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Issue 10 - OCTOBER 2015

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Congratulations - CLASS ACT



Eamer Coughlan, boxing out of the Riverstown Boxing Club, took silver at the recent AIBA World Junior Championships held in St. Petersburg, Russia. On a split decision he lost out to the eventual winner of the gold medal, a local Russian boxer.

Eamer – a native of Rathcooney, a former student of St. Michael's N.S. Upper Glanmire and currently a Transition Year student at St. Aidan's Community College – was honoured at a recent function hosted by the Riverstown Boxing Club at the Sars pavilion in Glanmire. It gave the boxing club an opportunity to acknowledge Eamer's huge achievement.

Riverstown Club President Mick Devane complemented Eamer on his success and the honour he has brought to his club. His boxing coaches Teddy and Brian Barry spoke of Eamer's dedication and commitment to his sport. Eamer joined Riverstown Boxing Club at the age of ten and he has shown total commitment to his training regime. Coach Barry commented that Eamer is a perfect role model for all young people involved in any sport and he hoped that, going forward, Eamer will bring back more success to his boxing club and to Irish boxing in general.

Eamer Coughlan and his family, parents Martin and Martina, Ciaran, Sinead, Aine, Aisling and Orlaith.



Eamer Coughlan AIBA World Junior Silver Medalist



L to R: Riverstown BC President Mick Devane, Brian and Teddy Barry, Boxing Coaches.

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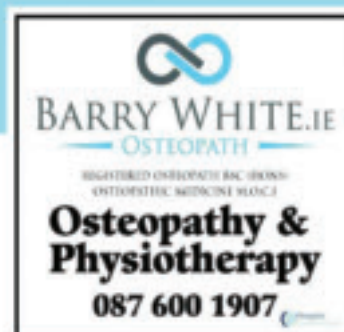
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There is an old OSTEOPATHIC saying "Find it, Fix it and Leave it alone".

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GACA NEWS



The Widow's, Glanmire Village, looking blooming good!!!!



Mary Crowley, Kieran Kelleher, Frances Hedigan

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HERITAGE WEEK

During National Heritage Week, Glanmire Heritage Society organised a number of events including a Heritage Exhibition at the Community Centre, an exhibition of local GAA memorabilia (in conjunction with Sarsfield's Hurling Club), a visit to the Old Rathcooney Graveyard to explain the project that The Heritage Council are grant aiding, plus two evenings of entertainment – one at the Community Centre and one at historic Riverstown House (kindly made available by the Dooley family).

At the Community Centre on Tuesday 25th August, Master of Ceremonies Frank Houlihan introduced a very enjoyable night of music dance and poetry. The evening started off with some beautiful poetry reading by Stella O'Keeffe which took many of us back to our childhood days as we listened to some familiar poems that awakened fond memories. An evening of musical delights followed, starting with well-known Sean-nós Singer Sinéad Caher's selection of Ulster songs based around the mills of Belfast, such as The Factory Girl, The Doffers and The Maid of Baldoo.

The very talented Lonergan family were next up. They sang and played both bodhráin and guitar and charmed the audience with renditions of Wonderwall and The Hills of Donegal. Jim Healy then continued the high standard while serenading the audience with his version of the popular oldies, Johnny I hardly knew you and The band played waltzing Mathilda. Ryan McCarthy was next to entertain the by now captivated audience, with a number of tunes on both the cello and tin whistle.

The night continued in the same rich vein with excellent performances which included the very talented Marron family playing a selection of jigs and polkas; Julie Dennehy gave a beautiful rendition of Danny Boy and An Irish Harvest Day; her son Dion O'Callaghan sang and played the ukulele; Kieran Kelleher delighted the audience with Come back Paddy Reilly and Marie Mackey who sang This Little Light of mine and Kumbaya. Then

came a change of pace as Frank Houlihan, Julie Dennehy and Brigid Kelleher took to the floor to perform a three-hand reel. The excellent evening's entertainment was brought to a close with a singalong led by Liam Dinan and Dave O'Connell on guitar as they took us on a trip down memory lane with a selection of songs of yester year.

The Musical Evening at Riverstown House showcased much local talent ably co-ordinated by Master of Ceremonies Kieran Kelleher. The Dmitri String Quartet playing Mozart's Eine Kleine Nachtmusik, followed by Air on G by Bach, set the evening off on a very high standard. These accomplished musicians, ranging in age from 13 to 17, are taught locally by Yvonne McCarthy.

Hilda Leader-Galvin's beautiful playing of Bach on viola was followed by her son Colm playing The Gallop on violin. Then they both played The Sally Gardens. Kieran Kelleher gave a poignant rendition of The Old Bog Road having first reminded us of the loneliness now being endured by our recent emigrants. Nuala ní Chanaínn enhanced the evening with singing, great fiddle playing of both Irish and South American tunes and her vivacious personality. The Marron family group played traditional Irish music ranging from slow airs to lively polkas. Emily O'Dowd sang The Water is Wild and May it Be, to much acclaim.

Margaret Tobin, accompanied on grand piano by Elizabeth O'Regan brought the evening to a close with beautiful renditions of Hallo Young Lovers from the King and I and Plaisir d'amour.

Our sincere thanks to M.C.s Frank Houlihan and Kieran Kelleher, to the artistes who gave freely of their time and talents, to Denis and Rita Dooley and to anyone who helped in any way with our Heritage Week programme. Thanks also to Sarsfield's Hurling Club and especially to Denis Hurley for his help with the Exhibition of local GAA memorabilia.

Frances Hedigan PRO Glanmire Heritage Society.

See page 13 for more.



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NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

BY "THE FOREIGN CORRESPONDENT"

"THE SCHOOLS AROUND THE CORNER"

The former schoolhouse in Glounthaune village, the present-day Community Centre, is a pleasing and imposing building. This was previously the historic location of the Quay Church, built in 1803 and also the first school which was built in 1825. The school was a two story structure and the girl pupils were taught in the upstairs room. The annual Divisional Inspectors' reports extending back to this era make interesting reading and the condition of the building is emphasised to a great extent on many. A report in January 1854 advises that; "teachers should keep the house as clean and tidy as possible, and they should see that the pupils come to school with clean hands and faces". A June 1856 report, just thirty one years following construction of the building, remarks that; "the ceiling is in a bad way and mortar is constantly falling down". A September 1859 report states; "the room is too small for the number in attendance". In March 1875 the inspector pointed out that the ventilation should be attended to. An October 1876 report refers to the fact that the description; "National School" does not appear on the schoolhouse and the inspector orders that; "it should be put up at once". The condition of the building is again referred to in a March 1878 report; "the ceiling needs repair and the walls in some parts should be replastered". A September 1885 report remarks that; "the room is too small and the noise overhead interferes with the work of the school". This is also referenced the following year; "the school room is not well adapted for teaching purposes, the slightest noise of the children overhead being heard all through the room beneath, moreover the school-room is regularly overcrowded". The urgent necessity of proper out-offices is highlighted in an April 19th. 1888 report. The inspector advises; "when I entered the school-room this morning about one dozen senior boys had gone away from the school premises some of whom did not return until shortly before three p.m.". In September 1889 the inspector remarks; "the school room is most uncomfortable and the furniture is very old. The noise caused by the girls' school overhead is at times most harassing". Further dejection emanates from a February 18th. 1890 report as the inspector once more refers to the condition of the building; "I beg again to call the Rev. Manager's attention to the necessity of providing more suitable accommodation". An October report of the same year states that; "the noise from the girls' school overhead interferes seriously with the successful working of the school". The inspector has welcome news in September 1891; "it gives me pleasure to learn that steps are likely to be taken soon towards providing a better schoolhouse". The following

