



GLANMIRE Area News

www.glanmireareacork.com | glanmireareanews@gmail.com | 086 8294713 | August 2016

Available: Mayfield | Upper Glanmire | White's Cross | Watergrasshill
Glounthaune | Little Island | Carrigtwohill | Lisgoold | Carrignavar | Whitechurch | Knockraha

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FREE



GLANMIRE
CHAMBER OF
COMMERCE

Officers of The Glanmire Chamber of Commerce, Left to Right: John McCarthy (PRO), Michael O'Dowd (Vice President), Kathleen Worth (Treasurer), Joe Organ (President), Jon Moran (Secretary)

Keep Business in Glanmire

The Glanmire Chamber of Commerce main aim is to 'Keep Business in Glanmire'. Over the next few months and years the Chamber hopes to increase business in the Glanmire Area by supporting and networking businesses together. The Glanmire Chamber is a newly setup organisation by business men and women in Glanmire wanting to keep the business in Glanmire. The Chamber was enacted to help create local knowledge of the different businesses located in Glanmire and to create business networking. The Chamber will be led by the officers (in the picture below) who have a wide range of business expertise and experience.

Future Projects in the Glanmire Area include:

Operation Christmas Lighting:

This Christmas the Chamber would like to show that Christmas has arrived in Glanmire by funding a Christmas lighting project in Glanmire. The Chamber would like to keep people

in the Glanmire area for Christmas shopping and create a Christmas atmosphere through festive lighting. This lighting project will give the Glanmire economy a boost.

Glanmire Chamber of Commerce caters for all businesses, be they start-ups, small family run or well-established businesses. It is our objective to represent your business and provide the necessary support, network and resources to grow.

For further information on the Chamber and to join, the cost of membership for 12 months is €125. Membership forms are available from any of the officers listed above or email glanmirechamber@gmail.com. Keep an eye on the September issue of the Glanmire Area News for full details of our networking events. The launch and information night of the Chamber will be held in Cafe Beva on the 15th September 2016. All businesses are welcome to attend.



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Which Of These *Neuropathy* Symptoms Do You *Suffer From?*

If You Suffer From A Single One Of These Torturous Symptoms – Numbness, Tingling, Or Sharp Nerve Pain – THEN THE FACTS BELOW MAY BE THE MOST IMPORTANT YOU HAVE EVER READ IN YOUR LIFE!



Neuropathy affects every part of your life -- walking, sitting, and even sleeping.

Maybe you've had multiple tests, only to find out no one has any idea what you have. Maybe you've even been put on a drug with heavy side effects.

Do You Have Any of the Following?

- Pins and Needles Feeling
- Numbness in the Hands and Feet
- Tingling or Burning Sensations
- Weakness in the Arms or Legs
- Sharp Shooting or Burning Pains

If So You May Have a Condition Called Peripheral Neuropathy.

My name is Dr. Eric Kelly, clinic owner at Glanmire Chiropractic Clinic. I've been helping people with neuropathy and nerve problems for more than 12 years.

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy?

Data from the National Board of Chiropractic Examiners' Job Analysis of Chiropractic lists arm and leg neuropathy as the second most common nerve problem treated by chiropractors.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The Single Most Important Solution To Your Neuropathy

By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

Here's what just one of my Patient's had to say:

"The relief started on my second visit and I continued to get better by the day. Dr. Kelly explained everything from the onset. He told me he could not bring my body back to that of a twenty year old but he could hopefully give me relief and maintain me pain free. He has done this and I feel great." M.G.

These patients agree that with chiropractic care, you could soon be enjoying life...without those aggravating nerve problems.

How to Find Out If This Will Work For You

It's time for you to find out if chiropractic will be your neuropathy solution.

For the next 3 weeks, €40 will get you all the services I normally charge new patients €295 for!

What does this offer include? Everything. Take a look at what you will receive:

- An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.

- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms... (NOTE: These would normally cost you up to €245).
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

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Our office is in Eastcliffe House, Glanmire Village. (over the bridge, next to the AIB bank) just a few minutes from you.

When you call, you must tell the receptionist you'd like to come in for the *Neuropathy Evaluation* so we can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely, Dr. Eric Kelly, D.C.

P.S. At our office, we have specialized treatment programs for treating patients who suffer from neuropathy.

Why suffer with years of misery?
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COUNTY COUNCIL NEWS

Cllr. Pádraig O Sullivan (087-7859314)

E-mail: posullivan00@hotmail.com



Cork County Council
Cathairle Coirce Chorcaí

There are a series of local road improvements in Glanmire and Glounthaune which are currently going through the planning and design stage. I would like to emphasise the importance of engaging with the Council's plans in the next few weeks so that all locals can have a say in how these projects proceed.

Speed Limit Changes in the Glanmire Area;

(L2958) Cork to Carrignavar Road (To extend the 50 kph speed limit at Ballincroikig a further 350m north to beyond the built up area)

(R616) Upper Glanmire (Extend 50 kph speed limit at Upper Glanmire village a further 200m south to junction L2974)

(L3004) Glounthaune (Area Engineer recommends extending 50kph northwards from the "Dry-Bridge" area to the Junction of the L6992 (Forge Cross))

(L6995) Ballinaglan, Glanmire (Reduction in speed limit from 80 kph to 60 kph to 10m beyond the built up area)

(R639) Glanmire From approaches to roundabout at Junction 18 speed limit will be reduced from 80 kph to 60 kph

(L2964) Blossomgrove (Glanmire to Knockraha road) Reduction in speed limit from 80 kph to 60 kph

(L9452) Barrymore Housing Estate – Speed limit reduced from 50 kph to 30kph

(L9453) Elmgrove from 50 kph – Speed limit reduced kph to 30 kph

(L7110) Carrigwell Housing Estate, Carrignavar – Speed limit reduced 50 kph to 30 kph

(L2960) Whitechurch – Recommendation to extend 50 kph zone beyond new housing development.

*** Please note that these speed limit changes are due to take effect in early 2017 ***

DANGERS POSED BY PEDESTRIAN CROSSING AT RIVERSTOWN

Over the last few months it has been brought to my attention that the pedestrian crossing at

Riverstown poses a serious risk to public safety. To remedy this situation the Council's Area Office decided to trim back the palm trees along the Meadowbrook Estate, thereby improving light and visibility for motorists and pedestrians. The Council also intend on erecting signage and placing additional heavy road lining around the pedestrian crossing. Unfortunately, this work will not take place until the road gets its new surface in late July/August.

TOWN DEVELOPMENT FUND

The purpose of the Town Development Fund (TDF) is to provide a specific level of funding to Municipal Districts for the purpose of supporting initiatives which are targeted at assisting with the economic development of the main towns. I am pleased to announce that a provisional allocation has been offered to the following groups for 2016;

(1) Glanmire Farmer's Market – E10,000 – to help in the marketing and running of the market.

(2) Glanmire Area Community Association – E10,000 to improve floor for existing clients.

(3) SAFE Community Bus – E13,000

(4) Glanmire Chamber of Commerce – E15,000 – Purchase of Christmas Tree/Lights/Decorations

Sound Barriers along the M8 Motorway - Update

Please find the official response from Transport Ireland (TII) (formerly the National Roads Authority) (NRA) regarding motions requesting the erection of sound barriers along the M8 motorway.

From a statutory point of view the TII is correct in its assertion above. However, given that the TII were responsible for the removal of trees and shrubs along the M8, and given that that vegetation screened another Authority's property ie Housing Estates in charge of Cork County Council, I believe that the TII are therefore responsible for the damage/injury caused to the residents in those affected estates. This is a line of argument that I will persist with at Council level.

NEW ROAD LINING (DUNKETTLE) (L2999)

With the increased residential development of the Greater Glanmire Area the existing road infrastructure is coming under increasing pressure. This is very evident on the L2999, the main connecting road between Glanmire and Little Island/Glounthaune. After numerous accidents in the last few months the Council have implemented a first phase of traffic calming measures including additional heavy road lining and extra speed limit markers.

8. Funding for Noise Barriers where noise levels on National Roads exceed acceptable thresholds at nearby residences. TII responded that it does not have any proposals or funds to erect noise barriers on existing roads. The only instance where it is required to provide such barriers is on new builds, where the new scheme makes the situation for householders worse than currently exists and even on the N28 scheme, this criterion is not met.



Mindfulness Course

Many people use mindfulness because they find it reduces stress and gives them a greater sense of control over their lives. Mindfulness helps people to get more enjoyment out of their good times and to handle their bad times better.

6 week course Tuesdays 7.30-9.30pm commencing 6th September 2016 in Vienna Woods Hotel cost €50

6 week course Wednesday 10-12noon commencing 7th September 2016 in Vienna Woods Hotel cost €50

Please text "glanmire course" stating your preference for the day or night course with your name and contact details to 087 9370806.

Places limited to 20 – Early booking advisable.

NEWS & EVENTS

Glounthaune / Glanmire MEALS ON WHEELS:

Cooks urgently required for Mondays Wednesdays 3 hours every 6 weeks. Drivers required for Glanmire, Brooklodge, Riverstown area for Mondays, Wednesdays and Saturdays 1/1.5 hours every 5 weeks.

Contact: Pauline Walsh 4353557 or Mary Finn 4353893

GLANMIRE INDOOR BOWLS Community Centre, Riverstown

Wednesday Nights 7.30pm to 9.30pm

Over 18s, Males and Females welcome

Contact: 021 - 4821333



FOR MORE ON GLANMIRE AREA INFORMATION

Travel & Local News Updates visit www.glanmireareacork.com

or contact Glanmire Area Community Association

Old Schoolhouse, Riverstown, Glanmire, Co. Cork. Tel: +353 (0)21 482 1333

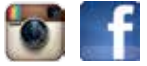


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"NÍL AON GLEANNTÁN MAR DO GLEANNTÁN FÉIN" GLOUNTHAUNE NEWS BY "THE FOREIGN CORRESPONDENT"

"ONCE UPON A TIME"

A most interesting blog by Midleton native Tony Harpur relative to Glounthaune in bygone days was featured on the July issue of Area News. This included a reference to Glounthaune Church and Tony stated that; "it was designed by George Coppinger Ashlin and was opened in 1898. He recycled his design for the church at Ballyhooley for the church at Glounthaune, although it seems likely that the parish priest at the time specifically asked for this design". Feedback received on any article published in this column is always appreciated and in this respect it is pleasing that Paddy Twomey of "The Way We Were" fame took time to express his own thoughts on the foregoing, and in doing so he applied his customary informative and diplomatic style. Paddy points out that the official architect of our church was



not Ashlin but that no doubt his design was copied. He is of the view that it is much more likely Canon Barry visited either the church at Carrigtwohill or the one at Watergrasshill, if he had any say at all in the design.

