:39,160

it's a very very stressful environment and i wasn't really prepared for that i mean you could have an

594

00:56:39,160 --> 00:56:44,600

elderly person ringing you and they're say an elderly lady ringing you and their husbands had

595

00:56:44,600 --> 00:56:51,080

a heart attack and a lot of the questions although it's a proven system but a lot of the questions

596

00:56:51,080 --> 00:56:57,480

are yes or no you know like is that person breathing and someone comes back to you i don't know

597

00:56:58,760 --> 00:57:02,440

you gotta get that answer you know people are in shock that are in panic you know and

598

00:57:03,960 --> 00:57:10,920

it's not a very um i don't know what the word is i'm not gonna say humane but it's not a very it's

599

00:57:10,920 --> 00:57:18,760

not a natural conversation if you like and sometimes you have to kind of deviate i think

600

00:57:18,760 --> 00:57:25,240

from the regimental yes or no black and white type questions and you can get in trouble for doing that

601

00:57:26,120 --> 00:57:30,440

because what you've something going to it you know but i mean when people aren't giving you

602

00:57:30,440 --> 00:57:34,120

they don't know people are in panic you just kind of the human side of things has to come in and

603

00:57:34,120 --> 00:57:42,200

you have to kind of really um i don't know how to explain it really but um yeah it's stress it

604

00:57:42,200 --> 00:57:47,400

really plays on your mind more you know when you hear bad calls coming in i mean it's just i mean

605

00:57:47,400 --> 00:57:53,000

you know one of the guys got a call and uh health help my voice got nice she's gonna stab me blah

606

00:57:53,000 --> 00:57:57,400

blah and then next thing you hear the knife going in you know this is like so he kind of listened

607

00:57:57,400 --> 00:58:04,360

to a murder you know so like that's bizarre like you would wish that on anyone and then but then

608

00:58:04,360 --> 00:58:08,760

there's the there's the good calls which would be considered where you've given cpr over the phone

609

00:58:09,480 --> 00:58:14,360

and uh they've you know the person has survived and then you can hear you can hear in the

610

00:58:14,360 --> 00:58:20,440

background the lads arriving on the ambulance or the fire truck taking over you know you're going

611

00:58:20,440 --> 00:58:25,560

okay i hear the lads there now i'm going to leave you too okay thanks you know so um

612

00:58:25,560 --> 00:58:34,120

um yeah so um just a different side of things but i was i was surprised on there how uh

613

00:58:35,320 --> 00:58:41,240

stressful a situation it could be i think it's because you're kind of helpless in a way you know

614

00:58:41,240 --> 00:58:46,280

it's like it's like been at a football match and been on being a sub you want to get on there and

615

00:58:46,280 --> 00:58:50,440

do something but you can't really you know what i mean you can do what you can you know like you can

616

00:58:50,440 --> 00:58:55,560

shout and cheer the lads on but you can't really have an impact as such and that's how i felt when

617

00:58:55,560 --> 00:59:00,600

i was in the control room and in that regard i didn't think it was for me but having said that

618

00:59:00,600 --> 00:59:04,680

a great experience i learned how the other side works you know sometimes why have i been sent to

619

00:59:04,680 --> 00:59:09,240

this why have we been sent to this this isn't our area such and such a got to this you understand

620

00:59:09,240 --> 00:59:19,000

why you know um so it's yeah a tough enough job actually so um it's interesting listening to

621

00:59:19,000 --> 00:59:23,000

you know some of the dispatchers and some of the people that had to do dispatch during their career

622

00:59:23,000 --> 00:59:27,560

and it's the same as some of the california law enforcement agencies they have to go to

623

00:59:27,560 --> 00:59:33,000

corrections first so they work in the jails before they ever go into the streets but as you said i

624

00:59:33,000 --> 00:59:38,360

think one of the observations from hearing all these is you know firstly some of these longer

625

00:59:38,360 --> 00:59:43,880

shifts i mean these dispatchers arrive at you know when it's either early morning or late at night so

626

00:59:43,880 --> 00:59:48,120

they arrive in darkness they're in darkness all day looking at screens and they leave in darkness

627

00:59:48,120 --> 00:59:52,840

there's it seems to be a common denominator about the stress of not knowing the outcome of these

628

00:59:52,840 --> 00:59:56,520

calls because i mean it's hard enough for us responding to know you know the doctors and

629

00:59:56,520 --> 01:00:01,400

nurses and stuff do they tell us if they died they make it um but then the big one that really stands

630

01:00:01,400 --> 01:00:08,440

out is if you and i go on a call and we go to that cardiac arrest but we're bagging we're doing cpr

631

01:00:08,440 --> 01:00:13,640

we're picking the patient up we're loading them so there's a physical exertion but the dispatcher

632

01:00:13,640 --> 01:00:18,440

that heard the murder that's what they're still sitting in a chair there's no physical offload

633

01:00:18,440 --> 01:00:24,520

to kind of flush the body of the cortisol and the other hormones and stressors yeah absolutely

634

01:00:24,520 --> 01:00:29,880

and we say there but the physical end of it so the fitness part of it comes into into play as well

635

01:00:29,880 --> 01:00:35,480

i mean to say like sitting is the new cancer you're sitting you're sitting at a computer staring

636

01:00:35,480 --> 01:00:41,480

into a screen and when you're used to uh for me it's come on from an active background before
i

637

01:00:41,480 --> 01:00:46,520

came into the fire brigade and you know and the fire brigade itself is you know physically demanding

638

01:00:46,520 --> 01:00:55,000

and next thing you're to me you're like what's a better word like a desk job and uh i didn't enjoy

639

01:00:55,000 --> 01:01:01,720

that end of it you know having said that it's a great way if you were to get injured you know if