year's report states that; "the school-room and furniture are most unsuitable: the noise from the girls' school overhead is dreadful and showers of dust come down from the many holes in the floor. The woodwork of the windows is bad, and the desks are old and unsteady. Also, the absence of out-offices is most objectionable". In September 1893 the inspector remarks; "I think the teacher has worked steadily during the past year however the wretched accommodation was greatly against him". Once again there was painful news in September 1894 and the following is an extract from the inspector's report; "unfortunately there now seems to be no prospect of new vested schools being built so it is to be hoped that the present room will at once be put into repair by the execution of the following works: repairs to window sashes, mending of desks and supply of one or two new desks, ceiling of room or sheeting with boards to prevent the descent of noise or dust from the school-room overhead, repairs to boards of floor, erection of suitable out-offices". However four years later Cork County Council per letter of July 20th. 1898 accepted the site for a new school, and the good news story was confirmed on the inspector's report dated September 13th. 1900; "the manager is taking steps to have a suitable new building erected immediately". In a February 1901 report there is reference again to the interior condition of the school-room; "the floor should be well swept every evening and the desks should be dusted every morning. The teacher's desk is very dusty today and also the seats and book shelves". A further report in July points out that; "the school has had of necessity to be conducted in a small unsuitable room for some four months". Interestingly, in 1966 the late Con Barry, grandfather of village resident Jacqueline O'Reilly, advised the "News & Star" newspaper how he well remembered this period. He related that he attended school in the sacristy of the Quay Church while the new school was being built. He quipped; "the girls were up in the gallery and threw dust down on the boys through the holes which they poked on the floor". A report issued by Inspector W. Bartley on October 9th. 1901 contains the joyful news that; "the school is held in the new school-room today. The new house is well furnished, commodious and cheerful, but I am sorry to say that the floor is not kept as clean as it should be. There will be no excuse for any untidiness in the room in future; also the ventilation of the room should be attended to at play-time, and the pupils should be evenly distributed over the desks and should always sit in lines". That schoolhouse is the pleasing and imposing building referred to at the outset and to this day the plaque on the western facing wall shows; "New Glanmire National Schools 1901", even though the



A 1967 photo of Glounthaune N.S. & below 1803 & 1901



parish was known as Glounthaune from as far back as 1880 at least. The reason is probably due to the fact that they were several other schools in the parish at the time. The Quay Church was built in 1803 and the date stone is also incorporated on the same wall of the school and it is still clearly visible. In September 1981 the school was replaced by the present-day Scoil Náisiúnta an Chroí Naofa. The Sacred Heart Church replaced the Quay Church and on Sunday April 24th. 1898 the final mass was celebrated by Rev. Canon Daniel Mc Namara who was parish priest of Glounthaune from June 10th. 1895 to November 20th. 1899. The opening ceremony at the Sacred Heart Church was held later that same morning and it was conducted by Bishop Alphonsus O' Callaghan OP. He served as bishop of the diocese from June 29th. 1884 'till his death on June 14th. 1916 and is buried at St. Joseph's Cemetery, Ballyphehane, as is Canon Mc Namara. Incidentally there were three burials in the small graveyard which adjoined the Quay Church; Rev. Murtough Keane, 1823; Rev. John Clancy, 1877 and Rev. Canon John Barry, 1895. Their bodies were exhumed and re-interred in the grounds of the Sacred Heart Church and their graves are located adjacent to the northern boundary. Reverting to the inspectors' reports; the number of classes in the school increased over a period, for example there were four in February 1857; first, second, sequel, which was discontinued in 1867, and third, whereas there was also a fourth class in June 1862, and a fifth in November 1874. There was a significant number of absentees over the years and this is exemplified on the November 1857 inspector's report; six of twenty three pupils on roll were present in first class, twelve of sixteen in second, seven of fourteen in sequel class, and five of ten in third class. That is an overall attendance of thirty from a total roll figure of sixty three. In September 1892 the inspector remarks; "I regret to see that there is no sixth class present". The impor-

tance of tidiness and cleanliness are brought to attention on the majority of reports, and surprisingly "a dirty habit of spitting" was mentioned on two. Firstly in February 1901; "pupils should be prevented from spitting on the floor as this habit is both dirty and dangerous". The inspector followed this up in an October report later that year; "when I was approaching the school I saw the teacher coming from the direction of his own house towards the school. Drill should have been going on, but it was not. His attention has on several occasions been directed to the dirty habit of spitting on the floor which prevails in the school. I regret to say that sufficient attention has not yet been paid to this matter". An inspector's report relative to a visit on September 16th. 1887 offers an interesting appraisal, and it also gives an insight relative to the subjects taught at our local national school all of one hundred and twenty eight years ago. "Junior classes passed in general a very fair examination. The proficiency in Grammar was extremely unsatisfactory, and in Agriculture almost equally so. Geography and Book-keeping showed very poor results, and in Geometry and Algebra, taught as extra branches, the proficiency was very meagre. Until better results have been attained in the higher classes in the ordinary branches, it would be better that the attention of the pupils should not be so much directed to optional and extra branches. The failures in Arithmetic were very numerous". Finally, the following is an extract from a February 1857 report; "the school, as regards proficiency of the classes is in a very bad state. Not one of the thirty seven pupils present today were able to work the following sum in simple subtraction; 40,000 - 901. If I should not find a marked improvement at the next inspection I shall certainly advise the Manager to seek another teacher. Incidentally, the answer to the sum is thirty nine thousand and ninety nine!"

SLÁN ANOIS ©

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Charlie Wilkins

MIRACLE CYCLAMEN

A winter garden has a stilled, silent beauty, unlike anything found in the height of summer. The effect is magnified by the arrival of the first hard frosts and a further lowering of the available light. Its arrival here in the Glanmire and Riverstown area may be a month and more off yet but it has already hit early in many parts of the county. It sees off sappy, tender plants such as Nasturtiums (the very first to go) leaving little more than a ghostly patch of yellow spaghetti-like mush and scattered seed on the cooling ground. Dahlias come a close second, followed by hostas and then semi-tender agapanthus. These early casualties are my 'barometer plants' and once they have gone, I make it a priority to bring in under cover all the tender and delicate plants that have been sitting out for summer.

Of course nothing is more heartening in the cold (and wet) weeks in the run up to Christmas than to garden indoors; in porches, greenhouses, sunrooms or conservatory! In all such structures, away from the weather, many indoor plants will contribute generously to the home ambience by dispelling melancholy and the worst effects of winter gloom. And yet, in the stillness of an east-facing, cool windowsill a very special plant will continue to delight for months, uninterrupted by severe cold or wet, giving as much pleasure as it did since coming into bud almost two months ago.

I refer today to pot grown cyclamen which need a degree of care unlike their cousins in the open garden. Despite being hardy to minus 2 degrees these 'indoor' cyclamen are now filling the benches in garden centres and thousands will be sold between now and the end of year festivities. Sadly, the

majority will be dead and gone by Christmas due to incorrect watering, excessive heat, and dramatic temperature variation! These special cyclamen (Miracle strain) detest central heating and they dislike intensely any sudden dousing of water delivered from above. They perform happiest in good light, in temperatures which almost no-one else indoors enjoy (about 45F) and abhor variations between the heat of evening and the cold after midnight in houses where the owners are increasingly forced to economise by the price of heating oil.

Miracle cyclamen demand a cool steady temperature and a drink now and again from below and not around their fleshy corms. Stand them on a saucer into which you can pour enough water to keep the compost nicely damp and they'll return your thoughtfulness by flowering for months. If you strike the right balance you can keep these lovely plants in flower for weeks. I have had most success by moving them around and taking them out of heated reception rooms when humans are sitting around and demanding to be kept cosy. Wonderfully, these plants give two seasons of interest, buds and flowers in autumn followed later by attractive marbled foliage. The longer you keep these the bigger the tuber becomes and the more the blooms and leaves multiply. Tens of thousands will change hands in the next two months but few of them can hope for such a rate of survival. Because these are sold at under €2 many would consider them as disposable and more's the pity. I can't and won't follow suit.

THE OCTOBER GARDEN

AUSTERITY; The garden is entering a time of austerity and there is no point in denying that winter is almost upon us. That cold, northerly wind returns yet again, and I would argue that it never really left us-even during our lamentable, sodden summer. It affects many of us strangely and none more-so than myself. There are nights now when I am woken by low rumbling as the wind rocks the substantial silver birch back and forth and

the branches lash each other noisily in an orgy of self-flagellation. In the dark, the noise sounds tremendous. There will be leaves to sweep by morning and once again the gutters will need attention but now is not the time for worrying. Winter darkness swaddles the arrival of the morning light so I nestle back beneath the warm covers. There'll be time for all these later.

