

Glanmire Area News

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THE DIFFERENCE IS WE DELIVER

Issue 6- June 2015

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

NUTS & BOLTS EXPORTS FUELS EUROPEAN EXPANSION FOR CORK AUTOMOTIVE LEADER – MacB

MacB Ltd, a Cork-based, automotive and engineering components company, established 30 years ago, after the closure of Ford's Car manufacturing plant in the City, is now driving a pathway to success, in the competitive €21bn European fastener industry, following a major accreditation endorsement, by prestigious German-based, DQS Auditors. MacB Ltd, based in Glanmire, Co.Cork -- is now gearing up to expand its export operations in central Europe, having earned the unique distinction of being the only indigenous Irish company in their sector to win the superior Quality (TS16949) Certification, which is an essential requirement for supplying major big brand Car Manufacturers in the EU.

MacB's focus on growth opportunities in the European market, developed out of necessity over the past decade, as John McCarthy, Managing Director MacB, had to follow a number of his customers overseas, as they relocated to Central Europe. These business relationships subsequently developed into successful customer partnerships, and today MacB Ltd employs 15 specialist staff in Cork, as they continue to expand export operations into Poland, Czech Republic, France and Spain.

The official presentation of the Award was made by (Cork North Central TD) Dara Murphy, Minister for European Affairs in Cork County Hall on 23rd March. Speaking in advance of the ceremony, Dara Murphy, (Cork North Central TD) and Minister for European Affairs, said: "MacB are a showcase Irish business success story, scaling up and expanding into the heart of Europe. It is a credit to the vision of John McCarthy and his management team, that a Cork firm, founded after the closure of Ford in the city, are now a vital link in the European automotive industry supply chain, exporting essential 'nuts &



L-R Domhnall Mac a Bhaird Founder Mac B Ltd. Dara Murphy Minister for European Affairs, TD Cork North Central. Daniel Lynch Quality Manager Mac B Ltd- John Mc Carthy Managing Director Mac B Ltd

bolts' components to their big brand corporate customers. I am confident that MacB will provide inspiration for other Cork-based companies seeking to develop market opportunities in the European Union with its 500 million population. This prestigious award will help MacB to further differentiate themselves in the competitive European marketplace and provides independent verification of their commitment to quality in every aspect of their business. I congratulate MacB on this achievement and wish them every continued success."

John McCarthy, Managing Director, praised the commitment of the staff in achieving this award. Mr McCarthy commented "any business is only as good as its people, and we have a skilled and dedicated team who give superior service to our blue-chip clients." MacB's customer list reads like a Who's Who in Automotive industry, including global giants, such as: Ingersoll Rand, Thermo

King and Eaton.

Having ridden out the difficult economic climate of the last few years, MacB is expanding again, having created a further 5 new jobs in 2014, with further expansion plans expected later this year, being fuelled by this quality award.

MacB is also targeting the growing Medical Devices industry, and is in advanced talks with a number of US-based companies, to provide Sourcing services to their Irish divisions. The company is working with the MEDIC Centre in CIT to provide product design and inspection services to its clients. Daniel Lynch, Quality Manager praised the support and facilities available at CIT and said "it is a major benefit to us to have the services of CIT available on our doorstep." He added "the senior management team at MacB, are all CIT Alumni, and CIT will continue to be an important resource of skilled employees for the future."

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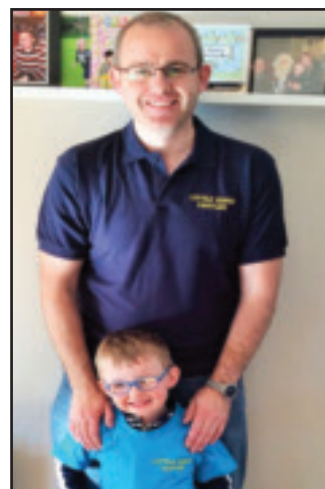
Please contact Imelda Reynolds for

further information:

Phone 021 4823625

email friendsolp@gmail.com

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



Name: Iain King

(Owner of Little Kings Castles
Glanmire)

Favourite Film: The Shawshank
Redemption

What are your hobbies & Interests: Running, playing computer
games & Munster Rugby.

Greatest achievement: Definitely
my two boys, Alex (3) & Rian (8
months)

**How long have you lived in
Glanmire:** Since I was 3 years
old!! So a very long time!!

**What do you like about living in
Glanmire:** I have great memories
of growing up in Glanmire. There
was always a great sense of community
here and there still is. It
was a great place to grow up and
I wanted my children to share the
same experiences.

**What are your aims for your
business?**

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If You've Ever Considered Seeing A Chiropractor You Must Read This Now

If you suffer from a health problem and have considered seeing a chiropractor, this could be the most eye-opening article you'll ever read.

Imagine for a moment that its 6 months from today...

You're enjoying what you love to do...playing golf, playing with the kids, or maybe just laying on a beach somewhere.

You're free of the pain and health issues that were holding you back. You have more energy, better health, and absolutely no pain.

Does this sound too good to be true -- to live pain free, like you were in your younger years?

In a minute, I'll tell you how you can make this a reality. But first you should know a little about me.

My name is Dr. Eric Kelly. My family and I chose Glanmire eight years ago because we loved the town. Since then, I've used gentle chiropractic treatments to help hundreds in our community feel better and live healthier, more productive lives.

"Does Chiropractic Really Work?"

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly. Even top sports star and entertainers... like Tiger Woods, Emmitt Smith, Michael Jordan, Tony Robbins, Joe Montana, Gov. Arnold Schwarzenegger and Mel Gibson.

In fact, the U.S. government is so convinced chiropractic works they've been paying for it through the Medicare system for 30 years.

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: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- Stanley Bigos, MD, Professor of Orthopedic Surgery

Although chiropractic works great for back pain, at our office we've helped patients with a wide range of problems.

"Isn't Chiropractic Just For Back Pain?"

We can help conditions like...

- Headaches and Migraines
- Asthma and Allergies
- Numbness in the Arms and Legs
- Carpal Tunnel Syndrome
- Athletic Injuries
- Car Accidents
- Shoulder, Hip And Knee Pain
- And much more



"Don't Let Pain Keep You and Your Family From Experiencing a Full Life."

There's an endless list of health problems chiropractic can help with. For example, here's what a recent study on chiropractic and high blood pressure found...

"This procedure has the effect of not one, but two blood-pressure medications given in combination... And it seems to be adverse-event free. We saw no side effects and no problems" said study leader George Bakris, MD, director of the University of Chicago hypertension center.

"How Much Does Chiropractic Cost?"

It's impossible to know for sure what you'll need to get rid of your nagging health problem until we've examined you. That's why for 14 days only, €40 will get you all the services we normally charge new patients €265 for!

What does this offer include? Everything we normally do in our new patient evaluation. Take a look at what you will receive:

- An in-depth consultation about your health where we 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 misalignments, bad posture, and joint degeneration... (NOTE: These would normally cost you from €95).

- A thorough analysis of your exam and x-ray findings so we can map out your plan to better health.

We will answer all your most probing questions about chiropractic and what it can do for you. The appointment will not take long at all and you won't be sitting in a waiting room all day either.

To take us up on this special offer, you must come in before the 15th June 2015.

Phone 021-4824450

When you call between the hours of 9:00 am and 6:00 pm Monday through Thursday and 9.00am to 13.00 pm Friday, to avail of this discount you must tell the receptionist you'd like to come in for the "Special Chiropractic Evaluation" with Dr Eric Kelly before June 15th, 2015.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, next to the AIB in Glanmire

Sincerely,
Dr. Eric Kelly

P.S. You've got enough people trying to waste your time with risky treatments that you don't really want or might not need. We are not one of those people.

What we are offering here is something quite different. We encourage you to call today and start living a healthier, more joyful life.

P.P.S. Why Suffer With Years Of Misery?

The big myth about health problems is "maybe it will just go away on its own."

A 1998 study in the British Medical Journal proved this myth false, showing that most back pain sufferers who do nothing will have pain 12 months later.

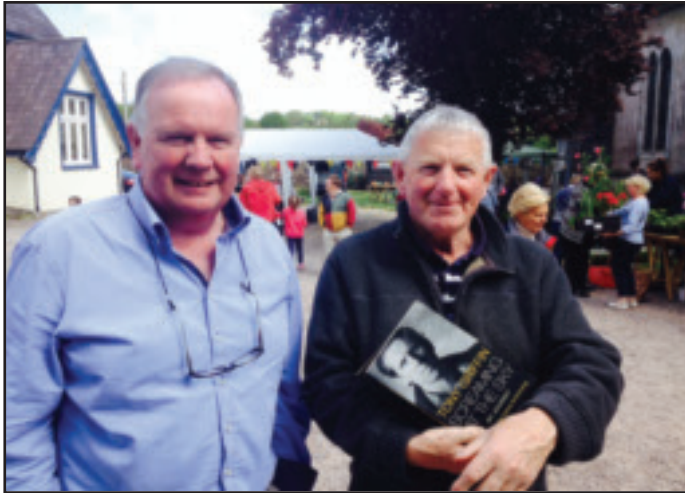
That's no way to live, not when there could be an easy solution to your problem.



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GACA NEWS



Frank Houlihan and Billy (Hawk Eye) Meany At the Garden Fête.



Clodagh Callaghan, Ruairi O'Callaghan & Siobhan O'Callaghan

Garden Fête Success at St. Mary and All Saints Church



Rachel, Alison, Barry and Tom O'Flynn

FINAL OF THE OVER 60'S TALENT COMPETITION 2015

JUNE 7TH 2015 THE FINAL OF THE OVER 60S TALENT COMPETITION WILL TAKE PLACE IN CITY HALL AT 8PM TICKETS AVAILABLE AT THE COMMUNITY CENTRE OR IN PRO MUSICA ON OLIVER PLUNKETT ST THERE ARE 14 FINALISTS FROM ACROSS CORK CITY AND COUNTY - DOMHNALL MAC A BHAIRD WILL BE REPRESENTING GLANMIRE

EVERY ONE SENDS DOMHNALL BEST WISHES HE DID GLANMIRE PROUD IN THE SEMI FINAL .

