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n Training n Dating	AT 10.43 on the morning of November 8, 1987, Stephen Ross heard an earth shattering sound he never wants to experience again.	<ul><li>Version</li><li>         Search     </li></ul>	
Գ Gaming Գ Reader Offfers	"The noise was horrendous, it was just like a canon going off from behind. I think the split second it happened I knew what it was," he remembers vividly.	Related Articles	
Other Titles Belfast Telegraph	Stephen was 15 when he was caught up in the carnage of Enniskillen's Poppy Day massacre.	<ul> <li>Poison pen letters that pured bile upon grief</li> <li>Film director's personal journey</li> </ul>	
Ireland's Saturday Night	The no-warning IRA bomb claimed 11 innocent lives, an injuries. A 12th victim never recovered and died 13 year		
	This evening on the 20th Remembrance Sunday anniversary of that fateful event, survivors and the bereaved relive their trauma and talk of how their lives were changed forever.		
	They feature in a moving and powerful hour-long docun DoubleBand Films and aired on BBC NI.		
	And their message is quite clear - they want lessons to be learned from the past.		
	Stephen was standing just seven metres from the seat of the blast and suffered horrendous facial injuries.		
	As he recovered he realised he was left with two choice and continue to reflect on what had happened. Or, he c		
	"It was important to try and put it behind me," he explain	ns.	
	"It's not that I don't think about it and it's not that it bring these things you can develop a morbid attitude towards		
	"An awful lot of people have had to go through similar e	xperiences in Northern Ireland."	
	Stephen talks of how there have been sacrifices on both progressed.	h sides, but is confident the situation here has	
	And he believes lessons should be learned from our troubled history to help us move forward.		
	"People need to bear in mind what happened in the pas	"People need to bear in mind what happened in the past as an incentive to work to the future," he says.	
	And his thoughts are echoed by David Bolton, a counsellor with the Northern Ireland Centre for Trauma and Transformation.		
	On the day of the bomb he stood in for the local Method was attending the Cenotaph for the Remembrance Day	list Sunday School teacher Wesley Armstrong, who service.	
	Both Mr Armstrong and his wife Bertha died in the blast		
	Said David: "For those who are directly caught up in the It's not helpful to expect of people that they should forge what we do with our memories.		
	"Enniskillen has shown itself to be capable of dealing w	ith a terrible event in its history.	
	"It lays down a reservoir of memory and of experience f	or the future of this community.	
	"Beyond that, I think the way in which the town coped w see it as a metaphor for how the wider community can be	vith the tragedy stands there for those who want to deal with the tragedy of the Troubles which has	ADVERTISEMENTS

befallen us all."	
Julian Armstrong was with his parents when they were killed in the explosion.	
He describes the immediate aftermath as being "like something from a horror movie".	
At just 16, he and his siblings had to learn to grow up very quickly. He bears no malice towards those responsible for the atrocity.	
"We didn't have the security of our parents. We had to learn to do things for ourselves," explains Julian.	
"I don't feel any bitterness or hatred against anyone in particular.	
"I don't think hatred or bitterness is the way forward for me, it only eats you up."	
These are just a few of the many personal experiences traced in the documentary.	
It begins with the moving accounts of how individuals and their families prepared for the Remembrance Day service.	
The programme progresses on an emotional journey through the pain and heartache of rebuilding shattered lives.	
It manages to personalise rather than sensationalise the events of 20 years ago through the eyes of the bereaved, the injured, the clergy and hospital staff among others.	
And it draws the viewer into the heart of the town by exploring the close relationships of its people and how they coped with dignity after the bomb exploded.	
But it also examines the political tension and unease which followed and the impact the bomb had on the Republican movement.	ODVERTISEMEN
¿ The Poppy Day Bomb will be shown on BBC NI tonight at 10.40.	
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