

Glanmire Area News

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THE DIFFERENCE IS WE DELIVER Issue 8 - August 2015

www.glanmireareacork.com e-mail- news@graphicprism.ie M:086 8294713

Farewell to the Principal of Brooklodge National School



Mr. Eoghan O' Connor retired as principal of Brooklodge National School at the end of the 2014/2015 academic year. He began his teaching career in 1975 in Glounthaune National School and was appointed principal of the old Brooklodge National School (now the community centre) in 1981, succeeding Mr. Tim Glavin. The school enrolment at that time was 140 pupils and five teachers. Eoghan has overseen the development of the new school in Brooklodge, from its opening in 1986 with a staff of six and a school population of 180 to the current staff of 23 and 400 + pupils.

From 1986 to 2000, Eoghan was a teaching principal and from 2000 to his retirement was an administrative principal. In his time as principal of the "new school" he oversaw its expansion from 8 classrooms to 16 classrooms, including 5 special educational rooms, an autistic unit, an enlarged hall and playground.

Eoghan, who trained in St. Patrick's College Drumcondra, Dublin, says his fondest memories of his time at Brooklodge National School "the sense of community that exists between the staff, pupils, parents, and the community in Brooklodge and the cooperation and support that now exists between the primary schools of Glanmire.

The Village Schoolmaster

Beside yon straggling fence that skirts the way
With blossom'd furze unprofitably gay,
There, in his noisy mansion, skill'd to rule,
The village master taught his little school;
A man severe he was, and stern to view,
I knew him well, and every truant knew;
Well had the boding tremblers learn'd to trace
The days disasters in his morning face;
Full well they laugh'd with counterfeited glee,
At all his jokes, for many a joke had he:
Full well the busy whisper, circling round,
Convey'd the dismal tidings when he frown'd:
Yet he was kind; or if severe in aught,
The love he bore to learning was in fault.
The village all declar'd how much he knew;
'Twas certain he could write, and cipher too:
Lands he could measure, terms and tides presage,
And e'en the story ran that he could gauge.
In arguing too, the parson own'd his skill,
For e'en though vanquish'd he could argue still;
While words of learned length and thund'ring sound
Amaz'd the gazing rustics rang'd around;
And still they gaz'd and still the wonder grew,
That one small head could carry all he knew.
But past is all his fame. The very spot
Where many a time he triumph'd is forgot.

Above: Presentation to Mr. Eoghan O' Connor of the School Print.

In his retirement, Eoghan hopes to pursue his hobbies and to visit his native Millstreet on a regular basis.

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GLANMIRE HERITAGE WEEK - PAGE 4

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Glanmire Cork



Schools Garden Competition at the Cork County Hall today 24.6.2015 Emily Brennan agus Muinteoir Sheila agus grandad Charlie Wilkins Well Done Gaelscoil Ui Drisceoil Glanmire

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GACA NEWS



Carina Ryan and Arlene Sars on walkabout in Glanmire.

GLANMIRE HERITAGE SOCIETY

Programme of events for National Heritage Week 2015

Friday, 21st August:
Local G.A.A. Exhibition of memorabilia at Sarsfield's Hurling Club
7.30-9.30 p.m.

Saturday, 22nd August:
Local G.A.A. Exhibition of memorabilia at Sarsfield's Hurling Club
3.30-7.00 p.m.

Sunday, 23rd August:
Vintage Tractor & Car Exhibition at Glanmire Football Club Sallybrook
12.00-4.00 p.m.
Local G.A.A. Exhibition of memorabilia at Sarsfield's Hurling Club
3.30-7.00 p.m.

Tuesday, 25th August:
Heritage Photographic Exhibition at Riverstown Community Centre
2.00-5.00 p.m.

Knitting & Crochet Exhibition & Demonstration at Community centre - 2.00-5.30 p.m.

Heritage Evening Tuesday 25th August at the Community Centre:

7.30-9.30 p.m.
with a variety of entertainment – music, song, dance, poetry, storytelling.
M.C. Frank Houlihan

Wednesday, 26th August:
Heritage Photographic Exhibition at Riverstown Community Centre
2.00-5.00 p.m.

Rathcooney Loop bus tour, guided by John O'Callaghan (to reserve 7.00-9.00 p.m. a seat ring Nicole at the Community Centre 021-4821333 before 21st Aug.)

Thursday, 27th August:
Heritage Photographic Exhibition at Riverstown Community Centre
2.00-5.00 p.m.

Friday, 28th August:
Heritage Photographic Exhibition at the Community Centre
2.00-5.00 p.m.

Musical Evening at historic Riverstown House on Friday 28th August: 8.00-10.00 p.m. M.C. Kieran Kelleher

Dear Editor,

I would like to make people aware of an increasingly prevalent issue in our community. This issue is a "growth industry" in so far as it is steadily on the rise and all the more sinister for its specific targeting of the elderly and those living alone or in isolated areas. I am talking about the increasing numbers of bogus tradesmen/contractors that are going door to door, targeting elderly people living alone and offering to clean their gutters, windows, trim hedges, trees, mow lawns etc etc.

With an unsettling frequency, and growing brazenness, these individuals haggle and intimidate isolated elderly people who often feel compelled into letting these people onto their property to carry out the "service" whatever it may be. Very often, the "service" is done to a sub-standard degree, and not unusually, "other" work would be carried out (though not requested by the house-owner) and these bogus tradesmen would demand more money than was agreed.

I would strongly urge people to accept no such services from people calling door to door. Aside from the fact that they are not local, have no VAT number, are not regulated and therefore without the quality assurance of product and service, a few people have told me that the person initially offering the service took on a not-taking-no-for-an-answer approach when first declined. I would urge people to contact regularly those individuals in the community who are living alone and the elderly. More often than not it is those perceived as the most vulnerable that are targeted. That unfortunately, is the nature of these individuals, that largely is their modus operandi. Help those in our community who would be earmarked by these persons. Make them aware of these scam-artists and rogue tradesmen and give them a number to call (yours and the Gardaí) should they feel intimidated or harassed by any person on their doorstep.

Thank you, Glanmire Resident.

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NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

BY "THE FOREIGN CORRESPONDENT"

PLANNING (1):

The May edition referred to a planning application lodged by O'Mahony Developments Ltd. to erect thirty two semi-detached, and eight detached dwelling houses per a phase one development at Johnstown Killahora. On May 19th. Cork County Council granted permission subject to fifty six conditions, sixteen of which related to public lighting of the development. These included the requirement that prior to commencement a public lighting layout has to be submitted to the Planning Authority for approval and prior to first occupation there is an obligation on the developer to confirm that such has been installed. This lighting has to be directed in a mode that will not interfere with passing traffic, or cause any glare or additional light spill to adjoining residential property. The installation of a public lighting column on the far side of the public road opposite the centre of the T-junction which serves the development is also a requisite. There are also conditions relative to noise specifying that the developer must implement a noise monitoring programme and the nature and extent, as well as the monitoring sites used, must be agreed in advance with the Planning Department. Relative to dust nuisance there is a requirement that dust suppressant by water spray, mobile tankers, and a mechanised road sweeper have to be used during the construction phase. Wheel washes must be installed on the access points to the existing roadway which have to be utilised by all trucks departing the site. Local roads used by construction traffic must be continuously monitored and are to be cleaned and maintained to ensure that any excess material carried off-site is removed immediately. Another condition relates to parking and in this connection the developer must, within the curtilage of the site, provide adequate parking during construction for all traffic including delivery and service vehicles associated with the development. There are conditions relative to landscaping which must be carried out per the plan already submitted. There is also a requirement that a detailed timeframe of implementation has to be submitted and agreed with the Planning Authority prior to commencement of the development. The foregoing is a brief summary of the conditions attached to the Grant of Permission and in addition the following two final ones are notable; the developer is required to pay Cork County Council the sum of Eur 47,430.77 at least one month prior to commencement of the development. This is in respect of public infrastructure and facilities benefiting development in the area of the Planning Authority. What amount of this will be allocated to the local area? Secondly a sum of Eur 113,605.63 has to be paid by the developer to the same body one month before commencing development. This contribution is in respect of the Cobh - Middleton - Blarney suburban rail project. Incidentally this title is now a misnomer as it appears unlikely that the station at Blarney will ever be built. It was intended to serve a proposed town at Monard where it was planned to construct five thousand houses. However



*The Blessing & Official Opening of St. Lappan's Place, Little Island, July 3rd. 1955.
Back Row L/R : The late Canon P. O'Leary P.P., The late Rev. J. Deasy C.C.
Front Row L/R : The late Derry Murphy, Gerry Ryng, The late Alan Barry.*

Bord Pleanála rejected the council's plans so it appears that is "the end of the line" regarding a station at Blarney? There was of course a station there previously but it was another casualty of the short-sighted rail network plundering presided over by the Chairman of C.I.E. Todd Andrews, grandfather of Brian Tubridy, and it closed in 1963. The updated position regarding subject matter is that two third party appeals were lodged with Bord Pleanála on June 11th. and a decision is not expected before mid-October.

PLANNING (2):

On June 15th. Staplewood Properties Ltd. was granted permission for a development at Cobh Cross Industrial Estate, Carrigtwohill. This location is at CB Forms premises almost directly across the road from Ballyseedy Home & Garden Centre. The proposed development consists of; demolishing one of two industrial units and the redevelopment of the other to facilitate an industrial unit, and a change of use of part of the building to motor fuel service station with associated convenience retail, ancillary off-licence and non-retail uses and facilities comprising; changes to external material finishes of walls, introduction of parapet walls to create a flat roof from current pitch roof form, addition of extensive glazing of windows and doors to north and east elevations, convenience retail with ancillary off-licence and deli / hot food area, including hot food for consumption off the premises, customer refreshment seating area, staff welfare and customer back of house services, construction of covered forecourt facilitating four customer fuel pump stations, vehicle services area and fuel tanker parking zone, installation of underground fuel storage tanks, signage, twenty five parking spaces and enhanced landscaping. The development will be accessed via a new proposed vehicular access from the existing industrial estate access road east of the site. Incidentally when will the section of roadway from the T-junction east of Killacloyne Bridge to the roundabout be resurfaced? This, the outer approach road to the foregoing development, is in a deplorable condition and has been for some time now.

