

Glanmire Area News 6,000 FREE

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THE DIFFERENCE IS WE DELIVER

Issue 7 - July 2014

Advert enquiries to Mick 086-8294713 e-mail details to- news@graphicprism.ie

CONGRATULATIONS KIM

Kim Connolly from Glanmire was picked to represent Munster in swimming at The Special Olympics Ireland games which were held in the University of

Limerick from 12th to the 15th June last. She arrived home with a haul of 3 bronze medals. She would like to thank her family, her friends, neighbours, supporters

and especially her trainers up in Mayfield swimming pool. She did Glanmire proud. Congratulations to all other participants.



At the Cork Summer Show were Samantha and Eleanor of Slimming World with Wedding Planer Franc



Carmel Dennehy & Paul Ralph at the Cork Summer Show

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We offer transport to and from **Glounthaune N.S. (S.N.C.N)** morning and afternoon as well as extracurricular activities at the school and Erin's Own.



This year our in-house activities include indoor soccer, chess club, science club, baking and knitting.

Homework takes place in a dedicated building and is supervised by an experienced teacher.

**If you would like to arrange a visit please contact
Teresa O'Mahony on 086 6001679**

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**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

**Friends Of Leukaemia
Patients Cork**

Voluntary group NSC Centre Mahon
Cork registered charity No. 15959.

Our mission is to provide friendship and practical support to leukaemia patients and their families. We fund raise ourselves and provide support for others who July wish to help us with our work

*Please contact us for more details
Sponsorship pack available.*

- Fax 0214823625 Email:
FriendsOLP@gmail.com
Web: www.friends-of-leukae-
mai.patients-cork.com



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0857789068
corkcelebrate@gmail.com
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Friends of leukaemia patients cork registered charity are seeking participants for

The Evening Echo Mini Marathon Sun 28th Sept 2014

Distance 4 miles - Start 1pm. We have a free bus organised for the participants leaving Supervalu Glanmire 12 noon to the start of the marathon and return again to Sars hurling club for light refreshments and a free raffle. **Please contact Imelda Reynolds for further information and your sponsorship pack.**

021 4823625 www.friends-ofleukaemia-patients-cork.com



**HEAR YE, HEAR YE
GLANMIRE AREA
CLEANUP**

**WHEN
EVERY TUESDAY
From 7 pm**

MEETING: Outside Glanmire
Library, Hazelwood Shopping
Centre.

For more information or to
be added to TidyTowns group
texts, please ring Carol in the
**Glanmire Area Community
Association 021 482 1333**

**St John Ambulance
Glanmire Division**

Glanmire Community College

Training Weds nights 6.45-8.45 p.m.
Everyone welcome to learn First Aid
Skills necessary to save a life.

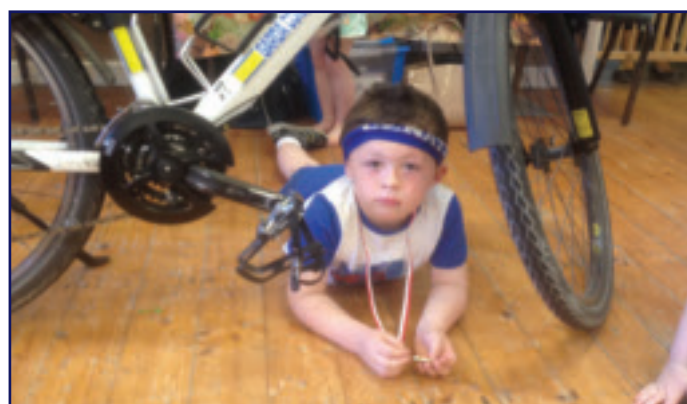
Contact
glanmire@stjohnambulance.ie
or 086-0699086

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.



Jack Galavan at Martinias Playschool

Greg Foley
Kealcille, Bishops Island, Watergrasshill, Co. Cork
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“Finally Free from Arthritis Pain Without Drugs and Harmful Side Effects”

Living with arthritis pain can affect every part of your life.

It's keeps you from enjoying the good things in life – time with grandkids, playing golf, even working in the yard.

It would be nice to get out of bed – just one morning – without pain.

Every time you try and push through the pain...like standing or walking for a long period of time...you pay for it for the next 2-3 days with even more pain.

Do you have any of the these Arthritic problems?

- ✓ Osteoarthritis
- ✓ Rheumatoid arthritis
- ✓ Bursitis/tendonitis
- ✓ Degenerative joint disease
- ✓ Lumbar disc problems
- ✓ Aching pain in the arms or legs

Pain Pills Are Not The Answer

Do you remember the Vioxx scandal?

It was a medication designed to relieve arthritis pain...but like all drugs, it had side effects.

After years of use worldwide, the makers withdrew it from the market because of the overwhelming evidence it caused heart attacks and strokes.

There's a time to use pain medications, BUT not before seeking a natural way to correct the CAUSE of the problem! Ask yourself ... after taking all these pain medications...*maybe for years*...are you any better off?

Pain Is Not Just 'Old Age'

Have you had one doctor after another telling you this is just the natural process of the body getting older - that you should expect to have arthritis. Sure, if you don't take care of your damaged joints now, as you get older they will be worse (which is why you shouldn't wait any longer to see if I can help you.)

However, old age is not the cause of your arthritis. I'll venture to say all 360 joints in your body are the same age, yet arthritis and joint degeneration has not affected every one of them – only your previously injured joints that never healed properly.

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past seven years since we've opened the doors, We have seen hundreds of people come in suffering with arthritis and leave the office pain free.

I've made it my mission in practice to help those suffering with chronic pain like you.

“I only wished I had found you sooner”

I hear this too often, so I decided to do something about it and run this ad. Just call before July 18th and you'll get my “Arthritis Evaluation” for only €50.

- An in-depth consultation about your arthritis where I will listen...really listen.
- A complete nerve, muscle and spinal exam to find the “cause” of your problem.
- A full set of specialized x-rays to look for joint degeneration (arthritis)... (NOTE: These would normally cost you at least €195).
- A thorough analysis of your exam and x-ray findings so I can show you how to fix the problem.

“I have seen with my own eyes how patients with arthritis, crippled for years, have walked out of my office with more spring in their step, better strength and less pain!” – *says Eric Kelly, D.C reporting on his clinic in Glanmire*

I'll answer all your questions about chiropractic and arthritis pain.

The appointment will not take long at all and you won't be sitting in a waiting room all day either.

To take me up on this special offer, you must call before July 18th, 2014.

Call today...Phone 021-4824450

In addition to that, here's what some of the top medical researchers had to say about chiropractic...

“Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months.” – *British Medical Journal*

“Chiropractor's manipulation of the spine was more helpful than any of the following:



Are you suffering from arthritis pain? If so, relief may be easier than you think.

traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound.” – *Stanley Bigos, MD, Professor of Orthopedic Surgery*

Feel the Improvement – and Say “Yes” to Life Again

With my “Arthritis Evaluation”, we can find the problem and then correct it. Think of how you could feel in just a few short weeks. See and feel your life change for the better. Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

As you begin to see motion returning to your joints, you're preventing and reducing chances of disability and a crippling future. You're playing golf again -- hitting longer drives, smoother putts, and lower scores...without pain.

Arthritis can be successfully treated. Healthy, pain-free living should be yours.

Call anytime between the hours of 9:00 am and 6:00 pm Monday through Thursday and 9:00am to 12:00 Friday. Tell the receptionist you'd like to come in for the Special Arthritis Evaluation before July 18th 2014.

We can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule.

I look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

Sincerely,
Dr. Eric Kelly

P.S. The only real question to ask you is this...Life's too short to live in pain like this. Call today 021-4824450 and soon I'll be giving you the green light to have fun again.



The Cork cyclists on the Home to Rome Cycle Challenge set off from the North Cathedral on Friday on their epic journey to Rome in aid of cancer charities in Cork (Cork ARC, Marymount & Mercy Foundation). Their journey will take them through France and along the beautiful coastline of Italy carrying the Donal Walsh Live Life Message www.facebook.com/hometorome-cycle PEOPLE EXPANDED



Pictured at his recent graduation from Martina's Playschool is Jay O Halloran with Grandmother Helen Long O Halloran, his Aunt Carol Carey, his Uncle David Long and his Mother Nicole O Halloran.

On your Marks, Get Set, Go!!!



Glanmire
Athletics
Club

The newly formed Glanmire Athletic Club has been up and running (excuse the pun!) since the end of May with over 50 members signed up already! If you are a runner, wish to become a runner or have an interest in running, now is your chance to become part of a club - All levels are welcome. Membership is open to everyone from under 8s (born 2007) and over and we already have a number of Juvenile, Family and Adult members. Training sessions are being held at Old Christian Rugby Club, Rathcooney;

Wednesday: 7:45p.m to 8:45pm
Saturday 12:30p.m. to 1.30pm

(subject to interest and coaches availability)

Should you wish to become a member you can do so at any time - registration takes place at the Wednesday training sessions. So put on your runners and come along!!

We also welcome Volunteers who wish to get involved in the club or in coaching, training for coaches will be arranged with Athletics Ireland.

For further information please feel free to e-mail glanmireac@gmail.com or call Dermot on 087-9979514 or go to www.glanmireathleticsclub.com.



Members of Shandon Boat Club (with members from Glanmire), before their race at a recent regatta in the National Rowing Centre Cork.

Letter to The Editor

Carrigtwohill /Cobh 4 - Glanmire 2

Following the recent local elections, Glanmire/Riverstown lost its outgoing local Councillor Noel Costello. A huge loss to Glanmire as Noel was involved in so many volunteering Activities from roads, footpaths issues, lights, grass cutting, tidy towns, housing issues, social welfare queries, youth soccer and other issues for the residents of Glanmire/Riverstown.

Carrigtwohill/Cobh got four Councillors elected with a lot of votes from Glanmire. Fair play to them. We just did not support our candidates, so let's see now who will help us in respect of all our day-to-day issues. A sad day for all of us.

Sincerely yours.
Name & address with Editor.

Please note that newly elected Councillors Ger Keohane and Pdraigh O'Sullivan, are both living in Glanmire and can be easily contacted.

The Editor



Sacristan of St Mary's Church Knockraha retires after 40 Years Dedicated Service

St Mary's church Knockraha was full to capacity to pay homage to Sarah Hickey in the presence of her family and grandchildren at a recent concelebrated mass to mark her retirement as sacristan over the past 40 years. The concelebrated mass was led by Fr John Paul Hegarty PP Glounthaune and Fr John Heinhold (cc Glanmire and Glounthaune) and included five former curates and former parish priest Archdeacon Kerry Murphy O Connor. In his homily Fr John Paul said that over the past forty years the lives of the Knockraha community and surrounding areas have been enriched by Sarah Hickey who has been a very caring, committed and welcoming person over the past forty years as sacristan of St Mary's church Knockraha. "Sarah was not just a sacristan but a friend and councillor to everyone who entered the church especially in times of sorrow and distress," said Fr John Paul.

Fr John Paul continued saying that during Sarah's dedicated service to St Mary's church she has witnessed the birth, communion, confirmation, marriage and even the burial of many parishioners with equal respect for each individual and with no effort spared to make all these landmarks in people's lives very special and memorable.

At the end of mass the parish priest extended a heartfelt thanks to her for her years of loving and dedication to St Mary's church on behalf of the community of Knockraha and on his own behalf and the 16 priests who served the parish during Sarah's 40 years as sacristan, adding that Sarah never treated her role of sacristan as a job. The parish priest and Fr John presented Sarah with a painting by local artist Noreen Gleeson depicting the changes to the St Mary's church through her forty years as sacristan. Following the mass everyone attended the community centre where the Knockraha ICA hosted a reception that would do justice to the President in Sarah's honour.



