

# Glanmire Area News

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Issue 9 - September 2015

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

## Congratulations Laura Ahern



L to R: Paul Ahern, Liam Ahern, Rena Ahern, Laura Ahern, Madeleine Forde, Mairead Falvey, Cian Ahern



L to R: Lucy Dolan, Laura Ahern, Amy Dolan.

Laura's journey to the World Games began three years ago when she joined Owenabue Special Olympics Gymnastics Club in Carrigaline. Thanks to a fantastic group of coaches Laura progressed quickly and qualified for the Ireland Games in Limerick in June of 2014. The Games were a wonderful experience both for the athletes and also the families. It was amazing to see the camaraderie between the athletes and to watch new friendships being forged. It truly embodied the Special Olympic Motto of "Let me win but if I cannot win-let me be brave in the attempt". This motto is read out before every Special Olympics competition.

During the competition the prospect of qualifying for the World Games in Los Angeles was the furthest thought from people's minds as the competition was intense with anxious coaches and parents becoming "experts" overnight. The results were announced and Laura was on the podium having won both a Gold and Silver medal in artistic gymnastics which involves the disciplines of vault, floor, uneven bars and the beam. As the dust settled after the Ireland Games, Laura's thoughts turned to school in Scoil Bernadette and her Junior Certificate in June 2015. - **Right- Laura after gold medal presentation.**



SEE PAGE 4 FOR MORE

**Glanmire Community Association AGM Monday  
September 14th 8.pm at the Community Centre**

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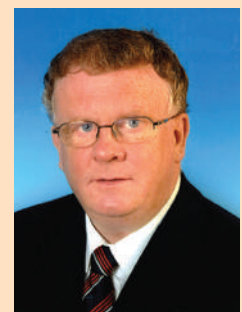
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## Is Massage a Luxury We can't Afford?

Prescription drugs are at best "masking tape" that covers up the daily warning signs of a painful disease.

If you suffer with painful conditions you know how demanding life can be.

One massage patient said it like this...

*"For people who take good health for granted, it's hard to imagine a condition that makes simple tasks great tests of will and determination."*

Contrary to what some people believe, you are not making it up and you are not crazy. Pain is a real disease!

You feel it every day -- when you wake up in the morning, when you try to keep your house clean...even simple tasks like cooking dinner become a painful chore.

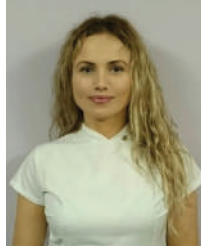
Several studies by Touch Research Institute (TRI) offer evidence that the immune function is strengthened by massage therapy- in healthy people as well as in those fighting disease.

Michael Ruff, Ph.D (Georgetown University Medical School) states "studies can support the use of massage therapy to alleviate stress, relax muscles and now possibly serve as an alternative to medical practice"

Another study published by TRI reports women who had been diagnosed with breast cancer, and who received regular massage therapy (3 times per week for 5 weeks) showed an 80% improved immune function.

Because of this, I'm running a special offer, for 15 days only €40 will get you a 1 hour in-depth massage to help you start the recovery process the right way!!! Applies to new clients only.

The offer is only available for 2 weeks so  
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The next time you hear someone say a massage is only a Luxury, you'll know that massage is really a tool that can help improve a body's ability to regain and maintain proper function, making you feel terrific is just a wonderful bonus.

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## Arthritis Pain?

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

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

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

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

### Do you have any of the these Arthritic problems?

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

### Pain Pills Are Not The Answer.

Do you remember the Vioxx scandal?

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

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

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

My name is Dr. Eric Kelly, owner of Glamire Chiropractic Clinic. Over the past 12 years since we opened our doors, we've seen over a thousand people come in suffering with arthritis and leave the office pain free.

### "I only wished I had found you sooner"

We hear this too often, so I have decided to do something about it and run this special offer. Call before September 15th and mention our special offer for the "Arthritis Evaluation" and get all of the following for €60:

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

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# GACA NEWS



## Dog Pooh!

Well done to a lot of dog owners. There has been a big improvement in the picking up of dog pooh in and around Glanmire Village. The result is a cleaner path for walkers and no scrubbing of runners or shoes under the outside tap on their return home.

Dogs can be trained to do a lot of tricks but not to pick up their own, so come on those owners who still think its not cool to remove their pets pooh. Everyone appreciates it when you do whats necessary.

And a big THANK YOU to those owners who led the way.

**Glanmire Community  
Association AGM  
Monday September 14th  
8.pm at the  
Community Centre**

### GLANMIRE INDOOR BOWLS

Community Centre,  
Riverstown  
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**LAURA FROM PAGE I.** In early September the letter arrived informing us that Laura had been selected for the Irish team to participate in the World Games in Los Angeles in July 2015. The other good news was that Laura's good friend Aoife O Sullivan from Ballinlough was also named in the team. The family's flights and accommodation were booked within the week-it was too good an opportunity to miss!! Thus began the journey that involved up to four training sessions a week and monthly trips to Dublin for Team Ireland training. Laura could be found at home practicing her beam routines and new words such as "arabesque" and "passe balance" could be heard around the house. Laura's coaches Mary O' Donovan and Zelig Moran saw to it that there was no let up over the Christmas and Easter holidays while at the same time Laura was preparing for her Junior Certificate examinations.

As the departure date drew near there were visits to EMC, huge supporters of Special Olympics, a visit to the Lord Mayor's office and a reception hosted by Eircom, who have supported Special Olympics since the beginning. On Laura's final visit to Dublin she received her Team Ireland gear, which was a fantastic honour for Laura and her whole family.

After a huge send off in Dublin Airport, Team Ireland headed for the host town of Downey, a 45 minute drive south of Los Angeles. The reception there was fantastic and their photographs were on the front page of the local newspaper. During their time there, the Team made a visit to the local Coca Cola factory, however as they were in strict training, no Coca Cola was consumed (apparently!!) On the Friday the Team left Downey and headed for UCLA where they were based for the duration of the competition. While it might have been holiday time for the family it was all business for the team with regular training sessions.

The opening ceremony can only be described as magical. Our hosts did a fantastic job and the biggest cheer of the night was when Team Ireland entered the stadium; the Irish family contingent of 300 sounded more like 30,000. One of the highlights for Laura was when actor Colin Farrell took her hand and walked into the stadium with her and kissed her on the cheek!!!

On Sunday the games began in earnest and Cork man Sean Coleman was quickly on the podium with a Silver medal in swimming. Many more medals were to follow for Team Ireland. Aoife took a well-earned gold in rhythmic gymnastics and the stage was set for Laura's competition. The competition is held over two days, the first day accounting for 25% of the overall score. Laura was very pleased with her performance, achieving a personal best on the floor and on the bars. Excitement was mounting as Laura's final competition was the last competition of the entire games. The tension was palpable as, based on the scores, Laura was just outside the medals with one event to go. She stepped up to the bars and began the routine she had practiced so many times. However, at the last minute, her coach had added another element of difficulty to the routine to gain extra marks which, to the amateur coaches among us, seemed to pay off. Would it be enough? The wait for the results was almost unbearable until she walked out, looked towards the family and put up the sign for first. The mixture of joy, excitement and pride felt in that moment almost defied description and will live long in the memory!! All the training and hard work had paid off and Laura was the proud bearer of an Olympic Gold medal.

On the Team's return the reception at Dublin Airport was fantastic and it was great to see so many family members and friends there to welcome the Olympic heroes home. On the Thursday night the Glanmire community turned out in huge numbers to welcome Laura in their own special way. Laura, escorted by our local Gardai was taken on a chauffeur drive around Glanmire with full motorbike escort followed by a reception in Sars GAA Pavilion.

We would like to thank all those who helped to make this a memorable night for Laura and her family. To quote Laura, "this is the best night of my life!!"

Finally we would like to thank the Special Olympics organisation and particularly Eunice Kennedy Shriver for founding this wonderful organisation that has given such joy and happiness to our children. Where to from here? Training begins again in two weeks' time!!!





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# NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

BY "THE FOREIGN CORRESPONDENT"

## ST. LAPPAN'S PLACE

The St. Lappan's Place and Ballyverry Residents Association celebrated the diamond anniversary of the blessing and dedication of St. Lappan's Place on Sunday August 2nd. The meticulous arrangements were first class and the thoughtful and meaningful act of placing a wreath at St. Joseph's Cemetery in remembrance of those residents who passed to their eternal award was touching. Hilda Keohane chaired the event in a splendid relaxed and very informative style. The extensive photo exhibition brought back happy and indeed sentimental memories to many. Paddy Twomey shared his excellent historical knowledge of the area and his attention to detail and the chronological sequence covered in his presentation was outstanding. However Paddy appeared to be a little mystified with the altar boy state of affairs but perhaps that was a sniff of Little Island mischievousness?! After all it is generally accepted in the parish that "The Thaunies" are the only ones considered for such ecclesiastical assignments! This was also exemplified recently with the appointment of David O'Connell, a past pupil of Glounthaune N.S., as Auxiliary Bishop to the Archdiocese of Los Angeles, which has a five million catholic population. However "The Islanders" may be comforted somewhat by the fact that John Anthony (Tony) Kenneally, a past pupil of Little Island N.S., is Monsignor of Savannah, U.S.A. Is it not time for both schools to appropriately recognise such attainments? Fr. John Heinhold blessed the houses at the celebration and he was ably assisted by the still ever so youthful altar boy, who it is said also performed with such eminence at the 1955 dedication! There was a varied entertainment presentation including the Jacinta O'Sullivan Irish Dancers, which was appropriate as Jacinta was born in St. Lappan's Place and resided there for a lengthy period. The young children present were captivated by the magician's skilled performance, and of course they also enjoyed the plentiful supply of treats. There were some exquisite bouquets of flowers on display, which were presented to well-worthy recipients, and Paul of "Flower Power" Glounthaune must be complimented in this regard. Well done also to Bernie for the sumptuous spread of food and it would be very difficult to quantify the time taken to prepare and present such tempting offers. Fitzpatrick's Shop supplied the mouth-watering birthday cake and it was fitting that longtime resident Mrs. Kathleen Hayes

performed the ceremonial cutting. Fitzpatrick's Shop also provided an abundant supply of their benchmark cakes. There were many old faces, sorry past residents, in the gathering and it was particularly nostalgic for John Byrne who made the long overnight journey from Carrigaline. The celebration was held on the very same "Green" that John learned his soccer skills which entertained the crowds for many decades thereafter. Shin guards were not compulsory in John's playing days but apparently his direct opponents always wore them! Kieran Murphy, the popular former milk roundsman was also in attendance and his presence illustrated the fact that he is still regarded as being very much part of our community, and he is remembered dearly. Kieran is a proud mid-Cork native and was a sportsman of note. He played hurling with Cloughdun and football with sister club Canovee. In 1962 he captained the divisional side Muskerry in the Cork county senior football championship final versus Macroom. It was a low scoring game with Macroom victorious on a 3-04 to 1-04 scoreline. Kieran wound down his sporting career playing hurling with Erins Own, which was then a junior grade club. St. Lappan's Place looked splendid on the day with the beautifully decorated houses complemented by the well maintained "Green" and ornate planting. Sixty years have slipped by since the official opening and in fact it was originally planned to build the fifty houses at Rockgrove Camp. Negotiations were on-going during the late forties between Cork County Council / Cork Corporation and the Department of Finance for the disposal of Rockgrove for housing purposes. On November 29th.1949 the Department of Finance agreed to lease the property "where the huts stand" to the councils; "when the refugees have vacated the premises". They remained at Rockgrove until 1953. The lease was for ninety nine years with an annual rent of £100.00 and the lessee responsible for maintenance, rates and insurance. There was also a stipulation that fourteen houses