COMMUNITY ASSOCIATION PUBLIC MEETING

Monday 8th June at 8.30pm

in Riverstown Community Centre All welcome

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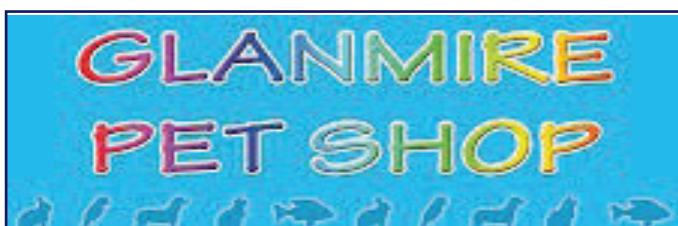
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NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

BY "THE FOREIGN CORRESPONDENT"

TIDY TOWNS: At the launch of the 2015 competition on March 26th. Minister of State for Rural Affairs, Ann Phelan, said; "The SuperValu Tidy Towns Competition encourages the efforts of local people who bring huge benefits to their communities. It recognises all the work of the Tidy Towns volunteers, from the planning stage to the completion of projects. It gives communities a vehicle to come together to effect change where they live. Each year for the last four years this competition has attracted over eight hundred entries from cities, towns and villages throughout the country and I hope this impetus is sustained this year". Well, the inaugural competition was held in 1958 and Glenties, Co. Donegal won the national award that year, and was also victorious on four subsequent occasions making it a record five. In 2014 the village, which was awarded three hundred and thirteen marks, was just seven behind the overall winner Kilkenny, winning a gold medal and also securing the top County Donegal position in Category "C". That, some fifty seven years later, is truly remarkable but of course anybody who has visited this beautiful little gem, located north-west of the Bluestack Mountains, would not be surprised with this outstanding achievement. Glounthaune was first entered in the Tidy Towns Competition in 1966 and secured sixty per cent of the marks on offer and was just an agonising three short of a prize. The village then won an unprecedented three in a row Southern Tourism Region Awards in 1967, '68 and '69. It was in fact the sole Cork winner in 1968 with an eighty three per cent mark, was placed first in Munster from an entry of two hundred and fourteen, and tenth in Ireland from an overall entry of five hundred and thirty one. In the 1970 competition the award was lost to Sneem, Co. Kerry by just one mark, and in 1971 it was Sneem again when the differential was two. However in both years Glounthaune with Ballycotton was placed joint first in Cork County. It was difficult to maintain such a high standard, especially in a competition where just one mark is so precious. Also unlike now, recognition, acknowledgement, and support from bodies such as Cork County Council was not fashionable, and on some occasions they were in fact found to be a hindrance. This was also of course the era of pre SECAD also of company or personal sponsorship was not heard of either. Disheartening aspects abounded within the community also as many were not familiar with the Tidy Towns concept. It was "a new thing". The efforts made by a few enthusiasts, and it was just a few, were sometimes frowned upon and naturally this was a great cause of irritation, moreover when remarks such as; "they are doing the council men out of work" were circulating. Decode that! The reality is that this "principle" was an escape clause insofar as that those with such a view were comforted



by the fact that a hazardous distraction of involvement would be avoided. This "new thing" was not a facility for spouting impressive bluff; on the contrary it entailed real hard work. To put it simply; The Tidy Towns Competition separates the Wheat from the Chaff. In 1975, and even though having obtained a highly commendable seventy per cent mark, the adjudicator commented that; "Glounthaune seems to have relaxed". It is worth noting that Glounthaune was awarded a plus fifty nine per cent mark in 2014 and that puts the "glory years" standard and achievements in perspective. A lapse in participation followed and in the nineties a Glounthaune Tidy Towns Committee was established which, as per advise on their Spring Newsletter, was; "to provide a focus to galvanise the community to work together to ensure Glounthaune was not only a great place to live but also to work in and visit". The organisation is responsible for Glounthaune's entry in the Tidy Towns Competition and in recent years great progress has been made. It is admirable that apart from last year's blip when a drop of 6.39% on the 2013 figure was recorded; there has been a percentage increase on marks awarded each year since the 2008 competition. Naturally this must be satisfying and very encouraging to those who freely give of their valued time for the benefit of the area. The Glounthaune Tidy Towns Committee held a survey earlier in the year and the feedback was interesting. Again referencing information per their newsletter the highlights of living in Glounthaune included; the village itself, the "Old Road", the train station, Fitzpatrick's Shop, the playground, the church, the "Dry Bridge", the community spirit, the St. Patrick's Day parade and the people. The listed amenities which were felt to be lacking included; traffic calming measures, pedestrian crossings at the church and railway station, a footpath to Little Island, tennis courts and public gym equipment at Craig's Field. The following insufficiencies were also specified; a cycle lane from the "Elm Tree" to Dunkettle, Multi User Games Area, more seating near the playground, a coffee shop, a biodiversity park and walkway, goalposts in Craig's Field, dog poo bins, improvement of road surface, a monthly newsletter, a community book club and the issue with local transport closing times. Suggestions

for future projects included; a circular community walk, a community garden, signs for each of the townlands, knotweed eradication, footpath renewal from the church to Fitzpatrick's Shop, more visible roadside flowers and plants, and a walkway beside the water – possibly a boardwalk. There is plenty there to "work-on" and interesting that the latter was also suggested in this column six years ago, the June 2009 issue. It was pointed out that a great opportunity to provide a classic walkway during the construction period of the N25 East Cork Parkway was not availed of. The walkway location to be at the rear of the earthen road bank on the eastbound carriageway; run west from the bridge at the mouth of the inlet and continue along the foreshore of the tidal estuary opposite Glounthaune Village to the old Crompán crossing point. Then eastwards by means of a boardwalk for a short stretch south of the rail line to the western end of Craig's Field. It asked; "Would the foregoing merit consideration even at this late stage? Would this not be an appropriate community project?" Well, perhaps that is all for the future but the important matter right now is that nationwide adjudication of the competition has begun. The adjudicator invariably visits Glounthaune during the month of June so the area is presently under high alert! An extra effort is being applied this year and this is reflected in the splendid appearance throughout the judging area. The planting of three thousand beech hedging on the approach roads is complete so there will be no shortage of work when the trimming years arrive! However, will there be a shortage of volunteers to meet the task? The foregoing relates to Glounthaune but the tremendous effort on improvements to the Little Island and Knockraha areas must not be overlooked. Those involved should be justifiably proud that their admirable efforts have been duly acknowledged by the Tidy Towns adjudicators. Ar aghaidh leis an obair.

Hurling & Football: The style has changed enormously down through the years and this is not just confined to the playing fields. It also includes apparel, training methods, administration, etc. For example at local level there is a picture out there of the Leaside (Glounthaune) 1930 hurling side that won the Watt Cup with

players Tim Hayes and Michael O'Regan wearing hats, and at least two other players had theirs placed on the ground. Four or more players of the Little Island teams in the mid-fifties wore caps; however the most infamous example occurred in the late fifties when in an effort to conceal his identity a Little Island "under-age" player wore a beret for a few years to hide his conspicuous hair colouring in F 14 matches! Also, some players frequently wore long trousers and substitutes wore their Sunday best sports jacket. Oranges were the popular half time refreshments and the players who were "out of breath" availed of a Woodbine. The dressing room was often located under the briars near a ditch where there was always a sniff of wintergreen. The medical box mainly consisted of a few bottles of iodine and a couple of round flat stones. Those stones were of particular assistance when a player got an "accidental" belt on the head, and concussion was avoided as soon as the stone was placed on the injured area. If the medical officer overlooked to replenish the box the old penny was every bit as good. Strenuous training at Young's Field in the sixties was a whole new ball game. Novelty "after dark" training was introduced courtesy of the headlights from a few cars, and the post training meal was very popular. A pint bottle of milk with a creamy cake was the sole item on the menu, and the lavish dining area was under a tree alongside a sheltered ditch. Lovely grub! Fast-forward now to 2015 and lo and behold we read that; "Erins Own GAA stars practice age-old tradition". No, this was not referring to the foregoing, it was "Yoga"! What? Alas, the Gaels who only recently got familiar with the traffic cones are now burdened and confused with exotic words such as; relaxing, evolving, refreshing, and stressful, flexibility and meditation. These have obviously replaced the traditional stuff like; pull on the ball on the ground, double on it, get out in front of your man, hook him, block him down, let him know you are around, you know what to do the next time, use the ash, four laps of the field etc.! One would expect that any club officer who would have experienced that uncomplicated era would get a grip on the present goings-on and bring some sort of sanity to this outlandish behaviour. But according to local gossip, which is always a good barometer of evaluation, "they are at it from the top down". The yoga teacher is quoted as saying; "I was actually really surprised when they expressed an interest"! Aren't we all?! Rumour has it that a warm-weather training camp has been arranged for Barcelona from July 2nd. / 6th. This will coincidentally fit-in nicely with the renowned annual Barcelona Yoga Conference which is being held on these dates! No se olvides de las esteras!

SLÁN ANOIS ©

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Saturday 28th Dolores Flores D.J.
April
Saturday 4th Black velvet band
Saturday 11th Dots and Henny
Saturday 18th The Classics
Saturday 25th Bone dog Blues band
May
Saturday 2nd Edge of heaven
Saturday 9th The classics

Breakfast
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10-12pm
Saturday 10-1pm

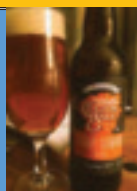


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Charlie Wilkins

THE EVERGREEN LEAGUE

Imagine if you can, a world without green foliage. How impossibly dull and uninspiring it would be. What would clothe the dark unexceptional ground of our hedgerows, woods and gardens? What would soften the bare legs of winter trees if ivy (for example) did not spread its shiny triangular leaves about them or if we had a bland replacement for deep green grass which lies across the countryside like a rug from Isfahan?

Since early May I have been looking out on, and admiring, something wonderfully evergreen and blue; the foliage and spreading blooms of *Campanula pusilla* 'Miss Wilmot'. This treasure for the rocky, alpine garden and border has been brightening a pathway with sheets of mauve blue, so numerous and compact that when viewed from a distance it looks like a ribbon of pale blue lawn. These are the 'fairies thimbles' beloved by children and since their introduction to the garden many years ago they have spread to every conceivable nook and cranny. Even from the window of the garden studio I can see self-sown seedlings of the loveliest blue which have migrated from 'out front'.

Passers-by stop to ask its name and how to encourage it into spreading sheets of blue and green. It is sold I tell them, as *Campanula* 'pusilla' or *C. muralis* and often by the tongue-twisting name of *C. portenschlagiana*. Whichever, this variety of evergreen campanula which spreads so willingly has a singularly rich colour and its shape is charming especially just before the blooms open. When these first appear as five-sided buds they can look like tiny, tiny lanterns, so tightly closed as though their little seams had been stitched together. As they open, the tiny bells of deep violet (which repay closer examination) reveal not only the purity of their petals but their greenish-white throat from which rise a pure white pistil. Such an examination may be a private pleasure of course, and is unlikely to be the principal reason for which anyone

THE EVERGREEN LEAGUE



Above: Invasive to a point, *Campanula pusilla* is no problem to remove when in travels (as it will) to every available space in the garden. For all that, I wouldn't garden without it!

would grow this sumptuous spreading evergreen. It is for the splash in the border that it will be chiefly esteemed, a value scarcely to be exaggerated.