Retirement Mass - Sarah Hickey Knockraha with her family and sister Rita (Lynch) and Fr John Paul Hegarty PP Glounthaune at Sarah's Retirement Mass as Sacristan for the past 40 years



Sarah Hickey with members of Knockraha ICA who hosted Sarah Hickey reception following her Retirement Mass as Sacristan for the past 40 years with Fr John Paul Hegarty PP Glounthaune



Sarah Hickey and her grandchildren and Fr John Paul Hegarty PP Glounthaune at Sarah's Retirement Mass as Sacristan for the past 40 years



Fr John Paul Hegarty PP Glounthaune share a joke with Sarah Hickey at her Retirement Mass as Sacristan for the past 40 years

NIL AON GLEANNTAN MAR DO GLEANNTAN FEIN " GLOUNTHAUNE NEWS BY " THE FOREIGN CORRESPONDENT "

THE RAIL LINE: The Middleton Line was opened five years ago this month and the official ceremony on Thursday July 30th.2009 was performed by the then Minister of Transport, Noel Dempsey T.D. On that day the first service train en route to Middleton (pictured) arrived at Glounthaune at 1335 hours and large numbers from the area boarded for the inaugural journey. Iarnród Éireann, as a means of promoting the service, offered free travel for the day on all trains to and from Middleton. In February 2008 work commenced on the Glounthaune / Middleton ten km distance, which is a single track with double track passing at Carrigwohill, and this entailed an overall seventy five million euro investment. There was of course a service to Middleton previously, indeed as far as Youghal, but that regular passenger service was closed on February 2nd.1963. This was the period when Todd Andrews, Ryan Tubridy's grandfather, was chairman of C.I.E. and he presided over the closure of significant sections of the rail network. The Youghal line is steeped in history going back as far as 1854 when the Cork & Youghal Railway Company was granted legislative sanction to construct same. The original plan was that the line would continue on to Waterford but this was proved unfeasible and was abandoned in favour of an alternative more economical project by connecting Waterford and Tramore. The first section of the Cork / Youghal line was that between Dunkettle and Middleton and was opened by Lord Lieutenant the Earl of Carlisle on November 10th. 1859. The second section, Middleton to Killeagh, opened on February 27th.1860, and the final stretch from Killeagh to Youghal opened on May 23rd.1860. A further section was constructed from Dunkettle to Tivoli where the engine was detached and large Flemish horses were harnessed to the carriages to draw them over the remaining distance to the city. A more permanent solution was achieved with the construction of a city terminus at Summerhill North and the first steam powered train from that station departed for Youghal on December 30th.1861. Summerhill North was utilised until February 1st.1893 when the New Glanmire Station opened. The station was renamed Kent in 1966 on the fiftieth anniversary of the Easter Rising, in honour of that great Castlelyons native, Thomas. On March 10th.1862 the Queenstown single branch line from Queenstown Junction opened and a double track was completed in 1869. Three years previous to this the Cork & Youghal Railway Company was taken over by the Great Southern & Western Company for a sum in the region of £310,000, and in 1896 it decided to relegate the Youghal line to that of a branch, and naturally the Queenstown route then became the main line. The station at Queenstown and Line were renamed Cobh on July 14th.1924, and Queenstown Junction was renamed Cobh Junction on September 25th.1928. It proudly



retained that historic name until the infamous "A La Carte Thaunies" struck, which is another example of the imposition of local place name changes that were outlined in last month's issue. The Cobh Junction name was unique in so far as that even though Queenstown (Cobh) was the main line since 1896 the local station name Queenstown (Cobh) Junction was retained, and not renamed; "Youghal Junction". However local history is sadly "away down the line" as far as the marauding "A La Carte Thaunies" are concerned and almost twenty years ago, on August 27th.1994, our historic uniquely named station was renamed "Glounthaune", but the "Real Thaunies" still refer to it as; "The Junction". Such an "achievement" no doubt gave the "A La Carte Thaunies" encouragement to trawl over many other local place names with a view to change, and the vandalism continues. The station had many features such as a large water tower at the western end with the side of the tank bearing advertising signage such as; "Beamish Is a Better Drink". There was a water pump to service the steam engines at the eastern end and during wintertime this was bound with straw to protect it from frost. A semaphore (signal) was situated just ahead of this and the two arm apparatus served the Cobh, Youghal, and subsequently Middleton destined trains, and it was the last double semaphore to operate at any junction in Ireland. As a memento it was erected near the playground at Craig's Field in October 2010 and full marks to those who arranged this. The reason it was available is because it became obsolete when a colour light signal system was installed on the rail line during the Easter period of 2010, and on April 1st.at 2028 hours every bell became silent as the absolute block system was taken out of use, and by 2100 hours the Glounthaune cabin was gutted of all useful equipment, and this included the harpers block instruments. The signaling equipment was contained in an annex of the station building, which had a conventional cabin originally but this was burnt down during the civil war. It is interesting to note that on November 15th.1922 Riobard Deaghaidh tabled a question in Dáil Éireann asking the Minister of Defence if he can say; "whether a youth named Charles Cullinane, son of Mr. Cullinane, Station Master at Cobh Junction, was arrested by military

forces some weeks ago and that he has since been detained. Also, if he can say whether the youth has been given the opportunity of signing the usual declaration, and whether it is the intention of the Military Authorities to release the prisoner on his signing such a declaration". General R. Mulcahy replied: "Charles Cullinane has not been given the option of signing the Form of Undertaking, and it is not the intention to release him at present". The matter ended. An interesting function carried out by employees at the station relative to Youghal bound trains was handing the driver a "Token" in the form of a "Staff Instrument", which was a baton-like object in appearance and measured approx. 800mm x 40mm diam. This was a regulation when a train entered a single line track, and on the return journey the driver returned the "Staff" on arrival at the station. If one train was followed by another the driver of the first was required to be shown the "Staff" but not take possession of it. This "Train Staff Instrument" provided assurance that a collision with another train was not possible. There was a rail siding running west of the station parallel to the present-day road, which was then a vegetable garden, and in the fifties it was cultivated by "Mr". Mc Donagh who resided at the Station House and worked at the station. The siding extended to within two hundred metres of Fitzpatrick's Shop and non-use rolling stock was positioned on it during the off-peak winter period, when there could be as many as twelve carriages. A platform was situated alongside the siding a couple of hundred metres west of the station and this was utilised by local farmers during the beet harvesting season. They loaded beet from their trailers with pikes on to goods wagons, which were already positioned, for transport to the sugar factory at Mallow. On November 3rd.1975 this facility at Cobh Junction ceased, and on August 30th.1982 the beet freight service on the line ceased. The freight service, other than beet, at the station, and on the line except for wagon-load, had already closed on December 2nd.1974, and the wagon-load service closed on June 2nd.1978. The only freight service on the Cobh line was when the IFI plant was in operation. The Legion of Mary Knock pilgrimage specials, one of which was the last passenger train ex Youghal in 1987, were very popular. Many from

the area boarded at Cobh Junction, or Little Island, and during the long trip to / from Claremorris, with bus transport on the leg to / from Knock, parishioners seated in what were then ten person rail carriages, recited three rosaries. The Munster Final match day specials were also in demand, as were the summer excursion trains to Youghal which ceased in 1982. The last trains to run on the Youghal line was on March 17th.1988 when two trains ex Middleton Station operated for the All Ireland Senior Hurling Club Final at Croke Park; Middleton versus Athenry. For the record Middleton were victorious on a scoreline of 3-08 to 0-09 and the referee was the late Gerry Kirwan of Offaly, father of present Cork referee Diarmuid, who is of course well known and is so much adored around these parts! A liner at Cobh meant a busy day on the line and on one occasion, Friday August 24th.1962, the US ex-president Dwight Eisenhower, having completed a five week tour of Western Europe, travelled by train to Cobh and embarked on the liner "America" on his homeward journey. Many locals gathered near "The Bridge" at Glounthaune hoping to get a glimpse of "Ike", and the more optimistic even expected a wave! Alas, the "Real Thaunies" were bitterly disappointed! For more than one hundred and fifty years the rail line has been part of our heritage, and has to the present day provided employment for local people in various capacities. The children were not forgotten either because their popular and innocent pastime was to place penny coins or metal bottle caps on the rail line near "The Bridge" prior to a train passing-by. Great enjoyment was derived when the flattened items were collected, but this was before "Health & Safety" surfaced! Glounthaune is fortunate to have such a reliable and frequent rail service but the station has two shortcomings, the first of which could be easily rectified. Signage shows "Platform 1" and "Platform 2", but there is no indication which to utilise for the Cork, Cobh or Middleton bound trains. The other is that the only access to and from Platform 2 is via the footbridge, and this causes hardship for those with children in buggies, and of course for the infirm and wheelchair-bound. Lifts similar to those at the Middleton and Carrigwohill stations are of course the obvious requirement, so this would be a worthwhile project in the event of another local windfall! In past times the footbridge was very rarely used as it was possible to cross the line at the western end of the platforms which then sloped to rail track level. Sleepers were positioned between the tracks and flush with them, thus forming an even-surfaced crossing. This facilitated easy access from one platform to the other so the problem being experienced now did not exist, but again this was prior to the present "Health & Safety" days!

SLÁN ANOIS. ©

UPDATE ON COUNCIL

Firstly, I would like to thank all of you who supported me in the recent local elections. I was overwhelmed by the support I got right across the new constituency. Unfortunately, out of the 7 Council seats up for grabs we elected only 2 Glanmire candidates. That said I will strive to represent the people of Glanmire and surrounding areas to the best of my ability and I would encourage people to contact me if they feel I can help them with any issue.



Padraig O'Sullivan MCC

087 785 9314

ROADS

There are many issues that I have already made representations about since being elected. Roads are an important issue for many people and certain areas, particularly Watergrasshill, Knockraha, Glounthaune and rural Carrigtohill are in need of urgent attention. I have highlighted this issue on numerous occasions to our area engineer Gerard O' Hora and he is endeavouring to carry out as many repair works as possible in the short term.

The speed and volume of traffic along the Dunkettle road in to Glanmire is a recurring issue which I hope to address in the near future. I have already engaged the area engineer, the Gardaí, and I hope to pursue the matter with the area planners also as this road is highly dangerous and not capable of handling the volumes of traffic that frequent it on a daily basis. I will be putting forward a motion to Cobh Municipal Council to deal with this road as a matter of urgency.

SPEED RAMPS

I have been contacted by numerous residents and residents' associations recently to look into the possibility of introducing speed ramps into various housing estates across the locality. Most recently I have been

contacted by residents in the Old Avenue Estate in Glanmire. If you have an opinion or would like to make your feelings known on the matter please contact me.

Traffic Calming Measures – Glounthaune N.S. L2970
I would like to welcome the traffic calming measures that are being implemented in the area surrounding Glounthaune National School. Numerous representations were made to the Area Engineer to address the traffic problem in the area of the national school. The erection of road signage, electric signs and the introduction of a pedestrian crossing will make the area around the school a much safer place for students.

Carrignavar L6969
Also the introduction of traffic calming measures to Carrignavar village are very much welcome. The construction of concrete kerbs and speed ramps along the L6969 will slow traffic down through the village which is a welcome development.

If you have any concerns or would like to contact me regarding any issues please feel free to do so by email on posullivan00@hotmail.com or on my mobile 087 7859314



Donal and Helen Thornhill at the Cork Summer Show

Mayfield Summer Sports Camp

Looking for activities to keep the Children busy this Summer then we've got you covered.

Children's summer sports camp running

7th – 11th July & 14th – 18th July suitable for 5 – 14 years

Activities include: Swimming every day, Badminton, Tennis, Soccer,

Hockey, Basketball, Rounders, Bouncy castle and many many more... Camp times 9.0am to 2.00pm

Children's Intensive Swim Weeks

Take the plunge today and learn to swim or improve your technique with our 5 day x 40 minutes Intensive Swim Week only €45

5 weekly camp taking place this year. Suitable for complete

beginners to advanced swimmers - Monday to Fri 12 noon

Dates: 7th July – 11th July, 14th July – 18th July, 21st -25th July, 28th July –1st Aug

Log on to www.mayfieldsportscomplex.ie for more information & to download booking forms or contact 021 4506232

Mayfield Sports Complex

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- 😊 Happy Days Artisan scoop ice cream
- 😊 Ice Cream Cakes
- 😊 Smoothies
- 😊 Gourmet Sandwiches
- 😊 Fresh Salads
- 😊 Artisan Bread
- 😊 Brunch Pots/Lunch bowls
- 😊 Badger & Dodo Coffee

opening
early
July

Yummie, a new shop in Sallybrook, Glanmire, brings together a range of superior quality, freshly prepared local produce, catering for brunch, lunch and snacks, ideal for those seeking fresh produce to go. Our delicious fresh cakes, tarts and cupcakes make a wonderful daily treat or may be enjoyed with others for home celebrations.

