*Men of the sea* describes the career-path of a typical trawler skipper – a job learned over many years in the 'School of Hard Knocks.' Sailortown is the part of any seaport town to which sailors gravitate for onshore amusement. *Eggshells*, adapted from a 1930s poem by Elizabeth Fleming, brings to life a sea-story from the folklore of childhood. Betsy Walton is a traditional ballad from the banks of the River Humber, and Ranters' Wharf is a sequel to it, imagined by John Conolly. Both songs contain elements of folklore and the supernatural. Francesco's Song describes an encounter with an old Flamenco singer in the streets of Nerja, a delightful seaside town on the Costa del Sol, while Punch & Judy Man celebrates the art of the Punch and Judy 'Professor', once a common sight on the beaches of Britain. The Jolly Tar, from a ripping yarn called "The World of Ice" by R.M. Ballantine, gives an alternative take on the Battle of Trafalgar, while *The Trawling Trade* follows the action on the deck of a deep-sea trawler, fishing off the coast of Iceland. In *The Widowmaker*, a fisherman's wife lies sleepless while the storm rises along the coastline. My Own Native Land is a stirring song of Irish patriotism, recalled from a memorable performance by the wonderful McPeake Family. The Last Ploughshare is a plea for the human race to care for its habitat – the only planet we've got. Tommy's Gone Away to Iceland was inspired by John's involvement with "Tommy and the Trawler", a children's video feature filmed for the National Fishing Heritage Centre. The Taxi-Driver and the Trawlerman's Wife relates a true story which once unfolded in the streets of Grimsby, to the great amusement of the local residents. *Flowers of May* was written for the Harwich Shanty Festival, to celebrate the port's connections with the Pilgrim Fathers and Christopher Jones, Captain of the Mayflower.