ST. LAPPAN'S PLACE:

"Blessing and Dedication of New

Council Houses" was the heading of an article published on the Cork Examiner on Monday July 4th. 1955. "Yesterday was a great day in the history of Glounthaune parish and particularly in the village of Ballyverry. The people of the district gathered in the glorious sunshine to see their beloved pastor, Very Rev. P. Canon O' Leary, P.P. perform the blessing and dedication of fifty new council houses. The houses were dedicated to the Blessed Virgin Mary and St. Lappan, who is the patron saint of Little Island. The people were also proud to see their parish priest, who had recovered from a recent illness, back for this simple but impressive ceremony. Canon O' Leary has been parish priest of Glounthaune for twenty eight years and prior to that was curate at the parish. He was assisted yesterday by Rev. J. Deasy, C.C. Glounthaune. Mr. M.J. Corry T.D., on behalf of the people of the district, congratulated Canon O' Leary on his recovery from illness. Present also were members of the local committee; Messrs. J.Kelleher, T.Sheehan, T.Byrne and E.Dunlea". The Canon addressed the crowd after the ceremony and referred to the importance of dedicating the houses to "two highly distinguished personages". He outlined the historical background and said; "The Blessed Virgin Mary and St. Lappan, now, as then, will be your patrons and guardians". Continuing the Rev. Canon said; "I hope you will be very happy in your new homes. Complaints are made that the rents are very high. They are too high for the earnings of those occupying them but there are some very expensive fittings in the houses which put up the rent. The Old Poor Law Guardians, pioneers of council houses, planned better and they erected those comfortable houses you see along the road coming here. The houses are compact, comfortable and cheap and the all-in rent of four shillings and sixpence per week includes an acre of prime land. They have the same living accommodation as the new houses; a kitchen and three bedrooms. The rooms of the new houses are slightly larger and the rent decidedly so being four times that of the old houses. The erection of moderately rented comfortable homes for those in need of them should have some check on the wave of emigration

now over the whole country. A family possessed of such a home is anchored to the soil and will not readily give up their little property to immigrate to England. Their lives will be so happy living in congenial surroundings here amongst friends whom they know and whose ways are their ways. Attracted to England by illusory high wages and surrounded by people whose ways are not their ways make them exposed to many dangers that they would not have to meet at home". The Canon concluded with advice to his people; "stick to the old sod. Do not readily depart from it but should it be necessary remember the saying; be to God and Ireland". Well the Canon's views on rent, the quality of homes as well as life make interesting reading moreover as he was about ninety eight years of age at the time. The Passage born Canon was ordained in Paris on June 9th. 1883 and was parish priest at Glounthaune from September 16th. 1928 'till his death on February 12th. 1957. He is buried in the church grounds at Glounthaune. He was also curate here from August 28th. 1892 to October 11th. 1893. Imagine having the same parish priest for over twenty eight years, and the curate mentioned above, Kinsale born Fr. J. Deasy, served at Glounthaune for thirteen years, January 30th. 1954 to February 14th. 1967. Would the present-day incumbents be happy with such long stints in our midst? Would the parishioners be happy? The foregoing ceremony took place sixty years ago, Sunday July 3rd. 1955, and to mark the occasion the St. Lappan's Place and Ballyverry Residents Association has arranged a Diamond Anniversary Celebration on Sunday August 2nd. A marquee will be erected on "The Green" agus beidh craic agus caint ann from two to six p.m. There will also be a photo exhibition and local historian Paddy Twomey will share his knowledge of the area in his usual relaxing style. A large crowd, including many past residents, is expected and this function could yet be the community event of the year.

LOTTO:

The sleepy hamlet of Caherlag has produced a second lotto winner. The name is officially announced on this occasion and it is none other than Tom Aherne. His winnings fell far short of "unknown" Lotto Winner Number One but would suggest that Eur 10,940 in the Erins Own fund-raiser is, even perhaps for Tom, a very respectable windfall. It was previously mentioned in this column that there is an aura of tranquility on entering Caherlag as the majority of residents stroll around their domain in an envious relaxing carefree manner for lengthy periods during the day. The valiant gentlemen offer their customary doff of the hat to the curious outsiders who pass by, whilst those delightful bashful ladies are frequently observed tripping along and with a slightly bowed head a welcoming gentle smile flows forth. However displaying such a lifestyle begs the questions; what is the workforce of Caherlag? Is it now a Retirement Settlement?!

SLÁN ANOIS ©

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Charlie Wilkins

Sometimes, I think that summer is simply an aberration, a divergence, a distraction from the norm, a rarity even. In recent years it has disappointed in many respects, and we live out our gardening lives yet again, in low light levels and unseasonal temperatures. Summer is so longed-for but so brief, whilst winter seems to be habitual, a fact of life. For most of the year, it seems, we live with dampness and wind, naked trees and sodden ground. In my book, winter starts in late September and lasts to the end of May at the earliest. Misery, sheer misery. That is, until nature puts on a supreme effort and changes the dismal monochrome of winter green to fancy dress hue!

The garden may now be showing the earliest signs of the cooler, subtler days of autumn, but there's still much to admire in the line of hot colours and gentle movement. The Orb spider is once again busy criss-crossing shrubs and plants with inescapable webs, whilst the scented phlox, potted lilies, and roses continue to release their perfume along with honeysuckle, which now has berries as well as flowers. All these, individually and collectively, define a time and shape life-long memories. But all is not as it seems.

Last year, in a nearby walled garden (and here I am talking about the Glanmire area) the scented blooms of a large lime tree were at their most floriferous but around its base lay bees in their dozens, some intoxicated it would seem, many already dead and withering in the high humidity. More were being taken by birds and marauding wasps, and whilst the bumble bee outnumbered honey bees by ten to one, the sight was one of great sadness.

All lime trees (*Tilia* species) are extremely attractive to bees when they come into flower, but for these humble workers the lime

tree known as *Tilia petiolaris*, can be a fatal attraction. Lime tree flower nectar consists of a mixture of sugars, but in the case of 'petiolaris' a significant quantity of a sugar called mannose is also present. During the odd hot sunny day this begins to ferment. The bees are unable to metabolise this alcohol/sugar mix fully and it becomes irreversibly bound to the digestive enzymes in their gut. The available enzymes soon becomes used up, making the digestion of other sugars impossible and so the bee dies of sugar starvation, even though its stomach may be full.

Fortunately, *T. petiolaris* flowers in late July and early August, when bumble bee colonies are at peak strength and so the colonies are better able to survive the loss of those foraging among the branches. Humans can digest mannose so there is no danger from eating honey produced from lime nectar. The pendent silver lime tree blossoms may still be hanging heavy due to the weighty crawling of foraging bumble bees, but the sooner flowering ceases, the better for all these important, furry pollinators. Varroa mite has decimated honey-bee stocks in recent years so every single bee, honey or bumble, is valued for their ability in pollinating crops of every kind.

THE GARDEN IN AUGUST

AUTUMN; The mood of autumn is evident already in the foliage of trees shrubs and all plant life. The shortening hours of daylight have crept in unannounced, marking yet again the ebb and flow of the seasons and of life itself. But while the dance of surrender may be obvious to those who observe these subtle changes, there are still two good months of gardening activity to be enjoyed. The garden can once again become 'a cabinet of curiosities' for shadows will increasingly deceive the eye and light play funny tricks even during a high August noontime. Now's the season in which to have an eye for detail, a love of the unusual, a collectors mentality for weird shapes, odd movements, and unexpected and sudden bursts of short-lived golden colour. If you garden

A SUMMERE ACHE



In Germany, Lime trees are known as Linden trees. During autumn, *Tilia petiolaris* (the silver pendant lime) turns a magnificent shade of yellow. See these at Fota Arboretum in an area to the left of the house (as one faces it).

with grasses and late perennials (rudbeckia, heleniums, aconitum, etc) you'll have these golden treasures I speak of, and be able to rely heavily on shape and pattern for all of autumn through to October.


WASPS; In these dog-days of August, wasps and ants can be a common problem as they search for food and work to enlarge their nests. If you can see an entrance to a wasp or ant nest, dust around the entrance with a powder sold as Kill-Ant or Ant Stop! The pests will get this on their legs and distribute it through the colony, killing all in the process. Indoors, especially in the kitchen, use either powder for best results. Puff the contents around doors, window frames and into cracks and crevasses to give longer-term control of foraging ants.

DEADHEADING; Gardens can easily slide into premature decay after June and regular dead-heading is essential to prevent this. For certain plants, such as the non-repeat flowering roses, the aim is purely cosmetic. But many plants, including dahlias, cosmos, penstemons, and many species of later flowering salvias can be induced to flower indefinitely if none of their spent blooms is allowed to ripen seed. There are rare instances where it is acceptable simply to snap off spent flowers with finger and thumb and this is the case with day-lilies. But, in general, secateurs or a stout pair of


scissors are needed. It is essential to trace the stem of a spent flower back to some definite point, as any bare stalks you leave behind will disfigure the whole plant. This point will be where a new shoot or a fresh flower arises or is likely to arise. With a plant such as *Salvia surpeba*, you can sometimes remove a large number of spent blooms with a single cut. Others must be removed one by one.

PHLOX; It is not generally appreciated that phlox have a second season of flower, shorter stemmed may I add, but still very welcome towards the dewy month of September. Simply pinch out their first heads of bloom as they fade or cut the stems to a lower pair of leaves then give two liquid feeds at fortnightly intervals. The pale blues and lavender blues look best during this second flowering for they give the impression that smoke is in the air along with the first of the autumnal mists. When cut for indoors, the scent of phlox can be slightly rank, though it will still be found ideal for flower arranging.


GET ESTABLISHED; Always plant shrubs and perennials in autumn (October or even late September) for the soil will still be warm and they will get well established before the arrival of hard frosts. The weather in spring can be dry above all else, and absolutely freezing which means constant watering if you plant then.



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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Lotto Results Wednesday

15/07/2015: No winner this week numbers drawn were 11, 14, 24 & 27, €30 to Marie Corry, Deirdre Reid & Ryan Maher, Next weeks Jackpot is €1,130

Tickets can be bought from any member or you can know play lotto on line through the clubs website www.erinsowngaa.ie , Thanks to all those who support our clubs lotto.

Club Shop: The shop will be opened on Saturday 10am to 12pm & Sunday 11am to 12:30pm, any queries or questions on stock or orders just drop an e-mail to Dara at erinsowngaclub@gmail.com or phone or text Michael on 086 8699145 or Kieran on 087 7787759

Erin's Own U6's played our first Hurling game of 2015 last Saturday the 11th of July against Youghal in Youghal.

We had 36 players turn up with a mix of U6's and U5's.

We had 5 teams and so did Youghal, so everyone was playing in each game. All the Erin's Own players played very well and enjoyed them self's. It was great to see all the players getting into the games and to see what we do at training working on the day of a game. When the games were finished both sets of players were brought into the Youghal club house for some refreshments. All the players were presented a medal, this would be the first Hurling medal our U6's would have received playing with Erin's Own and hopeful they will receive plenty more in their hurling careers with Erin's Own. Finally I would to thank all the coaches for there help on the day of the game and for their help each week at hurling and football training.