Enjoy a **Yummie** moment **everyday**



Yummie, 17 Sallybrook, Glanmire, Cork.
(directly across from Glanmire Football Club)
Follow us on Facebook Twitter
Contact Joanne on 087 6618108



Charlie Wilkins

SCENTED MOCK ORANGES

The garden takes on an uncertain character now, one layered with ambivalence and suggestion, as if it knows that midsummer has passed. It seems to carry something of both early and late summer in its strange chemistry. Plants are starting to respond slower to the changing pattern of days. These can be stifling, and yet the evenings are ever so slightly beginning to creep in like an unexpected tide, chilling the air and dampening the ground beneath our feet. Already, it is unwise to leave soft furnishing outside all night. Change is on the way, and now, fashionable plants replace those who have had their spot in the limelight since early spring.

Tastes and fashion, of necessity change, and change is often cruel. To none has fashion been crueler than to a variety or two of the flowering Philadelphus, more commonly known as the Mock Oranges.

The Philadelphus family has now become so complicated (due to their extremely loose morals) that it is difficult to distinguish between them. The species and the hybrids have intermarried to the point where all their children now look, and smell alike. Their pervasive perfume (which they liberally spread about the garden) is nothing short of delicious especially during warm sunny evenings in late June and early July. Of those I have seen-and smelled-the one I have admired most is 'Beauclerk' with its large, white, and very 'frosted-looking' blooms. Study these closely and you'll surely agree that they're really big enough to hide a pair of bumble bees at least. 'Belle Etoile' may be equally as good but it does need careful positioning in a warm spot if its star-shaped white blooms (each with a deep magenta stain in its heart) are to be produced without restraint.

Don't let these small requirements put you off investing in one of these perfumed wonders for anyone can grow a philadelphus successfully. They'll take to any kind of soil, gravel or clay, wet or dry, acid or alkaline. Neither do they seem to mind shade for in gardens quite near my home they flower with great abandon in just such conditions during our longest and most pleasurable days. An added bonus is their willingness to compete alongside old roses at midsummer; their whiteness cooling and soothing the more vivid reds, oranges and magenta.

Before closing on this fine of ornamental let me make mention of one of my own personal favourites. Philadelphus 'variegatus' grows in the back garden, a tidy-sized specimen which sits alongside a plum-coloured maple. This smaller-growing and very feminine-looking shrub has lime-green leaves broadly and boldly margined with white and it rises up to about a metre in the cool, dappled shade. It has never flowered, (and for the life of me I can't explain why) but I still cannot regard it as anything other than one of the prettiest things in the garden just now. Philadelphus variegatus can be hard enough to source so lovers of good garden plants who might like to try it had better put in an order now if an autumn planting is contemplated. Mine came from Hillside in Glounthaune. It is probably still available but to be certain of a purchase, put in an order. If space permits, scatter some other varieties about the garden and live to enjoy their summer perfume for years to come.

THE JULY GARDEN FUCHSIAS. July is the month in which the outdoor fuchsias begin to flower. Hardy varieties are well worth exploring and even though I have often suggested varieties like *F. magellanica* 'Versicolor', *F. Genii* and *F. Mrs Popple* in the past, I make no apology for mentioning these once again as worthy garden plant. *Versicolour's* leaves vary in colour from pink to ash-powdered green while the red flowers are both abundant and charmingly graceful. 'Genii' is yellow-leaved, a stunner in a shady corner right up to Christmas!



Crisp, cool, and wonderfully scented, the white mock orange (Philadelphus 'Belle Etoile') is the star attraction of the early July border. Prune immediately following flowering and it will fit in any garden space.

HEDGE TRIMMING. Timing and conditions are ideal for giving evergreen hedges a cut with shears or hedge-trimmer. Evergreens such as conifers are very prone to dieback if cut too early in the season, and this can leave them rather browned and patchy. Others like holly and yew are less sensitive and much easier to tidy up especially when the current growth is soft and full of sap. The old reliable *escallonia*, *griselinia* and *privet* can also be attended to. An hour after tea in the long evening light would go a long way towards meeting their requirements. Take note that box (*Buxus*) in all its varieties must not be cut or shaped in hot sunshine. If you persist, then the cut edges to all the leaves will shrivel and turn white in the blinding heat leading to general dissatisfaction and an ugly appearance. Wait until evening time when conditions are cooler and duller.

SUGGESTION; I know gardeners who have a flower of interest somewhere or other in the garden every day of the year. Most of us aspire to such a reality. The majority however enjoy 'colour-bursts' during the ten weeks or so of spring, followed by the joys of June and July with little or no dog-days or off season. However, as July fades into August, there should hopefully be something to enjoy even if it is the anticipation of buds. For these reasons, let me suggest a plant or two for an interesting seasonal continuation.

Three of the best flowering shrubs for mid to late summer

all have blue in their colouring, and the first begins this month and continues for many weeks. *Perovskia atriplicifolia* may be hard to pronounce but it is no bother to place if you have a warm position in full sun. This has tiny fluffy lavender blooms on new white stems which are aromatic when brushed against. One of its attractions is that it can be cut back hard in spring so it never really outgrows its allotted space. This is also true of *Caryopteris*. Small purplish flowers over grey foliage are two of its characteristics, but it is not nearly grown as often as it should be. Like *Perovskia*, it too has aromatic leaves so those with visual or mobility impairment should try to secure at least one if not both. My advice on the planting of these would be to incorporate plenty of grit, chippings or small gravel into the chosen position. You cannot overdo the application rate no matter how heavy-handed you might be.

PHORMIUMS. An evening was devoted recently to the reduction of horribly overlarge, variegated Phormiums. The only way to successfully reduce these in width is to cut away all the outer 'fans' of foliage at soil level, using a Stanley knife with a new blade attached. This makes light work of cutting away the long arching growths and if you systematically work around the plant, there will be no need to worry about the plant's ultimate shape. Be prepared to find an amount of snails hiding among the inner sheaves.

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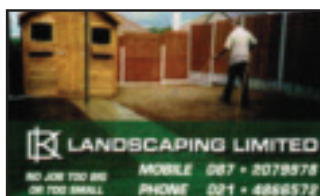
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"You Are Not Alone" will hold a coffee morning for those who are bereaved or affected by suicide in the Montenotte Hotel Cork on Tuesday 1st July 11.30 to 1pm. All welcome and bring friend/s. Coffee, teas and scones complementary and kindly donated by the Montenotte Hotel. The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from individuals who have experienced the loss of a loved one through suicide.

More information contact :
Collette on 087/1897315

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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Lotto: The latest club lotto numbers were drawn on Wednesday 18/06/2014. The numbers drawn were 7,10,11,25. There was no winner of this week's lotto, €30 winners were, Pat Mooney, Ewan & Danielle Quaine & John Leary. Next week's jackpot is €4470. Tickets can be bought from any member or log on to the clubs website www.erinsowngaa.ie for other ways of playing. Thanks to all those who support our clubs lotto.

Club Shop: New open hours, the shop will now be open during selected week days as well as the weekend normal hours, Monday 10am to 11:30am, Tuesday 10am to 11:30am, Wednesday 10am to 11:30am & 6:30pm to 8pm, 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 erinsowngaaclub@gmail.com or phone or text Michael on 086 8699145, Oonagh on 086 8984687 or Dara on 089 4464412

Golf Classic: Thanks once again to everyone who helped organise & who supported our golf classic in any way, it was a great success & is a major fundraiser



Prize Winners PJ, Kieran & Eoghan Murphy



Winners: Jim, Ger & Niall O Mahony Prize Winners PJ, Kieran & Eoghan Murphy

for the club. Club sponsor Michael O Connor presents:

Erins Own Book Launch: All welcome

Erins Own

From an acorn to an oak.

Will be launched on Thursday 3rd July next at 7.30 at the Radisson Hotel in Little Island, by our own Brian Corcoran. All welcome to attend. This publication written by Paddy Twomey, comprises of seventeen chapters and three Appendices, totalling over 500 pages and approximately 200 photographs.

It is a very comprehensive account, particularly of the period 1988-2013, of the history of the club.

It describes our journey from very humble beginnings to where we find ourselves today.

Chapter 17 contains over 50 pages and is dedicated to the Ladies Football and Camogie club.

It is a unique production as far as club histories go because Paddy has been deeply involved in all facets of the club, both adult and juvenile, as a selector and administrator for over 40

years now.

He gives a fly-on-the wall account, particularly of our major successes, our near misses, our agonies and ecstasies. Battles won and battles lost both on and off the field.

Chapter 16 is entitled A Home of our Own. And Paddy traces the history of the acquisition of the pitch, the development of our complex, and adjoining land in detail.

It should be of great interest to everybody (male and female) associated with our club, whether now or at any time within the past fifty years.

Hopefully this book will form an important reference for present and future generations to enjoy.

• RedFM Senior Hurling League Erins Own 5-16 Douglas 1-10

A Beautiful night in Caherlag tonight for our 11th senior hurling league of this year, Douglas being the opposition, the first half saw Douglas struggle to find the posts in this we took advantage with man of the match Kilian Murphy scoring 3 points from midfield, Mossie Carroll got 1-01, Kieran Murphy 0-01, Mark Collins with a goal & Eoghan Murphy hitting 3 points from frees

giving us a lead at the break of 2-08 to 1-02, we started off well in the second half but mid ways left Douglas back in to the game with only a 4 point margin, we soon woke up though with a cracker of a goal from Kilian Murphy he also got 2 more points giving him a tally on the night of 1-05 from play, Eoghan Murphy put over another 4 from frees, Mark Collins & Colm Coakley added a point each & substitutes Cian O Callaghan & Cathal O Mahony both hit the net, putting us well out of reach with minutes to go, Kilian Murphy, Sean Kelly, Mossie Carroll, Niall Scanlon & Eoghan Murphy Played well,

Team in Full: 1.Diarmuid Flynnn 2.Cian O Connor 3.Niall Scanlon 4.Daire Dennehy 5.Brian Clifford 6. Peter Kelly 7.Cormac Dooley 8.Kilian Murphy 9.Sean Kelly 10.James O Flynnn 11.Eoghan Murphy 12.Mark Collins 13.Mossie Carroll 14.Kieran Murphy 15.Colt Coakley Subs Used: Patrick Fitzgerald for Cian O Connor, Cian O Callaghan for James O Flynnn, Cathal O Mahony for Colm Coakley & Paul Ryan for Kilian Murphy.

LADIES FOOTBALL & CAMOGIE.

May & June 2014.

It's another busy month in the Ladies Club.

U12 Camogie headed to Youghal on Thursday evening where they were beaten by 4 points. U12 Football travelled to Fermoy on the Friday Friday for a very tight game where we won by 3 points. Then its home on Saturday for our U8 & 10's in a game against Passage West with great success by both teams. Hard luck to our U14 Football girls who played against Inch Rovers this week outstanding effort put in by all as always.

The month of June started as busy as ever for our girls. U10 Camogie were at home to Killeagh, our U12 Camogie home to Fr O'Neill's where they were defeated by a stronger team.

Wednesday had a double header with the U12 Football away to Rockban with a tight win of 2 points.

Our U14 girls travel to Skibbereen

to take on O'Donovan Rossa in the U14 Football County Qtr. Final. The Erin's Own under 14 Ladies football bowed out at the quarter final stage of the county championship against O'Donovan Rossa on Wednesday night last 28th May 2014, played in the O'Donovan Rossa pitch. Our Girls were leading at half time by four points despite being controversially reduced to 14 players. Being reduced to having a player less seemed to spur on our opposition and also with the loss of our centre forward at half time O'Donovan Rossa came back into the game and began to dominate for a ten minute period into the second half. The game continued to be played with much vigour by both sides and scores continued to be exchanged by both teams. Some erratic shooting on the night by ourselves and also some great saves made by the custodian of the O'Donovan Rossa team denied us victory. The final score on the night was O'Donovan Rossa 3 gls 6 pts Erin's Own 2 gls 7 pts. As can be seen from the score line it was 9 scores for each team. On the night we had 23 wide's to 7 wide's for O'Donovan Rossa. This shows you

the wonderful great hearted "never say die" attitude of this bunch of girls who gave it everything on the night. The attitude shown by them made us all feel very proud of the display despite the loss.

