

Corina Duyn was born in Holland where she trained as a nurse and social care worker before moving to Ireland in 1990. While running a restaurant at Dromana House in Villierstown, Co. Waterford, she was inspired by the natural surroundings. As a result she incorporated nature into her doll making, which later developed into a business. These 'Fantasy Folk' figures are in private and corporate collections throughout Ireland, Europe and the USA.

Corina later moved to a cottage near Lismore with her then husband. She continued to develop her art and began teaching doll making.

When the relationship ended Corina entered a new phase in which she began to focus on combining her art and teaching experiences with her previous work as a social care worker.

In June 1998 while applying for the Art Therapy Course in the Cork Crawford College of Art, she was brought to hospital with suspected meningitis. To date, Corina has not fully recovered from whatever virus she had contracted. A diagnosis of M.E. was confirmed in September of that same year.

'Hatched' is an account of her creative journey through M.E.

Poems, artwork and design © Corina Duyn 2006

Hatched

A creative Journey Through M.E.

by

Corina Duyn



Little Wings Publications www.littlewings.org

DVD/Documentary 'Flight Path' *
by

Katie Lincoln ... COM

Published with the support of Waterford County Council Arts Office

* See also page 184

Printed by Collins Print & Packaging Ltd. Tel: 02 I 4909 160





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Acknowledgements

This 'baby' has been eight years in the making. Thank you all for bringing me this far. In particular, I would like to thank Librarian Evelyn, for suggesting I share my experiences with the reading public; Margaret, for her trust in my creative abilities; Phyllis, for her help with my first poems; Jane, for helping with the editing of this book (we feel that between us we have one pretty good brain!). Jane also came along as my 'amanuensis' during the two-week residency in the Tyrone Guthrie Centre at Annaghmakerrig. The support I received there from the staff, artists and writers was invaluable for my own belief in this project.

I would also like to thank Katie, for taking on the challenge to document my story; Caitriona, Josephine and Siobhan for assisting me with the printing and Diane, for among other things, helping me believe I am writing poetry-this discussion has not yet ended!

Thank you, friends and family, close by, abroad, and in cyberspace, home helps and medical staff, for coming along on my journey and helping me to keep the faith. Finally I must not forget the birds who were ultimately, the inspiration for the format of 'Hatched'.

V

Introduction

I was honoured and pleased when Corina asked me to write the introduction to this book as it meant that she had finally done what I had been encouraging her to do for years. There is probably a book in all of us, but how many of us have the talent, the openness and the bravery to bring it to fruition? The work is very personal and at times painful and difficult. Can you imagine, as a previously able bodied person, having to take ownership of your wheelchair, or being perceived as being drunk because of how you walk, or having your memory fail you so much that you have to depend on lists? This is all evident in 'Hatched' Corina's journal through her illness in poetry and images; but so too is her 'joie de vivre', her strength of mind and that childlike quality of seeing the simple things in life as the gifts they really are. These elements are also captured and shared with us in the DVD 'Flight Path' accompanying this book.

Thank you Corina for taking this inaugural flight, bringing us on your journey so that we can appreciate your talents as an artist, a teller of stories and the most human of beings.

Margaret Organ, County Waterford Arts Officer

Dis-ability

-Ability capacity of power cleverness talent mental power

Disindicating removal of a thing or quality

EGG

SPHEROIDAL
REPRODUCTIVE BODY
ENCLOSED
IN A
PROTECTIVE LAYER
CAPABLE OF
DEVELOPING
INTO A NEW
INDIVIDUAL
WWW.corinaduyn.com

EGG BEATER 22 August 1998

Reading about M.E.

It reads líke me

EGG ROLL November 1998



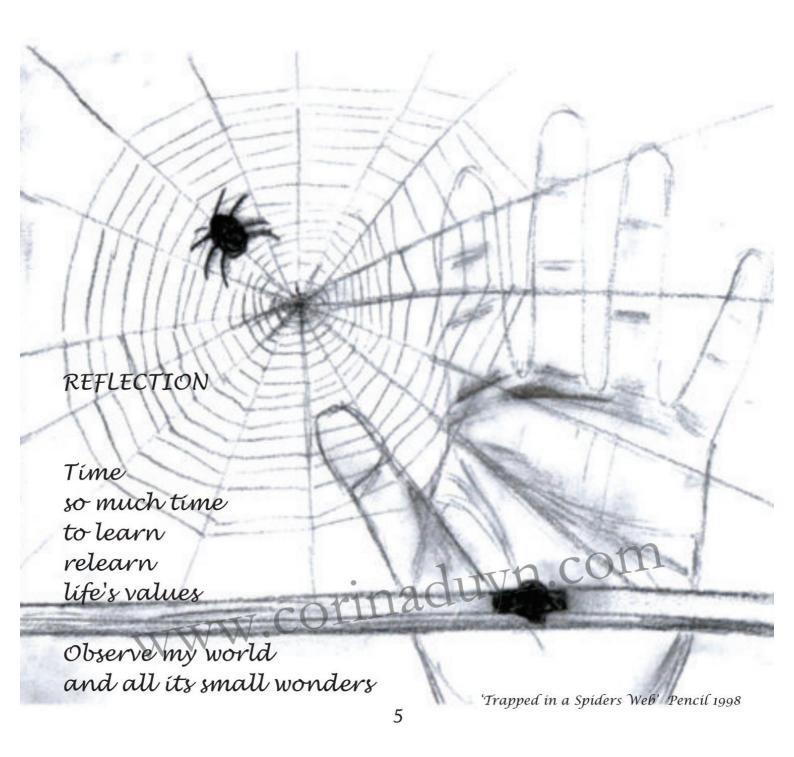
A wheelchair was delivered
I made sure to avoid the room where it was placed

I used to be the one pushing it never meant to be the one being pushed

Eventually
I agreed
to a spin in the chair
at dusk
away from town
so nobody would see me