Strictly Erins Own Saturday the 7th of November 2015,

This will be the clubs main fundraiser this year & all funds



raised will be towards the development of the facilities in Caherlag, if you would like to dance in this event call 087 6686847, more details to follow in the coming week's

Pat O'Callaghan PRO

Erins Own H & F Club

Tel: 087-6431807

Email: pro.erinsown.cork@gaa.ie

Web: www.erinsowngaa.ie



Above: U6 blitz V's Youghal 11-07-2015



Left: Under 7 Football blitz in Aghada on the 18-07-2015



Minor Hurling Team that played St Catherine's in this years championship

Sars Camogie Notes

Sars Community Games Munster Champions !

Congratulations to our U13s who are Munster Champions after they won the Regional final overcoming strong opposition from teams from Clare and Limerick on Saturday 4th July. They now go on to Athlone representing Cork in the finals at the end of August. Well done everyone, great achievement!!

[Picture of Winning Team Attached.]

Sars Camogie Summer Camp A Great Success

The annual Camogie summer camp took place in the first week of July

with great numbers of our young camogie players attending. A wonderful few days was enjoyed by all with many of our Senior players turning up to coach the young stars of the future. A big thank you to Roisin Murray of Sherry Fitzgerald Lettings who sponsored the very enjoyable and successful Camogie Summer Camp

A selection of photos attached

Sars Host Cork vs Wexford Camogie Double Header

A very proud day for Sars camogie as we played hosts to a double header of the Cork Intermediate and Senior Camogie teams vs Wexford on Saturday 18th July. The sun shone down on the teams with a

fine crowd in attendance. The day was all the more special as Sars had Niamh O'Callaghan and Ellen Murphy representing the club on the Intermediate panel. Well done to the Intermediates on a great win !

Picture of Niamh O'Callaghan, Lucy Lynch and Ellen Murphy attached. Also attached are some other photos on the day

Teams Update

It's a busy time of the year with many of our teams heading into the qualifiers in their respective competitions. U14A qualified for County Quarter final v Charleville on August 16th. Our U12A team have qualified for the County Semi Final v Inniscarra on August 29th while our U12C

are still in contention with a play-off against Ballyhea in August to determine who goes through to play Sliabh Rua.

Our U16As have one league game to complete their section against Aghabullogue but are lying in a comfortable position to qualify for the County quarter finals.

Sars Golf Classic

Sincere thanks to everyone who made the event such a success and especially to all of the generous sponsors. The money raised goes towards the cost of the redevelopment of the Bucklearys dressing rooms and will benefit our teams greatly.



Sherry Fitzgerald / Sponsor Camogie Camp



Community Games Munster Champions



Sars Summer Camp



Orla Cotter and sars players



Sars Team Halftime
Cork -vs- Wexford



WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

A Cúl Week at White's Cross

White's Cross GAA once again held a most successful Cúl Camp this summer for boys and girls between 5 and 13 years of age. One hundred and twenty six children attended the week long camp, guided by a team of 27 coaches and assistants – hopefully it has furthered their interest in the games of Gaelic Football and Hurling / Camogie. Running such a Camp is obviously no easy task, and to do so requires the support of many people. Cúl Camp Coordinator Conor Kelleher wishes to thank these people for their support and says it's great to have such a continued spirit of community around this event now running 13 years:

"Foremost I thank the Coaches and their Assistants who worked diligently and enthusiastically all week to ensure all participants benefited from the week's activities – many of these people have been involved with the Camp for a number of years now and their reliability and work ethic is an integral part of this camp's success year after year. Thanks to Marion Delaney, Brendán Murnane, Niall Twomey, Conal Smith, Michael Meade, Ciarán Quain, Sean Twomey, John Meade, Adam Bransfield, Kelly Falvey, Laura Cahill, Jennifer Hall, Cillian Hall, Aaron Kent, Cormac O Flynn, Cathal O Flynn, Ross Murphy, Derrick Royal, James Royal, Billy O Hara, Colin

Sisk, Zak Hurley, Luke Murphy, Martha Quain, Sean Kelly & Alison McNamara. Thanks to Mike O Flynn, Joan Twomey, Michelle Whooley and Teresa Quain who were on hand to tackle different chores and made my job of camp co-ordinator i bhfad níos éasca.

Thanks very much to Upper Glanmire Community Association for the use of their facilities again this year – it was great to be able to rely on their outstanding sports hall on the rainy days. This year we only had to use it on the Tuesday and even then over half of the attendees remained based at White's Cross grounds. Thanks also for the support of the Community Association through Crunch Fitness for our fundraising venture which had the eldest two groups take part in Crossbar Challenge on the Friday afternoon, something that had gained a lot of attention on the social media in GAA circles in the preceding weeks due to the exploits of the Clare and Waterford senior hurling sides. Crunch Fitness (the superb new gym opened by Upper Glanmire Community Association) and White's Cross GAA Club, donated 20 euro for each shot that hit the crossbar to charity. In line with the slogan on the sleeve of their Cúl Camp kits and a key theme for our camp 'Give Respect, Get Respect' the eldest cohort, having given the coaching team respect for the week (and many who had given it for the last five, six and seven

years they have attended our camp) it was now time for them to get respect and thus they were allowed to decide the nominated charity. After some consideration they decided to nominate the Irish Children's Arthritis Network (iCan). This saw the grand total of 160 euro raised by the White's Cross GAA Cúl Camp 2015 for iCan.

Thanks to White's Cross GAA Adult and Juvenile Club members for all their assistance – the work being put in is clearly evident in the improvements to our Club Grounds over the past 4 years. This year the addition of the astro-turf training area was a huge bonus. Thanks in particular to Martin O Flynn, Sean C Burke and Pat O Callaghan for having the pitch and grounds in tip-top condition.

Thanks to Kellogg's for their sponsorship of the Cúl Camps – now in their fourth year as sponsor to the nationally co-ordinated GAA Summer Camps, and it continues to prove very beneficial at the club unit level. This year's half-zip top proved very popular. Thanks to Noel Crowley and Colm Crowley, Games Development Officers with the Cork County Board for their time and assistance. Thanks to Cork Senior Hurling corner forward Alan Cadogan for paying us a visit and also Kevin Hallissey (CIT and Eire Óg) who did a morning of coaching with two of the groups.

Finally a BIG thank you to the one hundred and twenty-six boys and girls who participated in the Camp; yet again they were an absolute pleasure to work with – Conor Kelleher - White's Cross GAA, Cúl Camp Coordinator.

New Partnership

White's Cross GAA is pleased to announce Luciano's Pizza as official food partner of the club. Last month Juvenile Chairperson Mike O Flynn welcomed Luciano Sr. and Luciano Jr. Tavoleri to our club grounds to unveil their eye catching sponsor sign. White's Cross GAA hope that this will be a long and successful partnership. Luciano's Pizza are a local family run business based in Crestfield Shopping Centre in Glanmire and Dillon's Cross. They have been serving the people of Cork since 1984 when Luciano Sr. opened his first shop in McCurtain Street. In the intervening years they have relocated to Glanmire and as business continues to grow they have set up a second shop in Dillon's Cross. White's Cross GAA is delighted to be linking up with this family run business that serves the local community. The link will hopefully go from strength to strength. Here's hoping that at the end of the year we will be celebrating silverware with the famous Big Luch pizza!



Mile buíochas do Michael Meade of Grianghráf Media, who doubled up as photographer and coach at this year's White's Cross Cúl Camp - here he gets a bird's eye view of the 126 participants and team of 27 coaches and assistants (Photo courtesy of Grianghráf Media).



One of the groups at the White's Cross GAA Cúl Camp show off their new kits.

Below Right: Ciarán, Adam, Mike, Shay and Billy are all smiles for the camera at the White's Cross Cúl Camp (Photo courtesy of Grianghráf Media).



Pictured at the announcement of Luciano's Pizza as an official food partner of White's Cross GAA are Luciano Sr. and Luciano Jr. Tavoleri (Photo courtesy of Grianghráf Media).



This group of attendees at the White's Cross Cúl Camp have no interest in the camera and instead have only eyes on the ball!

Mattina's Playschool Graduation Day



Congratulations to Sarah White and Donnacha Murnane on getting married last month. Everyone at White's Cross GAA wish Sarah and Donnacha long lives of happiness and joy together... and lots more GAA thrown in too!



Meabh and Daragh McGee, Marwood.



Leah Brazier with her Dad Paul Walsh

Centre of Excellence Training Centre In Glanmire.

The football association of Ireland and the Cork County Council have reached an agreement on land for the development of a Centre of Excellence for the Munster region in Glanmire. The agreement which was reached on Monday July 13th provides for a 99 year lease on a 30 acre site.

FAI chief executive John Delaney said that this agreement is a very positive development for football in munster and recognised the support of minister Alan Kelly TD, Senator John Gilroy Glanmire, Tim Lucy Cork County Council CEO, and Pat Lyons chairman of FORAS who were invaluable in securing the agreement.

The chief Executive of the FAI said he is delighted to be working with Senator John Gilroy and the trustees that own and operate Cork City FC in supporting the proposed development of a Regional Centre Of Excellence in Glanmire. "I have no doubt that it will support the next generation of players and coaches that will represent Munster at the highest level within the game and will provide the local community with a facility they can be proud to utilise", the CEO said

John Gilroy also Chairman of Riverstown FC told me /said "The proposed facility in Brooklodge Glanmire is approximately eight kilometres north east of cork city and is strategically located near the Dunkettle interchange and very accessible, and within a 10 minute drive from the M8 motorway and cork city centre could be a venue for one of the UEFA Euro 2020 fixtures for which Ireland is hosting a minimum of four matches and if the IRFU's bid to host the

Rugby World Cup it could be a training base for one of the teams competing in the proposed 2023 Rugby World Cup", the hosting of one of the teams during the tournaments would leave a lasting legacy on the venue and surrounding region. John said.

The Centre of Excellence facilities will support the development of young players operating within the FAI's regional squad structures and support the growth and development of football within the province of munster as well as a community facility for the people of cork.

The facility will be used year round for the benefit of the football and local communities and within the munster region. The scope of activities provided for in the centre will also include a permanent home and training base for Cork City FC who's training programmes provide for:

- Mens Senior Team
 - U19 Team
 - U17 team
 - Women's Senior Team
- In addition the centre will also provide for:
- Non Senior Team League Matches

- FAI Coach education Programmes
- FAI Emerging Talent Programmes
- A Cork ETB Local Training Initiative
- Local Club Matches
- FAI Referee Training and Meetings
- Recreational Football Activities
- Community Football Programmes
- Pre Season Training Camps for visiting teams

In order to provide for all these activities the following facilities are proposed.

