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THE DIFFERENCE IS WE DELIVER

Issue 9 - September 2014

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



The Glanmire Area Community Association's Public AGM will take place on Monday 8th of September 2014 at 8pm in the Community Centre in Riverstown. All are very welcome to attend.



Noel O'Riordan Manager of Ryans SuperValu Glanmire presents sponsorship cheque to Daniel Le-hane coordinator of the Summer Youth Scheme with all the participants - See page 29.

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Sept. 2014 - tennis at Fota, sports with Spanish, music lessons, indoor soccer, science project, baking and knitting..

Transport from Glounthaune N.S. Open to offering transport from St. Josephs N.S, Brooklodge N.S. and Gaelscoil Ui Drisceoil.



If you would like to arrange a visit please contact Teresa O'Mahony on 086 6001679

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LEGION OF 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 for further information and your sponsorship pack.
021 4823625
www.friends-ofleukaemia-patients-cork.com

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Please Ring Tel.: 4922083
Visit : www.pnd.ie

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Get our book Recovering from Post natal Depression from Easons Support meeting last Tuesday of the month.

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1 Castlewood, Little Island. (opposite Topaz garage)

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www.timeofwondermontessori.ie or find us on facebook.

Set Dancing Classes held every Wednesday night at 8.30pm to 10.30pm in Upper Glanmire Community Centre. Classes are recommencing on Wednesday 10th September 2014. If you want a fun way to exercise these classes are what you need. Everyone welcome. Contact Margaret 087 9960856. Ber 087 9601504.


Dickie Rock Concert that is being hosted by The Girls Club and the Cork Dragons on 20th September 2014.
It should be a great night with Dickie Rock and some local Cork singers as well :-)
The Girls Club (cancer support centre) & the Cork Dragons are all about fun and a fighting spirit. Together we support each other, remain positive and most of all keep smiling! €33.60

Glanmire Youth Club Re-opens
on the 17th of September at 7.30pm at the GAA Pavillion Sallybrook ,Glanmire.
New members welcome. Boys and Girls from 10 to 15 years.
Registration Night is on Monday the 15th of September 2014 at the GAA Pavillion from 7pm to 8 pm
All of those interested in joining the Youth Club must register on the 15th of September.
We are looking for Volunteers for the Club they must be over 18 years.
All our Volunteers are Garda Vetted and all complete a course in Child Protection Training.
Inquiries to Virginia 086-2660831

ALCOHOLICS ANONYMOUS OPEN PUBLIC MEETING
Tuesday 7th October at 8.30pm
in Riverstown Community Centre
All welcome

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If you're suffering from nerve problems in the arms and legs, you must read about a clinical study that showed..

How 85% Of Patients Eliminated Numbness, Tingling, or Sharp Pains

Numbness, tingling, and pain is an extremely annoying problem.

It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other doctors and they claim all the tests indicate you *should* feel fine.

If You Read Nothing Else, Read This:

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, clinic owner at Glanmire Chiropractic Clinic. I've been helping people with neuropathy and nerve problems for more than 14 years.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves.

By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

For example, numerous studies have proven chiropractic's effectiveness in helping nerve conditions.

Patients showed an **85.5% resolution of the nerve symptoms** after only 9 chiropractic treatments. - *Journal of Chiropractic Medicine 2008*

With chiropractic care, patients had "significant improvement in perceived comfort and function, nerve conduction and finger sensation overall." - *JMPT 1998*

"Significant increase in grip strength and normalization of motor and sensory latencies were noted. Orthopedic tests were negative. Symptoms dissipated." - *JMPT 1994*

What these studies mean is that you could soon be enjoying life...without those aggravating nerve problems.

Could This Be Your Solution?

It's time for you to find out if chiropractic will be your neuropathy solution.

For 14 days only, €60 will get you all the services I normally charge new patients €265 for!

What does this offer include? Everything. Take a look at what you will receive:

- An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms... (NOTE: These would normally cost you at least €195).
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- I'll answer your most probing questions about nerve problems and how chiropractic can help.

Until September 12th, 2014 you can get everything I've listed here for only €60. The normal price for this type of evaluation including x-rays is €265, so you're saving a



Don't let numbness, tingling and pain hold you back from enjoying life.

considerable amount by taking me up on this offer. Call 021-4824450 now.

We can get you scheduled for your consultation, exam and x-rays as soon as there's an opening.

Our office is located in Eastcliffe House, Glanmire. (next door to AIB). When you call, tell the receptionist you'd like to come in for the *Nerve Evaluation* so she can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely,
Dr Eric Kelly, D.C.

P.S. Remember, you only have until September 12th to reserve an appointment at this significant discount. Why suffer for years in misery?

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

P.P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt – and the pain just won't go away! Take me up on my offer and call today 021-4824450.