He points out that both were either designed by G.C. Ashlin or with his permission based on his design of the Carrigtwohill church. He also says that as the years went by several other churches loosely based on his design appeared. However, Paddy believes that the Carrigtwohill church was designed by himself as he was a parishioner there one time. He was born at Carrigrennan so in his young days he was a parishioner of New Glanmire (Glounthaune) and perhaps baptised here. Paddy highlights the similarities of the side entrances of the Carrigtwohill and Glounthaune churches and exclaims; "forget about Ballyhooley, he hardly got out his horse and carriage and drove there when he had one down the road, even if located in the Cloyne Diocese"!

LOVELY HURLING

There is a function for "active" Community Associations in parish life but in most parishes it is the local GAA clubs that fill the "active" role. In reality the GAA club is the "Centre of Activity" and it is not just field games that are on offer as numerous other aspects are attended to as well which include socials, community work and family bereavements. Indeed nowadays there is expectancy in some quarters that crèche facilities are also on the menu. Picture the scenario; a car arrives at the club grounds on a Saturday morning to drop off the two darlings for training and a parent enquires what time will "it" finish. The response when advised is; "That's grand but I might be somewhat late returning as I have a big shop to do, and look; I'll leave the small one here as well and she won't be any trouble as she is very good and will be fine on her own". Training finishes, the car returns thirty minutes later and on receipt of the customary "ye're great" compliment the childminder-coaches go home! The GAA club is the hub of activity and this is exemplified in our parish but what of the organisation itself? It has played a leading role in our country's history for almost one hundred and thirty two years and traditionally the organisation has been very close to the Catholic Church. It is interesting, though difficult to comprehend, that in former times ordained priests were not allowed play their games. But this did not apply to missionary priests such as the Columbian Fathers, Kiltegan Fathers etc. and indeed Fr. Seanie Barry, a Kiltegan Father and from the Bride Rovers Hurling Academy played on the All-Ireland victorious Cork team in 1966. Blackrock's Mick Waters was at midfield and he was ordained in December of that year; an SMA Father. However there were many instances of priests playing under false names and one such example is when Fr. Liam Ryan of Limerick played in the quarter final of the 1960 Munster Senior Hurling Championship against Tipperary and adopted the name "Tom", which was also the name shown on press reports! Incidentally Tipperary, ahead by 8.03 to Nil at half time, won on a scoreline of 10.09 to 2.01 but there was no talk of a "hurling crisis" in those days! Limerick may have suffered most because Fr. Liam Ryan, Fr. Seamus Ryan and Fr. Liam Kelly were retired at twenty three years of age. The restriction was lifted in 1970 so priests such as Galway's Iggy Clarke, Limerick's Paudie Fitmaurice and his brother Willie were

not affected. The following are a few examples of the GAA's bond with the Catholic Church. Their Patron is Archbishop Kieran O' Reilly and when appointed in 2015 it kept up the tradition that stems back to Dr. Croke in 1884, thereby retaining the link between the GAA and the Archdiocese of Cashel & Emly. The All-Ireland minor trophy is presented by the Archbishop; the National Hurling League trophy is named the "Dr. Croke Cup", as is the trophy for the All-Ireland Secondary Colleges' Hurling Competition. There are numerous others including those of the East Cork Board; the "Dr. Browne Cup" and the "Bishop Roche Cup". Bishops threw in the ball to commence major games but not until the opposing captains kissed "The Ring". By the way there was a little lighthearted relief when the prelates then made an undignified skelter to the sideline! When the Catholic Primate of All-Ireland attended matches, including the All-Ireland finals, there was a rendering of "Faith of Our Fathers" which ironically was an English hymn composed in 1849 by Yorkshire native Frederick William Faber! It was also rendered with gusto at the Corpus Christi processions held at Glounthaune which were disbanded by Canon Mc Swiney following his arrival as parish priest in March 1957. Clubs were named after saints such as the following Cork clubs; St. Colman's, St. Catherine's, St. Mary's, St. Bartholomew's, St. Ita's, St. Colums, Naobh Aban, St. Oliver Plunkett's etc. The number of such clubs nationwide must be staggering. The President of the local club was almost invariably the parish priest or curate and this was also the case in our parish, even though the majority did not "give a hoot" and never got involved. But the late Canon Mc Sweeney showed an immediate interest following his appointment and his gesture of throwing a sliothar to a group of lads playing hurling in the "Small Field" was classified as remarkable. It was a twofold culture shock for the lads; firstly to be the benefactors of encouragement and then to have a similar ball to that played at Croke Park, and what a difference to the compressed paper one bound with twine! Incidentally "The Canon", yes we had ours also, lost all interest in parish hurling when Erins Own was formed in October 1964 and this was because of his belief that the club name should be that of the parish; Glounthaune. That ain't cricket so the Rev. Canon departed the scene and he never returned which must have been very difficult for him consider-

ing his staunch GAA background. Another act of clergy participation was when the late Fr. Deasy, who was such a popular curate during his stay with us from January 1954 to February 1967, attended the East Cork Fé14 "B" hurling final of 1963. This outward declaration of support was not the norm and to confuse matters even further he was photographed with the victorious Little Island team! There was gossip that religion in the parish would never again be the same and some were of the view that it had something to do with the Second Vatican Council, which was opened on October 11th of the previous year under the Pontificate of Pope John XX111. Priests' involvement with parish GAA has very much improved since those days but would not be au fait with the present-day situation. Would suggest that over the years there are two stand-outs; Rev. Liam Ó hlcí agus Rev. Kevin Ó Callaghan but perhaps those closer to the ground may have alternative nominations? However the priest who attended a farewell function in his honour at the Erins Own Complex a few years ago amidst rumours that he sought directions on the way is not a contender! Yet, there were also some priests who served here and who did not even qualify for such a "send-off"! Incidentally a serving priest got involved in schoolboy soccer some time back, as if he did not have enough on his plate, and this was most unusual as priests don't do soccer. Why? In any event it appears that he was punished accordingly because his name does not appear on the Diocesan List of priests who served in our parish! However it must be acknowledged that there are also other priests who served here that are not listed either and this is regrettable. Is the GAA as close to the Catholic Church now as in former days? Whilst the position of Patron, trophy names and presentations at the minor All-Irelands' remain unchanged; referees' throw in the ball nowadays, the ritual of kissing the "Bishop's Ring" is no more, there is no rendering of "Faith of Our Fathers" and the serving priest in the parish is not an automatic choice for Club President. In past times matches were postponed when there was a Mission, a Procession, an Ordination, Confirmation etc. in the parish but this is no longer the case. Finally, a thought! Why are GAA "Church Gate Collections" confined to catholic churches? And relative to our own parish; was there ever a GAA "Church Gate Collection" held at St. Lappans Church, Little Island?

SLÁN ANOIS ©



Heritage Week in Knockraha



The Plaque unveiled by James Connolly-Heron on Liberty Hall, Knockraha on Sunday June 5th

Knockraha History Society has gone through a very busy year, a lot of it connected with celebrating the centenary of the 1916 Rising. We had two big events. On the 24th of April, which was to the day the 100th anniversary of the 1916 Rising, we had a mass in the memory of the Knockraha Company for which the church was packed. Then on Sunday the 5th of June, a plaque on Liberty Hall to Knockraha Company members was unveiled by James Connolly-Heron, great grandson of patriot James Connolly, on a beautiful Sunday evening. Huge crowds attended with people coming from the U.S.A., England and many descendants of the Knockraha Company from all over Ireland. As well as James Connolly, other speakers included Dan Crane, ADC to Senator Patrick Moynihan of Washington, and Sean Kelleher of the Kilmichael and Crossbarry Commemoration Committee. The Knockraha school children read the Proclamation as well as their own Proclamation which was made out in the school. Former soldiers provided a colour party and a piper was on hand with suitable tunes. Amy Murphy did a beautiful rendition of the Ballad of James Connolly which will be remembered for a long time. The evening concluded with a dinner in the Park Hotel in Middleton, again for which we had a full house. During the year we were asked to take part in many exhibitions throughout the country including the 6 counties in the North. Four of our members were invited to be guests at a function in the Waterfront Complex in Belfast remembering 1916 which was attended by over 1000 people. Now with these events behind us we are now putting together our programme for Heritage Week at the end of August. We again will be organising two events. On

Sunday the 21st of August we will have our annual mass path walk from John Kelleher's home in Butlerstown to Knockraha to arrive for 10am mass. These paths were used by our ancestors before roads were made and people had a legal right to walk on them. The Butlerstown mass path walk is about 3km and will take about an hour. It is a beautiful walk over level fields passing the bus museum. We will leave Butlerstown at 8:45am to be on time for mass. Afterwards people who have left their cars in Butlerstown will have transport arranged back to collect their cars. On the following Sunday August 28th we have the open day at Sing-Sing Prison, Kilquane, from 12-6pm with a tour starting every hour with a guide. Sing-Sing is now famous nationally. It was used as a prison by the Cork Brigade during the War of Independence and many Black and Tans were executed out of it. It is also now recognised as one of the most haunted places in Ireland with many of those who were interred there speaking about their paranormal experiences. It has been visited by the Cork Supernatural Club and a recent visit by a medium said that there is at least 6 spirits within its walls. Whether one will show themselves on Heritage Sunday remains to be seen. As well as Sing-Sing, we will have an exhibition on the day of weaponry used by the Knockraha Company including moulds for making hand grenades and we have recently acquired a rifle from the Awd which was scuttled by its Captain rather than being given over to the British and lay in the bottom of the ocean at the entrance to Cork Harbour. These rifles were to be used in the Rising. It will be a very interesting evening in Kilquane which has attracted large crowds over the last number of years.

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Children at Glanmire



Elliott, Gabriella, Peter and Edward on a visit to the library with hedgehogs Harry and Lucy!

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Charlie Wilkins

Gardening with Charlie Wilkins

PARKING IN THE GARDEN



This property owner has brick paved the front garden but some 'open' areas have been left in order to accommodate a few artistic plants and to provide a soakaway or two for rainwater.

Paving over front gardens might seem like the ideal way to solve parking problems, but must we continue to sacrifice yet more ground in order to facilitate the parking of cars? Hard landscaped surfaces within and outside the garden can have a surprising impact on the wider environment by increasing temperatures, lowering the water table, and causing flooding on an unprecedented scale. We experienced all of these happenings in the Glanmire and Riverstown areas in recent years.