Campanula pusilla is indeed desirable and it should be especially valuable to people whose gardens are on a poor, hungry soil. It seems to enjoy being starved. Large clumps of manure or compost have no attraction for it. Stones and gravel and as much sunshine as possible is what it likes but because it is most accommodating it will oblige you by growing almost anywhere within reason. The only drawback to these perpetual wonders is their resentment to being transplanted. In order to have them succeed, do not divide or dig the clumps until near to mid-September. Then, lift a clump and without allowing the root-ball to fall apart divide into two or more portions and replant immediately. No further maintenance is needed.

PREMIER GARDEN SHOW OF THE SOUTH

Established gardens are imbued with an elusive spirit, a lingering presence of the passing years, and whilst no one could argue that the permanent gardens at Mallow racecourse are in any way ancient, they do seem to possess a kindred spirit. It may have been born of commerce I suspect, but it hides a wish to exist in perpetuity! Perhaps it will, for this coming June 5th 6th

and 7th the festival is once again set to attract the gardeners of Munster and beyond. The three day event will have all the garden related attractions of the past; over 20 display gardens (many completely new) plant specialists, trade stands for pottery, decking specialists, unusual exotics, water plant specialists, plus free demonstrations and presentations from a team of well-known personalities and a flower arranger. Boasting 3 million plants on display the show this year is expected to attain the kind of notoriety and success it achieved in its inception-with none of the upsets or disappointments.

Additional attractions include the use of the new Pavilion for the demonstrations and presentations, a Vintage Car and Motorcycle display, Arts and Crafts, an Artisan Food Show, Active Retirement studio, a Pet Show, and on the Saturday, a visit from RTE to film part of their series 'A Taste of Success'.

The permanent gardens I am advised, are once again being completely re-vamped under expert landscaper Darren Drummond, and whilst some will retain features from their original design all except one, will have new additional plantings. Darren's new 'Children's Christmas Garden' will give followers of the very successful 'Frozen' an insight into the magical world of snow and a frozen landscape! As in the past, there will be flashes of brilliance from designer Larry Lynch. His creations are normally

of the type you would love to take home at the end of your visit. Chris Heffernan too, is another gifted gardener working on an entirely new garden where the Turtle Mound used to be.

If security in the garden is important to you then the re-worked display of Ger Baker's trellis-topped fencing, outdoor storage bins and summer houses will surely tempt and delight. More again will possibly be quirky, outré, expensive, impractical, and impossible to replicate at home. All however will draw comment and speculation and that's what the show is all about.

The Mallow Homes and Garden Show is as always, located on a major arterial road and rail network and you can arrive by car, rail or shuttle bus service. There are other reasons of course why this splendid annual event sets it apart from all the other festivals around the country. For starters there's unlimited spacious parking on site, which is totally free to all exhibitors and visitors. Just imagine what this one facility would cost you elsewhere! Then there's the fact that children go free and the cost per adult remains a mere €10. Tell me where else today can you get a whole day's gardening entertainment for this kind of admission price? Come see the gardens, meet your friends, peruse the plant stalls, sit for the presentations and enjoy the food area. Wet or dry, Mallow is the place to be on June 5th 6th and 7th

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LADIES FOOTBALL

U14

Well done to the u14 footballers who had a fantastic win over Fermoy. The girls travelled to St. Colmans pitch to give an exhibition of football despite the lashing rain and strong wind. Erinsown played against the breeze in the first half and went in at the break well up. Ellie Crotty played her usual commanding role in the forwards to score some top class goals. Fantastic support play came from Shauna Cunningham, Helen Savage and Sarah Kiely, who also scored a cracking goal of her own. Abbey Delaney adapted very well to her new role in the full back line, along with Emma Crotty and Aoife Kelleher who were all superb in defence. Anna Mulcahy and Fea McCoy worked extremely hard to win and deliver the ball in the forward line. Alannah Mahon added to her tally this season with another outstanding point. Well done to all involved.

The following weekend the girls traveled to Aghada to play the East Cork League semi final. The girls gave a very gutsy display of football and were unlucky to come out on the losing side. The girls had an explosive start, Helen Savage and Sarah Kiely won the throw in and drove forward. This resulted in a goal and a point in quick succession. Rachel Kelleher settled very well into her new position at wing forward making great runs up and down the right side of the field. Ellie Crotty stood up to take a free out around the 40, and at her ease fired the ball over the bar. Ellen Harrington and Emer Delargey both read the play very well at wing back. Ana Cruceanu was inspirational in the number 3 position bursting on to every ball, Emma Crotty and Aoife Kelleher played their usual solid game in corner back and made some fantastic blocks throughout the game. Sophie O'Neill was our player of the match in goals, she made outstanding saves which kept us in the game throughout. Fiona O'Neill made a great impact when she came on in the second half, winning and taking on the ball. We would like to wish our opponents Aghada the best of luck as they now go forward to the County A section.

U12

After a very wet long weekend the Erin's Own girls travelled to Fermoy on Monday evening to play their game.



Presentation to Michael 'Mickio' O'Connor Erin's Own's Main club Spon (1)

Conditions were dry and overcast, with little to no wind. The game got off to a late start as the referee went to the wrong pitch. Never the less we stayed warm and started the game when he arrived.

The game got off to a lively start with both the backs and forwards been put through their paces. After 5min in we got our first point. The forwards were on fire. Shauna Murphy corner forward collected a high ball in the air, went on to hand pass to Kate Cogan who then in turn buried it in the net. Sarah McCarthy from half back got a run on the ball and travelled to put it over the bar. Score going into half time was 1-3 to 0-1.

A short break at half time as the light was fading and we got back out on the pitch. Again we lead this half. The constant team work between the girls was brilliant. Leah O'Shea played out of her skin by scoring another 2 goals. The backs defended the goal with great strength. Emma O'Neill got every loose ball and cleared it down the wing. A free was given to Fermoy in the last 10 minutes from 20ft outside the goal line. It was to be a low ball into the corner of the net but with the skill of our goal keeper Grainne Guest (GG) this was not to be. When substitute Rebecca Foley came on the forward line, she wasted no time and on her first touch of the ball put it clearly over the bar. Well done to Fermoy who put in a great effort in what was a cracking game. The final score was 3-5 to 0-1 to Erin's Own.

SPIKE ISLAND ADVENTURE

On a windy wet Sunday, the U12 girls boarded the train at Glounthaune for Cobh. There was great excitement at the adventure ahead of us. We walked the short journey from the train to the ferry. On a quiet Sunday morning the sound of 25 girls giggling and laughing was the only sound on the street. The ferry took us to Spike Island. We meet our team leaders on the pier. From here they took charge. Push ups were the first task. Each girl got a code name and used it for the day. We traveled into camp. The day was spent doing team build challenges including carrying 'Bob' a life weight manikin around the island to be sprayed with water while crawling under nets. Each and every girl gave 100% and the U12 team came away from this day a lot stronger and united than ever before. Charlie Tango..... Over and out.



Golf Classic Launch in Cork Golf Club on the 25-04-2015 (10)

Lotto Results Wednesday

13/05/2015: No winner this week numbers drawn were 2,22,23,28, €30 to Mary Waterman, Jack & Hollie & Evie O'Shea, Next weeks Jackpot €10,060, Tickets can be bought from any member or you can know play lotto on line through the clubs website www.erinsowngaa.ie, Thanks to all those who support our clubs lotto.

Club Shop: The shop will be opened on Saturday 10am to 12pm & Sunday 11am to 12:30pm, any queries or questions on stock or orders just drop an e-mail to Dara at erinsowngaaclub@gmail.com or phone or text Michael on 086 8699145, Kieran on 087 7787759 or Dara on 089 4464412.

Michael 'Mickio' O'Connor, the Erin's Own club's main sponsor, received a special presentation of an engraved ornamental Hurley from the officers at a lunch in Cork Golf Club on Saturday to mark the amazing contribution he has made to the club.

Mickio, his wife Liz and family have been lifelong backers of the club and that is deeply appreciated by all the members. Mickio himself has given unwavering support for 50 years, both as player, coach, selector, officer, and fundraiser and for the last ten years the club's main sponsor.

This year also marked his 21st year as organiser of the Golf Classic, the club's main fundraiser which also doubles as a social evening. For added measure he drives the GAA Clubs' draw with Martin Bowen, another major source of club revenue.

Chairman Tom Aherne and Secretary Jamie Murphy in paying tribute said he was truly a legend

and his name would be indelibly printed in the club annals.

GOLF CLASSIC:

The 21st staging of the Erin's Own Golf Classic will take place at Cork golf club on Friday, June 12. Outside of the GAA Clubs' draw, this is our main fundraiser so your support is vital to raise funding for new projects the club has in the pipeline, including a Ball Alley with all-weather surface. Members, supporters and business people can row in by either entering a three-man team for €180, sponsor a tee box or maybe a prize (i.e t shirts, umbrellas etc. Thanking you all in anticipation of your support & generosity in the past.

Contact Michael O'Connor on 086 2601136 for Teams & sponsorships

Erin's Own Schools Coaching Scheme

Road to Grass 5km Fun Run
You can now register on line at www.erinsowngaa.ie

Whose the fittest?

This year we are hosting the 'Road to Grass 5km Fun Run' on the evening of Sat, June 13th.

We are inviting individual runners, families and also this year a team of 3 competition.

So get two of your buddies and test yourselves to see are ye the fittest trio in Erin's Own!!

We will have more prizes for different underage categories this year so get onto your teammates and see would they like to race!

After the race, we will have lots of fun activities for the family like Summer BBQ, long puck competition, and much more..

- Niall McIntyre, Schools Coach



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DMAT is part of the FP7-funded ODIN project, led by Dr Mairéad Kiely and Professor Kevin Cashman, University College Cork.



Leeside FC

Players from U11, U12 and U15 teams pictured with John Kavanagh (Cork City) & Chairman Wayne Barrett.

LOCAL BUSINESS'S HELP RAISE FUNDS FOR NEW CANCER CARE CENTRE

The Annual Mercy Hospital Foundation Golf Classic took place at Fota Island Golf Resort on Wednesday & Thursday 15th & 16th April.

The event this year was held specifically to raise funds for the new specialized Cancer Care Centre in Shears Street.

The event was won by the team representing Rochestown Nursing Home with local teams BarBk2, Sarsfields & MacB also in the prizes. Former Sars hurler Pat Smith won the Longest Drive.

Organized by local businessman Jack French the event was a huge success in

raising over €21,000 in vital funds for the New Centre.

Jack French, Chairman Mercy Hospital Foundation Golf Classic was delighted with the turn out, commenting 'We had 61 teams of four at €400 per team and it was great to see so many golfers out supporting a very worthy cause. 'We will be concentrating our efforts in raising funds for the next couple years for the new Centre' 'There is a great deal of goodwill from the public towards the Foundation and I would like to thank all the sponsors as well who contributed to the event



Bar Bk2 Tim Murphy, Liam Keating, Mick Burkley, Colin O'Neill



Ger Harte, Pat Smith, David McCarthy, Pat Roche.