Riverstown/Brooklodge FC *A Sporting Chance*

News from Eastcliff Park
A very successful and well-attended Riverstown FC Annual Awards Night was held on Tuesday July 15th in the Vienna Woods Hotel. All teams who won or finished runners-up in their respective leagues were presented with their Cork SchoolBoys/Girls medals on the night. In addition, Player of the Year, Team Player of the Year, and Top Goalscorer trophies were awarded to deserving players on each team. A great way to close out the season. The Senior Women finished their

summer league campaign in third place in Div 1, just missing out on promotion. However, they hope to end their season on a high after qualifying for the Kevin Barry Cup Final. The final against Carrigaline Utd is at Turners Cross on Saturday August 30th with a 4pm kick-off.

The new season is underway with pre-season training starting back in July, for our Senior and Youth teams. This season we have a total of 2 Riverstown/Brooklodge teams competing

in the Junior League 1/2 of the Munster Senior League, an U17 team in Div 1 of the Cork Youths League, 10 Cork Schoolboys League teams from U11 to U16 and 4 Cork Schoolgirls teams at U12/U14/U16 and for the first time, Riverstown, have an U18 Girls team. All teams are recruiting players new or old for next season. If interested in playing please contact the club, or the team manager of your age group.

A reminder that the club registration fee needs to be paid before

the season starts to ensure that all players are fully insured. The Riverstown FC Academy will restart in September. The Academy provides coaching and non-competitive football from U7 to U10 age groups for both girls and boys. The girls train with the boys at all ages in the Academy. The ethos of our Academy is non-competitive, we aim to provide a safe and fun environment for your child to learn the skills required to play Soccer.



U15 Division 2 Champions



Awards Night Crowd



U11 Division 1 Champions



Riverstown FC Girls Awards Presentation.

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*Primary and secondary back-to-school expenses only. Loans are subject to approval. Terms and conditions apply. For a €1000.00, 1 year variable interest rate loan, with weekly repayments of €19.97, an interest rate of 7.5%, an APR of 7.8%; the total amount payable by the member will be €1038.28. Glanmire Credit Union Limited is regulated by the Central Bank of Ireland

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

The Reception and Integration Agency (RIA), which is a unit of the Irish Naturalisation & Immigration Service, a division of the Department of Justice & Equality, is responsible for the accommodation and ancillary services for asylum seekers. There are thirty four accommodation centres located in sixteen counties, twenty six of which, including the Ashbourne House Centre, are commercially owned. The overall occupancy of 4,360 for year ending December 2013 is 86.4% of that contracted, and this occupancy figure is 10% less than in 2012. It is also the fifth consecutive year of a decline in numbers, and for the five year period between the years 2008 and 2013 there are now a total of 2,642 persons less in accommodation. This is a decrease of 37%, but even though the numbers continue to decline the average length of time spent by residents in the system continues to increase. The 2013 end of year figures show that 68.2% of residents at the centres first claimed international protection in Ireland a minimum of three years previously; in 2012 it was 59.4%.

The RIA has no function in the processing of protection claims as this is the remit of the Office of the Refugee Application Commissioner (ORAC), but it has the responsibility of accommodating the asylum seekers in RIA centres while their applications for asylum are processed. Consequently the RIA has no control over the number of people which require accommodation, or the length of time they spend in the asylum process. There is no obligation placed upon asylum seekers to avail of the accommodation offered by the RIA, and some in fact choose to live with relatives or friends, or make use of their own resources. A total of Eur 55.2 Million was spent on asylum seekers' accommodation in 2013, and relative to the twenty six commercially owned contracted centres; an expenditure of Eur 45.735 Million is included in this figure. The total 2013 amount is a decrease of 11.4% on the Eur 62.3 Million spent in 2012, and it is a decline of 39.6% on the Eur 91.5 Million peak of 2008. Asylum seekers are not permitted to work and they receive a weekly allowance of Eur 19.10 per adult, and Eur 9.60 per child. However, if they so choose, they are naturally allowed to partake in voluntary work such as being involved in local community activities. In this respect the residents of the Ashbourne House Centre have many options at their doorstep, but are they availed of? There are plenty of varied choices available to them, and apart from the integration aspect within the community, it also gives them the opportunity of giving something back. The Tidy Towns is one of the many examples that they could get involved in, and a project such as their responsibility for the up-keep of the nearby "Old Road" would be very appropriate. Integration is the act of bringing people of different racial and