Taoiseach Jack Lynch visits Glounthaune in 1967  
Front Row L/R : Fr. J. O'Mahony, Canon M. Mc Swiney, Taoiseach J.Lynch, M. Corry  
T.D. Back Row L/R : P.Grandon, G.Ryng, J.J.Donnelly, E. Murphy, P.O'Sullivan,  
Mrs.T.Donnelly, T.Donnelly

- reconstructed huts - be reserved for military personnel stationed at Cork. However on August 18th.1951 the Department of Defence advised the Department of Finance that the councils were not going ahead with the proposal as a new housing scheme was planned for Little Island. Hence St. Lappan's Place. The diamond celebrations exemplify what a close-knit community can achieve through pride, leadership, determination, prudent planning, hard work and dedication. The torrential rain experienced towards the end of the function did not dampen the spirit and enthusiasm of those who contributed handsomely towards its success.

## RAIL SERVICE

A campaign has been launched to extend late night services on the Cork / Cobh rail link. The group behind the initiative includes members of Cobh Municipal Council, and the public are urged to get involved and offer feedback and ideas through the group's public consultation process. Those interested in joining the campaign may email [cobhrail@gmail.com](mailto:cobhrail@gmail.com), or post contributions before September 11th.to: Cobh Rail, Cork County Council, Carrig House, Spy Hill, Cobh. The lack of a late night service was highlighted here on the February 2012 issue. QUOTE: The last train from Cork is at 10.30 p.m. and 10.00 p.m. on Sundays' whereas some years ago when customers were not treated as such, and referred to as passengers; the last train ex Cork was at 11.25 p.m. UNQUOTE. Those departure times are still in place and further-

more the last "late night" train to Midleton on Sundays' is at 8.15 p.m.! The article also referred to the fact that there are two numbered platforms at Glounthaune Station but there is no signage to advise which to utilise for the Cork, Cobh or Midleton bound trains. The bus service was also mentioned and it should be noted that there are thirteen departures ex Cork on weekdays', fewer on Saturdays' and Sundays', which serve Glounthaune, as well as a somewhat similar number ex Glounthaune to Cork. However there are twenty six to Carrigwohill which begs the question relative to the differential; why don't those thirteen buses exit the N25 at the Dunkettle Interchange rather than the Carrigwohill West Junction 3? Naturally there is no stop on the N25 Parkway but if the Dunkettle Interchange was availed of both Glounthaune and Little Island would have an additional thirteen daily services in each direction, and an opportunity of securing additional customers for Bus Éireann would also be created. It is worth noting that there is no service from Cork on weekdays' between 10.30 and 14.05 although Carrigwohill is served with four departures during the same period. Also, Glounthaune is not shown on the departures' screen at Parnell Place Bus Station, whilst Little Island is not even listed on the timetable! Is there a role for the local Community Associations to address the foregoing?

SLÁN ANOIS ©



## KATHLEEN LYNCH TD



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Charlie Wilkins

## DEATH OF A GARDEN

The following article on Ashbourne House Glounthaune is being re-printed in this month's magazine following the huge interest (and favorable comments) from readers of the Evening Echo.

Looking back through rose-tinted glasses I regret not taking more of an interest in the 1950's gardening scene! I say this because it now transpires that I spent much of my leisure time within a very short cycling distance of one the most important gardens found not alone within the county of Cork, but throughout Europe!

Its a hundred and thirty-five years and more since the gardens at Ashbourne House at Glounthaune, Co. Cork were begun. One hundred and thirty-five years since a few ramshackle acres on a sloping hillside were turned into one of the finest gardens ever created. The house had its heyday when known as 'Harmony Lodge', owned by Richard Beamish Henrik, 1862-1888. The alpine garden in particular was one of the finest in Europe for it contained rare orchids, gentian beds, saxifrages, blue poppies (*Meconopsis*) and rarities thought only to grow in sub-tropical regions.

I remember visiting these gardens as a teenager when it opened yearly in aid of Cork Hospitals. Trying and imagine the glory of those days is like looking through the wrong end of a telescope. The memory seems remote and the misty images are cloudy and indistinct. Any yet I distinctly remember many of its features and the visitors who strolled about in their finery. Women in the best horticultural circles of the day were dressed in high fashion, not the kind of casual wear we see today. The gentlemen had waistcoats, neck-ties and cravats, tan-shoes and white woolen socks. The ladies spoke of rare and interesting plants, famous house parties in Montenotte, and where in the English Market it

was possible to find the best duck pate, out-of-season raspberries, and little variegated chocolates of local gossip. The men as ever relied on conversational pieces which included golf 'at the island', billiards as opposed to snooker, how best to be proposed as a member of the Cork and County Club and those new fangled Austin Cambridge cars. Their grandeur in every respect is not of now.

Features within the garden included a long yew walk containing a dozen and more topiary-castellated archways, a great flight of grass steps immaculately cut and superbly maintained, a large natural rockery full of the rarest and finest alpines, mature trees and shrubs, a stream and bog garden, tennis courts, gate lodge and stone wall boundaries.

In this garden was summer, perpetual summer or so it seemed, but nothing animal, vegetable or mineral can occupy a time beyond their span, and what was so lovingly created was soon destined to carry the peculiar beauty of picturesque decline. Many of the trees and shrubs imported from Kew Gardens in London (Beamish has close connections with Kew and his garden profited largely from these associations) went into decline following the sale of Harmony Lodge to a commercial venture. Later again it changed hands and is now used by the government as a Direct Provision centre.

There are no gardeners now at Ashbourne House, neither any visible garden maintenance apart from some grass cutting. Birds no longer seem to nest among the shrubs and apart from a few aggressive rooks nesting in the high canopies all is unusually quiet. The only noise I hear whilst strolling the outer walls is from the wind which blows wild and free among dead branches. Whither now I wonder the great yew-tree walk, the rockery and water garden, the magnificent flight of grass steps, aged magnolias and choice shrubs from the Antipodes and beyond? All seems lost. A garden I believe cannot retain its idiosyncrasies and individualities when it passes from private to institutional ownership.

## THE SEPTEMBER GARDEN

AUTUMN; Every now and again throughout the entire month of September I seem to envy the gardeners on the Mediterranean! Long after the autumn equinox, when we have all closed the back door, lit the outside lamps, and started supper, they will still be outside eating and drinking wine amid the perfume of lilies, lavender, and santolina, still warm from the setting sun. While our gardens are being nightly draped and corseted with inescapable spiders' webs, they will be enjoying warm breezes wafting gently through pots of scented geraniums.

And like many gardeners in these latitudes I too, have to struggle with autumn's arrival, fearful of letting go whilst still clutching with a tenacious grasp to summer's light and fullness. This autumn thing is a huge 'interruption' but it is also an important aspect of our ever-changing seasons. From September 23rd the light and temperatures will surely dip further but I shall embrace the late season blooms whilst anticipating the arrival of coloured leaves, dewy mornings and days made for the planting of spring bulbs!

FLOWERS; Everything that grew during summer is now producing seed or dried flower heads and many can be harvested for indoor use over winter. In particular, hydrangeas will be found excellent when dried, so too, allium seed-heads, the prickly blooms of the biennial *Dipsacus* (Teasel), *Lunaria* (Honesty), *Echinacea* (Cone flower), *Stipa gigantea* and many more. A bevy of fresh flowers will be available up to the end of November so as one delightful season gets separated from another let's say goodbye to the last of the warm sunny days and welcome with easy abandon the energising chill in the air, and a slower pace of life.

HIBISCUS; By the time you are reading this, it may well be wet and gloomy but as I write, a warm sun is shining and the sour drone of marauding wasps still fill the garden area nearest the kitchen. Their attention is now centred on a spreading bush of *Hibiscus syriacus* 'Blue Boy'. This particular plant has been on its 'last chance' this summer, for each



*On my last (unofficial) visit to the gardens at Ashbourne House nothing remained of the castellated yew walk. Even ten years ago when this picture was taken the grounds were in total neglect.*

year at this end of season time it would open wonderfully then turn to mush after a day or two due to continuous rain and strong winds. This year, it has performed wonderfully, opening fully and displaying not alone its satin blue petals but magnificent inner-petal markings of dark maroon. Each bloom boasts a colourful, prominent stamen which adds to the attraction of the clustered flowers. The plant, you'll have guessed, has now won a reprieve.

HELLEBORES may not be looking their best just now but any attention to feeding (with a liquid supplement) over the next few weeks will increase the quality and number of blooms come the dismal days of January and February. These have become utterly desirable in recent years and their appeal remains undimmed even by constant repetition in beds and borders. After this and during early autumn remove the scap-piest leaves to not alone tidy the plants for winter but to encourage more light reach their crowns. This action will stimulate earlier blooming especially in warm plots. Some Cork gardens open to the public for 'hellebore weekends' during January such is their popularity..