While paving over one front garden might seem of little consequence, the difficulties begin when neighbours across the street do the same, effectively tripling the width of the road. In cities and towns where many gardens are now hard paved, rainwater run-off mixed with rubbish and debris picked up along the way is channelled into drains. Then, rather than heading straight for natural watercourses, the rainfall goes to the sewerage system which can't always process the sudden surge of water. In an emergency the excess may have to be jettisoned directly into rivers causing these to overflow. If there is no sewerage system, the run-off will go directly to the nearest river.

Other environmental impacts can be experienced even at local level. Hard

surfaces not shaded by trees and shrubs absorb heat by day and release it by night making it uncomfortable to work or sleep. This is part of the 'heat island effect' which can also be responsible for poorer air quality and localised weather patterns such as thunderstorms and sudden downpours. A mere 10% increase in the amount of green space in our major urban areas (where over two thirds of the population live) could, according to scientists at the University of Manchester, reduce surface temperatures by as much as four degrees celsius.

Then there is the removal of grass verges and the felling of trees to accommodate dropped kerbs which allow cars access to paved gardens. Without the trees and plants, dust is no longer absorbed and there is nowhere for birds to nest and insects to feed.

Attractive front gardens have benefits for people too. They provide for the garden owner screening and privacy, and create in the process a green oasis for everyone's enjoyment. Tending your garden at the front of the house gives neighbours and passers-by the opportunity to admire, meet and comment, thus helping to build a better community spirit.

There are also financial incentives for keeping front gardens. Auctioneers and

estate agents will claim that if most homeowners along a single street pave over their gardens, then the average house price can drop. Leafy streets on the other hand attract buyers and make the area more desirable. How often do we see in property advertisements the words "desirable home in select, green and leafy area"?

Other hidden problems with excess hard landscaping include the issue of subsidence. Deflecting rainwater can cause severe subsidence as it reduces or stops rainfall getting into the ground. In turn, this causes the soil to shrink (especially if it is predominantly clay) creating serious consequences for structures built on it. Garden walls, path, and houses may also develop severe cracks.

Those who must create parking within their property should be encouraged to save as much as possible in the line of trees, shrubs, and lawn. Two paved strips amid a gravelled drive will allow much of the surface water that falls to percolate into the ground rather than having it run off in a torrent. There are other options of course, all capable of allowing rain to soak away into the soil. These are worth considering seeing as front gardens bring so much pleasure into our lives-or would you prefer to look at concrete?

THE JULY GARDEN

SHORTENING DAYS: the year continues to be before itself (as we used to say) and already winged wildlife returns to the garden from a poor summer spent in the open countryside. Birds, like humans, have their taste preferences. As the weather continues to disappoint, bird species arrive for the garden's generous bounty; seeds, berries, fresh water, and insects that fly, creep and crawl. They seem to sense the imminent arrival of autumn, season of wisdom and ageing, transformation and surrender, emerging shadows, and most of all, mystery. Look now at the autumn cyclamen. From hard, woody and wrinkled buried corms, a fleet of naked pink and white blooms rise to greet the shortening days. Soon, hundreds will have blossomed and in their raised beds out front their display will continue into September and beyond. Later again, their heart-shaped leaves in a deep green shade, richly marked with pencilled lines of brightest silver will emerge to last all winter. I would hate not being able to garden without these wondrous plants, harbingers of autumn and the gracious turning of the circle of life.

LATE JULY: sees the arrival of Echinacea, stalwarts of the herbaceous border which bear large, daisy-like flowers in pink, red, purple, and white, each having a dramatic central disc ranging in colour from mustard yellow to burnt orange, brown, even black. Fully hardy, these perennials appreciate a humus-rich soil in full sun though they will also tolerate light shade. Faded stems should be cut back as they go over so as to stimulate the formation of yet more blooms. Try to give your plants the very best position possible from the outset as they resent disturbance.

DAHLIA: stems must have cane supports or similar. If you prefer large, single blooms on your plants remove any competing flower-buds by snapping off those located at either side of the central, largest bud. Keep feeding with tomato food once flowering commences. This is really important for dahlias have the ability and the stamina to go on flowering without interruption until the first really hard frosts. In the south and around coastal counties this can be as late as the second week in December.

IRIS: Try to get large clumps of bearded iris sorted out before the end of the month. By sorting out I mean lifting and dividing in order to maintain their youthful vigour. Lift out the whole clump and pull apart the thick roots or use a clean knife to cut tough material. By taking and using the outer pieces (avoid the woody centre) you

will have divisions which will re-establish quickly to give a worthwhile return in terms of quality blooms next year. Cut back the long leaves to a tidy sized fan shape before re-planting, making sure at the same time that the fleshy rhizomes are not covered but fully exposed to the sun and weathering.

POOR WEATHER: After such a disappointing summer it was hardly the kind of weather to bring out the best in lavender bushes-but it really did! Plantings all over my area are simply wonderful, and while flowering is certainly behind schedule, the number and strength of their flower spikes is nothing

short of fantastic. These are plants born to the sun, and which grow wild all over the holiday areas of the Mediterranean. In a year like this it seems cruel to see them languishing on the shelves in garden centres, but they're still there waiting for growers to give them good homes.



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Erins Own Hurling & Football Club Caherlag, Glounthaune, Co. Cork.

Lotto Results: For Wednesday the 13/07/2016 no winner this week, Numbers drawn were 15, 18, 22 & 23, €30 to Ollie Fenton, Ava Murphy & Dave O Mahoney. Next weeks Jackpot is €1,130, you can now play Erins Own club lotto on line on our website, Thanks to all those who support our 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 778759

East Cork Junior A Hurling Championship Erins Own 1-14 Fr O'Neill's 2-10

This year's first round of the junior A hurling championship was against Fr O'Neill's in Killeagh on a sunny Sunday afternoon. This was a game we were very lucky to win, to be fair to Fr O'Neill's they were the better side on the day, Erins Own struggled in a lot of areas but still managed to go in at the break with a two point lead, O'Neill's dominated the majority of the second half, Erins Own had to wait until the 23rd minute to get their first score of the second half with a point

from play from Cathal Heavy this was the only score from play in the half from Erins Own, With five minutes left on the clock O'Neill's had a four point lead, Barry Og Murphy added two fine points from a long range free and a 65 & deep into injury time Kieran Murphy (post) took two 21 yard frees the first one was deflected over the bar & the second found the net to win the game for Erins Own, Kevin Fenton & Robbie O' Flynn played well

Team in Full:

1.Kieran Murphy post (1-01) 2.Joe Ryan 3.Eolan Harrington 4.Niall Foughy 5.Shane Broderick 6.Barry Og Murphy (0-02, 1 free & 1x 65') 7.Kevin Fenton 8.Chris Geary 9.Steven Lee (0-01 sideline cut) 10.James Carr 11.Martin Buckley (0-04, 3 frees & 1 from play) 12.Peter Kelly 13.Cathal Heavy (0-3) 14.Robbie Flynn (0-03) 15.Leon Foley



Erins Own's Minor Hurling team who were defeated by Inniscarra in this year's championship



Peter Kelly in action in this year's Junior A Hurling Championship against Fr O'Neill's



Erins Own captain Martin Buckley at this year's East Cork Junior A Hurling Championship V's Fr O'Neill's



A SUMMER'S EVENING ON THE QUAD A RESOUNDING SUCCESS



Members of the Cork Arts Studio Youth Choir - from left, Niamh Leddy, Glanmire; Conor Birkitt, Douglas; Andrea Lenihan, Glanmire; Matthew Palliser Kehoe, Carrigaline; Grace Wood, Ballincollig; Eva O'Sullivan, Donoughmore; Abbie Palliser Kehoe, Carrigaline, and Sophie Williams, Knocknaheeny - accompanied Rebecca Storm, Michael McCarthy, special guest Keith Hanley, The Voice of Ireland 2013, and The Band of An Garda Síochána, led by Inspector Pat Kenny, when they sang You'll Never Walk Alone, during the grand finale of the 11th annual 'A Summer's Evening On The Quad' open-air charity concert at UCC. Picture: Tom Doherty

This year's event - presented by UCC, An Garda Síochána Bridewell Community Policing, Lions Club International, and Cork University School - supported the Children's Leukaemia Association, Cork Association for Autism, Cork Life Centre, Cork Penny Dinners, and Disability Support Service, UCC, with sponsorship generously provided by The River Lee Hotel, and media sponsorship by the Evening Echo and Cork's 96FM. MC was Gerald Keane and programme director was Linda Kenny. "We started the concert as a community

charity event between UCC and Community Policing Barrack St (now the Bridewell), hoping to have one every five years. but it just took off," said Pat Cotter, event co-founder and UCC General Services Officer. "To date it has generated almost €550,000, with 100% of the funding given to the charities. This is down to the fact that we have such great sponsors who have supported the event year after year, fantastic acts willing to give up their time, and UCC staff and management who have supported us."



Members of Uilleann Ceoil, UCC's resident trad group, who entertained in the Conference Centre ahead of the 11th annual 'A Summer's Evening On The Quad' open-air charity concert. From left, Ned Walsh, Grenagh, Philip Cotter, Mallow, Anne Foley, Ballincollig, Gerry Costelloe, Glanmire, and Noel Fitzgibbon, Killavullen. The 2016 evening at the proms featured Rebecca Storm and Michael McCarthy, backed by The Band of An Garda Síochána, led by Inspector Pat Kenny, with special guests Keith Hanley, The Voice of Ireland 2013, and the Cork Arts Studio Youth Choir. Picture: Tom Doherty



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White's Cross GAA News

whitescrossgaa.ie



One of the groups at the White's Cross GAA Cúl Camp which this year had over 160 participants.

All-Ireland Féile Champions

This summer the White's Cross Under 14 football team had the huge honour of competing in Féile Peil na nOg - Féile is the biggest youth sporting event taking place in Europe in 2016!! It was held across Cork, Kerry & Limerick with over 5,500 participants from over 250 clubs. The last time White's Cross played in Féile was back in 1986! Back then we hosted Askeaton (Limerick) and also played Tramore (Waterford) and Salthill (Galway).

This time around we got to host the team representing the county of Hertfordshire in the UK, with players from 6 different clubs making up their squad for Féile. We played two matches on the Friday evening in Donoughmore, coming away with a win against the home team but losing by a considerable margin to Tullysaran from Armagh. On Saturday morning we also lost to Hertfordshire in White's Cross, meaning that it was the shield competition rather than the cup that we qualified for. On the Saturday evening our lads attended the Féile Parade in Kanturk, but first had to dust themselves down after two defeats on the trot and play a quarter-final of the shield. That afternoon in Kanturk, White's Cross defeated Ballymacelligott (Kerry) on a scoreline of 8-6 to 3-5, to qualify for a Féile semi-final the following day.