640

01:01:01,720 --> 01:01:06,440

you were to to to maybe have a long-term back injury or something something like that or hurt

641

01:01:06,440 --> 01:01:12,120

yourself and you're not fit to be on the fire ground you can go into the control into the

642

01:01:12,120 --> 01:01:17,480

control room you know so we would have some some of the walking wounded would be in there

643

01:01:18,360 --> 01:01:26,440

or else some of the senior men that are that just don't want to be um you know during the

644

01:01:26,440 --> 01:01:33,000

long nights on the ambulance you can go into the control room you know because you know it takes

645

01:01:33,000 --> 01:01:39,960

your toll on your body so maybe it's the better option and then but you can fall into bad habits

646

01:01:41,160 --> 01:01:46,360

you know you have to keep an eye i think on your on your diet and your your your mental uh

647

01:01:47,080 --> 01:01:50,600

your mental health like make sure you're staying active and keeping the body moving keeping the

648

01:01:50,600 --> 01:01:57,480

mind moving so like you said it's um there's no escapism you know you're just uh in a room with

649

01:01:57,480 --> 01:02:02,920

other guys with your headset on taking calls and every call you get is a call from the doctor

650

01:02:02,920 --> 01:02:08,120

call is the distress call there's no one ringing up to you know to tell you good news wish you

651

01:02:08,120 --> 01:02:14,120

happy birthday yeah it's just all it's bad news you know so yeah yeah it's tough going on

652

01:02:15,960 --> 01:02:21,480

so i want to move forward to poetry but before we do you mentioned 18 years now in the dublin fire

653

01:02:21,480 --> 01:02:27,560

brigade when you look back what are some of the the career calls i mean they doesn't have to be

654

01:02:27,560 --> 01:02:35,720

a big fire or anything but what was some of the the memorable calls when you reflect um yeah there's

655

01:02:35,720 --> 01:02:43,560

some kind i guess uh kind of been to a lot of different things um i suppose there's one in

656

01:02:43,560 --> 01:02:48,520

particular right now is actually on the ambulance that we were sent to a domestic fire and we're

657

01:02:48,520 --> 01:02:56,760

pretty close to it and we got there ahead of the the fire truck so i'm with my pal and we're there

658

01:02:56,760 --> 01:03:02,200

in our like our navy combats navy shirts and there's people outside and on the screen like

659

01:03:02,200 --> 01:03:06,680

there's people in there there's people in there you know we're like you're kind of going i don't

660

01:03:06,680 --> 01:03:13,880

see you running in you know that type of way it's like it's expected of us and them but uh yeah we

661

01:03:13,880 --> 01:03:19,400

we kind of looked at the heavens and we figured it was already kicked we looked into the letterbox

662

01:03:19,400 --> 01:03:25,640

the door was locked kicked in the door and like what it would take well we obviously took a bit

663

01:03:25,640 --> 01:03:31,720

of risk but we kind of knew we were both capable and i remember there was um one woman on the stairs

664

01:03:32,920 --> 01:03:37,240

in front of us i figured she was okay and we went into a room then and there was two women in there

665

01:03:37,240 --> 01:03:43,960

so i went for the furthest woman i was pretty uh that's why i had to hold my breath i picked her up

666

01:03:43,960 --> 01:03:51,080

uh carried her out and that was as i as i'm carrying her out um the the fire truck arrived

667

01:03:51,080 --> 01:03:57,240

you know so basically it's natural rescue which can be frowned upon but like we did the business

668

01:03:57,240 --> 01:04:04,920

we're happy enough with it and so we saved the the ladies but we brought them actually we brought

669

01:04:04,920 --> 01:04:12,840

that woman to um to the hospital and we're hanging around she was getting treated for smoke inhalation

670

01:04:12,840 --> 01:04:19,560

and stuff and they seen this guy arrived and i kind of recognized him and it turns out he he

671

01:04:19,560 --> 01:04:25,720

came up to me he goes uh you uh you saved you saved my mother from uh from that fire i heard

672

01:04:25,720 --> 01:04:30,040

it was yourself and i was like yeah no bother and we were looking at each other it turns out we

673

01:04:30,040 --> 01:04:36,840

were in school together we weren't we weren't great mates or that you know but uh we were in

674

01:04:36,840 --> 01:04:43,080

art class together and he's like tear the vine and i said no lol yeah he was uh he'd gone into the

675

01:04:43,080 --> 01:04:49,560

army and he he still starts laughing he goes i don't know what to say pal he says uh last time we

676

01:04:49,560 --> 01:04:53,880

saw each other i think we were getting thrown out of art class and then now you're after saving me

677

01:04:53,880 --> 01:04:58,920

mother from a fire and we just had a home you know it's just well i suppose the world it's a small

678

01:04:58,920 --> 01:05:04,040

world but dublin is such a small place you know but i hadn't seen that guy in whatever you know

679

01:05:04,040 --> 01:05:13,320

15 years so that was kind of a nice story like but uh had a nice outcome but uh yeah i don't know

680

01:05:13,320 --> 01:05:19,960

it's loads of different things uh god this is usual the usual thing where you're asked to tell

681

01:05:19,960 --> 01:05:25,240

a joke and you can't think of a joke yeah i am terrible at jokes i butcher them anyway so

682

01:05:25,880 --> 01:05:31,240

yeah well with with that scenario for a second something that jumps to me in in the u.s here

683

01:05:31,240 --> 01:05:35,560

when we're on what we call the rescue so it's the ambulance but we also have scbas and our bunker

684

01:05:35,560 --> 01:05:40,840

gear and some tools in there as well so when you're assigned to the ambulance that's there's no fire

685

01:05:40,840 --> 01:05:49,320

gear on that vehicle okay um yeah we wouldn't uh no we'd carry fire extinguishers and um

