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THE DIFFERENCE IS WE DELIVER

Issue 10 - October 2014

www.glanmireareacork.com e-mail- news@graphicprism.ie



Billy Kelleher TD and Judith Green Goodyear



The Glanmire Area Community Association's AGM 2014



Nick O'Brien (Chairman), with Cllrs Sinead Sheppard and Claire Cullihane



Cllrs Cathal Rasmussen, Claire Cullihane and Padraig O'Sullivan



Ann Holland with Sgt. Anthony Harrington and Garda Noel Fitzgerald, Community Garda.



Cllrs Ger Keohane, Anthony Barry and Sinead Sheppard

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prayer each day for the
success of the Legion

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they must be over 18
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Vetted and all complete a course
in Child Protection Training.

Inquiries to Virginia
086-2660831

Set Dancing Classes held
every Wednesday night
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in Upper Glanmire
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what you need. Every-
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Margaret 087 9960856.
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**ALCOHOLICS ANONYMOUS
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Tuesday 7th October at 8.30pm
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All welcome

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If You Or Your Child Suffer From Scoliosis, You Must Read What These Studies Reveal

Scoliosis is an aggravating condition.

There's stiffness, pain and often times a deformed posture.

Many scoliosis patients have been told they only have three choices -- to do nothing, bracing, or surgery.

Bracing is often recommended by medical practitioners in the early stages of scoliosis.

But one study conducted at the Department of Orthopaedics and Rehabilitation at the University of Iowa compared bracing to non-bracing. And no difference was noticed in the surgery rates (*Spine* 2007).

This means that bracing was of no help to these scoliosis patients. Their scoliosis curvature advanced at the same rate as those who did nothing.

Studies have also shown that patients felt bracing handicapped their life and left a psychological scar.

Surgery Is Not The Only Option

Scoliosis surgery involves implanting metal rods and screws to straighten the spine.

However, numerous studies have shown that multiple complications, including rusting and corrosion, bending, or breaking completely, prove this method dangerous.

Many sufferers who had the rods implanted, end up later undergoing surgery to have them removed.

In addition, thousands of post-surgery scoliosis patients are legally declared permanently disabled every year. Follow up x-rays on other cases have shown that scoliosis can even return years after the operation.

A Less Invasive Treatment Can Help

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past 10 years since we've opened the doors, we've helped hundreds of scoliosis patients feel better, get rid of their back pain and return to an active lifestyle.

Chiropractic has a long record of successfully helping people with scoliosis.

A study published in a scientific journal (JMPT 2001) showed an actual decrease in the scoliosis curvature of patients that underwent chiropractic care.

The head of the study, Dr. Charles Lantz, DC, PhD stated...

"Chiropractic appears to offer a distinct advantage in the management and monitoring of early stage scoliosis."

The most useful part of this study was that **the sooner a child underwent treatment, the better the change in the curvature.**

Another study showed that "the combined use of spinal manipulation [chiropractic care] and postural therapy appeared to significantly reduce the severity of the Cobb angle in all 19 subjects." (*BMC Musculoskeletal Disorders* 2004)

Could This Treatment Help You (or Your Child's) Scoliosis?

It's time for you to find out if chiropractic can help your scoliosis. For 14 days only, €60 will get you all the services I normally charge new patients €265 for!

Take a look at what you will receive...

- An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine extent of your scoliosis... (NOTE: These would normally cost you at least €95).
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- I'll answer all your most probing questions about chiropractic and what we can do for scoliosis.

Until October 17th, 2014 you can get everything I've listed here for only €60. The normal price for this type of evaluation including x-rays is €265, so you're saving a considerable amount by taking me up on this offer. Call 021-4824450 now.

The appointment will not take long at all and you won't be sitting in the waiting room for more than 15 minutes



A non-invasive treatment is proving helpful for many scoliosis patients.

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, Glanmire. (next to AIB)

Tell the receptionist you'd like to come in for the Scoliosis Evaluation before October 17th, 2014.

I can't promise to cure your scoliosis. No one can.

But I can promise to use all the knowledge and techniques at my disposal to help with your posture, your back pain, and possibly even improve your curvature (if we catch it early enough).

Sincerely,
Dr. Eric Kelly, D.C.

P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because you (or your child's) back hurts – and the pain just won't go away!

Take me up on my offer and call today 021-4824450

Riverstown/Brooklodge FC *A Sporting Chance*

News from Eastcliff Park

The Riverstown/Brooklodge MSL teams have had a good start to the season with the Junior Div 1 team, top of the table, unbeaten on 10 pts after 4 games and the Junior Div 2 team currently in fourth place. The Riverstown/Brooklodge U17 team after a good run in the League Cup losing at the Q/F stage, have struggled to take their early season form into the league winning only one of their 3 games to date. All of these teams normally play on Sunday and all their home games are played in GACA.

The Cork Schoolgirls League kicked off on the weekend of Sept 20/21 with Riverstown entering teams at U12/U14/U16 and U18 age groups.

The Cork Schoolboys League season started back in August with all our teams in action throughout September with mixed results. The U11 Div 3 side are unbeaten winning 2 out of 2 games and the U11A Div 5 side looking for their first CSL win. These teams play with smaller goals, placed box-to-box on a full-sized pitch. The U12 Premier and U12A Div 5 teams are both looking competitive in their respective leagues. The U13 Premier team are mid-table with the U13A and U14 Premier sides struggling. The U15s are currently third in Div 1 and will be in the mix for a promotion spot. The U16s are still looking for their first points in Div 1.

The most improved team at this

early stage of the season are the U14A Div 5 team. An opening day reverse 2-4 to Lakewood Athletic was followed up with a 5-5 draw against current leaders, Greenwood. Spurred on by these results the boys hit the winning trail with victories against Springfield Ramblers (2-1), and Churchville (5-1), to now sit in a strong third place.

The Senior Women finished their season on a high after winning the Kevin Barry Cup Final, against Carrigaline Utd at Turners Cross on Saturday August 30th with a 2-1 victory. Carrigaline settled quickly and had the better of the opening chances but Riverstown keeper, Claire O'Donoghue, was on-hand to deny them an early breakthrough.

Riverstown took the lead, after Emma Coughlan, pounced on a defensive mix-up in the 20th min. A period of Riverstown pressure produced more chances for Amy O'Flynn and Mary McDonnell to increase the lead, before Carrigaline had a late first-half free-kick brilliantly saved. Riverstown doubled their lead in the second half with a beautiful lob from Leona Kelleher, and looked to have the game safe until Carrigaline reduced the deficit in the 65th min. Riverstown defended stoically to the end with Carrigaline going close a number of times. At the final whistle, captain, Kristina Barry, proudly collected the Kevin Barry Cup for the third time in the clubs' history.



U13A Awards Winners Season 2013/14



Above: U14 Squad Season 2013/14

Enrolment Closing Date Notice to Parents

Do you have a child starting Primary School in 2015? Closing date for receipt of completed application forms is Friday 23rd January 2015. Contact the relevant school for more information:
Brooklodge NS: 021-4866044
Glounthaune NS: 021-4353645
Knockraha NS: 021-4866727
Little Island NS: 021-4354087
New Inn NS: 021-4866293

Riverstown NS: 021-4866233
Upper Glanmire: 021-4308885

Open Nights for the Parish Primary Schools of Glounthaune and Glanmire are as follows:
Thurs Jan 15th: Riverstown NS
Tues Jan 20th: Brooklodge and Upper Glanmire
Thurs Jan 22nd: Glounthaune and New Inn.

Watergrasshill Active 55+

Gentle chair-based Pilates and relaxation classes for aged 55+ take place in First Fruits Arts Centre Watergrasshill on Tuesday mornings 11.30 a.m. - 12.30 p.m. (Note change of day and time)

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Thurs, Fri 9am -6pm: Sat 9am -1pm.**

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

TIDY TOWNS: A total of eight hundred and forty nine centres, an increase of seventeen on last year, entered the 2014 competition. Kilkenny with three hundred and twenty marks was the national award winner having last won the title in 1985. The competition is divided into population categories and Glounthaune was entered in Category "B", which relates to a population range of plus two hundred to one thousand. Each centre is assessed under eight criteria, with a total allocation of four hundred and fifty marks, which is fifty more than 2013. Glounthaune, adjudicated on June 25th, was awarded two hundred and sixty six marks, which is an increase of four on last year. However as the total marks on offer were increased this year, the 59.11% obtained is 6.39% less than 2013. In the overall national award Glounthaune, with thirteen other centres, was placed four hundred and eleventh, and with Mallow and Schull was fifty second of the eighty eight Cork County entrants. The total number of national entrants in Glounthaune's category "B" was two hundred and ninety seven, and with Schull and Kenagh Co. Longford, was placed one hundred and thirty seventh. There were a total of thirty three Cork centres in Category "B" and Glounthaune, with Schull, was ranked eighteenth, securing forty two marks less than top entrant Rossbarbery. Cork is sub-divided into three regions, and Glounthaune was placed fourth of the eleven Cork South entrants, thirty marks fewer than first placed participant Innishannon. The breakdown of marks awarded, as well as a synopsis and extracts from the adjudicator's report are as follows: **Community Involvement & Planning 41/60:** The adjudicator, acknowledging the committee's engagement with a wide array of different agencies and support groups, remarked that this is the necessary way to proceed for best results. Also the fact that participating in the Tidy Towns has fostered a sense of local pride and community spirit was admired.

Built Environment and Streetscape 33/50: "The lovely church centre with its stone facade and neat car park" was admired, and also "the very well maintained small grotto". The presentation of the various business premises, including the Flower Power florist with "its wonderful facade", received very favourable comment, and the "restored tobar" on the high road was admired.

Landscaping & Open Spaces 34/50: "Attractive flower displays were admired along the railway bridge. Planting around the car park at the national school is very effective and well maintained. The playground is an excellent amenity and was very clean on adjudication day.

There was evidence of herbicide use on the sea wall and there is no need for this. It leaves unsightly dead vegetation while also being bad for the environment. Your lovely community garden was admired but it didn't get a mention on your application form. The new planting scheme along the railway embankment is excellent and the scale and variety of species used are commended". The adjudicator refers to the Japanese knotweed and asks for details on how this is being treated; "as it can take a number of years to thoroughly eradicate".

Wildlife, Habitats and Natural Amenities 29/50: The adjudicator remarking on the "wonderful array of wildlife habitats", commends the fact that this is recognised and asks; "how can you get your schools involved in raising awareness of these biologically rich areas". The "Old Road" is referred to; "Watch out for a number of non-native species here, not only Japanese knotweed but Giant knotweed and American shunk cabbage. It is evident however that you have a control program and well done for this. Formal landscaping should be limited along these banks and natural vegetation should be allowed to emerge".

