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THE DIFFERENCE IS WE DELIVER

Issue 7 - August 2014

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

A Tribute to the late TOMÁS Ó CANAINN

Last September Glanmire lost one of its most talented residents – Tomás Ó Canainn. During National Heritage Week this August Glanmire Heritage Society plan to pay tribute to him by having one of the Masses he composed, Aifreann Cholmcille, sung on Sunday 31st August as the 10.30am parish Mass. St. Joseph's Springhill Choir have been singing this Mass on St. Patrick's Day for several years now and together with their conductor Mary Shorten are very enthusiastic about honouring Tomás's memory at the close of National Heritage Week 2014. Tomás Ó Canainn lived in Glanmire since the early 1960s, when he came to University College Cork to lecture in Engineering. His contribution to Traditional Irish Music is acclaimed

both here and internationally. He was a founder member of Na Filí and travelled widely in Europe and America in the 1970s with this traditional Irish group and made many recordings. He studied for B.Mus. under his friend and colleague Seán Ó Riada, and following Ó Riada's untimely death in 1971, UCC asked Tomás to give lectures on Irish Traditional Music, thus he worked simultaneously in both the Music and Engineering Departments. Probably best known as an uilleann-piper and singer Ó Canainn's accomplishments range over a wide area; musician, poet, writer, composer, lecturer, linguist, researcher. However he also found time to hold weekly sessions of music and song in his local pub, where musicians, singers, storytellers



and reciters of poetry and interested listeners were all welcome. His wit and mischievous sense of humour added much to these gatherings.

Ní bheidh a leithéid ann arís.

GLANMIRE HERITAGE SOCIETY PROGRAMME OF EVENTS DURING NATIONAL HERITAGE WEEK 2014

TUESDAY, 26th AUGUST 2014
10.00 a.m. to 8.00 p.m.
Heritage Photographic Exhibition at Glanmire Community Centre

2.00 p.m. to 5.30 p.m.
Knitting & Crochet Exhibition & Demonstration in Glanmire Community Centre

7.30 p.m. to 7.45 p.m. Poetry Reading
7.45 p.m. to 8.15 p.m. Seanchaí
8.15 p.m. to 8.45 p.m. Seanós Singer
8.45 p.m. to 9.30 p.m. Singalong

WEDNESDAY, 27th AUGUST 2014
10.00 a.m. to 8.00 p.m.
Heritage Photographic Exhibition

7.00 p.m. to 9.00 p.m.
Rathcooney Loop Minibus Tour, guided by John J. O'Callaghan (Seat reservations necessary – ring Carol at Glanmire Community Centre 021-4821333 by 12.30 p.m. on Thursday, 21st August)

FRIDAY, 29th AUGUST 2014
10.00 a.m. to 8.00 p.m.
Heritage Photographic Exhibition

8.00 p.m. to 10.00 p.m.

Musical Evening at Riverstown House commencing with cheese & wine reception - M C Kieran Kelleher
Best of local Artists

SUNDAY, 31st AUGUST 2014
10.30 a.m.
Irish Language Mass at St. Joseph's Church, Springhill, Glanmire; a tribute to the late Tomás Ó Canainn composer of Aifreann Cholmcille; sung by St. Joseph's Choir; conductor Mary Shorten

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MARY**
The Glanmire
group need your
help.
Active members:
Weekly meeting
10.30am Wed.
and some active work.
Auxiliaries: These say a short
prayer each day for the
success of the Legion

Friends of leukaemia Patients
Cork Registered charity are
urgently seeking participants for
**The Evening Echo Mini
Marathon Sun 28th
September 2014**

Distance 4 miles Start 1pm
We have a free bus organised
for the participants leaving
Supervalu Glanmire 12 noon to
the start of the marathon and
return again to Sars Hurling
Club for light refreshments and
a free raffle .
Please contact Imelda Reynolds
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The Lyric Imperative (for Tomás Ó Caninn)

An end-of-the-world-wind
is buffeting the woods
along the Glashaboy River.
The trees are in turmoil
(branches twisting and snapping)
straining against the earth,
as if to pull up their roots
and scramble over the hill
out of the swirling uproar.

As they once upped sticks
and followed Orpheus,
drawn by his bewitching songs,
his disconcerting lyre.

Gerry Murphy



HEAR YE, HEAR YE GLANMIRE AREA CLEANUP

WHEN
EVERY TUESDAY
From 7 pm

MEETING: Outside Glanmire
Library, Hazelwood Shopping
Centre.

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

St John Ambulance Glanmire Division

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

Contact
glanmire@stjohnambulance.ie
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Post-Natal Depression Support

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of your baby? Need to Talk to
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Please Ring Tel.: 4922083
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The Truth About Back Pain

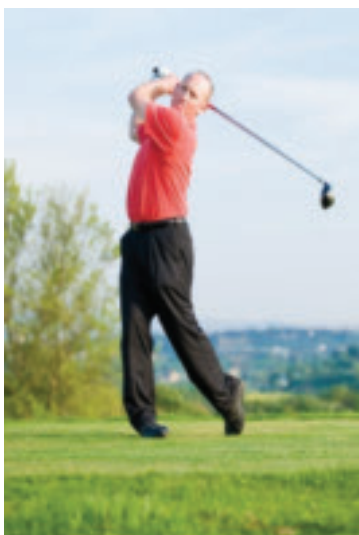
Don't Even Think Of Taking Another Pain Pill Until You Read This

Do You Have Any of the Following Conditions?

- **Lower Back Pain**
- **Muscle spasm or strains**
- **Bulging lumbar discs**
- **Numbness or soreness in your legs**
- **Shooting hip or thigh pain**

Having back and leg pain can bring life to a standstill.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.



Is back pain keeping you from enjoying what you love to do?

You've got too many dreams left undone to let back pain slow you down. Too many special moments waiting to be experienced.

Life is too short to let pain slow you down.

Pain is your body's warning sign telling you something is wrong. Sure, you can numb the pain if you take enough Vicodin, Soma or some other pain pill.

But if you mask the pain, it can prevent your back from healing – maybe even damage it further.

Not to mention many of the pain medications available are quite addicting and can have devastating side effects.

Could This Be The Solution To Your Back Pain?

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past 8 years since we've opened the doors, I've seen hundreds of people with back pain leave the office pain free. Because I've seen it with my own eyes, I strongly believe...

Back pain is NOT "just a part of life" and something you have to live with.

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly.

Even top sports stars and entertainers... like Tiger Woods, Tony Robbins, Joe Montana, Padraig Harrington, Gov. Arnold Schwarzenegger, and Mel Gibson receive chiropractic care. These professional athletes have the money to hire any kind of doctor they want, yet they choose to have a chiropractor on their team.

Here's what some of the top medical researchers had to say about chiropractic...

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

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- **Stanley Bigos, MD, Professor of Orthopedic Surgery**

This means in just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

Have A Professional Evaluation of Your Back For Only €50!!

For 14 days only, I'm running a very special offer where you can find out how much this amazing treatment can help your back pain.

What does this offer include? Everything I normally do in my new patient evaluation for only €50.

Just call before August 15th and here's what you'll get...

An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case. A complete neuromuscular examination, full set of specialized



Find peace and comfort in knowing your back is healed without drugs or surgery.

x-rays (if necessary), and a thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.

You'll get to see everything first hand and find out if this amazing treatment will be *your* back pain solution, like it has been for so many other patients.

The normal price for this type of evaluation including x-rays is €260, so you're saving a considerable amount by taking me up on this offer.

Chiropractic very well could be the answer you've been looking for.

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

Our office is called Glanmire Chiropractic Clinic and you can find us at Glanmire Chiropractic Clinic. (Next to AIB Glanmire)

Tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation before August 15th, 2014

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

Sincerely,
Dr. Eric Kelly, D.C.

P.S. How many years can your body handle taking pills?

Taking pain medications (even if they're over-the-counter pills) is no way to live. Pills don't "fix" anything, they just numb the pain.

Finding the problem and fixing it has got to be your top priority!

I may be able to help you live a normal, pain-free life again. This offer expires August 15th. Call today 021-4824450.

COUNCIL NEWS

Cork County Council votes in favour of Reducing Property Tax

Cork County Council has today backed a motion from the Sinn Féin Councillors, in favour of reducing the property tax by the maximum of 15%.

Speaking today from County Hall, Sinn Féin Whip Cllr Donnchadh Ó Laoghaire said he was pleased that the Council had recognised that people can afford no more austerity, and expressed his hope that the Council stands by this motion at budget time.

"When the people went to the polls last month, they sent a very clear message to the Government, locally and nationally, that people have had enough and that they were demanding an end to austerity. This Council is mandated to do what it can to ease the burden on ordinary citizens."

"As a Party we are committed to fighting back against austerity, and taking the pressure off ordinary low and middle



income earners. Nationally it is our policy to abolish the property tax, and at a local level, we intend to reduce the property tax by the maximum 15%, anywhere that we have the votes to do that."

"It's a positive step that the Council have recognised the pressure that people are facing, and that it has publicly voiced its intention to reduce the property tax, and it is also an illustration of the difference it will make to have 10 Sinn Féin Cllrs on Cork County Council."

"However, this is just a first step, and the Sinn Féin Cllrs will do all in their power to ensure that Cork County Council stands by the motion it passed here this evening."



Caelan Garde is delighted to have his jersey autographed by Cork dual star Eoin Cadogan at the White's Cross GAA Cúl Camp



Above: Hugo and Billy get in some high ball catching practice alongside the hurling wall in White's Cross – picture courtesy of Mike Meade Photography. Ryan's SuperValu Glanmire have been very generous supporters of our juvenile club for some years now. In their latest initiative running throughout the month of August each time a member who has signed up to support White's Cross GAA uses their Real Rewards Cards in Ryan's SuperValu they will be making a contribution to the club, to the value of 1 per cent of their spend. This will NOT affect customers Real Rewards 5% off or other benefits. To see how to nominate us and for further details visit www.whitescrossgaa.ie

Capital Grant Scheme

Sinn Féin Cork County Councillor Ger Keohane is delighted to announce the allocation of €60,000 to Glanmire GAA Club and €100,000 to Upper Glanmire Community Association Limited €15,000 to Glanmire Area Community Association through the Capital Grant scheme, **Cllr Ger Keohane 086 0263046**



Above Left: White's Cross GAA extends best wishes to Ciarán and Joe Aiken who, along with their mother Joanne, are off on a most exciting journey to link up with their father Rupert, who has been working in Canada for some time. Ciarán has been a key member of White's Cross under-age teams for some years now, while Joe has proven a great addition to the Under 6 squad in this his debut season. The good news is that their mother assures us that their hurleys etc. have been packed and we look forward to seeing them back in the White's Cross colours again soon



Above: Another group of happy campers at the White's Cross GAA Cúl Camp! Picture courtesy of Mike Meade Photography.