Super value Terry Walsh, Ray Duane, ger Stanton, Ambrose Mitchell



MSL Team Peter Coughlan, Declan Casey, Jim Coughlan, Dave O'Sullivan



Super value Terry Walsh, Ray Duane, Ger Stanton, Ambrose Mitchell.



FloGas Team Denis O'Sullivan and Denis Harrington from the FloGas Team receiving 2nd Prize



Credit Union John Ryan, Jane Ryan, Theresa Roche, Barry Murphy



Mark Crowley, Jack O'Keefe, Dr. Dan Crowley, Teddy Vaughan



Subject: Bertie Og and Ronan Murphy with GAA pundit Michael Duignan at Punchestown to watch Glanmire horse UnDeSceaux win the big race.

You Are Not Alone"

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

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

For more information contact Collette on 087/1897315 or Anthony on 087/6838861

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Cumann Peile Gleann Maghair Glanmire Football Club Latest News

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www.glanmiregaa.ie



Glanmire Football Club Golf Outing



Buckley Team /Michael, and Stephen Burkley with Liam Dunlea



OCC Team Johnathan O Callaghan Ger Lettice and John Walsh



Michael Burns Property Team Billy Morgan, Ger Keogh and Kevin Kehily



SARS Golf Society team Ray Rahilly, Eamonn Kelleher and Ger Harte



Sarsfields Hurling Club are pleased to announce the appointment of Deirdre Murphy to the position of Senior Bar Person. Coupled with her experience and organisational skills, Deirdre brings tremendous energy and enthusiasm to her new role. We wish Deirdre all the best in her new position, and no doubt will receive tremendous support from all our members and customers.

Glanmire Youth Club!

Would like to thank the businesses in Glanmire who supported our Fund raising Raffle recently, I Kids, Phelen's Chemist, Riverstown Inn, Trabolgan Holiday Village, Cafe Creme, Shirley's Beauticians, Hair for Men, Cafe Beva, Sheehan's Butchers, O' Connor Motor Parts, Pharmacy First Plus, Luchianos, Connections, Clara Kelly, Denis Hegarty Flooring, Xcelrs, The Kopper Hair Studio, The Planet Blackpool, The Hair Dresser, Mc. Carthy Sports, Vienna Woods, BK2.

A big thank you to our members and their families for selling the lines and to you the public for buying them. Your support helps Glanmire Youth Club to continue running.

Thank you to Super Valu Glanmire for their donation of Easter Eggs and their constant support.

Thank you to Bank of Ireland Glanmire and AIB Glanmire for their generous donation.

Virginia O' Hehir, Chairperson.

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ABDOMINAL AORTIC ANEURYSM

Common, silent and sometimes..... lethal

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

The aorta is the largest blood vessel in the body. It arises from the heart and distributes blood throughout the body, passing through the abdomen, before branching to supply blood to each leg. An AAA is a ballooning of the aorta in the abdomen. An aneurysm is where the blood vessel balloons out, usually due to a weakness in the wall. The pressure within the vessel forces the aneurysm to expand, a bit like a balloon inflating.

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

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

AAA ask your GP to arrange a scan.

Whats the problem with AAA? Most AAA are small but they gradually enlarge, like a balloon expanding. Once an AAA is large the chance of rupture is high, and the outcome is usually fatal.

Prevention is better than cure. Smoking is a risk for both the development and progression of AAA. Quitting smoking is really important, and your pharmacist, GP or the HSE have very effective smoking cessation help. High blood pressure tends to inflate the aneurysm, so get your blood pressure checked, and if elevated, take effective steps to control your blood pressure. Symptoms of an AAA? Most people with an AAA have absolutely no symptoms. Regrettably the first symptom, pain associated with rupture, is often the last symptom. Sometimes your doctor may feel the AAA, but this is not easy.

An ultrasound scan may help diagnose an AAA. This is the easiest way to diagnose an AAA, and the scan will also measure

how big the AAA actually is. The size of the AAA is really important in deciding how to treat the aneurysm.

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

Treatment of an AAA: Some general measures are really important. Quit smoking, lose weight, control blood pressure and cholesterol are key. Surgery is an option in those with large AAA. In some people the aneurysm is cut out, and replaced with a graft. This is a major operation, but is a long term solution. Sometimes the surgeon will put a stent across the aneurysm. Stenting is much easier for the patient, but may need to be repeated years later.

Screening for AAA: Some coun

tries offer an ultrasound scan to older men, usually aged 65y and older. Such a scan can pick up AAA, and allow management in a carefully planned fashion. This has been shown to save lives. There is not a national screening programme for AAA in Ireland. If you have any concerns about AAA, you should make an appointment to see your doctor.

Dr Diarmuid Quinlan,
MB, BCh, BAO, BSc (Hons),
MRCGP, MICGP, DCH,
DFFP, Dip Pract Dermatology
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WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Junior Football Round-Up

White's Cross Junior A Footballers have had some great jousts over the years with our near neighbours Brian Dillons, who as well as being based just in the road at Dillons Cross, also have their main grounds in Ballinroe, White's Cross. In recent tussles however Brian Dillons have had the upper hand over our team – in 2013 and 2014 they beat us six times on the trot between league, cup and championship encounters! Thus when the 2015 championship draw pitted us against the boys in blue once again there were some furrowed eye-brows amongst White's Cross folk. Championship night was a wet night at Ballinlough and the greasy ball meant that mistakes could be very costly, and White's Cross found themselves benefiting from such errors with a couple of sucker-punch scores to lead 3-4 to 0-5 early in the second half. However in this see-saw encounter the Dillons boys dominated most of the last quarter and reeled in the lead to race two points ahead with time almost up. The White's Cross lads showed true battling spirit however to kick two points late on and bring the game to a replay: 3-6 to 2-9. Going into this encounter, White's Cross found themselves without the services of two starters from the first day – both Dylan Burke and Paul O Sullivan pulled hamstring. With a number of players already ruled out through long term injuries, this was really going to test the strength of our squad.

Little did we know however, Brian Dillons also found themselves short a couple of key players on day two, and for whatever reason they never got going in this replay. Meantime White's Cross continued to show an eye for goal, once again kicking three, to lead all through and come away with a 3-9 to 2-3 victory. Dillons now must travel the scenic route, as they play a back-door game against St. Vincents, to get themselves back in the championship mix. White's Cross will be up against it once again as they face Douglas in the quarter final – this Douglas side had a very comfortable victory against last year's finalists Passage in Round One. In the Junior B Football Championship the second White's Cross side are also through to a quarter final – they await the winners of Mayfield and Nemo Rangers.

Junior Hurling Matters

In Junior Hurling, a decision at the end of 2014 to re-grade down a division, has meant our hurlers are now competing in the Division 2A league. This decision has proven a winning one, with the team unbeaten in their opening five encounters against: Rathpeacon, St. Vincents, Douglas, Brian Dillons and St. Finbarrs. What this decision has also opened up is inclusion in the Junior B County Hurling Championship – unlike its equivalent A grade competition that sees only divisional championship winners competing – the B competition is an open draw competition for all first teams playing

at the grade across the county.

This would be the first time since the late 1990s that a White's Cross junior hurling team participated in the county championship. Thus there was a great sense of pride and intent evident amongst the squad of players who gathered in the dressing-room in Shanbally on May 16th, under the stewardship of John Barry (Manager), Dinny McCarthy (Coach), John O Sullivan and John O Connell (Selectors). Moreover these feelings were translated into a gigantic performance that saw our opponents Belgooly blown away in the opening 20 minutes. Three goals, a pair from Kevin Buckley and the other from Eoin Murnane, left our south east opponents deflated and ensured that White's Cross were always in command and romped home on a 3-18 to 0-5 score-line. In conclusion it's all systems go in both codes as we face into the summer months but while the opening championship encounters of 2015 have proven hugely satisfying, the White's Cross lads are long enough around to know that much stiffer and bigger battle lie ahead.

White's Cross GAA Lotto Up-Date Results from May 11th:

Numbers drawn: 3/11/18/24. No jackpot winner. €50 lucky dip winners: Helen Dilworth, Carol McCarthy & Carmel Donohoe. Next jackpot 4,000 euro.

Results from April 27th: Numbers drawn: 9 / 16 / 20 / 28. No jackpot winner. €50 lucky dip winners:

John Barry, Frank Cunningham & Rob Boland.

Results from April 13th: Numbers drawn: 6 / 7 / 13 / 15- No jackpot winner - €50 lucky dip winners: Niall Forde, Mary McCarthy & Tim Healy.

Thanks to everyone who supports our Club Lotto Draw that takes place every fortnight – this income stream has made possible many of the exciting projects completed at our Club Grounds in recent years.

Sign Up for Kellogg's Cúl Camp

Now! This summer's White's Cross GAA Kellogg's Cúl Camp has been timed once again to coincide with the school holidays at Scoil Naomh Micheál, Upper Glanmire N.S. and thus commences the first full week of the school holidays. It runs from Monday to Friday, June 29th to July 3rd commencing each morning at 10am and finishing all five afternoons at 2:30pm. This year there is a great new kit for all participants, including for the first time a really Cúl zip top! Application forms and further details have been circulated through Scoil Naomh Micheál, Upper Glanmire N.S. during the last week of May – completed applications forms are to be submitted by June 12th. Alternatively you can book online - for further details check out www.whitescross.gaa.ie or www.kelloggsculcamps.gaa.ie. Note the White's Cross camp is open to boys and girls from 5 to 13 years inclusive.



Sign up in good time for this year's White's Cross GAA Cúl Camp, running June 29th to July 3rd, to ensure that your child(ren) get their trendy zip-top, gearbag and jersey. Visit www.whitescross.gaa.ie to apply and for full details.