Sustainable Waste & Resource Management 14/50: "This is an area which you are excelling and the adjudicator was most impressed with the array of project areas in which you are engaged. Your survey will have engaged those who completed it thinking about their waste habits. What is required here is a total change of mindset and the abandonment of our disposable culture. Repeatedly driving the message home, as you are doing, will in time bring about this culture shift. The message is keep up this excellent work".

Tidiness & Litter Control 54/90: The adjudicator described litter control as being "very good" on adjudication day, and commented that; "Glounthaune is a very tidy area with no major issues of note". It was pointed out that four redundant poles, near the church centre and across the road from the post office car park, should be removed, as should the large "Transport 21" sign near the station. The report states that traffic cones and other debris should be "fished-out" of the mud at the estuary, and also some beer cans which were discarded in the wetland. Residential

Streets & Housing Areas 32/50: Plaudits in this section went to The Highlands "wonderful estate of attractive homes". The colourful planting at the entrance was admired but the adjudicator commented that; "planting directly in the ground however is preferable to planting in pots as it requires less maintenance"

Approach Roads, Streets & Lanes 29/50: The report commends the "very neatly trimmed verges" and refers to "the astonishing level of

Japanese knotweed infestation" when coming off the N25, adding; "Do liaise with the NRA on how this can be dealt with". The lack of safe linking footpaths was mentioned and; "pedestrian facilities could certainly be improved at the train station where there is no pedestrian crossing to reach the footpath on the other side of the road".

END COMMENT: The marks awarded in some sections appear to be at variance with the adjudicator's report. The lowest mark at 28% was relative to "Sustainable Waste and Resource Management". Yet the report advises that; "it is an area which you are excelling", and the adjudicator "was most impressed with the array of project areas which you are engaged", adding; "the message is keep up this excellent work"? Then pertinent to "Tidiness & Litter Control" the adjudicator describes Glounthaune as; "a very tidy area with no major issues of note, and remarked that litter control was "very good". The 60% mark awarded was rather low. In the "Approach Roads, Streets and Lanes" section, the report refers to "the astonishing level of Japanese knotweed infestation" when coming off the N25. Absolutely correct, but surely this area is not within the judging range, which is defined as that; "within the welcome signs to an area, or where none exist, within the relevant low speed limit signs". There was only a 58% mark awarded so no doubt the Japanese knotweed at this location had a bearing on this. Also should not the adjudicator of a national competition be aware that maintenance of local roads, the L3004 in this case, is the responsibility of Local Authorities, and not the NRA? It is interesting to note that the highest percentage mark awarded, albeit by plus decimal three three, was under "Community Involvement & Planning". The report highlights the lack of safe linking footpaths, and points out that there is no pedestrian crossing at the station - it could of course also have included the lack of public lighting on the footpath at the western side leading to / from the station. Incidentally are many aware where the "restored tobar" on the high road is?

The Glanmire Sports, Business and Community Awards:

The fifty bedroom four star Vienna Woods Hotel, of "old-worldly vintage charm", that also offers the Mabel Crawford's Bistro, sponsors the monthly awards which recognise the unsung heroes in the community. The Hotel, once a private residence, is an eighteenth century building set in twenty two acres of private woodland. The Fitzgerald family and Michael Magner acquired the hotel in 2006 and it is now recognised

as one of the top establishments in Cork. It is a tremendous facility on our doorstep and merits the support of the local communities, including all the various organisations within. Mr. O'Connor was the recipient of the September accolade, but of course he would not be identified with such a title as he is known far and wide as simply; Mickio. He is a worthy winner and his popularity in the community is immense whether through business, sport or being just a good neighbour. His company, Michael O'Connor Factors, was founded in May 1982 and from a small beginning the business has in the intervening thirty two years grown to be a leader in its field and of reputable status. This of course entailed hard work and the journey of success was so humbly and touchingly presented by Michael at the function. The company is of course the main sponsors of the Erins Own club, and the description; "extremely generous" would under-declare its valuation. Michael himself has of course a life-long association with the club, and would say that he was the first pupil of Brooklodge School to play with Erins Own - sadly his schoolmates wandered astray over the infamous meandering border! He had a splendid hurling career which culminated in winning an All-Ireland senior medal as sub goalkeeper with Cork in 1976. It appears that he is also well able to pen a letter on behalf of the defence, and one Tom Aherne has experience of this. Tom, after forty four years' service, has retired from his position at the (now) Irish Examiner. At the award function Michael Maher of Vienna Woods Hotel made a presentation to him, a judging panel member, to mark the occasion. Tom of course was a noted Erins Own player and on one occasion he was sent off in a match away back in 1973. There was an important game imminent so Mickio, in an effort to minimise the suspension, asked him to forward a letter of explanation and an apology to the East Cork Board. Tom was having none of this, after all he probably "did nothing", but a copy of a draft letter, not his handwriting, surfaced and he produced and read "his" 1973 declaration at the function! Obviously the fine-tuned original ended up with the Executioners of the East Cork Board and it worked the oracle. Tom only received a two week suspension so was eligible to play in the match and Erins Own won! It is said that Mickio could lip read Tom, and bearing in mind that he played with him for seventeen years, it would be difficult to contradict this! The club's museum at Caherlag would be an obvious home for that historical letter!

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Macra Family Fun Day held in Upper Glanmire.



Idle Ní Dheasúnaigh. Seán O Murchú and Eabha de Londrus . 27 A eatarthu



Daltaí blá i gColáiste an Phiarsaigh breá Sasta le torthaí iontacha sa teastas shoisearach



Charlie Wilkins

We are constantly being told that we're a nation of gardeners. However, I am not so sure if some of the front gardens I walk past in this area are those of potential baton carriers for there isn't much to see or celebrate! Many are in a state of banality or neglect. Some have been abandoned altogether and paved over to accommodate a car more again contain nothing but a horrible duo of refuse bins. Has it anything to do with the recession, with our rapidly changing values and a seemingly lost passion for nature, the countryside, even the areas in which we live? I wonder. But perhaps there is a more far reaching social point that worries me. Sadly, it makes me realise that there is probably a generation growing up that has absolutely no knowledge of and little interest in gardening!

And yet some gardens, one in every four perhaps, are places of thrilling wonder however many times you pass them. These have been bristled with freshly painted gates and railings usually bordering neatly maintained lawns and colourful weed-free borders. Their roses may not have come up to standard every year but even now in October they look as good as they would in summer—a rare feat in Ireland. Lollipops of variegated holly and box stand sentinel—like along the gravel pathways and along their length potted plants show colour and interesting leaf texture. At least that's how some of these gardens looked recently when their owners retired to bed!

The morning after saw a totally different picture; most of the ornamental plants ripped from the borders, pots, hanging baskets and window boxes missing, soil littering the gravel and treasured mementoes nowhere to be seen. All stolen in the middle of the night! Criminals it would seem are now switching their attention from houses (which are increasingly more difficult to break into) to gardens which are not. Their spoils are easily disposed of at car boot sales and markets up and down the country. A good hanging basket in all its summer glory will be snapped up at one of these for anything up to €50

DAYLIGHT ROBBERY

whilst garden ornaments in terracotta, stone or lead will fetch sums which run into hundreds of euro.

Containers and their contents continue to be lifted (in every sense of the word) from outside doorways and porches in all parts of the country by day and by night and it makes little difference if the thieves have to access the driveway in order to get within lifting distance of their objectives.

There are it would seem, two distinct kinds of thief. Some are opportunist petty thieves who steal for quick drink or drug money. This kind of thug goes for garden equipment which can be easily sold through small ads in local newspapers. He'll watch for what is left outside while you take a coffee or toilet break and strike like lightning as soon as you put the item out of your hands. Others are more organised and steal to order, especially items such as statues, lead urns, fancy terracotta, garden seats and believe it or not, old-fashioned stone troughs which command as much as €80 per square foot from legal outlets!

In the end of course, there would never be a market for stolen property if people refused to buy such illegally gained goods. The temptation to buy at a ridiculously low price is indeed strong, and all too often what falls from the back of a lorry is snapped up with enthusiasm. So be alert as the days grow darker and remember that the next time someone is offered a beautifully grown window box in a shady part of town for the price of a few pints that it could have come from your garden and not someone else's!

THE OCTOBER GARDEN

AUTUMN; Each season's entrance and departure is seen as part of the gracious turning of the circle of life. Autumn, the royal season, calls us in now from summer's work and outdoor enjoyment and in doing so teaches us how to surrender to the emerging shadows and low light conditions. It will not remain with us for long however and eventually we will move into the gestation period known as winter. Before then the asters are to be enjoyed especially 'Little Carlow' which is wonderful these past few weeks. At the risk of becoming a bore on this particular variety, let me enumerate once more a few of its fine attributes. To begin it does not succumb to mildew. This kills

by shrivelling the leaves of many varieties with a fine white coating and it makes their blooms grow small and miserable in the process. The commonest control is to spray with a systemic fungicide once a month from late spring but life is too short for that kind of husbandry—and in any case I'd never remember the schedule! Much better I think to plant those that are immune to mildew than to struggle keeping others looking good. 'Little Carlow' will delight you every autumn.

NERINES; Just when you feel you have to throw in the towel or at least submit to the waves of endless browns and muted orange sweeping the garden and countryside along comes a bunch of flowers all dressed up in their prettiest make up and party dresses. I await their arrival every September and enjoy their frolicking until the very end of October and later. I refer of course to the Nerines who insist on having a place to themselves away from more ebullient characters! When they have these conditions, they will bloom earlier and for longer before eventually producing offsets. When these have been eased away (following flowering) they can be planted in a kind of nursery bed to grow on to flowering size. Never be brutal when detaching these for you may damage the basal plate of both mother and child. Choose a sheltered spot out of drying winds or better still, pot into containers of gritty soil and protect until growth re-commences in late winter.

BORDERS; When you get the chance remove all summer flowers from decorative beds and borders and get them ready for spring bulbs and winter flowering bedding. The earlier you do this job the better. In a "normal" autumn the soil will be still warm enough to encourage the establishment of new roots for both bedding and bulbs (tulips excepted) giving them a much better chance of producing a really good display. If you can't



A seat among scented lilies is a memory maker! However, gardeners should make sure that seats are not left out on view of the road unless securely chained down. Even then, you will have no guarantee it won't disappear in the middle of the night long before Christmas.

manage this now, then do so whenever possible.

ENRICH; After removing the summer plants knock off all soil from the roots and put to one side. Then, take home-made compost from the heap and incorporate this into the soil to improve its structure, drainage and organic content. Next, dust a fist or two of fish, blood and bone meal through the soil you saved and apply as a top dressing. The new plants go into this. If your compost is not quite ready then the addition of a soil conditioner is advisable. 'BrownGold' will give good results so too farmyard manure in the form of 'GeeUp'. Both are weed free and will look great along with giving the beds a lift in terms of nourishment and water holding ability

FROST; After the first frosts have arrived the foliage of your dahlias and canna lilies will turn soft, brown and limp indicating that the growing season is over and that the tubers need to be dug up ready for storage. Drying the tubers thoroughly before wrapping them in newspaper is essential to minimise any carryover of storage rot. The simplest regime is to cut off the stem about 15cm (6") above the tuber having first labelled the colour and type. Dig the stools and remove any soil from between the fat tubers by hand. After being placed upside-down in a cardboard box for three or four days (to drain) they should be ready for packing away. Wrap each tuber individually in a couple of sheets of broadsheet newspaper before storage in a large cardboard box.