PLANTINGS; If you haven't lifted dahlias, cannas and other tender bulbs and tubers do so as soon as possible and store in a dry, cool place for winter. Even if winter is going to be mild, excess wet can be a killer and these summer wonders will succumb. They are also expensive to renew so it pays to save them. Allium and daffodil planting will have been completed by now but it will be November before the tulips are given accommodation. Place them deep in the ground or well down in pots (eight inches or more if possible) and they may not break up into four or more little pieces following flowering in April and May. Species tulips, tiny by comparison, can be planted more shallowly and these will return year after year unlike their larger cousins.

SLUGS; Tuck a few slug pellets (that's all it takes) around your most precious border plants for slugs and snails will be active for most of winter. Place them under flat stones or pieces of broken tile held clear of the ground a little with the aid of a small stone or similar.

HOT SPOTS; Following on from our dreadful summer, many will be familiar with the sunniest areas within their gardens. These 'hot spots' would be ideal for the establishment of Nerines and other hot-climate bulbs such as crocus, anemones in red and blue, alliums, gladioli, lily-like crinums and hardy Amaryllis Belladonna.

POKERS; As the flower spikes of Red Hot Pokers fade, cut them off for they soon begin to look unsightly. Late varieties will



Enjoy cyclamen right into the New Year by potting them into ornate containers and keeping them in cool conditions indoors. Outdoors, pull the pots in near the house so as to evade the worst of the wet, cold and frost. Water carefully from the bottom if possible.

naturally continue to bloom for a number of weeks yet, adding an important wash of colour to the late autumn garden. The general run of pokers may not be to your liking but if you want one with a distinctive, appealing colour see can you source a variety called 'Brimstone' at your local garden centre. This stunning plant for September through to the end of November has keeled leaves with canary yellow and jade green blooms atop modest sized spikes (to 40" or so) which need no support or staking.

INVEST now in a leaf rake! What I have in mind are those with a wide fan of black, plastic tines, and a lightweight handle with rubber grip. These are totally different from soil rakes or general garden rakes and believe you me, they're worth their weight (which is very little!) in gold, for all the work they save the gardener during all the months of the year, particularly September to late January. Delightful to use and no bother to store, this leaf rake may only be used for a short period each year but I wouldn't garden without one, ever.

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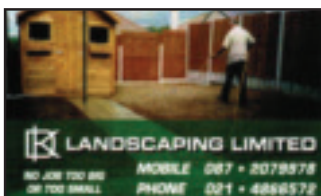
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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Lotto Results Wednesday 16/09/2015: No winner this week numbers drawn were 16,18,25 & 28, €30 to Margo Byrnes, Jane O Connor & Ellen Hickey, Next weeks Jackpot is €1,260

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

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

East Cork Junior A Football Championship 11/09/2015, Erins Own 2-12 Middleton 0-05 A doubt was cast over the playing of this semi final game against Middleton due to the heavy rain that was falling, but the pitch in Youghal was well able to take any rain that fell on it & it was in great condition, Erins Own got off to a dream start with Mossie Carroll kicking a point & finding the net with in the first five minutes, Shane Murphy, Eoghan Murphy & cian O Connor all pointed & Stephen Lee on form again with his free taking added two more points to give us awell deserved lead at half time of 1-06 to 0-02, The second half was more or less the same with Erins Own in the driving seat, Kieran Murphy & Mossie Carroll were well in control of the middle of the field, Daire Dennehy, Andrew, Shane Murphy, all added a point each, Captain Cian O Callaghan added a goal & a point & Stephen Lee again kicking another two points to give Erins Own a strong win & to march on to the East Cork final were they a wait the winners of Doughtourney & Fr O Neil's.



Well done to Shay Bowen on receiving the Reardens bar player of the month for his outstanding performance against Carrigtwohill in this years SHC



Team In Full: 1. Darren O Sullivan 2. Sean Kelly 3. Cormac Dooley 4. Cian O Connor 5. James O Carroll 6. Daire Dennehy 7. Darren Hayes 8. Mossie Carroll 9. Kieran Murphy 16. Andrew Power 11. Shane Murphy 12. Eoghan Murphy 13. Cian O Callaghan (Capt) 14. Alan Bowen 15. Stephen Lee, Subs Used: Stephen Horgan for James O Carroll, Colm Coakley for Andrew Power, Cathal O Mahony for Kieran Murphy & Shane Brodrick for Cian O Connor.

Pat O'Callaghan PRO
Erins Own H & F Club
Tel: 087-6431807
Email: pro.erinsown.cork@gaa.ie
Web: www.erinsowngaa.ie



Great morning out this morning in the Barr's for the under 6's thanks to Michael Mulcahy & his coaches for making this happen the lads really enjoyed it (1).



Great morning out this morning in the Barr's for the under 6's thanks to Michael Mulcahy & his coaches for making this happen the lads really enjoyed it.



Fé8 and Fé9 teams who played Cobh last night in a series of Football games. We had a great turnout and the lads didn't disappoint with their fine display of football skills.



Mór Comhghairdeas ó Choláiste an Piaraisigh le Colm Ó hAongusa agus le foireann rámhátochta na hEireann a bhuaigh dhá bhonn óir i mí lunasa ag an Coup de la Jeunesse i Budapest. 'Sé an dara bhliain as a chéile a bhfuil Bonn óir buaite acu ag an gcomortas. Tá Colm ina sheasamh ar dheis sa phictiúr.

Children who participated in the Summer Reading Scheme in Glanmire Library.



LEFT: Hannah Chambers (from Gaelscoil Uí Drisceoil) with her brother Alex Chambers. (Hannah was the Winner of the Summer Reading Challenge at Glanmire Library 2015)

BELOW: Katie, Conor and Emma Walsh with their Reading Certificates after participating in the Summer Reading Scheme at Glanmire Library.



Eimear, Caoimhe and Con McCourt, Summer Reading Scheme at GLanmire Library



Aisling O'Sullivan with her Reading Certificate from Glanmire Library.



Left: Kinga Kut with her Summer Reading Certificate from Glanmire Library.

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WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Camogie News

White's Cross under 11 camogie team played recently in the Irene O' Sullivan Shield hosted by Inniscarra. The girls were up against 3 very experienced club sides in this tournament: Inniscarra, Barryroe & Grenagh. In every game our girls got more and more confident – a lot of them are only playing camogie less than a year. Even though we were runners up on the day the girls showed great skill and got a lot of experience. They gave us some great passages of play throughout the morning and showed all present that the future is bright for this bunch. Thanks to Yvonne Murphy and Liza Kelleher for taking charge of the side on the day - by all accounts the best part of proceedings for some was Liza's picnic! Thanks Liza. Thanks also to Anita Cotter for all her work training these girls every week - it was very evident. Well done girls: White's Cross GAA is very proud of you. Finally, mile

buíochas to the Inniscarra Club for hosting the tournament.

White's Cross Under 10 girls were in a sun-drenched Coacford during September where they played Nemo Rangers. The girls showed a lot of skills in this particular encounter and came out victorious on the day. Well done to all involved!

Debuts

White's Cross Under 5, 6, 7 & 8 boys teams all travelled to Carraig na bhFear recently for four football matches. Having been postponed the previous week because of the inclement weather, conditions were ideal on the night and a very large crowd gathered to cheer on their nearest and dearest. The crowd of parents, family members and supporters were treated to great performances as all four games proved very entertaining to watch. A number of young players made their debuts for White's Cross in the Under 5 and 6 games and each proved to be great additions to our

Club. We look forward to their long and fulfilling playing careers in the green and white. Well done to the entire team of trainers and coaches involved with these young players – the training programme is certainly paying dividends and it is a real joy to see these youngsters progress their ball playing skills. We hope to squeeze in another game or two before the length of evenings and weather dictate otherwise - that said a training programme will continue for these age-groups throughout the winter.