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## Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

**Lotto Results Wednesday 19/08/2015:** No winner this week numbers drawn were 6,20,22 & 24, €30 to Rachel Corcoran, Shane Murphy & Sharon Mullane, Next weeks Jackpot is €1,780

Tickets can be bought from any member or you can know play lotto on line through the clubs website [www.erinsowngaa.ie](http://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](mailto:erinsowngaaclub@gmail.com) or phone or text Michael on 086 8699145 or Kieran on 087 7787759

### East Cork Junior A Hurling Championship QF Erins Own 2-14 St Ita's 3-16

Midleton was the venue for this junior hurling championship clash against St Ita's, the day was dry but there was a strong wind blowing which we chose to play against in the first half, Cathal Heavy opened the scoring for Erins Own with a goal in the first five minutes, Peter Kelly hit three fine points from play & one from a free before the break, the on form James O Carroll put over two & Diarmuid O Flynn & Ian O Mahony both adding a point each, Ita's were hurling well & went in at the break at a point up, Erins Own 1-08 St Ita's 2-06, the second half saw Peter Kelly hitting another four points (3 from frees 1 from play) James O Carroll was still hurling well adding a goal & a point & Kevin Fenton hitting a point but wasn't enough to stop Ita's who were the better side on the day, to be fare to Erins Own Stephen Horgan, Andrew Power & James Carr were a big loss & if all 3 were available it might have been a different result, all the best to St Ita's. Diarmuid O Flynn, Peter Kelly, Paul Fenton & James O Carroll played well.



Team in Full: 1 Kieran Murphy 2. Paul Fenton 3. Barry Og Murphy 4. Dara Twomey 5. Shane Broderick 6. Ronan O Carroll 7. Diarmuid O Flynn 8. Ian O Mahony 9. Sean Crowley 10. Cris Geary 11. Kevin Fenton 12. James O Carroll 13. Cathal Heavy 14. Peter Kelly 15. Dairmuid Ryng, Subs Used Colm Coakley For Cathal Heavy, Martin Buckley for Chris Geary & Paul Ryan For Ian O Mahony

Pat O'Callaghan PRO  
Erins Own H & F Club  
Tel: 087-6431807



### ERINS OWN HURLING & FOOTBALL CLUB

CUMANN IOMÁNAÍOCHTA & PEILE RÓGHA ÉIREANN

#### COLMAN DILLON FÉ12 HURLING TOURNAMENT 2015

We are pleased to announce that this years Colman Dillon Fé12 Hurling Tournament will be held on Saturday 12<sup>th</sup> September at Caherlag. Proceedings commence at 10am sharp. All welcome. We trust it will be a truly enjoyable event.

The teams participating in this years Tournament are as follows:

Erins Own (Cork)	Thurles Óg (Tipperary)
Bishopstown (Cork)	Liam Mellows (Galway)
Cobh (Cork)	Lismore (Waterford)
Midleton (Cork)	Abbeyside/Ballinacourty (Waterford)

Left: Senior Hurling Tournament Final V's Ballyduff Upper.



JAHC V's St Ita's





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Mob: 086 0851996

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Classes

Camps

Parties

Groups

## Our fun interactive classes begin again from September 15th

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Virtual Reality Cycling - Team Games

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10 CLASS PASS

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Age 8 - 12 5.30 - 7.00

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€70

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For more information call: 086 0851996 or visit [www.interactivekids.ie](http://www.interactivekids.ie)

## OPEN DAY SUNDAY 13TH SEPTEMBER 2-5PM

Why not bring the kids along to our open day on Sunday Sept 13th 2-5pm. We would love to show you around while the kids experience our interactive activities. In the meantime here are some of the frequently asked questions we get from parents.

### What is ikids all about?

At ikids its all about making exercise fun for kids. We use technology in a positive way that has kids exercising without even realising it. We blend these interactive games with traditional PE exercises and games to create fun and exciting activity programs.

### What is the difference between ikids and a soft play centre?

The main difference between us and a soft play centre is that our programs are structured and designed to help

improve your child's health and well being. We operate a drop and go system where classes are fully supervised, we get to know all the children by name and offer encouragement and coaching during their time with us.

### What ages do you cater for?

Our classes and activities are suitable for both boys and girls of primary school age. All ability levels are catered for with the focus being on fun, healthy activities with plenty of social interaction.

### When are the classes on?

Classes are on Tues, Wed and Thurs (see flier below details)

### What goes on in the classes?

All classes are fully supervised and follow a structured routine of:

- A fun warm up

- Youth Gym / Circuit
- Interactive games
- Team games
- Free play

### What are the benefits of participation?

Just like adults who exercise regularly the health benefits are many. Our programs are designed for kids and can help develop:

- Strong bones
- Muscular Endurance
- Sense of balance
- Speed and agility
- Co-ordination
- Self confidence and social skills

### How much does it cost and how can I sign up my child?

We operate both a pay as you go and a 10 class pass option. Discounts for siblings are available. (See flier above for prices and contact details)

### Do you do parties?

Yes, our parties are proving to be very popular. We can cater for both small and large groups of children. (Contact us on 086 0851996 or visit [www.interactivekids.ie](http://www.interactivekids.ie) for full details on party packages)

### Can teams or groups visit?

Yes, we can also cater for groups or teams. Contact us to discuss your requirements.

### What other services do you offer?

As we believe parents can lead by example we also run circuit training classes for Moms on Mon & Wed & Fri, we also have a resident Physical Therapist who can look after all the families occupational and sports injuries.



# WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

## Jackpot Winner

On Monday, August 3rd White's Cross GAA had another jackpot winner in the Club's Lotto Draw. The numbers 1, 12, 19 & 26 proved a winning combination for John & Ger O Driscoll, Rathcooney scooping them a prize of €4,750. Congratulations to John and Ger!

Other winners from this draw were €50 lucky dip winners 1. Jack & Charlie O Callaghan; 2. Kevin Buckley & 3. James O Donoghue.

White's Cross GAA hugely appreciates all the support being given to the lotto over the years – míle buíochas to all those who buy tickets. All money raised goes towards the improvement of the infrastructure at White's Cross GAA pitch, and it is fair to say huge improvements have been made to our facilities over the past number of years: new juvenile pitch, hurling wall, walkway, astroturf, outdoor gym equipment, new dressingrooms & meeting room, upgrade of surface on main pitch etc. Without the finance provided from the lotto these projects would simply not have been possible.

White's Cross GAA also appreciates the support of the local businesses, in facilitating the sale of tickets – if you are in a position to support these businesses please do – ní neart go cur le chéile / there is no strength until we pull together. Let's keep it local when and where we can folks! Tickets can be purchased from the following locations: The Boothouse Bar, The Stirrup Bar, The Blackman Bar, Hennessey's Daybreak, Southern Fuels Bucklearys Cross, McCarthy's Sport Shop Glanmire, O'Ceannaigh Bar Glanmire & Esther's Barbers Glanmire. Tickets can also be purchased from Lotto Committee Members.

**Alternatively tickets can be bought online – visit [whitescross.gaa.ie](http://whitescross.gaa.ie) for details.**

Tickets cost €2 each or 3 for €5. Alternatively a yearly ticket can be purchased for €45 – note these can only be purchased from a member of the lotto committee – get in touch with any member you know in the Club and they will point you in the right direction.

## Monster Blitz at White's Cross



Ger O Driscoll, along with her son Robert, is presented with her cheque to the value of €4,750, having won the White's Cross GAA Lotto Draw on Monday, August 3rd. Also present are members of the White's Cross Lotto Committee and Club Officers including: John Drummy, Pat Reid, Dominic Cahill, Ray O Donohoe, Ed Buckley and Mike O Flynn



Give Respect, Get Respect: White's Cross and Bishopstown players shake hands after their U8 game at the Monster Blitz hosted by White's Cross.



On Saturday August 15th, White's Cross GAA hosted an Under 8 Football Rebel Og Monster Blitz at our club grounds. Some 18 teams from across Cork City and beyond participated including Nemo Rangers, St. Finbarr's, Ballincollig, Na Piaras, St. Vincents, Brian Dillons, Grenagh and Bishopstown. Once again the morning proved a great success - thanks to Rebel Og GDA Colm Crowley for his support and assistance in making it possible for White's Cross to run off such an event. Thanks also to the many club volunteers who assisted with parking and other arrangements, making sure the visit to our club grounds was an enjoyable one for all involved with the 18 teams - you will see from some of the attached photos how our second pitch was converted into a car park for the morning! Thanks also to our grounds maintenance team who had the pitches in tip-top condition once again today.

Our own Under 8 team played 3 great games of football in the blitz. Their opening encounter was against Cork football kingpins Nemo Rangers but our lads played some fantastic football themselves - the standard of play was a joy to watch. They also had a fantastic tussle with Bishopstown - this game was played at a frenetic pace - with some of the tackling from both sides a real treat. The final game of the morning saw them pitted against near neighbours Brian Dillons - here again our warriors acquitted themselves very well.

Thanks to the parents of these up-and-coming stars for supporting their endeavours to play GAA - we hope that mornings like this one proved just how much all their coaching and practice is paying off. Well done also to the boys themselves who have continued to improve leaps and bounds

throughout the season.

## Under 12s Sign Off With a Victory

White's Cross Under 12's travelled to Grenagh for their last football league game of the season. There followed a great game with White's Cross winning on a score line of 3-10 to 2-9. The game was closely contested all through. Playing up a slight hill in the first half, White's Cross got off to a great start with a goal from Luke Murphy who was in scoring form on the night and very unlucky not to have scored a hat trick.

At the start of the second half some great passing and finishing from Harry Coughlan, Charlie Browne and Eddie Coughlan put more scores on the board. At the other end Luke Kelleher along with Ethan Ryan, Olan Skillington and Seamus Hennessy combined to save a few goals and keep the danger at bay.

Sean Twomey and Senan Ryan were outstanding in the half back line, linking up well with the midfield players Stephen Whooley, Brendan Quain and Harry Coughlan. All five players worked well together and deserve great credit for their tackling, passing, teamwork and skill setting up two great goals. They worked the ball from the backs up to midfield who delivered a great pass to Daniel Kelleher in the first half and Robert Docherty in the second half with both finding the back of the net.

**Grenagh threw everything at us in the closing stages but White's Cross players throughout the field all defended like their lives depended on it, to fashion out a great win – the ideal way to sign off on their league campaign.**



The White's Cross GAA Under 8 players that took part in the Monster Blitz hosted by White's Cross in August.



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[glanmirecu.ie](http://glanmirecu.ie)

## OUTSTANDING LEAVING CERT RESULTS AT GLANMIRE COMMUNITY COLLEGE



Ms. Murray congratulates Adam Mylod on his fantastic results.