AIR-SACK



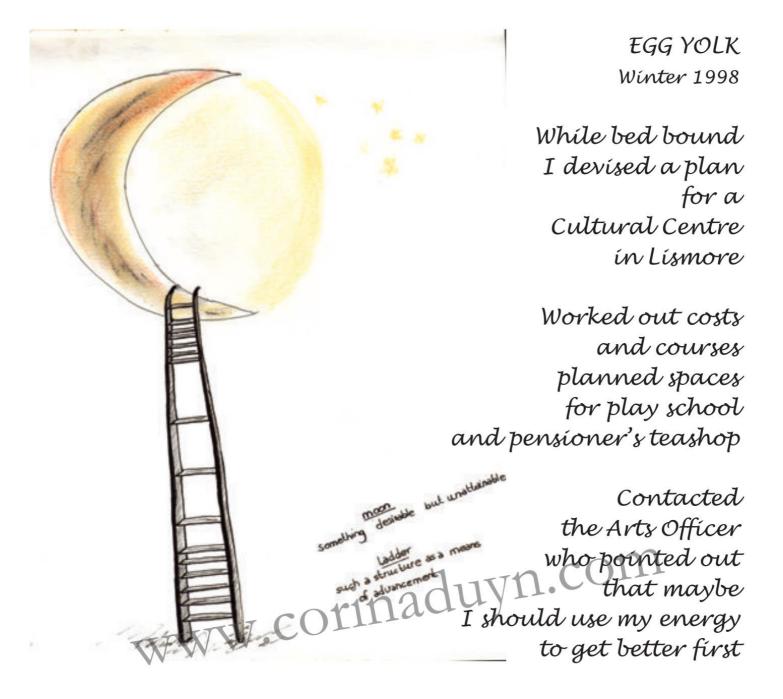




CHICKEN SOUP Winter 1998

Friends valuable friends

They have set up a visiting rota ensuring one visitor a day every day



'Ladder to the Moon' Colour pencil & pastel 1999

AS SURE AS EGGS winter 1998/1999

My love for reading and writing became seriously undermined

Audío books were suggested many an argument followed

Audio books are for sick people
You are sick
I love the smell of a book
Put a book beside your head
I like to hold a book
You do not have the energy

Argument lost love for audio books rinaduyn.com gained W

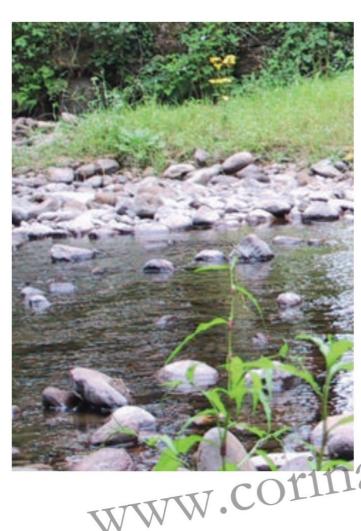
YOLKED Spring 1999

Horrified to realise I do not have the strength to crack a boiled egg

EGGSPLANE Spring 1999

A 4 year old in the supermarket "Why are you in a wheelchair?"

While I thought hard for an appropriate answer he suggested "are you tired of walking?"



BIRDSONG 16 May 1999

The moment that meant most to me today was sitting near the meeting of two streams

Being left alone to observe and enjoy this heavenly place these beautiful sounds EGGLESS Spring 1999

When I have strength in my legs I go down steep stairs walk the 50 meters to the corner

On my return I use the wall for support

People avoid me as if I am some drunk wobbling home after a session in the pub

EGGCISTENCE

Another relapse

Stuck to the bed unable to move or to pick up the phone beside me to ask for help

Waiting

I have been given a panic button

NESTLESS 23 June 1999



House bound but homeless

With one day left in my rented accommodation I am handed the key to a house

An added bonus my new home help lives across the road

A LITTLE BIRD

Recently
when asked
how I am
feeling
I tell
the truth

Maybe I will hear it too

FEATHER BRAIN

Turning on the bath taps

Inserting the plug in the sink

Water running freely down the drain

SCRAMBLED EGG

As memory failed me I had to rely on lists

Writing in recognisable English became a challenge

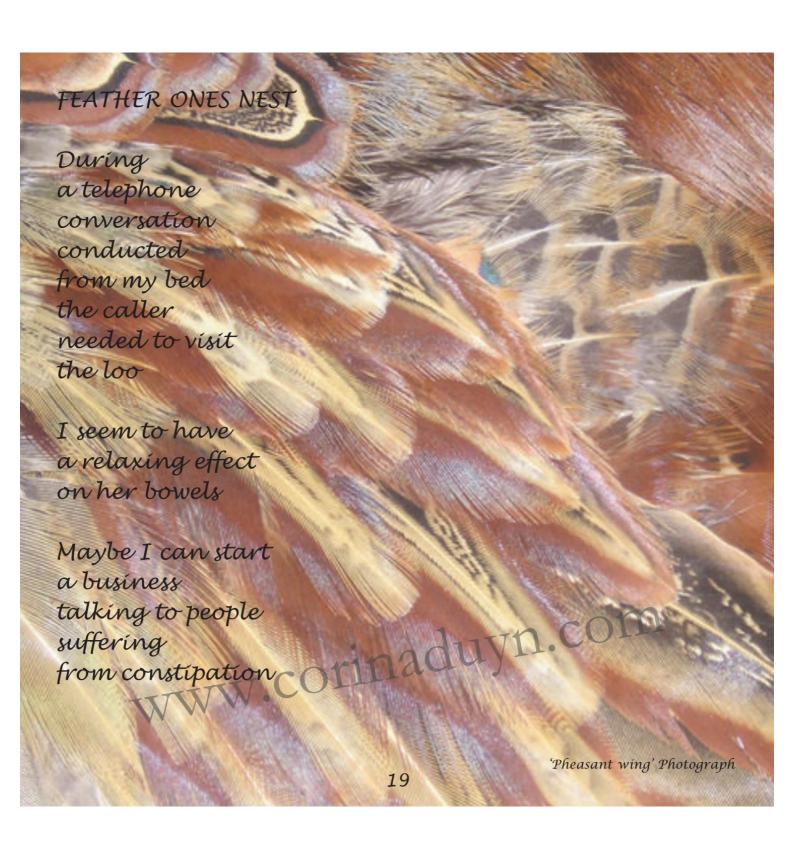
windox bowes meant water the window boxes

bloemflower that I would like cauliflower for dinner 1112 aduly n. COM

BIRD'S-EYE

Observing a spider with an injured back leg walking without difficulty

I envy the spare legs



BIRD OF PARADISE

7 November 1999

The light is beautiful today

The sunlight catches the white of the half coconut hanging in front of my bedroom window



THE BIRD HAS FLOWN November 1999

With friends help I completed the move from my studio

I am left with a few boxes of dolls materials almost finished work books and magazines