686

01:05:51,320 --> 01:05:56,520

not really no you wouldn't know you wouldn't be expected it's to be honest we were pretty frowned

687

01:05:56,520 --> 01:06:02,680

upon um at the time when i did that it was it was okay you're told you know you weigh up the odds

688

01:06:02,680 --> 01:06:07,640

you know but um really you shouldn't be committing yourself but to be honest which if we could hear

689

01:06:07,640 --> 01:06:14,040

the sirens you know we knew the lads weren't too far away so it was uh it was well worth the risk

690

01:06:14,040 --> 01:06:19,560

but um no generate the ambulance the ambulance we would always send an ambulance to a domestic

691

01:06:19,560 --> 01:06:24,920

fire you know even if there's no one injured they'd still be on the on the pda to be sent so

692

01:06:24,920 --> 01:06:30,200

um yeah but generally no you would you wouldn't be uh you wouldn't be expected to do that

693

01:06:31,800 --> 01:06:38,040

under any circumstances nowadays right i want to hit one more area before you go to poetry

694

01:06:38,040 --> 01:06:45,400

talk to me about Camino de Santiago oh yeah yeah yeah the Camino de Santiago so uh yeah that's

695

01:06:47,080 --> 01:06:51,960

it's a walk it's a it's a pilgrimage an old pilgrimage and like a like any good catholic

696

01:06:51,960 --> 01:06:58,920

pilgrimage it has to be a fair bit of pain and so the thing is that you you walk to this uh you

697

01:06:58,920 --> 01:07:05,560

walk there's different routes but the route i did is you start in france and you walk across it's

698

01:07:05,560 --> 01:07:13,080

just over 800 kilometers i think it's 820 kilometers to the town of santiago uh not sure

699

01:07:13,080 --> 01:07:19,240

the tradition it dates back where i think prisoners used to have to go they were released but for a

700

01:07:19,240 --> 01:07:26,200

penst they used to have to go to the coast and get an oyster shell and bring it back the oyster

701

01:07:26,200 --> 01:07:31,000

shell to prove they've been to the coast it was kind of like a punishment i think and i could be

702

01:07:31,000 --> 01:07:37,960

getting that completely wrong but anyway i had decided i wanted to do this with like i time off

703

01:07:37,960 --> 01:07:45,720

work i built up a few weeks and um so i was in town with the guy who does my tattoos right my

704

01:07:45,720 --> 01:07:51,960

friend tommy in classic ink and i said listen i'm gonna do this walk across spain he goes what are

705

01:07:51,960 --> 01:07:55,720

you talking about i said yeah i'm gonna go next week i'm gonna go to spain i'm gonna walk across

706

01:07:55,720 --> 01:07:59,880

spain and he goes as far as that i said well in total because i'm gonna walk out to the coast

707

01:07:59,880 --> 01:08:04,840

it's gonna be like a thousand kilometers and he's like geez man that's insane i'm sure

708

01:08:04,840 --> 01:08:12,440

that's grass was walking you know and a guy walked by in a suit lovely suit with an umbrella and a

709

01:08:12,440 --> 01:08:19,240

briefcase and he goes i dare you to do a dress like that i was like wow and he goes go on i dare

710

01:08:19,240 --> 01:08:26,040

you and all right so yeah so so anyway long story short i did and as it turned out then it got a

711

01:08:26,040 --> 01:08:31,960

bit of traction i ended up getting this one of our top designers like um louis goblins like he kind

712

01:08:31,960 --> 01:08:40,840

of designs our tailor suits for the stars he gave me a suit like this lovely yeah well it was lovely

713

01:08:40,840 --> 01:08:46,840

it's not anymore a black pinstriped suit and i had an umbrella you know the twirly handle and

714

01:08:46,840 --> 01:08:52,920

i had a briefcase but um but the problem with the briefcase is i couldn't bring any luggage i

715

01:08:52,920 --> 01:09:00,840

couldn't bring a sleeping bag i um you know i i think i'd like two pairs of boxes two pairs of

716

01:09:00,840 --> 01:09:12,600

socks and then two t-shirts you know so after the first night we walked i walked about um i met

717

01:09:12,600 --> 01:09:16,760

actually a fireman a pal of mine bob legged we wouldn't have known each other that well i would

718

01:09:16,760 --> 01:09:24,280

have passed him in the corner you know different shifts in tarot street and uh we spent the he's

719

01:09:24,280 --> 01:09:27,560

there where are you staying tonight i was there i don't know i have nothing organized nothing booked

720

01:09:27,560 --> 01:09:33,080

these are these are man you have to have something booked the places so anyway he i end up staying in

721

01:09:33,080 --> 01:09:38,920

a hotel that he he had gotten and when i when we arrived there there was a woman there she's like

722

01:09:38,920 --> 01:09:43,880

where's your luggage and i'm like not this is it like a briefcase and she was like she was really

723

01:09:43,880 --> 01:09:48,520

kind of insulted you know i was like jesus this isn't going well like you know so um she was kind

724

01:09:48,520 --> 01:09:52,840

of giving out to me so this is a serious thing this is a serious pilgrimage and you know you need to

725

01:09:52,840 --> 01:09:58,680

this isn't the game blah blah blah so i'm there in a pair of shorts and flip-flops and i was like

726

01:09:59,240 --> 01:10:03,720

turned to bob i said that that didn't go well and he goes she's can't wait can't wait for the morning

727

01:10:03,720 --> 01:10:12,040

when she sees you in a suit so but she ended up she was lovely like and then but we started

728

01:10:12,040 --> 01:10:19,400

walking and i think we did about 30k but i had to go on and do about another 10k because i was tight

729

01:10:19,400 --> 01:10:26,840

on time so like my average distance was 42 kilometers a day but after the first night