White's Cross then travelled to Cullen early on Sunday morning for the semi-final against Tullysaran from Armagh, a team that had beaten us convincingly some 36 hours previous in Donoughmore. However our lads exacted revenge in scintillating fashion to win out on a scoreline of 2-5 to 2-1. This qualified White's Cross for a Féile final which was played in Rathmore early on the Sunday afternoon, and again it was daunting opposition – a Kerry team playing in their back-yard! In the final our lads came up trumps yet again, on a scoreline of White's Cross 2-3 Cordal / Scartaglen (Kerry) 1-4 – an historic first national title for White's Cross GAA. Well done to the players and mentors involved in this massive achievement. Mile buíochas comh maith to the parents and other host families that took into their homes members of the Hertfordshire squad. It was evident the way that the members of both squads interacted over the four days that new friendships had been forged – all part-and-parcel of the Féile journey!

White's Cross Féile Peil na nOg Panel: Aaron Wallace, Senan Ryan, Jacob Hurley, Brendan Quain, Harry Coughlan, Eolan Dill, Ethan



This boys' team feel the pressure in the tug-of-war at the White's Cross GAA Cúl Camp.

Ryan, Conor Docherty, Patrick O'Hara, David O'Connell, Adrian Buckley, Jack O'Callaghan, Sean Hannon, Fionn Hickey, Stephen Whooley, Danny Linehan, Daniel Kelleher, Sean Twomey, Harry Buckley, Patrick Harrington & Luke Murphy.

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 sixty-one children attended the week long camp, guided by a team of over 30 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 14 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 many years now and their reliability and work ethic is an integral part of this camp's success year after year. Thanks to Marion Delaney, Brendáin Murnane, Ciarán Quain, Conor Hammersley, Eoghan Delaney, Sean Twomey, Finbarr Pyne, John Meade, Kelley Falvey, Jennifer Hall, Ronan Quain, Gillian Hall, Aaron Kent, Cormac O Flynn, Billy O Hara, Martha Quain, Sean Kelly, Luke Murphy, Alison McNamara, Derrick Royal, James Royal, Colin McCarthy, Colin Kingston, Conor Kiely, Peter Twomey, Jack O Callaghan, Aaron Wallace, Conor Docherty, Lucy Cashman & Ellen Twomey.

Thanks to Mike O Flynn, Seamus McCarthy, Michelle Whooley & Sue Kelleher 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 against this year – it was great to be able to utilise their outstanding sports hall on the rainy days. A special shout out to Old Christians RFC who made available their sports hall to us when it looked like the UGCA hall would be unavailable –



The youngest group that participated in this year's White's Cross GAA Cúl Camp – this was the fourteenth consecutive year that White's Cross GAA hosted a summer camp.

for them to make this proposal was very decent of them. Thanks to White's Cross GAA Adult and Juvenile Club members for all their assistance – thanks in particular to Pat O Callaghan, Teresa Quain and Finbarr Pyne plus those mentioned previously.

Thanks to Kellogg's for their sponsorship of the Cúl Camps – now in their fifth 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 colour scheme for the kit proved very popular. Thanks to Paudie O'Brien and Sean 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 again this year.

Finally a BIG thank you to the one hundred and sixty one 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.**



Danny, Senan, Aaron, Conor, Jack and Stephen show off the Shield won by White's Cross at Féile – White's Cross were one of only two clubs from Cork to win finals at this year's national competition. The lads also show off a lovely clock presented by Hertfordshire GAA as an expression of their gratitude for being hosted by White's Cross GAA.



Back on duty! Ethan, Brendan, Eolan and Stephen, four members of the victorious White's Cross Féile team, who also attended White's Cross Cúl Camp

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Glanmire GAA Report



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CHAMPIONSHIP ROUNDUP

The National Feile was held on the weekend of June 24th to 26th. Glanmire, who were one of the host teams, were up against Celbridge (Kildare), Carrigaline and Termon (Donegal) in their group. Unfortunately, it was not to be, as a strong Carrigaline side defeated Glanmire who were unlucky not to grab a victory in the closing minutes. Termon were up next, and despite Glanmire dominating proceedings, Termon jump started for the closing minutes and overwhelmed Glanmire with 3 late goals, thus knocking the hosts out of the cup tournament. Glanmire still progressed to the Shield, and dispatched Inniscarra in an excellent performance on Saturday afternoon in Ballincollig. The lads then progressed to the semi final in Tralee, where we fell just short to our guests and eventual Shield winners Celbridge. We would like to extend our congratulations to Celbridge on their win, who were a pleasure to host over the weekend. We are also extremely proud of the lads for their endeavours for what has been a hugely successful year. Regarding the help and volunteering that was necessary to coordinate the weekend, the below statement from our Juvenile Club Chairman, Gerry Sparrow, captures our gratitude most fittingly;

A GAA Club is only as strong as the community it represents, that said then Glanmire can hold its head up high after the National Feile, in which Glanmire GAA was one of the host clubs. The time and effort put in by numerous people to organize and facilitate this event was monumental. From the host families, to all the volunteers who supported on Friday and Saturday, to the families that put on a lovely spread for all who attended, there aren't enough words to describe the gratitude of the Club. We would also like to thank the local businesses who helped the Club to achieve their aims and goals and a big thank you to Ryans Supervalu in Glanmire for the BBQ they provided for the players and families on Friday night. We would also like to thank the people who worked so hard in the lead up to this event. Their endeavours certainly bore fruit as the event was a fabulous success. Without volunteers like this the Feile would not have been the success that it was. The club would also like to thank the local Gardaí for their time and effort in supporting the event.

None of the above would have been possible without the players and management team of the U 14s this season. You are a credit to your families, your Club and most importantly yourselves. You have brought so much pride to our Club, pride that will help this great Club move forward to greater things. Well done from all of us.

Finally as Chairman of the Juvenile Club I would like to express my gratitude once more to everyone that supported this great event.

It would not have been possible without you.

Thank you so much.

CHAMPIONSHIP MATTERS:

The Glanmire Intermediates will play Aghabullogue in the Intermediate Football Championship Round 3. At present, the match is fixed for Saturday, 6 August at 7.30 p.m. in Blarney.

The Minors are also due to play Midleton in their second round championship match, however, a date and venue is yet to be confirmed.

For all up to date fixtures, please stay in touch with our website and Facebook page.



Feile BBQ which was kindly sponsored and hosted by Ryan's Supervalu



*That's all for this month
Is Mise Le Meas
Donal O' Spileain
Oifigeacht Píobliochta,
Cumann Peil Ghleann Maghair.*





St John Ambulance Glanmire - Recent Opening Ceremony

On Saturday, April 30th, St John Ambulance - Glanmire Division was happy to hold the official opening of its new divisional headquarters. The opening, as noted by Superintendent Gerard Doyle on the day, was the culmination of years of hard work and commitment by officers, NCOs, and members, since the division was founded in 2011.

The new building was officially opened by St John Ambulance Ireland Assistant Commissioner John Rea in the presence of the Commissioner of St John Ambulance Ireland – John Hughes – and Cork County Mayor, John Paul O'Shea.

It will serve as a focal point for divisional training, meetings, the running of Glanmire's popular bi-annual public first aid courses and provide a base for Glanmire Division's ambulance.

Glanmire Division was delighted and honoured to welcome Commissioner John Hughes to the new premises, where he was met by a guard of honour consisting of both adult and cadet members. Commissioner Hughes was in attendance not just for the grand opening, but also to present newly promoted Cadet Officer Ashling Doyle with her Warrant of Office.

Commissioner Hughes also presented a number of volunteers with service medals, in recognition of their dedicated service over the past number of years. The members of Glanmire Division are very grateful to him for making the journey to their new home.

Commissioner Hughes praised the members of Glanmire Division, and thanked the local community for their support:

"I would like to congratulate all the Members of Glanmire Division on the establishment of their Division in 2011, and now the sourcing of a permanent base for the Division.

"In particular, I congratulate Superintendent Gerard Doyle and Cadet Officer Ashling Doyle for the leader-



Commissioner John Hughes presented service awards & warrants of office

ship they are providing to the Senior and Cadet Divisions.

"The support that Assistant Commissioner John Rea and, before him, the late Assistant Commissioner James Devine have given to the expansion of St John Ambulance into County Cork, from our City base where over 80 years of service to the people of Cork has been given by generations past and present, is unfaltering.

"I also wish to acknowledge the tremendous support of the local Glanmire community for St John Ambulance, since it is the Community at local, regional and national level that St John Ambulance exists to serve."

Once the formalities of the day had concluded, the members and NCOs of the division presented Supt Doyle with a special award to thank him for his commitment and dedication to the division since its inception. The members of Glanmire would like to thank fellow volunteers in both the Cork City and Limerick Divisions for attending, and also to An Garda Síochána who were represented. St John Ambulance continues to work closely with na Gardai, both in the local community and at major events. The support of local businesses is critical to Glanmire Division's continued success, and their



Glanmire combined Senior & Cadet Divisions



Glanmire Senior Division at the new Divisional HQ attendance on Saturday was much appreciated.

With the opening of the new building, St John Ambulance is now firmly established in the Glanmire area. Our volunteers are always available to help the community with first aid & ambulance cover for events and first aid training.

New members, both adult and cadet, are very welcome. Contact Glanmire Division by phone, email or pop down to their new home, located at Unit 5D, Glanmire Industrial Estate, Sallybrook.

The next first aid course will begin on Monday September 5th, and run from 7.30pm to 9.30pm on Monday evenings for 7 weeks. The cost is €100. Email glanmire@stjohn.ie or call 086-0699086 to book a place."

GLANMIRE PARISH NEWS



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PARISH MASSES & SERVICES

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6pm St. Joseph's Church

Sunday:

9am St. Joseph's Church

10am St. Michael's Church

10:30am St. Joseph's Church

12 noon St. Joseph's Church

Weekday Masses:

Mon-Fri 10am St. Joseph's Church

Thurs 9:20am St. Michael's Church

Fri 9:20am St. Michael's Church

Adoration:

Monday 8:30-9:30pm

St. Joseph's Church

Thurs 10am-12 noon

St. Michael's Church

Friday 10am-10pm Pastoral Room

Confessions: After 10am mass Fri, St Joseph's Church

Divine Mercy Chaplet: Friday 3pm St. Joseph's Church

ALL ARE WELCOME

A large number of people attended the annual mass in Rathcooney graveyard on Tuesday 5th July celebrated by Rev Fr John Heinhold.

The parish assembly wishes to thank all who helped to make this annual mass a big success.

"Historic graves" is a community based heritage project which digitally records and publishes historic graveyard surveys and stories. Visit this site to view the 808 graves recorded for Rathcooney, where the oldest stone recorded is 1683.