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Delighted to Support UnderAge Clubs

Our association with local GAA is well known and we are thrilled to be involved with all the groups. We believe in harnessing the talent of all our young people and giving them the best chance possible and that is why this year we have offered sponsorship to Erin's Own, Sarsfield, Glanmire and White's Cross.

Most recently Laura O'Connell (pictured right with local local members) and Louise Oppermann from our Glanmire store were at Erin's Own GAA club for the launch of the Ladies Football official sponsorship with SuperValu and we were delighted to sponsor the refreshments for all the children.



We also sponsored the Street Leagues at Sarsfield Hurling Club and we were delighted to offer the refreshments there too. Well done to everyone involved in both clubs.

Our sponsorship is our way of saying thank you to the local community for shopping with us.



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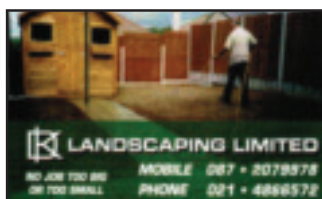
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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.



Left: On behalf of the Erins Own GAA Club shop Michael Lambe & Kieran Murphy making a presentation of a new Erins Own ladies club hoodie for outstanding achievements to Niamh Ni Chaoimh who is currently a member of the Ladies Cork senior football panel who are playing in the All Ireland Final on Sunday September the 28th, Niamh has played for Erins Own for over 10 years & is a very important part of our club. Niamh coaches both U8 & U14 Camogie and is always willing to help out her club. Also being presented with a club hoodie is Erins Own's Niamh Murphy who played a vital part in Cork winning the Ladies under 16 All Ireland Final. Well done to both girls. Also pictured is Erins Own ladies club Chairman PJ Savage.

GAA CLUB DRAW

Tickets now on sale in our club contact Martin Bowen 0864176345. Michael O'Connor 0862601136 Tom Mackey 0872672502 club officers at adult or juvenile level. This is the clubs major fundraiser and it is imperative we maximise our income to fund our ongoing work and future development. Please support.

Lotto: The latest club lotto numbers were drawn on Wednesday 17/09/2014 The numbers drawn were 17,22,26,28, There was no winner of this week's lotto, €30 winners were, Mary O'Brien, Sabrina Mackey & Sophie Fitzgerald, Next week's jackpot is €6160. 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, Kieran on 087 7787759 or Dara on 089 4464412.

Orders are now being taken for Christmas shop order now & pay weekly

RedFM Senior Hurling League:

Erins Own 3-20 Bride Rovers 2-06, 13/09/2014
On Saturday Evening the 13th of September we played our last Senior Hurling League game of the year, it was a beautiful sunny evening in Caherlag conditions were perfect for the game, Erins Own started this game on fire & took a 2-03 to 0-01 lead with in the first 10 minutes, Cian O Callaghan hitting the net twice in the first half, Mark Collins adding another goal & a point, Eoghan Murphy had 4 points 2 from play & 2 from frees, Mossie Carroll with 1 from play & 1 from a free, Kieran Murphy had a point from a penalty & Kilian Murphy & Cathal O Mahony added 1 each from play, to give us a commanding lead at the break of 3-10 to 1-04, the second half was more or less the same we were always well in control Eoghan Murphy adding another 2 from frees Kieran Murphy had 2 points from play & Cian O Callaghan, James O Flynn, Colm Coakley, Kilian Murphy, Diarmuid O

Flynn, & Andrew Power all added a point from play, with this win in the bag it puts us on the top of the league table & all going well will see us in to a semi Final spot. Kieran Murphy (post), Cian O Connor, Eoghan Murphy & Cian O Callaghan played well, Team in Full: 1.Kieran Murphy (post) 2.Cian O Connor 3.Jack Sheehan 4.Cormac Dooley 5.Shane Murphy 6.Peter Kelly 7.James O Flynn 8.Colm Coakley 9.Kilian Murphy 10.Mark Collins 11.Eoghan Murphy 12.Cathal O Mahony 13.Cian OCallaghan 14.Kieran Murphy (Hero) 15.Mossie Carroll Subs Used: Diarmuid O Flynn for Mark Collins, Stephen Horgan for Mossie Carroll, Ian O Mahony for Cormac Dooley, Ronan O Carroll for Cathal O Mahony & Andrew Power for Colm Coakley



Kieran Murphy in action V's Bride Rovers SHL

Below: Thanks to St Finbarrs GAA club for a great mornings hurling & great hospitality received we had 4 under 6 teams out against the barr's in a beautiful sunny morning & all involved thoroughly enjoyed themselves.



JAHF Launch in Caherlag

On Sunday Evening September the 7th of this year Erins Own were honoured to hold the East Cork Oil Junior A Hurling Final between Castlemartyr & Cobh, it had been a 20 year gap since this East Cork flag ship event was last held in Caherlag, Castlemartyr were crowned champions on the day on a score line of Castlemartyr 1-16 Cobh 2-11

Erins Own H & F, Camogie & Ladies Football Club

50th Anniversary Celebration Dinner

Saturday 18th October 2014

The Radisson Hotel, Little Island @ 7:30pm

4 Course Meal

Music: The Irish Weavers Ticket Price: €35.00

Tickets available from: Catherine Cogan 086-2577972, Martin Bowen 086-4176345, Barry O'Neill 086-3889074, Eoghan O Connor 087-6895421, Margaret Murphy 087-2261616, Kay Cremen 086-8840768 & Jamie Murphy 086-8758519

Glanmire Community Garden

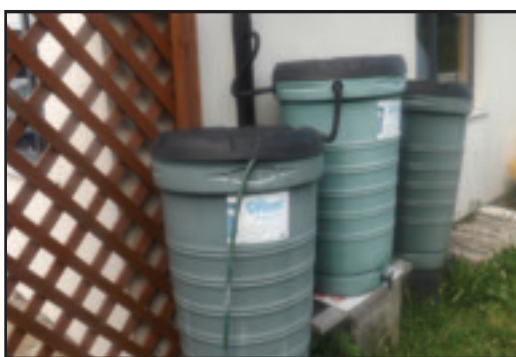
As we enter John Keats' "Season of mists and mellow fruitfulness," it is a good time to reflect on what has been a very good and enjoyable year for Glanmire Community Garden. The harvest was a rich one: Potatoes, salads, spinach, courgettes, peas, blackcurrants, radishes, carrots, herbs and lots of tomatoes. The bumble bees were looked after too. They enjoyed copious amounts of nectar from

our flowers and flowering herbs. Our gardening skills have definitely improved. We have succeeded in remaining totally organic and we are now learning more and more about the science of organic gardening. For example maintaining the nitrogen content in the soil through composting and crop rotation. However, it's not all serious stuff. New friendships have been forged.

We have great chats as we work. Recently, as a sort of harvest celebration, one of our members, Jim played host to a good old-fashioned "knees up" with music, lots of songs and plenty sustenance. Our talents aren't confined to gardening! This was a special night. Thank you Jim.

As winter approaches the garden will become a quieter place. But it will not close down. There is always something to be done. New members are very welcome. For

information about opening times etc., we advise you to make contact through Riverstown Community Centre, tel. 4821333. Finally, we thank Chris Troy whose professional advice is always invaluable to us. We also owe a big debt of gratitude to Mr Pat McKelvy, principal Glanmire Community College for giving us the use of that piece of ground on the college campus and for his ongoing positive support.



15 Family Carers Attend Free Dementia Care Workshop

This week Home Instead Senior Care in Blackrock, Cork hosted a complimentary workshop for family carers to support them in taking care of loved ones with Alzheimer's or dementia.

An intimate gather of 15 caregivers from Cork city and county attended the workshop and learned practical caregiving techniques to support them in their role of family carer.

Caregiving techniques included:

Suggested approaches when helping with personal care activities
Understanding behaviour symptoms, and care approaches to help minimise actions
Learning how to starting conversations for effective communication
Recognising ways to prevent behavioural symptoms in the future
Discovering ways to care for your-

self so that you can remain a successful family caregiver
Noleen Cronin, Owner of Home Instead Senior Care in Blackrock, Cork and Dementia Care Trainer said: "We are proud to host this workshop for family carers. It's World Alzheimer's Month and we have been clients living with Alzheimer's or dementia so it was important to support family carers in the local community".

"Caregivers often struggle to understand the full impact of dementia and it's easy to become overwhelmed. We want to support them to provide the best care they can. We also want to help them meet other family carers and realise they are not in this struggle alone."

To register for a dementia care workshop or receive dementia care advice please call (021) 500 - 2190 or visit www.homeinstead.ie.

Vintage Ladies Shop
1 Woodview Terrace
Glanmire Village



EVA MAY VINTAGE - An exclusive ladies Vintage and Resale store - An Aladdin's cave, set in the heart of Glanmire (between C laiste an Phiarsaigh and Vienna Woods Hotel). The store stock is frequently updated and we have new stock in our shop at least once a week.

Timeless...

The value of a garment bought at a chain store falls rapidly the moment you put it on for the first time; a couple of months later it's almost worthless. Vintage clothes do not only retain their monetary value but are in fact an investment. Thanks to the cyclical nature of fashion, vintage clothes will never become "last season" or out of style. On the contrary, vintage fashion opens you up to a wider spectrum of choices than any chain store ever could. Vintage will never be out of date or fall out of trend- elegance and style are timeless.

Unique...

Vintage clothes are not only high quality but also give the wearer the opportunity to possess a unique piece. This will make you stand out in the crowd and makes it unlikely that you will see the same outfit on someone else. Vintage clothes were manufactured when clothes were made to last. They have stood the test of time and if you look after them properly they will last for years to come.

Like our page on on facebook.com/EvaMayVintage or email us at evamayvintage@gmail.com Gift vouchers are available for all occasions and corporate fashion evenings in store are held on request.

Cork School of Shotokan Karate (J K A) are inviting new members to join the club and learn traditional Shotokan karate for self defence, fitness and confidence.

Children, teens and adults are more than welcome. The club train at Gaelscoil Uí Drisceoil, Dunkettle Tues and Thurs @6pm for children 5 yrs to 9 yrs and 7pm for teens and adults. Sat 10 am children / 11am higher grades teens and adults at the Riverstown Community Centre



Chief instructor Fred Lynch 4th Dan J K A can be contacted on 086 876 1493 Photo shows Dylan Hegarty age 9 getting in some practice on the pads for his upcoming grading.