730

01:10:26,840 --> 01:10:33,160

i remember saying now i was flying fit at the time i said this isn't physically possible you know i'm

731

01:10:33,160 --> 01:10:37,640

not going to be able to do this to carry the suitcase and that it's just like you think carrying

732

01:10:37,640 --> 01:10:46,040

a suitcase not a bother and that isn't a briefcase either but after a mile or two and after 10 miles

733

01:10:46,040 --> 01:10:54,440

after 20 miles you know it's it's just it's just ridiculous so i did everything i threw out like

734

01:10:54,440 --> 01:11:02,920

my handbook and i just pulled the maps out of it i had a swiss swiss army knife i

735

01:11:03,880 --> 01:11:12,200

used my finger i cut my hair cut my toenails cut my nails cut the ends off my laces any excess weight

736

01:11:12,200 --> 01:11:20,280

i had i just got rid of and throughout my t-shirt my spare t-shirt you name it i cut the end off

737

01:11:20,280 --> 01:11:25,560

i was wearing a shirt and tie i cut the ends off my tie to make that lighter anything i could do i

738

01:11:25,560 --> 01:11:32,200

squeezed out my toothpaste half it and then i realized the tube is kind of the heaviest part

739

01:11:32,200 --> 01:11:36,840

of it so i had a bit of cling film like a little bag i squeezed the rest of it into a cling film

740

01:11:36,840 --> 01:11:41,880

bag and rolled up so i had a little bag of toothpaste i cut my toothbrush in half everything i

741

01:11:41,880 --> 01:11:48,520

i could think of you know trying to be and then but i did it but the only problem was i looked

742

01:11:48,520 --> 01:11:53,640

like a bit of a lunatic especially after i you know this tube got a bit tattered and i go to

743

01:11:53,640 --> 01:11:59,480

some places and i try and get accommodation and there was a few kind of head cases i guess you'd

744

01:11:59,480 --> 01:12:04,840

call them that just drifted along the Camino spent their lives drifting along the Camino and i ended

745

01:12:04,840 --> 01:12:09,880

up actually befriended a few of them but i looked like them and i couldn't get accommodation so

746

01:12:09,880 --> 01:12:15,240

sometimes i'd have to end up walking through forests that's true yeah night time and just

747

01:12:15,240 --> 01:12:23,240

had to sleep rough once or twice and yeah so some nasty stuff like but a great experience

748

01:12:23,240 --> 01:12:27,880

but i don't know if i would do it again it was about 10 years ago now but yeah it was a good

749

01:12:27,880 --> 01:12:33,960

crack good experience so yeah it's longer yeah because i was i was seeing her at the time i

750

01:12:33,960 --> 01:12:40,120

hadn't met Steph but i kind of kept that quiet when i met her as i tell you i'm hearing you

751

01:12:41,000 --> 01:12:48,440

that's one your uh your match.com profile pics then yeah yeah but i remember actually walking

752

01:12:48,440 --> 01:12:54,680

through um this i was like that i got turned away from a hostel and i was told to go you know to go

753

01:12:54,680 --> 01:12:59,000

to the next town and it was pretty dark so 10 o'clock at night so you're just walking through

754

01:12:59,000 --> 01:13:06,040

by moonlight with no torch or anything and i had to go through this um a trail through a forest

755

01:13:06,040 --> 01:13:10,360

and in this forest there's supposed to be wolves okay and i'm like now obviously you're walking

756

01:13:10,360 --> 01:13:16,760

during the day there's no problem but at night time i'm by myself so i'm there thinking right

757

01:13:16,760 --> 01:13:23,880

okay don't get freaked out you know um man up here so i kind of devised this now right if i do get

758

01:13:23,880 --> 01:13:31,160

faced with a wolf i'm gonna have to have a plan so like you're wrong you're you're tired you're

759

01:13:31,160 --> 01:13:36,280

hungry you're sore you've blisters everything's stuck the mind plays a few tricks on you and i

760

01:13:36,280 --> 01:13:42,760

was there thinking okay if i'm faced with a wolf i'm gonna look it in the eye and i'm gonna give

761

01:13:42,760 --> 01:13:49,160

it a chance to be friendly and i said and if it does well and good i'm gonna walk into the next

762

01:13:49,160 --> 01:13:55,800

town i'll have my loyal wolf by my side and i'm really like believing this okay and said but but

763

01:13:55,800 --> 01:14:02,360

on the other hand if it jumps for me i'm gonna drive my my the point of my umbrella through its

764

01:14:02,360 --> 01:14:09,000

throat and kill it you know and i'm there okay granted and so now i have my plan i'm happy out

765

01:14:09,000 --> 01:14:13,160

and i'm kind of using my umbrella as like a like a blind man stick to make sure i don't walk into

766

01:14:13,160 --> 01:14:18,120

trees that's how kind of how dark it is and so kind of looking in front of me and next thing

767

01:14:18,120 --> 01:14:23,240

i kind of barely make it out in the moonlight between the branches like a little fluffy bunny

768

01:14:23,240 --> 01:14:29,640

rabbit ran across me and like nearly ran off my foot i almost i almost shit myself and i'm

769

01:14:33,000 --> 01:14:38,600

leaning on my breath i didn't kind of recovering from the fright and just kind of laughing and

770

01:14:38,600 --> 01:14:43,400

shaking my head going like i'm gonna need a plan b if i meet a wolf you know what i mean

771

01:14:43,400 --> 01:14:48,440

because or a plan a for a rabbit maybe that was the problem yeah maybe i wasn't prepared

772

01:14:50,200 --> 01:14:56,920

but no great experience i met some met some great people and then yeah great stories i actually kept

773

01:14:56,920 --> 01:15:06,760

a diary and i should write about it really because i i kept a journal and uh did a few sketches and i