- Four full size Natural Turf pitches (two with Floodlightening)

- One full size Artificial Turf Pitch
- Six small sided floodlit Artificial Turf pitches
- Pavillion with small viewing area
- Classroom
- Gynasium
- Goalkeeper Training Area
- Player and Referee dressing rooms
- Toilets
- Physiotherapy Room
- Medical Room
- Team / Video room
- Laundry Room
- Kit Room
- Kitchen/Cafeteria
- Multi purpose room
- Administration Offices
- Community meeting rooms
- Grounds man storage area

It is intended that the development of the project will be funded through capital investment by both central government and the FAI. The estimated cost of developing the Centre of Excellence to its full capacity is approximately 6 million euro. This estimate is made up of the cost of earth moving and laying out the construction of playing pitches, construction of the central building and small stand to main pitch, car parking, internal roads, floodlightening and provision of ancillary services. The operating cost for the Centre is estimated to be in the region of 250,000 euro per annum.

The figure is based on the FAI's experience of managing similar type facilities at the AUL Complex in Dublin and the projected operating costs of the FAI national Training centre at the National Sports Campus. The main areas of costs would include:

Pitch and Ground Maintenance:

- Staff
- Machinery
- Consumables (fuel, and pitch care products etc.)

Pavillion Maintenance and Operation:

- Maintenance/Cleaning / Administration Staff
- Utilities

The Operating costs of the Centre will be met by a range of measures which include:

- An Annual FAI subvention

Rental income from Cork City FC's various teams:

- Senior Team Training
- U 19 Training and Matches
- U17 Training and Matches
- Women's National League Team Training and Matches

Commercial Income:

- Sponsors
- Pitch Side Signs
- Naming Rights
- Rental Income from other users.

Speaking about the proposed new Centre of Excellence in Glanmire Roy Keane said "There are no shortcuts to excellence and nothing would please me more than to see high quality players and coaches from munster been provided with the best opportunity to achieve their potential".

Roy said he had witnessed first hand what it takes to develop young players, adding that while there are significantly more opportunities today for young people to achieve within sport of football than there was in his day, there are nonetheless challenges that need to be resolved if young players from Cork and Munster are to achieve at international level.

Roy said that for true potential to be developed, appropriate facilities are a prerequisite. The best players and coaches need an environment in which to work effectively and achieve high levels of performance.

St Dominic's Retreat Centre - Up-coming events at Ennismore - Spiritual Accompaniment Course

Please note that there are some spaces available on the above course which commences October 2015. If you are interested please contact us here at Ennismore on 021 4502520 or e-mail – ennismore@eircom.net for Application Form and Information on the Course.

Up-coming events at Ennismore

"Mindfulness and Healing" – Martina Lehane Sheehan – a few places left on this retreat from Wed 22nd July – Sun 26th July.

"Man's Search for Meaning" – Spirituality and transformation for men

Patrick Sheehan & John Horgan – Sat 12th August – 1030am – 4.30pm
Cost €55

"Some Enchanted Evening" – an evening of musical nourishment for body and soul, with High Tea – Thurs 03rd September at 7pm- Cost €25

"Writing for Transformation" - 6 mornings of Creative Writing & Meditation with Ann and Martina – Wed 16th Sept – 10am – 1pm – Cost €150

I am also attaching information on "Conversations at Ennismore", which begins this autumn.

Bookings – Please phone 021 4502520 or e-mail ennismore@eircom.net



Dara Kelleher home from Dubai to celebrate his mom Cynthia Kelleher's 60th Birthday on June 16th



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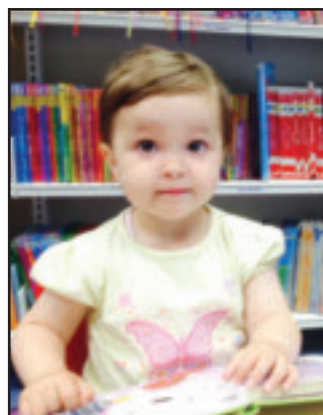
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- You can pay off your loan early, make additional lump sum repayments or increase your regular repayments, without penalty. Other lenders may charge extra for paying them back faster

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Kathleen Lauret Sexton and Elise Tripp



Dorothy Drabkova Below: Lily Levine Above: Lydia O'Leary & Maisie O'Callaghan, Knockraha.



Ryan Connolly, James and Ellie Coogan with Mercedes Lopez.



Sarah and Lucy Walsh Kelly bunny rabbit watching in Glanmire.



Birthday Girl Elaine O'Callaghan with her children Maisie and Tillie



Playschool Graduation Day



Playschool Graduation Day

Exhibitions by Cúig artists

Cúig studio artists Creativity unlimited, an Integrated Group, are five artists with intellectual disabilities at Mayfield Arts Centre, Newbury House. The artists are supported in developing their professional arts practice through a mentoring process. They also engage with local schools and provide art workshops to people from the community to promote the ability and inclusion of individuals with disabilities. Their work is exhibited in festivals and arts nationally and internationally. Some of the artists are currently exhibiting art work locally and further afield.

Cúig artist Stephen Murray will exhibit at Kilkenny Arts Festival's 'Invitations' a visual art exhibition at the Glasshouse Gallery in Kilkenny. KCAT Studio Artists are a group of artists with intellectual disabilities based in Callan Co. Kilkenny, in a programme similar to the Cúig group. Thirteen of the Kcat artists and their peers from ten different countries will exhibit work together. Each of the KCAT Studio Artists invited an artist from an organisation with which they have had contact over the last sixteen years. The show will open Saturday 8th August at 3 pm <http://www.kcat.ie/WP/tag/kilkenny-arts-festival/>

Artists Bríd Heffernan and Frankie Burton also of Cúig are currently displaying some art work at The Quay Co-op restaurant on O'Sullivan's Quay. This show will run until the middle of August.



Cúig artists Stephen Murray, Angela Burchill, Ailbhe Barrett, Bríd Heffernan & Frankie Burton



St Finbarr's Cathedral by Stephen Murray

'Memories of Mayfield'

With the support of Cork city Council's Community Development grant and the HSE, Mayfield Arts is running a creative participative project for the more senior members of the local community. Entitled 'Memories of Mayfield' the project aims to hold conversations with a group of older people about their memories and stories of the Mayfield locality, in past times. The group will also be encouraged to bring any old photos or relevant memorabilia to use in the project. From these initial conversations we will take inspiration to work with the group using accessible art techniques such as etching to create a body of work. If you are interested in partaking in this creative project please contact Lisa on 4530434



New 'Open Studio' Session

Mayfield Arts is starting a new season of Open Studio art sessions for members of the local community who would like to join us for a relaxed creative morning of art. The sessions will run on Tuesday Mornings starting in September from 10-12.30. Only €3 for basic art materials and tea and coffee. Our experienced tutors will help develop your creative skills in a relaxed setting. To sign up phone 4530434

FETAC (QQI) Courses

Mayfield Arts offer FETAC (QQI) accredited courses in Art & Design level 3, drawing level 3 and Horticulture. The courses will run for 8 weeks from September. If you are interested in partaking in these free accredited courses please contact Lynda on 4530434.



Email: mayfieldarts@gmail.com

Web: www.mayfieldarts.org

Phone: 021 4530434

Féile Litríochta Bheanntaí - Nuala Ní Loingsigh

Is é seo mo thríú cuairt ar Fhéile Litríochta Bheanntaí, a reáchtáíodh i mbliana idir an 12ú agus an 18ú Lúil. Is féile shuimiúil thaitneamhach í ina bhfeiceann duine agus ina gcloiseann duine scríbhneoirí den scoth ag plé a gcuid oibre. Bíonn roghanna ionta-cha ann ach ní féidir freastal orthu go léir. Tá sé ar intinn agam anseo cur síos ar na míreanna ar fhreastail mé orthu.

Chuaigh mé ann ar an gCéadaoin agus chuala Mary Costello ag léamh an úrscéil 'Academy Street' a bhuaigh úrscéal na bliana ó Easons. In 2012 ainmníodh a leabhar gearrscéalta 'The China Factory' mar scothleabhar na bliana sa 'Guardian'. Chonac í an mhaidin dár gcionn ag Bantry House agus í á cur faoi agallamh ag Sue Leonard. Is scéal é seo faoi chailín ó iarthar na hÉireann a théannann go Nua Eabhrac ag lorg cairdis. Cur síos fileata ar shaol Tess Lohan, thar trí scór bliain atá ann. Dar le John Boyne, is úrscéal cumhachtach agus corraitheach é seo ó údar nua-aimseartha.

Léigh Christine Dwyer Hickey óna leabhar is déanaí, 'The Lives of Women'. Scéal é seo faoi chailín a fhilleann ó bheith ar imirce i Nua Eabhrac chun aire a thabhairt dá hathair. Cuimhníonn sí ar shamhradh sa bhaile sna seachtóidí nuair a tharla tragóid, a raibh tionchar nach beag uirthi don chuid eile dá saol. Deir an 'Guardian' gurb é seo an t-úrscéal is doimhne a scríobhadh le fada an lá. Bhain Christine cáil amach dá céad leabhar 'Tatty' a foilsíodh cúpla bliain ó shin.

Ba é ab t-agallamh ba shuimiúla domse ná Sue Leonard ag caint le John Boyne faoina leabhar nua 'A History of Loneliness'. Léigh mé é cúpla mí ó shin. Baineann sé le saol sagairt a oirníodh sna seachtóidí. Léiríonn sé sa scéal seo, i súile Odhráin Yeats, scéal na cléire le daichead bliain anuas. Nuair a oirníodh é ar dtús, bhí sé cosúil le Dia agus anois, sa lá atá inniu ann, ní féidir le sagart aon ní fóna a dhéanamh.

Is dearcadh an-diúltach ar an gcléir agus ar institiúid na hEaglaise atá ann. Ní luann sé suáilce ar bith nó maitheas ar bith a dhein an Eaglais. Mar sin féin instear scéal taitneamhach faoin athrú mór atá tagtha ar dhearcadh na ndaoine ar an Eaglais le tamall anuas. Tá an chaibidil dheireanach an-suimiúil, nuair a cheistíonn Odhrán é féin agus Tom, an sagart a rinne ionsaí gnéis ar bhuachaillí óga. Ag deireadh an leabhair deireann sé: For I had known everything right from the start and never acted on any of it. I had wasted every moment of my life. And the final irony was that it had taken a convicted paedophile to show me that, in my silence, I was just as guilty as the rest of them."