The Floyd Family from the USA tracing their Irish roots in Glanmire this summer

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Tom, Martin, Eddie and Mick enjoying a game of Pitch & Putt at St. Stephens Club.

Volunteering to Lusaka, Zambia

Fund raising Table Quiz in Sars pavilion on Thursday the 9th October 2014. Table of 4 for €40.00.
I am going Volunteering to Lusaka, Zambia this year.

Sheila Devereux, Mobile 085 7301930
Home 021 4866494
Your Support would be appreciated.

Fantastic Annual Charity Wedding Fairs

The second of our fantastic annual charity wedding fairs takes place on 19th October 2014. All proceeds go to Lets Get Together Foundation (Suicide Prevention).

At Cork Weddings and Events we host two charity wedding fairs a year to support small Cork based charities. Last Marchs event raised €4600 for Cork Penny Dinners, a local Cork based charity. The upcoming Wedding Fair takes place from 1.30 to 5pm in the Radisson Blu Hotel, Little Island.

It will be a fun day where couples can chat to our 50 wedding suppliers who will be exhibiting on the day. We also have a fantastic fashion show showcasing the latest trends in bride and groom's fashions for brides and grooms of all shapes and sizes. The fashion show is always a highlight. Glamity Jane will

also be speaking about all things wedding and we will have a live hair and make-up demo.

We did a fun photoshoot to promote the event and would be delighted if you would publish some of our pictures.

Photo Shoot was styled and organised by Iris at Cork Weddings and Events Photography by Davitt Vaughan Photography Models Katie O'Donoghue (Miss Cork) Male Model Ciaran Other Models

Aneta Kate McCarthy Dresses and Headpiece from Diamond Bridal Suit from Simply Suits Hair by Sinead O'Neill Make Up by Orla from Beauty Secrets Venue for Shoot - Bantry House



We would like to invite you to our state-of-the-art dental surgery in the retail village in Eastgate, Little Island. We are offering all new customers the opportunity to join our Whitening for Life Programme TM.



Paul has recently joined our team and we are pleased to announce we are now offering 6 month smiles. To celebrate we are offering FREE consultations for Sept- Oct only! Smiles and More open Saturdays 9-2.

Nervous patients welcome – No waiting list – Easy parking

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- **Cosmetic Dentistry** – Full range of aesthetic services to improve your smile.
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- **Snoring Clinic** – Simple snoring and obstructive sleep apnoea syndrome screening.

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**MONTHLY WINNER GLANMIRE SPORTS, BUSINESS & COMMUNITY AWARD (BUSINESS CATEGORY)
SPONSORED BY FITZGERALDS VIENNA WOODS HOTEL**



MR. MICHAEL O'CONNOR is the Monthly 2014 winner of the Business Awards Section in the highly successful Glanmire Sports, Business and Community Awards, sponsored by Fitzgerald's Vienna Woods Hotel. Mr. Michael Magner, Director of Fitzgeralds Vienna Woods Hotel (Main Sponsors) commended the latest winner of the Business Award category, Michael O'Connor, saying "We at Fitzgeralds Vienna Woods Hotel are delighted to be associated with this very successful Sports, Business and Community Award Scheme. This is our seventh year to be involved and we are delighted with the new initiative that has gone from strength to strength."

The latest winner has had a very successful business career complimented with a huge sporting success over many years. Erin's Own man Michael O'Connor opened for business in July 1982 where he worked from home from 1982 to 1990. In 1990 he moved to Glanmire Business Park as the Motor Factor business began to expand.

The company has grown steadily over the years and now employs seven full time members of staff and is very much a family orientated business. The business enjoys a very prestigious place in the business community of the Cork and Munster region.

O'Connor Motor Factors has been the main sponsor of Erin's Own GAA Club since 2006.

Michael, affectionately known as Mickey O', has enjoyed a very successful career in both hurling and football with the Erin's Own club from 1968 to 1991, winning an All-Ireland Hurling

medal with Cork in 1976 as reserve keeper when Cork won the three in-a-row 1976-1978.

Erin's Own are currently celebrating their fiftieth anniversary and his sons Cian and Mark have that link in the past, with his wife Liz playing a hugely influential role in both their domestic and business lives.

His sporting stats make for impressive reading.

Michael O'Connor Played on Erins Own First team from 1968 to 1991. 1976 All Ireland medal as sub-goalkeeper. East Cork Hurling Championship Winners, 1973, 1975, 1977 & 1979. County Intermediate Hurling Championship Winners 1984 & 1987. Runners up Intermediate Championship 1982 & 1986. Played with Imokilly Senior Hurling Championship 1973 to 1978.

* Hon. Secretary Erin's Own 1973 to 1976. * Vice-Chairman Erin's Own 1995 to 1996. * Chairman Erin's Own 1997 to 2001. * Cork Minor Selector 2002 to 2005.

Played Junior Football Erin's Own over many years.

Not many people would know that Michael has played Hockey and was part of the winning team in the Melina Cup in 1979.

Main Sponsor of Erin's Own since 2006. Michael also had the honour of being Captain of the Irish Motor Factors Golfing Society 1998 which is very well regarded in the trade.



Little Island National School News

We are all back to school and well settled in at this stage. We have been delighted to welcome new members to our school community.

After -School activities are up and running as well as Sciath na Scol football training and matches. Children and teachers are working happily together and there is a great atmosphere around the school.

Our big event this term is our first

ever School Fair. We have put a lot of effort into planning this day and we hope there will be something for everyone. There will be music, food, games and mystery guests! All are welcome and we hope to see lots of people here! Check out our website, www.littleislandns.com, for more information about what we are doing in our school.



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INFLUENZA 2014

Influenza is a very nasty preventable illness

caused by the flu virus. It is potentially very serious and can even be life threatening. Flu spreads rapidly by droplets created with coughing and sneezing. The symptoms usually start suddenly, with high fever, sweats, harsh dry cough, aches and pains, headache and lethargy. The cough and fatigue may persist for several weeks. Good hand and cough/sneeze hygiene can help to reduce the spread of influenza.

Remember the 'Catch it, Bin it, Kill it' campaign? **Is this flu....** or could it be something even worse? Meningitis, pneumonia and malaria can masquerade as influenza: if you are getting worse go see your doctor. If you have visited a malarial zone, even in transit, in the previous year you might have

malaria. Get a malaria test.

Management; Most people get better within a week. Treatment includes bed rest, paracetamol or ibuprofen to reduce fever and relieve aches & pains. Warm drinks help prevent dehydration. There is no evidence that "Cough bottles" are effective, and they should always be avoided in young children. Antiviral medicines are available, and may be useful for people at high risk of serious complications. Talk to your GP.

Flu vaccination is highly effective in preventing you getting influenza. You cannot get the flu from the flu vaccine. The objectives of the national flu vaccine programme are to protect people at risk of serious illness or death should they develop influenza, and to reduce transmission of the infec-

tion, thereby contributing to the protection of other vulnerable patients. The vaccine doesn't prevent ordinary coughs and colds, which can still be very unpleasant. You can still get headcolds.

The vaccine is available from your GP, and many pharmacists are well trained to administer the flu vaccine. Get it where most convenient for you. Flu vaccine is especially recommended for pregnant women at any stage of pregnancy. The mother getting flu vaccine protects her newborn baby against flu for the first few months of life. Some countries now vaccinate children, using a nasal spray vaccine!

Serious complications can be life threatening.

These include pneumonia and meningitis. Vaccination is especially important in pregnant women, older people, people with diabetes, liver or kidney problems, immunosuppressed and chronic conditions of the heart/lungs. People living/working in residential institutions (nursing homes, hospitals etc) should also consider vaccination. Ask your doctor have they had the flu vaccine! Don't delay, get the jab today. Prevention is better than cure.

Dr. Diarmuid Quinlan
MB BCH BAO BSc(Hons)
DCH DFFP
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Containers Leave For Bosnia
Following a coffee morning in aid of the Bosnia Flood Appeal which took place in the Glounthaune Church Centre on Saturday morning July 12 and the appeal from Tom Byrne of Glanmire AGE Action for items for a container that would be traveling to Bosnia in mid-September, well it all came together on Thursday last when volunteers with the Muintir Mhuire were filling two large containers with clothing, footwear, bedclothes and mattresses and non-perishable goods which were donated and left in Glounthaune church centre, Carpet Direct Little Island and the Muintir Mhuire charity shop in Midleton. Muintir Mhuire a Christian Community Experience for Young People based in Ladysbridge. After four hours filling the two containers the truck left Carpet Direct Little Island early afternoon on its way to Bosnia.

Above Left: Bosnia Flood Relief Coffee Morning in Glounthaune Church Centre

WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>**White's Cross GAA team up with Upper Glanmire National School**

White's Cross GAA and Scoil Naomh Michéal, Upper Glanmire came together this summer to organise a Joint Summer Raffle. Given the interconnectedness between the two entities a combined draw made very good sense and helped raise vital funds for both – recent development works at the School and the GAA Club are there for all to see. The draw took place at White's Cross GAA Grounds on Friday, September 19th, with a large crowd attending. Prior to the draw Mike O Flynn (Chairperson White's Cross GAA Juvenile Club) welcomed Patrick O Connell (Principal Upper Glanmire NS) to White's Cross GAA Grounds and wished him well in his new role, as he has only commenced as principal in the school in September. Patrick thanked Mike for the welcome and said he was delighted for the school to be part of this joint initiative with White's Cross GAA. The winners pulled from the drum were as follows:

1. HTC One mobile phone: DJ & Mary Kelleher
 2. Cork jersey signed by the Cork hurling panel: Sarah O Donovan
 3. €200 voucher for Keane's Jewellers: Grace Maher
 4. FUJIFILM digital camera: Sandra Coughlan
 5. €100 meal voucher: David Mullins
 6. €50 voucher SuperValu: Mary Kate Dawson
 7. 10 Monkey Maze passes: Jem Mehmet
 8. 1 hour bowling for 6 people in PLANET: Abby O Connor
 9. 5 passes to Cosmo's Funworld in PLANET: Carney Family
- Both the Chairperson and the Principal thanked all those who had supported the draw, and by extension the developments taking place in both the school and the club, including those who had bought and sold tickets. Special tribute was paid to those who had sponsored the draw prizes – many of these organisa-

tions are proving great supporters of White's Cross GAA in recent years: VALERO Financial, Keanes Jewellers, Riverview Eggs, SuperValu Glanmire, Monkey Maze, PLANET Blackpool.

Under 13s – Champions on the double to make it a treble!

The sun shone in Blarney on Sunday evening and it certainly shone on White's Cross Under 13 footballers as they saw off a very stern challenge from Grenagh to put this football league title with the hurling title won the previous Monday in a victory over Dripsey. It crowned off a great fortnight for the Club with the Under 12 footballers also winning their league final against Tracton the week before – some of these young lads have the proud distinction of winning three finals in 2014.