My cats
came to say goodbye
I was amazed how they
remembered me
after 17 months

Another chapter closed

CROW

A crow
on the wall
kicking the snow
high up
in front of him

I could swear there was a smile on his face

INCUBATION



'Friendship' Colour pencil 1999

SEA BIRD 19 December 1999

I know what I would like for Christmas

A bottle of sea

See
and
smell
the sea
whenever
I feel the need

FINE FEATHER

I can write again

I am so grateful



HATCHING

THE SHELL OF AN EGG IS EXTREMELY STRONG

A HATCHING BIRD
MUST SPEND HOURS
OR EVEN DAYS
OF HARD LABOUR
IN BREACHING
THIS BARRIER
TO THELYN.COM

WINGLESS 25 January-1 February 2000

Hospítal stay gastro-enterítís

Lost
so much
weight
that I
did not
recognize
myself
in
the mirror

MIGRATING 17 March 2000

On a holiday to Bunmahon

M.E. came too



'Bunmahon Beach' Photograph

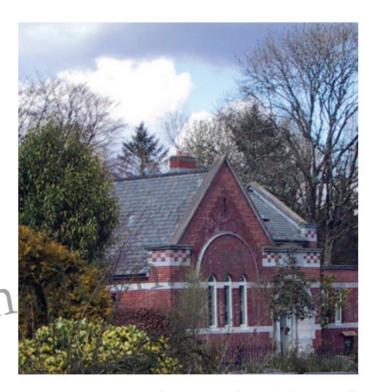


ON A WING AND A PRAYER 5 May 2000

Reached
the library
at the end
of the street
on my
scooter

Aware of mobility aid aware of curious looks

But
I am out
on my
own
after
months
W COTIN
of aided
escapes



'Lismore Library' Photograph

WINGSPAN June 2000

I bought a packet of 'glow in the dark stars'

At the end of a good day I stick one on the ceiling

Starry nights soon?

FLY BY 26 August 2000

The Californian Poppy seed heads drying on the bedroom windowsill decided it was time to go pop

Launching its seeds with almighty power like a hail storm against the window and into the room

www.corinaduyn...or Quite a spectacular event

JESTATION 31 August 2000

A jester on a high throne wearing the king's cloak blowing a trumpet his bare-footed leg flung over the armrest

He is he dares to live have fun

I spend hours days
thinking writing
how could I create him?
I don't have the strength
poor coordination

For now he has to stay 1 1 a figment of my imagination a rough sketch between my writing



'Basil' Mixed media 2004

EGG AND SPOON RACE

Challenged
by local art student
to draw
on the biggest
sheet of paper
I have ever
encountered

Tried my best to divert her attention

Thank goodness her determination prevailed and set me on a new road of creative discovery



OLYMPIC SPARROWS 10 October 2000

Sparrow number one walks the wall with a piece of bread

Sparrow number two runs fast to win this piece of bread

Sparrow number three knows flying is faster and makes off with the gold medal

PUT ALL ONES EGGS IN ONE BASKET 13-23 October 2000

One day of shopping lots of fun broke all boundaries

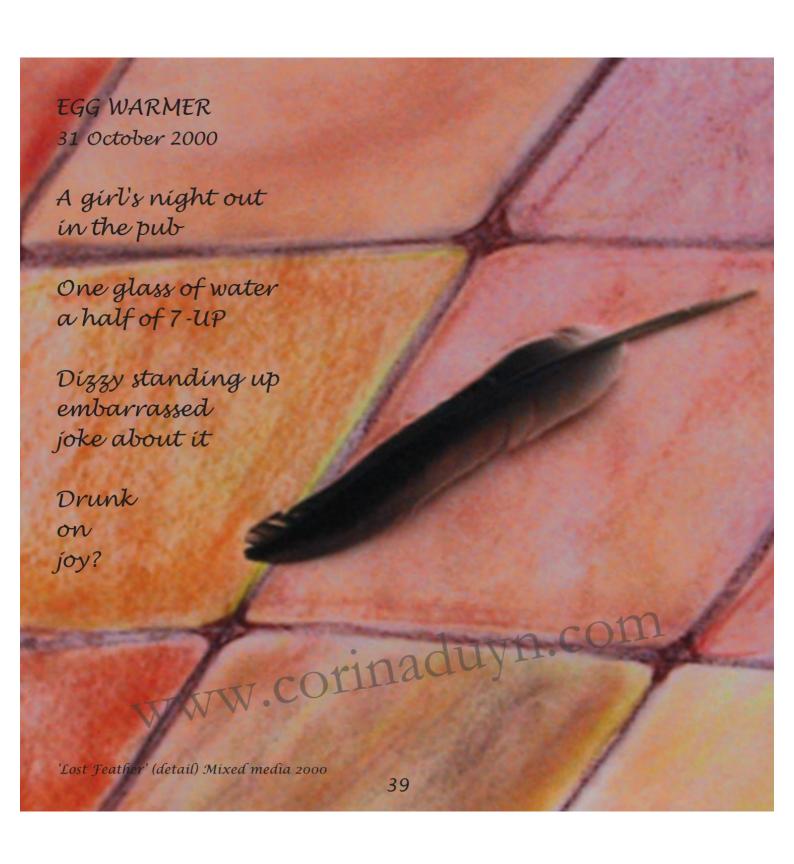
Ten days
to look at my
new clothes
from the confines
of my bed

So much pain a very angry little man is punching hard to get out through my skin.

'Off Balance' Pencil 2000

EGGSCITING 16 October 2000

The spider living in the corner of my bedroom has just moved a little



FEATHER BED

Exam time forgot the subject College of M.E.?

The cleaner found a decomposed fish under my desk

A man walked out of the sea with a garden strimmer

A Nun cycled into my bedroom to bring me to the counselor

I do not take responsibility for my night-time brain

LIKE A BIRD 1 November 2000

For one and a half hours I felt as light as a bird

A little energy no discomfort free normal

BIRD FANCIER 2 December 2000

My brain
is turning
summersaults
with my
thoughts
and
depositing them
in my heart

I reached
out
and got
more
then
I bargained
for



NIGHT OWL 2 December 2000

The 6:20 pm bus home

Dark sky one star beautiful moon

What a treat

COLD STORAGE

Saturday 7:00 pm I'm so cold

In bed under duvet sleeping bag with two hot water bottles

Wearing pyjamas fleece socks and hat

Monday 4:30 pm warm at last

HEAVY WEIGHT 25 January 2001

Confrontations with my tired body

Lowering my head
just above
the bowl of porridge
thereby
greatly reducing
the distance
my hand
and spoon
have to travel
to my mouth