Our Under 8 squad participated in regular Rebel Óg Monster Blitzes throughout the summer and into the autumn. Having hosted the previous one at White's Cross this time our lads made the short journey into Glen Rovers for a hurling blitz. The large panel was rotated for matches against Douglas and St. Finbarrs before being split into two teams for the final outing against a second Douglas team and Brian Dillons. The lads acquitted them-

selves really well in all games. Well done to each of them and also to their loyal band of supporters who braved the atrocious weather on this particular Saturday morning.

Lotto Results

With the Lotto Jackpot being won in August by Ger and John O Driscoll (Rathcooney) the big prize had shrunk down again. The White's Cross Lotto takes place every two weeks on Monday evenings and the draw is alternated between three venues: the Stirrup Bar, the Boothouse Bar and the Blackman Bar.

Lotto Results from Monday 14th September: Numbers drawn 2, 10, 18 & 21. No jackpot winner. Lucky dip winners: Seamus McCarthy, Esther Noonan Barbers and Raymond O Flynn.

Lotto Results from Monday 31st August: Numbers drawn 1, 10, 12, 26. No jackpot winner. 50 euro Lucky Dip Winners: Ethan Murphy- Stout, Mary Ring and Renee Hurley.



Under 11 camogie squad - The White's Cross Under 11 camogie squad in Inniscarra on Saturday September 19th.



Under 6 squad - Almost forty 5 to 8 year olds toggled out in the White's Cross colours for a series of games versus Carraig na bhFear - here are some of the younger crew including a few making their debuts for the Cross.



U10 camogie v Nemo team pic - Our Under 10 Camogie side toggled out and ready for action ahead of their recent win over Nemo Rangers at Coachford.



Under 8 Monster Blitz Aug 29 - The Under 8 squad that took part in the Rebel Óg Monster hurling blitz hosted by Glen Rovers

Glanmire Heritage Society. See page 4 for more.



Left: Marie Lynch, Frances Hedigan

Right: Hilda Leader-Galvin and Conor

Below: Emily O'Dowd

Below Right: The Marron family.



OUTSTANDING JUNIOR CERT RESULTS AT GLANMIRE COMMUNITY COLLEGE

On behalf of everyone in Glanmire Community College I want to congratulate all our students on the wonderful results achieved in the Leaving There were broad smiles all round as the students of Glanmire Community

College received their Junior Cert results. Ms Gertie Cahill, Deputy Principal congratulated all the students on the excellent results achieved and acknowledged the students' hard work. The overall mood of the Junior Certs of

2015 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. The results received by the students this year continue to build on the impressive record of excellence from previous year groups.



Jade Lagrue, Jennifer Byrne, Aoife Owens and Mark O' Dowd all smiles as the long wait is over and excellent results were achieved



Zoe Littlejohns, Jen Byrne, Nicole Buckley and Jessica Farrelly all smiles, delighted with their Junior Cert results



All smiles with her 9As and 2Bs in her Junior Cert results



Sarah McCarthy is all smiles with her excellent Junior Cert results.



Senior Captain Claire Holland



Captains Gaby and Amy with the U12A Trophy

Glanmire Sars News

Sars Senior B Camogie County Champions !

Congrats to our Senior team who were recently crowned County Champions. The final was a thrilling match against a very competitive Mallow side with our girls winning by 2 points. It was a fitting reward for a fantastic panel of players and dedicated team of selectors who worked so hard all year. Well done to all.

U12A Camogie County Champions

Our U12A team had a great win against St Finbarrs in the recent County Final. It was end to end stuff with both teams giving it everything. Sars eventually got the crucial scores in the last 10 mins to win by 3-3 to 1-5. Many of the players went on later that day to claim a U12A County Football title with Glanmire. A great achievement !!

Trip To Croke Park

Sars were out in force at the recent All Ireland Camogie Final. Two busloads headed to Dublin to cheer on the girls in red. A wonderful day was had by all, made all the sweeter by a great win by Cork. Earlier in the day, our U11 and U14 teams played challenge matches against Kilmacud Crokes so thanks to them for their wonderful hospitality.



Above: U12A County Champions

Below: Sars Senior Camogie Panel County Champions





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The Sars Golf team who took part in the All Ireland G A A Golf challenge at Waterford Castle Golf resort were Ger Harte, Tom Connolly, Jack French and Dave McCarthy

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The Lord Mayor and Lady Mayoress on their annual visit to Mayfield Community School with brothers Andrew and Shane Cunningham



Residents of Willow Gardens & Brooklodge, protesting against IRISH WATER.



Cork rose Aoife Murphy with Ken Ryan's granddaughters Aine & Niamh



Leah and Abbie O'Farrell, Glounthaune on a visit to Beech Grove Dog Kennels, Glanmire.

GARDA MATTERS

Burglaries.

The Glanmire Gardai are investigating a number of recent Burglaries. Homes are usually entered by forcing door & window locks. Houses without Alarm systems are mostly targeted. If you are away from home for any period of time, have a trusted neighbour/keyholder look after your property. It would be beneficial to park their car in your drive way, check for post and switch on lights using a timer. Set your house alarm. Tell your local Gardai of your absence. Do not leave valuables or cash in your home during any period while your house is vacant. Thefts of gardening equipment
There has been a spate of thefts of Gardening equipment in the Glanmire area. Criminals are entering garden sheds and stealing Lawn Mowers, Leaf Blowers, Strimmers etc. We would advise people to secure and alarm their garden sheds, photograph their property, note serial numbers etc. for identification purposes.

Thefts from Vehicles.

Recently a number of parked, unattended vehicles have been broken into. We advise once again to secure and alarm vehicles over night. Do not expose any valuables, i.e. handbags, Laptops etc, We recommend that if visiting gyms, grave yards etc, to be especially careful as somebody may be watching your movements.

Bogus Trades men.

Summertime usually increases the reports we receive about Bogus Trades men doing their rounds. These opportunists usually canvass for cleaning/repairing gutters/roofs and also for paving/tarmac work. We would advise people to be very wary about employing these tradesmen as there is usually no guarantee on work done. It usually costs more than the price originally agreed upon. If you contract them to do work, it then becomes a civil matter and the Gardai can do little to mediate between parties involved. If you have any queries or information on the above, Please contact Glanmire Gardai on 021/4821002. Noel Fitzgerald
(Community Garda) Glanmire.

Yoga classes at Glanmire Community Centre
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Glanmire Community College student wins at EU Contest for Young Scientists in Italy

This year marks the 27th edition of the EU Contest for Young Scientists (EUCYS) in Milan. The EUCYS is an initiative of the European Commission with the goal of promoting co-operation and interchange between young scientists and guiding them towards a future career in science and technology. As this year's EUCYS is being held in Milan during EXPO2015 the contest included a Special Food Prize. Expo 2015 is based around the theme of 'Feeding the Planet - Energy for Life'. To coincide with that the EUCYS invited 18 projects around the theme to take part in a one off-exhibition at this year's contest.

Representing Ireland in this category was 16 year Mark O' Dowd from Glanmire Community College with his project entitled "Injury Increasing Crop Yields" which investigated the effect of mechanical injury on crop yields, in the hope of increasing these yields. His project

found it is possible to improve crop yields by damaging crop seeds, under the principle of "what does not kill you makes you stronger". This year there are 103 projects entered in the contest, with 67 girls and 106 boys among the 173 contestants. Mark was one of 173 contestants from 39 countries taking part in this year's EUCYS in Milan from the September 17th - 22nd. Over the course of the four days each project was judged up to five times.

Mark O' Dowd from Glanmire Community College picked up the Expo Milan 2015 prize at this year's EUCYS. His prize was a laptop and a chance to take part in the closing ceremony of Expo 2015 in Milan in October. Mark's success is a testament to his work ethic, to the unwavering support of his family and to the commitment, time and energy invested by his Science teacher Mr Dan O'Sullivan. The Management and Teachers of GCC are so proud of Mark and his achievements



Mark O' Dowd from Glanmire Community College after his award presentation at the EUCYS in Milan

Below: Mark O' Dowd during judging at Expo2015



Mark O' Dowd being interviewed by RTE in Milan, Sept 20th, 2015.