Tá ábhar machnaimh againn go léir sa phíosa thuas mar ní hé an chléir amháin is cúis lena leithéid. Ar an Déardaoin bhí Louis de Paor ag léamh filíocht an Ríordánaigh agus Liam Ó Muirthile ag léamh ó dhialann an fhile. Thionlaic Enda Reilly an léitheoireacht le ceol diamhair. Bhí sceitseanna le feiceáil ar chlár bán a d'agraigh an t-ealaíontóir, Margaret Lonergan.

Ba é Imram (Féile Litríochta Gaelainne) a léirigh an obair seo. Bíodh go raibh sé duairc, thug sé léargas dúinn ar thragóid an Ríordánaigh agus ar a smaointe doimhne.

Ar an Satharn, thug an club scríbhneoireachta i leabharlann Bheanntaí taispeántas ar shampla a chuid scríbhneoireachta. Is iontach an méid daoine atá ag scríobh agus ag baint taitnimh as. Bhí bean amháin sna seascaidí ag caint faoi 'Speed Dating' agus ag rá gur bhain sí sult as scríobh faoina leithéid.

Níl anseo thuas ach blas beag den fhéile. Níor éirigh liom ticéad a fháil do Dhervla Murphy, fairíor, agus do scríbhneoirí eile. Mar is eol do mo léitheoirí, is breá liom na féilte liteartha seo agus bím ag súil leo roimh ré. Tugann siad spreagadh do mo chuid samhlaíochta ina ndiaidh.



Teach Bheanntaí

Gluais:
a reáchtáíodh = organised
den scoth = the best
úrscéal = novel
ainmníodh = named
scothleabhar = top class book
á cur faoi agallamh = being inter-
viewed
corraitheach = moving
údar = author
tionchar = influence
a oirníodh = ordained
fóna = good
suáilce = virtue
dearcadh = attitude
ionsaí gnéis = sexual attack
ábhar machnaimh = food for
thought



Roisin O'Sullivan, Kinsale, Roddy O'Keeffe, Ballincollig, Elaine Dolan-Crowley and Stephen Crowley, from Glanmire, pictured at the after show party for Cork Concert Orchestra, after performing Classical Music of the Movies at City Hall. Photo Donagh Glavin



Community Garda Noel Fitzgerald (Glanmire Garda Station, Co. Cork) attended Road Safety Awareness "check it fits" campaign at Hazelwood Shopping Centre, Glanmire , Co.Cork on the 18/06/15. There was a large attendance of families at this event.

Gaelscoil Uí Drisceoil Golf Classic

The second Gaelscoil Uí Drisceoil Golf Classic was held recently on the 29th of May in the superb Cork Golf Club. Blue skies and immaculate greens met the early birds on the day but that only gave slight advantage over those who came later and had to contend with some light showers. Nonetheless a spectacular day was had by all with 40 teams participating on the day, generating much needed funding for school sports equipment and facilities.

Thanks must be given to our very generous Title Sponsor Irwins Pharmacy and Main Sponsors DNG Murphy Condon, O Regan's Transport, Réaltai Cúram Leanaí, Sherry Fitzgerald Lettings, SK Construction Services and Southern Signs whose help and support in facilitating the event was very much appreciated.

The winning mens team on the day comprised PJ McManus, Ted Kennelly and PJ Owens, with the trio coming home in

an impressive winning score of 59 points. Winner of the ladies team event, with 50 points, was Rose Edwards, Ann Crowley and Alice Murphy. The longest drive, sponsored by Absolute Security, was won by Anthony O'Connell. After dinner in Cork Golf Club, the players retired to The Castle in Riverstown for prize giving. Priomhoide Siobhan Ní Chatháin again thanked all the sponsors and participants, already looking forward to 2016's event.

Liam O'Mathúna, Rúnaí Gaelscoil Uí Drisceoil, kick starts the donations with Ann O'Sullivan of Breakthrough Cancer Research at the schools Golf Classic held at Cork Golf Club on May 29th. The Gaelscoil held a very successful Charity Par 3 double or quits during the classic, with golfers contributing generously throughout the day. While several golfers beat the odds and reached the green in fine style, they graciously left all contributions with the charity. The Gaelscoil made an additional contribution to the charity following a cake sale held on the school sports day.



Siobhán Ní Chatháin (Priomhoide na Scoile) agus Eddie Irwin (Irwins Pharmacy, Title Sponsor) ag bronnadh an chéad duais ar Pat McManus agus Ted Kenneally. Le PJ Owens, b'iad buateoirí an Clasaic Gailf i mbliaina.



Siobhán Ní Chatháin agus Eddie Irwin ag bronnadh duais do Willie O'Keeffe le Adrian agus Gordon Hillgrove.



Dave Lewis accepting a prize on behalf of the Port of Cork team from Don Murphy (DNG Condon Murphy), one of the Main Sponsors of the Classic.



Rose Edwards accepting the winning ladies team prize from Eddie Irwin.



Siobhán Ní Chatháin presenting a special memento to Sean Reddy, who took part in the Classic a week after meeting Rory McIlroy in London.



Above top: Clann Uí Maoldomhnaigh: Michael, John and Cillian Moloney.

Right: Joe and Luke O'Connor with John Lucey (Invesco) who finished 4th on the day.



Above Left: Hyland Security: Tony Hyland, Michael McCarthy and Anthony O'Connell (Winner of the longest drive competition).

TRADES & SERVICES

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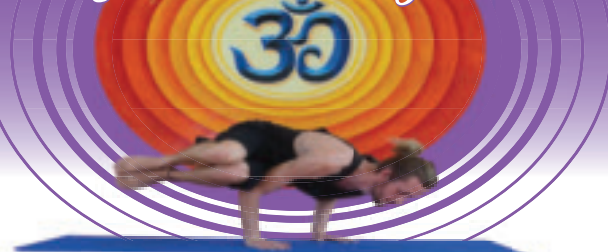
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Glanmire Macra- What's in it for you?

Have you ever heard that "Macra is only for farmers"? Ask any Macra na Feirme member and they'll tell you they are sick of explaining that Macra is more than a farmers club! They'll say that the best way to figure out what Macra is about is to become a part of it. So as the 2014/2015 Macra year comes to a close we in Glanmire have decided to give you an insight into what exactly goes on in our club, and what's in it for you!

Firstly, and most importantly, Macra is an excuse to go out. There is always something happening and somewhere to go. In Glanmire we aim to have at least one official club night out a month- but you can be guaranteed there are plenty more unofficial ones! This year we had everything from ice skating, bowling, cinema nights, outdoor adventure days, Pink Parties for Breast Cancer Research, the Twelve Pubs of Christmas and countless rendezvous in and around Cork. On top of that there are so many weekends away at National Macra events that we couldn't list them all! We were lucky this year to have two Glanmire representatives at the Mr. Personality and Miss Macra competitions, Tomás Cuffe and Tanya O Sullivan, which take place over entire weekends in Kilkenny and Dundrum. The big weekend of the year is the National Conference in October, fondly known as 'The Rally', and it's a big reunion for 'Macra heads' from all over the country. Back in October 2014 we were honoured to be named Runner-Up AIB Club Of The Year at the National Conference for the second year in a row- a testament to the strength and commitment of our members!

If having a hectic Macra social life is enough for you- and it is for many members- then that's no problem! But for others, the thrill of competition and the chance to improve themselves or learn something new, soon has them hooked. In Glanmire we love putting an oar into as many competitions as we can and this year was one of our most successful years ever. It's a pretty big deal to be able to say that we are the holders of not one, but two national competition titles!

If music and performing arts is your thing, then look no further than Capers, where a team of up to fifteen performers produce and perform a twenty minute variety show of their own creation. Led by our producer Daniel O Regan we claimed the coveted title of National Capers Champions in February 2015 with our show 'Fliuch 'n' Wet'. Capers brought us

even closer together as friends and as a club, and there was endless banter and craic along the way! In the Drama competition our fabulous foursome of Will Daly, Tomás Cuffe, Mairéad O Callaghan and Kathleen Fitzgerald, directed by Eltin Griffin, brought their play 'This Is A Play' all the way to the National Semi-Final in April 2015! Capers, Drama and the National Talent Competition are a great outlet for people who love to perform (and people who don't!), but can't find the means to do so when they finish school and college.

Into sports or keeping fit? We hold a 'Sports Night' every Tuesday at 9pm in Upper Glanmire Community Hall, where we have the craic and play a range of sports. Sports Night can be a great starting point for new members, and will return to our weekly schedule in September 2015. On the competition side this year we entered at least one ladies', mens' or mixed team into every sports competition- Gaelic football, indoor soccer, volleyball, tag rugby and bowling. We were delighted that our men's Gaelic football team reached the National Semi-Final! We also had great craic at Clonakilty's 'Macra's Fittest Club' fundraiser, and the 10km Toughathlon in Curraheen back in March.

Lots of members shy away from the speaking competitions in Macra, and it's understandable why! But in the spirit of the 'Give it a Go' attitude that runs through everything we do in Glanmire Macra, lots of us have put our names forward for Debating and Public Speaking, and have been extremely successful! In December 2014 our talented trio of Kathleen Fitzgerald, Jenny Murphy and Karen Cashman came away with the National Title in Public Speaking, a feat the club are extremely proud of.

Glanmire Macra boasts members from all over Cork but the heart of our club lies in the Glanmire area itself. Joining a Macra club- particularly Glanmire- gives you a unique opportunity to give something back to your community. This year our biggest fundraising campaign stems from youth suicide- an issue affecting many in the Glanmire area. We are currently fundraising for a Skydive for Youth Suicide Prevention Ireland. We held a very successful 5k Fun Run in May and a Cake Sale in June to kickstart our campaign. A massive thank you to everyone who has contributed so far, and if you would like to donate go to www.skydive.yspi.eu/glanmiremacra or contact any club member. We also organised and ran a hugely entertaining 'Mr & Mrs Quiz Night' in March, which proved to be a big hit with Glanmire locals!



Members of Glanmire Macra during the early stages of their Twelve Pubs of Christmas in December! Social nights are a big part of the club!



Glanmire Macra's Champion Public Speaking Team with their crew of supporters in Claremorris, Co. Mayo in December



The elated members of Glanmire Macra after their successful fundraising 5k Fun Run for YSPI in May



It's hard not to feel cold looking at the shivering members of Glanmire Macra after they completed the 10km Toughathlon in March.



Ecstatic faces all around as Glanmire Macra claim the National Capers title in Navan, co. Meath in February.



19 year old Keegan O'Mahoney from Glanmire who is one of two young players representing Ireland at the World U20 Chess Championships in Russia

Cork teen to play best in the world
A Cork teenager will face the world's top young chess players this September at World U20 Chess Championships in Russia. 19-year-old Keegan O'Mahoney from Glanmire has been picked to represent Ireland at the tournament, the winner of which is automatically promoted to the rank of Chess Grandmaster.