ethnic groups into unrestricted and equal association. It is a reciprocal gesture and relative to subject matter one may wish to know; have the residents been asked to partake in local community life? Have they been encouraged to do so? Have they indicated any willingness to become involved? The RIA provides training and support to the proprietors and management of the centres and it oversees a very comprehensive and detailed inspection system. The primary purpose of these inspections is to record a snapshot of the physical conditions of the centre on the day of inspection, and also to ensure that the services contracted by the RIA are being delivered by the contractor. The unannounced inspections are carried out by an in-house inspectorate of the RIA, and also by an independent company with expertise in fire and food safety. Every effort is made to inspect accommodation centres at least three times per annum, twice by the internal RIA inspection team, and minimum once by the independent inspection company. In 2013 there were one hundred inspections carried out, of which fifty two were by RIA staff, and forty eight by the independent inspection company. Four inspections were carried out at the Ashbourne House Accommodation Centre in 2013, two by the RIA personnel and two by the independent company. The owners, management and staff must be very pleased with the reports, which averaged thirty five pages, because apart from a few minor issues which required attention, and were subsequently addressed, the Ashbourne Centre met the criteria on each inspection. No doubt the residents must also be happy to be accommodated at Ashbourne, which has eight on-site activities available for children, including a crèche. The RIA operations unit conducts clinics at the various centres as well, and these are carried out on at least a bi-annual basis. There were in excess of eighty two such clinics in 2013 and three of these were held at the Ashbourne House Centre. The main objective for holding such is to have RIA staff available to discuss issues on a one-to-one basis, but it also offers an opportunity to review and examine the centres and their general operation. While residents can raise their concerns and address complaints at any

time either to the centre manager, or by using the official complaint procedures, the information clinics provide an opportunity for face-to-face communication with RIA staff on such matters. The issues submitted are investigated, and information as well as referral details are provided where necessary.

The residents are assured of confidentiality, and in order to discuss the problems raised with the relevant personnel, their permission must be sought. Unlike centre inspections the RIA clinics are pre-announced and residents are informed one week prior to the clinic taking place. The Ashbourne House Centre has a contracted capacity of ninety five persons and the 2013 end of year report shows occupancy at eighty eight; thirty six male and fifty two female. This constitutes twenty four family units and the following is the age profile: Under 4 Years: Twenty; 5/12: Twenty Eight; 13/17: Three; 18/25: Two; 26/35: Twenty; 36/45: Fourteen; +66: One. The Nationality breakdown is: Nigeria: Thirty; Albania: Fifteen; Pakistan: Eleven; Ghana: Seven; Kosovo: Five; "Other": Twenty. Fifty five residents are now at the Ashbourne House Centre for a minimum of four years, of which twenty eight have been accommodated there for a minimum of six. Memories are rekindled for many in the locality when Ashbourne House is mentioned because it was of course formerly the Ashbourne House Hotel, which closed in May 2000. The proprietors were the Garde family and the hotel was popular for many in the community, let it be; a wedding, a family gathering, a birthday party, a first communion, a confirmation, a dinner dance, a meeting, or a facility for "a sociable few" and a "bite to eat". It was also possible for the children to play in a carefree environment, and perhaps some of today's teenagers and young adults were reared at Ashbourne! Locals who were employed there have many memories also, as have the student "telegram boys" who delivered the congratulatory "best wishes telegram" on wedding reception days, having collected same from the post office, which was then located in the village. There could be in excess of one hundred and fifty on occasions and the post mistress, the late Mrs. Murray, noted the messages per phone calls received from various post offices, and then transferred same on to the official format. This was an enormous workload, especially bearing in mind the other day-to-day business. Ashbourne House, situated in the townland of Johnstown, is a listed building with a record protected structure number

00498, and it was once home to the Beamish family. Its gardens which are known and acclaimed world-wide were in the past open to the public one day per annum, and the St. Vincent De Paul Society was the beneficiary of the monies raised through the entrance fees, etc. "Ashbourne Gardens" appears in many publications and the following is an extract from; "Historic Cork Gardens": "Mr.R.H.Beamish laid out his alpine and sub-tropical gardens at Glounthaune in 1900. Included were plants from China, introduced by E.H.Wilson, and from New Zealand by Captain Dorrien Smith of Tresco Abbey in the Scilly Isles. Notable species include *Haplocartha Scaposa* introduced from South Africa by Mr. Beamish, together with the rare Mexico White Pine (*Pinus Ayachuete*), the tallest in Ireland and Britain". An article in the Ireland Regional Digest of the British publication "Gardens & Arboretums" is reproduced on the Heritage Board which was erected near the Ashbourne House entrance in June 2013. The digest advises that Richard Beamish laid out gardens at Ashbourne with a number of distinguishing features, including a bog garden, an unusual arched Irish Yew Walk, and a woodland garden. It references the fact that the trees were sourced from all areas of the world, the most of which came through the collectors based at Glasnevin Botanical Gardens and Kew Botanical Gardens in London. It also mentions that Richard Beamish is credited with the name; "Meconopsis Beamishii", which is a beautiful yellow flowering poppy that originated at Ashbourne in 1906. Numerous other global publications have articles on the great plantsman Richard Beamish and the famous Ashbourne Gardens. Many of the plants may still be admired today, but it is regrettable that large indefinite numbers were removed during the fifties, and sadly the quality, character and presentation of the gardens at present bears no resemblance to that of bygone days. In 1971 Michael R. Garde, who was a former proprietor of the Ashbourne House Hotel, composed a poem entitled, "Ashbourne": Quote: Through the net curtain of colour blindness, the scene a many layered cake; grass, water, undulation, cloud and sky. Skeletons of different species – their bodies not quite decomposed. Streaky, bent branches representing force encountered – for a time subdued. A stretch of aerial limestone serrates the total nimbus, the shock absorbent mud closes in on the undredged dying channel; water surges in triumphant with the tide, at ebb it retreats to seek safety. Later, a refinement of two shades. Dark and Darker perforated by sound not sight. Darkness followed by a switch to electric light, the curtain which filtered blindness now excludes the night, and mirrors man's creation. Unquote. SLÁNOIS ©