YOLK-SAC 28 January 2001

I joke about the illness but it really is not funny

TAKEN UNDER ONES WING 1 February 2001

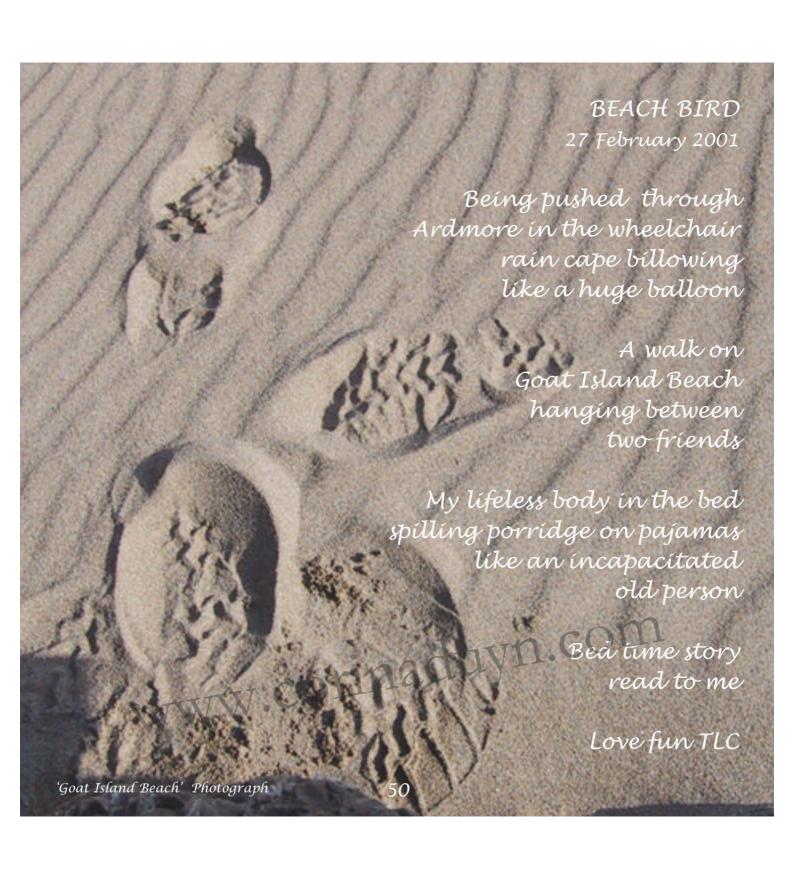
I rescued
Mickey Mouse
in a space suit
from being
run over

I don't líke to see dead toys

BRANCHES 12 February 2001

I am
in between
two stools
maybe
five or six
about
my prognosis

I have my own seat



FLIGHT BAG 10 March 2001

Nothing to loose but energy

NESTLING

A BIRD
TOO YOUNG
TO LEAVE
THE NEST



COMMUNICATIONS 16 March 2001 11:19 am

Just heard the lovely sound of the letterbox



RARE BIRD 17 March 2001

A three year old took the pain from my head and put it in the waste bin

GENES 9 Apríl 2001

A siskin is acting in a peculiar way

Attracting the opposite sex? or same sex?

A Gene-scientist on the radio said that homosexuality is one gene in the difference

In terms of genes we don't differ much from the fruit fly corinaduyn.com or the siskin



FLY IN THE OINTMENT 19 Apríl 2001

Overheard some young fellows calling my rolator "cool"

While they rolled in the grass with a great burst of laughter

TREE CREEPER 13 May 2001

A Greenfinch is trying to attract the attention of the female

She is too busy eating seeds from the feeder

So he knocks her off it

IDENTITY 21 May 2001

I am am I still me



BIRDS OF A FEATHER 6 June 2001

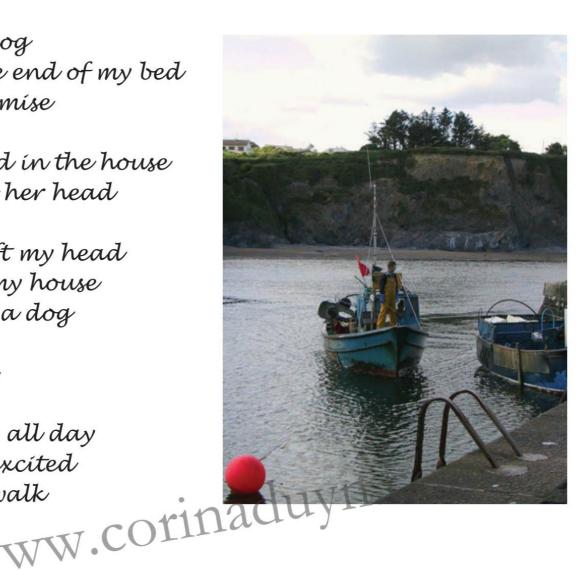
A small dog lies at the end of my bed a compromíse

Any sound in the house Pixie lifts her head

I don't lift my head it is not my house I am not a dog

Although

I do sleep all day and get excited about a walk



PREDATOR 16 June 2001

My legs suddenly gave up

The not knowing if I can stand up again scares me

WAITING IN THE WINGS 26 June 2001

I declare myself recovered

My body will catch up some other time



DAWN CHORUS 14 July 2001

I have a microphone outside my window

Birdsong

Sounds like being in a meadow instead of a bed

Amazing

I heard the wind before the tree moved

FLY TIME 17 July 2001

A fly
is relaxing
on my knee
while a
brown and beige
spider
is munching
on its relative