Historical snippets from Glanmire

In the 1821 census, the population of Glanmire was 558.

The main industry was Mr. Shaw's flour mill, with Messrs. Thorley and Son having establishments nearby for finishing calico and linen and for bleaching and dyeing. These employed over 200 people and about the same were employed in a woollen factory further up the river owned by Messrs. Lyons and Hanly.

In 1837 there was a "dispensary open for the relief of the poor" and a "clothing society" had been formed.

Contact us on 021 4272277

Remember "A broken heart can heal just as a broken ankle can"



Sars Hurling Training Week



Thumbs up from this group of Under 11s at the Sarsfield's Hurling Training Week. Included are coaches Colm McCarthy, Aidan Hackett, Liam Healy (Cork Minor player), Daniel Hogan and Rory O'Brien.

Picture: Mike English



Under 10s and coaches, Tom Fitzgerald and Tristan O'Leary have a break at the Sarsfield's GAA Hurling Training Week. Picture: Mike English



Coaches Mark Crowley and Shane Crowe with the under 12 group at the Sarsfield's Hurling Training Week in Riverstown.

Picture: Mike English



Participants and coaches who took part in the Permanent TSB sponsored Hurling Training Week at Sarsfield's Hurling Club in Riverstown.

Picture: Mike English



Under 9 group and coaches, David Lynch, Naoise Marron, Cian Darcy, Colin Looney, Aaron Myers and Pat O'Driscoll at the Sarsfield's Hurling Training Week. Picture: Mike English



Sars under 6s with coaches, Conor Twomey, Cian Darcy, Pat O'Driscoll, Cian Byrne and James O'Leary at the club's hurling training week. Picture: Mike English



Riverstown

Football Club

Riverstown FC
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 Website: www.riverstownfc.ie
 Phone: 087 456 2094

Your Community Club continues to grow and develop and this year has been no different. We have seen great support from parents, players and coaches this year and we would like to thank all of them for the support. Without their efforts and hours of commitment and dedication we cannot bring soccer to our community.

Even though summer is downtime for us at the club we are busy getting ready for next season. It was however well worth celebrating the past season with some of our award winners.

We celebrated the end of our season in style at the recent



Club Awards

Euro 2016 screening of the Ireland vs Belgium match with the award ceremony following the match. A huge thank you goes out to our coaches, players and most especially the parents of our club for your overwhelming generosity and support that made the event the success it was.



Club Awards

Hillfest 2016

On the June bank holiday weekend we took 7 Academy teams to the Hillfest event in Watergrasshill for a multi club tournament. The U7s, U8s, U9s and U10s teams enjoyed fantastic weather along with great success in securing many of the trophies on the day ensuring our club featured in every final on offer. The boys acquitted themselves fantastically well at each age group and this all bodes well for their development and future. Well done to all and thank you to the parents and coaches who gave up their Saturday to support.



Hillfest



Hillfest

2016/17 New Season

The new season is upon us and our competitive teams have started back training. All present and past players for all teams are welcome.

If you are interested please contact us on

Mob: 087 456 2094

Email riverstownfc@gmail.com

Facebook: Riverstownfc – amateur sports club

Players

If you are interested in joining our club we offer teams for boys and girls for the following Sections

Academy Section

U7 – U11 Boys and Girls

Born 2006-2010

Schoolboy and Schoolgirl Teams

Under 12	Born 2005
Under 13	Born 2004
Under 14	Born 2003
Under 15	Born 2002
Under 16	Born 2001

Youth Teams

Under 17s and 18s	Born 1999-2000
-------------------	----------------

Adult Section

Over 18 Mens and Womens teams

Your Support

Our Success as a club depends on our parents and supporters actively helping us out each and every week-end and we need your help. We want to be able to offer football to anyone and everyone who wants to play football but we can only do that with the help of Volunteers. If you have an hour or two a week to help us coach then let us know. We will support, guide and train you so if you have no experience then that's ok... if you provide the help we will provide the support.

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The Irish Cancer Society's 'Volunteer driver Service'

The Volunteer Driver Service provides transport for cancer patients to and from their hospital chemotherapy treatments. Volunteers are needed from Co. Cork to pick patients up at their homes, drive them to the door of the hospital pick them up again when they are finished their treatment and bring them home.

If you think you can help or would like more information, contact Rebecca on 01 2316 642 or email transport@irishcancer.ie

Lough Derg is a place of pilgrimage; it is a unique holy island of peace, calm, reflection and hope.

3 day pilgrimages to the island can begin any day up to Saturday, 13th August. This pilgrimage involves a 2 night stay on the

island, fasting from the midnight prior to your arrival until midnight of the 3rd day. On each day you have a simple Lough Derg meal. A 24 hour vigil starts on the evening of the first day and ends the following evening.

One day retreats take place on numerous dates in August & September. The one day retreat follows a set programme of prayer and reflection and includes light meals.

National Grandparents Pilgrimage to Knock September 11th.

An invitation to all children to write a prayer for their grandparents and leave in the special box in the church. All prayers will be blessed on Sunday 11th of September at Mass.



Aisling Rall receiving a Shellac Manicure from Niamh Barrett at Porcelain Beauty Saloon Glanmire



Glanmire Ladies FC Community Games Semi-Finalists



John Cashman and Christy Cashman with the Glanmire Girls U14 Gaelic Football Team at the Munster Community Games Finals at University of Limerick on July 1.



Emma and Suzanne Johnson enjoying the summer break.



O'Sullivan family Watergrasshill heading to London to see The Lion King and a big shopping spree.



Glanmire Road Race

TOP: Cynthia Kelleher Chairperson of Glanmire SAFE accepting the proceeds of the recent Glanmire Road Race from Dermot O'Connell and his grandson Nathan.

RIGHT: Cynthia Kelleher Chairperson of Glanmire SAFE accepting the proceeds of the recent Glanmire Road Race from Race Director Brian Lotty with Mags Creed, Irene Conneely and Dermot O'Connell Chairman of Glanmire Football Club



PRESS RELEASE - Minister Dara Murphy visits European Parliament for discussions on UK referendum outcome and Europe's Digital Single Market Strategy

The Minister of State for European Affairs, the EU Digital Single Market and Data Protection, Dara Murphy TD, is in Strasbourg today to meet with MEPs during this week's plenary session of the European Parliament.

Minister Murphy is meeting with MEPs from the Constitutional Affairs, Internal Market and Industry committees, as well as with Irish MEPs, for discussions on the outcome of the UK referendum, on Europe's Digital Single Market Strategy, and on institutional issues.

Speaking in Strasbourg Minister Murphy said:

"The European Parliament plays a central role in the democratic life of our Union and maintaining and developing our strong links with the institution and with individual MEPs is a priority of mine and for Government."

"In the wake of the UK referendum outcome, my meetings in the European Parliament provide a welcome opportunity to discuss with MEPs from across the political spectrum our specific Irish interests and concerns, including in relation to Northern Ireland, North-South relations, the Common Travel Area and the interconnectedness of our bilateral trade with

the UK."

"Importantly, the visit is also an opportunity to engage with key legislators on the EU's flagship Digital Single Market Strategy. Now, more than ever, Europe needs to focus on areas where it can deliver tangible benefits. Creating a truly single market in Europe for digital is one such area, a priority for Ireland, and will be a win-win for consumers and SMEs." Tomorrow Minister Murphy will travel to Paris to meet with his French counterparts with responsibility for European Affairs and Digital Affairs.



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Glanmire and District Sports, Business and Community Awards

Glanmire and District Sports, Business and Community Awards lunch held in Fitzgeralds Vienna Woods Hotel, Main Sponsors; Sports Award Winner went to Marie Breen of Glanmire Ladies Basketball Club.



Michael Magner, Director, Fitzgeralds Vienna Woods Hotel, Main Sponsors presenting the award to recipient Marie Breen with her award, included are her partner Damien Buckley; Mark Scannell, Head Coach Glanmire Ladies Basketball Club; County Mayor Cllr. Pádraig O'Sullivan; Tim Murphy, President Glanmire Ladies Basketball Club; Con Allen, Gene O'Mahony, Club Secretary Glanmire Ladies Basketball Club and Deputy Lord Mayor of Cork Cllr. Joe Kavanagh.



Gerard and Mary Breen parents of Marie Breen Award recipient Deputy County Mayor Cllr. Pádraig O'Sullivan with John and Eileen O'Sullivan.

All Pictures: Gerard Bonus.



Award recipient Marie Breen with her parents Mary and Gerard and sister Joanne.



Michael O'Connell, Deputy Lord Mayor of Cork Cllr. Joe Kavanagh and Kieran O'Donovan, Cork City Council.



Sean O'Sullivan PRO Glanmire Ladies Basketball Club; Award recipient Marie Breen and Team-Mate Miriam Byrne.



Billy Barry, 96fm Sport and Denis Hurley Sarsfield Hurling Club.



Multicultural day 2016 in Millennium Hall Cork



Corkevents and The Gallery 57 Main street Kinsale Co-Cork held the Multicultural Day 2016. The Deputy Lord Mayor is Councillor Joe Kavanagh attended along with Anjoma Union Cork, Inkwenkwezi S.A(South African), Igbo Union (Women's Wing) Cork, Irish dancers 2016 & Ken and Coxdecor.



SAFE Glanmire Needs Your Help

The core work of SAFE Glanmire is to raise mental health awareness, educate local people in suicide prevention, build self-management skills in young people, provide information, advice and support and work in partnership with any agency/organisation that shares our commitment to communities and services working together to support people.

In 2015 we set a goal to raise monies towards the cost of a "Community Bus" for the elderly and youth of the greater Glanmire Area., a figure in the region of €35,000 is needed to fulfil this project. With the support of local people, businesses and some grant aid from Cork County Council we have almost reached our target.

Glanmire GAA Club organised a very popular 4 mile Road Race every year; this year they donated €3,000 from the proceeds of the Road Race towards the Community Bus Project.

Thank you to all those who were involved in organising the race and to everyone who took part. We are immensely grateful for your support.

Thank You!



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Upper Glanmire ICA Guild



Upper Glanmire ICA Guild

Our Guild meets on the first Tuesday of every month, except January. We have 28 members and new members would be very welcome

UPDATE ON GUILD ACTIVITIES

- 20 members from our own Guild and from Carraig na bFear spent a wonderful weekend at An Grianán. We used An Grianán as our base for visiting Kilmainham Gaol, Mount Usher Gardens, Glasnevin Cemetery and Glendalough. (cf photos on our F.book page)
- Our Summer walks have resumed, and we have been to the Marina, the Lee Fields, Monkstown and we have done the Ballycotton Cliff for the first time. (Wonderful photos on our F.book page). We will continue our walks until early September.