On behalf of everyone in Glanmire Community College I want to congratulate all our students on the wonderful results achieved in the Leaving Certificate. We are delighted to have a record number of students achieving over 570 CAO points which is the benchmark for students wishing to study medicine. Again this year the percentage of students in the college achieving over 500 and over 400 points has increased significantly. The results of our students are a testament to their hard work and to the dedicated support of their teachers. We wish everyone the very best of luck as they await the allocation of college places in the coming weeks.



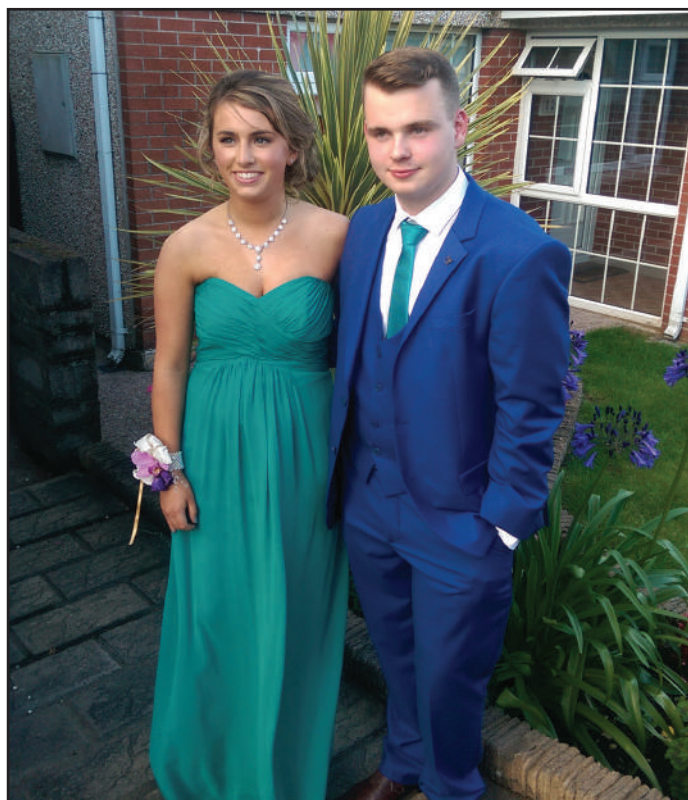
Proud Parents of Glanmire Community College student Brendan O'Keeffe achieving 550 points with Principal Mr. McKelvey.



Glanmire Community College Top Achieving Students, Conor Kiely, 625 points, Rebecca Farrelly, 610 points, being congratulated by the Principal Mr. McKelvey and Deputy Principal, Ms. Cahill.



Glanmire Community College students eagerly awaiting results with Principal Mr. McKelvey and Deputy Principal Ms. Cahill



Gillian Looney Hazelwood and Joseph Harrington Glanmire Court on their way to The Glanmire community college Debs ball in the Radisson hotel Little Island.

## Riverstown Badminton Club

### New Season start up.. Full blast on September the 7th.

Further information on the club is available on our 'facebook' page, but I should perhaps add that the club was not founded by George Orwell nor is run along the lines of that famous book. 'Big Brother' will not be watching you while you play Badminton.

Holidays are over the beautiful summer just passed is disappearing, winter activities must be considered or are you going to sit at home watching television or some such again.

Why not give Badminton a try, the Riverstown club will do its best to get you going if you have never played or if you have not played for some time. We will certainly supply some rackets, shuttles etc. free of charge for a couple of weeks. All you need is some sports shoes and clothes.

We will be on every Monday [barring Holidays] and Wednesday from now until next May from 8.00pm till eleven if you wish, but you can come to each session at the Watergrasshill Community Hall [beside the Catholic church] at any time between 8 and 11 as it suits you and leave on the same basis. Optional coached sessions will be held through October to raise everyone's game, if that is what you want, so get up to Watergrasshill for some winter fun and fitness. - Nick O'Brien



### Glanmire Community gardens @ G.C.C.

Where: In the grounds of Glanmire Community College.  
 When: Sundays 10am and Wednesdays 7pm, meeting at the G.C.C. upper gate beside the bus stop.  
 Why: to grow organic vegetables, fruit & herbs, where possible growing from seed in the tunnel.  
 Who: we have 12 members. New members are always welcome. No previous experience is necessary to enjoy the learning, the fun and the delicious taste of home grown produce.  
 Contact: GACA Sec. Nicole on 021-821333 Mon-Fri 9.30-1.00



### Glanmire Athletics Club announces adult training

Glanmire AC is delighted to announce the commencement of recreational running training for Adults starting this September. Glanmire AC was established in April of last year and is a registered club with Athletics Ireland. The Club's focus has been establishing a juvenile club and we train on Wednesday evening at the GACA pitches between 7:00 p.m. and 8:00 p.m. where our juveniles are divided into 3 age groups 8 & 9, 10 & 11 and 12's and overs but we have taken a break for the month of August and we expect to start up again on the 9th of September, a week after the 4 miles Glounthane race on the 2th in which we are encouraging our athletes to part take.

Our plan for adults is to set up training runs on Tuesday and Thursday nights (and possibly weekends) with different routes varying from 5-10km for 2 groups of beginners and intermediates. If you are someone who would be interested please contact us at [glanmireac@gmail.com](mailto:glanmireac@gmail.com) or keep an eye on our website at [www.glanmireathleticsclub.com](http://www.glanmireathleticsclub.com). We would also welcome experience runners to contact us who might be interested in leading these runs and sharing their knowledge and expertise.



## You are invited to a **BABY and FAMILY BLESSING**

on Sunday 4th  
October at 3.00pm in  
St Joseph's Church,  
Springhill, Glanmire.



Emily Leahy, she came 2nd in the First Ridden Ponies at the Dublin Horse Show on Saturday 8th August. Emily is from Watergrasshill, is 10 years old. The pony is Ravara Jack Rabbit.

## ALICJA TOMASZEWSKA

Owner of M&A Alteration Clothing Design Glanmire with my business partner Marzanna Grabowska.

### Family?

Husband Piter, two sons and two grandsons.

### Your favourite colour?

Blue and green

### How long are you in the design clothing business?

I'm working for 30 years in the business.

### Why did you open your business in Glanmire?

We wanted to be closer to our customers and filled the gap in alteration business in Glanmire.

### Tailoring?

We are specialists at alterations, but also good dress-makers.

### Your passions?

I like orchids, I have then 15 and overy other.



ALICJA TOMASZEWSKA



**Our Lady Crowned  
Credit Union Ltd.**



All new adult members that join Our Lady Crowned Credit Union Ltd during the month of September will be entered in a draw to win a voucher for a meal for two worth €100.

### How do I become a member?

Simply call to our office and submit an application  
Please bring the following documentation with you;

- Photographic identification (e.g. valid passport or driving licence)
- Proof of Address (e.g. utility bill dated within the last three months)
- Personal Public Service (PPS) Number (e.g. payslip, social welfare card, tax documentation)

Applications are then submitted to our Membership Committee for Approval.



### Our Services

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- Life Savings Insurance
- Confidential Service
- Death Benefit Insurance
- Foreign Exchange
- Reasonable Loan Interest Rate (9.9% APR)
- Attractive Dividends
- Money Advice and Budgeting Service
- On-Line Account Access

### Opening Hours

Monday, Tuesday, Thursday: 10:00am – 4:30pm  
Friday: 10:00am – 5:30pm  
Saturday: 09:15am – 12:45pm  
Little Island (Friday): 09:30am – 12:00pm

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Phone: 021 4504923  
Website: [www.olccu.ie](http://www.olccu.ie)

Sub Office:  
Wallingstown  
Little Island  
Cork  
Phone: 021 4354652  
Email: [info@olccu.ie](mailto:info@olccu.ie)

## A Date for Your Diary “Autumn Fayre”

(In aid of the planned  
Celebration in May 2016  
of the 150th Anniversary  
of the Consecration of the  
Church) In the  
Grounds of St Lappan's  
Church, Little Island  
On Saturday 12th  
September  
At 2.00 pm Plant Stall  
Cake Stall Bric A Brac  
Children's Corner  
Teas



# St Patrick's College Cork

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

[www.stpatrickscork.org](http://www.stpatrickscork.org)  
office@stpatrickscork.org  
Principal: Brian Cronin  
Deputy Principal: Eileen Lombard

## 7 A1s for St Patrick's College Student

The girls of St Patrick's College excelled in the recent Leaving Cert Results. In particular, Mary Quill got 7 A1s and received the magical 625 points. Though many in the school expected Mary to do very well, it was still a big surprise to see the 7 A1s on the page. Mary is going to study International Business. Mary's classmates Linda Pentony and Kira O' Sullivan also performed excellently, receiving 590 points and 490 points respectively. Linda will go on to study Law in UCC and Kira will join her there to study Commerce. So many of the girls worked hard and we are very proud of their achievements across the range of subjects and levels.

## Excellent LCA Results

The LCA class in St Patrick's also excelled in the recent LCA results – 75% of the class gained distinctions, meaning they scored an average of 90% and higher in their tasks and exams. This was a fantastic performance and is testament to the hard work of the girls, their teachers and the LCA co-ordinator Ms O'

Connell. Most the girls in LCA are going on to PLC courses in the colleges of further education. We wish them all the best.

St Patrick's College Open Night

## The Open Night for 1st year enrolling for 2016 will be held on Tuesday 29th September at 7pm.

Parents and their daughters who are in 5th and 6th classes in the local primary schools are invited to attend. You will get a chance to see the school, meet the principal and teachers and learn about what makes St Patrick's a great school.

## DPS Engineering Student Support Programme

Multinational Engineering company DPS have selected St Patrick's College as one of two partner schools in Cork for a student support programme. This programme will involve mentoring, work experience and additional support in 5th 6th year as well as college bursaries for St Patrick's students who perform well in the Leaving Cert. The programme is being officially launched on Wednesday 16th September at 7pm in the school.