774

01:15:06,760 --> 01:15:14,520

i had a i was given a like a dictaphone from a rt radio who are like our national radio to um

775

01:15:15,880 --> 01:15:21,960

they wanted to kind of do a documentary on it and i still had so i interviewed a lot of people on the

776

01:15:21,960 --> 01:15:28,680

way but when i came home i did an interview for a different radio station and um so they couldn't

777

01:15:28,680 --> 01:15:33,800

use it then i didn't wasn't aware of this but uh they in fairness they gave me the they gave me

778

01:15:33,800 --> 01:15:39,320

a copy of the thing i still haven't listened to it actually but i should maybe write about it

779

01:15:39,320 --> 01:15:45,560

years to come you know it's on the list well i'm glad i asked that question there's some pretty

780

01:15:45,560 --> 01:15:52,200

entertaining stories there well speaking of uh poetry so you mentioned about you know struggling

781

01:15:52,200 --> 01:15:57,880

with dyslexia when you were younger now you've got a you know i'm assuming if i got my timeline

782

01:15:57,880 --> 01:16:02,600

right like 15 years or so in the fire service under your belt what brought you to the world

783

01:16:02,600 --> 01:16:07,960

of poetry i mean were you reading it first and then what made you empowered enough to

784

01:16:07,960 --> 01:16:14,120

start writing yourself yeah so i actually i actually got injured um outside of work i'd

785

01:16:14,120 --> 01:16:19,800

hurt my hand very badly up a dog bite actually and i ended up going there doing some ligament

786

01:16:19,800 --> 01:16:24,360

and tendon damage and i went badly septic and of course when it happened i did nothing about it

787

01:16:24,360 --> 01:16:30,520

i said i'd just go home and then i was picking up scaffolding at the time actually and uh had to

788

01:16:30,520 --> 01:16:35,960

get that home and got that home unloaded it stopped for an indian on the way you know the usual stuff

789

01:16:36,920 --> 01:16:43,080

um did everything a paramedic should not do if you like picking up rusty scaffolding and stuff

790

01:16:43,080 --> 01:16:48,360

and then but the next day my my i didn't sleep that night my hand was in bits of badly swollen

791

01:16:48,360 --> 01:16:52,760

and we were in work the next morning so i drove into work i wanted to one of the advanced paramedics

792

01:16:52,760 --> 01:16:56,520

to see it because i was trying to avoid this sitting in hospital all day to be quite honest

793

01:16:56,520 --> 01:17:02,520

and then he was just like man this that's bananas you need to go straight away to the hospital and

794

01:17:02,520 --> 01:17:07,480

then long story short i sent from one hospital i sent to a different hospital and then

795

01:17:08,440 --> 01:17:15,080

i ended up in another hospital then for a week and two operations on it and i was fairly concerned

796

01:17:15,080 --> 01:17:21,160

about my about my job and about being able to work in my house and someone had sent me

797

01:17:21,160 --> 01:17:27,480

one of the one of the girls in the job actually she'd sent me um one of these um you know you can

798

01:17:27,480 --> 01:17:33,720

listen to a poetry you can listen to a poet a guy uh steven james smith a Dublin poet very good he

799

01:17:33,720 --> 01:17:39,080

does uh spoken word stuff and i was listening to it i was like this is very good and i used to write

800

01:17:39,080 --> 01:17:46,440

a write a little bit of poetry maybe just messing around and and i was like man i'm gonna start

801

01:17:46,440 --> 01:17:51,240

i'm gonna start doing this so i basically wrote my first poem lying in a hospital bed

802

01:17:52,680 --> 01:17:59,080

um because i was kind of you know in there as well you don't sleep i mean the guy beside me

803

01:17:59,080 --> 01:18:03,720

he was like groaning all night and to be honest with you i wanted to kill him but then

804

01:18:04,280 --> 01:18:08,040

you got talking to him the next day the poor guy suffering from krone's disease you know you're

805

01:18:08,040 --> 01:18:12,760

like jesus christ you know so you're like you're not you're not the worst you're never the worst

806

01:18:12,760 --> 01:18:18,520

going to hospital as they say but um yeah i started writing then and then i couldn't work

807

01:18:18,520 --> 01:18:24,520

um so i was just looking in the house here just literally sitting on a rocking chair just

808

01:18:24,520 --> 01:18:28,440

practicing doing my physio trying to move my hand and then just just writing and it's like i'd had

809

01:18:28,440 --> 01:18:36,440

all these years of bothered poetry i'd sent one or two of them to uh to my brother and he's like

810

01:18:36,440 --> 01:18:41,800

you know this this is really good you know you should send it to um a guy a guy called Michael

811

01:18:41,800 --> 01:18:46,600

McGlynn who i used to uh used to give me grinds when i was a kid for dyslexia we actually met up

812

01:18:46,600 --> 01:18:52,600

by chance over in africa um small world stuff again and he was like look jerry this is just

813

01:18:52,600 --> 01:18:56,280

this is really really good i'm probably a bit biased but let me send this to a couple of english

814

01:18:56,280 --> 01:19:01,960

professors and it just went from there and then you know i just do i just do this for sport but

815

01:19:01,960 --> 01:19:08,120

uh i started um yeah i kind of won a couple of competitions started getting a little bit of

816

01:19:08,120 --> 01:19:12,360

recognition and it's not it's not it's not that but it's just that

817

01:19:14,680 --> 01:19:21,000

my poetry i say for everyday people like a lot of that can relate to it you know um so

818

01:19:21,880 --> 01:19:25,880

show to a few of the guys and work and they like it and i might give them say give them a copy of

819

01:19:25,880 --> 01:19:32,440

a poem and then one guy in particular uh came back in the next day he says uh see this poem you gave