On a beautiful summers evening on our home grounds in Caherlag, there

was victory all around for the ladies club.

U14 FOOTBALL had a great win on the main pitch over neighbours Carrigtwohill.

U12 CAMOGIE took on Bride Rovers on the side pitch with a win of 4-1 to 1-2



Above: Enjoying libeary time is Jaymie Galvin. Marwood

NEWS FROM THE GLANMIRE COMMUNITY GARDEN

The following photos are the results of the Garden Volunteers Claire, Kathleen, Brede, Ann, Patsy, Cecile, Raffiie, Leslie, Jim, John, Liam, Liz, Under the stewardship of Master Gardener himself Chris (Troy).

The craic over there is mighty, and you are all most welcome anytime Be it to join, (sure where would you get education with craic), or even if its just to drop by and say hello, we would love to see "A New Face"

Memories come to mind of assisting Ann with sowing the TO..... MA..... TOES in the spring-time....

I can't get the film 'Fried Green Tomatoes' out of my head since! The question was then and still is "Ann have we planted enough of em?"

By the way Ann never stops talking about Pumpkins She keeps saying "guys did ye see the pumpkins?"

It seems she has October well sorted already, she is delighted with The progress of the Pumpkins ... Ann is Guess Ill have Tomatoes and Pumpkins on the brain from now on!

The Dedication of this group is immense bourn out by the Log! Which trust me is second to none, bet the Captains Log of The Starship Enterprise wouldn't have such a full and comprehensive log as The Community Gardens.

Press - should even check this out!

Come and say Hello The Gardeners Are a harmless (old) group. Sundays 0930am to 1130am Behind the GCC (down @ the end of the class(room) over in BROOKLODGE.

"The Default Gardner"



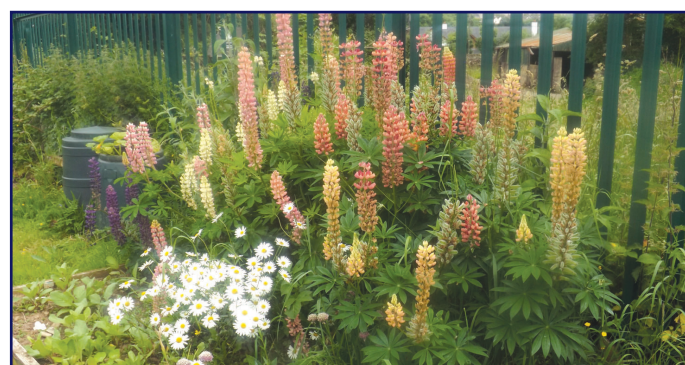
Liz, Jim and Anne



Liz Coleman hard at work.



Patsy, Liam & Jim toiling away.



Watergrasshill AC win Sports Category of Fitzgerald Vienna Woods Hotel Sports, Business & Community Award for the Month of May. At a luncheon in their honour Watergrasshill AC were presented with the sports category award for June



Cork Mini Music Club is running a new summer term at Riverstown Community Centre Wednesday mornings from 10:30am - 11:15am. Our summer term will run for 4 weeks from Wednesday July 2nd - July 23rd, 2014, at a cost of €18 per family for the 4 weeks. Cork Mini Music Club is suitable for babies, toddlers and pre-school children. For music, movement and lots of fun call Kathryn on 085 7679940 to book your child's place.

24 HOUR , NON-STOP CYCLE CHALLENGE



Group photo of club members who will participate in this event.

The Watergrasshill based Over the Hill Cycling Club are currently preparing to undertake a 24 hour non-stop 600km cycling challenge from Mizen Head in West Cork to Malin Head in Donegal on the 24th July next in aid of Pieta House , the suicide and self harm charity that recently opened a centre in Bishopstown , Cork .

The club members who intend to undertake this mammoth task of non-stop cycling for 24 hours estimate that they will need to average 25km per hour consistently over the 24 hours in order to achieve their aim. They are under no illusions about what is required of mind and body in order to achieve their aim and to that end have been putting in huge training sessions , the most recent of which was a 310km cycle over 13 hours as part of their preparation .

The Over the Hill Cycling Club which was established in 2011 and now has over 50 active members has a very personal reason for promoting this 'Geared for Life' event and for choosing Pieta House as the devastation of suicide was experienced by a club member last year when his 21 year old nephew Daniel took his own life. This event had the effect of making everyone more conscious than ever of the tragedy of suicide in Ireland today and of the need to increase awareness that there is help available and suicide is not the answer.

Pieta House as a centre for the prevention of self-harm or suicide was established in 2006 and now has six centres of excellence. In 2013 nearly 4000 people came to Pieta House for help and the numbers contacting them are rising all the time. As 90% of their income comes from fundraising they are very reliant on the goodwill of volunteers and friends of Pieta House.

By taking on a challenge that is so demanding both mentally and physically the club intend to prove that the human mind is stronger than the credit oftentimes afforded to it. Using cycling as a metaphor for life the club aim to prove just that point , that the mind and body in unison can overcome when the strength in numbers of fellow riders and support crew are harnessed to the fullest. We all play a role in linking one another together and being confident that support is available and all around you , you need only look over your shoulder . Pieta House is that rider on our shoulder , who can be called upon to come forward and offer that much needed shelter and support when the road ahead shows signs of hampering our progress.

The Over the Hill Cycling Club are proud to support and raise awareness for this cause and they hope that taking on this challenge will achieve just that and help to raise essential funds for Pieta House which they rely on so much in order to enable them to continue their crucial work in suicide and self-harm prevention.

Anybody who wishes to donate directly into the Pieta House Bank Account set up for the event can do so at any AIB branch by paying directly into account number: 50241035 , sort code : 936383 . Donations can also be made through www.mycharity.ie/events/pietagearedforlife .As well as this there will be sponsorship cards available at all local outlets over the next number of weeks to enable people to give what they can to support this effort and the club stress that all funds raised will go to Pieta House , Suicide Prevention Centre , Cork.

Gaelscoil Uí Drisceoil Golf



Ken Carroll (Cathaoirleach Fo-choiste Gailf), Clár Muliatt (Réaltai Cúram Leanaí, Príomh Urraitheoir), PJ Owens (buaiteoir an Buile is Faide), Siobhán Ní Chatháin agus Eddie Irwin.



Ellie Redmond (Movie Junction Drive-in Cinema, Prize Sponsor), Don Murphy (DNG Condon Murphy, Main Sponsor), Shane Kavanagh (SK Construction, Main Sponsor), Siobhán Ní Chatháin and Eddie Irwin.



Leonard O'Conchubhair (Buaiteoir an Cead Duais), Siobhán Ní Chatháin agus Eddie Irwin



4 Roy McCarthy (McCarthy Sportsworld, Prize sponsor) with James and Tony Dullea in team photo mode prior to tee-off.

A Hole in One for Gaelscoil Uí Drisceoil



DNG were the main sponsors of the classic and our team on the day was - L to R Don Murphy, Kevin Condon & Michael Harrington.



Liam Walley, Rose Edwards and Geraldine Walley.



Finbarr Higgins, Ross Higgins and Donal Harnedy.



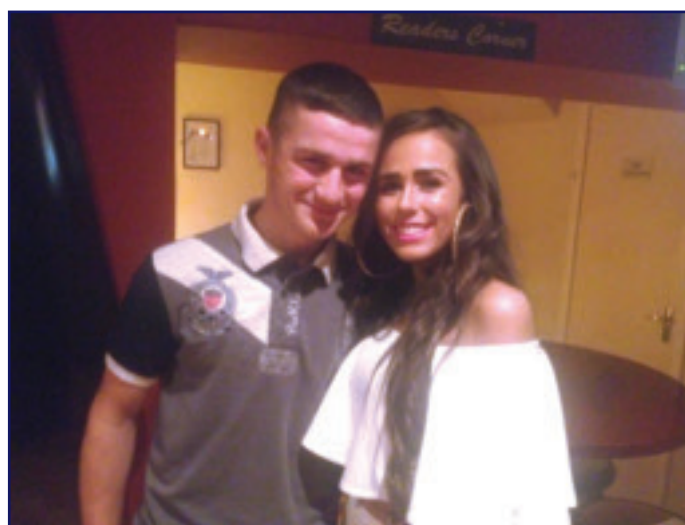
Finbarr Lehane, John Lucey and Brian Fitzgerald.

The inaugural Gaelscoil Uí Drisceoil Golf Classic, which was held recently on Friday 30th May on one of Corks finest golf courses, Cork Golf Club, Little Island, was a resounding success.

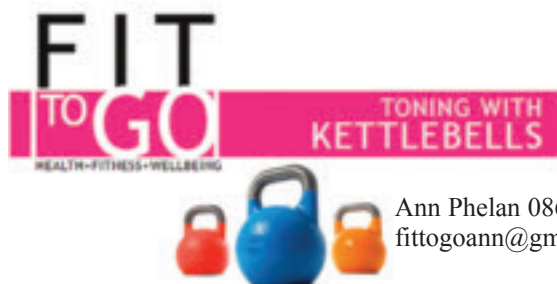
The event was organised by a golf sub-committee of Cairde na Scoile, the parents association of the school. Coiste Gailf, led by Ken Carroll, were delighted by the support they received from the local community in both sponsorship and the number of participating teams. On the day, the weather was excellent and contributed to a wonderful day for all participants. The sun was shining as teams tee'd off early morning and it remained bright as the final teams journeyed between the 18th and 19th holes. The winning team was headed up by one of the schools own young teachers, Leonard Ó Conchubhair, accompanied by his father Dónal and friend Barra Ó Coinceanainn. The Ballygeary men won with an impressive score of 54 points. PJ Owens had the longest drive on the day, narrowly edging out John Goggin. The

teams were provided with water and sustenance during the 18 holes courtesy of Liam Ryan of Supervalu Glanmire, while dinner afterwards in the Clubhouse had everyone in good form for the social event later that evening in The Castle in Riverstown. Siobhán Ní Chatháin, Principle of the School, in her address at the prize giving in The Castle, thanked all the players and sponsors saying "le cabhair na dtuistí, tacathóirí is na iomathóirí uiligh, tá faoin ár gcumais anois an t-airgead chun an suíomh ríomhaire a fheabhsú is a choimeád chun chinn. Beidh daltaí na scoile na bliana seo is iad san a bheidh ag freastal ar an scoil sa toadhcaí á úsáid is ag baint an tairbhe is forbairt as". In total, 20 prizes were presented on the night.

Mile buíochas to Irwins Pharmacy, the Title Sponsor of the Classic, to the main sponsors Réaltai Cúram Leanaí, DNG Murphy Condon, and SK Construction Services, and to all others who contributed so generously and made this a successful event. Roll on next year!



Christopher McCarty and Joanne Kenny enjoying a night at the Riverside Bar Glanmire Village



Ann Phelan 086 3933166
fittogoann@gmail.com

Sweet life???

Most of the processed foods in supermarkets today have sugar or fat added because they know we are hardwired to like it. Look at the food labels on most tins or packets of processed foods and you will find sugar under one or more of the following names: *Sucrose, Fructose, Corn Syrup, Lactose, Dextrose, Saccharin, Maltose and Glucose.*

It's very simple, this is all bad and guaranteed to raise our blood/sugar sky high. It is not good for our bodies in the long term and we need to give it up now or at least try to reduce it considerably.

This is what happens when we eat:

- Food gets broken down by mechanical and chemical actions in the body (mainly the digestive system) and glucose is extracted.
- Glucose circulates in the bloodstream.
- Cells absorb the glucose (with the help of insulin) and use it to make "energy".
- Any excess glucose that cannot be absorbed and used by the body immediately, is swept away and stored first in a water base in the muscle and liver and is then converted to "fat" for longer term storage. (Dr. Ian marber) Today we need to become much more aware when we go shopping and watch out for all the refined sugars that are in almost everything we are eating. We all need energy, but

sometimes we take in much more than we need and don't even know it!!

Fit food tip

- Become aware
- Try not to use sugar as a reward
- Watch out for the hidden sugars
- Read the food labels
- Try to cut back on the refined foods and drinks

Fit to go exercise:

- Do you feel fit?
- Do you feel strong?
- Do you feel flexible?
- Do you have good balance?
- Do you have good posture?