Mary Quill and her mother Mary



Hayleigh Looney & Ruth Bozynksi



Mary Quill, Linda Pentony and Kira O' Sullivan with principal Brian Cronin

# 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.



Ciara Walsh from Oakfield Glanmire getting to grips with the climbing wall at iKIDS

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Grainger Energy Solutions has been involved in a number of high profile jobs including one for the Irish Wheelchair Association (IWA) featured on Duncan Stewart's 'About the House' in Episode 6. 2015 winner of Ireland's Home of the Year, retired couple Ita Molloy and Andrew Harvey's home in West Cork featured Grainger Energy Solutions work. The outstanding blue rendered finish to Ireland's best home was set in a perfect backdrop with stunning views. Expert judges Declan O'Donnell, Hugh Wallace and Helen James picked the Cork house out of a short list of 21.

**Testimonial** Grainger Energy Solutions made our home so comfortable, it made such a difference last winter. Eamonn has an excellent relationship with our architect and I would highly recommend using Grainger's to save money and energy.- Dr Bridin Cannon, Cork

Shirley runs a sustainable consultancy, SysPro; Systems for Progress Limited based in Glanmire and is working with Grainger Energy Solutions to help improve energy efficient premises in buildings, community centres, schools and homes. If anyone is interested in a Q&A, please watch log on to Periscope\*/Twitter to ask Eamonn any questions regarding insulation, grants and savings. \*Periscope is a live stream video that allows the audience to interact with the interviewer. It is a free app owned by Twitter and is currently being used by SysPro to promote sustainability and related services.

Contact Details @shirleyatsyspro E:sgallagher@syspro.ie W:syspro.ie T:0858555792

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BRIAN DILLONS HURLING

**AND FOOTBALL CLUB MAYFIELD**  
**TUESDAY:** Juniors: 2.30 - 3.30 PM (4-11yrs)  
Seniors: 4.30 - 5.30 PM (12+yrs.)  
· Enrolment date 7th September 4pm at SARS Club.  
· Enrolment date 8th September (juniors 2.30pm / Seniors 4.30pm) in Brian Dillons club.

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## Féile Rós Thrá Lí - Nuala Ní Loingsigh

Chaitheas dhá oíche ag féachaint ar na rósanna á gcur faoi agallamh ag Dáithí Ó Sé. Féachaim ar an glár gach bliain agus bainim taitneamh as aithne a chur ar na cailíní óga seo, ó chian agus ó chongar. Bíonn suim ar leith agam toisc go mbíonn mo dheirfiúr, Máire, i dToronto, páirteach in eagrú na féile áitiúla. Tuigim, chomh maith, ó bheith ag caint léi an iarracht iontach a dheineann siad ar son na féile agus, gan dabht, tarlaíonn sé sin i ngach dúthaigh nó ceantar as a dtagann na rósanna. Luadh aréir go mbíonn sé nó seacht gcéad óglach ag obair ar son na féile.

Is ócáid an-mhór é i dturasóireacht na hÉireann agus ócáid a thugann ár n-imircigh anseo agus an chéad nó an dara glúin eile le chéile ar feadh tamaill. Ag éisteacht leis na hagallaimh, is scéal dearfach é mar gheall ar ár muintir agus an dul chun cinn atá déanta acu i dtíortha éagsúla thar lear. Bíonn na cailíní óga seo líofa sa chaint agus cumasach chun iad féin a chur in iúl. Bheadh éinne morálach astu.

Mar sin féin, tá ceist le réiteach agam. Ní maith liom comórtas faoi dhathúlacht duine. Nach bhfuilimid go léir go hálainn in ár slí féin! Níor chruthaigh Dia bruscar. Conas a bhraitheann na cailíní go léir nár toghadh chun teacht go Trá Lí nó go Port Laoise mar a mbíonn comórtas roimh Thrá Lí? Braithim go mbaineann na cailíní i dTrá Lí an-taitneamh as an gcuaire agus ní dócha go gcuireann sé isteach ró-mhór orthu nuair ná buann siad.

In ainneoin sin ráite, is maith go bhfuil agallamh i gceist agus tá sé suimiúil éisteacht lena dtuairimí agus a ndearcadh ar an saol. Braithim gur agallóir maith é Dáithí agus go n-éiríonn leis na tréithe éagsúla atá ag gach cailín a fháil uathu. Tugann sé misneach domsa, duine nach bhfuil ró-óg, éisteacht leo agus breathnú orthu.

Bhí suim ar leith agam i Rós Toronto, gan dabht agus i Rós Chill Airne, a shíolraigh ó Chill Choimín, baile dúchais mo mháthar. Cailín cróga dearfach is ea í atá tagtha chuici féin ó ailsce, buíochas le Dia. Tubaist

ab ea é sin do chailín óg ach tá misneach aici agus ní ghéillfidh sí d'aon chosc go héasca. D'aithris sí an dán 'Don't Quit', an-oiriúnach don phearsantacht atá i gceist. Bhí cailín eile ina dochtúir, a chaith seal i Zimbabwe. Mholfadh sí d'aon duine óg tamall a chaitheamh sa tríú domhan. D'aontóinn féin leis sin mar muna dtéann tú ann, ní féidir an saol sin a shamhlú. Spreagfadh sé duine óg chun cabhrú leis na bochtáin agus níos tábhachtaí fós obair a dhéanamh ar son na córa, i gcoitinne. Bhí a lán cailíní gafa le hobair charthanachta de shaghas éigin. Taispeánann sé nach bhfuil daoine óga leithliseach agus ar thóir an airgid amháin.

Moladh Rós 2014, Maria Bhreathnach, a d'oibrigh go dian i rith na bliana le mórán carthanachtaí cosúil le 'Hope' san India agus Chernobyl le Adi Roche ina measc. Bhí trí chloch thábhachtacha ina paidrín:  
- cothromaíocht a chur chun cinn  
- taitneamh a bhaint as an saol in éagmais alcóil  
- taitneamh agus tairbhe a bhaint as gach neomat den saol.

D'oirfeadh an mana sin dúinn go léir agus cuireann sé in iúl an dea-thionchar atá ag an Rós ar an saol i gcoitinne. Tréaslaim le hÉilís Ní Bhraonáin, Rós 2015. Go raibh bliain fhiúntach aici féin agus go gcabhraí a dea-thionchar lena lán daoine.

Gluais:  
á gcur faoi agallamh = being interviewed  
ó chian agus ó chongar = from far and near  
eagrú = organise  
féile áitiúil = local festival  
luadh = it was noted  
óglach = volunteer  
imircigh = emigrants  
líofa = fluent  
cumasach = able  
dathúlacht = handsome, pretty  
nár toghadh = not chosen  
in ainneoin = in spite of  
tréithe = characteristics  
suim ar leith = special interest  
tubaist = disaster  
a shamhlú = imagine  
leithliseach = selfish  
paidrín = Rosary Beads  
cothromaíocht = equality  
in éagmais = without  
tionchar = influence  
fiúntach = worthwhile



### CAMOGIE NEWS

Our Senior B's have had a great campaign in the championship so far having beaten Kilbrittain, Carrigaline and Aghabullogue. They still have Barryroe left to play. They have now booked themselves a spot in the semi final. Meanwhile our Junior C team march on and are all set for their quarter final match against Kildorrery away in the first week of September! Go n-éirí libh!!

Our U15As to-date remain unbeaten coming out on top in their most recent game against St Catherines by 3-3 to 0-3. One game remains outstanding against Killeagh but qualification for semi-final at this stage is guaranteed.

Our U13As have successfully reached the Imokilly final with a strong performance in their recent Semi Final over Youghal. Fr O'Neills await in the Final.

Congratulations to our U14 team who recently played an epic match in Riverstown against a very strong Charleville team. The large crowd in attendance saw the Sars girls put in a terrific second half display to win the match 4-6 to 3-7 and book themselves a place in the County Semi Final. Well done girls!

The U12a team maintained a 100%

winning record in their league campaign which resulted in reaching a county semi-final vs Inniscarra. This is well deserved for a hard working, dedicated bunch of girls. Our U12c team are involved in a playoff vs Ballyhea so we wish both teams all the best!

Our U10 players have had a very busy month with three blitz's with Youghal, Inniscarra and Fr O Neills. Our budding stars played some great games with lots of great skill on show.

Well done to Edel Lonergan & Ruth McCarthy who both featured in the All Ireland Camogie U16 Semi Final recently. They beat Tipperary with a scoreline of 5-15 to 8 points! Great result girls with the Sars girls doing us proud in the County colours.

Jade Lagrue's represented Sars as part of the U15 Cork development squad who were All Ireland finalists vs title winners Kilkenny. Well done Jade.

Congrats to all of our players who received their Leaving Certificate results. The girls proudly brought their certificates to training recently along with their new Sars training gear.







# Mayfield Community School

Phone: 021-4506855.  
Old Youghal Road  
Mayfield, Cork.

## Excellent Leaving Certificate Results

Congratulations to all our Leaving Certificate students who performed so well in their exams. Students from this year's class will be attending the Law and Arts faculty in UCC, the Business and Engineering departments in CIT and the various courses in the Colleges of Further Education. It is always pleasing to see our students fulfil their potential and it is very satisfying knowing that their good results will open up many doors of opportunity for them. Local media were present on the morning of the results and a number of our students were interviewed by one of our local radio stations. Well done to all of you and we wish all of them the very best of luck in their futures. They are great ambassadors for our school and we wish them well.

## Appointment of Principal

We are delighted to announce the appointment of Mr. Kieran Golden to the position of Principal in our school. Mr. Golden has been Deputy Principal in our school for the last six years. Previous to that, he worked for the Department of Education and Skills, supporting schools in the area of Teaching and Learning in the Munster region. We wish Mr. Golden well in his new post. We also wish Mr. Tony Walsh the very best in his retirement and we would like

to acknowledge Mr. Walsh's service to our school community over the last 38 years.

## Incoming First Years

We welcome back all our students to the start of a new school year. We especially welcome in our new first years. It is an exciting time for them as they start on a new phase in their young lives. They will be well minded in our school All our first years will have the chance to taste out new subjects like Music, Art, Business, Woodwork, Metalwork, Technical Graphics and Home Economics. It's a great chance to meet old friends and make new friends from other primary schools.

## Open Night

Our Open Night will take place on **Thursday 24th September from 7.00 to 9.00** All students and their parents from fourth to sixth class are welcome to attend on the night. It gives you and your son / daughter a great opportunity to see the excellent facilities that the school has, to meet with all the teachers and to meet with current students from our school. Application forms will be available on the night. Looking forward to meeting and talking with you on Thursday, 24th September. Principal's Address is at 8.00



Excellent Leaving Certificate Results

## IRONMEN FROM GLANMIRE



Sean Young



John O'Sullivan

Both completed the Killarney Hardman / 3.8Km Swim, 180Km Ring of Kerry Cycle and a 42Km Marathon.