Burning YOUR Waste is Polluting YOUR Environment



It's time to change your habits and start disposing of your waste in a safe manner.

Make the change yourself before a fine makes you change your mind.

STATUTORY INSTRUMENTS: S.I. No.286 of 2009

WASTE MANAGEMENT (PROHIBITION OF WASTE DISPOSAL BY BURNING) REGULATIONS 2009

"... these Regulations include the prohibition of the disposal of waste by burning and the prevention of environmental pollution by such disposal."

Cork County Council, Environmental Awareness & Research Unit } Tel: 021 4532700
Cork County Council, Waste Enforcement Unit }

BACKYARD BURNING

A number of people still rely on burning as a traditional form of waste management. This is no longer acceptable as it poses a threat to our environment and human health.

The following practices are examples of backyard burning:

- Burning waste in a barrel or exposed heap (bonfire) in a yard or garden
- Burning in a purchased ready made "home incinerator" *
- Burning commercial waste on a business premises or farmyard
- Burning waste on a building site

All of these are illegal under the Waste Management (Prohibition of Waste Disposal by Burning) Regulations 2009.

The above burning activities are also legislated for by the Waste Management Acts 1996 to 2011 and the Air Pollution Act 1987. The Waste Management legislation makes it an offence to:

Dispose of waste in a manner that is likely to cause Environmental Pollution.

Cork County Council (Storage, Presentation and Collection of Household and Commercial Waste) Bye-Laws 2014 require Householders to be able to prove how they dispose of their waste. Provision is made for an on-the-spot fine of €75 for breaches of the Bye-Laws.

The Air Pollution Legislation makes it an offence to:

Cause or permit emissions (including smoke and odours) from your premises in a manner that will cause a nuisance.

People are also advised that the causing of a nuisance may give rise to a civil action against the person causing the nuisance.

Cork County Council has brought successful prosecutions for these activities under the Air Pollution and Waste Management legislation and will continue to do so in the future.

* DIY stores and other suppliers have been informed by Cork County Council that the use of home incinerator units may give rise to air pollution.



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Venue: Upper Glanmire Community Centre

Contact: Marc for costs and booking
085 1703240



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Charlie Wilkins

Weather is both enjoyed and endured! It can be benign or devastating. It is one of Earth's last wild things and although we can predict it to some extent, we cannot control it. Weather profoundly affects our culture, our economy and our well-being. Autumn initiates the wettest, windiest season of the year, and it usually sees the final break-up of the flimsier components in the ornamental garden. Generally however, the season seldom fails to provide at least some fine settled spells which bring us light which is soft, a countryside that virtually glows, and temperatures which are pleasantly warm rather than hot and sticky.

Since early May, the weather has been the focus of our attention, and irrespective of what it brought, it was seldom enough to satisfy us. We hoped for the hot, summer sun, the long evenings outside, and the joy (and wonder) of one fine day following another. Now, as the children return to school and holidays come to an end, there is still the hope of even more to come. In hushed and whispered tones we speak of an Indian summer, a time of flower festivals and harvest thanksgiving, of evenings full of such undervalued qualities as sharing and family gatherings, and sunsets full of decorative dahlias and scented roses.

One could be forgiven for thinking that the term 'Indian summer' had much to do with the Far East, with rides on overflowing public transport through Delhi or Bangalore and oriental dishes full of hot curried ingredients served up in paper thin tacos. You would be quite mistaken, for the Indian reference is not a remnant of the British Empire, but to the Indians of North America. Revise your mental picture now and think of North East America, of the film 'Dances with Wolves', and huge herds of wild buffalo, the cry of a wolf called 'Two Socks', moccasin footwear, and tented teepee villages. Here in the land of the Iroquois warriors, summers were long and autumns golden, full of ripe fruit and long shadows- to be quickly followed by terrible winters of freezing snow, biting

AN INDIAN SUMMER

winds and frightfully long, pitch black nights.