NEST EGG 18 July 2001

I know
what
I will do
with
a million
from
the lotto

I'll buy
a
customised
van
so
I can be
housebound
on wheels

'Escape' Mixed media 2001

PENGUIN 4 August 2001

Created my alter-ego MEme

M.E.-me

She
will travel
with friends
and family

They will write our 'housebound' travel diary



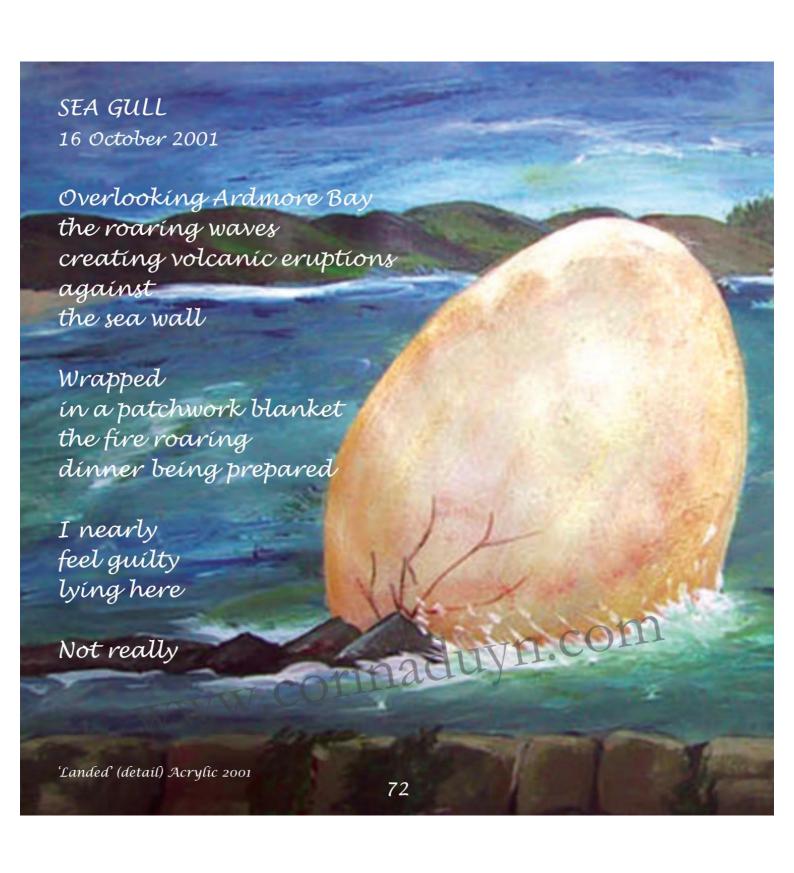
'MEme'

11 September 2001

This day
will stay
in people's
minds
for all
the wrong
reasons

DUCK OUT OF WATER 23 September 2001

Negotiating door saddle kind of tired



FLIGHT RECORDER



'Who is Pulling the Strings' Conte and pencil 2001

WADERS 11 November 2001 4:00 pm

Walking a few steps wrapped like a mummy along Youghal promenade blue sky streaked orange and yellow

An old man swimming couples walking hand in hand toddlers pushed in buggies children running from incoming waves

A swimmer just emerged from the sea "great day for a walk" "so it is" COrinadu

'Youghal Beach' Photograph

AFTERMATH
11 November 2001

Rolled gratefully not gracefully into bed

BIRD'S-NEST SOUP 17 November 2001

My brain acts like an old pine chest of drawers filled with artistically designed index cards

The operator a little fellow called Brian unfortunately affected by M.E.

I see a face Brian runs around opening several drawers the face gives me their name more drawers opened others kicked shut

Saved again a conversation can begin Brian sits down sweat poring off his tiny brow the system in an even greater state of chaos maduyn. Corinaduyn. Com

EGG-BOUND 21 November 2001

I try to keep my spirits up

But I thínk my spírít level broke

TURKEY 23 December 2001

The total of my Christmas preparations

Licking the cake-mix spoon

TREE OF KNOWLEDGE

I am shocked to read the headlines 'No future with M.E.robbed of any future'

I don't believe this is the case M.E. is not a terminal illness

DEAD BIRD FLYING 3 March 2002

Went outside to bury the dead sparrow but it had gone

Can birds fly up to heaven by themselves



'Taking Leave' Acrylic 2002

BIRDDAY 12 March 2002

40 years and 2 days I am absolutely whacked

Grateful for wonderful friendships grateful for a few hours of near normality if I don't look too closely

Trying to be as healthy as the rest of them what a comedown to be aware that I am not as strong as my 80 year old mother

Sad to see them go glad to see them go rinaduyn.com

BIRD BATH 18 March 2002

My world
is reflected
in the drop
of water
at the end
of my finger

BAD THOUGHTS 27 March 2002

The vegetable man "not so good today?"

He told me
the story
of an 80 year old
customer
still going strong
because of
what the old man calls
'bad thoughts'

The secret of good health?

PIGEON RACING 2 April 2002

A race between myself and a little girl on her tricycle

Of course I let her win she is only small I am big and on a scooter

When she got too far ahead of me I turned up the speed only to realise I was at full speed

www.corina

'Foot and Mouth Scare' Photograph

FENG SHUI 23 Apríl 2002

A spider arrived in the bath

He positioned himself in exactly the same location as his cousin James

Students from the Feng Shui spider school?

Maybe he is an eastern philosopher conducting a study on human behaviour

NATURES' MUSIC 27 Apríl 2002

The raindrops are playing piano with the leaves of the pear tree

BULL FINCH

I found myself in a field with a not so friendly bull

Running away was not a possibility I tried outsmarting the bull hiding behind and running around the only tree in the field

An exhausting and fruitless exercise

Considering his power and strength I decided to strike up a friendship stroking his head he calmed down I felt more able to cope

Maybe in time we would be able to walk together to the fence duyn.com

Though this was a dream it is my story of M.E.

FLEGDELING

A YOUNG BIRD JUST ABLE TO FLY

MAY FLY 16 May 2002

Visiting St. Declan Well
I came to the understanding
that my recovery
is taking place
in four
different stages
mind emotion spirit physical

I am grateful physical recovery is last this gives me enough time to be still

I trust I'll have a wonderful time COTINACU ahead of me a time full of wonder



'Corina at Declan's Well Ardmore'- Photograph by David Begley

WING COMMANDER 28 May 2002

The Neurologist suggested renewed tests

The uncertainty of a new diagnosis is unsettling

THE BATTLE OF THE BULBS 24 June 2002

I went into the battlefield prepared with 3 legged stool trowel and garden claw

Feeling the tension in arms and legs

Proclaiming "I won!" while stumbling into the house in the direction of bed my pyjamas covered with muck

The bulbs are out though my body feels the aftermath of the battle

HORSE FLY 12 July 2002

Walking along a narrow path observing the world from a different plane

Feeling the intimacy of the horse's muscles massaging my legs

CRASH LANDING July 2002

I am lovely

But not worthy of love

Until I have recovered

Ouch



'Painful' Acrylic 2002



NIGHTINGALES 5 August 2002

I should have been in bed instead I sat in Lismore Cathedral

Tears flowing from the severity of my pain

Or was it from experiencing the most beautiful celestial sounds I have ever heard

SOLO FLIGHT 12 September 2002

After
one and a half
years
I have
reached
a goal

Walking to the library

WALL FLOWER 14 September 2002

Just home from a great dance night I did not leave my chair but danced with the vibration of the floor

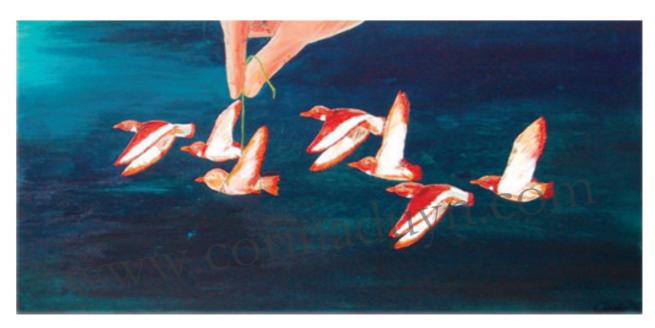
Stumbling out of the hall trying to keep my dignity the people who know me have sympathetic eyes