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Seán Ó Riordáin

Sa lá 'tá inniu ann, bíonn daoine chomh gnóthach sin go mbíonn dialann acu. Baintear úsáid as do choinní a bhaineann le hobair nó le cúrsaí pearsanta. Gach bliain, le cúig bliana anuas, ceannaím 'Get Up and Go' diary. Chun na fírinne a insint is beag scríbhneoireacht a bhíonn agam ann ach tá smaoineamh do gach lá agus píosa filíochta nó nathanna cainte nó seanfhocail iontu. Is breá liom a leithéid a bheith agam agus léim an smaoineamh do gach lá.

Le déanaí bhíos ag cruinniú de 'Toastmaster' agus thug mo cholceathrar, Theresa, caint shuimiúil ar a dialann féin ann. Bhí cuma ar an scéal go raibh sí an-eagraithe agus an dialann roinnte suas aici i gcodanna éagsúla. Sna leathanaigh thosaigh, scríobh sí isteach ráitis shuimiúla ó Oscar Wilde, mar shampla, a chuaigh i bhfeidhm uirthi. 'S é adúirt Oscar ná nach féidir aon rud atá déanta a athrú ach deín deimhin de gan é a dhéanamh arís. Gan dabht, tá eolas tábhachtach faoi chruinnithe, breithlá a gaolta nó a cairde, dátaí do dhrámaí nó coirmeacha ceoil a bheidh ar siúl sa toadhcháin ann. Tá áit aici ansin chun planáil fhadéarmach a liostáil, cosúil le háit a chur in áirithe do chruinniú a bhaineann le galf nó



Anne Frank

Toastmasters, nó aon rud eile a bhfuil suim aici ann. D'fhéadfá a rá gur compánach tábhachtach an dialann pearsanta seo ach thar a bheith praiticiúil. Tá a leithéid ag a lán daoine agus cabhraíonn sé le duine eagar a bheith aige/aici ar a shaol.

Is mó scríbhneoir a scríobh dialann de shaghas eile, chomh maith le filíocht nó úrscéal nó cuntas ar thuras thar lear. Tá cáil, gan dabht, ar dhialann Anne Frank, Giúdach i bhfolach ó na Naitsithe agus a bhfuil cuntas ann ar a teaghlach féin agus teaghlach eile a bhí in aontíos leo go dtí gur gabhadh iad i rith an dara cogadh domhanda. Cara léi ab ea an dialann chun a cuid smaoine agus a cuid mothúcháin a chur in iúl di féin le linn di a bheith ag fás agus ag forbairt trí na déaga – fairíor, cuireadh chun báis í.

Scríobhas féin dialann anois is arís sna blianta atá thart ach níor scríobhas go rialta. Faoi láthair, ní scríobhaim dialann ach go minic scríobhaim 'páipéar maidine' mar a mholann Julie Cameron, a scríobh 'The Artist's Way' agus 'The Right to Write'. 'S é atá i gceist ná trí leathanach A4 a scríobh ó bharr do chinn gan aire a thabhairt ar ghramadach ach sruth smaoine nó cursíos ar pé rud a thagann

isteach id' aigne. Ní gá aon chuid de a úsáid arís ach 'warm up' don fhíor-scríbhneoireacht atá ann. Scaoiltear na focail amach gan cinsireacht d'aon tsaghas agus tugtar saoirse don scríbhneoir. Is cleachtadh maith é agus úsáideann scríbhneoirí cáiliúla é mar mhodh oibre, mar shampla, Mary Morrissey, údar.

Sa Ghaeilinn, tá suim ar leith agam i ndialann Sheáin Uí Riordáin. Anseo thíos tá sé ag scrúdú luach na dialainne agus seo mar adúirt sé: 'Ní scríbhneoireacht é seo ach troid i gcoinne an bháis. Le habairtí atáim ag troid an bháis. Más abairtí gan mhaith iad, is cuma má sea. Scaipeann siad an bás. Ní ligean siad dom toiliú leis an mbás.'

Is trua a leithéid a léamh ó dhuine chomh hóg, sna fichidí. Scrúdaíonn sé aidhm na dialainne agus aithníonn sé gur cleachtadh é don fhíor-scríbhneoireacht: 'Ní mór a bheith ag tochailt is ag taighde sula dtiocfar ar ór.'

Bíodh go gceapann sé gur cur amú ama é a bheith ag gabháil do dhialann, chionn sé gur cara leis é, cosúil le Anne Frank, mar atá soiléir ó na píosaí thíos: 'Braithim fuar, dólásach, a leabhair. N'fheadar, a leabhair, an maith é an t-uaigheas go léir seo tar éis an tsaoil? Níl ach an bheirt againn ann, a leabhair, agus ní leor de chomhlúadar sinn dá chéile. B'fhéidir gur leor duitse é mar níl ionat ach leabhar.

'An rud is measa ar fad i dtaobh an leabhair seo – nó b'fhéidir gurb é an rud is fearr – is ea gur mar chaitheamh aimsire a scríobhtar é – nó mar chleas chun m'aigne a chur chun suaimhnis nuair a bhím suaite. Cleachtadh ar scríbhneoireacht is ea é, leis.

Mar a deireann Tadhg Ó

Dúshláine sa réamhrá "Anamlón na Bliana": 'Ar a mhachnamh aithníonn sé gur fiú an t-aclú pinn seo, fiú laethanta na lagtrá chun a bheith i bhfearas do lá na rátha.'

Is breá liom féin an tslí ina ndeineann sé cíoradh ar fhocail cosúil le "dúchas". Focal is ea dúchas a bhfuil doimhneas agus draíocht ann domsa." Foilsíodh "Anamlón na Bliana", cuid de dhialann an Ríordánaigh in 2013 agus is breá liom dréacht don lá a léamh. Gan dabht, scríobh Seán Ó Coileáin leabhar ar shaothar an Ríordánaigh breis is fiche bliain ó shin.

Táim tar éis mé féin a spreagadh chun dialann a scríobh agus b'fhéidir go dtosnóinn ag scríobh arís i ndialann. B'fhéidir gurbh fhiú duit féin cur leis an eolas atá agat i do dhialann féin, a léitheoir!

Gluais:
dialann/cinn lae = diary
do choinní = for appointments
nathanna cainte = idiomatic phrases
eagraithe = organised
sa toadhcháin = in the future
Giúdach = Jew
i bhfolach = in hiding
in aontíos leo = living with them
cinsireacht = censorship
modh oibre = method of work
ar leith = especially
luach = value
abairtí = sentences
toiliú = willing
aidhm = aim
ag tochailt = digging
taighde = research
m'aigne a chur chun suaimhnis = to ease my mind
suaite = upset
an t-aclú pinn = exercising of the pen
lagtrá = low tide/no ideas
i bhfearas = ready
lá na rátha = the day of good work
ag cíoradh = deep study

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"Tadhg McCarthy from Upper Glencairn Glanmire at the recent Open Day at iKIDS"



Mayfield Arts

'Memories of Mayfield' Creative project

Mayfield Arts is looking for interested people from the Mayfield area who would like to contribute to our creative memories project, which has been funded by Cork City council & the HSE. Aimed at the senior citizens of the area, we are looking for people to share their memories, stories and old photos of Mayfield in days past. We don't need the history of the area, just your personal memories of growing up or living here, no matter how long! From this, we will create art work with the participants using very accessible art techniques and will display the results locally. Our first meeting will be the week of the 28th September. We'd love to hear from any interested people! Contact Lisa on 4530434 or call into the arts centre at the back of Newbury House.

'Outsider Art' documentary with Brent Pope

Mayfield Art's Cúig studio artists are featured in an upcoming RTE documentary with well known rugby pundit Brent Pope. Brent has a deep passion for and appreciation of "Outsider Art". His personal definition being – 'artists who are self taught, who have experienced some kind of life challenge and who paint due to an inner need as opposed to any commercial incentive'.

Brent is bringing together a number of these Irish artists to exhibit in both Dublin and Cork this autumn & Firebrand Productions is documenting Brent's journey as he brings this project together - from putting out the call for submissions, to making the final selection of artworks, to spending time with some of the artists, to finding suitable Galleries for the Exhibition. The one hour documentary will be screened on RTE One on Thursday October 15th at 10.15pm. Tune in! The Cork exhibition will be in the Atrium of Cork City Hall, Nov 16th.