August Recipe: Pavlova: Eileen Ryan

Ingredients:

8 egg Whites
14 oz granulated sugar
Half teaspoon of white vinegar
4 tablespoons of corn flour

Method:

- Whisk the egg whites until stiff. Whisk in the sugar gradually. Add the vinegar, continue whisking until the mixture is stiff. Fold in the corn flour.
- Spread the mixture on to a baking tray or roasting tray which has already been lined with parchment paper. (Tin size: 12in by 12 in or 11 by 14)
- Bake for 75 mins @120 degrees C. Allow to cool in the oven. Fill pavlova with whipped cream and fresh fruit of your choice.



1: Our ladies at An Grianán



2: Mary Dorgan, Betty Burke and Kitty O'Flynn relaxing after our walk in the Marina.



3: Ann Cashman, Eileen Sculley, Mary O'Connor and Mary Cashman on Ballycotton Cliffs



4: Eileen Ryan's Pavlova



Sars Camogie

Junior B

The Junior B's Championship campaign is well underway with one win and one defeat to date. Sars secured a confident 3-6 to 0-9 victory over St Finbarrs in the first round. Our girls travelled to Ballinascarty for their second match and were faced with very strong opposition, narrowly losing a tightly fought contest by 2-8 to 2-5. The games were very beneficial to our girls and will stand to them later in the campaign. Emma Casey, Chloe Aherne, Katie Walsh, Mairead O'Farrell & Julie Allen showed great leadership throughout the games.

U17 Imokilly

Well done to our U17 panel who took part in the U17 Imokilly Blitz, hosted by Fr O Neills. Our girls won their opening match against the hosts and had a comprehensive win in the second match vs Cobh to win the overall competition. Thanks to all involved in organizing a great day of camogie action!

U14

Congratulations to our U14 panel and selectors on winning the July Rebel Og Award - well deserved for all the trojan work over the last number of months and recognition of their great success in winning the All Ireland Feile "A" competition.

The team also took part in the U14 "A" League Final v Ballinora in Ballinlough. Ballinora were in great form with a very impressive team performance and were crowned worthy League champions. Hard lines to our Sars girls

U12

Well done to our U12 "A" panel who have reached the County Final after a great win in the semi final in Castle Road against a very good Ballygarvan team. SARS ran out winners by 4.11 to 3.2. Ballygarvan levelled with 2 quick goals at the start of the 2nd half but Sars finished strongly. Some great performances by players on both teams. Well done girls! SARS Ábu!

Sars Camogie Summer Camp

Sars Camogie had another wonderful Summer Camp at the start of July. Great fun and games and loads of camogie skills for the large number of girls who attended. Thanks to our sponsors John and Róisín Murray of Sherry Fitzgerald, to all the wonderful trainers, to Sars Hurling for the use of the magnificent pitch and to everyone who put in so much effort organising this year's camp. Well done to all the girls who took part and had such fun. You really deserved your ice cream cones on the last day!



Sars Summer Camp



Sars U12a panel



U17 Imokilly



Sars Junior team



The Hennessy family Glanmire enjoying the farmers market at the castle bar site every Saturday Morning.



Finn Whelan, Ballymacoda, Dylan Peters, Glanmire, and Josh Conneely, Ballymacoda, pictured with the European Rugby Champions cup, the Premier League trophy, the Champions League trophy, and Mark McCormack, eir Sport, outside Cork's Red FM studios, Bishopstown, during the eir Sport open-top bus trophy tour of Ireland. Introducing eir Sport, a new name in Irish broadcasting. The channels that make up the eir Sport pack are eir Sport 1 and eir Sport 2; BT Sport 1, BT Sport 2, BT Sport Europe and BT Sport ESPN. The eir Sport pack is now free to all existing and new eir broadband customers. (#settingsportfree)

Picture: Tom Doherty



Mayfield Citizens Information Centre

Roseville House, Old Youghal Road,
Mayfield
Tel: 0761 07 6880

Mayfield CIC is now open Wednesday evenings from 7.30 to 9pm for information, advice and form filling

Know Your Rights - August 2016

Question:

What is the Back to School Clothing and Footwear Allowance?

Answer:

The Back to School Clothing and Footwear Allowance (BSCFA) helps you meet the cost of uniforms and footwear for children going to school. You must be getting a social welfare payment or taking part in a training, employment or adult education scheme. In general, you must be getting an Increase for a Qualified Child with your payment.

Your children must be aged between 4 and 22 on or before 30 September 2016. If they are aged between 18 and 22, they must be in full-time second-level education in a recognised school or college. Also, your total family income must be below a certain level for your family size. The allowance is €100 for eligible children aged between 4 and 11 and €200 for those aged between 12 and 22.

The scheme is open from 1 June to 30 September 2016. The Department of Social Protection pays BSCFA automatically to many customers. This means that they do not have to apply for the payment. If you qualify automatically, you should receive a letter stating when and how your Allowance will be paid.

If you do not get an automatic payment you must apply for the Allowance. If any of your children are aged 18 or over, you must apply for the Allowance for them and supply evidence that they are in second-level education (even if automatic payments have issued for other children in the family).

You can get application forms in all local social welfare offices and Citizens Information Centres, and on the Department's website, welfare.ie. When a decision has been made on your application, you will get a letter informing you of this and whether a payment has been awarded. If your application has been successful, you will also be told when and where you can collect the payment. If the Allowance is refused, you can ask for a review of the decision.

Further Information

Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880

Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm.

Citizens Information is also available through the Cork City (North) Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at www.citizensinformation.ie



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Abdominal Aortic Aneurysm:

Common, silent and sometimes..... lethal

Most people have never heard of Abdominal Aortic Aneurysms (AAA). Unfortunately AAA are quite common, and can be fatal, especially in older men.

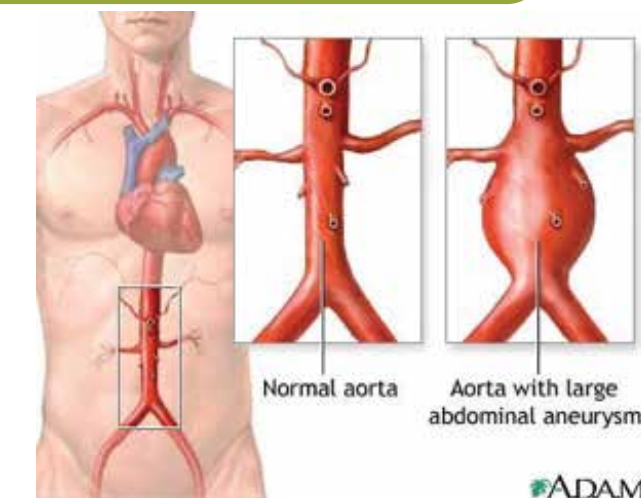
The aorta is the largest blood vessel in the body. It arises from the heart and distributes blood throughout the body, passing through the abdomen, before branching to supply blood to each leg. An AAA is a ballooning of the aorta in the abdomen.

An aneurysm is where the blood vessel balloons out, usually due to a weakness in the wall. The pressure within the vessel forces the aneurysm to expand, a bit like a balloon inflating.

In most cases an AAA causes no symptoms, until it bursts. When an AAA bursts it is usually fatal.

Who gets AAA? About 4-5% of men aged 65y have an AAA. They are much less common in women. They are uncommon in people under 60y age. We know that AAA can "run in a family" so if you have a relative with an AAA ask your GP to arrange a scan.

Whats the problem with AAA? Most AAA are small but they gradually enlarge, like a balloon expanding. Once an AAA is large the chance of rup-



ture is high, and the outcome is usually fatal.

Prevention is better than cure. Smoking is a risk for both the development and progression of AAA. Quitting smoking is really important, and your pharmacist, GP or the HSE have very effective smoking cessation help. High blood pressure tends to inflate the aneurysm, so get your blood pressure checked, and if elevated, take effective steps to control your blood pressure.

Symptoms of an AAA? Most people with an AAA have absolutely no symptoms. Regrettably the first symptom, pain associated with rupture, is often the last symptom. Sometimes your doctor may feel the AAA, but this is not easy.

An ultrasound scan may help

diagnose an AAA. This is the easiest way to diagnose an AAA, and the scan will also measure how big the AAA actually is. The size of the AAA is really important in deciding how to treat the aneurysm.

Is the AAA likely to rupture? Most AAA are small, and the risk of rupture is low. The more you inflate a balloon, the more likely it is to burst. Similarly as an AAA enlarges the chance of it rupturing increases.

Treatment of an AAA: Some general measures are really important. Quit smoking, lose weight, control blood pressure and cholesterol are key. Surgery is an option in those with large AAA. In some people the aneurysm is cut out, and replaced with a graft. This is a major

operation, but is a long term solution. Sometimes the surgeon will put a stent across the aneurysm. Stenting is much easier for the patient, but may need to be repeated years later. Screening for AAA: Some countries offer an ultrasound scan to older men, usually aged 65y and older. Such a scan can pick up AAA, and allow management in a carefully planned fashion. This has been shown to save lives. There is not a national screening programme for AAA in Ireland. If you have any concerns about AAA, you should make an appointment to see your doctor.

I got this image from google images @:

https://www.google.ie/search?hl=en&site=imghp&tbm=isch&source=hp&biw=1600&bih=799&q=abdominal+aortic+aneurysm&oq=abdomin&gs_l=img.1.4.0l10.626.5212.0.6343.7.5.0.2.2.0.124.469.4j1.5.0...0...1ac.1.64.img..0.7.475.HXBR4IJURQs#imgcr=UmU9eX6oa3F7xM%3A

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SARSFIELDS GOLF CLASSIC 2016

Sarsfields Hurling Club 28th golf classic took place at Cork Golf Club recently.

The event was very successful, played in favourable weather conditions and on an excellent course.

The Club is very grateful to main sponsor Maurice McGrath of M.C.L. Engineering, a former player and his son Conor presently a selector on the Sarsfields Senior Hurling team. All those who sponsored teams, Tee Boxes and Greens are also thanked for their continued support.