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

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

"From An Acorn To An Oak": Paddy Twomey is the author of this publication and it covers the history of the Erins Own club for the period 1988 to 2013. The book was launched by Brian Corcoran at a function held at The Radisson Hotel, Little Island on Thursday July 3rd, and there was a large audience present on the special occasion. Paddy describes his "Labour of Love" as being deeper than: "just a sort of statistics and it is much stronger than a routine of every year as I tried to make it interesting and at times humorous". He accomplished this, and much, much more. His analysis of the achievements or otherwise relative to the various teams for the twenty five year period is comprehensive, and his outright views pertaining to relating matters are interestingly presented in an honest and unambiguous fashion. Where many would have left some subjects buried in the sand, Paddy quite correctly included such important matters, including the attitude of players. He cited the 1991 first round Cork county senior hurling championship defeat to Glen Rovers on a scoreline of 1-16 to 1-09 and declares: "It was the manner in which we prepared and capitulated that disappointed. We had put in place training and games programme, with the aid of a most respected coach / trainer Tim Murphy, and on the face of it everything was done to ensure a good performance at this match. However for whatever reason several players approached the whole programme in a very cavalier fashion". The secretary's report at the AGM was in line with this view, describing a few of the players approach as; "casual and half-hearted, and most of the team seemed to be going through the motions". At the meeting a motion to re-grade to Intermediate was luckily withdrawn - the Senior County was won the following year! Paddy also refers to the 1996 senior hurling championship loss to Na Piarsaig; "It was not so much the defeat, but the performance was a grave disappointment to everyone in the club. It would be difficult to pinpoint what exactly had gone wrong on the day. The display was lack lustre and difficult to explain, as the preparation appeared to have been first class. There was a view among many members that some of the players may not have been happy to play in their selected positions, however in a team game, if this is so, it appears to be a rather selfish approach". But the team management did not escape either, as Paddy continues; "Perhaps a chat beforehand either collectively, or if necessary individually, explaining why certain decisions were taken, and the reasoning behind them, would have gone a long way to smooth the situation." He also mentions the Intermediate Football Championship tie against Nemo Rangers in 1997; "It was not so much the defeat but the manner of it. There appeared to be no pride, no hurt, no



Paddy Twomey

interest, and we appeared to simply throw in the towel. This whole attitude and approach was very hard to take and unacceptable, especially to all those who over the years valued and took pride in the jersey. Players can of course have an off-day but at least they could be credited with trying their best, and unfortunately that could only be said of a few on this black day". The Junior Hurling side of the same year did not escape Paddy's wrath; "Unfortunately some players seemed to treat this grade as a type of Purgatory, where they rest for a while before they retire". However referring to the following year, 1998, he remarked that; "the message about Purgatory was finally getting through and that this grade was no place of rest, and it needed just as much effort from the individuals involved - no pain, no gain, probably still like Purgatory for some - they suffered alright". However matters ended on a happy note nine years later when the junior side won the East Cork Championship in 2007 and Paddy joyfully announces; "I have already mentioned Purgatory as far as some junior hurlers are concerned, but now they are all finally in Paradise". By the way, it should be noted that this was the abode of Adam & Eve before the fall! Paddy has this to say about the 2009 Under 21 football panel, when only eleven of the thirty three players notified turned up for a championship game against Cloyne; "Worse still, at least eleven of those contacted made no effort to explain why they could not, or would not turn up. A black day for the club and it was particularly discourteous to the management team of this group". At this juncture it is important to point out that the reason the aforementioned extracts, taken from various chapters in the book, are referred to here is to highlight Paddy's "no holds barred" approach, and this contributes handsomely to the authenticity of the presentation for the period in review, and results in an interesting read. In any event, relative to players, the general theme throughout the book is that of appreciation, support and encouragement, therefore the instances highlighted are more than off-set by the sincere tributes that Paddy lavishly bestows upon players of all grades. He presents same in

such a splendid style, whether the teams enjoyed a victory, an unlucky result, a devastating defeat or a grand larceny courtesy of the referee! But of course Paddy's plaudits are very well merited, and it is staggering to note that sixty four trophies were won during the twenty five year period. The majority are of the quality variety such as; the three Cork County Senior Hurling Championships, the two Cork County Junior Football Championships, plus the many, many prestigious Junior, U21 and Minor divisional and indeed county titles. Interestingly, on perhaps a topical note, twenty three of the trophies were won on the football pitch! It must also be borne in mind that the numerous successes at underage level are not included in this overall figure, nor are the unprecedented and fascinating triumphs of the ladies football and camogie teams. Indeed the "World Cup" victory at Dubai in 2008 is not reflected either! Then in addition; take into account the runners-up honours, the near misses and the unlucky results - It begs the question: Is the parish spoilt with success? Paddy reminds us of the proverb; "More Begets More". This is one of the many gems in the book, agus cuid acu as gaeilge freisin, which are scattered throughout so perhaps it is appropriate to ponder on some; "It is a long road that has no turning"; "It's an ill-wind that doesn't produce some good"; "Ní h lá na gaoithe lá na scolb"; "If the mountain won't come to Mohammad - then Mohammad must go to the mountain"; and of course the near familiar one! - "Níl Aon Tinteán Mar Do Thinteán F in"! Paddy's local historical knowledge blends very well with his local sporting knowledge and this complements the publication. For example the player's home-place is shown on the listed teams, more likely a townland name, and this in turn illustrates the extent of the sprawling expansive area of our parish. Incidentally Andrew Power has the distinction of being the only player with the fashionable Kilcoolishal townland tag, and no doubt this prestigious status equates to an "All-Star Award"! "The Kilcoolishies" should organise a function in recognition of the honour that Andrew has conferred on their area, but as per local tradition it is important that such be kept very simple. Perhaps it could be appropriately promoted as; "A Sausage In The Basket Social"! Other noteworthy features in the book include; A short history of Glounthaune Parish; The history of our home at Caherlag; Hurling in the parish pre Erins Own days; and Paddy's superb descriptive account on what it was like being a Gaelic player in the parish during the middle and last quarter of the twentieth century. Then his accurate listing of brothers lining out on the same team, as well as the father and son combinations, and indeed the mother and daughter one. Naturally D.D.Sheehan's Morris

Minor car, registration number EPI 759, merits inclusion, if only on the basis that it qualifies in both a historical and club context! Paddy is also outspoken when referring to the 2005 debacle; "We felt we were shabbily treated by the County Board". This was the year that Erins Own qualified for the quarter final of the Cork County Senior Hurling Championship versus Newtown, but two of the club's intercounty players received injuries whilst playing for Cork one week prior to the game. Erins Own sought a postponement but it was not granted, and the club unanimously decided not to participate in the fixture. The County Board ejected the team from the championship and the club was fined a sum of Eur 2,500.00. It must be said that "sporting" Newtown's role was to say the least rather disappointing. The decision was appealed to the Munster Council but it was ruled out of order due to a technicality as it was lodged on day four, which was one day too late! Paddy says the three day period; "smacks of being draconian", and "it turned out we were going to the goat's house for wool". Another proverb comes to mind; "many go out for wool and come home shorn"! However would suggest that the following is the prized jewel, and it is not because it relates to the infamous 2005 year, but it also reflects on one of Paddy's many talents; his command of the Latin language. The seed of his love of Latin was planted during his altar boy days, and it stood the test of time in his legal profession!

PADDY 20:05 : Chapter 9 : Page 255 : "What appeared to have all the signs of "An Annus Horribilis" at one point during the year, turned into "An Annus Mirabilis" in the end". This advance level of Latin is such a far cry from the time Paddy was a ten year old garsún in the schoolyard at Little Island Cross. We learnt from his informative and well-researched book; "The Way We Were", which was published in May 2010, that he had a sweet tooth and his school-mates, who were not altar boys, tempted him to repeat the Latin homily of the station mass during lunch breaks. If the bribe offered was attractive enough Paddy duly obliged, and there was no problem if he got stuck for a few words, as he improvised with ease by throwing in a few inappropriate ones, such as his favourite; "Sacula Saculorum, Sed Libera Nos a Malo" - "World without end, But deliver us from evil"! Could this be applied to the year 2005?! Some foresight! Laus Tibi Sit! "From An Acorn To An Oak" is an excellent publication and this is not just because it is written skilfully, as it also has an admirable mix of honesty, humour, wisdom, information, accuracy, and such attention to detail. Comhghairdeas.

SL N ANOIS ©

Sarsfields Training Week

The 9th annual "Sarsfields Training Week" took place in Sars hurling grounds at Riverstown from June 30th - July 4th, with 150 boys aged 6-12 in attendance. During the 5 days the Sars coaches were on hand to go through skills and drills with the boys. This year participants were treated to a skills session with their club and county heroes – Tadhg Óg Murphy & Cian McCarthy, and an added special guest appearance from Cork manager Jimmy Barry Murphy. All involved received a Sars wristband and boot bag. To wrap up another successful Training Week, the boys were treated to a well-deserved ice-cream cone. Thanks to Permanent TSB for sponsoring the Training Week and to Ryan's Super Valu Glanmire for supplying the boys with bananas and water every day.





Charlie Wilkins

WAGE WAR ON WASPS.

Wasps are a common problem during August and indeed all during autumn. Whenever it is warm enough for humans to eat and drink outdoors, you will find them making a nuisance of themselves by landing on food, taking drinks, and frightening everybody. However, if you take a little time to understand their motivation, then you will learn how to take remedial action to safeguard yourself and your guests.

The wasps you see flying around are workers, all intent on finding food for themselves or for the queen and larvae developing in the nest. They search for food during the day, scavenging anything containing protein and sugar, such as ripening fruit, dead insects even garbage. When therefore you decide to have a barbecue you are effectively laying out a banquet for the local wasps and they'll delight in sampling your meats, soft drinks, beer and wine. In order to minimise the risks here are a few tips to follow. Serve food outside at the last minute and keep it covered if at all possible. Pour drinks into glasses or beakers and drink through a straw. Drinking straight from bottles or cans is dangerous. A wasp can easily get into a container and if he stings you in the mouth you'll be sore and painful for quite a few hours. Also, try not to become alarmed when they buzz around your head for this frightens them and makes them cranky and aggressive. If you see a trail of wasps leaving or landing on the same spot you can be sure you have found the entrance to their nest. These are usually found in earthen banks, in buildings (roof spaces or cavities in walls) in trees or bushes. If the nest is easily reached and it endangers children or visitors you should dust around the entrance with a suitable insecticide. I have used Kill-Ant Powder with great success so if you think it is only good for these, just wait until

you see what it can do to control wasps! It's fast, safe, and certainly cheaper than having to employ an expert pest exterminator! Any ant powder will suffice so long as it comes in a puffer pack. Proceed as follows; wait until late evening before puffing the entrance hole with the powder. As dusk falls, most wasps call it a day and move into the nest to keep warm. Then you won't be bothered with their comings and goings. Of course if the nest is not interfering with your leisure activities or life around your home, then leave it and the wasps alone. By the first frosts, all will have perished and the wonderful nest structure can be removed and inspected. This paper and wood pulp creation can be as large as a football or as tidy as a tennis ball but whichever, it will be found a work of art in itself.

As with all chemicals, follow the instruction to the letter. Where a nest is out of reach and the wasps are becoming troublesome, call in professional help. On no account try burning the nest with the likes of petrol! At best, you'll end up badly stung, at worst you may burn the house down!