820

01:19:32,440 --> 01:19:37,400

me and i need you to sign it for me your wife wants to put it on the wall you know so just

821

01:19:37,400 --> 01:19:42,840

a little things like that so but it's been tipping away now and then um the job actually asked me to

822

01:19:42,840 --> 01:19:50,920

write a poem for them for the the recruits passing out last year and i when i was asked

823

01:19:50,920 --> 01:19:56,440

to write it it coincided with one of our senior who had passed away a guy called paul hand and paul was

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01:19:56,440 --> 01:20:02,920

a real stock guy a bit of a bit of a legend to say the least and i couldn't make the funeral we

825

01:20:02,920 --> 01:20:08,520

were on days and i couldn't make the funeral and i was a little bit upset about that but

826

01:20:09,320 --> 01:20:15,800

i said a little prayer for him and when i wrote this poem i thought about paul and kind of

827

01:20:15,800 --> 01:20:20,760

firefighters of his ilk if you like who i believe never really leave the fire ground and i wrote the

828

01:20:20,760 --> 01:20:28,520

firefighters call and then i showed it to uh to the guy troy who asked me to write and he loved

829

01:20:28,520 --> 01:20:32,120

it it went through the ranks through the through the training center all the way up to the chief

830

01:20:32,120 --> 01:20:37,800

and next thing they asked me what i recited at the pass out and then from there it kind of got a

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01:20:37,800 --> 01:20:46,760

little bit of traction and now currently we're selling uh the poem and we're selling for say for

832

01:20:46,760 --> 01:20:54,360

20 euros i'm not sure what that is in dollars but uh 100 of the money is going to the charity it's

833

01:20:54,360 --> 01:21:00,360

a charity called oscar's kids which deals with um kids with terminal cancer it's it's a it's a

834

01:21:00,360 --> 01:21:05,640

wonderful charity really and it's uh it's one that's close to our hearts and in the double

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01:21:05,640 --> 01:21:12,040

fire brigade um so a lot of these they get um these kids get inaugurated into the

836

01:21:13,560 --> 01:21:17,000

into the fire brigade they're giving their little shirts they're giving their little uniforms

837

01:21:17,720 --> 01:21:25,080

and it's a great idea one of the guys steven cleary was his like his idea um and it's it's

838

01:21:25,080 --> 01:21:32,040

going from strength to strength so yeah we've raised a few quid so far um and i'm hoping to

839

01:21:32,040 --> 01:21:37,560

raise a lot more there's a lot of um like to be honest uh which james like the likes of me

840

01:21:37,560 --> 01:21:41,800

been on this show now if people maybe hear the poem and want to get it i'm hoping i'm in the

841

01:21:41,800 --> 01:21:48,520

process of trying to set up my website that i can sell something for from it you know it's uh i'm

842

01:21:48,520 --> 01:21:52,360

not great at that stuff so i'm getting a little bit of help with that but it's awkward enough you

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01:21:52,360 --> 01:21:58,040

can set up a website which i've done but to sell something from it you need a kind of a business

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01:21:58,040 --> 01:22:01,400

website and there's a few ins and outs and then all the money's going to charities that's a

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01:22:01,400 --> 01:22:06,520

difference a different kettle of fish so at the moment we're just selling it through the double

846

01:22:06,520 --> 01:22:14,760

fire brigade like we've raised like um over 1300 euros so far and say for patty's day now we're

847

01:22:14,760 --> 01:22:22,920

um going to be um the parade leads from fields for fire station and in conjunction with the double

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01:22:22,920 --> 01:22:30,760

fire brigade whiskey club i'd be reciting the poem for the visiting brigades so that's that's a nice

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01:22:30,760 --> 01:22:42,520

honor as well and then also then on the 20th of march next week um it's the 140th anniversary of

850

01:22:42,520 --> 01:22:48,520

the first double firefighter that died a guy called john kite and there was a plaque going up on the

851

01:22:48,520 --> 01:22:54,040

street where where he lost his life and like the chief would be there the lord mayor and one of

852

01:22:54,040 --> 01:23:01,560

the pipers from the band and a guy called uh last fallen he's a he's a retired firefighter um

853

01:23:02,280 --> 01:23:08,920

and he's also a fire brigade historian great guy great conversations with laz we uh we talk for

854

01:23:08,920 --> 01:23:12,920

hours when we when we call each other i send them over poems he sends me bits of literature to

855

01:23:13,880 --> 01:23:19,000

give my opinion on so um and i actually that's one of my favorite things about the poetry i'm

856

01:23:19,000 --> 01:23:24,120

getting i'm kind of surrounding myself with these very creative people and it's amazing

857

01:23:24,120 --> 01:23:30,360

this is this guy is like in my job like one guy got brian use he's like a champion illampiper who

858

01:23:30,360 --> 01:23:36,920

i i always knew he was a musician but not to this extent you know there's a lot of talent that just

859

01:23:36,920 --> 01:23:40,200

these guys are so modest they just keep it to themselves do their own thing and

860

01:23:41,400 --> 01:23:46,120

you know and it's it's great to be surrounded by just these creative people because they they

861

01:23:46,120 --> 01:23:52,200

pull you along you know it's um like same way like if you're a bad company can drag you down i mean

862

01:23:52,200 --> 01:23:57,400

good people pull you up and that's what i that's why i'm liking the little journey so far getting

863

01:23:57,400 --> 01:24:03,640

to do a few uh interviews this is the highlight so far i have to say so uh thanks for that um but

864

01:24:03,640 --> 01:24:12,200

um yeah i'm loving it you know and i i write mainly about uh a few poems with the fire brigade

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01:24:12,200 --> 01:24:20,280

related stuff and but a lot about my my culture you know and my my backgrounds so um i love that