Nothing as severe ever spoils our late autumn but many garden plants react in a fashion which is regular and utterly predictable. The most interesting change in autumn is that which manifests itself in many evergreens as they detect cooler nights and turn from green to a kind of purplish hue. Holly does this, so too ivy, laurel, osmanthus and a host of conifers. The Hebe 'Mrs Winder' is typical of several clones with dark stems and narrow purple leaves whose colouring is more intense in winter. If it flowers at all, it will be in winter, small purple spikelets which move and sparkle like a diamond necklace of street lights.

The purple leaved vine is another immensely valuable plant in an autumn garden for its handsome claret coloured leaves turn a distinct shade of purple once cooler conditions arrive. It looks wonderful with grey leaved plants or with the clematis 'Perle d'Azur'. Sadly, the black shiny grapes are not edible.

There are dozens more which respond to the warmth and light in an Indian summer garden, and whilst they would merit a word now I leave them for later. Meanwhile, I do hope our Indian summer will actually arrive, but if not, there will be no time for regrets. Once the clocks 'go back' it won't be long until Christmas arrives but quite some time before robin songs melt the last of winter.

IN THE SEPTEMBER GARDEN AUTUMN; The mood of autumn is evident in the foliage of trees shrubs and all plant life. The shortening hours of daylight have crept in like the tide, unannounced, marking yet again the ebb and flow of the seasons and of life itself. But while the dance of surrender may be obvious to those who observe these subtle changes, there are still two good months of gardening activity to be enjoyed. The garden can once again become 'a cabinet of curiosities' for shadows will increasingly deceive the eye and light play funny tricks even during a high late August noontime. Now's the season in which to have an eye for detail, a love of the unusual, a collectors mentality for weird shapes, odd movements, and unexpected and sudden bursts of short-lived golden colour. If you garden with grasses and late perennials (rudbeckia, heleniums, aconitum, etc) you'll have these golden treasures I speak of, and be able to rely heavily on shape



Autumn is a mixture of constantly changing colours. In this local Glanmire scene the bright yellow rudbeckias give a golden glow whilst grasses and still emerging dahlias show colour and play funny tricks in the diminishing light.

and pattern for all of autumn through to October.

WIND is a more unpredictable enemy than drought, and you can do less about it. I hate wind especially during the hours of darkness. I hear branches making little screams in the night and I lie awake wondering what damage it is doing in the garden. The victims are not always the plants that look most frail. Clematis, for instance will stand up remarkable well to autumnal gales. A clematis leaf stalk, like a baby's fist, grips what it touches and hangs on to it. As the first shoots of clematis come out of the ground, I always try to point them in the right direction, tying them into their supports. After that, they are mostly left to their own devices. If I miss out on this initial training, shoots tangle into each other and stand away from the support, in a position where they are most prone to wind damage.

PERENNIALS; Many gardeners would never give up dead-heading if they realised the great returns this therapeutic process will give them, and the plants! Anything annual needs dead-heading now, as does the entire tribe of phloxes, all varieties of

helenium, fuchsias of all sorts and absolutely anything you are keeping in a container. It is not just a matter of neatness. Intelligent dead-heading will certainly encourage a second drop of flower by late September. It is the difference between a two-week display and a really prolonged result. I intend to work through my young penstemon because they are excellent repeaters if they are attacked immediately. Common sense is advised when deciding how far to cut a dead flower stem. A rough rule is back to the next pair of leaves. The most prolific heleniums will actually show you the right point because varieties like Moerheim Beauty are already beginning to form a second crop in the axils of the leaves. Dead-heading dahlias can be a pleasantly squashy business but the flower-stem should certainly be taken back to the nearest leaves. If not it will die back anyway. Dahlias really respond to constant dead-heading, an encouragement for a long season into late October. Bedding dahlias are a real pain for they require dead-heading every second or third day is you want to keep a really good show going.



Victoria and Kate Brennan granddaughters of Charlie Wilkins on the Summer Scheme.

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**RYANS SUPERVALU INVEST €2,000 IN
GLANMIRE YOUTH & BEAUTY**

RYAN'S SuperValu Glanmire were delighted to sponsor the wages of 20 young people to the tune of €2,000 on the annual Glanmire Summer Youth Scheme as they worked on enhancing the local area in Glanmire and Riverstick last week.

Run by Glanmire Area Community Association, the scheme-participants received €100 each for the hard weeks work. The 20 youths, who come from the local community, spent the week cleaning, painting and litter picking in their local area.

Speaking about the sponsorship, storeowner Liam Ryan, whose store employs more than 200 people in the Glanmire area, said he was delighted to be involved in supporting this venture.

"Getting involved in worthwhile

causes like this one is just part of the commitment by Ryan's SuperValu to give back to the local community on a regular basis by supporting local projects.