IN THE AUGUST GARDEN

AUTUMN; Last week we entered the season of autumn-so we had all better bravely make up our minds to it! Not that I have anything against this royal season (on most days I am tempted to think it the most richly endowed of all) but it does remind us that the year is growing older. However, it is only as a portent that we deplore autumn for the freshness of spring and summer has abated and everything is now growing rather heavy. Plants have lost the 'adolescent' look, that look of astonishment at its own youth and the urgency of putting out ever more blooms and foliage. Winter follows as a natural sequence and this can be a testing time in many respects for a large number of people, gardeners and non-gardeners alike. However, until the days grow really cold and dark, we have much to hold our gardening interest and to be thankful for!

MADONNA LILY; whilst most lilies are planted during early spring the Madonna Lily (*Lilium candidum*) will be found an exception, and this must be planted during August and up to early September. Also, this

WAGE WAR ON WASPS



This wasp's nest growing in an evergreen shrub is small compared to normal, but it is a work of art all the same. Made from spittle and wood shavings they take months to construct, house thousands of insects, but last for just a single year.

bulb is planted quite shallowly; an inch of soil over their tops will be ample for in a matter of weeks they'll produce a rosette of evergreen leaves which clump and enlarge over the winter months. The three to five foot flowering stems appear in early summer and carry many erect leaves and up to 15 white, wide, funnel-shaped, deliciously-fragrant flowers. It needs a warm, sunny position, humus rich soil and plenty of lime. It is also partial to grit or gravel about its fleshy roots for these materials make for fast drainage and an open type soil structure. A very distinct lily from the eastern Mediterranean it is a well-known symbol of purity. Buy firm bulbs only, not those that have scales falling loosely apart.

PELARGONIUMS; Many gardeners fail to over-winter their pelargoniums. They accidentally starve them to death long before winter proper begins! This happens for the compost in which they are growing becomes exhausted of nutrients by the end of summer. They then languish for a few months before giving up the ghost. If you want to succeed with these, cut your pelargoniums back by half in late September and give them a few weeks to recover from the shock. Then, remove most of the old compost and re-pot them in new compost using the same sized pot or one just slightly larger. Go easy on watering during the darkest, coldest months.

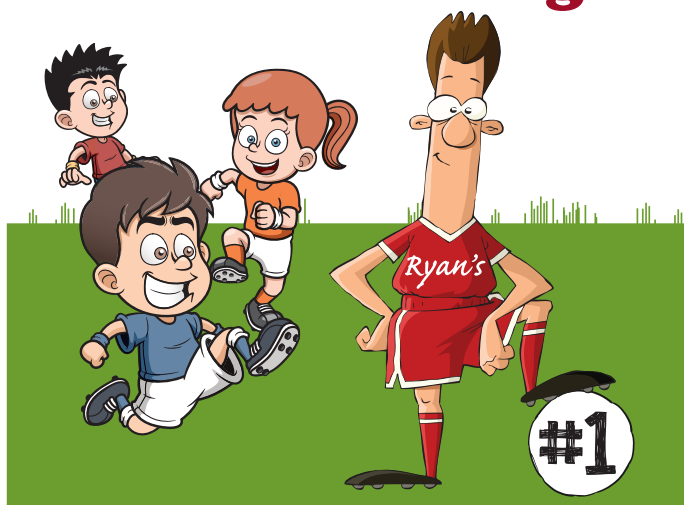
SCENTED MYRTLE; why don't more gardeners in this leafy townland grow the common Myrtle, *Myrtus communis*? You'd have to travel far to find a lovelier shrub for August flowering, and never have I seen it as good as this year. The small, pointed, dark-green leaves are smothered at this time of the year by a mass of white flowers with quivering centres of the palest golden yellow. It has a good scent also. Keep an eye out for this over the coming days.

BINDWEED; What would we do without weeds? Half the entertainment and all the bile in gardening comes from the perennial combat with plants in the wrong place! Take bindweed as an example. In the wet, it has been given the chance of a lifetime to scramble up and smother everything-well perhaps not quite everything. The problem with this invader is always how to apply a powerful systemic weed-killer such as Roundup without killing the host plant being used as a climbing frame. There's a tactic you can try. Pushing some bamboo sticks in among those places where the bindweed is emerging from. The weed takes immediate advantage of the support and whizzes up to the top at which point the canes can be gingerly removed and the bindweed rolled up gently and pushed into a clear plastic bag. Spray into the bag making sure that all parts are thoroughly drenched. The chemical will transfer itself down to the roots without harming nearby plants.

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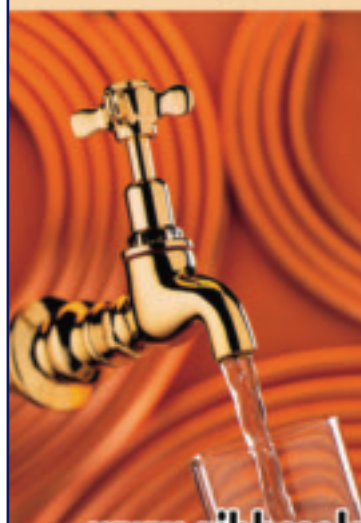
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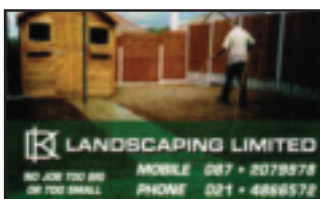
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"You Are Not Alone" will hold a coffee morning for those who are bereaved or affected by suicide in the Montenotte Hotel Cork on Tuesday 5th August 11.30 to 1pm. All welcome and bring friend/s. Coffee, teas and scones complementary and kindly donated by the Montenotte Hotel. The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from individuals who have experienced the loss of a loved one through suicide.

More information contact :
Collette on 087/1897315

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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

"At Ryan's SuperValu Group our policy is to support the local organisations and will continue to do so for the foreseeable future."



Lotto: The latest club lotto numbers were drawn on Wednesday 16/07/2014. The numbers drawn were 7, 17, 24, 26. There was no winner of this week's lotto, €30 winners were, Margaret Murphy, Eleanor Collins & Breda Buckley. Next week's jackpot is €4990. Tickets can be bought from any member or log on to the clubs website www.erinsowngaa.ie for other ways of playing. Thanks to all those who support our clubs lotto.

Club Shop: New open hours, the shop will now be open during selected week days as well as the weekend normal hours, Monday 10am to 11:30am, Tuesday 10am to 11:30am, Wednesday 10am to 11:30am & 6:30pm to 8pm, Saturday 10am to 12pm & Sunday 11am to 12:30pm, any queries or questions on stock or orders just drop an e-mail to Dara at erinsowngaaclub@gmail.com or phone or text Michael on 086 8699145, Oonagh on 086 8984687 or Dara on 089 4464412. Shane Brodreck V's Killeagh J.A.H.C. Ronan O Carroll V's Killeagh J.A.H.C.

Junior A Hurling Championship: Erins Own 0-13 Lisgoold 0-14, 12/07/2014

On Saturday night we played Lisgoold in Rd 4 down in Rostellan in which was to be a tight battle we had to be content in missing a lot of key players in the likes of Martin Buckley, Michael Murphy, Cathal O Mahony, Jack Sheehan & Andrew Power, however we started well with Alan Bowen in full forward opening the scoring in the 4th Minute, he added another 2 from play & 2 from frees before the break, Lisgoold always stayed within reach & were showing to be very strong in midfield, Stephen Horgan & Cathal Heavy adding a point each & James O Carroll putting over 2 giving us a one point lead at the break of 0-09 to 0-08, the second half was point for point Alan Bowen putting over a free, the introduction of Fergus Murphy brought a spark to the half forward line and he was quick to but one between the posts, James O Carroll got another 2 from play, but in the end Lisgoold were showing to be to strong in the middle of the field & they managed to hold on to a one point lead to

give them the win & bring our Junior A championship season to an end, Lisgoold will go on to meet Sarsfields in the quarter final,

Team in Full: 1.Paul Ryan 2.Paul Fenton 3.Patrick Fitzgerald 4.Niall Foughy 5.Shane Broderick 6.Diarmuid O Flynn 7.Stephen Cronin 8.Seán Crowley 9.Ian O Mahony 10.Barry Og Murphy 11.Ronan O Carroll 12.Stephen Horgan 13.Cathal Heavy 14.Alan Bowen 15.James O Carroll, Subs used: Fergus Murphy for Niall Foughy, Ian Mylod for Cathal Heavy & Conor Smiddy for Ian O Mahony.

Rebel Og Minor A Hurling Championship, Erins Own 2-16 Ballinora 0-10

SEVEN GAA clubs were beneficiaries of Ryan's SuperValu Group's policy of supporting local clubs recently when they received funding for the development and support of their underage activities. The seven, St Finbarr's Hurling and Football Club, Ballyphehane, Erin's Own, Sarsfields, Whites Cross, Glanmire and Douglas were all presented with cheques at a function in Ryan's SuperValu Glanmire.

"Our partnership with Ryan's SuperValu has been an integral part in the development of hurling, camogie and Gaelic Football at underage level in Erin's

Own," Said Brian O'Shea.

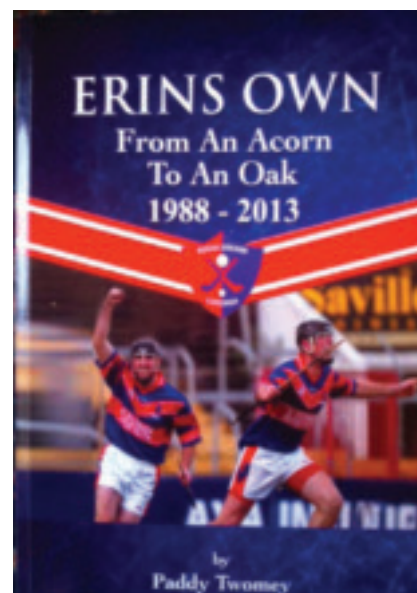
Speaking at the launch Liam Ryan, owner of Ryan's SuperValu Group outlined the reasons for their continued support of so many clubs in their area and promised the seven clubs that their support will continue for the foreseeable future.

"We at Ryan's SuperValu Group are delighted to launch our underage GAA Development programme in association with the following clubs St Finbarr's, Douglas, Ballyphehane, Erin's Own, Sarsfields, Whites Cross and Glanmire. "This is a great opportunity for us to help these local GAA clubs develop their underage structure. The local clubs do tremendous work in their respective communities and we at Ryan's are delighted to be able to support these local initiatives. "We want to be able to help the local GAA clubs encourage our youth to get involved in sport in their locality. "At Ryan's SuperValu Group our policy is to support the local organisations and will continue to do so for the foreseeable future."

Congratulations to our Under 16 hurling panel and their team & management on their fantastic championship victory. Final score Erins Own 2-15 Carraig Na Bheir 1-7



Shane Brodreck V's Killeagh J.A.H.C



Above: Erins Own History Book: From an Acorn to an Oak can be purchased in various shops throughout the parish, Fitzpatrick's shop, Glenmore Stores, Little Island & Glounthaune Post offices & our own Club shop in Caherlag at a cost of €25.



Left: Noel Carey (Brooklodge) pictured with Motorbike Racer Michael Dunlop at the recent Isle of Man TT Races.