This was a fantastic encounter from start to finish and not for viewing by the faint hearted. When Grenagh scored a point late on to take the lead for the first time, they had all the momentum and with the wind assisting them, it felt that it was not going to be for White's Cross. However the lads in green and white had other ideas and centre-forward Conor Docherty scored a great point, from the end of a well worked move that started with an astute kickout from goal-keeper Aaron Wallace, to bring this game into extra-time. Docherty was simply imperious in this encounter and the Grenagh defence struggled to cope with his pace and skill.

This was by no means a one-man show by White's Cross however – the aforementioned Aaron Wallace was very solid in goal while his pinpoint accuracy from kickouts launched many White's Cross attacks. Outside him Jordan Bransfield and Peter Twomey were like giants – Twomey was very solid all through while Bransfield tore into this game in the second period of extra time, when this game was in the melting pot. Equally Tom Casey was rock solid and showed

great adaptability when he was moved up the field in the second half, where he won great possession time and again. This positional switch was to facilitate the entry of Brendan Quain into this encounter, and whilst many in the very large crowd might have been surprised to see a lad of such tender years and small stature introduced into our defence at a time when we were being bombarded by our opponents, the merits of the switch were seen rightaway as Quain fought like a tiger for everything that came his way, and won back possession that most would have not even bothered to contest.

Another young player that was integral to the success was Harry Coughlan who played his heart out, winning great ball and always laying it off intelligently. Centre-back Patrick O Hara was a marvel all through and many feared for our chances when he went down injured during the first period of extra time after a late tackle – however thankfully O Hara was back to his feet after some quick treatment from the magic sponge! O Hara's first half goal, when he ghosted through the Grenagh defence was as good a score as one will see – the only pity was that, and typical of the type of nip-and-tuck in this encounter, was that Grenagh had cancelled out its impact in no time with a good goal of their own. Gavin Cronin played the captain's role from the centre of the field and showed immense work-rate in the way he attacked and defended all through.

Luke Murphy showed great skill on the ball in this encounter, and whilst his goal at the end of the first period of extra time, which helped us to a six point lead at that juncture, was not necessarily what he planned with this particular kick, he was due some good fortune for his hard-work. Adrian Buckley was another to give his all in this fascinating game, and he worked himself to a stand-still before being withdrawn late on. In the full for-

ward line the towering presence of Sadiq Bakere was a real threat all through and his ball handling skills were top notch – his point at the end, which crashed off the crossbar, may have been his only score, but this was a guy more than happy to do the dirty work and leave it to another to take the glory. Alongside him Cathal O Flynn, showed the same eye for goal that he had in the hurling final, when he scored two goals and a point, a great return from someone who saw little ball in his corner of the field.

In terms of deciding a most-improved-player for the 2014 season from this squad one would find it hard to look beyond second half substitute Senan Ryan. Ryan was outstanding in the under 12 final win two weeks ago, and he showed the same uncanny eye for the ball in this fine win. Other vital members of this squad, who brought an historic double to White's Cross were Kaelan Skillington, Stephen Whooley, Jack O Callaghan and Fionn Hickey – the latter was unavailable for selection for the final.

It has been a fantastic achievement from this crop of players to do the double and in a speech later on at the Clubhouse, Juvenile Chairperson Mike O Flynn paid great credit to the management team of Sean Coughlan, Ciaran Hickey and Finbarr Pyne – all of their hard work paid dividends in this most delightful of victories. One must spare a thought also for Grenagh – this encounter hung in the balance right to the end and could really have gone either way. However their management and supporters will take great heart from the real battling qualities their side showed in this final, which White's Cross won 5-12 to 3-12.



Left: White's Cross Under 10 Camogie team who took part in the Go Blitz in Ballincollig recently. The numbers signing up for our ladies football and camogie sides have continued to grow throughout 2014.

Right: White's Cross Under 13 panel and mentors celebrate having completed a hurling and football league double – defeating Dripsey in the hurling final and Grenagh in the football final. Indeed some of these players were picking up their third league title in 2014 – the Under 12 footballers defeated Tracton in their league final.

Teresa Quain and Mike O Flynn, both White's Cross GAA, preside over the recent Joint Summer Raffle along with Patrick O Connell, Principal of Upper Glanmire National School.



GCC Students on a high after Junior Cert Results

There were broad smiles all round as the students of Glanmire Community College received their Junior Cert results. The overall mood of the Junior Certs of 2014 was jubilant having successfully completed their first State Exam. Once again GCC students achieved outstanding results in their examinations, consistently scoring above the national norm in all subject areas individually and collectively. Results across the board were exceptional and the college had one student who achieved 11As.

Principal, Pat Mc Kelvey congratulated all the students on the tremendous results achieved. He said "well done to the students and their parents on reaching this milestone, GCC is very proud of all our Junior Cert students". He acknowledged the students' hard work, their parents' support and their teachers' commitment and dedication. He asked the students to use their excellent results as a launch pad for the Leaving Certificate exams.

The results received by the students this year continue to build on the impressive record of excellence from previous year groups.

Photos: Dominic Foster



Junior Cert Student Grace Byers is congratulated on her excellent results by her proud Mum, Mrs Byers and her brother Calum.



Sister Act - Twins Jessie Lyons, Kate Brennan, Kelly Lyons and Tori Brennan are all smiles after receiving their Junior Cert Results.



Friends Sarah Tyner, Alison Barry and Amy Dolan have plenty to smile about after receiving such great Junior Cert Results.JPG



Sophie Hayes is congratulated by Ms Gertie Cabill (Deputy Principal) and Mr Pat Mc Kelvey (Principal) for her excellent Junior Cert Results, Sophie achieved 11 As.



Holly Cussen is congratulated on her excellent results by her proud Mum (Mrs Anne Cussen, Admin Staff, GCC).



Sophie Hayes has plenty to smile about - 11As in her Junior Cert Exams



Mr Pat Mc Kelvey congratulates the Junior Cert Students on their excellent results.



Club Bowling for Glanmire Macra



SARS CAMOGIE NOTES



Winning Imokilly u13A team



U15A Imokilly Champions

"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 7th October 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

UPDATE on Guild

UPDATE on Guild activities
3 members from our Guild, Abina Morley, Maura Bullman and Mary O'Connor attended the Summer School in An Grianan in late July. The courses available were Handbag making, Yogla, Art and Hairpin Crochet. We had a wonderful teacher Nora Keady from Galway to teach us this old craft of Hairpin Crochet, where you do a lot of weaving on a hand held loom, and you join your work together with your crochet hook. Some beautiful work can be done with this lovely craft. Our Craft classes will resume in the Community Centre on Monday the 29th September, 7.30 to 9, 2€ per session. These classes are open to everyone and we would love to teach people to knit and crochet. Enquiries: 087 2341187

October RECIPE
Chocolate brownies!!
150 g butter, chopped
300 g dark eating chocolate,

chopped 330 g soft dark brown sugar
4 eggs, beaten lightly
150g plain flour
120 g sour cream or natural yogurt
(60 g crushed hazelnuts : optional)

Method

- preheat oven to 160 C degrees, grease and line a 9 inch square oven proof dish
- Stir the chocolate and butter over a gentle heat until melted
- Transfer choc mixture to mixing bowl and add sugar and eggs to the chocolate
- Add sifted flour and sour cream/yogurt. Stir well
- (Add nuts at this point)
- Spread mixture into prepared dish
- Bake in the middle of the oven for about 50-60 minutes
- Check centre with needle to check that it is cooked
- Leave to cool in dish, when cool, cut into squares. Can be served with warm chocolate sauce or ice cream or just on its own!!!!




Abina Morley and Mary O'Connor enjoying the Hairpin Crochet class at the Summer School in An Grianan





Above: Abina Morley, Maura Bullman and Mary O'Connor with the National President Liz Wall


Left: The Summer School at An Grianan



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Glanmire's Fifth Annual Family Fun Day a Huge Success

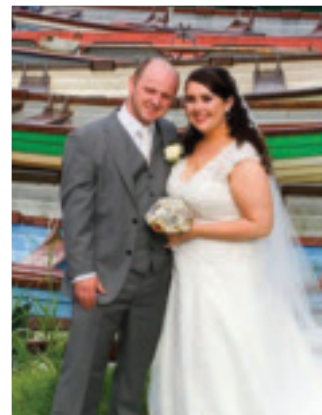
Glanmire Macra hosted their fifth annual Family Fun Day in Upper Glanmire on September 14th. The weather was in our favour with brilliant sunshine ensuring a large turnout to support the fundraiser in aid of Alisha's Story and the Upper Glanmire Community Association. There was certainly something to entertain every age group including craft stalls, sports, hook-a-duck, swing boats, bouncing castles, a novelty dog show, face-painting, a colouring competition, raffle, human table soccer amongst other! Thank you to all our generous sponsors who donated prizes for the day; Team Thomas Fitness, The Boothouse Bar, the Riverside Bar, Connections, Luciano's Pizza, Pharmacy First Plus, Phelan's Pharmacy, Vibrance Hairsalon, Kevin O' Connell House Maintenance, Eoin Walsh, Shirley's Beauty Clinic, Hair for Men, Wyley-McGrath's Opticians, Brooklyn Barbers, Spick N Span Glanmire, The Hairdresser, Café Beva, Leisureplex Cork, Monkey Maze, Fitzgeralds Vienna Woods Hotel & Holiday Homes, Café Chino, Waterfront Studios, Esther's Barber, Ryall's Farm and Industrial Equipment, Killahora Service Station, Kopper Hair Glanmire, Glenmill Engineering, Michael O' Connor Motor Factors, Crowley Engineering, Riverview Eggs, Associated Pumps, Inform Nutrition, Muddy Paws Dog Groomers, O' Sullivan Plant Hire, Southern Farm Fuels, AIB Glanmire, Glanmire Mechanical Repair, Ironing Services, Supervalu, FX iTech, Sheehan's Butchers, The Elm Tree, The Riverstown Inn, and Cashman & O' Driscoll Vets. Also a huge thank you to the various craft stalls who came along to sell their produce on the day as well as to the hundreds of people who attended and made the day so worthwhile. We're planning next year already! To view all our photos from the day, check out our Facebook page. In addition to planning our annual Family Fun Day, we were kept very busy this month. A group attended the Ballyhoura Macra 10th Anniversary Dinner Dance at the Fir Grove Hotel in Mitchelstown where we enjoyed a tasty four course dinner, followed by music by the Waxies and a DJ until late into the night. Not only this but we celebrated

our second Macra wedding of the year where club members Liz Daly and Sean O' Dowd wed in Killarney on the 4th of September. This was a fantastic day out made even more enjoyable by the wonderful weather! We wish them both all the health and happiness possible in their future lives together.