People who don't probably thínk I am drunk

FLOWN THE NEST 21 September 2002

Another first

On the bus on my own to Cork



'Flying Lessons' Acrylic 2002

THE FLOCK

While riding my scooter
I met
a few bikers
they waved
at me

I am one of them



www.corinaduyn.com

'On my Bike' Photograph

TREELESS
20 October 2002

The wheelchair made it possible to take part in normal life the swivel bather to keep my dignity showering in private the rolator to walk independently

Now there is no occupational therapy service available if under 65

I am grateful I became ill a few years ago

WINGDING 23 October 2002

If my body could get as excited as my head

There'd be no stopping me



'Playtime' Acrylic 2002

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BIRD RINGER 22 November 2002

Would somebody like to paint a still

lífe

Me lying on the couch



'Patent Pending' Acrylic 2002

SISKIN 28 November 2002

Privileged to have the time to watch a siskin at the bird feeder

CLOUD FLIGHT 10 December 2002

A thin fluffy cloud is following an airplane at exactly the same speed

JUVENILE

A YOUNG BIRD WITH FIRST PLUMAGE OF ADULT FEATHERS

FLYING DUTCHWOMAN 22 December 2002 - 5 January 2003

Done it made it to Holland

At last 'fit to fly'

My mother is watching my every move I hope she does not see the jerking movements my body is making



FLY AWAY 3 January 2003

The wheelchair was put outside the door pending our departure

As the driveway
is on a slight slope
the chair rolled gently
down the road
nearly knocking a man
of his bike

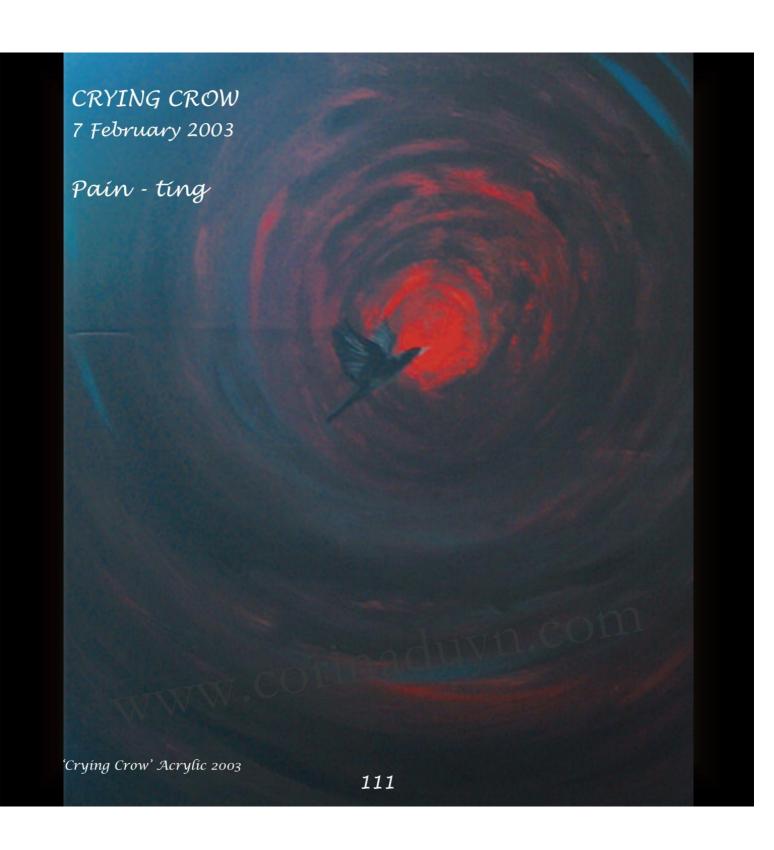
A run-away chair

ANGEL WINGS 7 February 2003

If my legs stay unreliable maybe I could create powered wings

But then I'll look líke an angel

I know one thing I am no angel



UNIDENTIFIED BIRDSONG 16 February 2003

This morning
I woke
to bird song
I had not
heard before

No wonder

The sound was created by a blockage in my nose

PEACOCK

When
I walk
out the door
I am greeted
by my
fan club
of youngsters



BIRD-DAY SONG 10 March 2003

Woken to 'happy birthday' from a song thrush

Have MRI scan today remember whatever they find is already there

WALKING ON EGGSHELLS 28 March 2003

More hospital appointments arrived in the post today

My heart sank another bit lower



CLEANERS

A crow
is clearing
my gutters
of large chucks
of moss

Thanks

WISE OWLS 16 Apríl 2003

Irísh male wísdom

Isn't it great that you have so many ideas

Other people sit in the pub all day wasting their time

NEW TERRITORY 18 April 2003

My neighbour has upgraded his car

I upgraded my shoes

He is driving to Northern Ireland

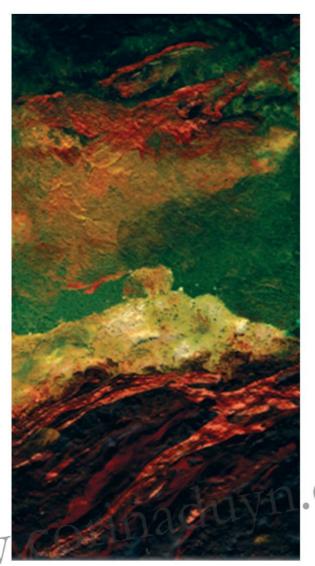
I am walking to the end of the street



www.cori

BIRDWATCHER 11 May 2003

A clear dream is guiding me on my new journey



.com

ANVIL 14 May 2003



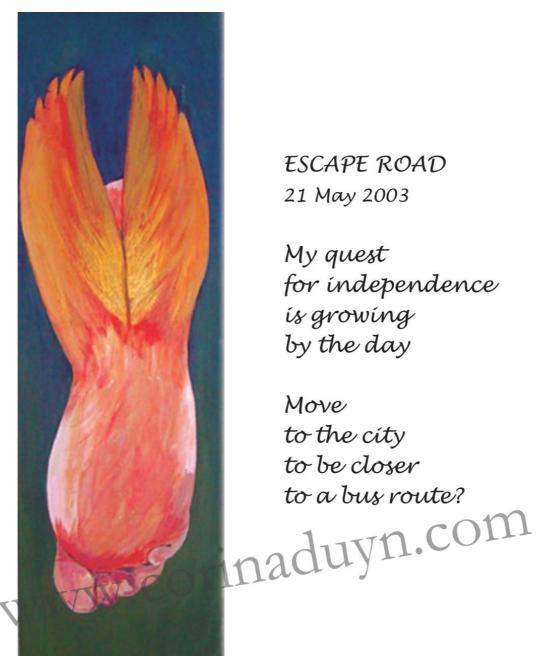
Creativity
has the ability
to help me
deal
with
disability

Disability
has the ability
to hamper
my creativity

CRUMBS 16 May 2003

Walking home
I was
thinking
about something
nice
to have with
my tea

A neighbour opened her door handing me a slice of cake on a plate



ESCAPE ROAD 21 May 2003

My quest for independence is growing by the day

Move to the city to be closer to a bus route?