Taking place in the Russian city of Khanty-Mansiysk in the first two weeks of September, Keegan will be joined at the championships by Diana Mirza from Limerick who will be taking part in the women's tournament. The world U20 Championship has been running since 1958. Previous winners include former world champions Boris Spassky (1955), Anatoly Karpov (1969), Garry Kasparov (1980), and Viswanathan Anand (1987). Speaking to the Evening Echo, Keegan said he was looking forward to the tournament, and that

some of the strongest players in the world would be competing.

The championship winner is automatically awarded the Grandmaster title and those who come second and third are awarded the title of International Master.

Each National Chess Federation, in Ireland's case the Irish Chess Union (ICU), can enter one participant in each of the open and female categories. Pat Twomey of the CCYMS Chess club in Cork City said Keegan's selection comes after one of his most successful seasons to date. "Playing in the Munster Leagues he helped Cork Chess Club conduct a convincing league campaign to become the 2015 Munster champions. Keegan played 10 games for Cork and won eight consecutive games, losing only the first and last games he played in these leagues," he said. Keegan went on another winning streak in a very strong Cork Chess Club Championship and going into the last round was on 5.5 out of six games and came in second place.

Also, in the Cork Congress in 2015 Keegan gained an impressive 85 rating points, drawing with former Irish champion Philip Short along the way. Khanty-Mansiysk, the location of this year's World Junior U20 Championship is in central Russia, about 1,400 miles east of Moscow. To support Keegan's journey, some of his chess friends have decided to run some rapidplay chess events in Cork. The first is scheduled to take place in UCC on Saturday July 18. The second will take place on August 1. The chess players of Cork who support these tournaments will be playing a part in Keegan's progress on the world's chess stage.

Mayfield Citizens

Information Centre

Roseville House, Old Youghal Road, Mayfield

Now open every Monday afternoon from 2pm - 4pm

Question

My daughter and I are planning a holiday in Germany and Switzerland this summer and I'm wondering what happens if one of us becomes ill. Am I liable to pay for medical costs if I don't take out insurance?

Answer

You and your daughter each need an individual European Health Insurance Card (EHIC). This card allows you to access public healthcare services if you become ill or get injured when visiting certain European countries. It doesn't cover private treatment or the cost of repatriation to Ireland, if one of you becomes very ill.

The countries covered by the card are the 28 member states of the EU, the three other members of the EEA (Iceland, Liechtenstein, Norway) and Switzerland. The card is not required for a visit to the UK if you can show that you are ordinarily resident in Ireland. In practice, this means showing a driving licence, passport or similar document. There is no charge for the card. Any website attempting to charge you for your EHIC is not connected to the HSE or any State services.

You can apply online at ehic.ie if you already have a medical card, GP visit card or Drugs Payment Scheme card. Otherwise, you can download an application form from ehic.ie or get it from your Local Health Office. You need to provide your name, address, date of birth and Personal Public Service Number (PPSN). If your EHIC card has expired you can renew it online at ehic.ie. If a family member has changed name or address, they will need to contact their Local Health Office.

You should apply for the card a month before travelling, if possible. If you have concerns about getting a new or renewed card in time, you can get a Temporary Replacement Certificate either online or from your Local Health Office. You may also wish to consider taking out private travel insurance for expenses that are not covered by the European Health Insurance Card (such as the costs of repatriation or the expenses of relatives who travel to you if you fall ill abroad).

If you have a smartphone you can also download the free EHIC App. This helps you contact health services in the country you are visiting. The app does not replace the EHIC.

Further Information

Citizens Information is also available through the Cork City (North) Citizens Information Service at 0761 07 6850.

Glyntown Care Centre reopens under new management

Glyntown Care Centre, formerly known as Glanmire Residential Care, recently reopened under the new management team of Patrick Dillon and Majella Cussen, who have taken a long lease from owner Mary O'Sullivan.

Glyntown Care Centre is now registered with the Health Information & Quality Authority (HIQA) for 39 residents. Patrick Dillon is the managing director and registered provider and Majella Cussen is the director of nursing. Together they lead a team of over 40 staff who are committed to providing the highest standard of care, well-being and security for each individual resident in their new home.

"Glyntown Care Centre will provide long-term convalesce and respite care in an atmosphere of respect and dignity with a homely feel," said Majella. "We want the centre to be part of the community."

"Our aim is simple - to have a comfortable, safe and friendly place to live in."



Staff members of Glyntown Care Centre, Glyntown, Glanmire pictured at the official opening and blessing of the premises. Front, left to right: Triona Noonan, health care assistant; Ann O'Donoghue, Fiona McCarthy and Aileen Sumalinog, staff nurses; Niamh O'Reilly, Karen Kiely and Rachael Griffin, health care assistants, and Susan Hanover, administrator. Back, left to right: Denis Walsh, chef; Majella Cussen, director of nursing; Patrick Dillon, managing director and registered provider, and Shyam Krishnan, assistant director of nursing. Picture: Tom Doherty



Pictured at the official opening and blessing of Glyntown Care Centre, Glyntown, Glanmire (formerly Glanmire Residential Care) were, left to right: Patrick Dillon, managing director and registered provider; Mary O'Sullivan, former registered provider; Majella Cussen, director of nursing, and Fr John Heinholt, PP Glounthaune. Picture: Tom Doherty

UPPER GLANMIRE ICA GUILD

Our Summer walks have resumed, and so far we have returned to the Marina, the Estuary and the Lee Fields, and we have also gone to Ballincollig Regional Park for the first time, where we enjoyed a picnic as the sun was going down! Walks will continue until the end of August, and we love when members bring along friends and neighbours.

We have also gone on an outing to Mizen Head with our neighbouring Guild Carraig na bhFear, who organised the trip this year. 35 members from both Guilds travelled, and we enjoyed dinner in the Celtic Ross on the way home. Cf: All our photos from the day on our F.Book page: Photos/Albums/ Mizen June 2015. The day was a wonderful success.

August recipe: Vanilla moments
(Catherine Horgan) ingredients
175 gr. self-raising flour

125 gr corn flour
50 gr. icing sugar
225 gr butter
1 tsp. vanilla essence

TOPPING: Cream and strawberries/raspberries

Method

- Heat oven to 160 deg
- Mix the 2 flours and icing sugar together
- Work in butter with fingertips, and add van. essence
- Bring mixture together and form a number of small balls
- Place on baking tray, and flatten slightly with a wet fork
- Bake for 10-15 min until still pale but slightly firm
- Leave to cool on baking rack
- When cold, top with sweetened whipped cream and fruit of choice



Above: Mary and Ann Cashman about to cross the bridge at Mizen Head
Left: 'Picnic in the Park!'

Top: Vanilla moments

Ask Your Pharmacist

with **Keith O'Hourihane,**
Superintendent Pharmacist
keith@pharmacyfirstplus.ie

pharmacyfirstplus 



Generic Medicines: A Question of Trust!

There is an exceptionally high level of shortages in medication at the moment. An issue that sometimes means your pharmacist needs to substitute the brand you usually get for another one, an unavoidable incident in this situation.

This has been a great cause of concern for most people, however I would like to put this issue to rest and ease the minds of all of our patients that may be facing some of our patients in the future.

There are three possible statuses a medication can have when it comes to a generic medication:

1) Unsubstitutable:

- This is only applicable to medications to treat certain conditions, such as epilepsy, where substituting a medication could trigger an event such as a seizure. Your pharmacist should never change the brand of your epilepsy medication.

2) Substitute with Warning:

- This is a status relevant to sensitive medications such as Warfarin. If your warfarin brand changes it can affect your blood readings and you need to attend your clinic within 1 week of changing brands.

3) Compatible:

- This is the status for the majority of medications we dispense. If your regular medication is changing then ask your pharmacist about more information. The clinical response will be exactly the same. The companies who release generic medicines must prove this before they are granted a license.

The best advice I can give everyone is to talk to and engage with your pharmacist. Ask them about the issues you have around switching brands and most importantly trust the information they are giving you!

Darren Breathnach
Clinician Pharmacist
Email darren@pharmacyfirstplus.ie for more details!

Want to ask your Pharmacist a question?
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Local GAA clubs beneficiaries of Ryan's Super Valu

SEVEN local GAA clubs were beneficiaries of the Ryan's SuperValu Group's policy of supporting local clubs recently when they received funding for the development and support of their underage activities.

The seven, St Finbarr's Hurling and Football Club, Ballypheane, Erin's Own, Sarsfields, Whites Cross, Glanmire and Douglas GAA Clubs were all presented with their cheques at a function in Ryan's SuperValu Glanmire.

This funding will be used to run and develop their underage activities and all the clubs appreciated the constant support from the Ryan Group, which they stress is vital in the development of their coaching programmes.

One of those to receive funding is the Erin's Own club and their chairman Tom Aherne was fulsome in his praise for their local SuperValu shop owner Liam Ryan, who has been supporting their schools projects for years.

"We have 100s of kids involved in out schools coaching programme and the funding we receive from

Ryan's SuperValu pays for this," chairman Tom Aherne said.

"We are eternally grateful for his support and it allows us to continue to use Niall McIntyre to co-ordinate our schools programme. Liam Ryan has never been found wanting in his support for us as a club and we in turn urge our members to support him business."

Another grateful club are St Finbarr's Hurling and Football club.

"Everything we do is so expensive these days, from buying hurleys, sliotars, footballs to equipment and without the help of Liam Ryan and SuperValu, we could not continue to develop our underage coaching programmes," Pat Loughheed, president of St Finbarr's said.

Whites Cross juvenile section has just enjoyed a very successful year in 2015 and they praised Liam Ryan for his role in their success. "2015 has been a tremendous year for White's Cross Juvenile GAA Club on and off the pitch. The support and generosity of Ryan's SuperValu in Glanmire to the juvenile club have been really second to none and for that we say thanks.

"The juvenile club in White's Cross is very proud to be associated with Ryan's SuperValu and because of this our boys and girls at the club have the best of equipment and improved facilities. Ryan's SuperValu continues to have a positive influence on our club and juvenile members," chairman of the juvenile section Mike O'Flynn said.

Douglas GAA Club are another beneficiary of Ryan's kindness and their chairman Barry O'Donoghue said their money would be put to good use.

"On behalf of the club I would like to thank Liam Ryan for his continued sponsorship. The funds will be put to good use as we continue to improve our facilities for our underage members," Barry O'Donoghue said.

Ballypheane GAA Club also depend on Ryan for sponsorship of their juvenile camps for both boys and girls in the locality of his Togher SuperValu store.

"We could not do what we do without the support of Ryan's SuperValu," Denise Walsh of Bal-

lypheane GAA Club said.