## The PERFORMERS ACADEMY

*Cork's premier school for Musical Theatre and Drama*

**COMING SOON**

We are delighted to announce...the commencement of Musical Theatre Classes in Upper Glanmire Community Hall on Saturdays for ages 4-6, 7-10 & 10-14

We provide expert tuition in all disciplines of Theatre Performance. Classes in musical theatre performance, modern dance, hip hop, singing, speech and drama for theatre and TV. Specialists in certified examinations in speech and drama and musical theatre.

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MONDAY, TUESDAY - WATERGRASSHILL @7.30PM  
WEDNESDAY, THURSDAY & FRIDAY - GLANMIRE @7.30 PM

ALL LEVELS WELCOME, FOR MORE INFO CONTACT IAN  
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## Glanmire Macra take to the sky for YSPI!

After six months of fundraising and campaigning, six members of Glanmire Macra successfully completed their 10,000 foot tandem Skydive last Saturday 22nd of August for Youth Suicide Prevention Ireland! The members of the club were overwhelmed by the outpouring of support from the Glanmire community for these events. Over 150 people completed the 5km Fun Run on the 18th May, and there was a great atmosphere around Sars Pavilion. One of the trustees of YSPI, Tony Philpott, was present at the event, and commended the huge support shown to Glanmire Macra and YSPI through the Fun Run. As well as that the patrons of Springhill Church cleared every crumb from the Cake Sale on the 21st June, and many were seen to chip in more than was asked for - a sign of the significance of YSPI to the people of Glanmire.

These events as well as the tireless fundraising efforts of the six divers combined to increase the funds raised far beyond the target. The current total stands at almost €4000! Glanmire Macra would like to thank each and every contributor to their campaign - it is very much appreciated, and every euro raised will help tremendously in YSPI's endeavours to prevent further loss of life and tragedy.

### Seandún's Tanya shines at Miss Macra

On the August bank holiday weekend all roads led to the Dundrum House Hotel in Co. Tipperary where the annual International Miss Macra Festival was held. Glanmire were delighted to have their own Tanya O Sullivan representing Seandún Macra in the festival, and travelled in great numbers to fly the flag for Glanmire and for Tanya.

The festival took place over three nights, with a range of activities and events organised for participants and supporters including a trip to the Coolmore Stud Farm, a Treasure Hunt, team building activities, fancy dress, on stage interviews and of course the banquet. Tanya did herself proud in the onstage interviews, as she attempted to explain her extensive travels from Kerry to Limerick to Canada and back to Cork, and also gave details of her fantastic career as a Youth Worker in Mahon, Cork. The private interviews took place with three esteemed judges Joan Pollard Carew (poet and patron of the festival),

Declan Ryan (president of Conoulty/Rossmore Macra who organised the event) and Noirin Ryan Forrestall (former festival committee member who represented Tipperary in the 2011 Rose of Tralee). Sunday was another busy day for all the contestants as they were up bright and early for mass as well as helping with a local family fun field day. Then they were back to their lodgings to prepare themselves for the Miss Macra Gala Banquet. Tanya and fellow contestants were wined and dined with a champagne reception followed by a five-course meal. Newly elected Macra National President Sean Finan delivered an address to all guests before everyone hit the dance floor.

The crown was won by the lovely Susan Willis from Carlow Macra, closely followed by Julie Ní Mhaoldomhnaigh from Kilkenny and Helen Hayes from North Tipperary. Congrats to all in Clonulty-Rossmore Macra on another great festival - we're looking forward to next year already!

**Glanmire's Tomás Cuffe in Young Farmer Final!** On the 1st of September Glanmire native Tomás Cuffe will strike off for Ballina, Co. Mayo as he contests the final of the FBD Young Farmer of the Year competition in the Dairy sector representing Seandún Macra. Long time member and former chairperson of Glanmire Macra, Tomás Cuffe, was successful in the regional round of the Young Farmer of the Year competition. In initial rounds of the competition Tomás was complimented on his attention to the genetics of his herd, his ambitious plans for the future of the enterprise, and his awareness of Health and Safety. Tomás is an excellent representative for the Seandún region, and his own club Glanmire, and we wish him the very best of luck!

### Countdown to Glanmire's 6th annual Family Fun Day!

Glanmire Macra's annual family fun day will take place this year on the 27th of September and preparations are well underway! The years funds raised will go to the 46th/92nd Glanmire Scouts and also the Upper Glanmire Community Hall. The day will feature all the favourites including Novelty Races, Pony Rides, Bouncy Castles and Facepainting, with the addition of the hilarious Human Hungry Hippos and a Guest Appearance from the Cork Rose Aoife Murphy! Stayed tuned to Facebook and local media for more details!



Miss Macra supporters



Post Skydive



Ready to go skydive



Tomas Cuffe Young Farmer

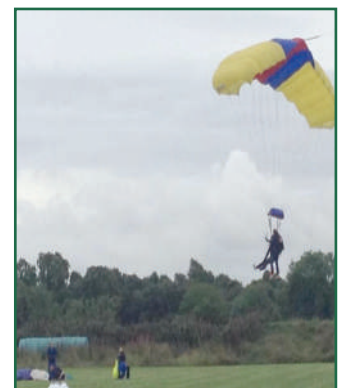


Photo 3- landing

Glanmire Macra na Feirme  
6th Annual

# Family Fun Day!

Guest Appearance  
Cork Rose  
Aoife Murphy

Human Hungry Hippos! Bouncy Castles! Fun for all the Family!

In aid of  
46th/92nd Glanmire  
Scouting  
and  
Upper Glanmire  
Community Hall

Sun. 27th Sept - Upper Glanmire Hall - 1pm



## UPPER GLANMIRE COMMUNITY ASSOCIATION

### Crunch Fitness Gym Opens in Upper Glanmire

Hello and welcome to the first Upper Glanmire Community Association page. This is a very active community growing in strength with each new achievement.

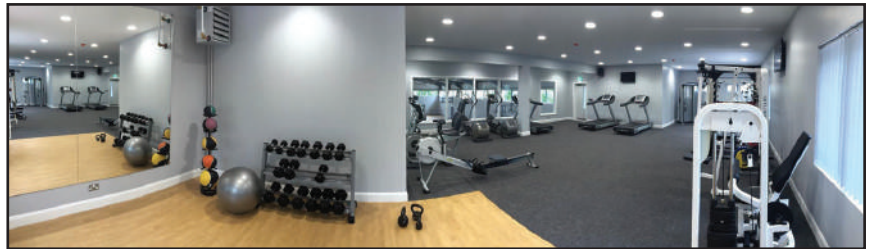
The big news in Upper Glanmire this summer is the grand opening of Crunch Fitness, our new gym in the Sports Hall. Fully kitted out with the latest equipment and with top-class changing facilities and free parking, this gym is hassle-free, secure and easily accessible on the R616 just five miles from town.

The gym is open to members from 6 am to 10 pm and if you're considering joining, call 087 098 1940 or visit on Monday or Thursday evening 7-9 for a tour. Rates are very competitive: 6 months for Euro120, 12 months for Euro195, and Family for Euro350. Better still, join up for the classes starting in September by calling Ger on 085 1198647.

**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 at the start of September.

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](mailto:upperglanmirecommunity@gmail.com) or contact 086 382 4405.



Noel Linnane, Elaine Garde, Michael O'Sullivan, Larry Bracken and Henry Owens get ready to do some planting at Ballyphillip Lane



Marguerite O'Callaghan

Ballyphillip Lane Planting Group Picture: The verge at Ballyphillip Lane has been planted with organic native wildflower planting with help from the Local Agenda 21 grant. For more information on this and other community planting around Upper Glanmire, please contact 086 382 4405.

Marguerite O'Callaghan at the Ballyphillip Lane Community Planting

# OPEN NOW

IT'S CRUNCH TIME... GET FIT TODAY!

The new addition to our Sports Complex Centre is now open to the public. Crunch Fitness is a state of the art gym, complete with cardio machines, free weights and resistance machines.

**MEMBERSHIP RATES**

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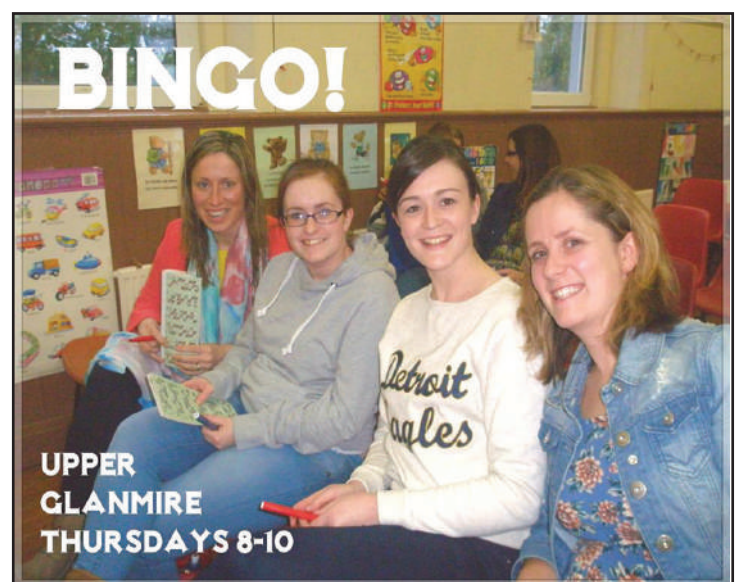
**12 Months = €195**

**Family = €350**  
(2 adults + 2 over 15's)

For enquiries call **087 0981940**

**CRUNCH FITNESS**  
Upper Glanmire Sports Hall

**JOIN TODAY**



Glanmire Macra ladies Joanne Cuffe, Sarah O'Connell, Karen Cashman and Jennifer Barry at the Bingo in Upper Glanmire.

Bingo in Upper Glanmire Join us for Bingo in Upper Glanmire Community Centre every Thursday evening 8-10 pm. Friendly atmosphere with free tea, coffee and biscuits.