866

01:24:20,280 --> 01:24:28,440

that type of thing i'm working on a poem at the moment there's a guy a guy called david keown

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01:24:28,440 --> 01:24:39,560

david keown and he's uh the ancient art of a stone lifting of all things which is just it's just

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01:24:39,560 --> 01:24:45,800

i'm just fascinated by this it's it was like a test of strength and it was it's it's big in

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01:24:45,800 --> 01:24:51,720

scotland and iceland and actually kind of japan america all over the world really but it died out

870

01:24:51,720 --> 01:24:56,600

in ireland because when the famine hit us it seemed to coincide with that so while all the records of

871

01:24:56,600 --> 01:25:06,440

it were lost but um it used to be a test of strength for example now i'm just kind of rehashing

872

01:25:06,440 --> 01:25:11,880

what what what david has been preaching about but say if uh if you wanted to become a stonemason

873

01:25:14,040 --> 01:25:20,680

there would be a rock say probably maybe 70 or 80 kg and you had to be able to physically lift

874

01:25:20,680 --> 01:25:26,200

that rock up onto a wall and if you couldn't physically do that you didn't get your apprenticeship

875

01:25:26,600 --> 01:25:32,120

so it was a kind of a rite of passage to get your apprenticeship it was also um there's like we've

876

01:25:32,120 --> 01:25:37,640

rocks that are like 200 kg and only the strongest men from around could lift that you know and uh

877

01:25:38,920 --> 01:25:45,000

yes it's a it's a great story so uh meeting guys like that and you know getting in touch with

878

01:25:45,000 --> 01:25:51,160

fellows like that i think is it's just wonderful you know so uh it's enjoyable

879

01:25:52,600 --> 01:26:00,680

i was just looking um there's a female athlete that i saw lift and this was two stones with kind

880

01:26:00,680 --> 01:26:07,320

of like metal handles like driven into them chloe chloe brendman i think it is i don't know where

881

01:26:07,320 --> 01:26:12,680

she's from she's from the uk and or ireland somewhere but um yeah i mean it's it's an amazing

882

01:26:12,680 --> 01:26:17,800

and obviously the icelandics have their you know version of the stones as well odin odin stones

883

01:26:17,800 --> 01:26:26,200

are something like that i think so yeah i think they're like 200 180 and 220 it's phenomenal

884

01:26:26,200 --> 01:26:30,200

like i've been thinking about the grips right i think she's the only woman to have done it if

885

01:26:30,200 --> 01:26:35,960

i'm not mistaken i watched the documentary on it but yeah david kogan actually if anyone's

886

01:26:35,960 --> 01:26:43,400

this check this guy indiana stones is is uh is what he goes by on instagram like it's just a

887

01:26:43,400 --> 01:26:48,600

fascinating story and uh people were asking me when am i going to write a poetry book

888

01:26:49,800 --> 01:26:55,960

i'm like because i would have enough poems by now and i was saying to david i was like listen i

889

01:26:55,960 --> 01:27:01,640

might regret saying this but there's an old irish writer called uh lima flaherty and he wrote

890

01:27:01,640 --> 01:27:08,680

written a short story um called the stone and it's about this stone that's out in one of the

891

01:27:08,680 --> 01:27:12,840

aran islands which is a little island off ireland after west coast of ireland

892

01:27:14,440 --> 01:27:23,800

and this elderly man revisits this stone and he tries to lift it and he he actually he not only

893

01:27:23,800 --> 01:27:31,400

does he fail he actually dies you know trying you know he literally tries his hard to but he's a

894

01:27:31,400 --> 01:27:38,520

frail old man and he's just there lying there dead and the islanders come to collect his body and they

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01:27:38,520 --> 01:27:44,360

they all talk about how when he was a young man he lifted that stone up to his chest and he kissed

896

01:27:44,360 --> 01:27:48,200

it three times and he was the only fellow on the island that could do it and he was a legend

897

01:27:48,200 --> 01:27:55,080

and they lifted him up on his shoulders and he they carried him away and long story short

898

01:27:55,080 --> 01:28:02,280

through research and local knowledge david discovered that this stone does exist and the

899

01:28:02,280 --> 01:28:10,600

woman just went you know i know this stone because it was like a like a pink pink granite stone which

900

01:28:10,600 --> 01:28:14,760

is unheard of for the area but due to you know glacial erosion and everything like that this

901

01:28:14,760 --> 01:28:21,880

this would have shifted down onto the island and he found the stone and so the next thing he's

902

01:28:21,880 --> 01:28:26,760

there like this stone hasn't been lifted in 100 years and he gets it he gets the wind underneath

903

01:28:26,760 --> 01:28:35,720

it as as an anghéitha fí as it's said in irish and the rock is it's about him i think it's 171

904

01:28:35,720 --> 01:28:41,640

kg maybe 177 i'm not sure so if you were saying when am i going to write my poetry book i said

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01:28:41,640 --> 01:28:48,200

well i want my poetry book to be blessed by the the old irish writing gods i said so yeah i'm not

906

01:28:48,200 --> 01:28:54,520

writing my poetry book until i can lift that rock that's so so i've set myself and i sent this to

907

01:28:54,520 --> 01:28:59,080

david and of course dave has the madness like me which i love he's just like i love it i love

908

01:28:59,080 --> 01:29:03,480

this i love this you know so uh he says i'll go with you we lifted together no bother to you and

909

01:29:03,480 --> 01:29:09,800

all this shit on it and uh so that's uh that's one of my little goals now like so if i don't lift it

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01:29:09,800 --> 01:29:16,200

if i don't lift the rock i'm not writing a book i guess uh but uh so no pressure but it's good

911

01:29:16,200 --> 01:29:20,440

it's great that's what we're trying for to be honest with you you know absolutely especially