Mayfield Arts Staff with RTE star Brent Pope and Firebrand production crew filming at Mayfield Arts Centre recently.

FETAC Courses resuming

For those attending our Fetac courses this term, Fetac Art & Design Level 3 will begin on Wed 30th Sep, 10-12.30, Fetac Drawing Level 3 will begin on Fri Oct 2nd, 10-12.30.

FETAC Horticulture level 3 has already started on Wednesday morning, running for 10 weeks. For more info on FETAC contact Lynda on 4530434

Open studio sessions

The weekly Thursday open studio session will resume on Thursday morning October 1st at the arts centre from 10.30 - 12.30. These are integrated art sessions with people of all abilities. The classes are €3 per session, with art materials and teas and coffee provided. Please contact Lynda on 4530434.

Tuesday morning Art Classes

A Tuesday morning art class will begin on September 28th, There is a waiting list as the class is full. Contact Lynda, 4530434.

Evening acrylic painting Classes

Weekly painting classes are continuing at Mayfield Arts Centre every Monday night with artist Paul McKenna. The classes run from 6-8pm. For more info contact Paul on: 086 7397861



FETAC Courses resuming



Mayfield Arts Staff with RTE star Brent Pope and Firebrand production crew filming at Mayfield Arts Centre recently.



Evening acrylic painting Classes

Mayfield Arts, Newbury House
Old Youghal Rd, Mayfield, Cork
Ph 021 4530434
www.mayfieldarts.org

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Friday – Brooklodge Community Center @ 7.30pm

All levels welcome, for more info contact Ian
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Glanmire Macra Officers trained up for the year ahead!

Glanmire Macra had a very informative weekend in the Radisson Blu Hotel, Limerick over the 19th and 20th of September for Club Officer Training. Over the course of the weekend the Glanmire club officers Dónal O Callaghan (Chairperson), Sarah O Connell (Secretary), Karen Cashman (PRO) and Seamus Reid (Sports) engaged in teamwork and communication activities, as well as role-focussed sessions to develop skills and procedures in their role. It's safe to say all four Glanmire officers came home energized and enthusiastic for the year ahead! Macra Training and Development Officers were on hand to offer support and provoke conversations, and were a wealth of knowledge and support for all the clubs present.

The Sunday morning session included brief insights into clubs from all around the country from club chairs, including Donal O'Callaghan who spoke excellently on Glanmire's fantastic year just past. Clubs were also treated to an opportunity to see the reigning Macra Club of the Year, Freemount Macra, give their winning presentation again. Huge thanks are due to the Macra National Executive, staff and training officers for organising such an informative and worthwhile training weekend.

Tomás Cuffe in FBD Young Farmer of the Year

Tomás Cuffe did Glanmire and the Seandún region proud when he respresented them at the FBD Young Farmer of the Year final in Ballina, Co. Mayo recently. Tomás was successful in a number of rounds in order to get to the final, a testament to his progressive and innovative approach to his enterprise. Judges were impressed by his attention to Health and Safety, as well as his overall passion and drive to expand and succeed in agriculture. The overall winner this year was the very deserving Jonathan Marry, a pig farmer from Co. Louth. Well done to everyone who participated in the competition- a true beacon of hope for the future of agriculture in Ireland.

Will Daly shaves it all for charity!

Glanmire member Will Daly, a Castlelyons native, raised almost €200 euro this month for the Damien Ahern Fund. Damien is from Castlelyons and suffers from a rare form of cancer and must travel to England for treatment. Over the past few weeks Will has been nurturing a thick head of hair and a beard for the fundraiser, and he bravely shaved it all on the night! Well done to everyone involved in organising a fantastic event for such a worthy local cause!

Join Us!

In Glanmire Macra there is something for everyone! Social nights, weekends away and so many ways meet new people! If you're aged between 17 and 35 and you're interested in seeing what it's all about you can get in contact via email at glanmiremacra@gmail.com, find Glanmire Macra on Facebook or Twitter or simply go along to one of the many events or nights out! The October club meeting will be held on Wednesday 14th October in the Sars Pavilion at 9pm and everyone is welcome!

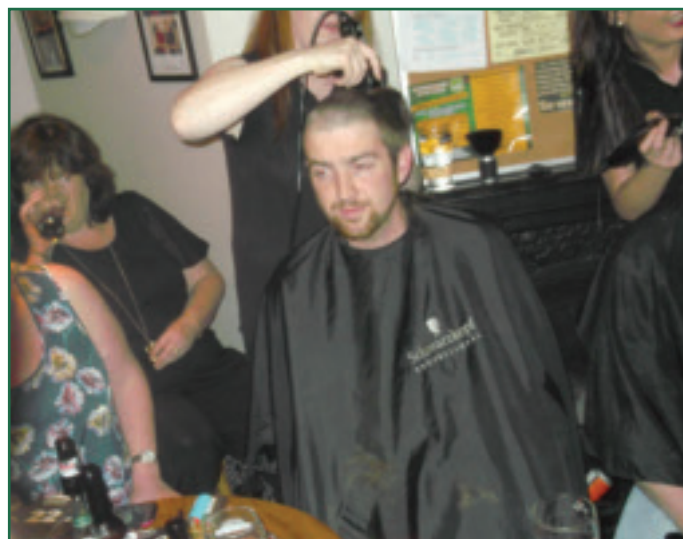
If you're looking for a casual way to get active then why not drop in to the Glanmire Macra weekly sports night. Every Tuesday from 9pm to 10.30pm in the Upper Glanmire Sports Hall members and non- members play a range of sports including indoor soccer, basketball, volleyball, tag rugby and unihoc. It's a non-competitive, fun atmosphere, suitable for all fitness levels! Contact Seamus Reid on 087-6346384 for more details!



Officer Training



Tomás Cuffe in FBD Young Farmer of the Year



Will Daly shaves it all for charity!

**Glanmire Macra's
October Meeting!**

An ideal night to
come along and
see what we're all
about!



Old, new and
potential
members
welcome!

Join us for a look back at the month's happenings and to see
what's coming next!

**Wednesday 14th Oct @ 9pm, Sars Pavilion
Glanmire**

Upper Glanmire Community Association - upperglanmirecommunity@gmail.com
Facebook page: Upper Glanmire Community Association

Autumn Fashion Show in Upper Glanmire

October is here and it promises to be a very active month here in Upper Glanmire!

We're very proud to announce that our fashion show 40 Shades Of Fashion Part 2 will take place on Friday October 30th!

All tickets are €20 each. Make an evening of it with your friends by calling 087 0981940 to book a table of ten or twelve. Start your evening with a complementary glass of wine! Please note all booked tables must be paid for on or before Friday October 23rd to secure your reservation.

Tickets are also available in the Upper Glanmire Sports Hall & Community Centre from Tuesday to Thursday evening 7 to 9 pm.

News & Information:

Check out our page on Facebook for all the latest: Upper Glanmire Community Association. Keep an eye on the Community Association noticeboard outside St. Michael's Church in Upper Glanmire.

Next Community Clean-Up with White's Cross GAA will be on Saturday October 3rd, 10 am-12.30 pm. Over-15s only. Meet at Upper Glanmire Community Centre. Wear high-vis gear. Tea and goodies in the Community Centre after! For more information about this and the Community Planting, contact 086 382 4405.

Upper Glanmire Community Association has set up a Text Alert Network Database. This network is used to send out texts about community events. The Community Garda is also using it to send texts regarding suspicious activities, recent crimes and crime prevention advice. This service is free as it is sponsored by the Community Association. It is data-protected. Please email your mobile number to: upperglanmirecommunity@gmail.com or contact 086 382 4405. Join us for Bingo in Upper Glanmire Community Centre every Thursday evening 8-10 pm. Friendly atmosphere with free tea, coffee and biscuits.



The triangle at Forde's Cross is being planted with organic native wild-flowers with help from the Local Agenda 21 grant and with the support of White's Cross GAA. For more information on this and other community planting around Upper Glanmire, please contact 086 382 4405.

First meeting at the Forde's Cross community planting 5.9.15.

Jimmy Mulcahy, Noreen Ahern, Kitty Mulcahy, Peggy Bowen, Margot O'Sullivan, Noel Linnane, Ray O'Flynn, Trisha Courtney and Michael O'Sullivan.