SARSFIELDS CAMOGIE CLUB

• Congratulations to our superb Intermediate panel & mentors who obtained the club's second County League title of the season by winning the Intermediate League title against Brian Dillons 1-10 to 1-6 recently. All the hard work in the underage section over the past 10 years appears now to be bearing fruit. Throw in the experience of Emer Fennell, Jenny Murphy, Claire Holland to name but a few & a very well balanced, skilful team is emerging. It was a special day for Emer Fennell, not only captaining the team, putting in a Man of the Match Performance but also pocketing her first County Medal with the club.

Of course huge credit must go to the backroom team of Bryan O'Leary, Tadhg & Rhona Lynch who have worked so hard with the team all year.

• Our U13s reached the final of the Mayfield Garda Community Blitz held in Glen Rovers on June 7th. After a long day of camogie they emerged unbeaten to reach the final v St Finbarrs. Extra time in our semi-final v Blarney may have cost us the title – going under by a single point to a slighter fresher Barrs team. Our girls were brilliant all day & played superb camogie. Molly Lynch & Nikki Barry were both short listed for Player of the Tournament. The Garda Siochana pulled out all the stops & ensured a day the girls will never forget! One of the highlights being the pre final parade behind the piper & Aoife Roche, our captain receiving the runners up trophy horse borne! Well done to Paddy Connery & Maurice O'Mahony, our hardworking mentors.

• Follow us on twitter & facebook & check out our new Sarsfields Camogie Blog for further details & photos of above events! Club phone (085) 2101800 for any queries.



Above: U13 Garda Community Blitz Finalists Below: County Intermediate League Winners



Tom & Anna Fennell admiring their Mom Emer's trophy



At Yummie in Sallybrook, Glanmire.

Were: Faye, Ciara, Rachel, Eoin & Aoife.

At the official opening



County Intermediate League Winners



OLD PHOTOGRAPHS FROM THE PAST





Buaiteoirí Choláiste Phobail Ghleann Maghair:
Ó chlé go deas: Adah Ní Loinsigh, Múinteoir Ealaíne, 3ú Buaiteoir = Nicole Longáin Ní Hallmhurmhain, 2ú Buaiteoir = Pádraig Ó Briain, 1ú Buaiteoir = Neansaí Ní Chreadóig.



Pictured above is Kieran Egan who won the trophy for the Best Home Boxer at the recent tournament in Vienna Woods Hotel.



Council Secretary Nick O'Brien presenting prizes to Claran Barry (left), winner of the boys table tennis and to Sean Daly (above), winner of the long jump in the recent Community Games.



Judith Green-Goodyear, Kathleen Moloney, Gretta Coakley, Bryn



2010: Swimmers Siobhán & Patrick Treacy



2009 Swimmers Susan Callanan & Rebecca Fitz



County Community Games Winner Clare Connolly Brookhill, Glanmire with brother Gary and sister Maria, Carrig na bhFear sports winners.

OLD PHOTOGRAPHS FROM THE PAST



CDK COMMUNITY GAMES VARIETY WINNERS 1985. (Back row, l to r): Sharon Purvis, Sara Doherty, Fionn Doherty, Aaron Purvis, Fiona Carroll, Christine Purvis. (Front row, l to r): Kenneth Doherty, Wanda Doherty, David O'Brien, Geraldine Purvis, Wanda Murphy, Billy Carrig.

Glanmire Football Club Golf Classic

The Glanmire Football Club annual golf classic took place in Castlemartyr Golf Club on Thursday 12th June. The day was a complete success with just short of 50 teams taking part. A combination of the fine weather and the excellent condition of the course made for a great day all round.

The day started early for the organisers as well as the main sponsor, Pharmacy First Plus. The first team went off at approximately 8.45am with the last team, Gabby McCarthy of MCG Financial (Glanmire Football Club's main sponsor) teeing off at 5pm.

The results of the golf classic 2014 are as follows:

1st Place: 57 points (24 points on the back 6) – Clonmel Healthcare (Brian Hogan, Brian McNamara and Anthony O'Dwyer)
2nd Place: 57 points (23 points on the back 6) – Carpets and Floors Ballincollig (Colin Barry, John O'Neill and John O'Brien)
3rd Place: 55 points - MCG Financial (Joe O'Connor, Gabby

McCarthy and Niall Browne)
4th Place: 54 points – McCarthy Sports (Liam Dunlea, Roy McCarthy and Tony Dunlea)
5th Place: 53 points (31 points on the back 9) – The Castle Inn (Tim Lambe, Brian Corcoran, P Collins)
Non GUI: 58 points – Care Choice (John Cunningham, Mark Cunningham and Killian)
Longest Drive: Kevin O'Leary (Rowex Pharmaceuticals)
Nearest the pin on 12th hole: Riobaird Lotty
Nearest the pin on 5th hole: Declan Cullinane (Clonmel Healthcare). Declan won a par of backstage passes to the Coronas Gig in the Marquee.

We would like to thank everyone who supported us on the day, from the players to those who sponsored tee boxes and greens. Your support will help significantly with the day to day running costs of the club. Also, a big thank you to Castlemartyr Golf Club who couldn't have been more helpful in both the build up to the event and on the day itself.

Thank you to Mark Hopkins

of Hopkins Communications who provided bottles of Corona during the round. Mark also invited The Coronas to play in The Glanmire Golf Classic in Castlemartyr ahead of their gig in the Marquee the following night.

Glanmire Intermediates Progress In The Championship
The Glanmire Intermediate Footballers recorded a fine win against Youghal in the 2nd Round of the championship at an excellently prepared Ballinacurra pitch on Saturday June 7th. This East Cork derby was keenly contested by both sides, with Glanmire prevailing by two points in the end.

The game started with a Youghal point straight from the throw in. Glanmire however, dominated the opening exchanges and with center forward Daniel Molden getting on a lot of ball Glanmire found the inside forward line with some good supply. The 1st half was notable for Brendan O'Connell's two point blank saves as well as Eamonn McEvoy's fisted goal when a long delivery held up with the wind, giving McEvoy the opportunity. Disappointingly, Glanmire con-

ceded a goal before the break, to leave just three between the teams at half time. Glanmire 1-07 Youghal 1-04.

With Molden, now at full forward, as well as corner forward James Cussen playing well, Glanmire continued to dominate on the scoreline, leading by 7 points with just over 15 minutes left. However, Youghal will rue some missed chances in the 2nd half, when they kicked a number of wides. Michael Cussen's ability to win kickouts in the 2nd half was one of the main highlights of the game as well as his timely interceptions with only a few minutes left. Substitute Ronan Organ scored a vital point in front of goal with ten minutes left.

Despite a tense last few minutes Glanmire held out and now look forward to the fourth round draw. The best players for Glanmire on the night were Brendan O'Connell, Conor English, Michael Cussen and Daniel Molden. Well done to all involved. Onwards and upwards.

Glanmire Intermediates Progress In The Championship



Above: Health Check



Above: The Coronas



Stress: Friend or Foe - how to harness the potential benefits while avoiding the perils.

What is stress? People perceive stress very differently. Some thrive on a hectic demanding schedule, others experience huge stress with minor change to everyday routine. Most of us are somewhere between these two extremes.

Signs of stress; Difficulty sleeping or waking early worrying about problems. Inability to relax or enjoy pleasurable activity, becoming irritated over trivia. Some people also experience physical symptoms such as neck pain, sweaty, headaches, stomach acid or a dry mouth.

Stress can be beneficial. Deadlines and challenges help us improve our performance, at home, at work and at sport. A looming deadline forces us to focus on important issues and complete tasks. However there comes a stage when increasing stress has the opposite effect; think of the rabbit trapped in the headlights of a car-unable to take action. Too much stress is not good for us.

Effective relaxation techniques;

Slow deep breathing; Some people find slow deep breathing helps them to relax. Take a slow deep breath in through your nose. Breathe out slowly through your mouth. Concentrate on relaxing your neck and shoulder muscles.

Muscle relaxation; Find a quiet spot where you won't be disturbed. Lie down if possible. Tense your muscles in sequence. Clench the muscle while slowly breathing in, then relax that muscle while breathing out slowly. Start with eyelids (or hands) and work all the way down to the toes.

A warm bath, a gentle walk, reading a book or listening to favourite music are further examples that may help. Try to find

the relaxation technique that works for you-then practice it regularly.

Smoking and drinking alcohol do not actually relieve stress. They simply create the illusion that your problems have gone away. The reverse may be the case- you are simply procrastinating, and the issues needing attention may actually get worse. Recognise the causes of your stress and try to address stress constructively.

Sometimes the impact of stress can be overwhelming. Anxiety may possibly be a symptom of depression. If you feel your problems are getting worse, talk to a friend or see your GP. In conclusion, some stress is really important to help us achieve goals. Stress can be a positive feature in life. Sometimes it becomes overwhelming, and has very negative consequences.

The key is to avoid the downside of stress while harnessing the optimal potential of stress. Relax !

Dr. Diarmuid Quinlan
MB BCh BAO BSc(Hons) DCH DFFP
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WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Bain taitneamh as an sos!

On the final day of school term a delegation from White's Cross GAA Juvenile Committee presented Mr. Micheál Cremin with a gift to mark his retirement as Principal at Scoil Naomh Micheál, Upper Glanmire. Teresa Quain, Imelda O' Connell and Marion Delaney attended the presentation, which took place after the Green Flag raising ceremony and blessing of the new building at the school that morning. Teresa Quain spoke to the audience of pupils, teachers and parents gathered. She thanked Mr. Cremin for his support to the club, and in particular in the years since a juvenile committee was set up in 2009.

Mr. Cremin highlighted the wonderful relationship the school has with White's Cross GAA club. He introduced to the children the word 'symbiosis' and suggested to them that the relationship between Scoil Naomh Micheál and White's Cross GAA is a perfect illustration of the term! We in White's Cross GAA acknowledge gratefully Mr. Cremin's role in this relationship that has helped our club to flourish in recent years - mile buíochas Míchéál agus bain fíor taitneamh as an sos...!

Best wishes also to **Mrs. Margaret O'Mahony** on her retirement - Margaret will be fondly remembered by those who passed through the school in the past nineteen years. Indeed when Margaret decided to get out for a walk and a breath of fresh air on the Saturday

of the White's Cross GAA Cúl Camp at the club grounds she found herself getting a guard of honour and warm applause from some of her former students!

Another Jackpot Winner!

White's Cross GAA extends congratulations to Ed Buckley and Ger Byrne, who scooped the Club's Lotto Jackpot on Monday, July 7th. The numbers that proved lucky for Ed and Ger were **1, 4, 19 and 25, helping them to the €1,450 jackpot.** The Lucky Dip Winners from this draw were Aidan Linehan, Margaret O Keffe and Hannah Noonan - they each received €50. This is the second jackpot win in recent times, following on from the big win of Carol McCarthy, Ballyphilip who scooped €8,050.

Lotto Results from July 21st: No Jackpot Winner; Numbers Drawn 3, 5, 6, 17. Lucky Dip Winners of €50: Sherry Clarke, Dan Lovette & Sean Delaney.

White's Cross GAA Kellogg's Cúl Camp Report

White's Cross GAA were once again the first out of the traps this year holding the very first GAA Cúl Camp in the country this summer, running from June 24th to 28th, taking advantage of the relatively early date for summer holidays at Upper Glanmire National School.