If you're answer to these questions is no then now is the time to do something about it. Being nutritionally fit and physically fit go hand in hand.

Remember,"if you use it you won't lose it".

Keep it simple.

Start with something you enjoy. Go walking with a friend. Use the stairs instead of the escalators whenever possible. Watch notice-boards for classes that might interest you, yoga, pilates, kettlebells, or a sport, swimming, soccer, badminton, hurling, tennis etc. This is you're call to fitness and wellbeing. If you need support call ann at fit to go on 0863933166. Here you will find kettlebell toning classes and 1 to 1 personal training programs suited to your very own needs. If not now, when?? Good luck!!

Scoil Naomh Micheál News

Scoil Naomh Micheál, Upper Glanmire, Whites Cross, staff and community would like to express their extreme appreciation for the dedication of two popular staff members who are about to retire.

They are Micheál Cremin -principal and Margaret O'Mahony -mainstream teacher. There was a mass celebrated on 18th

June in St. Michael's Church by Fr John Heinhold and Fr John Newman, followed by a concert in the school to commemorate the occasion.

Everyone would like to wish both Margaret and Micheál every good wish for the future and thank them both kindly for all their help, guidance and support during their time in the school.



Principal Micheál Cremin and Mainstream Teacher Margaret O'Mahony



Left to right ... Aoife Healy and Lisa Healy



Left to right... Deirdre White, Helena Carney and Micheál Cremin



Above: Left to right ... Margaret O Mahony, Norma Doody, Caitlin Flanagan and Margaret Wallace

Left: Left to right ... Niall O Sullivan, Judy O'Brien, Niamh O'Halloran, Catriona O'Connor





Jim Gamal and Mary Healy (NEW YORK) enjoying a good read at Beva Cafe



Garda Shelia with Killian, Sarah Nasya and Jay at Martina's Playschool



Scott Barry at Play School at the Community Centre

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BDS RCSEd

Dr Dolores Duffy
BDS RCSEd

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WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Junior A Hurling Championship

White's Cross Junior A Hurlers went into their recent first round of the Junior A Hurling Championship with opponents Mayfield as raging hot favourites. Whilst the men in red did come out on top, they certainly didn't have things all their own way as the 1:12 to 1:10 scoreline attests. Manager John Barry, along with selectors Dinny McCarthy and John O' Sullivan, whilst disappointed that their side didn't push on when they brought it down to the minimum with less than 5 minutes remaining, will at the same time take great heart from this battling performance against all the odds. The reality is that, their already tight panel of players, was further laid bare in the lead up to the game for a variety of reasons including injuries, examinations, work and travel commitments – so that on the night itself they had only 18 players tagged out. For the opening 20 minutes it was tit for tat with Conor Buckley keeping the White's Cross scoreboard ticking over with his excellent free-taking, until Mayfield goaled from a 21 metre free. From there to the end of the half, Mayfield surged ahead to lead 1-7 to 0-4 at the short whistle. This goal acted as a buffer for Mayfield until Padraig Murnane's ground stroke raised a green flag on 52 minutes, and all of a sudden it was game on! White's Cross piled on the pressure and when Donnacha Murnane, James Cooney and Buckley again all pointed there was just the minimum in it with 4 minutes remaining. However Mayfield finally settled again and got in for the insurance score with time almost up. Team: Shane Cahill, John O Connell, Eoin Murnane, Sean O Gorman, Kevin Fennessy, Murt Kelleher, Brian Murphy, Conor Buckley, Richard Sherlock, Padraig Murnane, James Cooney (captain), Donnacha Murnane, Barry Murphy, Conal Smith, Brendáin Murnane. Subs: Martin Reid for Sherlock (half-time), Derek O Connor & Sean C. Burke.

Hectic Times For Our Under-Age

Whilst our Under 16 and Under 18 players experienced a respite from their playing activities during much of May and June to coincide with the Junior and Leaving Certificate Examinations, all our younger teams have been extremely busy. In particular teams from Under 8 to Under 13 teams have been very active on the field of play. Here we give just a snapshot of this activity for a couple of these teams... Our under 8 and under 9's attended a hurling blitz up in the Tank Field, Brian Dillons, organised by the local Gardaí. It was a great morning out for our players, with the sun shining, with White's Cross fielding two teams on the day. The White's Cross (Green Team) consisted of Aidan Docherty, Seán O Mahony, Mark O Keffe, Ruairi Quinlan, David Morley, David O Mahony, Cathal Whooley & Caolan Garde. This group of players led by coach Martin Kelleher, played Blarney, Ballygiblin and Brian Dillons. They showed great determination in all three matches. The majority of this team were under 8 but this didn't bother the team's morale. Aidan Docherty showed great skill in goal by blocking the ball and his long puck outs gave Sean O Mahony and Mark O Keffe a great chance in securing the ball deep into the opposition's territory. Both players were well able to catch the ball and play it long in the air. This skill is only allowed to be played by under 9's upwards so our under 8 players showed how well advanced they were by being able to do this. Ruairi Quinlan and David O Mahony played outstanding in the back line giving great support to their goalkeeper by blocking and pulling on the ball regularly. Their defence skills were superb on the day. Cathal Whooley, Caolan Garde and David Morley were outstanding in the forward line playing well as a team and getting plenty of scores by catching the ball in the air and using it well with their long, hard pucks along the ground and in the air.

Whites Cross (White Team)

consisted of Rian Harden, Jamie Murphy, Ciaran Aitken, Eddie Coughlan, Seán Delaney, Liam O Connor, Michael Mullins, Traolach Dawson and managed by Nick Harden. This team played Sarsfields, Blarney and Ballygiblin. Again the majority of these players were under 8 but you wouldn't see that in their play. From the word go the boys went into every match to play their best and that they did. Rian Harden caused serious problems for all the teams with his great blocking and saving of the ball. His job was made a little easier with his outstanding back line consisting of Liam O Connor, Michael Mullins and Seán Delaney. Little ball passed these lads as they showed great determination in picking, pulling and pucking the ball long in the air, but equally adept along the ground. Their passing skills to their mid-fielders Eddie Coughlan and Ciaran Aitken were spot on giving them brilliant chances at scoring from the half way line. Eddie was outstanding on the day showing his natural talent of the game. Jamie Murphy and Traolach Dawson used every ball that came into them well with the majority of them turning into scores.

It was a great morning up in Montenotte - thanks to Brian Dillons for hosting this event and thanks to An Garda Síochána for organising it, including our local Community Guard Noel Fitzgerald.

Our Under 12s have had a busy programme over the past month with 3 away matches within one week alone in June – producing 3 wins! First up we were in Crosshaven on a beautiful Saturday in perfect conditions for hurling. Fine performances in the opening half from Conor Docherty and Fionn Hickey saw little to choose between the teams at halftime. In the second half it was the turn of Patrick O'Hara and Adrian Buckley to turn on the skill. Still the game was a close affair, but good work from the younger brigade such as Senan Ryan, Ethan

Ryan, Stephen Whooley & Fionnan Quinlan, saw White's Cross take the victory.

On the following Monday night we travelled to Dripsey to take on their footballers. This proved a good workout for all involved. Aaron Wallace was very influential in goals, assured under the ball but also picking good options from the kickouts. Sean Twomey and Harry Coughlan were excellent in defence. Jack O'Callaghan drifted between defence and attack and set up a number of fine scores.

On an overcast Friday night we were in Tracton again on football duty. This was a really good game, tightly contested all over the field. Patrick O'Hara, Tom Casey and Harry Coughlan were to the fore from the start and set the tone. Good early scores from Adrian Buckley, Fionn Hickey and Conor Docherty settled the team. However there was no easy possession to be won, and Tracton came back each time with scores of their own. Senan Ryan, Ethan Ryan and Brendan Quain fought tigerishly for each ball and made sure their opponents had to work for everything. Stephen Whooley, Daniel Kelleher and Jack Collins did great work in the forwards, regularly getting on the ball and setting up scores for Adrian, Conor and Fionn who all had their scoring boots on. Despite being under intense pressure at times, Aaron Wallace made a number of fine saves to keep some distance between the teams. In the end we came away with a fine win against a strong Tracton side, in what was our best team performance of the year so far.

Lotto Up-Date

June 9th: Numbers drawn: 4, 5, 6, 25. No Jackpot Winner. €50 Lucky Dip Winners: Mark O Donoghue, Ger Flynn & Paul Mc Carthy.
May 26th: Numbers drawn: 1, 6, 9, 16. No Jackpot Winner. €50 Lucky Dip Winners: Aine Byrne, Larry Burke & Michael White.



Our Under 5, 6, 7 & 8 teams all travelled to Carraig na bhFear recently for a most enjoyable bout of football games – pictured here is our team of 5 year olds, along with one of their coaches Bryan O Shea.



U9 Garda Hurling Blitz: The White's Cross Under 9 hurling side that played in the blitz at Brian Dillons, organised by An Garda Síochána recently, pictured with Nick Harden, Noel Fitzgerald and Martin Kelleher.



Above: Jesse McCarthy and Shauna Murphy, Riverstown, enjoying the Summer.



Right: Tony and Megan Hyslop with Adam Jere at the recent Glanmire Car Boot Sale.



Jimmy and Connie Gubbins at the recent Glanmire Car Boot Sale.



Ann Holland and Liz Coleman at the recent Glanmire Car Boot Sale.

Glanmire & District Sports, Business and Community Award **April Winner** in Fitzgeralds Vienna Woods Hotel



Triona Davis, her daughter Caroline and Noreen O'Connell pictured at the Glanmire & District Sports, Business and Community Award in Fitzgeralds Vienna Woods Hotel, Glanmire (sponsor) where Riverstown Country Market was named April 2014 winner (Community category). Picture: Tom Doherty



Ann Holland, Chris Troy and Madge Fogarty, vice-chairperson Glanmire Area Community Association pictured at the Glanmire & District Sports, Business and Community Award in Fitzgeralds Vienna Woods Hotel, Glanmire (sponsor) where Riverstown Country Market was named April 2014 winner (Community category). Picture: Tom Doherty



Barbara Bryan, Jill Doyle and Hazel Sweetnam pictured at the Glanmire & District Sports, Business and Community Award in Fitzgeralds Vienna Woods Hotel, Glanmire (sponsor).



Michael Magner, director Fitzgeralds Vienna Woods Hotel, Glanmire (sponsor) presents the April 2014 Glanmire & District Sports, Business and Community Award (Community category) to Barbara Bryan, founding member of Riverstown Country Market. Included, front left to right, are Noreen O'Connell and Triona Davis. Back left to right: Jill Doyle, Michael O'Connell, Hazel Sweetnam, Cllr Joe Kavanagh, Lord Mayor Catherine Clancy, County Mayor Noel O'Connor, Madge Fogarty, vice-chairperson Glanmire Area Community Association, Gerry Kelly, Carol Murray and Chris Troy. Picture: Tom Doherty

Glanmire Macra Boxing Tournament a Huge Success

Well what a month it has been for Glanmire macra, it all started on the June bank holiday weekend where Glanmire macra members headed to Athboy Co. Meath for the Ms. Blue Jean Country Queen Festival where our very own Karen Cashman was representing Seandun. The ladies congregated on the Friday evening where they all got to know each other. On the Friday night the ladies were put in the spotlight with the on stage interview. The Saturday saw the girls taking part in the private interview with the 3 judges and with dancing until late in the marquee. The Sunday saw the ladies strutting their stuff on the catwalk in their blue jeans and lovely gowns. The Sunday night then saw a gala banquet before the results were announced. Unfortunately job representing Glanmire and Seandun over the weekend. Karen didn't bring home the title, it went to Limerick, Louth second and Joanne Casey from our good friends Berrings coming third. Karen did an excellent

On Friday the 6th of June we attended the Seandun Macra Awards night. After a very busy and successful year for the club, our club members received numerous awards for participating and winning in the various competitions Macra has to offer ranging from sports to the personality competitions to the agri side of the club, to our PRO receiving PRO of the Year, the list is endless. But

the highlight of the night for us was being awarded club of the year within the Seandun Region. The competition is always extremely high and to bring this home was an honour and a credit to each and every member in Glanmire Macra.