"We are indebted to Liam, and the various teams in Ryan's SuperValu shops for their financial support and it makes a huge difference to what we can achieve with kids in the area.

"We have more than 100 kids training with us on a regular basis. It is very costly to look after and run training sessions for kids on a regular basis and the sponsorship from Ryan's SuperValu is vital to us been able to sustain what we do."

Speaking at the launch Liam Ryan, owner of Ryan's SuperValu Group outlined the reasons for their continued support of so many clubs in their area and promised the seven clubs that their support will continue for the foreseeable future.

"The Ryan Group is delighted to support the clubs to encourage our young people to get involved in sport in their locality. At Ryan's SuperValu our policy is to support the local organisations and we will continue to do so for the foreseeable future," owner Liam Ryan said.



Glanmire Grotto Procession May 2015.

Glanmire and District Sports, Business and Community Award winners of the first Business Award for June 2015 are Grandons Car Sales and Mace Convenience Stores in Glanmire with presentation held in Fitzgeralds Vienna Woods Hotel main sponsors.



Award recipients for Grandons Martin, Maria and Ken Grandon.



Denis O'Donovan, Mercy Hospital Foundation; County Mayor Cllr. John Paul O'Shea and Denis Hurley, Sarsfield Hurling Club.



Michael Burns, Director Glanmire Community Association; Denis Kelleher and Con Allen.



Grandons and Mace Staff; Fidelma Read, George Beardsley, Ken Jordan Centra and Grandons; Brendan Sheils, Rachel Behan, Mace Manager and Adrienne Sievwright.



County Mayor Cllr. John Paul O'Shea; Maria Grandon, Roisin Healy, Sales & Marketing Manager, Fitzgeralds' Vienna Woods Hotel, Sponsors; Michael Magner, General Manager, Fitzgeralds' Vienna Woods Hotel, Sponsors presenting the award to Martin Grandon; Lord Mayor, Cllr. Chris O'Leary and Ken Grandon.

See Page 29

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Left: Greg Casey who was our outstanding young member

Right: Anne-Marie Mullins and Maryanne Cowley



Riverstown Badminton Club

I wonder if anyone thought about the invitation issued with my June article to come and join us, once a week, on Mondays, until the end of August and twice a week thereafter.

All you need is a desire to have some sociable exercise, a degree of hand eye co-ordination and an ability to reach the community

hall in Watergrasshill. How far you wish to take your involvement in the sport is entirely up to you but we will give you a start at no cost except for your clothing and footwear.

If you are a juvenile, that is from 13 years of age upwards to 18, it will be very much in your own interest to start during the month of August or earlier.

Included are photographs of our

most successful competition members of last season, Anne-Marie Mullins and Maryanne Cowley who won all round them as a pair right up to Munster level and Greg Casey who was our outstanding young member in competition, winning the county championship singles at Division 5.

It is the ambition of the new Chairman Damian Healy and the incoming committee to have

at least four teams in County competition next year as well as catering to our intake of new and returning members and providing the necessary coaching to get to get our existing members who wish it to raise the level of their play and basic coaching for beginners to get them up and running up and running. If you wish to join in this summer please ring 0857145445 [Nick] Nick O'Brien

High blood pressure..... a risk factor for you?

Blood pressure is the pressure of the blood in your arteries. This is the pressure which pushes the blood from the heart around the body. The pressure is recorded as two numbers, for example 135/75. The higher figure is the peak pressure, and the lower figure is the trough pressure. They are both important.

High blood pressure is called HYPERTENSION. Hypertension is a significant risk to health. The higher the pressure, the greater the risk. High blood pressure puts your heart and blood vessels under greater strain, predisposing to heart attacks and stroke. Treating hypertension is very effective in helping prevent complications.

Measuring blood pressure; most hospital and GP clinics check blood pressure. Many pharmacists now offer this service. In addition blood pressure can be accurately checked at home; the purchase price of the machine is usually under Euro 100. In many instances your doctor will request a 24 hour ambulatory blood pressure measurement. This usually checks your blood pressure every 30minutes during the day, and every hour overnight. It gives a "real life" picture, with multiple readings and is the optimum measurement of blood pressure. This is because people are often more relaxed at home than

during a clinic visit.

The definition of what constitutes blood pressure has changed over the years. It is commonly accepted that values consistently above 140/90 are suboptimal, and treatment is likely to be recommended. People with existing medical problems (diabetes, angina, heart attack, stroke, kidney disease) may have much more stringent targets. Most doctors will take several measurements of blood pressure over a period of weeks/months, and may recommend 24hour blood pressure, prior to recommending treatment.

What causes hypertension? In most people we don't find a cause underlying the high blood pressure. We know about half of people over 65y age have hypertension, usually mild.

Symptoms of hypertension; Hypertension usually does NOT have any symptoms. You don't know you have it. Its important to get your blood pressure checked occasionally, ideally every 1-2y.

Investigation of hypertension. Your doctor will usually undertake extensive assessment. This will usually mean blood tests, including kidney/urine tests, possibly an ECG and checking for diabetes. Assessment of cholesterol, overweight/obese, smoking, salt intake, exercise are important in helping identify areas where improvement may be possible.

Treatment of hypertension. This involves two broad approaches, which are usually combined for most patients. Improvements

in lifestyle are really important: smoking cessation is probably the single most important area to address. Its great that the number of smokers in Ireland continues to reduce: we all need to encourage and support those who continue to smoke to quit. Taking regular exercise is important: a short brisk walk of just 10minutes is good, more is better. Aim for 30min most days, and 10minute walks count! Less is not more! Losing weight makes a big difference, losing 5-10% of your body weight is quite feasible and is really beneficial. You'll look and feel better, and your blood pressure will improve. Look at your diet, try to make small sustainable changes. Avoid high fat, energy dense foods (sweets, cakes, biscuits, fried food, bars and chocolate, sugar, fizzy drinks and juices, alcohol). Less is definitely more. Try to reduce your salt intake-banish the salt cellar from the table, and avoid salty foods. Less is more!

Medication for high blood pressure: Medication is usually recommended for people in whom the blood pressure remains elevated despite lifestyle measures, and those with other medical conditions (angina, heart attacks, kidney disease, stroke, diabetes to name a few). The target is to get blood pressure below 140/90. Most people will require two or more medications

to reduce the blood pressure, and even then may not achieve the target. You will benefit from any reduction in blood pressure. There are dozens of different medicines which can help. A key skill of GPs is to tailor the medication to you, to minimise side effects while obtaining maximum benefit. The medication is usually taken for life. However some people, especially those who really improve the lifestyle, can successfully discontinue medication, with regular blood pressure checks afterwards.

Conclusion: Hypertension is common and can lead to serious health issues. Ask your GP to check your blood pressure. Lifestyle changes can greatly improve your wellbeing, with medication playing an important role for some people.

Dr Diarmuid Quinlan, MB, BCh, BAO, BSc (Hons), MRCP, MICGP, DCH, DFFP, Dip Pract Dermatology -Distinction (Cardiff) Board Member, Health Products Regulatory Authority. Clinical lead for diabetes, HSE South. Chair Diabetes in GP Committee member, Southdoc Cork city.

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Teenage Dirtbag

Song of the month: Your Love Alone Is Not Enough, Manic Street Preachers.

This month I want to talk about social media, and how our entire lives and personalities are broadcasted online for the whole world to see. Now, for me to say anything about how our youth spends too much time on the internet and whatever most adults spew about the oh so scary world of social media would be vastly hypocritical of me, considering an abundance of my spare time is spent on the internet. Between my password protected personal blog that I use to document

my every whimsical thought, Facebook where I spend time catching up with friends, Netflix where I watch Skins far too many times, dodgy tv websites where I can indulge my childish Suite Life whims, and whatever else I can find, there is always something to do. Personally, I don't see the downside of spending so much time on the internet as long as you're safe. The internet can be a drastic change for people, sad or otherwise. For this article, I'd like to pretend we live in a world where cyberbullying doesn't exist for teenagers. I don't think it's relevant considering bullying happens everywhere, mostly

in real life. The internet is a place where we can find the courage to talk to that hot crush we've had for ages but could never quite form a coherent sentence when in their actual presence. It's where we learn about things and research things that interest us that aren't necessarily taught in school. It's how we talk to people who make us feel better when we're down. The internet is amazing and complex and wonderful. It's how I keep in contact with my best friend who moved abroad. I understand that it's separating us from the real world, and there should always be a balance. I just don't see what's so wrong about having the freedom to express ourselves, to display exactly who we are honestly

and frankly, and having the bravery to put yourself out there and show people your real character. Besides, who could argue that Netflix on a cold night with a cuppa and some warm pyjamas is a bad thing? Of course, you must always take precaution, and have the sense to know when to block someone who's making you feel bad. Have the common sense not to completely trust someone you met on the internet without absolute concrete evidence that they are who they say they are.

Quote of the month: "Any life in transition, in a positive transition, that seems to be when people make the internet their own." ~Marci Hansen

By Liane McCarthy.



Left: Over Sixties Final 2015 held in the Cork City Hall sponsored by Blackpool Shopping centre, Evening Echo and Lennox Hearing Aids. Contestants; Domhall MacBhaird, Glanmire; Ger Bruton, Accompanist; Carole Lennox, Blackpool Shopping Centre with Michael O'Donovan, 2014 winner.



Juliet Horvath, Hazelwood Lawn with her pet Woody supporting the Marymount Fundraiser in Glanmire recently

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HERITAGE WEEK IN KNOCKRAHA

As part of heritage week from August 22nd-30th, the Knockraha Historical Society, now one of the best known in the country, will again open up some of the historical sites in Knockraha to the general public free of charge. On Sunday the 23rd of August we will again organise our annual mass path walk from Butlerstown above Brooklodge to the church in Knockraha, a distance of 2.5km. Leaving Butlerstown at 8:45am, we will arrive in Knockraha for 10am mass. It is all level terrain passing the biggest bus museum in the world. Mass is to be followed by tea in Knockraha Community Centre. These mass paths go back to penal times before roads were established when patrons had a legal right to travel on those paths. In walking to mass on these paths you are re-enacting the routes your forefathers took. This is the only mass path walk in Ireland for heritage week and numbers get bigger every year. It is a lovely way to spend a Sunday morning. Then on the afternoon of August 23rd we will open up Liberty Hall in Kileena, Knockraha from 2 to 6pm.