First and foremost a big thank you to the one hundred and thirteen boys and girls who attended this

year's camp. Thanks to the Coaches and their Assistants who worked diligently and enthusiastically all week to ensure all participants benefited from the activities. Thanks to Kellogg's for their sponsorship of these GAA Summer Camps across the country each summer - once again the kit was considered to be 'very cúl'! Thanks also to Cork's GAA Development Officers Noel Crowley and Colm Crowley - both provided very welcome assistance in the running of the camp.

The camp was spread across two venues, with the younger children based at the Upper Glanmire Community Centre and the rest based at White's Cross GAA grounds. Thanks very much to Upper Glanmire Community Association for the use of their facilities. Whilst the week proved very nice weather wise for the most part, torrential rain on the Friday morning could have put a real dampener on proceedings only that we were able to transfer ninety of the children to the sports hall and adjoining amenities. The battle hardened eldest group were left to tough it out in the great outdoors - as it transpired the rains passed over after thirty minutes and they were basking in sunshine again before the day was over. Indeed White's Cross GAA camp has never had to cancel a day of activities in its twelve years in existence.

Thanks to White's Cross GAA Adult and Juvenile Club members for all

their assistance - the work being put in by these two committees in the past number of years is nothing short of massive. The outcomes are evident for all to see - the astro-turf surface recently laid at the hurling wall was a great addition to our camp this year. Meanwhile the walkway constructed around the perimeter of our main playing field was used for our sponsored walk on the last day of camp.

Thanks to our guest visitor to the Camp, **Kellogg's Cúl Camp Ambassador Eoin Cadogan.** Eoin actually arrived in the middle of the aforementioned downpours on the Friday morning, and waited very patiently as we implemented Plan B, by transporting ninety or so of the attendees from the GAA grounds to the sports hall. Eoin in addressing the different groups spoke of the importance of diet even for young players and of the need to look out for ones team-mates both on and off the playing field. In the follow up questions and answers sessions our attendees were particularly keen to get an insight from Eoin in terms of how to deal with having his brother playing on the same team as him - Alan Cadogan has proven hugely effective to date in his debut season with the county hurling squad.

Check out the link at www.whitescross.gaa.ie for lots of Cúl pictures from our camp!



The attendees at the White's Cross GAA Cúl Camp did a sponsored walk on the final day of camp in aid of a local four year old boy recuperating at a hospital in England after a bone marrow transplant earlier this year - thanks to everyone who supported so generously. Photo courtesy of Mike Meade Photography.



Imelda O' Connell and Teresa Quain make a presentation on behalf of White's Cross GAA to Míchéál Cremin, to mark his retirement as Principal at Upper Glanmire National School.



This group of participants at the White's Cross GAA Cúl Camp certainly seem to be enjoying themselves! Check out www.whitescross.gaa.ie for lots more Cúl pics! Photo courtesy of Mike Meade Photography.



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Sinead Sheppard's School Of Dance



Students from Sinead Sheppard's School Of Dance enjoying a fun workshop with Katy Perry. For info on classes in Glanmire contact Sinead on 0872602091



Glanmire
Athletics
Club

Some History of the Glanmire Community Games

Article Taken from Cork Community Games 1972-2011 –CMP

The Community Games Committee was formed in February 1982. Members of the committee included; Tim Herlihy (Chairman), Kathleen Power (Secretary), Tim Murphy (Treasurer), Charles Lynch, Jim Moloney and Denis Mulcahy. The main aim of this committee was to encourage young people in the Riverstown area to become involved in the Cork Community Games. That year the girls' table tennis team won a silver medal in their section while bronze medals were won by the boys' pitch and putt team (Patsie Allen, Tony Allen, Mark Lotty and Michael Hannon) and by Aodain Lynch in the Art Competition.

In 1983 the R.A.C.A. Community Games Committee (Kathleen Power, Tim Murphy, Tim Herlihy, Charles Lynch and Eleanor Attridge), organised entries for thirteen events in the Cork Community Games and enjoyed considerable success. The Riverstown area won Gold for the very first time when its variety team, under the influence of Geraldine Foley, won the Variety Competition at Turners' Cross. Other team medal winners in 1983 included the boys' basketball team, the boys' badminton team and the girls' soccer team, all of which won silver. The girls' table tennis team also won a bronze medal in their section. There were individual medal winners in the boys' shot putt and pitch & putt.

In January 1984, a new Community Games Committee was formed at the Riverstown Community Games AGM. The committee was Jim Moloney (Chairman), Eleanor Attridge (Secretary), Tim Murphy (Vice-Chairman), Noel O' Leary (Treasurer), Bill Meany (PRO); and Kathleen Power (Registrar). A special youth committee was also formed at the AGM. This committee could claim the distinction of being the first ever Community Games Youth Committee to be set up in Ireland. The Youth Committee made an important contribution towards fund raising for Community Games 1984 by holding a 24-hour disco Marathon.

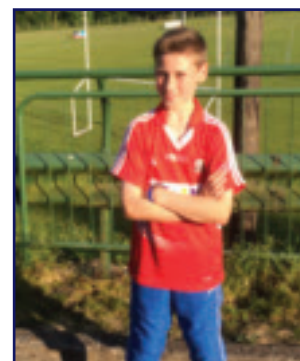
Individual Medal winners in Athletics for 1984 were:

100 Metres (under 10)	Aoife O' Callaghan (Bronze)
200 Metres (under 10)	Rhona Murphy (Silver)
Discus (Under 16)	Billy Black (Bronze)
Shot Putt (Under 14)	Mark Carroll (Silver)
	David O Keffe (Bronze)

See page 22 for more.

Community Games

Daragh Murray Barrymore Green, Glanmire Champion Sprinter will represent Cork in the All Ireland Community Games finals in Athlone on 25 August. Also competing in the art finals is Jessica Farrelly from Hazelwood. GOOD LUCK TO BOTH OF THEM.



An Active Month for Glanmire Macra

Well it's been another busy month for Glanmire Macra members with no let-up in activities over the summer months. Firstly we would like to congratulate club members Donal Twomey and Heather Kenney who were married late in June in Upper Glanmire-a match made in Macra heaven indeed! We would like to wish them every happiness in their future lives together.

On Sunday June 22nd 12 members of the club rose early to go to the Blackwater Activities Centre in Castletownroche where they took part in five activities: scaling high ropes, zip-lining, team-building, river tubing and the most memorable of all was the giant swing... advice to anyone thinking of doing this in the future-avoid if you're afraid of heights! The day was a great success and thank you to everyone who made the journey to Castletownroche and particularly to our instructors who made the day so enjoyable.

Will Daly, Donal O' Callaghan, Seamus Reid, Karen Cashman and Joanne Fleming were very active this month and travelled to Killarney where they competed in

what is known as a toughathlon-a 5km course through mud and over obstacles where participants are put to the test! The photos speak for themselves and it proved to be an excellent team-building outing.

Fundraising featured strongly on the calendar this month for Glanmire Macra where the club once again rose early on Sunday 29th of June to participate in mass in St. Michael's Church in Upper Glanmire on the invitation of Fr. John Newman where members were in charge of the choir and various readings. Afterwards, the crowd travelled en masse to the community centre across the road where we hosted a cake sale and coffee morning in aid of the Liam Ryan fund. The support from the community was overwhelming and we were delighted to raise a total of €500 for the fund on the day which was presented to members of Liam Ryan's family. We would like to express our deep gratitude to everyone who attended on the day and supported the cause so generously.

On foot of this, later that week we were again delighted to present

another cheque, this time to the Riverstown Boxing Club for the sum of €1500 for funds raised in our fundraising boxing tournament in conjunction with Riverstown Boxing Club held in Upper Glanmire last month. We would once again like to thank the boxing club and the Upper Glanmire Community Association for facilitating such an enjoyable event.

Friday the 4th of July we once again hit the road this time travelling to Kinsale where Kinsale Macra hosted their annual Macra Family Fortunes event. This proved to be a hugely enjoyable night and our team of Donal O' Callaghan, Jennifer Barry, Andrew Ferguson, Jonathan Bermingham and Patrick Healy did themselves proud in reaching the semi-final, a vast improvement on our performance last year where we failed to earn any points!

The next day, the National Final of the National Talent Contest was held in the surroundings of the Solace Arts Theatre in Navan. Qualifying for the finals from the club were our novelty act and Patrick Healy who competed in mastermind. Congratulations to Patrick Healy on a fantastic performance where he finished runner-up on the night, a huge accomplishment and a sincere well done from the entire

club. Our novelty act of Will Daly, Donal O' Callaghan, Tomas Cuffe and Sean Keegan also performed their sketch The Clinic where they certainly had the crowd in stitches and put on a great show on the night.

Rounding up the month, Andrew Ferguson of White's Cross travelled to the IHA National Open Day in Clonboygher, Co. Leitrim where he represented Seandun in the Irish Dairy Board U23 Dairy Stockjudging. Well done to Andrew on reaching the finals.

Our sports night on a Tuesday night has now finished up for the summer months and will re-commence in September. Our Karting League also came to a close this month but we have replaced it with a weekly summer bowling league which will take place each Monday night at 9pm in the Leixureplex Cork until Monday the 4th of August. All are welcome to attend!

For all up-coming news and events, you can keep up-to-date with Glanmire Macra on our facebook page (<http://facebook.com/glanmiremacra>) or alternatively on our website (glanmiremacra.wordpress.com) which was recently up-dated to include a calendar of all our up-coming events.



Club members photographs with Fr. John Newman at their annual cake sale in Upper Glanmire



Club members at their annual club activity day at the Blackwater Activity centre



The presentation of the cheque for €500 from funds raised from the cake sale to members of the Liam Ryan family



Glanmire members photographed presenting a cheque for €1500 to Colin Barry, Ted Barry and Martin



Ann Phelan 086 3933166
fittogoann@gmail.com

Fit To Go

Movement Message!!!

"The mind's first step to self-awareness must be through the body" (George Sheehan)

Every decade brings changes to our bodies. The vast majority of us never give a thought to how much of our Aerobic Work Capacity (Cardio) we use on a daily basis. For example, you go for a walk. It's really easy for you and you use about 20% of your capacity. In that moment, if you had to run to save your life you would have 80% reserves left and you would be fit to go. Excellent, you are in a good place.

Now think 50 years and beyond. The Aerobic Capacity of our bodies whether we like it or not decreases and continues to decrease with every decade no matter what. It is just a function of ageing.

Wake Up Call!!

Moving more every day is non-negotiable. If we want to live longer and well, we need to become fit. The mathematical probability of aching somewhere increases precipitously after the age of 45. That's a fact, so do what you can and stay consistent.

Keep it Simple!!!

1. Make some ME time
2. Use the outdoors
3. Take up a sport
4. Join a class
5. Concentrate on what you can do and not what you can't

Here's the good news, no matter what shape you're in, no matter what you're age, you can improve your Cardio/Aerobic fitness levels and create plenty of reserves, making you Fit to Go for whenever you may need them!!!! Remember, remember, remember... Watch your sugar intake..... Watch out for hidden sugars!!!!!!