'Footloose' Acrylic 2003

SCARE CROW 5 July 2003

I don't belong in the box that people try to put me in

The ill and disabled box

So scared

So upset

DOVE July 2003

Resumed working on the doll I started in 1998



'Yona' Mixed media 1998-2003

DEALERS 10 July 2003

Lismore friends transferring a car-load of my paintings to another car on the deserted top floor of a car park

Felt a bít líke handling stolen goods



ESCAPOLOGY 12 July 2003

My first exhibition at Hagal Healing Farm

10:00 am Apprehension

4:00 pm Feel detached from my work

10:00 pm
Very much
at ease
among my art
and visitors

'Escapologíst' Mixed media 2003

FIT TO FLY 26 August 2003

At last flying my kite on Ardmore Cliff for the 'Fit to Fly' documentary



Cover DVD/Documentary 'Fit to Fly' by David Begley

EGGSPERIENCE 2 September 2003

My 'Fit to Fly' exhibition

A challenging and heartwarming experience

Sharing
my visual
journey
with so many
friends
while strangers
confide their
personal stories

NEST-BOX 28 September 2003

Having my bedroom repainted and redecorated

Changing it's association with a sick room

BIRDSNEST 16 October 2003

Visiting Kenmare after 5 years

The last time I saw my friend she was pregnant

Today we picked her child up from school



RESIDENT 3 November 2003

Social hunger

DEFORESTATION
7 November 2003

Evergreen trees are being cut down to make way for a new wall

Landscaping they call it

TAKING OFF 26 November 2003

At last Iam a student

Studying a correspondence course 'Understanding Western Art'



'Turned a Corner' Acrylic 2003



DIPPER 27 November 2003

Getting up
in
good spirits
is
not a
guarantee
of
a good
energy day

TIME 6 January 2004

In my dream a man adjusted his watch making time go in reverse

Very upsetting as I desperately want to move forward

RESOURCEFUL CROW 5 February 2004

A crow
is hanging
on the
tiny
bird feeder

The chancer

YEARLING

THE PERIOD

BETWEEN

A BIRD LEAVING

THE NEST

UNTIL

THE FOLLOWING

BREEDING

SEASON

WWW.corinaduyn.com

LEAPFROG 29 February 2004

Will this be a leap year for me too?

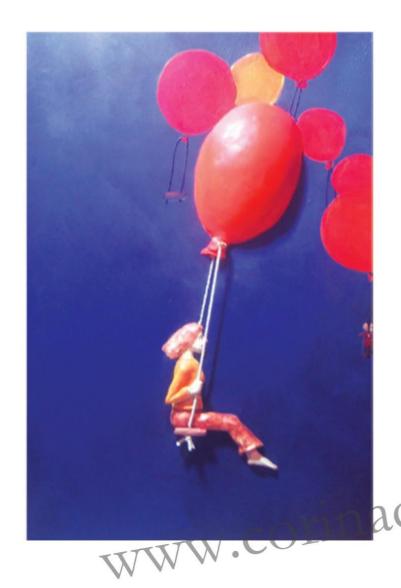


NESTING 27 Apríl 2004

'Coming home' after a long journey of discovery

m.com

'My Turn' Mixed media 2004



CATAPULT

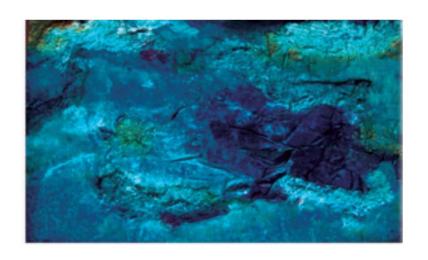
Interviews with so many papers

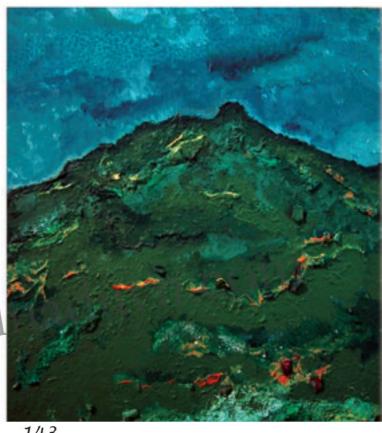
Photographs being taken appearances on T.V.

Catapulted
out of my
solitary
existence
tuyn.com

EGGCIBITION 10 May 2004

An amazing experience amongst friends and family sharing my creativity in Lismore library





www.cori

'Land of Freedom' Mixed media 2002-2004

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GIVE WINGS TO 18 May 2004

I drove a car

Exhilarating even at 20 miles an hour

LAME WING 21 may 2004

Rushed to hospital suspected meningitis

Again

Fast ambulance journey worried me even more

A horrible night

Glad to be home

'Just M.E.'

A different reality Corinaduyn.com

FOOTPRINTS 25 June 2004

780 steps 0.33 km 7.31 minutes

New record

EGGCITED
26 June- 10 July 2004

New energy flowed again

Looked for studio space in town

Artists co-op?

No space but collaborated with fellow artist and formed 'Red Shoes'



BLACKBIRD 28 June 2004

A blackbird reflected against the white wall has one of my home grown loganberries in its mouth

More enjoyable than eating the berry myself?

RAPTOR 21 July 2004

Prímary Medical Cert refused

'Post Visual Fatigue condition might improve'

Visual?

'Must be satisfied condition is permanent'

Bureaucracy stopping my quest for independence

BIRDLIME 29 July 2004

Scooter broke down at busy cross roads

Given a chair outside the pub

Scooter dismantled in front of me

Stuck

LITTLE WINGS 30 August -20 September 2004

Little Wings exhibition

Healing Arts talk

Internet connections worldwide

Coming out speaking out

What an interesting journey I have made



ESCAPE ROUTE 13 September 2004 6:10 pm

Patrick Street Cork

A performer singing 'The Holy Spirit is coming down'

He suddenly disappeared

The Holy Spirit came down for him?