"These youths are an example to the community and we are delighted to be able to sponsor their work," Liam Ryan owner of Ryan's SuperValu Glanmire said.

"The wage was a way of saying that your work is appreciated. We live and work in a beautiful area, but it's hard work keeping it that way. We are thrilled to have the scheme in place and to provide the jobs associated with it.

"We are equally proud to be the main sponsor of the local Tidy Towns efforts," explained Mr Ryan, who has sponsored the scheme in previous years.

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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Picture: Eddie O Connell (OCG) Jim Dennehy (Assistant Treasurer) Bernard Geoghan (OCG) & Pat O Callaghan (PRO)



Erins Own Trip To Croke Park

Lotto:

The latest club lotto numbers were drawn on Wednesday 13/08/2014. The numbers drawn were 10,12,18,20. There was no winner of this week's lotto, 30 winners were, Margaret Foley, Catherine Buckley & Tom Collins. Next week's jackpot is €5510. Tickets can be bought from any member or log on to the clubs website www.erinsowngaa.ie for other ways of playing. Thanks to all those who support our clubs lotto.

Club Shop: New open hours, the shop will now be open during selected week days as well as the weekend normal hours, Monday 10am to 11:30am, Tuesday 10am to 11:30am, Wednesday 10am to 11:30am & 6:30pm to 8pm, Saturday 10am to 12pm & Sunday 11am to 12:30pm, any queries or questions on stock or orders just drop an e-mail to Dara at erinsowngaaclub@gmail.com or phone or text Michael on 086 8699145, Kieran on 087 7787759, Oonagh on 086 8984687 or Dara on 089 4464412

The Erins Own GAA club would like to thank Eddie O Connell & family from the O'Connell Group for their long continued support to the club, 11 years ago Eddie sponsored our scoreboard which was a big contribution to the club moving us from old style scoreboards into the digital, over the years this scoreboard has brought many a smile & tear to many a person's face, & finally after 11 years the scoreboard gave in & needed replacing, The O'Connell family kindly agreed to sponsor a new scoreboard which has since been erected & back keeping the score in Caherlag. Erins Own Juvenile Trip to Croke Park: We had great day out and all the kids were brilliant. We had a full bus (+2) and all the kids, young and old mixed, singing songs, playing games and poking fun at each other. Our journey home was very slow with road works at newlands cross but spirits remained



high right up to midnight when the bus pulled back in to caherlag. Hopefully we will do it all again in the summer of 2015!

Special thanks to Gabor Cserni for organizing our bus. Also to the parents and coaches who traveled and looked after all the kids.

Erin's Own Vs Castlemartyr East Cork Semi-final. Ladies Under 14

It was an exciting evening on the grounds at home, when our girls arrived for their warm up at 6pm. everyone was buzzing with the semi - final match ahead. We worked hard to get here. Throw in by referee Dominic Rooney was at 7pm. We won the toss so played with the setting sun to our backs. Castlemartyr got the first goal in the 8th minute. This was our wake up call. We then claimed back 4 points from frees. The play was 50/50 all through the 1st half, even with us putting 6 wide's, due to a cross wind on the pitch. We went into half time with a draw. We started the second half well by getting a goal in the 2nd minute, which

lifted the girl's spirits. Castlemartyr then took charge by getting 4 points from frees. From their next free they put the ball in the top corner of the net. The setting sun was still in the sky and the conditions were hard on the girl's eyes. We gave it our best effort, but when the final whistle was blown, it was not enough to win. Well done to Castlemartyr for a great clean game. Final score Castlemartyr 2-6 to Erin's Own 1-5.

1. Alison Taylor. 2. Shauna Cunningham. 3. Aoife Kelliher. 4. Anna Mulcahy. 5. Sophie O Neill. 6. Fiona O Neill. 7. Helen Savage. 8. Chloe Galvin. 9. Alanna Mahon. 10. Ciara Carry. 11. Kate Cogan. 12. Katelyn Quaine. 13. Emma O Neill. 14. Niamh Kelleher. 15. Maeve Wall. 16. Rachel Walsh. 17. Grainne Guest.





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TOP TIPS WHEN PUTTING YOUR PROPERTY ON THE MARKET



By Joe Organ (Joe Organ Auctioneers)

Now you've decided on putting your property on the market, it's now time to look at the following:

First impressions count

It may seem a daunting process putting your property up for sale, but once you have made the decision to do so, it's now time to focus on the task at hand, and let go of your emo-

tions. Remember it may be a bit of hard work, but it will be worth it in the end, to achieve the best possible sales price. For most of us this may seem pretty straight forward, but for some of us as we may have lived in the property for so long that we overlook areas that may need attention. Once you have gotten your valuation from the Auctioneer/Estate Agent it would be time to ask their opinion as to what needs to be done to bring your property to market. From the minute a prospective purchaser views your property you want to achieve maximum kerb appeal. If your house is older it may be time to spruce up your property.