UPPER GLANMIRE ICA GUILD

Update on Guild activities

- This summer we enjoyed 13 walks in total, with a good turn out every week. Roll on next June!!
- At our September meeting, members of the Glanmire Community Garden visited us and gave us much information about their work in Glanmire. Members really enjoyed their presentation.
- In August our President Mary Cashman held a garden party, and a most enjoyable afternoon was had by everyone. The shrubs, trees, flowers, water features and hidden treasures were absolutely amazing, there was just a surprise around every corner! (Cf: Photos/Albums/ Mary's Garden on our Facebook page)
- As the nights close in in October, our Craft sessions will resume again. Come along and we will teach you to knit or crochet (ph:087 2341187)

October recipe: Choc bisc cakes :

Eileen Scully

Ingredients (Half the mixture if you wish)

1 lb self-raising flour

10 oz block margarine

2 oz icing sugar

1 egg

Method

Sieve the flour and icing sugar, (and use the pastry hook of your mixer if available)

Add the marg , and break up until it looks like breadcrumbs (use hook)
Add egg, and bring together into a ball, roll out and cut into circles and cook in oven for about 10/15 min at 180 deg C ,or cover with cling film, and put in fridge until needed.

Filling

4 oz soft marg / butter and 8oz icing sugar

3 dessert spoons of drinking choc, mixed with a drop of water, make into a paste

Cream the butter and sugar and add the drinking choc mix.

Melt about 10 squares of milk choc ,add to above mixture, and blend well.

Spread between 2 biscuits

Topping

Melt more choc, and spread over the top biscuit

Délicieux!



Photo number 1:(007) The Old Mill near Glanmire, seen during our walks
Photo number 2:(011) Our President Mary Cashman's beautiful garden
Photo number 3: (005) Eileen Scully's chocolate biscuit cakes

Ask Your Pharmacist

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

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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!

For more details just contact Geraldine on 0214822412 or glanmire@pharmacyfirstplus.ie

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Down Syndrome Ireland Golf Classic Prize Giving Dinner at the Castlemartyr Hotel.



Ronan O'Gara, George Hook and Dave O'Neil (Dansko Foods Ltd) at the Down Syndrome Ireland Golf Classic Prize Giving Dinner sponsored by Investec and Dansko Foods Ltd at the Castlemartyr Hotel, Co. Cork. Photo: Billy macGill

Kerry footballer Tomás O'Shea, Jason Bale (DS Cork), Karen O' Sullivan (DS Cork), Ray O'Callaghan (Chairman DS Cork), Ronan O'Gara and Dave O'Neil (Dansko Foods Ltd) at the Down Syndrome Ireland Golf Classic Prize Giving Dinner sponsored by Investec and Dansko Foods Ltd at the Castlemartyr Hotel, Co. Cork. Photo: Billy macGill

OUT AND ABOUT AT UPPER GLANMIRE MACRA FUN DAY



Tadhg & Patrick Malone with mum Martha



Eoin Nash, Paul and Patrice Linehan



Emily and Katie Hearne and Mum Mairead.



Carthach Kelleher with dad Conor and Billy Kelleher

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Student exchange (Brian O'Toole and Minister Dara Murphy and Foroige Glanmire & Mahon with the Hong Kong Delegates and the EIL representatives)

Minister Dara Murphy attended the event in Glanmire and met (as in photo) with Brian O'Toole, Youth Officer, Riverstown Youth Project, Foroige Glanmire and Foroige Mahon at Glanmire Football Club, Sallybrook, Glanmire, together with 13 delegates from Hong Kong participating in the Foroige/Hong kong Delegates and EIL representatives taking part in the exchange programme www.foroige.ie

(Below: Foroige Ireland & Hong Kong Group With Minister Dara Murphy (Funded by EIL).

Cork Mini Music Club



Music and movement classes for babies, toddlers and pre-schoolers

Venue	Day	Time
Glounthaune Community Centre (Opp. Rising Tide)	Tuesday	10:15 - 11:00
Whitechurch Community Centre	Friday	10:30 - 11:15

Cost: €5 first child - €7.50 per family (pay as you go)



Register now by calling Kathryn 085 7679940

Find us on Facebook 'Cork Mini Music Club'



Cork Ladies Mini Marathon runners from Glanmire. Mary Claire Molly and Ciara



Cork Ladies Mini Marathon runners from Glanmire.



Little Island NS Update:

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, such as Yoga, dance and Fit 4 Life 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 school concert. It will be in The

Radisson Blu, Little Island on Tues 24th and Wed 25th Nov. We are putting a lot of effort into planning this and we hope it provides great entertainment. All are welcome and we hope to see lots of people there!

Check out our website, www.littleislandns.com, for more information about what we are doing in our school.

Pictured here are our new Junior Infants who have settled in really well and are working hard, while enjoying school

Little Island /Glanmire/Glounthaune Primary Schools: Junior Infants 2016:
Closing Date for receipt of applications for enrolment for Junior Infants for September 2016 is Friday January 22nd 2016. Please contact the relevant school for forms and details of their Enrolment Policy. Open Nights Jan 2016:
 Jan 13th Upper Glanmire.
 Jan 14th St. Joseph's, Riverstown.
 Jan 19th Brooklodge NS.
 Jan 20th Glounthaune NS.

Influenza;

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 very effective in preventing you getting influenza. The main strains of influenza in the coming winter are very different to those of recent years. It is especially important for "High risk" groups to get the vaccine early. Some countries now vaccinate children, using a nasal spray vaccine! You cannot get the flu from the flu vaccine. The flu vaccine programme aims to protect people at risk of serious illness or death from influenza, and to reduce transmission of the flu. This contributes to the

protection of other vulnerable patients. Vaccination cannot prevent all cases of influenza, but is strongly recommended because it will reduce severe illness and hospitalisation from flu. The vaccine doesn't prevent ordinary coughs and colds, which can still be very unpleasant.

High risk groups: Flu vaccine is especially recommended for pregnant women at any stage of pregnancy. Influenza during pregnancy can cause miscarriage, or premature delivery. The mother getting flu vaccine protects her newborn baby against flu for the first few months of life. Vaccination is especially important for older people (65+), 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 or nurse have they had the flu vaccine

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. Serious complications can be life threatening. These include pneumonia and meningitis. Don't delay, get the jab today. Prevention is better than cure.

Dr Diarmuid Quinlan,
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RIVERSTOWN FC SENIOR WOMEN COMPLETE A VERY SUCCESSFUL SEASON

The Senior Women's squad have just completed their season and what a season it turned out to be. Division 1 Champions having only dropped 3 points all season and then retaining the Kevin Barry Cup at Turners Cross. It was a total squad effort with over 20 players contributing

to this successful season. The girls take a well earned break now for a couple of months before returning to prepare for Premier football next season. They will probably regroup in the middle of November with indoor futsal and if anybody is interested in joining us, they will be made most welcome.

We would like to extend our thanks and best wishes to four of our squad who have now

moved overseas. Michelle Hourihan, Orla Barry, Amy O'Flynn and Itziar Abascal. Come back soon girls!

The full squad for the season was as follows.

Amy O'Flynn, Ann Marie O'Callaghan, Ann Marie Linehan, Aoife O'Brien, Claire O'Donoghue, Danielle McCarthy, Elaine Field, Elaine Smith, Emer Gilroy, Itziar

Abascal, Jennifer White, Jessica Geasley, Jessica Mehmet, Leona Kelleher, Mareike Weihrauch, Marc McDonnell, Megan O'Sullivan, Michelle Hourihan, Niamh Johnston, Norma Healy, Orla Barry, Orla Berrill, Roisin O'Donovan, Sarah Denvir, Sarah Meehan.

Management Team: Eamon Breen, Mick O'Sullivan and Rob McLatchie



Cup Winners 2015



League Champions 2015.JPG



Cup Champions 2015



Joine Captains Mary McDonnell & Emma Coughlan receiving League Cup

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Glanmire host super night for Cork Senior Ladies before All Ireland Final

Glanmire host super night for Cork Senior Ladies before All Ireland Final Appearance on Sunday 27th of Sept.