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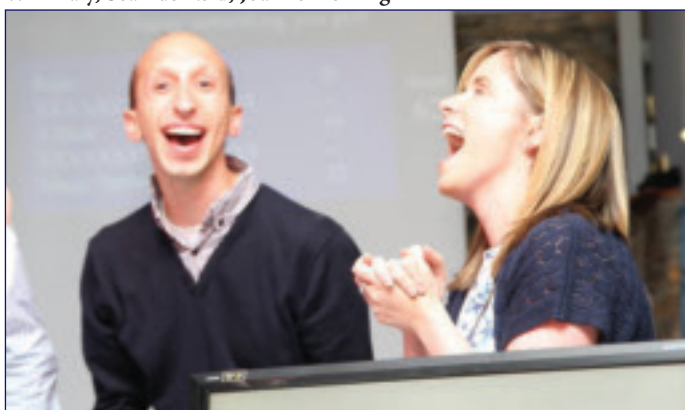
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Joanne Fleming, outgoing chairperson of Glanmire Macra na Feirme, pictured presenting a cheque for 500 euro to the Ryan Family following a cake sale in aid of the Liam Ryan fund





Macra at the Killarney Toughathon club members Karen Cashman, Will Daly, Seamus Reid, Joanne Fleming



Club members Jonathan Bermingham and Jennifer Barry enjoying the Kinsale Macra

Vintage Ladies Shop
1 Woodview Terrace
Glanmire Village



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

Timeless...

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

Unique...

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

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



D gra s award winners with Special Guest Daniel Kearney a past student and Mr. Kelvey, Glanmire Community College.

Cork Community Games athletics finals sponsored by Prompto Despatch



Daragh Murray, Glanmire (centre) winning the boys under 12 100m final. Pic: Brian Loughheed.



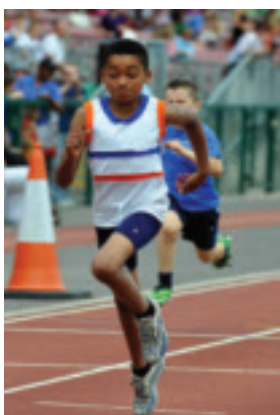
Richard Barry (right) from Fermoy shows true grit to take gold in the final of the boys under-8 80m



From right: Cathal Mullins (gold); Billy Murphy (silver) and Cathal O'Sullivan (bronze) in the final of the boys under 8 60m. Pic: Brian Loughheed



Gold for Enniskeane in the final of the boys under 14 relay, from left: Conor O'Neill, Pdraig Healy, Donnacha Collins and Peter Collins with Cork Comm. Games president Sean Delea.



Above: FDaragh Murray, Glanmire who came first in the boys under 12 100m final.

Left: Kyle Ettoh from Grange/Fermoy competing in the final of the boys under 10 100m final.



Above: Gold for Bantry girls in the final of the u16 relay, from left: Elaine O'Sullivan, Lucy Cotter, Leah Murphy and Rachel Murphy with Cork Comm. games presiden Sean Delea. Pic: Brian Loughheed



Left Cathal O'Sullivan from Glanmire, dips for the line to take bronze in the final of the boys under 8 60m sprint.

Pic: Brian Loughheed

Golf – A sport for all.

George Bernard Shaw did golf no favours when he described it as “a good walk spoiled”. It was one of the rare occasions when the great man got it wrong.

Picture a summer day. The sun is shining, you're out in the countryside, you're going to walk up to 5 miles on beautiful green turf over a few delightful hours, and you won't even feel tired because you're concentrating on guiding a little white ball as you go. Nowadays golf is for everyone and, better still, the recession has led to a huge reduction in playing costs, from club membership to green fees to equipment. There has never been a better time to try the game, and these long, hot summer days are just perfect. 100,000 fans flocked to Fota in June to watch the Irish Open, making it one of the best attended tournaments on the European Tour. It was great to watch but it's even better to play. A friend of mine, playing his way through the sand dunes in Enniscrone to the sound of bumblebees in the heather, would remark “if God made anything better than this, He kept it for himself”. I know what he meant. A lady relative with a busy lifestyle is still amazed that, with all the pressures of work and family, for four hours at a time “all that matters is that bloody little white ball”. In a way, these two comments illustrate different approaches to the game – some will enjoy it for the fresh air, the beauty, the serenity, the companionship and the relaxation, while others relish the competition, the battle to improve and the sheer thrill of hitting the (for most of us, occasional) perfect shot. The English poet, John Betjeman, a keen golfer from Cornwall, described this best as “a glorious, sailing, bounding drive - that made me glad I was alive”.
Fermoy Golf Club

I, like many from Glanmire, play my golf in Fermoy Golf Club. The next time you drive toward Fermoy look up toward the cross on Corrin Hill and shift your gaze slightly left to see the trees lining the Fairways. It's a fairly unique course in Ireland, being on heather land in an elevated setting – most courses are either parkland or links (coastal with sand dunes). Fermoy Golf Club is member owned, friendly and very welcoming. We have ladies, gents and juvenile sections within the umbrella club. All full

members have equal status, as is the case in the vast majority of clubs now. At the moment approximately 25% of our membership are ladies and they are a very positive and active group within the club.

An interesting development in the club (and again in common with many clubs) is the emergence of a “seniors” grouping. This has evolved from a few members “of a certain age” playing a regular weekly game to become probably the strongest social aspect within the club. Thursday is seniors day (ladies and gents), the golf is relaxed and enjoyable but the “apres golf” is the real attraction. 120,000 golfers have dropped their club membership nationally since the 2008 financial crash. Our club has not been immune to this. This is good news for anybody considering taking up the game. As a club, we are keen to see new members joining. We realize, however, that it can be

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a big step and we have a couple of suggestions – we can offer a 3 month trial membership to beginners so you can see if you like it before spending a lot of cash. We also have a special beginner's rate for green fees on Tuesdays. If you are interested in taking up the game or in joining

Fermoy ring Denis and mention Glanmire Area News. He sometimes lets his generous streak get the better of him!

We are particularly keen to encourage young people to get involved. We can organize camps, group lessons and introductory sessions with a golf professional on demand.



Left: Captain's prize winner and Glanmire man Noel O'Sullivan receiving his prize from Captain Tom O'Keeffe and his wife Mabel at Fermoy Golf Club.



Below: European Senior Tour player Denis O'Sullivan launched the Fermoy Golf Club development classic in July with this much admired drive on the first.

UPPER GLANMIRE ICA GUILD

Update on Guild activities

On June the 7th last, our Guild was joined by our friends in Carraig bhFear Guild, and 35 members altogether visited the Newbridge Jewellery Centre, the National Stud Farm in Kildare and the Japanese Gardens. The sun shone, and the visit to the Stud Farm was extremely interesting. We were given a guided tour of the various stables, and saw some very famous race horses and stallions, and the excellent conditions that all these horses live in. During the summer months, our members meet weekly and do a different walk each week, amongst our favourite walks are the Marina and the Lough.

AUGUST RECIPE SIMPLE QUEEN CAKES

Ingredients
3 oz margarine
3 oz caster sugar
4 oz self raising flour
2 eggs
1 teaspoon of vanilla extract

Method

Beat the marg and sugar until light and fluffy
Add the eggs and sieved flour and vanilla
Mix well
Add some dried fruit if you wish at this point
Spoon into queen cases, and cook at 180 degrees C for about 10 minutes
Keep an eye on them as they cook quickly and could burn



Members from Carraig na bhFear enjoying the Japanese Gardens



Members of Upper Glanmire Guild at the Newbridge Centre



Free Gardening Service for Older People

Age Action's Care & Repair programme is providing odd-jobs and DIY work free of charge for older people in Cork. The service has been in operation since 2009 and is expanding year on year as demand grows.

Regional Manager John O'Mahony says that gardening work is particularly popular at this time of year. "During the summer months basic gardening work can be very difficult for older people. Our volunteers are happy to help with tasks such as weeding the garden, trimming hedges and general garden tidy-up. Other household tasks such as installing smoke alarms, changing locks, painting and moving furniture can also cause difficulties. My advice to any older person who may be finding it difficult to manage these jobs is to call us in the Age Action office. Our team will help in any way we can."

Age Action also keeps a list of reliable tradesmen so that older people won't be ripped off when they employ people to work in their homes. Mr. O' Mahony continued "There is no charge for the

Care & Repair service. People only have to pay for materials used. For bigger jobs that our volunteers can't do, we keep a list of reliable tradesmen whose contact details we can provide for professional quotations."

To inquire about the Care & Repair service or to request a job, simply call Age Action's office. The older people's charity can be reached at 021-4536554

*** For media inquiries or for further information please contact John O Mahony. Details below ***

John O Mahony

Regional Manager at Age Action Ireland Ltd | St. Luke's Home | Ferney Road | Mahon | Cork

Tel: 021 4536554 | Email: jomahony@ageaction.ie |

Website: www.ageaction.ie

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GLANMIRE & DISTRICT ACTIVE RETIRED GROUP

After a very active, busy and successful year, we are taking our summer break.

Our group meets every Tuesday morning at 11am in SARS Pavilion, for a lively and interesting talk, lecture, keep fit session, line dancing etc takes place, always followed by a welcome cuppa, fresh scones (and cream lush!!) kindly donated by Liam Ryan of Super Valu. We wish to express a very sincere thank you to both Liam and his very courteous and very kind staff for same.

We had many wonderful outings, days out in Fota Wildlife Park, U.C.C, Doneraile Park, Nano Nagle Centre, Ballymaloe Gardens, Garryvoe and Fitzgerald's Park & Museum. As well as this and much, more the crowning holiday for many of us was a five-day outing in Whites Hotel in Wexford. While we sampled Wexford's hospitality and visited places like Dunbrody Ship, Johnston House & Gardens and the Kennedy Homestead. Our year finished with a Tea Dance in the Montenotte Hotel where we were joined by other Active Retirement Groups.

Our group re-commences on September 09th in SARS. We welcome all back and hope that many more new members join us. Fáilte roimh gach

Dúnadh Mhonarcha Ford i gCorcaigh, 1984 Nuala Ní Loingsigh

Ar an Aoine dhubh, an tríú lá déag de mhí Iúil, tríocha bliain ó shin, chuaigh ocht gcéad fostaí isteach ag obair don uair dheireanach i monarcha Ford. Bhí deireadh le líne chóimeála Ford.

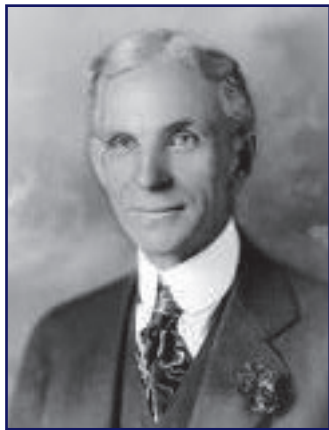
“Is é seo an lá is faide i mo shaol. Níl a fhios agam cá bhfuil mo thriail anois”. Seo mar a dúirt oibrí amháin an lá sin agus níl aon dabht ná gur léiriú é seo ar mhothúcháin na foirne oibre.