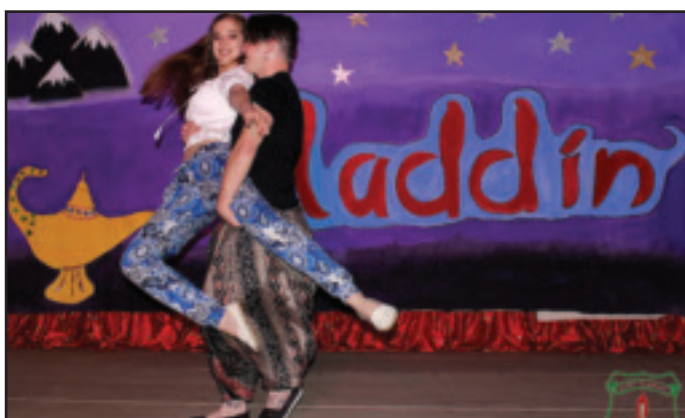
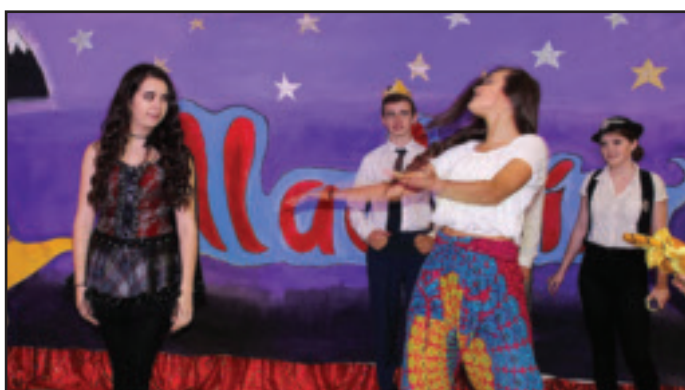
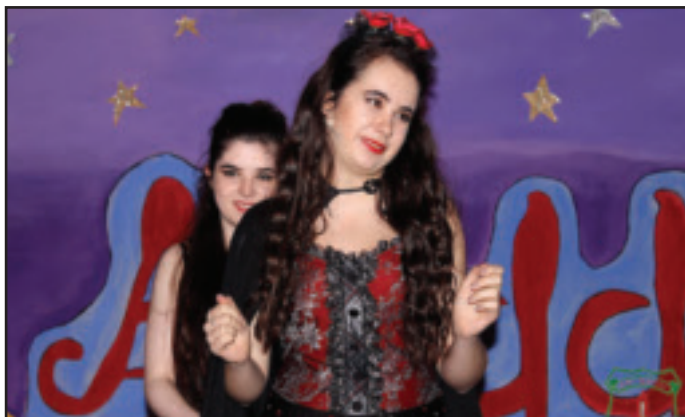
Congratulations to Valerie Sisk, Pauline Hyde, David and Louise Mullins on winning the White's Cross GAA Juvenile Club table quiz recently - here they are pictured with Quiz Master Paul Morley and Pauline O Callaghan (Organising Committee). Thanks to all who supported the night and in particular the Quiz Night sponsor – Glenmill Engineering, Upper Glanmire.



Well done to our Under 12 footballers on their recent league win against Passage played at White's Cross – here they are all smiles after the final whistle

Colaiste an Phairsaigh

Chuir an rang ceoldrámaíochta ó Bl 4 seó bríomhar taitneamhach " Aladdin " ós ár gcómhair le déanaí. Bhíodar go hiontach ar fad. Chuireadar trí sheó ar stáitse. Seó do dhaltaí na scoile, seó do dhaltaí ó bhunscoileanna áitiúla, agus ceann istoiche le haghaidh tuismitheoirí.. Bhí an seó faoi stiúir Iníon Ní Chionnaith, Iníon Ní Ríordáin agus Kelly Ann Ní Mhurchú ó CADA.



Glanmire's Jessica Quirke and Louise Scannell received the Division 1 and Under 16A MVP of the Year awards respectively at the Cork Ladies Basketball Board's annual awards night at the Clarion Hotel. Club member, Annalise Murphy, who was unavoidably absent, received the Under 15 award.
Picture: Mike English



Rose Breen, former International, presenting the Under 16B MVP of the Year Award to Myra O'Sullivan, Carraig na bhFear, at the Cork Ladies Basketball Board's Annual Awards ceremony at the Clarion Hotel.



Turas go dtí an Fheirm ar an mbus

Thug an Naionra cuairt ar Fheirm Rumleys .

Bhí sceitimíní an domhain ar na páistí go léir . Baineadar go léir an taitneamheach as !

The children from Naionra Ghleann Maghair went on their summer tour to visit Rumley's farm. They were all very excited especially the trip on the bus.

Aon eolas 087 9669090 naionraghleannmaghair@gmail.com



Mayfield Community School News

Wishing our all of our Exam students well

Our Junior and Leaving Certificate students are busy at the moment getting ready for their exams in June. After-school study continues and our school will be open throughout June and students are welcome to use our facilities to study if they wish. Rooms marked with the sign QUIET PLEASE are designated study rooms and both Junior and Leaving Certificate students may use these study areas. Our Guidance Counsellor, school chaplain and other members of our Exams Support Team will be available throughout the exams. We would like to take the opportunity also to wish all our past pupils well as they are sitting their exams in third level at this time. We wish all of you the very best.

Teachers continue unbeaten record

In the annual teachers versus sixth years soccer challenge on our astro-turf pitch, once again the teachers remain unbeaten. In spite of the best efforts of our students including Cork City's Adam Hegarty and local superstars such as Lee Cooney, Michael John Coffey and Conor Nolan, the teachers succeeded in dramatically securing a draw in the very last kick of the game. Mr. Fraher, showing nerves of steel, gently stroked the ball into the net from the penalty spot, putting the students' goalkeeper the wrong way...yet again.

GAA in the spotlight

Mayfield Community School will be playing in all hurling and football competitions next year. In preparation for this, our footballers from 1st and 2nd Year recently took part in a Gaelic Football Blitz organised by Colm Crowley from Cork GAA. Five teams took part in the blitz in total and the winners received a set of Cork GAA t-shirts. In early September, there will be a similar Hurling blitz organised for incoming 1st years and 2nd years.

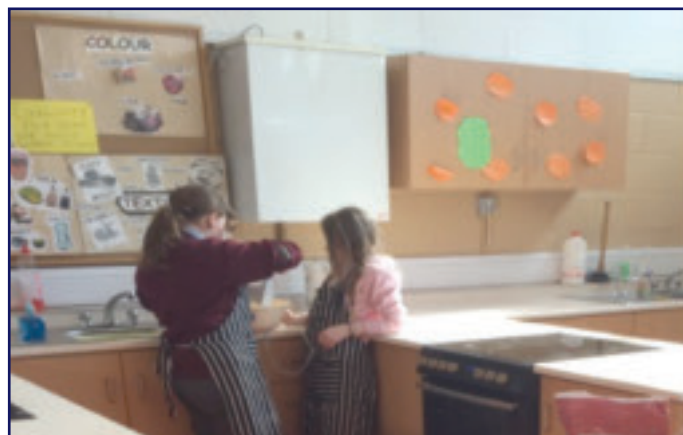


Cookery Club running every week

Well done to all our budding chefs who have been attending our after-school cookery club being run every Monday for the last term. The young Darina Allens' and Jamies' have been very busy and the smells from the C corridor on a Monday evening have all of us looking forward to some treats at the end of the day. We look forward to this club continuing next year with students from our Junior School.

Our Rowers continue to impress

Our school's rowing team did very well once again in the South Coast Indoor Rowing Championships recently. Aaron Casey, Cathal Lane, Adam Coughlan and Aaron Walsh-O Regan rowed magnificently each of them finishing in the top 5 of their respective competitions. The early morning training in our school gym is paying off and all the rowers are a credit to their teachers and mentors, Mr. Cahill and Nr. McMurtry.





4. A selection of students waiting for their ice-cream in Glanmire Community College

AIB in the Community

From September '14 to May '15, a team from Transition Years in both Colaiste an Phiarsaigh and Glanmire

Community College took part in the AIB Build a Bank Challenge with the assistance of AIB Glanmire.

The Build a Bank programme in the school introduces students to the world of banking, encouraging them to plan for their future and giving them sound

money management skills.

With over 180 Schools registered across AIB, the competition, now in its 13th year, is a great way for Transition Year students to learn about managing their own business with the support of their local Student Officers.

Teams from both schools competed in the Regional Final in Silver Springs, with Colaiste an Phiarsaigh successful in making it to the next round – the National Final was held in the RDS in Dublin on the 16th April this year. We at AIB Glanmire were delighted as the girls represented us very well on the day!!

As a way of expressing our gratitude to both schools, the students and the Bank teams, AIB, Glanmire arranged

for an ice – cream van from our own Glanmire Ices to attend and hand out free ice-creams to the transition year students on the 14th and 15th May, which on a rare sunny day in May, went down a treat!!!!

The team at AIB Glanmire would like to express their most sincere gratitude to both Angela O'Sullivan of Glanmire Community College and Liam O'Laighin of Colaiste an Phiarsaigh for accepting the Build a Bank Challenge and supporting both their students and AIB locally in a most successful year.

Hopefully 2016 will bring even more success for both schools in this exciting competition!!!!

'Go Bhfuil Muid Nios Fear le cheile'



Liam O'Laighin, Vice Principal Colaiste an Phiarsaigh with Antonia Butler & Anne Marie McCarthy




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Gleann
Meaghair


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Kearney**

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Chaith daltaí agus foireann Cholaiste an Phiarsaigh maidin álainn ag siúl sa cheantar le déanaí. Cé nach raibh an ghriain ag spalpadh, ghlán an bháisteach go luath agus bhain gach éinne taitneamh as. Buíochas le Super Valu as ucht an urraiocht agus le cumann na tuismitheoirí a chabhraigh.

BRAVEHEARTS CHOIR

Bravehearts Choir is a choir for Cancer Patients, Survivors, family and friends. We meet every Wednesday at 7.15 at second Floor UCC Student Centre Aras Mac Leinn. The choir is open to ladies and gents of all ages. Our choir is fun friends and informal. No experience needed just a willingness to participate, perform and most importantly to have fun. You are welcome to come along any Wednesday evening and see if you would like to join. You can contact us by email, braveheartschoir@gmail.com. or telephone 08501859053.

GLANMIRE GIRLS WIN CORK FEILE TWO YEARS IN A ROW

Glanmire entered the 2015 County Feile competition having tasted victory for the clubs first time in 2014. Having recently won the East Cork Feile, Glanmire entered the County competition which was played on the May Bank Holiday weekend in the majestic grounds of Nemo Rangers. A panel of 24 girls travelled to the competition and a feature of this tournament was all of the 24 players played an important part over the course of the tournament. A feature of this Glanmire side is that there is a strong balance to the squad which featured no less than five changes to the starting

line up between the first and second game. Having won their group Glanmire came up against a very strong Carrigaline team in the semi final. The defence was excellent all throughout the tournament led by its full back, Alison Mc Namara and the impressive Catherine O Callaghan who was excellent throughout. Indeed no team can win without good forwards and Nikki Barry, Niamh Mc Allen and the towering Shauna Murphy all registered scores to get Glanmire over the line against Carrigaline.. The final was against Glanmire's

old rivals Aghada which was once again a repeat of the East Cork Feile. In the final Glanmire got off to a blistering start with three goals which included a beauty by Riona Crowley. The second half saw Glanmire empty the bench where all of the squad played their part in a great victory. Ellen Baker at centre back was dominant throughout the game and the midfield pairing of Abbie O Mahony and Grace Jones supplied plenty of ball to the inside line. In the dying minutes Keyla O Connor got a fantastic goal which nearly burst the net. There were tremendous scenes of joy when

joint captains Abbie O Mahony and Shaunna Murphy raised the trophy. A word of mention also goes to the Mc Allen twins Oliiva and Aishling and Gabby Casman who even though play with the under 12's showed maturity beyond their years. Commenting after the game coaches John Mc Allen and Vincy Barry thanked the players, the club, its supporters and the parents of the girls for their efforts in making this fantastic victory possible. The team now travels to the national Feile representing Cork which will be held in Wexford in the end of June. Glanmire Abu.