Our sports schedule is also fully back in action. Our weekly sports night made a welcome return and takes place every Tuesday night from 9-10:30pm in Upper Glanmire Sports Hall. New members are always welcome! As a club we went bowling to welcome in the new macra year on Friday September 12th at the Planet Blackpool followed by a trip into Reardens in the city. We also had great success in the Seandun final of 7-a-side football where we overcame Knockraha in the semi-final and Whitechurch in the final to take victory. We will now compete at the National Finals on October 12th-congratulations and best of luck to everyone involved! In addition, club member Jennifer Barry travelled to County Officer Training in Killarney at the start of September to prepare herself for her roles as Assistant PRO and Social and Travel Secretary in the Seandun region over the coming months. Best of luck to club member Andrew Ferguson who has moved to the United Kingdom where he will work on a farm outside London. He will be greatly missed from the club! Congratulations and best wishes to Reidin Murphy who will now take over from Andrew as YFDG officer for the upcoming year. There has never been a better time to join Glanmire Macra. Over the coming months we will participate in a number of activities including a capers variety show, debating, public speaking as well as a whole host of sports competitions not to mention our annual social outing to the National Conference in Portlaoise for three nights over the October Bank Holiday. For anyone interested in joining, contact us on Facebook, email us on glanmiremacra@gmail.com, contact our chairperson Donal O' Callaghan on 0876834403 or simply attend our next monthly meeting upstairs in Sars Hurling Pavilion on Wednesday October 8th at 9pm. It's a decision you won't regret!



7-a-side victory



Sean and Liz Wedding



Father's Sack Race



Mother's sack race



Peg-on a line



5-Steps To A Brighter & More Secure Future For Your Special Child

1. Maximise Your Entitlements

Some parents unfortunately go through life and never claim all they are entitled to because they assume they have everything in order. I have personally come across parents who have left hundreds, and sometimes thousands of euros behind in unclaimed entitlements. It falls on parents to uncover all of their entitlements, allowances, grants and tax credits that are available from the Department of Social Protection, HSE and Revenue. If you fail to claim an entitlement in time then unfortunately you can't back claim. It is always worth doing additional research, or getting a second opinion, to guarantee you are receiving all entitlements. Tax is where I see parents leaving the most money behind. It is a complex area and depends on your child's disability. It is very likely that you could be claiming additional credits, VAT or DIRT exemptions.

2. Set Up A Special Needs Trust

Most government entitlements are means tested and only available to your child if they meet the criteria. If your child is above the low financial thresholds set by the government, then they will be expected to financially provide for themselves. Entitlements such as Disability Allowance are critical resources that help to offset your child's daily living

expenses. If you jeopardise your child's access to these basic entitlements then your child's financial future can be severely restricted. The reality is that even if your child has their full entitlements, it is still unlikely that your child will have a decent quality of life. To complicate matter more any savings, assets, money or inheritance your child has outside of a special needs trust will be means tested. This is why it is so important to set up and fund a Special Needs Trust. A Special Needs Trust is a uniquely designed trust which never affects your child's current or future entitlements. The purpose of the trust is to maintain your son or daughter's quality of life when you are no longer around to take care of them.

3. Create A Special Needs Will

It is rare to come across parents who have correctly set up their will or incorporated the legal issues facing their child with special needs. A Special Needs Will establishes four important things for you and your special needs child. It tells the court:

1. What share your special child will receive of the family assets.
2. Where your child is to live and who will be their Guardians.
3. Who will act as Trustees and manage your child's money.
4. How your child with spe-

cial needs is to be cared for in the future. If you haven't set up your will correctly, the courts will get involved and make decisions for you. This might result in your special needs child not receiving the money you would like, or notably, they may receive assets that could result in the loss of their entitlements.

4. Write A Letter of Wishes

You understand your child better than anyone else: what your child's interests are and what makes him/her smile. The core of good open family communication is in writing a Letter of Wishes. This will document your child's medical history, daily activities, therapists, schools, professionals and doctors. You should also include any behavioural issues, sensitivities, diet issues, etc. - and don't forget to include your child's hobbies and what they enjoy. To ensure the next caregiver is given a head start in providing the best care possible for your child, it is critical that you share your Letter of Wishes with them and all close family members.

5. Start Planning Today

When is the right time to start planning for your son or daughter's special future? We never seem to find the time. Parents are busy with physiotherapy, speech therapy, psychology reports, doctors' appointments. The list is endless. The only issue with this is

that parents can fall into the trap of not prioritising a Special Needs Trust Plan™. The difficulty with this is that valuable years are wasted and as time ticks by the chances of adequately funding a trust diminishes.

By setting up a trust plan to maintain your child's quality of life after you have passed away, will allow you to put the correct steps in place. This will give you great peace of mind and will also benefit the whole family.

You may have enough going on in your life right now and don't have the time to be worrying about trust plans for the future or you may think it is only for the rich. However, ask yourself one last question. Can I afford to put €10 a week of my child's current entitlements away for their future? Because that is all it takes, with the right plan to create a brighter future.

Free Booklets

➤ "A-Z Guide on Special Needs Entitlements"
➤ "7-Steps to a Brighter and More Secure Future for your Special Child."
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I hope this article motivates you in creating a brighter and more secure future for your special needs son or daughter. Please feel free to contact me if you wish to discuss any area of this article or if you would like to find out more about a Special Needs Trust Plan™ for your child, check out www.financialwellbeing.ie.



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Allan Jigsaw.2



Please feel free to contact me if you wish to discuss any area of this article or if you would like to find out more about a Special Needs Trust Plan™ for your child, check out www.financialwellbeing.ie.



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Wednesday
Spin & Abs 10.00am.....20/20/20 @ 6.15pm.....Spinning @ 7.15pm

Thursday
Kettlebells @ 6.15pm.....20/20/20 @ 7.15pm

Friday
Spin & Abs @ 10.00am.....Spin & Abs @ 6.15pm

Saturday
20/20/20 @ 09.00am.....Spinning @ 10.00am

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Chloe Alavoin Aaron Duffy & Jack Mooney at the Knockraha Heritage Day.



Valerie and Phil Foley at the Knockraha Heritage Day.

Ask Your Pharmacist

with Keith O'Hourihane,
Superintendent Pharmacist
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It is that time of the year again! Kids are back to school and as much as we like to pretend it is much too far into the distance, Christmas is seeping its way into our psyche and putting us in saving and preparation mode. In my opinion this highlights two health issues:

1. Influenza ("the flu")
2. Stress

I cannot stress how important the flu vaccine is, not just for those in our communities that are sick, but also people who come in contact with the sick. The more people who get vaccinated in our community, the less people who contract the flu and therefore the less people who are contagious.

Contagious people are a very serious danger for anyone who has a long term health condition. This is why I would urge our communities to get vaccinated. You cannot get the flu from the vaccine, it is not a live vaccine so we are not injecting the flu into you! Ask our staff about getting your flu vaccine at PFP Glanmire!



Stress has a huge effect on our heart health long term. At PFP Glanmire you can get a cholesterol test for €10, a full breakdown for €22.50 and our full health clinic for just €50 which will give you a detailed report on how you can fit healthy eating and exercise into the hectic school-run routine!

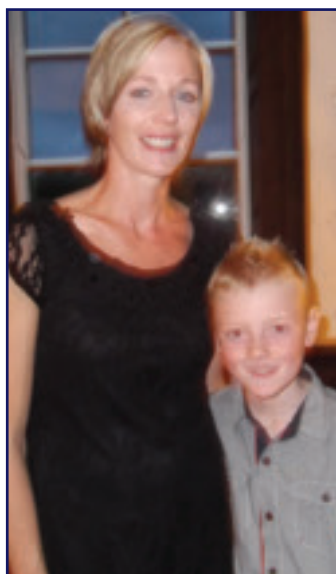
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Musical Evening at Riverstown House During Heritage Week



An Dochtúir Domhnall Ó Loingsigh Laoch Bhaile Mhúirne (1842-1913)

Nuala Ní Loingsigh

Ar an Satharn 13 Meán Fómhair 2014, tháinig gaolta an dochtúra, cairde agus muintir Bhaile Mhúirne le chéile chun an t-Ionad Cultúrtha a athainmniú in onóir don Dochtúir Domhnall Ó Loingsigh. Ba í a gharíníon, Joan Cronin, ó Mhaigh Chromtha a nocht an leacht nua 'Ionad Cultúrtha an Dochtúir Ó Loingsigh'.

Cérbh é an fear iontach seo? Deireann Domhnall Ó hÉalaithe, staraí áitiúil, gurbh fhear léannta, grámhar, umhal é. Bhí cáil air mar dhochtúir cineálta nár loirg airgead ó na bochtáin. D'oibrigh sé go dian dícheallach in athbheochan na Gaelainne agus chun fostaíocht a chur ar fáil do na daoine. Bhunaigh sé monarcha, halla, aonach, bÁCús agus siopa chun freastal ar mhuintir na háite. Ar an 'Southern Star', 6 Nollaig 1913, tar éis a bháis, dúradh:

'Through his great enterprise and organising ability the once dingy hamlet of Ballyvourney has been transformed into a flourishing village where prosperity and contentment characterises the lives of the people.'

Rugadh é i dTóchar, ar fheirm i gCúil Aodha agus bhí ochtar eile sa chlann, ceathrar deartháireacha agus ceathrar deirfiúracha. Níl mórán eolais againn faoi oige Dhomhnaill ach gur fhreastail sé ar Scoil Chúil Aodha (a bunaíodh sa bhliain 1852) sa bhliain 1857 in aois a deich mbliana. Chuaigh sé ó Chúil Aodha go Maigh Chromtha agus as sin go Coláiste Cholmáin i Mainistir Fhear Maighe. D'éirigh go hiontach leis ina chuid staidéir agus bhuaigh sé duaiseanna sa laidin, próis na Gréigise agus aistriúchán.

Ar aghaidh leis go dtí an Coláiste Gaelach i bPáras in 1864 chun tuilleadh staidéir a dhéanamh don sagartóireacht. Rinne sé fealsúnacht, diagacht agus reitric. Bhí sé le dul go Ceatharlach chun an chuid dheireanach dá ullmhúchán a dhéanamh don sagartóireacht ach níor ceadáíodh dó dul ar aghaidh toisc a chuid iompair i rith na laethanta saoire sa bhaile. De réir dealraimh, toisc go raibh suim aige san amhránaíocht cheap na húdaráis nach raibh sé oiriúnach don Eaglais.