Ba é seo an chéad mhonarcha lasmuigh de na Stáit Aontaithe a bhunaigh Henry Ford. Rugadh Liam, a athair i mBéal na Scairte in Iarthar Chorcaí agus chuaigh ar imirce go dtí na Stáit Aontaithe. Chuir sé féin agus a theaghlach fúthu i Stát Michigan agus chuir sé monarcha gluaisteán ar bun i nDetroit. Bhí cáil air mar ag an am tosaigh sé líne chóimeála agus thairg sé gluaisteáin shaora.

In 1917 d’oscail sé a chéad oifig in Éirinn ag 36, An Meal Theas. Deineadh an chéad tarracóir Ford in 1917 agus níos déanaí deineadh gluaisteáin. I nDeireadh Fómhair 1982 d’infheistigh Ford thairg ar dheich milliún punt sa Ford Sierra ach, fairéir, níor éirigh leis an tionscnamh mar ní raibh aon chosaint do thionscail na hÉireann i réimeas saorthrádála Chomhphobal na hEorpa ó 1985 amach. Bhí Ford anois i gcomórtas leis na comhlachtaí gluaisteán eile. Chomh maith leis sin, bhí cúlú eacnamaíochta sa Chomhphobal agus ghoill sé sin ar thionscail na ngluaisteán.

Tharla an rud céanna le Dunlops agus dhúnadar san a ndoirse in 1983. Ba thruamhéileach an scéal é do Chorcaigh. Ba mhór an díomá é mar gur cheap muintir Chorcaí ná tréigfeadh Ford go deo iad.

Ba phribhléid a bheith ag obair do Ford nó Dunlops. Postanna maith buana a bhí iontu. Bhí muintir Chorcaí morálach as imirceach a tháinig ar ais chun obair a sholáthar dá mhuintir féin i gcás Ford. Íocadh daoine go maith ann agus bhí stádas ag baint leis an bpost. Dúirt an ceardchumannaí, Joe O’Callaghan, go raibh an pá go maith agus na coinníollach oibre níos fearr ná aon áit eile sa chontae nó sa tír ar fad. Deireann an tArd-Mhéara ag an am, John Dennehy, go raibh an cúlú sna hochtóidí níos measa ná an cúlú faoi láthair. Anois, ar a laghad, tá polasaí á chur i bhfeidhm don tír ar fad ó thaobh



Henry Forde

fostaíochta de.

Nuair a tharla an scrios seo in 1984, dúirt duine amháin go dtosódh sé a ghnó féin. B’shin an spiorad a bhí ag teastáil agus is mó duine ó shin a dhein a leithéid nuair a chailladar a bpost. Ba é seo an spiorad a mhol William Clay Ford Jr., feidhmeannach Chomhlacht Gluaisteán Ford nuair a thug sé cuairt ar Bhéal na Scairte, áit dhúchais a shin seanathair, in 2011. Mhol sé an teacht aniar a bhí ag teastáil ó Ford chun leanúint ar aghaidh in am na trioblóide agus tháinig an tréith sin óna shinsir in Éirinn. Dúirt sé, chomh maith, go mb’fhéidir go bhfillfeadh Ford sa todhchaí. “Never say Never” a dúirt sé. Faoi láthair tá carranna fós á ndíol agus tá seasca ionad trádála sa tír.

Deireann Vincent Power, a scríobh faoi Ford sna hochtóidí gur scrios uafásach é don chathair agus nár tháinig aon mhisneach chuig an gcathair go luath. Rinne an tArd-Mhéara, John Dennehy, an-iarracht chun daoine a spreagadh i gcomóradh ocht gcéad bliain don chathair. D’éirigh leis misneach áirithe a spreagadh sna daoine ach bhí postanna ag teastáil. Gan dabht tháinig Apple agus Pfizers níos déanaí a chabhraigh go mór.

Bhí bá agam féin le gluaisteáin Ford. Ní dhéanfaidh mé dearmad ar an gcéad charr a bhí agam, Anglia uaine. Bhíodar láidir ach is cuimhin liom go mbíodh fadhb leo ag tosnú dá mbeadh aimsir thais ann. Is mór iad na hathruithe atá ar an saol ó shin, ach cinnte ní dhéanfar dearmad ar Ford i gCorcaigh go luath.

Gluais:

líne chóimeála = production line, assembly line.

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Nessa and Aoife Treacy with Nan Nora from Limerick, at Glanmire Library

RESIDENTIAL PROPERTY LETTING SERVICES OFFERED BY DNG MURPHY CONDON

What We Do:

- 1) We inspect the property and discuss inventory furnishings, length of term, rent and all other relevant factors with the owner/landlord.
- 2) We request a full inventory from the landlord, including electricity and gas meter readings.
- 3) We seek a suitable tenant, advertising if necessary.
- 4) We show the property to the potential tenants.
- 5) We seek references from tenants as follows;
 - (a) Photographic I.D.
 - (b) PPS number
 - (c) Previous landlords written or verbal reference
 - (d) Present or past employers reference
- 6) Seek a security deposit (equivalent to one months rent) and one months rent in advance from the tenant.
- 7) Prepare a Lease Agreement for signature by landlord and tenant outlining agreed method of payment of rent and all other outgoings.
- 8) Register tenancy with PRTB (at landlords expense) current rate is €90.00
- 9) Notify landlords and tenants of any problems or complaints as soon as possible.
- 10) Attempt to mediate in any dispute, referring unresolved issues to the PRTB board.
- 11) We recommend various trades people, cleaners, odd jobbers etc.
- 12) We pass the security deposit to the landlord at the commencement of the tenancy.

- 13) We deduct our professional fees of 5% of one years' rent and agreed expenses from the advance rent payment, regardless of the length of the tenancy.
- 14) If it is agreeable that the tenant stays longer than the initial agreement we charge €100+ VAT processing to renew the contract.
- 15) We reserve the right, having given 7 days written notice, to inspect the property periodically.

What We Don't Do:

- 1) We make no guarantees regarding landlords, tenants or properties. Whilst reasonable care is taken in setting out the terms and conditions of the letting agreement, both landlords and tenants, must satisfy themselves as to the suitability of the agreement and we recommend that all parties consult their solicitor prior to signing.
- 2) We do not collect rent or accept rent on behalf of the landlord. We recommend that rent and other out goings are paid in one of the following manners;
 - (a) Monthly direct transfer to the landlord's bank account.
 - (b) Monthly cheque or cash directly to landlord.
 - (c) Collection by landlord on an agreed date each month.
- 3) We do not carry our repairs, hire cleaners, odd jobbers, trade's people etc. When repairs etc. are required we will make recommendations if desired. Payment of these trade's people is the responsibility of the landlord or the tenants and we do not accept any responsibility in these matters.
- 4) We do not lodge or bank monies to landlords or tenants accounts. If on occasion, we

may lodge money to landlords or tenants account we accept no responsibility for accuracy of the transaction or give no undertakings as to the date or time of the lodgement.

5) Security Deposit: We do not retain the security deposit. It is passed to the landlord at the commencement of the tenancy. We inspect the property, if required, at the end of the tenancy. We accept no responsibility for its return at the end of the tenancy.

RESIDENTIAL PROPERTY MANAGEMENT SERVICES OFFERED BY DNG MURPHY CONDON

What We Do:

1. We inspect the property and discuss inventory furnishings, length of term, rent and all other relevant factors with the owner/landlord.
2. We request a full inventory from the landlord, including electricity and gas meter readings.
3. We seek a suitable tenant, advertising if necessary.
4. We show the property to the potential tenants.
5. We seek references from tenants as follows;
 - (e) Photographic I.D.
 - (f) PPS number
 - (g) Previous landlords written or verbal reference
 - (h) Present or past employers reference
6. Seek a security deposit (equivalent to one months rent) and one months rent in advance from the tenant.
7. Prepare a Lease Agreement for signature by landlord and tenant outlining agreed method of payment of rent and all other

- outgoings.
8. Register tenancy with PRTB (at landlords expense) current rate is €90.00
9. Notify landlords and tenants of any problems or complaints as soon as possible.
10. Attempt to mediate in any dispute, referring unresolved issues to the PRTB board.
11. We reserve the right to employ trade's people, cleaners, decorators, odd jobbers etc. as required and, in the event of emergency, without consultation with landlord or tenant.
12. We arrange for payment of these people (mentioned in No.11 above). This may be done in several different (agreed) ways including payment of rents to this office for a period.
13. We pass the security deposit to the landlord at the commencement of the tenancy
14. We deduct our professional fees of 10% of the annual rent and agreed expenses from the initial advance rent and security deposit. The balance of the security deposit is transferred to the landlord.
15. At the commencement of a 2nd year (and subsequent years) we will deduct a further yearly charge and agreed expenses or request that the landlord make payment of the agreed amount to this office.
16. We reserve the right having given 7 days written notice to inspect the property periodically (3-4 times annually)

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See page 32 Blackpool 4220019

Glanmire 4821788

LIBRARY NEWS



Daniel and Aisling Ryan with Mom Tricia from Sallybrook



Children who recently took part in the "Horror" Special Effects Workshop at Glanmire Library as part of the Summer Arts Festival.

Glounthaune selected to represent Cork South in the All Island Pride of Place Competition

Cork County Council have announced that Glounthaune will represent Cork South in the national competition Pride of Place covering all 32 counties. This competition sets out to acknowledge and celebrate voluntary community work in the Island of Ireland and assesses work done by community groups demonstrating commitment, cooperation and spirit that exists in the area.

Glounthaune will be assessed in the population category 750 - 1500. The adjudication will take place on Friday August 29 over a 2 to 3 hour period when an adjudicating team of two accompanied by Cork Co. Council officials will listen to short presentations by voluntary groups from Glounthaune in the Glounthaune Community Centre and get an opportunity to have a short guided tour of the area. Glounthaune Tidy Towns made a submis-

sion earlier this year to Cork Co. Council and are the lead voluntary organisation for the 2014 Pride of Place competition.

Conor O'Brien chairman Glounthaune Tidy Towns said that the club is delighted and honoured to have been nominated by Co. Council to represent Cork South. Conor said "The nomination reflects the numerous projects and developments in Glounthaune for over 20 years and the commitment of the local voluntary workers over the years." Following the Pride of Place nomination Glounthaune Tidy Towns will receive significant grants from Cork Co. Council, the Department of the Environment, Community and Local Government for village enhancement and approach road improvements to be committed by Sept 2014.

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Ask Your Pharmacist

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

pharmacyfirstplus 



I was in our pharmacy in Douglas earlier this week and I got asked a simple, yet incredibly complex question by a patient of ours.

"Do I have to?"

This was in relation to her Warfarin appointments. She had been put on a course of antibiotics and some steroids to battle a chest infection, and on top of all that within the next week she must attend the warfarin clinic in CUH to ensure that neither of the medications causes her to have a high risk of bleeding or a stroke.

Warfarin is a blood thinning medication, or an anti-coagulant, and if you are on this medication you need to get the viscosity (thickness) of your blood checked on a regular basis. Traditionally, Warfarin clinics have been held in the hospital setting.

On Monday 18th August, Pharmacy First Plus will begin Warfarin clinics at our pharmacy in Douglas Village Shopping Centre. Our patients, like the lady above, would be able to come back to PFP Douglas to be checked out, saving the hassle of attending the hospital clinic where she has to wait for up to two hours. At Pharmacy First Plus Douglas, patients get their results and recommendation in minutes. To know more about this and other services at Pharmacy First Plus, just call in and ask us!