## UPPER GLANMIRE ICA GUILD

Update on Guild activities

- As the leaves are starting to slowly fall, our summer walks are drawing to a close. This year we have added three new locations to our list. Ballincollig Regional Park, Little Island and the Mardyke. Rediscovering the hidden beauty of the Mardyke was like rediscovering the Lough and the Marina during our earlier walks in previous years. In all we will have completed 13 walks this summer!
- In August we also went to 'Singing in the Rain' in the Opera House, with dinner beforehand in Scoozis. A most enjoyable evening was had by everyone.
- In September we hope to have a representative from the Community Garden in Glanmire, who will come and tell us all about their work and history.

September recipe. Little coffee cakes  
(Makes about 11/12)  
Ingredients

3 oz soft margarine  
3 oz caster sugar  
2 eggs  
4 oz self raising flour  
1 good teaspoon of Irel coffee  
(opt. Some chocolate shavings)  
Method  
Beat together the sugar and marg, until fluffy.  
mix in flour and eggs, and blend together.  
Add Irel, (and choc shavings) and blend in.  
Spoon into queen cake papers in tins.  
Bake at 180degrees C  
Coffee butter icing  
4 oz icing sugar, sieved  
2 oz butter  
1/2 tsp Irel  
2-3 teaspoons milk  
Blend all together until smooth  
Cut little pyramids out of the top of the cooled cakes.  
Cut the little caps in half.  
Fill with icing, and replace the caps  
Sprinkle with icing sugar.



Left : Swans at the Lough  
Above middle:  
Wild flowers in Ballincollig Reg Park  
Above top :  
Coffee cakes

## Ask Your Pharmacist

### Why are more people not using this service?

This was a question asked of me recently, all relating to our Warfarin clinic in Douglas. On a Friday afternoon, I was working in Grenagh until 6 o'clock when a call came in from Douglas, a lady needed a warfarin blood test urgently in order to have a procedure done next week and I was the only one who could possibly do the test as the hospital clinics were closed.

I was finished in Grenagh at 6pm and promptly headed for Douglas. The appointment had been set for half 6 the lady had her test done, recommendations made and left the pharmacy by 6.45pm.

I didn't realise the significance of this effort until I got a text message on my work mobile the following week:

Hi Darren, my INR was 2.3 on Tuesday so I was able to have the biopsy this morning. So many thanks for your help last week I would have had great difficulties if you had not been there for me.

This just sums up the ease, convenience and flexibility of our Warfarin clinic. If you, or anyone you know has to attend the hospital clinic and would like to explore switching to our clinic please don't hesitate to contact any Pharmacy First Plus or [darren@pharmacyfirstplus.ie](mailto:darren@pharmacyfirstplus.ie)

Darren Breathnach, Clinician Pharmacist



Darren talking a patient through their Warfarin INR reading in PFP Douglas

Darren Breathnach  
Clinician Pharmacist

Email [darren@pharmacyfirstplus.ie](mailto:darren@pharmacyfirstplus.ie) for more details!

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BROOKLODGE CAN'T PAY - Residents of Brooklodge protesting against Irish Water.



Photo of Sean Murphy presenting sponsorship for the u14 girls feile for the second year in a row.

## RIVERSTOWN BOXING CLUB



### Riverstown Boxing Club, September News

The year 2014 will live Long in the memory of the members of riverstown boxing club. not only did we celebrate our 30th anniversary but in November we Moved into our New home at unit 20, Glanmire Business Park, to have a full Time ring and punch bags Hanging all the Time makes such a difference to Everyone. With Dressing Rooms and showers, store and meeting Room, we now have a boxing Gym Second to None. Our Official opening day will be announced shortly.

In the ring we had another successful season. Karen o Sullivan Became the clubs first Female Irish Champion, David Roche, Luke Delaney and Eamer Coughlan were all silver medalists at National level. Eamer bounced Back at the senior cadet Championships in July to Clinch his first Title and he now Goes on to Represent the club at the world junior Championships in st Petersburg, Russia.

**The club is always open to New Members, From 8 years upwards. our Training nights and Times are... Mon, Wed & Fri 7.30pm to 9.30pm.**

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# CARRIG NA NBFEAR VINTAGE CLUB



## Carraig na bhFear Vintage Vehicles Road Run 2015

There was a fantastic display of classic cars, vintage tractors and motorbikes showcased at the 6th annual Carraig na bhFear vintage vehicles road run, which took place on Sunday, August 16th. With a little over 70 entries, there was something on display for everyone and the wet weather didn't deter the vintage enthusiasts' fantastic turnout at Carraig na bhFear GAA pitch. We were delighted with the day and we want to thank everybody who helped us raise funds for Scoil an Athar Tadgh, Primary School. Last year we were proud to be able to donate to Lourdes Invalid Fund of Cork and Ross Diocese. Also we would like to thank all those vintage enthusiasts who brought out their vintage vehicles on the day, all those who supported us through-out the event. Especially Carraig na bhFear GAA club, Scoil an Athar Tadgh Primary School, An Garda Siochana, Stewards and SOS 24hr Recovery for all their fantastic help and support. Those who have attended over the past few years know the late Ned Duggan always attended to take the photographs on the day of the vintage run; he was sadly missed this year by one and all. The run for tractors and cars obviously differed given the alternative speeds both travel at. Tractors travelled various town lands including Watergrasshill village, while the cars took a longer route including Bottlehill, Killavullen, Mallow and Whitechurch. All cars, motorbikes and tractors arrived back to the pitch safely at roughly the same time where everyone enjoyed the fantastic refreshments, all generously provided by club member's family and friends. The club would like to express their sincere thanks to all those who participated to make this event possible as we continue to go from strength to strength and look forward to seeing everyone again next year. We are delighted to donate €1500 to Scoil an Athar Tadgh, Primary School, the presentation of the cheque to Principal Dermot O'Driscoll will be held in the near future. Mile Buiochas. - Rose Murray Club Secretary. See Page 19.



Volunteers from the Cork Simon Community on duty at the 2015 Cork City Military Show held recently in the Cork Showgrounds, Curraheen. From left to right: Ann Conlon, Glanmire; Mary Mulcahy, Tower Street; Eilish Cotter, Friar Street, and Kerry MacMahon, community partnership manager Cork Simon. Proceeds from the 2-day event will go to Cork-based charity which works in solidarity with men and women who are homeless in Cork, offering housing and support in their journey back to independent living. Picture: Tom Doherty







Eve and Amy Horgan Palmgrove Riverstown



Ava and Will Quirke and mum Laura



Fionn Conway and Mum Cliona



Lily Sue Moloney

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## Ireland has the highest rate of Meningitis B disease in Europe...

Ireland has the highest rate of Meningitis B disease in Europe... ....a new vaccine is now available Meningitis B is the leading cause of meningitis/septicaemia in Ireland..... A vaccine is now available against this deadly disease. Could this herald the end of Men B in Ireland? We cannot afford any further delay in introducing Men B vaccine- saving the lives and limbs of our children. You can help, read on to find out how. Meningitis/septicaemia can kill in hours. Meningitis is the inflammation of the lining around the brain and spinal cord. Septicaemia is the blood poisoning form of the disease. The two forms of the disease have somewhat different symptoms, but septicaemia is more dangerous. I outlined the signs and symptoms of meningitis/septicaemia in a recent article. Men B; The human cost. Ireland has the highest rate of Men B in Europe. Unfortunately approximately 170 people get Men B meningitis/septicaemia every year in Ireland. Children

under 5y age are at especially high risk: the peak age is babies of just five months of age. Teenagers are another high risk group. The stark figures reveal that 10% die- That's almost 20 deaths, while a further 10% have major disability, such as limb amputation, deafness and brain damage. Approximately 30% have long term psychological effects. This has a catastrophic effect on the patient, their family, community and the health service. The number of people struck with Meningitis C fell 98% when we introduced the Meningitis C vaccine over a decade ago. We know that Men B vaccine will dramatically reduce the number of cases of meningitis/septicaemia. The Men B vaccine is available in Ireland: Babies in Ireland are not getting this vaccine routinely. Men B vaccine was licenced in Ireland in Jan 2013, but only available privately. Earlier this year the National Immunisation Advisory Committee gave Men B vaccine a very positive recommendation. We are waiting, and waiting, for

the Dept. of Health to decide if, and when, to introduce this life-saving vaccine, and protect our children. This is a race against time, to save the lives, limbs and brains of our children from a really deadly disease. Babies in the UK get the vaccine: Babies born in the UK will be offered Men B vaccine from September 2015, as part of the routine childhood vaccination programme. Babies born in Northern Ireland will get the vaccine, and be protected. Babies born in the Republic will not be routinely offered the vaccine, with predictable consequences. There is no current recommendation in UK or Ireland to vaccinate adolescents, but research is ongoing. You can help....

We can all work to help have this vaccine introduced for our children. We are very for-

tunate in having local politicians enthusiastically engaged in health matters. Whatever your political persuasion, pick up the phone & make this an issue for your TD to address. Simply ask "When will Men B vaccine be given to babies in Glanmire?" We all can help protect our children from this deadly disease

Dr Diarmuid Quinlan, MB, BCh, BAO, BSc (Hons), MRCP, MICGP, DCH, DFFR, Dip Pract Dermatology -Distinction (Cardiff) Board Member, Health Products Regulatory Authority. Clinical lead for diabetes,HSE South. Chair Diabetes in GP Committee member, Southdoc Cork city.