D'fhág sé Páras agus chuaigh sé in arm an Phápa sa Róimh. Tugadh na Zowanes ar arm an Phápa. Bhí Stát na Vatacáine neamhspleách agus bhí an Pápa mar cheann an stáit chomh maith le bheith mar cheann na hEaglaise. Níos déanaí chabhraigh na Zowanes leis na Francaigh sa chogadh i gcoinne



Dr Ó Loingsigh

na Prúise. Cuireadh Domhnall i bpríosún ar feadh tamaill ach scaoileadh saor é in 1873 agus tugadh cead dó taisteal go dtí na Stáit Aontaithe. Chaith sé tamall ag obair ar bhóithre iarainn i Nua Eabhrac ach bhog sé go Meicsiceo Nua ar thóir an óir. Chaith sé tamall ag mianadóireacht i Klondyke sna Rockies. Mhair sé sé mhí leis na hIndiaigh dhúchasacha agus réitigh sé go maith leo. D'fhill sé ar Éirinn in 1876 in aois a tríocha ceathair. Bhí sé ar intinn aige dul ar ais go dtí na Stáit Aontaithe ach d'impigh a mháthair air fanúint sa bhaile. Nach raibh an t-ádh le Baile Mhúirne gur dhein sé rud uirthi.

Bheartaigh sé dul le leigheas i gCorcaigh agus cáilíodh é in 1881. Ar ais leis go Baile Mhúirne mar dhochtúir cúnta don Dochtúir Kent a bhí ann. Fuair an Dochtúir Kent bás leathbhliain ina dhiaidh sin agus bhí an Dochtúir Ó Loingsigh ina dhochtúir teaghlaigh don cheantar go dtí tamall gearr roimh a bhás in 1913. Ní hamháin gur oibrigh sé go dian dícheallach mar dhochtúir ach bhí sé mar cheannródaí i ngnéithe eile de shaol an phobail i mBaile Mhúirne.

Ghlac Domhnall páirt nach beag i gConradh na Gaelainne. In 1900 toghadh é mar bhall den Choimisiún Ceilteach i bPáras. I measc na ndaoine eile a bhí i láthair, bhí Pádraig Mac Piarais, Dúglas de hÍde, Eoin Mac Néill agus an Dochtúir Ó hÍcí ó Choláiste Mhaigh Nuadhat.

Ba é an chéad rud a dhein sé ná scoláirí le léamh agus scríobh na Gaelainne a thabhairt le chéile. Bhunaigh sé grúpaí beaga chun léamh agus scríobh na Gaelainne a mhúineadh do na daoine. Níor múineadh Gaeilge sna scoileanna ag an am. Ní raibh ach labhairt na Gaelainne acu. Bhailigh na grúpaí seo le chéile chun scéalta, amhráin agus seanchas na háite a bhailiú.

D'eagraigh sé comórtais cheol uirlise agus amhránaíochta i measc na n-óg ar dtuais agus níos déanaí i



Road Runners - Ruben Stillwell and Eric Stanton, in Glanmire.

measc daoine fásta. D'eagraigh sé feiseanna móra ar fuaid an chontae. Lena chuid oibre oileadh a lán daoine chun Gaelainn a mhúineadh. Dar le Domhnall Ó hÉalaithe, staraí áitiúil, tugadh príomh-chathair na Gaeltachta ar Bhaile Mhúirne. D'fhreastail sé ar an gcéad Oireachtas in 1897 i mBaile Átha Cliath.

Thóg sé halla pobail é féin chun go dtiocfadh daoine óga le chéile do cheol agus rince agus chun taitneamh a bhaint as a gcultúr féin. Ag an am ní raibh aon siopa i mBaile Mhúirne. D'oscail sé siopa grósaera agus gach saghas síl agus leasú a bheadh ag teastáil ó fheirmeoirí ar fáil ann. Sholáthraigh sé bia d'ainmhithe agus bia do líon tí sa siopa sin.

Bhunaigh sé bÁCús taobh thiar den siopa i gCarraig an Adhmaid agus thug sé cuireadh do bheirt deartháireacha de mhuintir Mhuláin ó Shráid an Mhuilinn teacht ag obair ann. Tá a sliocht fós ann. Ina dhiaidh sin dhírigh sé ar fhostaíocht a sholáthar do na mná. D'eagraigh sé traenáil i ndéanamh lása, crochet, cniotáil, fuáil agus déanamh cuileanna. Bhunaigh sé monarcha cniotála a bhí suite i lár an bhaile. Thug sé cuireadh do bheirt bhan ó Shasana teacht chun oiliúint a chur ar na mná sna scileanna ceardaíochta seo. D'eagraigh sé ranganna cócaireachta, cúrsaí déiríochta do mhná óga. D'éirigh leis, chomh maith, margadh a bhunú chun na hearraí éagsúla a dhíol. D'éirigh leis an obair seo go léir a dhéanamh na blianta roimh Ghaeltarra Éireann, Údarás na Gaeltachta nó na ceardscoileanna a theacht ar an saol.

Níor leor sin don Dochtúir ach bhunaigh sé aonach uair sa mhí ar an 23ú lá den mhí. Bhíodh ar na feirmeoirí siúl lena gcuid stoc deich míle nó cúig mhíle dhéag go Maigh Chromtha roimhe sin. Ar dtuais dhein na ceannaithe stoc baghchatáil ar an aonach ach cheannaigh an dochtúir na hainmhithe agus thóg sé iad go Calafort Chorcaí agus díoladh iad i Sasana. Fear saibhir ab ea é ach bhain sé

úsáid fhiúntach as a chuid saibhris chun cabhrú le daoine.

Bhí dhá rud eile a theastaigh uaidh a dhéanamh, teach banaltrais a bhunú agus iarnród ó Mhaigh Chromtha go Baile Mhúirne a thógáil. Fairíor níor éirigh leis. D'fhág sé oidhreacht shuibhir againn leis an sampla oibre a dhein sé, i gcúrsaí gnó, i gcúrsaí cultúir agus i bhfreastal ar an bpobal. Seo véarsa ó amhrán ó Bhaile Mhúirne:

'Ballyvourney near the sweet town of Macroon':

'Dr Lynch whose name is loved by every Ballyvourneyite;

He worked for the Gaelic cause

From morning until night;

His heart was as big as the

Highest hill in Coom;

He was king of Ballyvourney

near the sweet town of Macroon.'

Gluais:

laoch = hero

ionad cultúrtha = cultural centre

nocht = unveiled

staraí áitiúil local historian

athbheochan = revival

bÁCús = bakery

neamhspleách = independent

saorthaisteal = free travel

ar thóir = looking for

na hIndiaigh dhúchasacha = native Indians

réitigh sé le = got on well with ...

d'impigh = implored

dochtúir teaghlaigh = GP

ceannródaí = leader

gach saghas síl = every type of seed

leasú = fertiliser

dhírigh = focused

scileanna ceardaíochta = craft skills

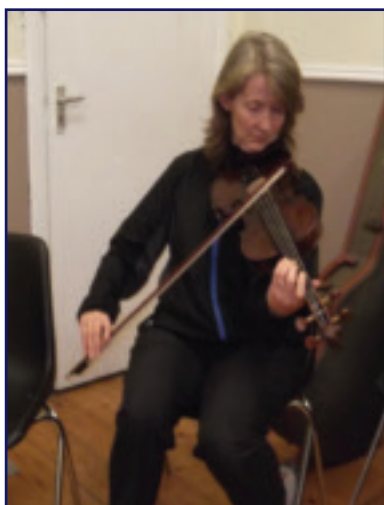
cúrsaí déiríochta = dairying

stoc = stock/animals

úsáid fhiúntach = good use

oidhreacht shuibhir = rich heritage.

Musical Evening at Community Centre During Heritage Week



GLANMIRE HERITAGE SOCIETY

Glanmire Heritage Society marked National Heritage Week (the last week of August) with a variety of events.

A Photographic Exhibition was available for viewing each day at the Community Centre in Riverstown. Additionally on Tuesday afternoon 26th August there was a Knitting and Crochet Exhibition and Demonstration.

On Tuesday evening 26th August we enjoyed Poetry reading by Greta Coakley, Story-telling by seanchí Liam O'Dowd, and a selection of sean-nós songs of Ulster by Sínead Caher. Guitarists Liam Dinan and David O'Connell sang a lively selection of songs including Rock'n Roll Kids, Red Rose Café and King of the Road. Traditional Irish music played by the Marron family group included slow airs, slip jigs and polkas. M.C. for the evening was Frank Houlihan who got the best out of both audience and artistes. Thus a lively 'session' concluded the evening with songs from Julie Dennehy O'Callaghan, Domhnall Mac a'Bhaird, Ann, Emily and Liam O'Dowd, and Kieran Kelleher, all ably accompanied by the guitarists. Mary Shorten recited An Blascaod

Mór, and beautiful violin playing by Claire Desmond was enjoyed by all.

On Wednesday evening a Bus Tour around the Rathcooney Loop was guided by John J O'Callaghan who told us interesting facts and folklore of the area.

Historic Riverstown House (generously made available by Denis and Rita Dooley) was the venue for a Musical Evening on Friday 29th August. Commencing with a cheese and wine reception in the elegant Dining Room, the capacity attendance enjoyed a clarinet recital by Brendan O'Sullivan. They also feasted their eyes on the amazing plasterwork ceiling created by the famous Francini brothers for Dr. Jemmett Browne, Bishop of Cork, who had the house rebuilt in 1745. In the drawing room, Master of Ceremonies Kieran Kelleher introduced the various performers and two hours of excellent and varied entertainment followed. Liam Dinan accompanying himself on guitar sang 'The Isle of Innisfree and Carrigfergus'; Hilda Leader-Galvin played a selection of classical music on viola and violin; Michael Ronan included Sweet Rose of Allendale in his choice and Barry Looney sang some Moore's melodies; Traditional Irish music was played by Eimear and Colm Marron and their children; songs as Gaeilge were contributed by Domhnall Mac a' Bháird and Margaret Fradgely.

Margaret accompanied on grand piano by Mary Shorten brought the evening to a close with beautiful renditions of 'The Hills are Alive with the Sound of Music' 'Memories of the Way We Were' and 'The Merry Widow Waltz'. At 10.30am on Sunday 29th August at St. Joseph's Church Springhill, Fr. John Newman celebrated Aifreann Cholmcille, which was sung by the choir conducted by Mary Shorten.

This was a heritage week tribute to the composer, the late Tomás Ó Canainn, who lived in the parish.

Glanmire Heritage Society wish to acknowledge all the help received when organising the week's events and thank most sincerely everyone who contributed their time and talents, or helped in any way.

Frances Hedigan PRO GLANMIRE HERITAGE SOCIETY See pages 24 & 26



Graduate Entry Medicine students; Craig Forde (Dublin) Navi Khatkar, Niall Sheehan (Galway), and organiser Nicholas O'Brien, with Michael Sheridan, Mens Cancer Alliance/Mercy Hospital at the School of Medicine, University College Cork support the Blue September Cancer Awareness Month at Brookfield Health Sciences Complex today. Blue September is an International campaign that promotes prevention and early detection of cancer in men. Photo Donagh Glavin

Shizuto Masunaga

What we see as Shiatsu in the West today is derived from the Namikoshi school. It was the son of a teacher that put together what became called Zen Shiatsu. Shizuto Masunaga, a professor of psychology at Tokyo University, inherited a deep interest in Traditional Chinese Medicine (TCM) from his mother who was a teacher at the Namikoshi school for ten years.