Saturday took us to Midleton Rugby Club where Mick Finn along with Knockraha Macra held a fantastic tag rugby event in aid of Chernobyl Children Trust. With over 12 teams competing including members from Glanmire Macra, the day was fun filled. From bouncing castles to the DJ keeping the crowds entertained throughout the day and of course the sunshine, all making it a very successful day. Well done to all involved.

And then onto our main event of the month. What an absolutely fantastic and memorable night we all had at the Riverstown Boxingclub and Glanmire Macra Na Feirme Fundraising Boxing Tournament last Saturday night in Upper Glanmire's State of the art Community Hall. After months of training it was certainly time to rumble as our boxers beat the nerves and put on some fantastic performances, some very nail biting fights! A huge well done to each and every boxer, all the hard work from training certainly paid off. Not only were there members from our own club competing but members from the local community aswell as some of the professionals from the

Riverstown Boxing Club. Some of the boxers Featured on the night include Joanne "The Iron Lady" Fleming, Alison McNamarra, Con "Snaps" O Callaghan, David Roche, Donal "Too Fast" O Callaghan, Martin Noonan, Bertie "The Bomber" Cuffe, Eugene Brady, Mark "The Bull" Geaney, Luke Delaney, "Sugar" Will Daly, Eamonn Coughlan, Liam "The Beast" Hickey, Alan "The Midlands Warrior" Moran, James O Leary & David "The Nuisance" Browne to only mention a few. A huge thank you to all our sponsors who made this night possible.

A huge thank you to the Upper Glanmire Community Association for providing us with this state of the art venue and the bar for the night. Also a huge thank you our fantastic and very entertaining DJ HYPERLINK "<https://www.facebook.com/ian.oconnell.35>" \t "_blank" Ian O Connell who was banning out the tunes on the night and not forgetting our MC HYPERLINK "<https://www.facebook.com/donal.twomey.90>" \t "_blank" Donal Twomey who certainly kept the crowd entertained throughout the night. A huge thanks you to the very talented dancers from HYPERLINK "<https://www.facebook.com/emma.e.jupp>" \t "_blank" Emma Elj Jupp Academy of Dance for the half time entertainment. A huge thank you to all who came to support this absolutely fantastic event, without your support this fundraiser would not be possible. Certainly a fantastic night had by all. Lastly a huge thank you to the Riverstown Boxing Club for

asking us to take part in this event, ye were an absolute pleasure to work with and certainly a fantastic club. But for us Glanmire Macra members I think it's time to let the professionals at it and time to hang up the gloves well until next year anyways!

Seandun macra held their AGM in Vienna Woods on Wednesday the 4th of June, 8 members of the Glanmire club were elected onto the executive committee for the coming year namely: Sean Keegan, Helen O'Keefe (Development and Education) Kevin Curtin (Competitions) Petrice Dineen O'Leary (Rural Youth) Andrew Ferguson (YFDG secretary) Jennifer Barry (assistant PRO and social and travel secretary) Kathleen Fitzgerald (Assistant secretary) and Killian Woods (Performing arts) it is great to have so many members of the club taking up positions in the region.

The club held it's **AGM** in Sarsfields hurling pavilion, the club also launched its new website on the night. The election of officers on the night was as follows President Joanne Fleming, Chairperson Donal O'Callaghan, Secretary Sarah O'Connell, PRO Kathleen Fitzgerald, Treasurer Sean Keegan, YFDG Officer Andrew Ferguson, Sports Officer Seamus Reid, Recruitment officers Karen Cashman, Killian Woods and Will Daly. Asst. Chairperson Dermot Sheahan, Asst. Secretary Rita Gillen, Asst PRO Karen Casman, Asst Treasurer Liz Daly. The best new member on the night went to Andrew Ferguson.



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Donal O'Callaghan



Con O'Callaghan



Hector



Tag Rugby



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OUR CODERDOJO MAKES COSMIC HISTORY

Ruth Whelan a First Year Student in GCC was one of five students to make astronomical history by snapping a picture of space using a telescope operated remotely from a flight to San Francisco. The five had live access to robotic telescopes in California as part of a dual education sister city partnership developed by Cork Institute of Technology's Blackrock Castle Observatory (CIT BCO). Clair Mc Sweeney of CIT BCO commented "Our Coderdojo bright sparks were delighted to be on this adventure as tech ambassadors for Ireland. The trip is directly linked to their enthusiasm for learning through technology and is ultimately about skill and confidence building".

Coderdojo is a volunteer-led movement and is based around running free coding clubs for young people. The aim of the trip was to develop technology links between San Francisco and Cork, the founding city of Coderdojo. Our bright spark Ruth captured images of a galaxy over 2.7 million light years away while cruising 36,000 feet above the Atlantic. This is her account of her trip of a lifetime.

"I have been attending Blackrock Castle Observatory Coderdojo since it commenced in February 2012. I was only 11 years old, but that first day in Blackrock Castle really changed my life! Adrian Collins my mentor has been amazing and has taught me many programming languages, never telling me the answer but always helping me to get there by myself. On St Patrick's day this year, Mayor Edwin Lee of San Francisco and his wife were visiting Cork. As part of their visit they came to one of our Coderdojo sessions in Blackrock Castle, I show cased my website along with many other kids.

Then much to our surprise an invite came from Mayor Lee for five of us to travel to San Francisco. The weeks building up to it was very exciting telling everyone the news and sorting out

my outfits. We had been given a game idea to work on, which we would then have to teach the San Franciscan kids how to code. On the morning we were flying out we met the team, Minister Bruton and the President of the IDA in the VIP reception in Dublin Airport.

Once we got to a certain point in the sky we used the Aer Lingus on board wifi to take an image of the sky in California using the data from a telescope in the link observatory in the Potro Valley. We later printed this picture and gave it to the Mayor. After the 11 hour plane journey we arrived in San Francisco. There was a reception with the Mayor and he announced it 'Aer Lingus Day' in San Francisco.

We showed our coding skills to representatives of top Silicon - Valley - based firms. During the trip we got to do loads of cool things Such as The Academy of Sciences where we gave a Coderdojo session and got a tour in which we saw the largest indoor rainforest, an aquarium and an earthquake simulator. Another thing we did that day was visited Tiny.Co, the creators of the new family guy app and other gaming apps. We got the opportunity to have a session on hotthey code. The following day we went on a bus tour of the city, and saw the golden gate bridge, the star wars museum and Lombard Street. After that we went to the Mayor's Office where we received Certificates of Honour. Later that day we went to the Exploratorium a hands-on Science Museum. The next morning we went to Github a Cloud Computing Company where we got a tour of their three story office and did a Coderdojo session. Afterwards the group of five went on an audio tour of Alcatraz audio. We had an action packed adventure. This has truly been a trip of a lifetime!!

San Francisco authorities were so impressed by the visiting group of Corkdojo members that they plan to create similar teen tech learning groups in Silicon Valley. Article and Photos: Ruth Whelan (1st Year)



Ruth Whelan, CEO VMWARE, Conor Healy (Cork Chamber of Commerce), a CoderDojo Kid from San Francisco

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Help us promote suicide awareness...

PIETA HOUSE

Pieta House, the centre for the prevention of self-harm or suicide, opened its doors in Lucan in January 2006. Since then, six centres of excellence have followed suit in Ballyfermot, Mungret, Roscrea, Tuam, Bishopstown and most recently Castleisland while we also have an outreach centre in Finglas.

Pieta House now has a staff of 170 and the demand for our services hasn't let up. In 2013, nearly 4,000 people came to Pieta House for help and the numbers contacting us are rising all the time.

We're passionate about our work. As 90% of our income comes from fundraising events, we rely heavily on the support and encouragement of our volunteers and the friends of Pieta.

ABOUT THE CHALLENGE

On Thursday 24th July, Over the Hill Cycling Club will cycle the Malin to Mizen route of 600km in less than 24 hours in aid of Pieta House, the suicide and self-harm charity that recently opened a centre in Bishopstown, Cork.

Suicide effects everyone!

PROPERTY MATTERS First Time Buyers Advice Guide by Rena Guildea Joe Organ Auctioneers

If buying a house is on your agenda for 2014, and you are about to embark on getting your feet onto the property ladder, the following is a guide to help you in the process of getting your dream home.

1. Get your finances in order and identify what size of a mortgage you can afford. Start gathering the necessary paperwork to bring to an independent mortgage advisor or local bank branch, who are best to help you in obtaining a mortgage. An analysis will be carried out on your incoming/outgoing and any other financial commitments you may have. Evidence of savings and build up must also be proven at this stage and monthly property rental payments will also be taken into account. The best outcome would be to get "approval in principle" from your mortgage provider so you can begin the property search. At this stage you will have saved for your deposit and lending institutions can require you to have anywhere from 8% - 20% or more of the purchase price.

In addition and separate to the deposit you will also need funds to pay for stamp duty (1% up to €1 million), valuation, solicitors fees, structural survey (if required), house insurance, life assurance and costs associ-

ated with furnishing your new home.

2. Find a property now that you have mortgage "approval in principle" you are at an advantage. Browse websites e.g. daft.ie and myhome.ie, and talk to your local estate agents in the area and let them know exactly what your criteria is, and most importantly your budget.

3. Make an offer when you've identified a property. If your offer has been successful a booking deposit must be paid to the estate agent which will take the property off the market. The balance of the deposit will be paid to your solicitor at a later date. Make contact your mortgage advisor as it is important to move fast. Mortgages can take a couple of weeks to come through.

4. Choose and instruct a solicitor, and agree a fee in advance if possible, which is generally a percentage of the sale price. Inform the estate agent who your solicitor is and a sales advice notice will be drawn up and sent to both the vendors and purchasers solicitors. A solicitors role is to carry out the conveyancing of a property which is the legal work involved to document, research and transfer ownership from one to another.

4. Have survey's done
- Valuation - independent valuation for the mortgage provider will also be done on the property to make sure that the purchase price is what the property is actually worth. You or the mortgage provider will organise this from a panel of the mortgage institution at your cost.

- Structural Survey - will indicate any issues regarding the structure. You must instruct an engineer if you would like a survey done, and best to do so when purchasing an older property.

- BER (Building Energy Rating) - this should have been done already when the property was first listed for sale. This document can be obtained from the estate agent.

5. A letter of offer/approval from your mortgage provider is normally issued to you and your solicitor once they are happy with the valuation on the property. Once these documents are completed and returned the lender is now committed to giving you a mortgage for an agreed amount, subject to terms and conditions.

6. Exchange of formal contracts between solicitors are now issued, and once signed, are



legally binding. A balance of the deposit is now paid, and a date will be set in the contract for the completion of the sale. Fees must now be paid by you to the solicitor for stamp duty and any other outstanding legal fees before the sale closes.

6. Get home insurance and life cover once you have obtained your mortgage. You are able to shop around get the best premium for your life cover and home insurance.

7. When closing the sale your solicitor will contact your mortgage provider and request the balance of the purchase price to be paid. Once the vendor's solicitor receives the balance of the purchase price, and all documentation, the keys can now be release to the purchasers.

8. Collect your keys from the estate agent or solicitor once the vendor's solicitor has confirmed everything is in order and enjoy living in your new home.



Educogym in Glanmire. We recently had Darren Clark in to train with us he came in to train each morning before his tee off time when he was playing the the open in Fota

L-R Michelle Walsh - Head nutritionist
Colm O Sullivan, trainer,
Darren Clark
Mike Hopkins - Master trainer
Holly Coughlan, Manager
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Sarsfield who took part in the U9 Garda Hurling Blitz organised by Community Policing Units of Mayfield, Gurrnabraber played in the Tank Field. Pic : Derek Connolly.