Massive Turnout for Macra 5k for Youth Suicide

Glanmire Macra's second annual 5k Fun Run which took place in Riverstown on Monday May 18th, proved to be a great success. Luckily the rain held off for the evening and after the great success of last year, 2015 proved to be even bigger, with over 200 people turning out for the event with all funds raised going towards a skydive in aid of Youth Suicide Prevention Ireland where 7 Glanmire Macra club members will take the plunge this July. The first man to cross the line was James Slowey Jnr in a very impressive time of 17 minutes 25 seconds whilst the first lady home was Rachel O' Callaghan from Togher A.C. in a time of 20 minutes 15 seconds. After all competitors had crossed the finish line they were invited into the Sars Pavillion for a cup of tea and a biscuit. The event

raised over €1100 for Youth Suicide Prevention Ireland and all money raised will go directly to the charity. Thank you to everyone who turned out to support the event and a special mention to the following sponsors: Ryan's Supervalu (who sponsored water and fruit for the athletes), Educogym (who sponsored a raffle prize won by Aimee O' Riordan, Glounthaune), Ballymaloe (who donated a hamper as a raffle prize won by Jonathan Quinn, Kinsale and also cash prizes for the winning man and woman), the Order of Malta for providing first aid cover, Sars Hurling Pavillion for the kind use of their facilities and The Elm Tree, Glounthaune who provided free advertisement for the event. Our 7 club members hope to do their skydive in aid of Youth Suicide Prevention Ireland next month-thanks to all once again who supported and best of luck to our 7 members in their leap of faith!

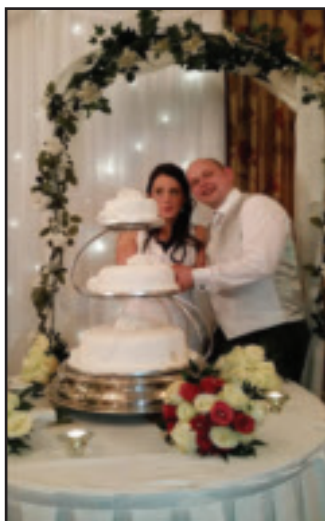
Apart from our fun run, May was,

as usual, another hectic month for Glanmire Macra. We had two teams who took part in Clonakilty Macra's Fittest Club challenge and our tag rugby team competed in the Seandun Finals down in Kinsale on a blustery Sunday afternoon on May 10th. The team, consisting of five men and two women, put in a great performance and were unfortunate not to qualify for the final. The club held a free sports night for club members on Tuesday May 19th. Our weekly sports night has now finished for the summer and will commence once again next September.

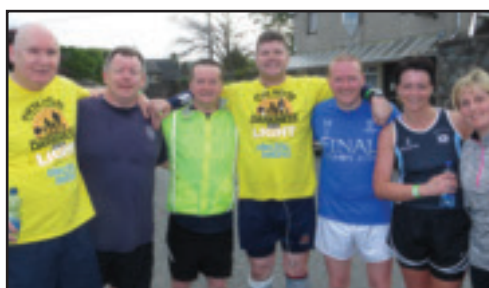
On the social side of things, the club had a fantastic weekend in Kilkenny at the end of April supporting Tomas Cuffe in the final of Mr Personality. This was a two night event with Tomas undergoing his on-stage interview on Friday night with a formal banquet and announcement of the winner at midnight on the Saturday. Tomas did a fantastic job representing his club and region over

the weekend and the festival was hugely enjoyed by all who travelled to Kilkenny. Glanmire Macra went to bingo in Upper Glanmire on Thursday May 7th and a few club members even succeeded in winning a few euro and so we will definitely be back to play again! A few club members also travelled to Fermoy for the Fermoy Macra Casino Night with club member Seamus Reid winning himself a prize for having the second-highest number of chips at the end of the night. On Friday May 15th, the club had two teams who took part in a table quiz in aid of the Irish Wheelchair Association's trip to the World Games this July. The quiz, which took place in Nemo Rangers, was a huge success.

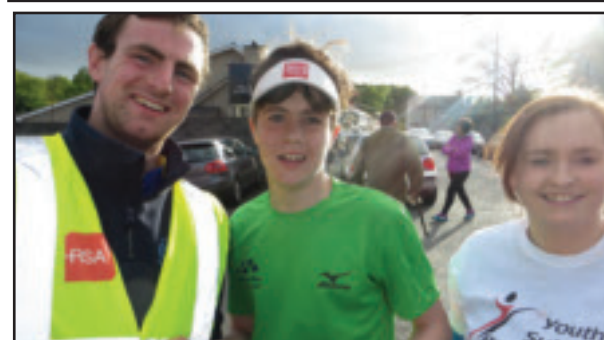
If you or anyone you know would like further information on Glanmire Macra, why not check out our website (glanmiremacra.wordpress.com), our facebook page (www.facebook.com/glanmiremacra) or contact club chairperson Donal O' Callaghan on 0876834403.



Glanmire Macra members Anita O' Brien and Killian Woods who got married last month.



Sarah O' Connell (Glanmire Macra secretary), Rachel O' Callaghan (winning female) and Donal O' Callaghan (Glanmire Macra chairperson) at the Glanmire.



Donal O' Callaghan (Glanmire Macra chairperson), James Slowey Junior (winning male) and Sarah O' Connell (Glanmire)



Above : Locals at the Glanmire Macra cake sale in Upper Glanmire

Left: Fun Run Watergrasshill AC



Our tag rugby team of Killian Woods, Tanya O' Sullivan, Seamus Reid, Will Daly, Sarah O' Connell, Donal O' Callaghan, Margaret Ambrose, David Porter and Dermot Sheahan.



Glanmire Macra members Donal O' Callaghan, Dermot Sheehan, Tomas Cuffe, Will Daly and Seamus Reid at the annual Mr Personality festival in Kilkenny

UPPER GLANMIRE ICA GUILD

Update on Guild activities

- At our April meeting, the new committee for 2014/2015 was voted in, and we received a visit from our new Federation President Deirdre Hickey
- We held our first session on Mindfulness on the 14th April, and it was decided to continue with a course in the Autumn
- Plans are moving along for our Summer Outing to Mizen Head with Carraig na bhFear Guild.
- Lots of learning and sharing of ideas and stitches continue at our Social Craft Class in Upper Glanmire Comm. centre. If you would like to learn some Crochet or knitting, please come along. Enquiries: 087 2341187
- If anyone would like to give a talk at one of our Guild Meetings, please contact us and we will arrange a slot for you.

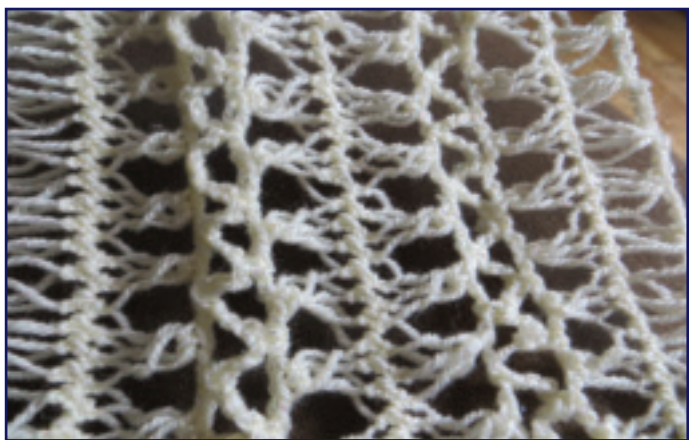
- Don't forget to follow us on Facebook!

June recipe : Fruit Crumble

- Mix for the Crumble
- 4 oz plain flour
 - 3 oz sugar
 - 2 oz ground almonds
 - 2 so butter
- Method
- Stew the fruit of your choice, and add sugar to sweeten, and transfer to pie dish
 - Sieve flour, add sugar and gr. almonds
 - Rub in butter with fingertips
 - Sprinkle crumb mixture over fruit and gently press down evenly with back of dessertspoon
 - Put into oven at temp 180 deg. C until crumble becomes golden



Fruit Crumble



An example of Chevron joinings in Hairpin Lace Crochet

Ask Your Pharmacist

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

pharmacyfirstplus 



Warfarin Management No longer a Pain!

Last August, Pharmacy First Plus Douglas launched the first community pharmacy based Warfarin Clinic in Cork City, and only the second in Ireland. Many of you will know of the ordeal some people have in trying to manage their Warfarin.

Warfarin is a tricky medicine to manage. Routine blood tests are needed and for patients attending hospital clinics this can be difficult to manage and can involve hours of waiting around to get tested and then get results.

Thankfully there is now an alternative option in Douglas, we have so far taken referrals from CUH, South Infirmery, Mercy University Hospital, Bons Secours, GPs and even Mallow Primary Healthcare Centre.

Our clinic is done on an appointment basis, where our average clinic time is less than 5 minutes and results are obtained right away. Our specially trained pharmacists then change the dose of the drug if necessary and schedule the next appointment all before you leave.

The cost of a clinic is just €25 for a test and just €10 if you need to be retested within a month, this is capped at €45 per month, you will never be charged more than that.

If you would like to know more, for yourself or for a family member or friend on Warfarin email darren@pharmacyfirstplus.ie or else call your local Pharmacy First Plus for more details.

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

Want to ask your Pharmacist a question?
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The 2014 and 2015 Committees in Silverprings on Tuesday the 28th April



Eimear Ni Cheilleachair, Ballincollig and Sean O'Connell, Glanmire took part in Under 12 Fiddle playing at the Fleadh Cheoil Chorcaí in Ballincollig.



Eabha Landers, Eimear ni Brudair, Amy and Ide Ni from Banc Orga in Colaiste an Phiarsaigh with Lisa Costelloe, Student Officer, AIB Glanmire.

Sarsfield Hurling Club – Annual Golf Classic 2015 Wednesday 24th June and Friday 26th June – Team of 3 - €200 at Cork Golf Club

Main Fundraiser for our New Dressing Rooms Project at Buck Leary's Cross

This year our Annual Golf Classic which will take place at Cork Golf Club has also been designated as The Main Fundraiser for our New Dressing Rooms Project at Buck Leary's Cross. At a cost in excess of 40k, this development will enhance this facility dramatically, and will prove hugely beneficial going forward. To help defray the cost of this project, we are appealing to all our friends & supporters for financial support. We are particularly requesting a €50.00 "The box" or "Green" sponsorship, and this would be greatly appreciated. All our sponsors will not alone be highlighted on the day on our display boards, but will also be acknowledged on our very popular Club Website, Facebook and on our Club Information Screen in the foyer of our club Pavilion.