This is the only legitimate Liberty Hall in Ireland. This building has been completely re-furbished in advance of the centenary of the 1916 Rising. This building played a major part in the Republican Movement in East Cork. It was here that Martin Corry T.D. formed the Knockraha company. It was more or less the headquarters of the movement in East Cork with many important meetings and decisions being made there. It was here that the East Cork Flying Column that was wiped out in Clonmult was formed. In later years the old building became dilapidated. The aim of restoration was not to restore the building which would take from its character, but rather to preserve it as a ruin. The roof was removed and the wall capped with concrete. It had a cement floor. We put in a new door, repaired the chimney and removed all vegetation from the walls. As a result of our work it should now stand for 1000 years without much maintenance. On the gable wall we put a new plaque with the slogan that was on a banner in Liberty Hall in Dublin

on East week 1916 which says 'we serve neither King nor Kaiser but Ireland'. A new flagpole has been put in place with a replica of the green flag that flew over the GPO in 1916 with the words 'Irish Republic' on it. It is on the gable wall that next April we will be unveiling a plaque to the memory of the Knockraha men and women of 1916. James Connolly Heron, grandson of James Connolly signature of the proclamation, is coming down from Dublin to unveil the plaque.

Then on the final Sunday of Heritage Week on August 30th we will open up the famous vault in Kilquane graveyard known as Sing-Sing prison which was the official prison of the Cork No. 1 Brigade during the War of Independence. We have recently put a plaque on the pier of the graveyard to Ned Moloney, blacksmith, who was Governor of Sing-Sing. He had a unique position in the War of Independence. As the governor of the only IRA prison in the country, Ned estimated that around 100 people were kept here during the war. They were mostly Black and Tans,

auxiliaries and spies. It is estimated that up to 20 were executed out of it and buried in the 'Rea. As well as being a prison for British personnel, it is now confirmed to be haunted. A recent book by Lurcan Blake 'Haunted Ireland' lists Sing-Sing as one of the most haunted sites in the country. As a result of this an investigation by a paranormal society dealing with ghosts took place last year. They used sophisticated equipment including cameras and got a picture of a spirit in Sing-Sing. So it is now officially haunted. He might make an appearance on Heritage Sunday. The prison will be opened from 12pm to 6pm with conducted tours every hour by local historian Jim Fitzgerald. Also on this day we will have a display on hand grenade-making which again was carried out by the Knockraha Company who turned out over 3000 grenades during the War of Independence. The equipment they used will be on display. Sing-Sing Prison is in Kilquane graveyard, 2km on the Watergrasshill side of Knockraha village. We will also have hardware used during the War on display.

Embrace the Year of Irish Design at Cork Craft Month

~ Get an exclusive look inside craft-makers studios, visit craft workshops, curated gallery events and much more during Cork Craft Month this August~

Celebrate the Year of Irish Design and head to Cork this August for Cork Craft Month, in association with Cork Craft and Design, from August 4th to September 5th 2015.

Now in its sixth year, Cork Craft Month has become a haven for celebrating creativity, and is one of the key events taking place in Ireland for the Irish Year of Irish Design.

The month long series will feature exhibitions, curated gallery events, workshops, demos, and pop-up shops. You will also have the opportunity to get an

exclusive look inside craft-makers studios at open events, or take in the quality and variety of Cork's vibrant craft and design scene on a 'Made in Cork Trail' throughout the city and county. A diverse range of craft and design will be available to view and purchase, from ethically sourced furniture to textiles, jewellery, ceramics, metalwork, glass and wood.

Tony Farrell, Chairman of Cork Craft and Design is looking forward to the group's flagship month, saying "Cork Craft Month makes craft accessible to all, and we expect the Year of Irish Design will further increase the general appreciation for the skill and artistry that goes into making these unique locally made products. Over 50,000 visitors will come to Cork over the month, and this flagship event series will significantly boost sales for local producers."

Some of the highlights of this year's

Cork Craft Month include:

- The TIME Exhibition in Kinsale is the Annual Showcase Exhibition for Cork Craft and Design and is a highlight of the creative calendar, promoting both established and emerging makers. Curated by Fergal O' Leary, the exhibition focuses on the time it takes each artist to learn and realize their work and will take place in the James O' Neill Building (Formerly the Old Mill), Kinsale, Co. Cork from 5 to 14 August

- Finally there will also be a comprehensive selection of workshops and demonstrations where you can meet the makers and create your own craft piece at a selection of free events and fee paying courses:

Workshops include:

A 3 Day Introduction to Woodcarving with Ben Russell, Kealkil, Bantry, West Cork 24 to 26 July (€320).

- Porcelain Workshop at the studio of Sara Roberts, near Kinsale, Co. Cork 22 August 10am-4pm including home cooked lunch (€150).
- Weekend Introduction to Ceramics Workshop with Adrian Wistreich 21 to 24 August at Ballinacurra House, Kinsale. This 2 day course introduces basic techniques such as how to coil, slab and throw pots and how to sculpt in clay. (€295, includes materials and firings).

- The Summer Art & Crafts Workshop for Kids aged 5-12 runs at Ballinacurra House on 10, 11, 13, 14 August between 10am-4pm. The camp is both fun and educational, and features everything from pottery to tie dye, to theatre building, paper marbling. (€35 for One Day or €120 for 4 days).

For booking details on all of the above workshops, see the event calendar oncorkcraftanddesign.com.

Some pictures from Glanmire Community Garden.

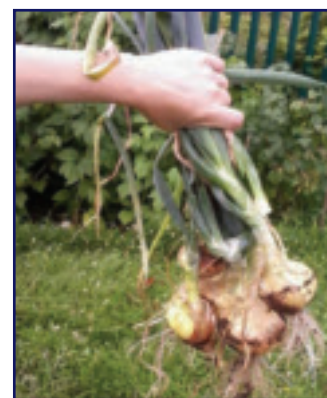
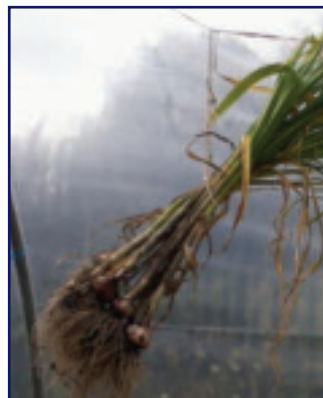


Above: Breakfast in the garden

Left: Fruit Harvest



Mary at work and below Garlic and Onions



Fitzgerald Vienna Woods Hotel Monthly Awards

Grandon's of Glanmire is the latest monthly winner of the business category of the Fitzgerald Vienna Woods Sports Business and Community Award held on Wednesday 8th July. At the awards dinner Martin Grandon who along with his wife Maria formed the company over 40 years ago accepted the award

on behalf of his wife Maria, son Ken and his wife Amanda who run the day to day operations, and all employees. Grandon's is a family run business founded in 1975 by Martin and Maria Grandon, which began by selling all makes of new and used vehicles from a modest site. In 1981 a new site was acquired and the current modern showroom was constructed and opened in January 1982, which was soon followed by a petrol station. 1984 saw the opening of a very small forecourt shop

and over the years as the business grew further additions to the site which included sales showrooms, workshop areas and shops were added, including the development of the new Centra 24-Hour forecourt facility in 2011.

Accepting the award from Michael Magner director Martin thanked the hotel for sponsoring the award and the judging panel for picking. Martin said "only for the company's diligent and hard working staff I would not be here today getting this award.

Michael Magner congratulated Martin on his award, his thriving business despite many obstacles, two recessions, a fire, and the 2012 floods during almost 40 years trading. Special guests included the Grandon family, employees, members of local sporting and community associations and county mayor cllr John Paul O Shea and Lord Mayor cllr Chris O Leary, both attending the awards for their first time. See Page 25



Nicole Mc Carthy, Jay Mc Carthy, & Nicole Mc Carthy, Whitescross



Cillian, Caitlin and Ciara O'Mahony Enjoying the summer break.

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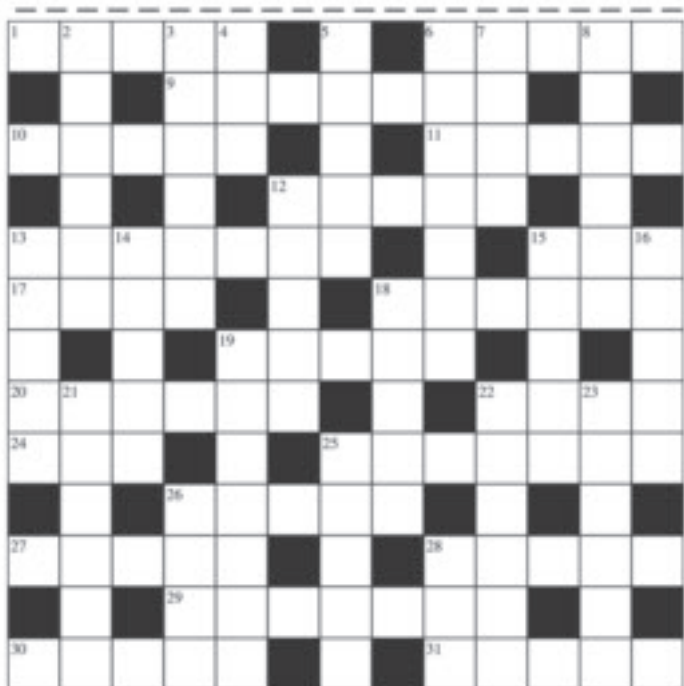


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Across

1. Education Minister (5)
6. Holy song (5)
9. Speech (7)
10. Mrs. Flintstone (5)
11. Gin and ----- (5)
12. Confer, bestow (5)
13. Dessert (7)
15. Observe (3)
17. Belonging to her (4)
18. Kitchen store (6)
19. Abdominal pain (5)
20. Almost (6)
22. American musical (4)
24. Terminus (3)
25. Candidate for an honour (7)
26. Deliberate fire (5)
27. Dingle dolphin (5)
28. Prepares for publication (5)
29. Everlasting (7)
30. Untidy (5)
31. Carouse (5)

Down

- 2 One of a kind (6)
3. Wanderers (6)
4. National Roads Authority (3)
5. Singer with the Police (5)
6. Washington river (7)
7. Flakes of frozen water (4)
8. Hang around (6)
12. Messenger (7)
13. Blackberry, Nokia, Samsung (5)
14. Fear (5)
15. Dirty mark (5)
16. Eagle's nest (5)
18. Rock-climbing spike (5)
19. Clearness (7)
21. Put up with (6)
22. Corset (6)
23. Mild, tender (6)
25. ----- Dame, cathedral (5)
26. Eons (4)
- 28 Hearing organ (3)



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14 Copper Valley Vue, Glanmire **Guide Price €220,000 BER C1**

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151 Lr. Glanmire Road **Guide price €140,000 BER D2**

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12 Glyntown Heights, Glanmire

Guide price €350,000 BER C3

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120 Shanowen, Rathcormac

Guide Price €100,000 BER B3

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