The inaugural Garda U9 Hurling Blitz was held in glorious Sunshine on Saturday 31st May 2014 at Brian Dillons GAA, Tank Field, Murmount, Montenotte. This annual Inter District Community Policing Event was organised by Blarney Community Garda Sean

O'Dwyer, Glanmire Community Garda Noel Fitzgerald Mayfield Community Gardai Helen Courtney & Denis Howard. The following teams participated : Brian Dillons GAA, Mayfield GAA, Blarney GAA, Sarsfield GAA, Whites Cross GAA & Ballygiblin GAA. Each partici-

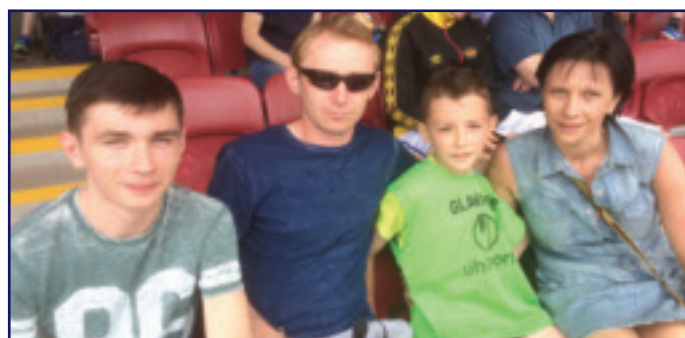
pating Club had two teams each playing 3 Games each. They large number of Parents & Supporters present were entertained & enthralled by the high standard of hurling skills & sportsmanship on show. All participating Players were presented with Garda Medals by Former

Cork Hurler Garda Ray Ryan in the Club Pavillion. Refreshments were kindly sponsored by Mayfield Community Policing. All bodes well for Cork Hurling for Years to come.

COMMUNITY GAMES

On Sunday 22nd of June the Cork County finals of the community games athletics competition were held in the CIT Bishopstown. Glanmire had 20 boys and girls competing. It was a beautiful day and the sun shone from early in the morning and the competitions started at 10.30am. All our competitors ran their hearts out and enjoyed the event immensely. By the end of the proceeding's we won 1 gold medal and 2 bronze. The gold medal winner was Darragh Murray and he will now represent Glanmire and Cork in the All-Ireland finals in Athlone. I wish to thank sincerely Rhona Buckley and Paula O' Riordan (Parents) who were a great help in organising the boys and girls to prepare for their events. A big thanks also to Mick (Vegetable shop) for sponsoring fruit for the competitors. As a new Athletics club has recently started in the parish hopefully we will be much better prepared in the future for the vari-

ous events. As a result we will be able to compete in all the different relay and field events. Any parents interested who wish to help in the future should text me their name's and I will contact them next year when preparations commence. I would ask as many parents as possible to get their families involved in the new Athletics club which presently meets on Wednesday nights from 7.45-8.45 and Saturday mornings from 12.30-1.30 at Old Christian's rugby grounds where young people are coached and adults do their exercises on the adjoining pitch. I wish Edel Frost (Chairperson) of the new Athletics club all the best as the club develops. This sporting activity has being badly wanted in Glanmire for many years. Finally thanks to all who contributed to the recent door collection at Supervalu. Your contributions were very much appreciated by the Glanmire Community Games committee.



Alan Dubonik with his family



Alex Noonan and family from Copper Valley View



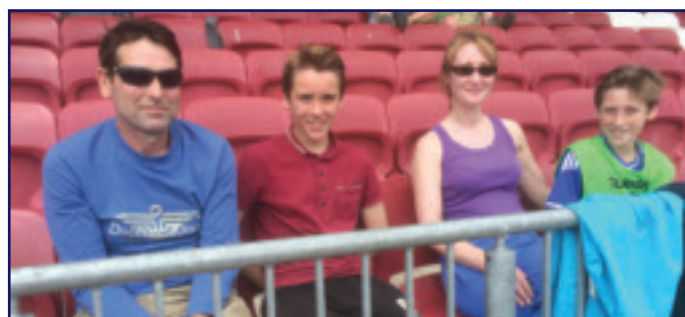
Darragh Murray and Harry Buckley after finishing 1st and 3rd in the under 12/100 mts final



Austin and Martin Ekhosuchi



Mark O'Keefe is being congratulated after the under 8 final



Gold medal winner Darragh with the Murray family

Leanaí ag Obair Nuala Ní Loingsigh

Ar an dara lá déag de mhí an Mheithimh, ceiliúraimid lá domhanda i gcoinne páistí ag saothrú go dian. San alt seo tá sé i gceist agam cur síos a dhéanamh ar áit lasmuigh de Lima, Peru, darbh ainm Huachipa. Táim faoi chomaoín ag Fernando Molina Cortés as a alt ar an Irish Times a scríobhadh ar an dara lá déag de Mheitheamh 2013.

Is deacair a shamhlú sa tír seo, ina gcaitheann daoine óga ó cheithre bliana d'aois go dtí sé bliana déag, ar a laghad, ar scoil. Gan amhras, caitheann breis agus 60% de dhaoine óga tréimhse ar mheánscoil agus ar ollscoil ar feadh ocht mbliana eile ag cáiliú do phost éigin. Ní mar sin do dhaoine cosúil le Juan Huachaca, atá deich mbliana d'aois agus a bhíonn ag obair óna ceathair a chlog ar maidin go dtí a hocht a chlog ar maidin agus arís óna dó a chlog san iarnóin go dtí a cúig a chlog. Idir eatarthu, téann sé ar scoil uaireanta. Nach lá fada é sin do pháiste chomh hóg san !

Is é an post atá ag Juan agus ag a athair, Miguel Huachaca ná brící a dhéanamh le meascán de chré, láib agus uisce. Bailíonn siad na comhábhair chun múnlaí de na brící a dhéanamh, ceithre cinn le chéile. Castar bun os cionn iad agus nuair a gheallann an ghrian, triomaíonn sé iad le haghaidh tógála.

Is cuid den struchtúr eacnamaíochta go mbeadh páistí ag obair mar seo. Ní féidir leis an teaghlach maireachtáil gan airgead Juan. Is é Peru an dara tír is measa ó thaobh saothar leanaí i Meiriceá Theas, seachas an Bhrasail.

Feirmeoirí ba ea an teaghlach seo tráth, ach le saothrádail, ní fhéadfadh muintir Pherú a dtáirgí féin a dhíol toisc go raibh siad níos daoire ná an bia a hallmhairíodh ó na Stáit Aontaithe. In ionad na feirme anois tá cré agus láib agus tógfar foirgneamh san áit sin leis na brící a deintear. Íocann an comhlacht 32 solas (10 Euro) chun míle bríce a dhéanamh.

Deintear an-damáiste do na

lámha. Is minic a bhíonn siad tirim, gearrtha agus tinn ón obair. D'admhaigh Juan go raibh náire air a ghlaic a thaispeáint toisc iad a bhieth chomh caite san ón obair láimhe. Tá an eagraíocht "Ag Cosaint na Beatha" ag obair ar son na leanaí agus ag mealladh leanaí chun cloí leis an scolaíocht.

Tá buntáistí ag an bhfostóir páistí a fhosú. Tá sé níos fusa iad a shásamh agus ní bhíonn siad i gceardchumann. Tá leithéidí Juan go maith ag déanamh brící lena lámha beaga. Ach níl sé seo go maith do leanaí. Ní fhásann siad ró-ard. Níl aon saol do pháistí acu agus deintear díobháil dá gcnámha agus dá lámha agus dá gcosa.

Ba mhaith le Juan leoraí a thiomáint mar go mbeadh faoiseamh ag a lámha agus a chosa. Ar an Domhnach imríonn sé peil lena chosa noctaithe. Bíonn siad tinn leis ach is beag a bhíonn le déanamh ag a lámha.

Is trua gur mar sin atá do leanaí mar seo. B'ghéidir gur chóir ár n-aire a dhíriú ar an bhfadhb seo agus gach iarracht na páistí a shaoir óna leithéid de shaol.

Gluais:

Saothrú =obair

faoi chomaoín =indebted

a shamhlú = to imagine

Is deacair = it is difficult

ar a laghad = at least

ag cáiliú = qualifying

comhábhair = ingredients

múnlaí = moulds

a hallmhairíodh = imported

buntáistí = advantages

faoiseamh = relief



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Glanmire Toastmasters

Glanmire Toastmasters had its AGM in Sarsfields Pavilion on Wed 28 May. We had a double celebration when outgoing President Aileen O Mahony handed the chain of office to incoming President Linda Harney and then announced that Linda was also awarded Glanmire Toastmasters' "Toastmaster of the year award" Needless to say Linda was over the moon but she did

a lot of hard work this past year in not alone organising all the meetings, she also managed to keep the membership numbers at a healthy level. We all wish her well in her position as President and look forward to another great year. We are back on the first Wednesday in September and look forward to seeing new members. We will keep you posted in the August edition. Attachments area

GLANMIRE COMMUNITY COLLEGE STUDENTS GET FIT FOR CHARITY CHALLENGES

Close to 100 students from 2nd Year to 5th Year took part this year in the Emer Casey 10km Walk/Run on May 18th, in Youghal, Co. Cork. This unprecedented number of students was as a result of the motivation supplied by the student leaders Shauna Dorgan, Katie Stacey, Tori Brennan and Shannon Brooks. For the second year in succession, students from GCC ran through the streets of Cork as they took part in the Cork City Marathon Youth Challenge. Seventy students from Transition Year and Fifth Year took part in the relay, where the 26.4 mile course was completed by a group of five. All the students trained hard for these two events over the last few months, under the stewardship of teachers Mr Mike Carey, Ms Aisling Foley and Ms Susan Casey. These events were great opportunities for the students to take part in structured running training programmes. It was no doubt the first of many for these health and fitness conscious Senior Cycle students.

Monies raised from the two events will go to the Emer Casey Foundation and Down Syndrome Ireland. Cian Ahern and Aisling O'Gorman were the promoters of the fundraising for Down Syndrome Ireland. During "Health and Fitness Week" in the college, Mr Liam Aherne (a former teacher of GCC) and his son Cian (5th Year) gave a talk on the work of Down Syndrome, Cork. Liam's daughter, Laura also spoke about her life with

Down Syndrome. Ms Susan Casey (a sister of the late Emer Casey) an athlete herself, spoke to the athletes about the Emer Casey Foundation and where the monies raised will go towards.

Emer Casey's untimely death eight years ago had such an enormous impact on her family, friends, and colleagues, that The Emer Casey Foundation was established in her honour and her memory. The Foundation is dedicated to providing funding to the DISOVARY consortium to secure the best independent research to detect the early signs of Uterine/Ovarian cancer. The Emer Casey Foundation is currently sponsoring three PhD Fellowship students, whose focus is in the areas of chemoresistance, cancer stem cells, circulating tumour cells and the body's immune response to cancer. Down Syndrome Ireland is a national voluntary organisation supporting people with Down syndrome and their families. It represents and supports 3,500 members through a national team and twenty-five local branches nationwide. Down Syndrome Ireland is substantially funded through donations and national fundraising event.

There was a Cheque Presentation Ceremony in Glanmire Community College on Thursday May 29th. Members of the Casey Family (Emer Casey Foundation) and the Aherne and O' Gorman Family (on behalf of Down Syndrome Ireland) were presented with cheques from monies raised. In all, the students raised €3, 700 for the two charities. Well done to all involved. What a great achievement by the students of Glanmire Community College and their teachers.



Students of Glanmire Community College make a cheque presentation to the Casey Family, for Emer Casey Foundation and to the Aherne and O' Gorman family for Down Syndrome Ireland, also present Mr Mike Carey



Aida Salim, Daniel Pogojans, Ally O' Sullivan, Ms Grace Hickey, Green School Co-ordinator at the Travel Flag Presentation in Fitzpatricks Vienna Woods Hotel, Glanmire

Glanmire Community College are Awarded the Travel Flag

Congratulations to the First and Second Year Green School Committees, on winning their fourth Green Flag for sustainable travel. Green School Coordinator, Ms Grace Hickey and representatives from the two committees: Ally O' Sullivan (Chairperson 2nd Year Committee); Daniel Pogojans (Secretary) and Aida Salim (Chairperson of the 1st Year Committee) attended an award ceremony in the Silversprings Moran Hotel, Cork, for the formal presentation of the flag. Representatives from over 30 schools (primary and secondary) were in attendance on the day. Glanmire Community College has previously won Green Flags for waste management, energy con-

servation and water conservation. This fourth flag commends the schools success in encouraging students to walk to school rather than travelling by car. The students who live a distance from the school were encouraged to participate by car pooling, using public transport or by being dropped at a distance from GCC and walking the rest of the journey. GCC is a leading Green School and has been involved in the programme for the past eight years. Ally O' Sullivan, Chairperson of the 2nd Year Committee recently won the Gradam Denis Foley (Environmental Award), at the school's annual Díograis Award Ceremony. Ally received this award to acknowledge her strong leadership skills, her commitment, and the excellent contribution she has made as a steward of the environment.