For more information on our upcoming Warfarin clinics contact:

Darren Breathnach

Clinician Pharmacist

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

pharmacyfirstplus 

Area News GACA GLANMIRE BUS SERVICE

REMINDER BUS GOES EVERY HALF AN HOUR TO AND FROM THE CITY. THIS FANTASTIC SERVICE NEEDS YOUR SUPPORT. WE HAVE FOUGHT LONG AND HARD FOR AN IMPROVEMENT OF SERVICE SO PLEASE SUPPORT.

EVERY MONTH ON THE SECOND MONDAY A PUBLIC MEETING IS HELD IN THE COMMUNITY CENTER AT RIVERSTOWN CROSS AT 8.30PM

GLANMIRE COMMUNITY ASSOCIATION MONTHLY MEETING

This meeting is open to everyone in the greater community area, please come along and get involved. A community center needs community to get involved.

Some of the issues discussed at our last meeting.

TIDY TOWNS: doing fantastic work on the Hazelwood road, it really has brightened up the area. We are always looking for people

to give a hand, so if you have an hour or two to spare get in touch with the community center.

DRAINS: most of the drains in the Glanmire Area are full up with clay and gravel and badly need attention before the winter, letter to be sent to the Area Engineer.

BARLEYCORN BRIDGE: the bridge has been hit again by and some of the stone has come loose, this really needs attention and does the wall near the Grotto, stones have fallen on to

the footpath and is dangerous for people walking.

HERITAGE WEEK: 24th to 31st August a wide range of activities arranged from poetry readings to photographic exhibition to Music evening in Riverstown House on the Friday. Details available from Community Centre.

Our new WEBSITE www-glanmireareacork.com has just come on line do check it out.

Our 30th season comes to an end and what a mixed bag it has been. Martin Noonan, Michael O Leary, Eamer Coughlan, Natalie Russell, Laura Casserly and Luke Delaney all reached All Ireland Finals. While Luke Delaney was our only Winner, the fine margin of winning and losing with the new scoring system was so narrow, our Boxers could easily have taken another three titles. Our ten man Squad for the Munster Championships in Ballybunion, Co. Kerry won the John Mahon Memorial Cup for the Best Club, the first Cork Club to win this Prestigious Award.

Shannon O Connor and Lauren Casserly became our first females to box at Championship level. Both went on to win County and Munster titles and were joined at the All Irelands by Natalie Russell, both Lauren and Natalie come up just short in their respective National Finals. Our fourth female boxer Karen O Sullivan will make her Championship debut in October.



Our Annual Tournament in The Vienna Woods Hotel was again a huge success and our fundraising Tournament In The Upper Glanmire Sports Hall in association with The Glanmire Macra na Feirme was another great night. The highlight of our Season was without doubt our 30th Anniversary Dinner which was held in the Vienna Woods Hotel. A fantastic night was had by all, and as the Club look towards the future, and with such a brilliant group of Boxers and a very hard working Committee we have in the Club at present it looks like a

successful future.

Our success over the last 30 years was down to a lot of people who have backed us financially and in a lot of other ways but the Glanmire Community Association who we have been renting from for the past three decades have been brilliant to us. There has been many individuals and companies who have sponsored us over the years, too many to mention here and we say a big thank you to those people.

The club's main focus now is development, critical to this

development is having a place of our own, where when it comes to preparing for Championships, we can turn the key and train when we need and want to. Our biggest handicap is not having our own Gym, our ring in place 24/7, dressing rooms and showers for both male and female. We potentially stand as the only Sports Club in the Greater Glanmire Area and maybe further afield that do not have those basic facilities. In a Sport where weight management is the key to success, not being able to shower after training is a major disadvantage to our Athletes.

Ours is a club that competes on the national stage with the potential to be the strongest club in the south. We will endeavor over the next few years to have these facilities for our Boxers who travel long distances from Cobh, Carrigaline, Ballymacoda and Kilbrin to be part of our Club. Brian Barry Club Secretary

24 Hour Non Stop Cycle Challenge

The Watergrasshill based "Over The Hill Cycle Club" took part in the "Geared For Life" 24 hour 600km cycle challenge from Mizen Head to Malin Head in aid of Pieta House, the suicide and self-harm charity. The 24 hour cycle took place on Thursday Ju24th/25th. The 17 club members who took

this mammoth task each completed the 600km estimate they will need to cycle an average of 24km per hour in order to achieve their aim.

The Over The Hill cycle club was formed in 2011 and has over fifty active members at present. The club have a personal reason for promoting "Geared For Life" event and

for choosing Pieta House as the devastation of suicide was experienced by a club member last year when his twenty one year old nephew Daniel took his own life (I was talking to Daniel's uncle on the phone yesterday).

There will be sponsorship cards available at all local outlets over the next number of weeks to enable people to give what they can to support this effort and

the club stress that all funds raised will go to Pieta House, Suicide Prevention Centre, Cork.

Anybody who wishes to donate directly into the Pieta House Bank Account set up for the event can do so at any AIB branch by paying directly into account number: 50241035 sort code: 936383. Donations can also be made through www.mycharity.ie/events/pietagearedforlife



The Glanmire Area Community Association is very excited about the launch of our new Web site. The web site will feature up to date information on matters and events happening in the local area, photos, articles, an activities calendar and much more, see some sample pages below and visit www.glanmireareacork.com



GACA NEWS

GLANMIRE AREA Tidy Towns **NEED YOUR HELP!**

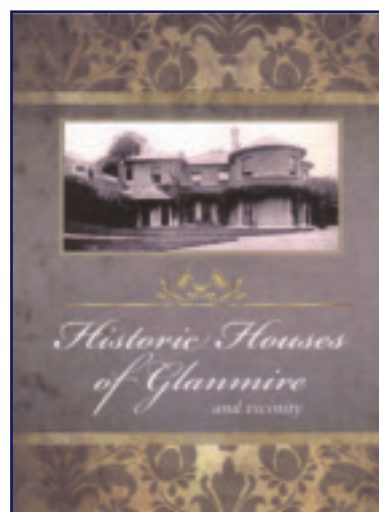
We meet each week and do some cleaning, planting and painting... Can you help? We don't expect expert gardeners or painters, but anyone can help... young & old alike!

Together we can make our villages better

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

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

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



Glanmire Trails

We have a number of excellent walking routes around Glanmire. Please click on the appropriate link below to view a PDF of that walking route. You can zoom in on the PDF once it opens in a new tab. You can also download and save the PDF to your computer. If there is wording that you are unable to read then please rotate the PDF as per [this image](#). [Click here](#) to view.



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Glanmire (0)21 482 1333
Area Community Association

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Welcome to the Glanmire Area Community Association

The Glanmire Area Community Association was founded in 1981 to promote better community facilities for all residents of the Glanmire area. We are a voluntary organisation based in Riverstown, Glanmire, whose main objective is to assist all voluntary organisations in the local community.

Glanmire Area News

Glanmire Area News 6,000 FREE

[Click here to open](#)

Latest News

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Sallybrook, Glanmire.

Sun. 10th August 2014

9.00am to 3.00pm

Contact Carol 087 1415299



Glanmire Car Boot & Farmers Market (Opposite Woodview Family Doctors)

Sun. 10th August 2014



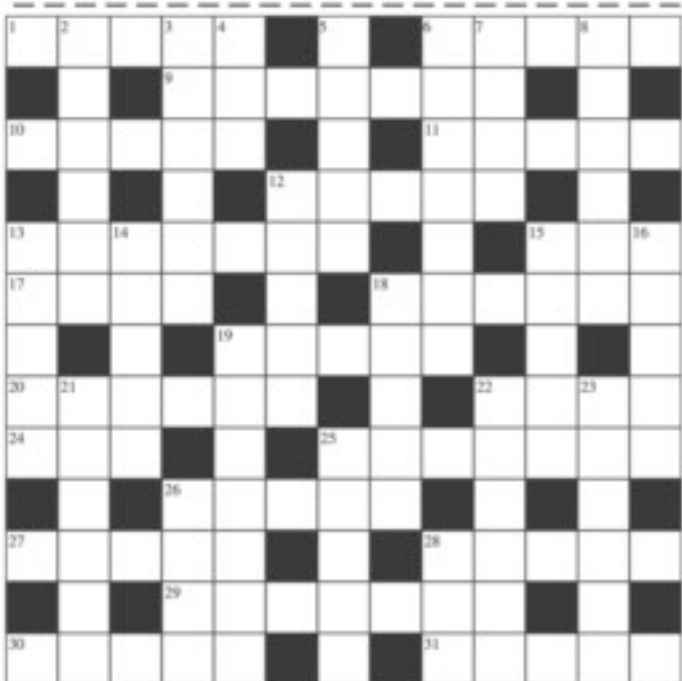
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Across

1. German goalie (5)
6. Dark hardwood (5)
9. Ultimate, superior (7)
10. Track, find (5)
11. Desolate, barren (5)
12. Oyster gem (5)
13. Austere, strict (7)
15. Small green vegetable (3)
17. Annoyance (4)
18. Berates (6)
19. Because (5)
20. Type of monkey (6)
22. At one time (4)
24. White wine and cassis (3)
25. Dampen (7)
26. Protective garment (5)
27. Not fresh (5)
28. Lacking originality (5)
29. Type of small dog (7)
30. British racecourse (5)
31. Heat-resistant glass (5)

Down

2. Our continent (6)
3. Accompany (6)
4. Regret (3)
5. Emerald colour (5)
6. Hug (7)
7. Found in church spire (4)
8. Came closer (6)
12. French capital (5)
13. This starts a fire (5)
14. Type of flower (5)
15. Put in the ground (5)
16. Very pale (5)
18. Descendant (5)
19. Not to be trusted (7)
21. Pause (6)
22. Sea eagle (6)
23. Middle (6)
25. Part of face (5)
26. As well (4)
28. Useful piece of advice (3)



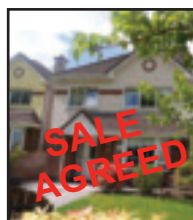
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SEND your entries marked CROSSWORD to Glanmire Area Community Association, Riverstown Cross, Glanmire, to arrive by 21st August. The prize is a meal in BEVA CAFE which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, with your address.

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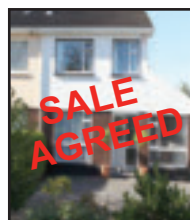
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Glanmire



Dromana,
Barnavarra Hill,
Glanmire



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Close,
Glanmire



14 Brookville
Estate,
Glanmire



FOR SALE
17 Oakfield Avenue,
Glanmire



FOR SALE
15 Copper Valley
Vue, Glanmire



FOR SALE
6 Annmount
Glounthaune



FOR SALE
Clykeel,
Rathcormac



FOR SALE
5 Hazelwood
Close, Glanmire



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Hermitage, Glanmire

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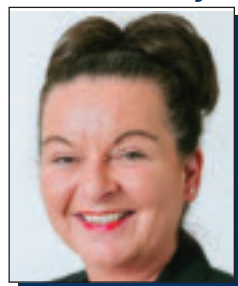
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