Hopefully you will be in a position to support this very worthwhile Fundraiser and look forward to hearing from you.

Tadhg Murphy	Ger Mc Evoy	Gillian O'Callaghan	Ian Graham
Chairman	Captain	Chairperson	Chairman
Sarsfield Hurling Club	Sarsfield Golf Society	Sarsfield Camogie Club	Sarsfield Juvenile
087-2538192	086-8124322	086-6022333	086-4125030



SALLYBROOK VILLAGE TIDY TOWNS NEWS

It's all systems go in the village as we prepare for this year's annual Tidy Towns Competition. The village footpath received a major facelift with the building of the new stone wall. This was partially funded by an Amenity Grant from Cork Co. Council. This new improvement will greatly enhance the area and hopefully gain us more points in this year's competition.

See pic below.

Also the annual Cork Co. Council Anti-Litter Challenge kicks off this month. We ask residents in the village and the estates of Barrymore, Elmgrove & Millbrook to keep their areas litter free during this league. It's a fun exercise, anybody can get involved, give us a call and we will kit you out with gloves, litter pick and away you go... Fionnuala Flanagan, Secretary

Tel. 0876490655



Seanfhocail

Nuala Ní Loingsigh

Ar chúl an leabhair “Níl aon leabhairín mar do mheabhair-chinn féin” le hÉilís Uí Bhriain, deireann Pádraig Ó Briain faoin seanfhocail: “Tá scil agus ealaín ag baint leis an seanfhocail atá leath-shlí idir ceardaíocht agus filíocht. Más fíor gur fiú míle focal pictiúr amháin .. ag léamh an leabhair seo, thuig mé gur féidir leis an seanfhocail ceart guth a thabhairt do phictiúr”.

Sa leabhar seo tá raidhse seanfhocail le haistriúcháin Bhéarla agus pictiúr a roghnaigh sí féin le gach ceann. Is breá liom féin na seanfhocail agus tagann siad chugam go nádúrtha i ngnáth-imeachtaí an tsaoil. Tá gontacht, saibhreas cainte agus gaois ag baint leo, bíodh nach gá a chreidiúint iontu go hiomlán. Bíonn taobh eile leo go minic, mar shampla: “Is binn béal ina thost”. Tá amanta ann nuair is fearr labhairt amach seachas a bheith i do thost. Má tá fíric áirithe ar eolas agat, b’fhéidir gur cheart é a chur in iúl, i gcás cúirte, mar shampla.

Ceann atá conspóideach, dar liom, is ea: ‘Ná dein nós nó ná bris nós’, ‘When in Rome, do as the Romans do’. Go pointe, tá sé seo innmholt, ach dá gcloifadh gach éinne leis, ní athrófaí aon ní. Gan dabht, is fiú luí isteach le cultúr na tíre ina bhfuil tú id’ chónaí, ach ansin tar éis tamaill ann, ní haon díobháil rudaí áirithe a cheistiú agus a athrú ar son na maithseasa, má oireann.

‘Is fearr sior obair ná sár obair’, ‘ní bhíonn tréan buan’. Tá an chéad leagan soiléir gur fearr obair rialta ná gaisce mhór ná mairfidh. Cuimhním ar mo mháthair, mar chreid sí sa seanfhocail seo. D’oibríodh sí go réidh agus go rialta, ach ghlac sí sos go minic nuair ba ghá. D’éirigh léi a lán a bhaint amach gan strus ró-mhór a chur uirthi féin.

‘Is túisce deoch ná scéal’. Deirim é seo, nuair a thagann cuairteoir. Bíonn cupán tae ar dtús sula dtosnaíonn an chaint i ndáiríre. Bíonn daoine ar a suaimhneas níos mó ag glacadh le cupán tae agus ansin a bheith ag caint. Gan dabht, is rud an-sóisialta béile nó deoch a roinnt lena chéile. Nárbh é sin a dhein Iosa Críost ag an suipéar deireanach. Chuir sé béim ar chuideachta agus an bia agus deoch a roinnt. Gan dabht, ba í an Cháise

nó an Passover, féile Ghiúdach a bhí á ceiliúradh, saoirse na nGiúdach ón Éigipt agus anois sairse ón ár bpeacaí agus saol athnuaithe a chaitheamh le cothú ó chorp agus ó fhuil ár dTiarna.

‘Is fearr beagán cúnta ná mórán trua’ – ní athróidh caint mórán muna mbíonn gníomh éigin á dhéanamh, chomh maith. Ceann eile cosúil leis sin: ‘Ní chothaíonn na briathra na bráithre’ – tá an bhrí chéanna leis.

Gan dabht, is mó seanfhocail atá againn faoin aimsir, mar athraíonn sé chomh minic sin. Is maith liom an véarsa seo faoin ngaoth:

‘An ghaoth aduaidh, bíonn sí crua is cuireann sí fuacht ar dhaoine,

An ghaoth aneas, bíonn sí tais is cuireann sí rath ar shíolta,

An ghaoth anoir, bíonn sí tirim is cuireann sí olann ar chaoirigh,

An ghaoth aniar, bíonn sí fial is cuireann sí iasc i líontaibh’.

Fairior, ní bhíonn a fhios agam cén treo ina mbíonn an ghaoth ag séideadh, ach amháin an ghaoth anoir. Is deacair tú féin a ghléasadh ina comhair mar shéideadh sé tríd an geóta ba chluthaire. Bhíodh m’athair, Beannacht Dé leis i gcónaí ag faire ar threo na gaoithe mar chabhairíodh sé leis an réamhaisnéis a scrúdú. Thuig sé an aimsir go maith agus bhí cuimhne aige ar na blianta siar agus ar an aimsir a bhíodh ann. Feirmeoir ab ea é agus bhí sé ag brath go mór ar an aimsir cosúil leis na hiascairí agus daoine nach iad.

I dtraidisiún na Gaeltachta, go mór mhór, i measc mhuintir na Gaeltachta, deir siad: ‘ní féidir seanfhocail a sháru ach le seanfhocail eile’. Is cuid dár dtraidisiún béal iad a tháinig anuas chugainn ó ghlúin go glúin. Tugann siad léargas dúinn ar stair shóisialta mhuintir na hÉireann. Leirítear é seo sa raon leathan seanfhocail atá bunaithe ar na séasúir, creideamh, píseoga, fir ‘s mná. Deir an Seabhac ina réamhrá dá leabhar ‘Seanfhocail na Mumhan’ gur iontu atá fíor-spiad na cainte, i gcrúinneas an aithis, i nochtadh na smaointe. Críochnóidh mé le “is ol



an ghaoth ná séideann do dhuine éigin”. Aon rud a tharlaíonn, bíonn buntáiste áirithe ag duine éigin.

Gluais:

ceardaíocht = craft

guth = voice

gnáth-imeachtaí = ordinary events

seachas = besides

gaois = wisdom

a chur in iúl = to express

innmholt = to be praised

dá gcloifadh = if that was adhered to

síor obair rialta = regular work

sár obair neamhrialta = too much work at once

cuideachta = company

ní chothaíonn = it will not feed

na briathra = words

anoir = from the east

aniar = from the west



aduaidh = from the north

aneas = from the south

is túisce deoch = a drink first

ní féidir a sháru = cannot be surpassed

ba chluthaire = warmer

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George Meade, Chairman Cork Ladies Basketball Board, presenting the 16A Championship trophy to Glanmire's joint captains, Eva Roche and Jane Fitzgerald following their win at Neptune Stadium Picture: Mike English

Glanmire and District, Sports, Business and Community Awards 'Un De Sceaux', Winner at Cheltenham Sports Award Winner Lunch held at Fitzgeralds Vienna Woods Hotel. *Picture: Ger Bonus*



O'Connell Group; Patsy Murphy, Financial Controller; Jerry O'Connell, Mrs Kay O'Connell and Bosco Creed.



Sarsfield Hurling Club, Ray O'Rahilly with Jim Murphy, secretary.



Jack French of Jack French Auctioneers and Ronan Murphy 'The Castle Tavern' Glanmire



Sisters, Niamh and Orla O'Connell daughters of Monica and John O'Connell.



Monica O'Connell with Dorothy Murphy 'The Castle Tavern'



O'Connell Group; Jerry and Eddie O'Connell [owner] and Bernard Geoghegan.



Con Allen, Bill Daly and Billy Barry



Katelyn, Lucy, Carroll, Marie, Mia, Colm and Luke O'Connell; Lord Mayor, Cllr. Mary Shields; Eddie O'Connell owner, Roisin Healy, Sales & Marketing Manager, Fitzgeralds Vienna Woods Hotel, Award Sponsors presenting the Award; Deputy County Mayor, Cllr. Kevin Conway and Cllr. Joe Kavanagh; Kevin O'Connell; Patsy Murphy, Financial Controller; Bosco Creed; Dan, Kay, Monica, John, Niamh, Orla, Paul and Jerry O'Connell Bernard Geoghegan;

Teenage Dirtbag

Song of the month: Hometown Glory, Adele.

This month I want to talk about dealing with your sexuality as a teenager. When we hit puberty, we start to think more and more about whom we may be attracted to, or if we're even attracted to anyone at all. The way I see it, sexuality is fluid and can change as you grow older and develop more character. I'm here to tell you that regardless of whatever anybody tells you, there is absolutely nothing wrong with you if you don't identify as heterosexual. There are lots of different sexualities, not just gay and straight. You can be bisexual, pansexual, asexual, whatever. That's perfectly okay. I bring this up because of the referendum coming up regarding gay marriage. The amount of support I've seen from my generation alone is overwhelmingly beautiful. I have never been so proud to be a part of such an open minded and supportive generation of youth.

Humanity is continuously becoming more beautifully empathetic towards each other. Love has no boundaries, and nobody can control who they fall in love with. That's what makes love so wonderful and exciting. To say love should be between a man and a woman completely undermines the concept of love. Don't be afraid of who you are, or who you love. You deserve to have respect, and the people who love you will support your decision no matter what. I recognise how difficult it is to be gay or anything that strays from heterosexuality because a lot of the older generation were raised against the notion. It doesn't matter what your parents think, and their opinion should not affect your right to be who you are. You didn't have a choice, and you shouldn't have to hide. All of these vote no posters can be extremely intimidating and downright hurtful, but do not take it to heart. The world is evolving and soon your love will be accepted wholeheartedly.