BIRD BRAIN 23 September 2004

While planning to restart the Artisans' Fair I dreamt of addresses written on pieces of buttered bread my niece biting into them

FREEWHEELING
3 October 2004

Text message received

Would you like a shove around town?

LOVEBIRD

24 November 2004

I found you on the internet It was love at first sight

At our first meeting adrenaline rushed through my body with the prospect of spending time together

But love hurts

You are a mobility scooter and I was counting on your batteries working COTINA COM

ADULT

A BIRD
WITH
DISTINGUISHING
PLUMAGE
REACHED MATURITY

INAUGURAL FLIGHT 5 December 2004

Re-launch of the Artisans' Fair

Re-launch of me





OBSERVING January 2005

There are truly amazing moments when my body suddenly remembers how to function



'Anand' Porcelain Paperclay 2004

SEED

9 February 2005 3:00 am

Observations thoughts feelings a word

All place a tiny seed in my creative being

Some make their presence known to the world

In turn creating a new seed



KINGPIN February 2005

The battle between a creative mind and an ill body

Creativity
knows
no
boundaries

BIRD OF PASSAGE 30 March 2005

Three young art students

"It's half past three we're coming in"

"Come on Corina you better be there"

I feel
empowered
to have
started
this workshop



FLYCATCHER 4 April 2005

Trying
to negotiate
my way
through
a crowded bar
I had to walk
backwards

My brain couldn't comprehend this movement



WINGED WORDS 15 June 2005

On our way out the door I said to my friend "This plant is named after Mary's grandmother"

"Mary? The Virgin Mary?"

We both burst out laughing till the tears ran down our faces

The thought crossed our minds on entering the G.P.'s surgery they might think we've been brought to tears by the sudden deterioration of my health .COTINA duyn.COM

BOWER BIRD 29 June 2005

A great
afternoon
creating
paintings
with the
children
of the street
for the
great wall
of Bankfield



SINGING LESSON 3 July 2004

Birds singing while hailstones are belting down on top of them

There must be a lesson in this

FLIGHT PATH 6-8 July 2005

Awarded the 'Waterford Regional Arts Bursary' a two weeks residency at the Tyrone Guthrie Centre Annaghmakerrig

Also an 'Arts and Disability Award' to research and study Inclusive Arts

An affirmation of future plans?







TREE SURGEON 18-20 July 2005

A major operation

My next big journey has started

Suitcase packed created 'Positive Book' with reasons for recovery images of artworks kids paintings garden photos get well wishes from my friends

Took the scenic route

'Flowerpower' Acrylic 2005

QUEEN BEE 21 July- 2 August 2005

Friends entries in 'Positive Book'

"Watching the queen being wheeled back into the ward bright eyed but not so bushy tailed"

"Corina in her
Pippy Long white stocking
is sliding elegantly
back into bedknees and toes
pointing in all directions"



THREE SHEETS IN THE WIND 9 August 2005

My six year old neighbour "I hope you get whicked well soon"

SECOND WIND 10 August 2005

Home help suggested she would make rhubarb crumble

Five minutes later I was wondering what the lovely smell could be

Crumble of course

t www.corinaduyn.com Short term memory loss

twice the delight

STUDY 13 September 2005

It must be the start of a new school year

The supervisor of the Feng Shui-Spider School has just arrived

A BIRD IN THE HAND 20 September 2005

Finished my
final project
for the
Correspondence course
'Understanding Western Art'

Women Artists
associated
with Lismore
from the 18th Century
to the present day

Course completed!



'Cover' (detail) final project

PROGRESS
5 October 2005

My next goal was to walk without my rolator

For support I used a stick

A seven year old responded "you are too young to walk with a stick sticks are for old people"

I thought
I was making
progress

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LADYBIRD 14 October 2005

Invited to the booklaunch 'Dictionary of Munster Woman Writers'

An evening among interesting women

Entering a new world in more ways than one

MARCH OF THE RED SHOES 15 October 2005

A proud day the opening of our 'Red Shoes ArtSpace'

A gallery/shop with the artwork of the six members of the co-op



WWW.C

HOMING PIGEONS 18 October 2005

Travelled to Holland for a family reunion



Nineteen years
since the six siblings. COM
sat around
my mothers table
at the same time

EGGCIT 29 October 2005

Terrible weather

A friend suggested not opening 'Red Shoes ArtSpace' today

But
how
could I
stay home
on my
first day
of work



Epílogue 29 March 2006

My faithful companions, the birds, are frequenting the feeders by the window while I am sitting in front of the fire, working on the final parts of my book. My job nearly completed, the rest is up to the reader.

I have been asked what I would like to achieve with 'Hatched'? For me personally, I will put eight years of living with M.E. in one small volume, put it on the shelf and move on. For you the reader, well, I trust that you will make up your own mind.

Un-deniably, this journey with M.E. is not one I would have chosen, but it has brought me to some very interesting places. Where will 'we' travel to in the future? I do not know. Who does?

Thank you all for coming along, and I hope we will neet again.

Corina

ME (Myalgic Encephalomyelitis), is a potentially serious, disabling and chronic illness, affecting the brain, muscles and immune system. The main symptom is disabling fatigue; both physical and mental; often made worse by even minor exertion. Other symptoms include muscle and joint pains, sore throats, swollen glands, disturbed sleep, impaired concentration and headaches. The impact on sufferers' lives, is often underestimated. Doctors and scientists are still not clear about what causes ME. ME is also known Chronic Fatigue Syndrome (CFS), however this only describes fatigue and CFS can be confused with chronic tiredness, 'burn-out' and depression.

Studies from the US suggest approximately 2-4 per 1000 adults and 7 per 10,000 children are affected by M.E.

<u>Patient Support Groups:</u>

Irish ME Trust www.imet.ie Irish ME/CFS Support www.dublin.ie/irishmecfssupportgroup www.meassocation.org.uk (British) ME Association (British) Action for ME www.afme.org.uk www.me-platform.vuurwerk.nl/medisch/medisch.html (Dutch) (American) CFIDS Association www.cfids.org Children and young people www.tymestrust.org ME sufferers severely affected . International Association for CFS European ME/CFS Org. www.menet.dds.nl/meweb/europe.html Around the world www.menet.ddx.nl/meweb/web2.6.html#2.6.1