PRIZE WINNERS ARE AS FOLLOWS

- 1st Ger McEvoy Project Management Team of Billy McEvoy, Kieran Casey and Ger McEvoy
- 2nd Cork Plastics – David Walsh, Anthony O'Sullivan, Kieran Shields.
- 3rd John Murphy – Kieran Murphy, Tom Houlihan, John Murphy
- 4th JLT Insurance – Dan McCarthy, John Cogan, Dave Hannigan
- 5th Jim Davis & Co – Michael O'Driscoll, Maria O'Driscoll, Jim Davis
- 6th New Ireland – Terry Maloney, John O'Driscoll, Eoin Buckley
- 7th Vision Contracting – Michael Allen, Kenrick O'Sullivan, Ger McSweeney

NON G.U.I. PRIZE

- 1st Tim Lambe – Kieran Murphy, Tim Lambe, Dave Murphy
- 2nd Sars Juvenile Club – Ben Graham Cathal Shine, Josh O'Callaghan
- Nearest the Pin – Francis Maher
- Longest Drive – Val Sheehanvan, Ger McSweeney



€9453 For Bowel Cancer Research at Mercy Hospital

The pupils and staff of Scoil an Athar Tadhg in Carraig na bhFear were delighted to welcome Mr. Micheál Sheridan and Ms. Déirdre Finn from the Cork University Hospital Foundation to the school as they were winding up for the holidays. Their visit was indeed worthwhile as they accepted a cheque of nine thousand four hundred and fifty three euro. The money was raised from the sale of the schools 2016 CD featuring the children's talents and guest artist, Peadar Ó Riada and Danny Mhaidhc Ó Suilleabháin of Chór Chúil Aodha fame and will go towards

Bowel Cancer Research.

This is the sixth year of the CD project and the cheque was the biggest amount raised to date. The project was once again driven by Mr. Hanafin who thanked the children and staff colleagues who gave so generously of their time selling the CD. Mr. Hanafin reserved a special mile buíochas from his retired colleague Mrs. Helen Bailey who once again was delighted to assist with the sales and Mr. O' Brien for assisting with the project. No doubt as the purpose of the project was to collect funds to support "Bowel

Cancer Research", the success of the venture is due to the generous people of Carraig na bhFear, Blackpool, Ballyvolane, Fermoy and the customers of Ryan's Super Valu in Glanmire that gave donations or purchased the CD.

Mr. Micheál Sheridan thanked the children and school staff for the substantial amount collected for Bowel Cancer Research Programme. Micheál went on and explained how the Mercy Hospital Foundation money is spent for the benefit of the patients

treated in the hospital stating that some machines purchased by the foundation can be very expensive. Without the support of the foundation these modern machines are beyond the budget available to the hospital. School Principal, Mr. Dermot O'Driscoll said it was an immensely proud day for Scoil an Athar Tadhg. Teaching the children to care for the less fortunate in terms of health was a valuable lesson and supporting research work can only make our future brighter.



Left to right: Joe Hanafin (CD- Co-ordinator) with pupils from the CD sales team presenting the cheque to Micheál Sheridan (Mercy Hospital), Deirdre Finn (Mery Hospital) and Dermot O'Driscoll (Principal).



Junior Infant classes with their teachers Ms. O'Donnell and Ms. Casey



An Raidió Nuala Ní Loingsígh

Cónaimse im' aonar le tamall mhaith de bhlianta agus sé an raidió an tarna cara is fearr atá agam. S'iad mo mhuintir, mo cháirde agus mo chomharsain na daoine is tábhachtaí ar fad. Is breá liom comhluadar agus scoraíocht, mar a raibh taithí agam air le linn m'óige I mBaile Mhúirne.

Is cuimhin liom an chéad raidió a fuairamar nuair a bhíos timpeall deich mbliana d'aois. Ag an am ní raibh leictreachas sa cheantar agus gan dabht bhí an dá chadhnra againn, ceann tirim, a mhair timpeall ráithe (ach ana-dhaor), agus cadhnra leachtach. Mhairfeadh ceann sin timpeall trí seachtainí. Ansin, bhí orainn é a iompar go dtí an garáiste áitiúil chun an battaire a luchtú. Thóg sé lá.

Ag mo mhuintir féin ag an am, is ar éigin a d'úsáidít an raidió ach don nuacht agus réamhfháinséis na haimsire. D'éistimis le chéile le roinnt cláracha istoiche cosúil le Reacaireacht an Riadaigh, Din Joe (ceol Rince Ghaelach) agus Eamon Ó Ceallaigh ag seanchaíocht agus ag insint scéalta. Ní bhíodh gíocs ná míocs sa chistin agus é ag scéalaíocht agus go dtí an lá 'ta inniu ann, cuimhním ar a chuid scéalta. Chuireadh sé síos ar mhuintir na tuaithe, go mór mhór muintir Shliabh Luachra go mionchruinn agus é lán de ghreann. Bhí nathanna na dúiche go beacht agus go cruinn aige agus chuirfeadh sé éinne sna trithí ag gairí leo. D'aithníomar sinn féin óna scéalta!

Ó shoin I leith, bíonn raidió taobh liom I gcónaí agus is áis iontach é sa chairt ag tai-steal.

'Siad mo rogha bealaigh ná RTE, Raidió na Gaeltachta agus Talk Talk. Deirtí roinnt blianta ó shoin go raibh an t-oideachas is fearr ar mhná a bhí sa bhaile, ón raidió. Bíonn eolas le fáil ar ghach saghas ruda; cúrsaí reatha,

cúrsaí pearsanta, cúrsaí sóisialta agus siamsaíocht agus cúrsaí ceoil agus litríocht chomh maith.

Le linn do Gay Byrne a bheith ag láithreoiracht ar maidin, deirtí nach raibh daoine ag freastal ar fhaoistin sa séipéal a thuilleadh, ach ag déanamh faoistine go poiblí sna cláracha seo. Tá firinne áirithe ag baint leis an dtuairim seo.

Le tamall de bhlianta anuas ó chuas ar scor ón obair, bím im'dhúiseacht go minic i rith na hoíche. Is mó clár ó chartlann Raidió na Gaeltachta ó tosnaíodh é sna seachtoidí a chuala mé. Deintear athchraoladh ar chláracha an lae agus bíonn áthas an domhain orm cláir a chlos athuair.

Cúpla oíche ó shoin, agus mé ag éisteacht leis "An Saol ó Dheas" arís, ba mhór an pléisiúr Mícheál Ó Conaill (iar pheileadóir cáiliúil Chiarraí) ó Oileán Dairbhre, ag cur síos ar an gcéad cábla cumarsáide idir an oileán agus Talamh an Éisc. Bunaíodh an Chomhlucht in 1866, céad caoga bliain ó shoin. Tháinig an Comhlucht ó Penzance i Cornwall Shasana le buíon oibrithe. Mhol sé an Comhlucht go hard na spéire, ar thábhacht an chábla, gan dabht don oileán, agus a mhéadaigh a thábhacht ó thaobh airgid, rachmhais agus ainm in airde na háite. Ní hamháin sin, ach fostaíodh daoine áitiúla le pá maith. Bhí Mícheál féin ann ó bhí sé ocht mbliana d'aois agus d'oibrigh se cuig lá go leith sa tseachtain. Rud a d'oir do Mícheál, bhí an Chomhlucht solúbtha faoi amanta oibre a thabhairt dó a thabharfadh seans dó peil a imirt.

Thug an Comhlucht tacaíocht airgid chun scoil a bhunú, agus eaglais Protastúnach agus eaglais Caitliceach a thógaint ar an oileán. Fuair an ministéir agus an sagart síntúis fial gach bliain. An bhfuil ceacht éigin

dúinn anseo?

Dúnadh an monarcha síos i 1966 le teacht digital ar an bhfód agus ní gá a rá gur tubaist é do mhuintir an oileáin agus muintir na hÉireann uilig. Scaip na fostaithe go Sasana, Meiriceá agus áiteanna nach iad, cosúil le go leor Éireannach eile ag an am. Scéal an shuimiúil go deo is ea é, agus áthas orm é a chlos ó bhéal oibrí ón oileán.

Má bhíonn tú id' dhúiseacht i rith na hoíche anois as seo amach, éist leis an raidió agus muna dtiteann do chodladh ort, beidh socraight agat agus le suaimhneas aigne agus le cúnamh Dé, "sos" de shaghas eile agat.

Gluais:

Comhlucht
Scoraíocht
An dá chadhnra
Ráithe
Leachtach
A luchtú
Réamhfháinséis na haimsire
Gíocs ná míocs
Sliabh Luachra
Trithí gairí
D'aithníomar
Áis
Rogha bealaigh
Cúrsaí reatha
Cúrsaí pearsanta
Cúrsaí sóisialta
Siamsaíocht
Ó chartlann litríochta
Athchraoladh
Athuair
Iar pheileadóir
Oileán Dairbhre
Cumarsáide
Talamh an Éisc
Buíon oibrithe
Fostaíodh
Solúbtha
Tacaíocht
Ar an bhfód
Sochtaireacht
suaimhneas



East Cork and District Awards

East Cork and District Awards Daniel Kearney, Sarsfield Hurling Club and Cork, July Winner; Michael Forrest, Rocklodge Pitch & Putt Club, August Winner presentation lunch, Middleton Park Hotel (Main Sponsors) and Red FM Sport (Media Partners).



Deputy Lord Mayor Cllr. PJ Hourican; Sean O'Sullivan, Event Co-Ordinator & Judge presenting the July Award to Daniel Kearney, Sarsfield Hurling Club and Cork; Amy Horgan, Sales and Marketing Manager Middleton Park Hotel (Main Sponsors) presenting the award to Michael Forrest, Rocklodge Pitch & Putt Club, August Winner; TJ O'Riordan, president Rocklodge Pitch & Putt Club and Deputy County Mayor Cllr. Padraig O'Sullivan. Picture: Gerard Bonus

HOUSING DEVELOPMENTS



Cllr Ger Keohane welcomes that Cork County Council are to take charge of 15 more housing developments at a cost of €782,311. Included in this scheme is the taken in charge of the Heathervue housing estate in Glanmire, in due course the much needed work in this estate will commence. Through the Town Development Fund 2016 Cllr Ger Keohane welcomes the allocation of €10k to the Glanmire Farmer's Market, Glanmire

Community Bus €13k, Glanmire Christmas Lights €15, GACA flooring €10k. Cllr Ger Keohane welcomes that the fencing along the river bank in Marwood estate and the fencing for the Oakfield estate will be erected shortly. The much needed road resurfacing from the John Barleycorn Cross up to the Hazelwood Junction to commence shortly. Ger can be contacted on 086 0263046 or gerkeohane68@gmail.com.

GLANMIRE HERITAGE WEEK

Programme of events for National Heritage Week 2016

Tuesday 23rd August at Riverstown Community Centre 2.00 – 5.00pm

Heritage Photographic Exhibition
Knitting & Crochet Exhibition and Demonstration
Gramophone Recital

7.30 – 9.30pm

Heritage evening of entertainment highlighting local talent – music, song, dance, poetry, storytelling, with Frank Houlihan M.C.

Wednesday 24th August:

Guided tour of Riverstown House. Meet at Glanmire Library at 2.30pm. (ring Nicole at the Community Centre 021 4821333 by Aug 22nd to reserve seat on bus).