During the 1970s, Masunaga combined his understanding of psychology with TCM and conventional Shiatsu as practiced by his mother, and created what he called Zen Shiatsu, a synthesis of modern Western thinking and traditional Eastern healing techniques. He took this to the United States where he continued to develop his theories up to his death in 1981.

Today has a multitude of styles and approaches; indeed each practitioner has their own individual style. Within this, though, there is a core structure underlying each treatment which has been evolving for 8000 years or more combined with (TCM).



More information on <http://zenshiatsucork.com/>



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20 Family Carers Attend Free Dementia Care Workshop

This week Home Instead Senior Care in Cork North hosted a complimentary workshops for family carers to support them in taking care of loved ones with Alzheimer's or dementia.

A total of 20 family caregivers from all over Cork city and county attended the workshop and learned practical caregiving techniques to support them in their role of family carer.

Caregiving techniques included:
Suggested approaches when helping with personal care activities
Understanding behaviour symptoms, and care approaches to help minimise actions

Learning how to starting conversations for effective communication
Recognising ways to prevent behavioural symptoms in the future
Discovering ways to care for yourself so that you can remain a successful

family caregiver
Mick O'Driscoll, Owner of Home Instead Senior Care in Cork said: "We are proud to host this workshop for family carers. It's World Alzheimer's Month and we have been clients living with Alzheimer's or dementia so it was important to support family carers in the local community".

"Caregivers often struggle to understand the full impact of dementia and it's easy to become overwhelmed. We want to support them to provide the best care they can. We also want to help them meet other family carers and realise they are not in this struggle alone."

To register for a dementia care workshop or receive dementia care advice please call 021 4307 907 or visit www.homeinstead.ie.

LITTLE ISLAND HERITAGE

Little Island Heritage Committee would like to invite everyone to a talk on Rockfarm Village, to be given by Mr. Paddy Twomey at 3 p.m. on Sunday 2nd, November next, in the Community Centre, Little Island.

It will also be an opportunity for former Residents of this almost-forgotten area to meet and share their memories.

Tom Mulcahy. *(On behalf of Little Island Heritage Committee)*

Mayfield Citizens Information Centre

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

Now open every Monday afternoon from 2pm – 4pm

Know Your Rights October 2014

Question

I live alone and get a State Pension. Will I be able to get any help with the new water charges?

Answer

Domestic water charges will apply from 1 October 2014 and the first bills will issue from January 2015. A free allowance of a certain amount of water will be provided for every household, with extra allowances for children. If you are getting the Household Benefits Package, you will also get help with the cost of water charges.

From January 2015 the Household Benefits Package will include a new annual Water Support payment of €100 (made up of four equal payments of €25). The Water Support payment will be paid to everyone who qualifies for the Household Benefits Package. This includes people who are not customers of Irish Water and who either have their own water supply or are members of a group scheme.

If you are currently getting the Household Benefits Package and get your allowance as a credit on your bill, the Department of Social Protection (DSP) does not hold payment details for you. In September 2014 the DSP

contacted customers to ask them to complete a form with their bank account information so the Water Support payment can be paid directly. The Water Support payment can also be paid in post offices.

The Water Support payment will be paid directly to you, not to Irish Water. If your home is connected to a public water supply (or to public wastewater services) you will need to set up an account with Irish Water to pay your water charges and to claim the free household allowance. Irish Water has sent customer application packs to all households, to be returned by 31 October 2014.

Further Information

Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880 Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm

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

Glanmire Youth Club!

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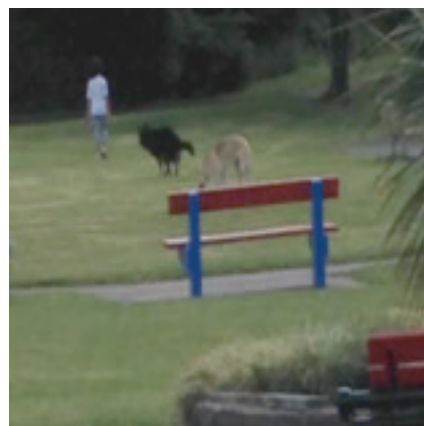
Inquiries to Virginia 086-2660831.



Left: James O'Riordan, receiving Best Worker Award from Daniel Lehan Summer Youth Scheme

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Letter to The Editor

The paths of Glanmire are paved with... Pooh

What is it with some dog owners; do they not recoil with disgust like the rest of us when they step in pooh? Or carry it on their shoes into their car or into their homes? I have to side-step it on the paths every day because some people walking their dogs don't allow the dog time to stop so the dog learns to 'go on the go' leaving a trail of droppings behind them for the rest of us to navigate around – some owners probably don't even realise because they are too busy talking or walking or both!

Why do some people think they are not responsible to clear up after their dog has done his business???

Last Saturday 23rd Aug, I was sitting in John O'Callaghan Park, Riverstown with my own dog and a woman walked in with her 2 dogs, off the leash, I mightn't have noticed them but instead of going around the path they cut straight across the grass area (where toddlers run about and children play ball) and then no more than 10 feet from the playground area, one of her dogs stopped and did the business – The woman looked over her shoulder but kept going. I was really

annoyed seeing this so I got my phone out & took this photo from near the exercise end of the park & I've zoomed in for the second photo. I waited for her to return, to show her the photos and give her a bag and the opportunity to clear it up but she must have gone out the other end of the park & that's when I decided to write the article with the photographs
Do you know her or her dogs? Tell her She's been tagged!

Selfish people who don't clear/clean up after their dogs are giving the rest of us conscientious dog owners a really bad name. There are people that want all dogs to be banned from using John O'Callaghan Park and this just compounds and justifies their call – but if that happens where can we go to walk our dogs?

Every dog owner, please be responsible and clean up when your dog has done its business, this is not just my opinion, it is the law - you can be fined 150 – in John O'Callaghan Park there are bins at both ends of the park, so there is no excuse anymore!

Name and address with the Editor.



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, see some sample pages below and visit www.glanmireareacork.com



GACA NEWS

GLANMIRE AREA Tidy Towns

NEED YOUR HELP!

We meet each week and do some cleaning, planting and painting...
Can you help? We don't expect expert gardeners or painters, but anyone can help... young & old alike!

Together we can make our villages better

To help for an hour or two please ring **021 482 1333** or email **GATT@GMAIL.COM**

GLANMIRE INDOOR BOWLS
Community Centre, Riverstown
Wed nights 7.30 to 9.30 p.m.
Over 18s, Male and Female, welcome.
Contact 021-4821333

**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

SALLYBROOK VILLAGE TIDY TOWNS GROUP NEWS

The results of this year's competition were announced on Sept. 8th and we are delighted we gained six more points on last year bringing us up to 284 points.

Also we retain our position of third place in our group i.e. Cork (North) Category A (small village)

The Adjudication Report is divided into 8 categories and our results are as follows:

	Maximum Mark	Mark Awarded
Community Involvement	60	37
Built Environment & Streetscape	50	32
Landscaping & Open Spaces	50	38
Wildlife, Habitats & Natural Amenities	50	36
Sustainable Waste & Resource Management	50	15
Tidiness & Litter Control	90	63
Residential Streets & Housing Areas	50	30
Approach Roads, Streets & Lanes	50	33
TOTAL MARK	450	284

The Report indicates how we are fairing out in the various categories and offers guidance as to how to tackle problem areas such as untidiness which is a national problem.

The full Report can be found on www.tidytowns.ie

Thanks to everybody who assisted us throughout the competition, our sponsors too numerous to mention here thanks again for all your support. Thanks also to the residents who participated in the Green Homes Survey, we will be calling upon you again shortly to complete Part 2.

To the residents of Barrymore, Millbrook & Elmgrove for your participation in the annual Cork Co. Council Anti-Litter Challenge, a total of 29 villages competed and we finished in 12th place overall, well done everyone. A very special thank you to Marek for your hard work painting, strimming, grass cutting etc. etc. you are invaluable.

We are already working on ways to improve for next year's competition. Anyone interested in joining our group is more than welcome, every bit of support no matter how small will be most appreciated.

Fionnuala Flanagan - Secretary

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Across

- Take pleasure in (5)
- Instruct (5)
- Longed for (7)
- Iron (5)
- Concur (5)
- Twenty (5)
- Café, restaurant (7)
- Snake (3)
- Kieron, footballer (4)
- Reply (6)
- Human (5)
- Savours (6)
- Metal bearing solids (4)
- Shade (3)
- Cafflers (7)
- Thespian (5)
- Hot whiskey (5)
- Raging (5)
- Female hero (6)
- S. American mountains (5)
- Co-ordinate, connect (5)

Down

- Scandinavian country (6)
- Shellfish (6)
- Aye (3)
- Cost (5)
- Ripping (7)
- Rim, border (4)
- Brie, Edam, Cheddar (6)
- Fathers (7)
- Ms. Piaf (5)
- Brief, direct (5)
- Having knowledge (5)
- Iron (5)
- Ire (5)
- Sandy areas (7)
- The Fall (6)
- Sea eagle (6)
- Causing sexual desire (6)
- Car or engine (5)
- Pain (4)
- ... and outs (3)



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

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Sallybrook,
Glanmire



FOR SALE

8 Chestnut
Meadows,
Glanmire



FOR SALE

11 Hazelville,
Onslow Gardens



FOR SALE

Shalom, Knockraha
Village



FOR SALE

Waterhill House,
Rathfilode



FOR SALE

Roseville, The
Hermitage, Glanmire

*Property
required for
Sales & Letting
in the following*

Estates:

Elmgrove

Glenrichmond

Barrymore

Oakfield

Hazelwood

Crestfield

Marwood

Rivergrove

Glencairn

Brooklodge

Heathervue

Castlejane

Springmount

Fernwood

Ashington

Copper Valley
Vue

Brookville

Ard Carrig

Glyntown

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



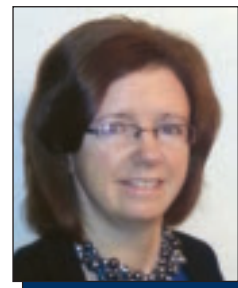
YOUR LOCAL DNG TEAM



Kevin Condon



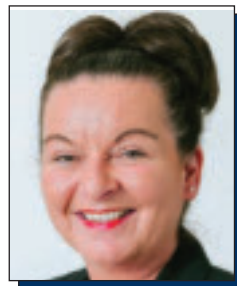
Kate Kearney



Jean Shanahan



Don Murphy



Iris McCarthy



John Wiseman

Selling/Valuations/Lettings
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