Presenting the exterior - start with tidying up the outside of your property. Buyers generally make a decision whether they are interested or not within seconds of seeing the outside of your property. Scan your property from roof to ground level, front to back garden. Time to get rid of and do the following:

- Get rid of cobwebs especially around front door
- Clean fascias and soffits (if need be)
- Paint window sills (if need be)
- Exterior windows clean
- Cut grass, hedges, weed beds and plant additional flowers if need be
- Any clutter from the back/front garden to be tidied up and be removed
- Garage/shed to be tidied up

Presenting the interior – start by decluttering and depersonalizing, by removing toys, books, furniture, old electrical equipment and photographs. You want the prospective purchasers to imagine themselves living in your home, and you must try to create space and light. By putting in the effort now you'll have less to do when you eventually do move.

- Paint the walls a neutral colour if need be. The property has been decorated to your taste, so it's important to make sure the property flows properly. Repair cracks or paint over repaired water stain where they're might have been a previous leak.

- Repair anything in the property that may adversely effect the sale of the property like grouting, cracked tiles, dripping taps, mould on walls, or broken fixtures or fittings.
- Make your property sparkle from top to bottom, paying particular attention to bathrooms, and kitchen. Keep counters clear and clean. Important to make your property smell fresh and clean especially when you have pets. Some people believe that the smell of baking or fresh flowers entices buyers and gives a feel good feeling in a property.
- Bedroom furniture may need to be reorganised, and make sure your wardrobe is neat and tidy.
- Windows to be cleaned inside.
- Additional items may need to be purchased to give an added personal touch to the property like new rugs and bathroom towels.

Once you've put in the hard work then this should pay off in the end with a sale.



SUNSHINE & UMBRELLAS & KEARY'S BMW CLUB TOGETHER FOR CHARITY GOLF ACTION – WHO'S FIT TO PLAY?

Sunshine & Umbrellas are delighted to announce that Keary's BMW are teaming up with them this year as they take to the fairways of Douglas Golf Club on the afternoon of Saturday 13th September for their second annual Charity Golf Day in aid of Cork ARC Cancer Support House and Cork Cancer Research Centre. A brilliant day out is guaranteed, as teams of three tee off for a shotgun start at 3pm. This is your chance to win an amazing car to the value of 20,000 – the first player to put a hole in one on the 7th hole will drive away in a fabulous new car. There is a maximum handicap of 20 for men and 28 for ladies with prizes awarded for the first four teams, the longest drive and nearest to the pin. There is a BBQ on the 12th hole and refreshments throughout. Everyone will be finishing together, and drive on to the 19th hole where dinner is included for all team members followed by an evening of entertainment with DJ, spot prizes and a raffle. Sunshine and Umbrellas is the brain child of Niamh Horgan and Chris McCarthy who wanted to give something back to two of Cork's most deserving charities, Cork ARC Cancer Support House and Cork Cancer Research Centre, having experienced first-hand the great work done by both organisations. Niamh lost her sister-in-law Geraldine Horgan to cancer, while Chris' wife Cathryn died from ovarian cancer in 2012. Chris and Niamh are great believers in the support services offered by Cork ARC Cancer Support House which help with the devastating emotional and psychological impact a cancer diagnosis can have on patients and their families and they are also staunch advocates of the pioneering work of Cork Cancer Research developing new treatments for poor prognosis and incurable cancers. All of their work is voluntary and they have raised 46,000 for these two very worthy causes since they began fundraising in 2013.



“Caoimhe Kelly and Daragh Murray were the first Glanmire Athletics club athletes to participate in completion when they took part in the Rising Suns Games in CIT on the 4th of August, where Daragh won gold in the U12 sprint and silver in the long jump. For more info go to www.glanmireathleticsclub.com”

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Pictured Daragh Murray & Jessica Farrelly receiving a donation from GACA Chairman Nick O'Brien and Chairman of the Glanmire Community Games Michael Burns. Daragh and Jessica are both representing Glanmire/Cork at the All Ireland Community Games 2014 in Athlone. Daragh is competing in the 100m under 12's and Jessica will be competing in the under 16's swimming competition.



Congratulations to Bushido Martial Arts Cork students who successfully completed their Blackbelt grading in Dublin on Sunday 3rd August. Included is Adam O'Connell Banduff, Ashleigh Morrissey Banduff, Jordan McEvoy Mayfield. Included also Colin O'Shaughnessy, BMA Cork Instructor.

For more details on classes contact Colin on 0871326600.