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# Teenage Dirtbag

Song of the month:  
Kathleen~Catfish and the  
Bottleman

This month I want to write about how the stress of school can lead to serious symptoms of anxiety and depression in adolescents. 25.1% of children between the ages of 13-18 have been diagnosed with a form of anxiety disorder, while 5.9% have been diagnosed with severe anxiety, both life prevalent (source: [www.ada.org](http://www.ada.org)). Suicide is also the third leading cause of death for people aged between 15-24. As a teenager, I believe much of this is the result of the crippling stress caused by school. Both parents and teachers alike unintentionally put so much pressure on kids to do well in school, regardless of whether academics are their strong point. School is a memory game, and not everyone can learn things so fast, much less actually understand the information they do absorb. I've talked to teenagers that confided that if they don't do well in school, they'll be a disappointment to their family. Who could love a disappointment? This level of stress results in anxious thoughts, which hinder a person's ability to learn. We go into school to be brainwashed into thinking if we don't do well then we're going to be social rejects, our very existence a waste of valuable oxygen. We're constantly told that if we can't

accomplish academically then our lives are over, that we're destined for mediocrity for the rest of our lives. Try telling Bill Gates that. Did you know that the average high school student today experiences the same levels of anxiety as the average psychiatric patient in mental institutions in the 1950s? (source: [www.psychologytoday.com](http://www.psychologytoday.com)). Parents usually brush aside claims of anxiety and stress by comparing it to their daily lives, which is, to put it simply, stupid. Not only is anxiety and stress relevant to the individual, but we're at a stage in our lives where we have no idea how to handle it, and haven't learned yet how to keep our heads above water. School is different now than it was when our parents went to school. Anxiety levels in school have reached an all-time high. We're constantly comparing ourselves to the kids who are smarter than us, and it makes a teenager feel like they're worthless, a waste of time. It makes their futures seem bleak. Who could blame a kid for contemplating suicide? The important thing to remember for anyone who's reading this and feels like this, is that everything they tell you is a load of bulls\*\*t. There are other ways to accomplish what you want, and if it fails then there is always another path that you can achieve regardless of your academic abilities, and you'll love it just the same. I mean, have you

seen Monsters' Inc: Monsters' University? You don't have to decide your life right now. Take your time, try your hardest to achieve the grades you're capable of, and if you don't do well, you are not a failure. You have other strong points, and not being academic does not make you less than anyone else. If you're a parent, or a teacher, and you're reading this, I urge you to have some compassion for us kids. Don't lead us to believe our self-worth is based entirely on school work. I mean, Bill Gates never finished school, and I'm no professional but he seems to be doing okay for himself. Everything will be okay. If you want to increase your grades for your own happiness, then talk to your parents and your school for a little extra help. I'm sure they will be more than happy to oblige. It could just be a simple matter of picking up things at a different pace than the school curriculum is being taught at. If you're suffering from school related anxiety or depression, talk to your guidance counsellor. Don't let a silly thing like school get you down!

Quotes of the month: "What is the most important thing one learns at school? Self-esteem, support, and friendship." ~Terry Tempest Williams. "My mother always said to always be intolerant of ignorance but understanding of illiteracy. That some people, unable to go to school, were more educated and more intelligent than some college professors." ~Maya Angelou. "What makes a child gifted and talented may not always be good grades in school, but a different way of looking at the world and learning." ~Chuck Grassley. "I was never top of the class in school, but my classmates must have seen potential in me, because my nickname was 'Einstein.'" ~Stephen Hawking. "Growing up in a home with an undiagnosed learning disability to boot, the odds of success were not on my side. But when I joined the high school football team, I learned the value of discipline, focus, persistence, and team work – all skills that have proven vital to my career as a C.E.O and social entrepreneur." ~Darrell Hammond.

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# SARSFIELDS GOLF CLASSIC

Sarsfields Club Annual Golf Classic took place recently at Cork Golf Club.

The event was a huge success with seventy teams taking part in very favourable playing conditions and on an excellent course.

This year's classic was designated as a fundraiser to defray part of the cost of a new dressing rooms which have been erected at Buck Leary's Cross.

The Club is very grateful to the main sponsor Maurice McGrath of M.S.L Engineering a former player. All those who sponsored teams, Tee Boxes and Greens are also thanked for their great support.

## PRIZE WINNERS ARE AS FOLLOWS

1st M.D.L Interiors team of Patrick McManus, Ted Kenneally & P.J. Owens

2nd New Ireland Assurance, Terry Maloney, John Tobin & Brian Keane

3rd O'Connel Group, John O'Connel, Jerry O'Connel, & David O'Keeffe

4th J.L.T Insurance, Daniel McCarthy, John Cogan & Gene Harrington

5th Mycro Sports, Paddy Crowley, Bill O'Connell & Conor Hennessy

6th Pfizer's, Colm Higgins, John Downes & Donal Mulkern

7th Aidan O'Shaughnessy Ltd, Aidan O'Shaughnessy, Brendan Coleman & John Hughes

## NON G.U.I PRIZES

1st Finbar Glavin LTD, Cian McCarthy, John O'Neill & Hugh O'Neill

2nd Castle Tavern, William Kearney, Daniel Kearney & Craig Leahy

3rd Gearoid Duggan, Cormac Duggan, Rory Duggan & Gearoid Duggan

Longest Drive, Stephen Murphy E.W.L Electrical

Nearest Pin, Kieran Murphy, Jim Kinsella Fire Consultants

Photo 0 : TOM CONNOLLY, EAMONN KELLEHER, CIAN DARCY & NAILL HURLEY

Photo 1 : CIAN MCCARTHY, JOHN O' NEILL, HUGH O'NEILL

Photo 2 : EOIN HURLEY, JACK FRENCH, J.J. O'MAHONY

Photo 3 : DAVE MCCARTHY, NOEL DALY, DAN LEAHY

Photo 4 : DECLAN RYAN, JOHN DYNAN, CECIL TASSIE

Photo 5 : TADHG ÓG MURPHY, EOGHAN MURPHY, JOHN BARRY

Photo 6 : IAN GRAHAM, BEN GRAHAM, ROD MELLOR





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 Back L/R : J. O' Flynn, P. O' Sullivan,  
 Fr. D. O' Connor, J. Twomey, E.  
 Murphy



Sarah Doherty from Glanmire with her rescue dog Lady, suitably attired for the 2015 Cork City Military Show in the Cork Showgrounds, Curraheen. Proceeds from the 2-day event will go to Cork Simon which works in solidarity with men and women who are homeless in Cork, offering housing and support in their journey back to independent living. Picture: Tom Doherty

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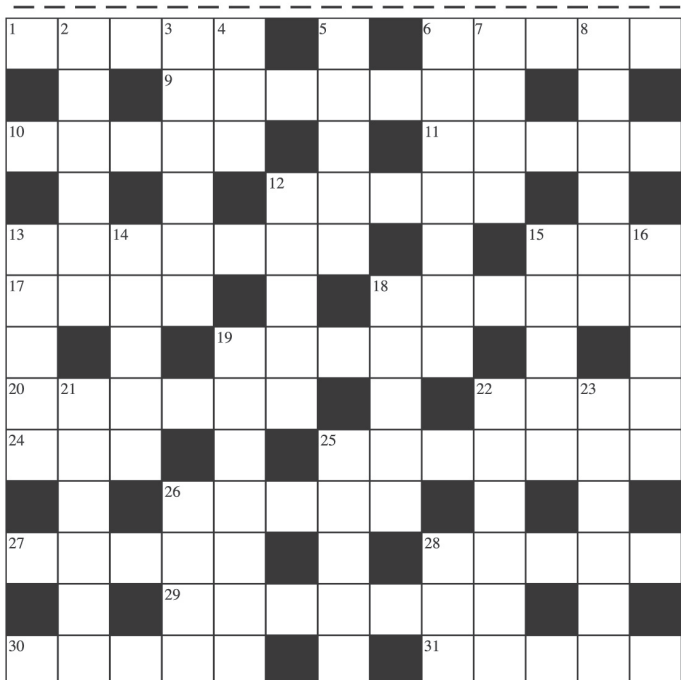
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**Across**

1. Dog noises (5)
6. Clever (5)
9. Perform surgery (7)
10. This day (now) (5)
11. Willow for baskets (5)
12. 'Furry' fruit (5)
13. Large wave (7)
15. --- Dawson, Ferdinand (3)
17. Poems (4)
18. Safe (6)
19. Flavourless (5)
20. Critical moment (6)
22. Darts mark (4)
24. Shade of colour (3)
25. Pressed together (7)
26. Concur (5)
27. Not moving (5)
28. Groom's partner (5)
29. Free time (7)
30. Welsh female name (5)
31. Famous Australian rock (5)

**Down**

2. On ship (6)
3. Australian bears (6)
4. Watch covertly (3)
5. Command (5)
6. Kept merchandise for sale (7)
7. Netting (4)
8. Illicit cigarette (6)
12. Removes skin (5)
13. Make a mess of (5)
14. Weird (5)
15. Midday meal (5)
16. Stitched (5)
18. Trap (5)
19. Fictional pilot, adventurer (7)
21. Steal cattle (6)
22. Sea eagle (6)
23. Ball hit with head (6)
25. Stop (5)
26. Friend (4)
28. Female under garment (3)



**Crossword Winner Sheila  
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Mayfield, Cork Enjoy your  
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4858002**

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



**Are you looking to sell or rent property???**  
**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**

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



**Radharc na Si Barnettstown, Watergrasshill,  
Guide Price €350,000 BER B3**

A truly unique home! DNG are delighted to offer for sale this superb custom designed property which centres on family space and utility. This magnificent property was completed in 2012 and features c. 2,700sq.ft of accommodation designed to take full advantage of its south facing aspect. The picturesque surrounding countryside may be viewed from all parts of the property and has wonderful light filled proportions to each room with constant natural light permeating throughout. Situated on a ¾ acre site the internal finish to the property is of superb quality and features 4 bedrooms, 3 bathrooms, open plan kitchen/dining/family room, utility, and a very special living room positioned in the centre of the house.

**151 Lr. Glanmire Road  
Guide price €140,000 BER D2**

Bright, spacious 3 double bed, 2 bath property spread over 3 floors. C.1,100 sq. ft.

Completely refurbished internally and externally. Comes for sale as a fully furnished unit. Superb location, easy walking distance to city centre. Ideal for investment purposes.



**12 Glyntown Heights, Glanmire  
Guide price €350,000 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.

**120 Shanowen,  
Rathcormac Guide Price  
€100,000 BER B3**

Stylish two bedroom townhouse in excellent interior condition. Located a short walk away from the village of Rathcormac. There is an excellent road network to the Jack Lynch Tunnel approx. 15 min drive and the village is serviced by a regular bus service. Floor area approx. 70.62sqmt/760sq.ft



**Clykeel South, Bartlemy.**

**Guide Price €325,000 BER C2**

**SUPERBLY DESIGNED NEAR PASSIVE HOUSE**

(see Scandinavian Homes Ltd website for further technical information)

**BEAUTIFULLY LANDSCAPED GARDENS**

**DETACHED GARAGE SPACIOUS LIVING & BEDROOM ACCOMMODATION C.226.52sq.mt/2,438sq.ft GROUND FLOOR AND FIRST FLOOR BATHROOMS**

**TRIPLE GLAZED WINDOWS SUPERB QUALITY TILING & WOODEN FLOORING THROUGHOUT "BEAM" CENTRAL VACUUM SYSTEM "SOLARFOCUS" SOLAR PANELS**



**19 Courtlands,  
Silversprings**

**Guide Price €235,000 BER E1**

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