Daniel Pogojans, Aida Salim and Ally O' Sullivan proudly display the Travel Flag that was awarded to Glanmire Community College



The Students who participated in the Emer Casey 10km Walk Run on Sunday May 18th in Youghal with their teacher Mr Mike Carey

UPPER GLANMIRE ICA



Our Craft Class presenting the Blankets to Ann Dowley Spillane and Elma O'Mahony from The Girls Club



Crochet Blankets made by members of our Craft Class for The Girls Club Cork (Cancer Support Group)

Our annual outing to the Newbridge Centre, the Japanese Gardens and the National Stud takes place on Saturday the 7th June.

At our June Guild meeting, Dooleys Garden Centre will give a demonstration and talk and will have plants for sale.

On Wednesday the 28th May, Ann Dowling Spillane and Elma O'Mahony from the Girls Club visited us in Upper Glanmire. The girls Club is a voluntary Charitable Organisation which offers support to women undergoing cancer treatment. The blankets are given to women while undergoing chemotherapy

July Recipe : Chocolate Cookies

Ingredients
4oz Light brown sugar
6 oz plain flour
Pinch of salt
3 oz butter/ hard margarine
1 egg
4 oz chocolate chips

Method

Grease 2 baking trays
Set oven at 180 degrees
Beat sugar and butter until light
Beat in egg and add flour & salt
Stir in choc chips
Place dessert spoons full of the mixture onto baking tray, well spaced apart.
When cooked, allow to cool and store in an airtight tin.

Ask Your Pharmacist

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

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I am often faced with the question 'Why do I need to know what my cholesterol is?' from patients in all our pharmacies. It is a fair question, but one with a simple answer. The ancient Greeks used to say "wisdom outweighs wealth" and by knowing your cholesterol figures you have the power in your own hands.

This power I speak of is the knowledge of certain risks. With your cholesterol figures we can assess your chances of having a heart attack, stroke etc, but more importantly our pharmacists can provide you with the right information to reduce that risk.

You can get either your Total Cholesterol tested, or else you can get a full breakdown of that tested by a member of our clinical team. The full breakdown will let our pharmacists know the ratio of good cholesterol to bad cholesterol in your blood, allowing us to give you the best advice available.



Our assessments are in depth and allow you to make the small adjustments needed to your diet and lifestyle to reduce your risk of heart disease long term.

In addition to our comprehensive health clinics offered by myself in Glanmire, Tower and Douglas, we are delighted to now offer cholesterol testing in Glanmire as a daily service. Call Geraldine now to book an appointment with her on 0214822412 or email her at glanmire@pharmacyfirstplus.ie and learn how to control your cholesterol without medication.

Darren Breathnach
Clinician Pharmacist

Want to ask your Pharmacist a question?
Email darren@pharmacyfirstplus.ie

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Cobh and Glanmire Annual Garden Fête

The annual Cobh and Glanmire Parish Garden Fête took place in the grounds of St Mary and All Saints Church, Church Hill, Glanmire on Saturday 24th May. Despite rather inclement weather the afternoon was most successful both socially and financially. The Committee wish to sincerely thank all who helped with the running of the Fête, our supporters who came out on the afternoon and our many sponsoring organisations. Without their

support the Fête could not have taken place.

A list of our sponsoring organisations is given below -

Ryan's Supervalu,
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Cork Golf Club
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Clonakilty Black Pudding
Fitzpatrick's
The Elm Tree
Hillside Nurseries
Flower Power
Centra Little Island
Spar Little Island

Mace Glounthaune
Lakewood Furniture
Ballymaloe Relish
Charlie Wilkins
Green Acres
DNG Murphy Condon

Our prize winners were -
Lilly Ahern, William Mulcahy,
D.Drohan, Derek Melbourne, the
Dorgan family, J Murphy,
Joan Murphy, Michael Delargy,
O'Connor and Sons, Eammon
Have, Cahill O'Brien, Eva Stokes,
Rose Twomey and Noel Healy

GLANMIRE AREA TIDY TOWNS JULY NOTES

Things are very quite on the Tidy Towns front for the past several months due to lack of volunteers. We have not entered the National Tidy Towns Competition for the same reason. By advertising a Saturday Morning Litter-Pick we hoped to get some new members

but with no luck, so we changed to Tuesday evenings with the same result.

The same people who have been volunteering for years planted up the "Fáilte Flower" tubs and flower boxes and these were stolen from two tubs in

Glanmire Village, three times from one of them!

Out thanks to the shops and businesses who planted beautiful window displays, giving the streets a lift, everyone appreciates your input to our area.

It is our hope for the coming year that new people will come forward to care for our area. If you get the urge to give something back, don't hesitate, just ring Carol at Glanmire Area Community Association on 021 - 4821333.

Some important sources of help are:

1Life Suicide Prevention Helpline (24 hour) ----	1800 247 100
SouthDoc (out of hours Doctor) -----	1850 335 999
Samaritans (24 hour) -----	1850 60 90 90
Samaritans (text) -----	087 2 60 90 90
Teen-Line (8pm to midnight) -----	1800 833 634
Childline (24 hour) -----	1800 666 666
Seniors Helpline (10am-4pm, 7-10pm) -----	1850 440 444
Aware (Depression awareness) -----	1890 303 302
GROW (Mental health support group) -----	890 474 474
HSE Farm & Rural Stress Helpline (6-10pm) ---	1800 742 645
Ambulance/Gardaí/Fire -----	999/112
CONSOLE Suicide Bereavement Support -----	1800 201 890
Irish Friends of the Suicide Bereaved -----	021 431 6722
Coisceim low-cost counselling (9-5pm Mon-Fri)	021 4666180
Pieta House, Cork -----	021 4341400
Youth Suicide Prevention Ireland -----	www.yspi.eu
Teen Mental Health -----	www.letsomeoneknow.ie
Help reduce Suicide, Depression (facebook) ----	ÓLáGoLá



Enjoying themselves at the 'Live Show' in the John O' Callaghan Park were from (L-R) Louise Cummins, Julie Downey, Marie Conway, Tracy O'Sullivan, Majella Barry, Emer Crowe, Claire Daly.



Festival Sports Day 8,9 and 10 year old mixed sack race winners: (L-R) Don O'Connell (1st), John French (2nd), Eoin O' Loughlin and Eimear O' Farrell (joint 3rd).

Any readers with old photographs to publish please submit. Above photo's taken in August 1990 at the Riverstown Community Association Festival Sports Day.



Glanmire Youth wins TV3 Photo Competition

Local youth, Seamus Wulff from Upper glanmire stole the morning show on TV3 earlier this month when he walked away with the overall prize for a photo competition. Valued at 1000 euro the prize included a new camera and a large framed print of the fantastic image below.

Active with other local youths on the making of short films and a new online radio show called Rebel Exel this lucky young man has certainly found his forte. Seamus will leave GCC this year and head to St Johns to study photography. He is certainly someone to follow on facebook with the page called Shea Wolf Graphic Arts.



The Glanmire Area Community Association is very excited about the launch of our new Web site. The web site will feature up to date information on matters and events happening in the local area, photos, articles, an activities calendar and much more. We hope to have it live within the month.



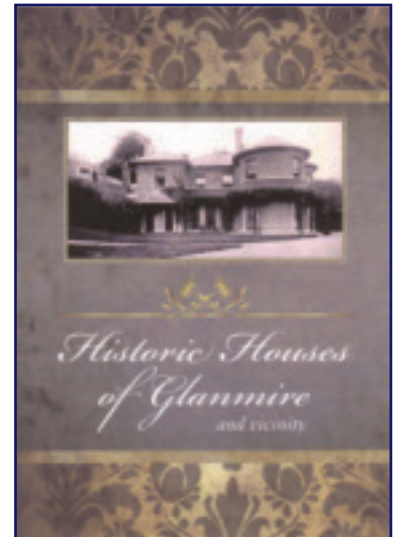
GACA NEWS



John Collins, Caretaker, and Hugh O'Sullivan, former Caretaker, Glanmire Community Centre.

The book *Historic Houses of Glanmire and vicinity* produced by Glanmire Heritage Society is now out of print, but if there is enough interest a reprint would be considered.

Contact Carol at the Community Centre, tel. 021-4821333



Some members of Glanmire Bowls Club at their Wednesday session in Glanmire Community Centre.



Tracey Carroll, Mayfield, Liz Whelton, Glounthaune and Deirdre Dee, Tivoli at the Sunshine & Umbrellas 80's disco & BBQ at Barry's of Douglas in aid of; Cork ARC Cancer Support House and Cork Cancer Research Centre. Photo: Donagh Glavin



Ashlyn, Daniel and Cait, fundraising at Super Valu



Niamh Cronin & Lucy Ryan with Garda Shila at Martin's Playschool

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Ethan O Donovan and Harry Loftus at Beva Cafe after graduating from Glanmire Childcare with moms Eva and Denises

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SEND your entries marked CROSSWORD to Glanmire Area Community Association, Riverstown Cross, Glanmire, to arrive by 21st July. 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, with your address.

Across

1. Apple drink (5)
6. Garrett (5)
9. Ultimate, greatest (7)
10. Express, say (5)
11. Mistake (5)
12. Memorise (5)
13. One more (7)
15. Dublin GAA sponsors (3)
17. Rim (4)
18. Type of cooker (6)
19. Eva Peron (5)
20. Citrus fruit (6)
22. Small insects (4)
24. Type of small dog (3)
25. Highest mountain (7)
26. Look intently at (5)
27. From Oman (5)
28. Fruit flans (5)
29. Astonish (7)
30. Burial chamber (5)
31. Berlin Airport (5)

Down

- 2 Mean to (6)
3. Housing development (6)
4. Regret (3)
5. Command (5)
6. Western Continent (7)
7. Type of bird (4)
8. Like an icon (6)
12. Go away (7)
13. Writer of fables (5)
14. Old Irish script (5)
15. Make up for (5)
16. Spectre (5)
18. Whiskey (5)
19. Self-centred person (7)
21. Wanderer (6)
22. Covered shopping mall (6)
23. Infectious fly (6)
25. Mistake (5)
26. Old word for photo (4)
28. Dynamite (3)

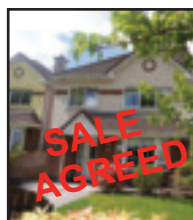


Sandra Horgan, Cout Lane,
Clash Road, Little Island
Co Cork Enjoy meal at BEVA
CAFE- P: 021 4858002

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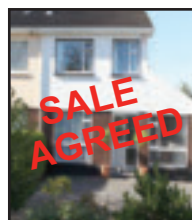
Blackpool 4220019
Glanmire 4821788



39 Marwood Avenue,
Glanmire



35 Ros Ard,
Upper
Glanmire



Dromana,
Barnavarra Hill,
Glanmire



17 Hazelwood
Close,
Glanmire



14 Brookville
Estate,
Glanmire



FOR SALE
17 Oakfield Avenue,
Glanmire



FOR SALE
15 Copper Valley
Vue, Glanmire



FOR SALE
6 Annmount
Glounthaune



FOR SALE
Clykeel,
Rathcormac



FOR SALE
5 Hazelwood
Close, Glanmire



FOR SALE
Ballinamoderee,
Carrignavar



FOR SALE
1 Glenrichmond,
Glanmire

Property
required for
Sales & Letting
in the following
areas;

Glounthaune
Little Island
Grenagh
Tower
Blarney
Cloghroe
Iniscarra
Glanmire
Watergrasshill
Montenotte
Mayfield
City Centre
Ballyvolane
Killeens

**Have you had
a DNG
Appraisal
on Your
Property?**



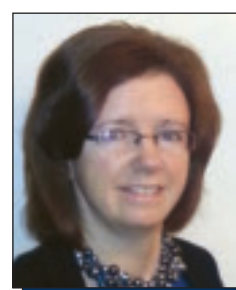
YOUR LOCAL DNG TEAM



Don Murphy



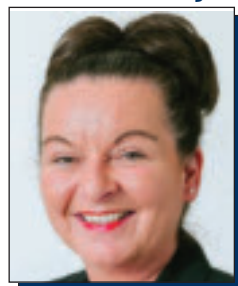
Kate Kearney



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Frances O'Brien



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