I think religion is a gorgeous concept, but if somebody's faith interferes with the happiness and lives of other people, then I think it should be re-evaluated and not taken so literally. The Bible was written in a different era and the world evolves, it is crucial that we, as humans, evolve with it. If somebody holds so tightly to their narrow minded and cynical views, then they are not worth the time or pain they're causing you. They're going to get left behind. We're constantly abandoning old morals and ideas because they prove to be inhumane and unjust, like slavery, racism and sexism. Homophobia is exactly the same. Remember that all that matters is being yourself, and supporting others and their choices too.

Instead of having a quote of the month, I want to share with you a poem my transgender, gay friend wrote in light of the referendum. I understand that by the time this article is published, the vote will be over but this is still extremely moving, and deserves to be read:

"Friends and Family, I ask for your time
To listen to my poorly con-

structed rhyme.

I shall cut to the chase and I will not delay,
I speak to you all about the 22nd of May.

This year, Ireland, you are given a choice,
For some people to finally acquire a voice.

Now, I don't have a vote, but by God I'll be vocal,
I plead to you all, both national and local.

I am sick of injustice and one-sided fights,
We are stripped of our most basic human rights.

I should not have to beg, as it is blatant,
Our love is Human, not political statement.

I know I am small, my attempts may be feeble,
But how would you feel if your love was illegal?

Why anyone would vote against is a mystery,
Please come stand with me on the right side of history.

So Ireland, I am putting my faith to the test,
I am counting on you, so please VoteYes !!"

- Louis Gallagher,



Little Lucy O'Connell wearing 'The Colours' with her mammy Carroll, Aunt Maria and Cousin Mia O'Connell.



Michael Magner, General Manager, Fitzgeralds Vienna Woods Hotel, Sponsors and Colm O'Connell, O'Connell Group with the array of trophies including the 'Arkle Trophy, English' 'Arkle Trophy, Irish' 'French Chase' and 'Ryan Air' - Michael O'Leary.

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GLANMIRE - MIDLETON - COBH



Emily and Katie Hearne. Oakfield, Glanmire, at the Glanmire Pet Shop



Michael Burns Auctioneers; Jim D'Arcy Sarsfield Hurling Club; Denis Kelleher, Paul O'Connell, Bill Daly, Denis Hurley, Sarsfields Hurling Club; Michael Magner, General Manager, Fitzgeralds Vienna Woods Hotel, Sponsors presenting the award to Colm O'Connell, O'Connell Group; Jim Murphy, secretary, Ray O'Rahilly, Sarsfield Hurling Club, Jack French of Jack French Auctioneers and Kevin O'Connell with the Trophies 'Arkle Trophy, English' 'Arkle Trophy, Irish' 'French Chase' and 'Ryan Air'-Michael O'Leary. Glanmire and District, Sports, Business and Community Awards 'Un De Sceaux', Winner at Cheltenham Sports Award Winner Lunch held at Fitzgeralds Vienna Woods Hotel - Picture: Gerard Bonus.



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Gardiner's Hill, Cork. Tel: 021-4503055

www.stpatrickscork.org

office@stpatrickscork.org

Principal: Brian Cronin

Deputy Principal: Eileen Lombard



Gold Medal Winning Students



St Patrick's go hiking in Morocco

In the first week of May a group of 5 students from St Patrick's College along with their teacher Eleanor Troy completed an 8 day adventure in the Atlas mountains in Morocco. The team completed a 4 day self-supported wilderness trek and spent a day repairing footpaths in Ait Souka village. The girls were chosen by the school through application form and interview and completed intensive training before they went. They also raised money for the community project they worked on while trekking in the mountains, which was the repair of footpaths in a remote mountain village. The girls were assisted by their teacher Ms Troy, who is an experienced mountaineer and a team of experts from the adventure travel agency Earth's Edge. St Patrick's College would like to sincerely thank the Tomar Trust and Earth's Edge for making this trip possible. Well done to the girls and Ms Troy for taking on the challenge of trekking in a remote area of Morocco coming through with flying colours.

Caith Amach É Sa Scoil

Yesterday, 22-04-15, the drama group 'Caith Amach É' came to the school to put on a show for the transition years. The third and fifth year girls also took part. At the start, they put on a show based on the story of Noah's

Ark, that was enjoyed by the girls. There were some great characters in the show, including God, Noah, and Noah's Mother, who was very much in love with Ryan Tubridy! Then the girls took part in their own drama, based on the same story. They were mixed into groups and everyone had their own lines to practice. The show ended with the girls putting on the show themselves. Everyone had a great day and the men from Caith Amach É, Niall and Seán, thoroughly enjoyed working with our girls. Thanks to Mr Twomey, Ms Kelleher and Ms Troy for organising this event.

St Patrick's College Awards Night

On Tuesday last St Patrick's College held their annual award ceremony. The event was attended by a large audience. The night opened with the Principal Mr Cronin welcoming everyone and highlighting his pride at being principal of a school with such an abundance of talented students, interested parents and dedicated staff. He noted the great team effort by the organising committee in hosting such a successful event. Mr Cronin observed that the ceremony allowed the college to give back to the community by showcasing and rewarding its students' talent. The college recognised the achievements of students in a broad range of areas which included academic, sporting, artistic, merit, attendance and extra-curricular



Above: Best Junior Certificate and Leaving Certificate 2014 Award winners, Jessica Walsh and Lisa Murphy respectively, photographed with Principal, Brian Cronin and Distinguished Past Pupil, Valerie Finnegan Cahill at the St. Patrick's Girls' College annual awards night. Picture: Mike English

Left: Sisters, Rachel and Aisha Bunny, received special recognition for their twelve and nine years, respectively, unbroken school attendance at the St. Patrick's Girls' College annual awards night.

awards. Pupils received awards from their teachers and year heads. The best Junior Cert was awarded to Jessica Walsh and the best Leaving Cert was awarded to Lisa Murphy who is now pursuing her studies in biochemistry at U.C.C. Two sisters Rachel and Aisha Bunny were rewarded with full attendance for 12 and 9 years respectively. The Spirit of St Patrick's award is presented to the student who best embodies the ethos of the school, Linda Pentony received the award. Special Awards were presented to 8 students who participated in Irish, Maths, Science and European languages in U.C.C.

Every year a distinguished past pupil addresses the gathering; this year it was Valerie Finnegan Cahill, proprietor of the IKON hair salon. She was introduced by Mr Cronin who commended her on maintaining her links with the college, especially in fundraising

for 'MellonEducate' a charity which raises money for building schools in developing countries. Valerie praised the enthusiastic staff and warm friendly atmosphere of the school: commended students on their many achievements' and the staff for their hard work and commitment. She said the secret of success was to discover what interests you and follow your passion. Valerie has won many awards and accolades including being awarded 'Irish businesswoman of the year', but she said being honoured by her old school was the highlight of her very distinguished career. St Patrick's College visit Scoil Surfála

In April, students of St Patrick's went to an Irish speaking Surfing School in Tramore accompanied by their teacher Ms Kelleher. The girls learned some surfing skills and practiced their Irish as well as having had a great day out.

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Sun. 21st June 2015

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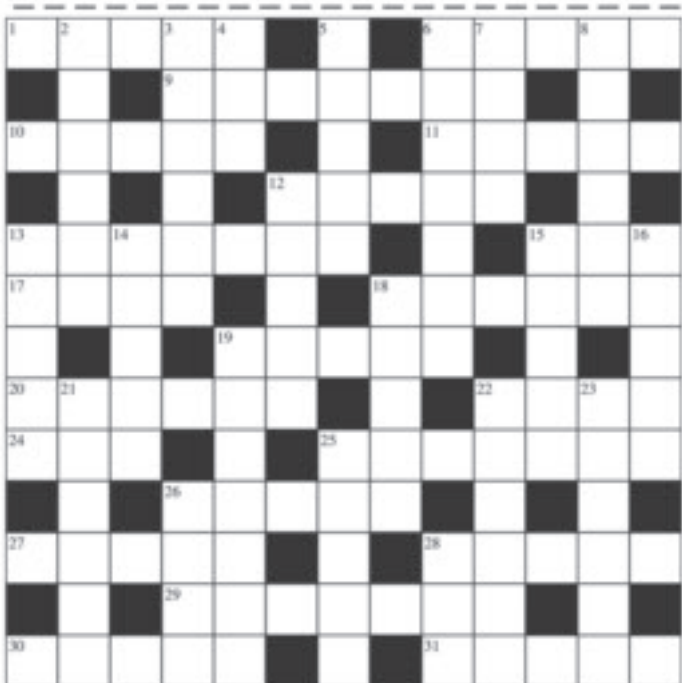
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Across

1. Tottenham Hotspur (5)
6. Run after (5)
9. Pain in the ear (7)
10. Makes fabric with wool (5)
11. Get up (5)
12. Wash to remove soap (5)
13. Type of cigar (7)
15. --- Lingus (3)
17. Zero score (tennis) (4)
18. Watchman (6)
19. Citrus fruit (5)
20. Seller (6)
22. Main female singer (4)
24. Newt (3)
25. Boundary, limit (7)
26. Notions (5)
27. David, Irish goalie (5)
28. Present food or drink (5)
29. Respects (7)
30. Type of weasel (5)
31. Secret store (5)

Down

2. Type of shawl (6)
3. Cease to work (6)
4. Special Air Services (3)
5. Custom (5)
6. Subdue, take to task (7)
7. In this place (4)
8. Female sibling (6)
12. Wanderer (5)
13. Type of spice (5)
14. Happening (5)
15. Garrett (5)
16. Big Brother winner 2013 (5)
18. Light bulb brand (5)
19. Making most sound (7)
21. Determined attempt (6)
22. Dispossess (6)
23. Swedish cars (6)
25. Bolero composer (5)
26. Notion (4)
28. Short Message Service (3)



Crossword Winner

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FOR SALE - 23 OAKFIELD CLOSE, GLANMIRE.

Superb three bed detached bungalow set within the hugely popular Oakfield estate. In excellent interior condition, the property is ready to live in and features solid wood flooring and tiling. The most appealing feature has to be the setting within a quiet cul-de-sac with south facing private rear gardens that are not overlooked. All amenities such as schools, shops and sporting facilities are within walking distance. This home has a lot to offer and would make an ideal home for owner occupiers, trade-downers and investors alike. C.950 sq. ft.



FOR SALE - 19 COURTLANDS, SILVERSPRINGS.

Superb five bedroom semi-detached residence set within a mature private development of only 24 homes. This fine family home has benefitted from a double storey extension now incorporating five bedrooms and four bathrooms. For those looking for a generous sized home to accommodate a growing family this home certainly fits the bill! The property is well maintained and is bright and airy. GFCH and PVC double glazed windows. c.1,800sqft/167.22sqmt



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FOR SALE - 57 THE PADDOCKS, GLYNTOWN, GLANMIRE.

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