912

01:29:20,440 --> 01:29:24,280

again you know like if you're not competing in sport anymore but you are still a firefighter

913

01:29:24,280 --> 01:29:27,800

that's what i always found is you know pick us pick something pick something of a train for

914

01:29:28,760 --> 01:29:34,920

i want to finish this interview if you are up for it with you reading the firefighter's call

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01:29:34,920 --> 01:29:41,720

so before we do that for people listening where are the best places to find you your poetry whether

916

01:29:41,720 --> 01:29:49,720

it's on websites or whether it's social media yeah um so i just go by yeah gerard at divine poetry

917

01:29:50,520 --> 01:29:57,720

and then you'll find me on instagram um gerard underscore divine underscore poetry

918

01:29:58,280 --> 01:30:06,200

or my website is gerard divine poetry and dot com and that's it i'm on facebook as well so

919

01:30:06,200 --> 01:30:11,720

um my website uh it's a work in progress you know but at the moment it kind of links you

920

01:30:11,720 --> 01:30:15,880

towards my instagram but i'm hoping to have the firefighters call up on that very shortly

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01:30:15,880 --> 01:30:22,600

if anyone is looking to get it because it's it's starting to travel um actually the first copies

922

01:30:22,600 --> 01:30:28,360

in the double fire brigade history or the double fire double fire brigade museum excuse me and then

923

01:30:28,360 --> 01:30:34,440

the second copy is over number 10 station which overlooks ground zero there's a copy actually

924

01:30:34,440 --> 01:30:41,480

the the lads from a tallifier station in dublin are going over to boston for saint patrick's day

925

01:30:42,760 --> 01:30:48,920

and they've brought over a copy of it a nice presentation of it and then yeah it's kind of

926

01:30:48,920 --> 01:30:57,160

starting starting to travel and i hope it continues to and so it basically the that's that's where

927

01:30:57,160 --> 01:31:02,680

that's where you'll find me during divine poetry you stick that in and my my ugly head should pop

928

01:31:02,680 --> 01:31:09,320

up or something something about me maybe and then you can hear me from there brilliant well i will

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01:31:09,320 --> 01:31:14,520

give you the microphone then so you can kind of close this conversation out with your poetry

930

01:31:15,640 --> 01:31:23,960

yeah thanks it's called the firefighters call and it's about basically what calls us to the job

931

01:31:24,520 --> 01:31:28,120

what's expected of us when we're in and what happens when we're gone

932

01:31:28,120 --> 01:31:37,400

it's not for fame or fortune that most deem necessary no i invest to dawn a crest for work

933

01:31:37,400 --> 01:31:45,560

less ordinary nor be it want of medals cap or polished shoes but a calling to help others

934

01:31:46,120 --> 01:31:52,280

who have everything to lose to face hell's dancing angels and suppress them with each stride

935

01:31:52,280 --> 01:32:00,120

to search resolve from deep within as loved ones weep outside to stand with pride and dignity

936

01:32:00,760 --> 01:32:08,680

when comrades we remember be it pipes lament that fill sad air or silence in september

937

01:32:10,200 --> 01:32:17,480

and may those names that have been etched in brass or granite stone haunt me in the darkness
so i

938

01:32:17,480 --> 01:32:25,400

never fight alone and if a colleague's head hangs low from tasting tragedy let me offer up my
shoulder

939

01:32:26,280 --> 01:32:37,320

for them to lean on me but when amazing grace is played alas for none but me lower the flag
but raise

940

01:32:37,320 --> 01:32:43,880

a glass for i'm not far from thee i'm gathered with the old flames looking down from god's

941

01:32:43,880 --> 01:32:50,680

great height on call if aid be needed to join you in the fight

942

01:32:54,600 --> 01:32:57,640

absolutely beautiful mate absolutely beautiful

943

01:32:57,640 --> 01:33:02,840

thanks james yeah i mean when i listen to what i think of them i think of paul i've seen what i

944

01:33:02,840 --> 01:33:09,720

think of our past that i've lost on the scoss you could be in the same station it depends what crew

945

01:33:09,720 --> 01:33:13,960

you talk to they're going to think of someone else you know it's um it's an unfortunate that

946

01:33:14,840 --> 01:33:20,920

our colleagues become friends and often our best pals and we think of these men and women you know

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01:33:20,920 --> 01:33:25,960

it's the unfortunate unfortunate thing about having friends is that you you lose them along

948

01:33:25,960 --> 01:33:32,440

the way sometimes and especially those that have gone before their time so um just sort of pay a

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01:33:32,440 --> 01:33:39,800

bit of respect to them that's all well i think it's a beautiful way to pay to respect and this is the

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01:33:39,800 --> 01:33:44,680

origin story of this podcast too is you know we all going to go one day but it's when they go before

951

01:33:44,680 --> 01:33:50,040

they should have that it really really stings yeah well i just want to thank you so much it's been

952

01:33:50,040 --> 01:33:56,200

such a an interesting conversation everything from walking through spain in a business suit to

953

01:33:56,200 --> 01:33:59,560

you know some of the fire stories that you brought and then obviously your poetry

954

01:33:59,560 --> 01:34:04,120

so i just want to thank you so much for being so generous with your time and coming on the behind

955

01:34:04,120 --> 01:34:09,640

the shield podcast today thanks very much james and as i said i love the i love the podcast and

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01:34:09,640 --> 01:34:14,760

i wish you all the success which i know i know you will have because you're very dedicated to it and

957

01:34:14,760 --> 01:34:22,280

it's uh i'm really honored to be uh to be asked to talk here on behalf of myself and maybe represent

958

01:34:22,280 --> 01:34:27,800

my uh the double fire we get over here in this little corner of the world so i'm really happy

959

01:34:27,800 --> 01:34:31,960

saint patrick's day