Thursday 25th August at Riverstown Community Centre 2.00 – 5.00pm
Heritage Photographic Exhibition

Friday 26th August at Riverstown Community Centre 2.00 – 5.00pm
Heritage Photographic Exhibition

8.00pm

Musical Evening at Historic Riverstown House with Kieran Kelleher M.C.

CRIME PREVENTION ADVICE



Just a reminder that you lock your cars at night.

There has been a recent spate of break ins to unlocked cars in the Glanmire Area. Try not to leave any valuables in your car.

Report any suspicious activity to Glanmire Garda Station on 021-4821002 or your local Station.

WASHING MACHINE, OVEN REPAIR

Need your appliances fixed
ie. Washing Machines, Cookers, Ovens,
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GLANMIRE VAN REMOVALS

Van & Driver for hire
Clean House clearances wanted

Contact 086 0606551





Notice Board

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**Contact Dan
087-2532550**

GLANMIRE Area News
Email: glanmireareanews@gmail.com
Sales Manager Mick: m: 086 8294713

Community Notices

LEGION OF

MARY

The Glanmire
group need your
help.

Active members:
Weekly meeting
10.30am Wed.
and some active work.

Auxiliaries: These say a short
prayer each day for the
success of the Legion

GLOUNTHAUNE/ GLANMIRE

MEALS ON WHEELS

If you can help please contact:

Maria O'Halloran

4353549 or

Mary Griffin 4821795

Post-Natal Depression Support

Unable to Cope since the
birth of your baby? Need
to Talk to someone who
understands?

Please Ring

Tel.: 4922083

Visit : www.pnd.ie

**HELPERS NEEDED
TRAINING PROVIDED**

Get our book Recovering
from Post Natal Depression
from Easons.

Support meeting last
Tuesday of the month.

GLANMIRE Area News
Email: glanmireareanews@gmail.com
Sales Manager Mick: m: 086 8294713

**If you would like to
receive a digital copy of
Glanmire Area News
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M.A.B.S.

CORK MONEY ADVICE & BUDGETING SERVICE

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A FREE & CONFIDENTIAL SERVICE

Friends of Leukaemia Patients

Patients Cork Established since 1985.

Voluntary group registered charity number 15959.

We are a non profit organisation composed mainly of family and friends of
leukaemia patients all working on a voluntary capacity having experienced
a loved one diagnosed with this illness.

One hundred per cent of donations made to our charity goes directly to
helping patients and their families in the Munster Area.

Also providing Home from Home accommodation in close proximity to St James
Hospital Dublin. This facility is made available free of charge to patients and carers
who have limited financial resources undergoing a bone marrow transplant.
If you would like to organise a fundraising event or make a donation to our charity

We would love to hear from you.

Please contact Imelda Reynolds for further information: Phone 021 4823625

email friendsolp@gmail.com

www.friends-of-leukaemia-patients-cork.com

"You Are Not Alone"

We will hold a coffee morn-
ing for those who are bereaved
or affected by suicide in the
Montenotte Hotel Cork on the
first Tuesday of every month.
All welcome and bring friend/s.
Coffee, teas and scones
complementary and kindly
donated by the Montenotte
Hotel.

The coming together of those
similarly bereaved can offer the
opportunity to gain strength
and understanding from indi-
viduals who have experienced
the loss of a loved one through
suicide.

**For more information con-
tact Collette on 087/1897315
or Anthony on 087/6838861**



Notice Board

GLANMIRE



NEEDS YOU
CAR BOOT SALE
August 14th

Acupuncture & Hypnotherapy Clinic
DuoHealth c/o Tan & Tone Unit 2g
Crestfield Glanmire.
Areas Treated e.g. Smoking, Weight Loss,
Stress, IBS, Anxiety, Depression, Sinus
Fertility, Back/Knee pain etc.
See full list on -
www.duohealth.ie Contact David on
Mob 086 3529164 All Major Insurance
Companies Covered + Garda/Esb Staff

QUALITY TOP SOIL
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087-7660020

HOUSE DE CLUTTERING

Household items wanted for
Charity/Community Stall @ The
Glanmire Car Boot Sale/Farmers
Market.
(Clothes, Books, Toys, Electric
Items, Furniture etc in good condi-
tion please).
Your donation is much
appreciated

Please Contact
086-8294713.

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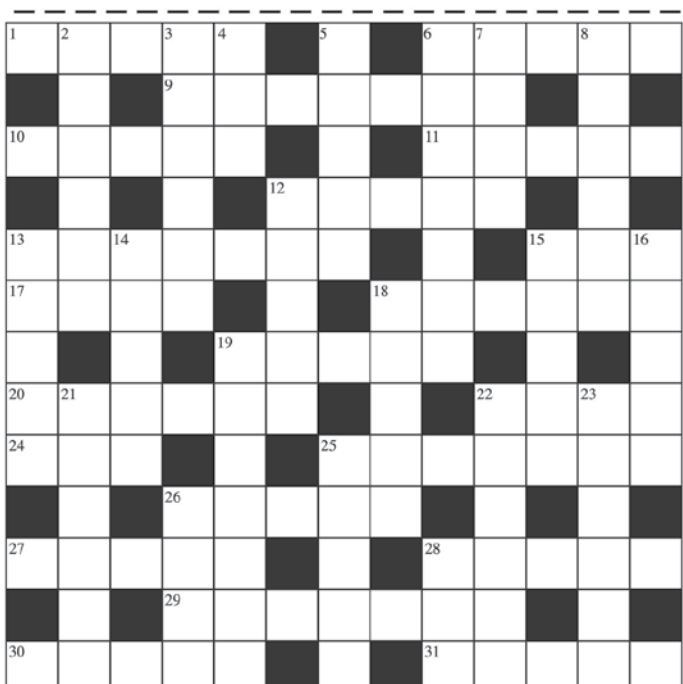


Across

1. Part of GB (5)
6. Celebration (5)
9. Number (7)
10. Residence (5)
11. Type of sword (5)
12. Metal alloy (5)
13. Journeys (7)
15. Given food (3)
17. At one time (4)
18. Send invitation (6)
19. Human ----- (5)
20. Pressed (6)
22. Eye infection (4)
24. Dog (3)
25. Made of hide (7)
26. Monk (5)
27. Flowed away (5)
28. Heroes (5)
29. Sending SMS (7)
30. Sliced pan (5)
31. Martial Art (5)

Down

2. Hair colour (6)
3. Type of vegetable (6)
4. Girls name (3)
5. Rips (5)
6. Going by (7)
7. Expression of regret (4)
8. You aim at it. (6)
12. Lose blood (5)
13. Goes with gin (5)
14. Thespian (5)
15. Before sixth (5)
16. Put off (5)
18. One of the Milan teams (5)
19. Having facial hair (7)
21. Eraser (6)
22. Fat, filling food (6)
23. Shouted (6)
25. Endures (5)
26. Greek cheese (4)
28. Writing liquid (3)



Crossword Winner Noreen O
Callaghan, St Joseph's View,
Glanmire, Co. Cork
AFE P: 021 4858002

SEND your entries marked CROSSWORD to Glanmire Area Community Association,
Riverstown Cross, Glanmire, to arrive by 24th August. The prize is a meal in BEVA CAFE
which will be awarded to the first all-correct entry opened. Please include your telephone
number, home or work, your email and your address.

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GLANMIRE 021-4821788



BLACKPOOL 021-4220019

ARE YOU LOOKING TO SELL OR RENT PROPERTY?

Due to a successful period in house sales we urgently require (for pre approved mortgage & cash clients) a number of three & four bedroomed semi detached and detached homes in the Glanmire and surrounding areas including Watergrasshill, Glounthaune, Little Island, Knockraha, Carrigtwohill, Mayfield and Ballyvolane.

We would be delighted to carry out an appraisal of your property.
Please call us locally at 021-4821788 or call in to our office in the Hazelwood Shopping Centre.

MONANIG, LEAMLARA €220,000



Delightful three bedroom detached home set on a beautiful, level 2/3acre site with panoramic countryside views. Featuring 1,100sq.ft of accommodation to include Living room, Kitchen/Dining, extra large Utility room, Guest WC, Three bedrooms and main bathroom with separate bath and shower cubicle.
BER: C2
BER No.103006920
Energy Performance Indicator: 191.99 kWh/m²/yr

76 ROS ARD, UPPER GLANMIRE €215,000

Stunning 3 bedroom townhouse, with enclosed private mature back garden, open plan to the front, parking for 2 cars, the property faces the green. Brief Resume: Entrance Hall, Living room, Kitchen Dining room, Guest WC, 3 bedrooms and main bathroom. This property is in good condition, offers in the region of €215,000 are invited. Early viewing is advised
BER: C1
BER No.108421637
Energy Performance Indicator: 163.85 kWh/m²/yr



5 COPPER VALLEY VUE, GLANMIRE €265,000

An excellent opportunity to obtain a large 4 bed semi detached house in the much sought after development of Coppervalley Vue. Built approx 7 years ago, no. 5 has been exceptionally well maintained throughout. The property is bright and spacious and has 123.sq.mt/1,325sq.ft of well laid out accommodation. The property has the added benefits of a double driveway, side gate and south westerly facing rear gardens that are not overlooked.

BER: C1
BER No. 108707985
Energy Performance Indicator: 158.73 kWh/m²/yr



17 OAKFIELD CLOSE, GLANMIRE €230,000



Extended three bedroom semi-detached family home on a corner site overlooking a large green area. The property is in superb interior condition throughout and has the added benefit of having been granted full planning permission for a double storey extension. With huge potential, this property will attract strong interest.

BER: C2
BER No.108067349
Energy Performance Indicator: 181.32 kWh/m²/yr

16 LOTAMORE DRIVE, MAYFIELD €150,000



Very conveniently located three bedroom townhouse. Within close walking distance to all amenities and schools, shops, etc. Main bus service to the city centre. The home enjoys a superb private rear garden and is a mature settled area, a lovely starter home or suitable for investment purposes.

BER: D2
BER No.108826538
Energy Performance Indicator: 262.95 kWh/m²/yr

BUNAGLANNA, GLENVILLE €330,000

Impressive recently constructed family residence of c. 2,978sqft. Set on nearly 1 acre of established gardens the property is bright and spacious featuring two large reception rooms, an open plan kitchen/dining/utility, ground floor office, two ground floor WC's, and games room to rear. Upstairs there are five bedrooms (master bed en-suite) and interconnecting en-suite to bedrooms 4&5 and main bathroom.
BER: B3 BER No.108806530
Energy Performance Indicator: 131.13 kWh/m²/yr