A great crowd turned out in Riverstown on Friday night 18th Sept. to give the Cork Senior Ladies Football Team a super send off before the TG4 All Ireland Final on Sunday 27th Sept.

Glanmire Ladies Football Club put on a fantastic night in Sarsfield Hurling Club with a lovely family orientated atmosphere. Glanmire Ices provided ice creams for the children. There was plenty of food for everybody which was the order

of the evening, kindly provided by a number of parents and also goodies and confectionary by different sponsors of the club for the media night.

After the panel of players were put through their paces by Éamonn Ryan and Shane Ronayne the team chatted to everyone, signed autographs and stood for loads of photos before going upstairs to a wonderful spread of lovely food. Many thanks to all the girls for their time and patience and a special thanks to Sarsfield's Hurling club for the use of their facilities. Glanmire Ladies Foot-

ball club are very proud of having being able to facilitate this wonderful team who will be seeking their 10th All Ireland Senior Football Title in 11 years. A special thanks is extended on behalf of the Glanmire Ladies football club committee to all involved who made this night a success and for the co-operation of the Sarsfields Hurling Club in allowing the event to be hosted. The parents of all the children including those of clubs who travelled for this event from various clubs over Cork County a big thank you for your support.



Glanmire and Cork u14 Ladies footballers with Cork Manager Eamon Ryan (front) Kayla O'Connor and Sophie Barry (standing) Shauna Murphy and Ellen Baker



Meg Foley and Laci Lou her dog at the Macra Fun Day Upper Glanmire.





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Why did you start practicing yoga? I was looking for something to compliment and strengthen my other passion of surfing.

What Qualifications do you have? 500 hours Advanced Teacher Training Certification in Hatha and Vinyasa Yoga.

Where did you study to become a teacher? I studied with Bharath Shetty, an Internationally renowned Yoga Teacher Trainer in Mysore India for over 6 months.

Misconceptions about yoga? People think you have to be flexible, young, cool, fit and slender to practice yoga, this couldn't be further from the truth, all you need is an open mind and a willing to be proactive in your health and well being.

Benefits of Yoga? To name a few, stress and anxiety release, Improve flexibility, strength, sports performance. Can also help with Insomnia, asthma and depression.

Why Glanmire? I was born and raised in Glanmire and would like to run my business in my local community.

How to find out more? santoshayogacork.com, Find me on Facebook or Call me on 0851803829.

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Christmas Gala Night for Glenville Flower Club

Glenville Flower Club will have our Christmas Gala Night ,we will have a Christmas Floral Demonstration by the Talanted Castlelyons Lady Carmel Barry "titled A Christmas Delight".At this meeting every we showcase our local talent and produce .It will be in Kades Kounty on Tuesday 24th November, at 8.30 pm, All welcome .



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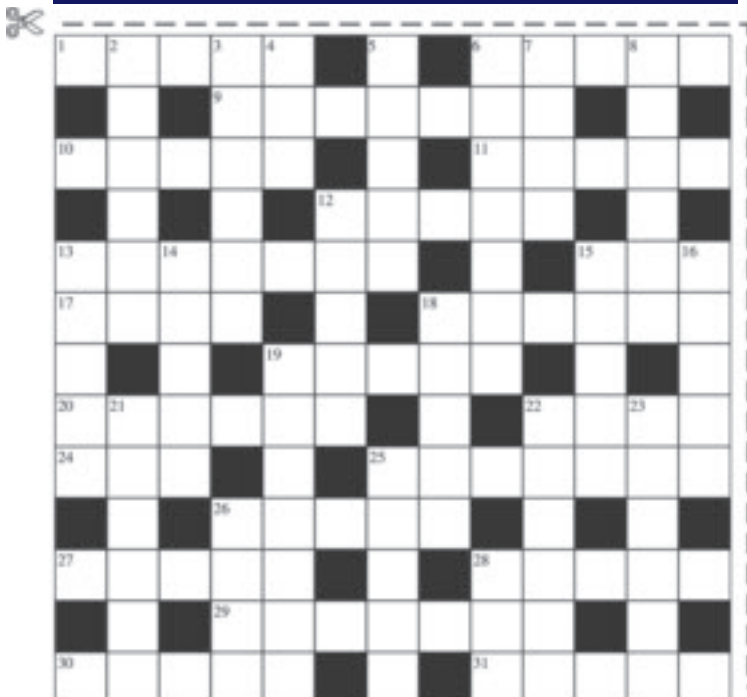
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GLANMIRE
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CAR BOOT
Sunday 11th Oct
HOUSE DE CLUTTERING
Household items wanted for Charity/Community
Stall @ The Glanmire Car Boot Sale/Farmers
Market. (Clothes, Books, Toys, Electric Items,
Furniture etc in good condition please).
Your donation is much appreciated
Please Contact 086-8294713.




Joe Organ Auctioneers
Telephone 086 6013222 - 021 2428620
email jeorganauctioneers@gmail.com
<http://jeorganauctioneers.ie>
Office 2B Crestfield Centre, Glanmire.



Across

1. Permit (5)
6. Small opening (5)
9. Type of patty (7)
10. Dirty mark (5)
11. To do with a city (5)
12. Pouch for money (5)
13. Renowned painter (7)
15. Pollinating insect (3)
17. Vivacity (4)
18. Sahara, Gobi (6)
19. See-through (5)
20. Mr. Hussein (6)
22. Brave, admirable man (4)
24. One of many (3)
25. Erases (7)
26. Mr. Beckham (5)
27. Curse (5)
28. True Corkman (5)
29. Boring (7)
30. Welcome, meet (5)
31. Cow sheds (5)

Down

2. Deadly (6)
3. Beginning (6)
4. Get the better of (3)
5. Come forth (5)
6. Group (7)
7. In this place (4)
8. Closer (6)
12. Holy song (5)
13. Genius Association (5)
14. Late (5)
15. Type of headgear (5)
16. Spirit of an institution (5)
18. Set a challenge (5)
19. Show for dining patrons (7)
21. Response (6)
22. Opposite to common doctrine (6)
23. Worship (6)
25. Toe (5)
26. Tryst (4)
28. Massage (3)



Crossword Winner Martina
O Mahony, Caha View,
Skahanagh, Watergrasshill
Co. Cork Enjoy your voucher
for BEVA CAFE P: 021 4858002

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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Glanmire 4821788
Blackpool 4220019

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

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

THE DNG TEAM GLANMIRE



Iris McCarthy, Jean Shanahan, Kevin Condon, Kate Kearney, John Wiseman, Katherine Murphy.



12 Glyntown Heights, Glanmire

P.O.A

BER C3

Beautifully finished & appointed detached property situated near all amenities and in one of Glanmire's more prestigious addresses. Approximately 13 years old it has a floor area of c.1,500 sq ft. It is in excellent condition throughout.



59 Upper Glencairn, Glanmire

Guide Price €295,000 BER C1

Superb four bed semi-detached residence. 1,540 sq. ft. in the sought after development at Glencairn set on an elevated site giving imposing views of Glanmire, Riverstown and surrounding areas. Nestled within a quiet cul-de-sac, this family residence overlooks a large green area. Being the original owners, the current occupants have maintained and invested in the property bringing it to a superb standard.



15 Castlejane Court, Glanmire

Guide Price €140,000 BER:C3

Immaculate two bed top floor apartment beautifully positioned in a mature woodland setting of Castlejane Woods. A feeling of serenity and tranquility is felt from inside overlooking the woodland from the living room and bedrooms. The apartment is bright and spacious and in impeccable order throughout and in turn-key condition and is ready for immediate occupation.



11 Palmgrove, Riverstown, Glanmire Guide Price €230,000

BER: D1

Beautifully positioned three bed semi-detached house on corner site in quiet cul-de-sac of 16 only houses built by O'Mahony Developments. OFCH. PVC double glazed windows and low maintenance exterior. Located within walking distance to St.Joseph's National School, Hazelwood Shopping Centre. All social & sporting amenities are on the doorstep and the property is serviced by a main bus route.

Selling/Valuations/Lettings 021 4821788 & info@dngmurphycondon.ie