Riverstown ABC Ltd

After our short summer break we got back training for the coming season on Monday 18th August. This training is for our older and experienced boxers who will all be back in action as early as September in the Celtic Box Cup which has boxers from all over Europe competing. The first championships will be the Under 22s in October and that will lead into the Intermediates in November. We will be taken new members from September 8th when all our younger boxers male and female will be back. For information on joining contact Ted 0852722881 or Brian 0851120305. We would

like to take this opportunity to thank all our Sponsors who again generously supported our recent Golf Classic which was again very successful. Super Valu Glanmire, Robbie O Leary, Glanmire Ices, Marlboro Trust, Jack Drench, James Galavan Jigsaw, Cork Fire Brigade Golf Club, Patrick Dunne, Dave McCarthy, Denis McCarthy ITW Ireland, TA GRAPHICS IRL, Dr. Kenefick, Direct Glass & Glazing, O'Connor Motor Factors, Paul Browne, Copper Hair Studio, Alans Tyres.



MIGHTY MILITARY MINDS: World War One (WW1)

Author and historian Tom Burnell, left, from Holycross, Co. Tipperary shares a joke with Bertie MacCurtain, Glanmire, Co. Cork, a member of the Period American Re-enactment & Display Society (The PARDS), at the Cork City Military Show which was held in the Cork Showgrounds, Curraheen, Cork from August 9-10. Proceeds from the 2-day event will go to the Cork Penny Dinners charity.

Picture: Tom Doherty

Riverstown Badminton Club



The Annual General Meeting of Riverstown Badminton Club was held recently. There was a large turnout of members which is always a great sign. There was some debate about various matters that arose during last season.

Chairman Shane Comerford also led a discussion about the coming season. The club is in a healthy state and we have had one of our more successful seasons in many years. We won the Division 6 Handicap Cup, Mixed 5 Handicap Cup and Mens Division 4 league. 2 of our men won the Cork County Mens Doubles Division 5 title and followed this by winning the Munster Title. The incoming Committee are as follows: Chairperson; Shane Comerford, Secretary; Nick O'Brien, Treasurer; Brian O'Riordan, PRO; Mark O'Driscoll, Fixtures; Sean Tessyman, Committee Members; Maryanne Cowley, Kathleen Prendergast, Anne-Marie Mullins and Donal Cronin. It is important to mention the sterling work completed by Nuala Maguire over the last number of years on behalf of the club. Nuala has served as a team captain, club

secretary and fixtures secretary in this time. Nuala is taking a break from the committee for 2014/2015 and we wish her well. We will also look forward to Nuala getting back involved again in the future.

In other news, we are looking ahead to the start of the new season. Normal club nights resume on Monday September 1st. We will be playing in Watergrasshill Community Hall on Mondays and Wednesdays from 8 'til late. As usual, the focus of the opening nights of the new season are on our normal members getting back into the swing of things. We also welcome anybody who would like to try badminton for the first time. Rackets will be available if necessary. Those with a little experience, who are considering returning to the game, are also welcome. These first nights of the new season are an ideal opportunity to sample the sport and the club so why not call into Watergrasshill Community Hall and 'give it a go'. If you need any further information, please contact us through Riverstown Badminton Club on Facebook.

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Children Overweight & Obese a Growing Problem?

Time to make just one change?

Approximately 1 in 4 of our children are overweight or obese. Thankfully it seems that this percentage seems to be stabilising. Unfortunately this improvement may be less evident in disadvantaged households. Disadvantaged communities have more obesity than affluent areas.

We know that body fat predisposes to certain serious long term conditions, like diabetes and arthritis. Obesity also predisposes people to developing certain cancers. Some children may experience an adverse psychological impact, or experience bullying because of being overweight. Obesity tracks from childhood into adulthood "fat children become fat adults."

We should all try to achieve a healthy weight at each stage of life- from infants to the elderly. Your weight is determined by the food you eat, and the energy you expend. If you eat more than you burn off, you gain weight, stored as fat. Ideally your food intake and

energy expenditure balance. Many children are overweight simply because they eat and drink too much. We simply overfeed our children. Food and drink that are too high in fats/sugars are often the culprit. Look at your shopping trolley and food cupboard today.

Physical exercise is a crucial component to achieving optimum weight. "SCREEN TIME" is often to blame, with children (and adults) devoting many hours to TV and computer screens. Measure the time your children spend in front of screens-you might be in for an unpleasant surprise. If you think your child is overweight talk to your GP about it. In general for overweight children who are still growing, the aim is to keep their weight static. As they get taller they "grow into" a better weight, and lose gradually the fat. Strict dieting or actual weight loss is usually not advised for overweight children who are still growing. Doctors usually recommend that helping overweight chil-

dren involves the entire family. We parents are role models, so leading by example is important-but not always easy. Try to see if a twin track approach would help in your family- a combination of better eating and more exercise.

Better grub! Try to involve your family in making one change, be open to their ideas and suggestions. Encourage sustainable healthy choices. Try to make just one change at a time, starting today. Simply cutting of the supply chain of cakes, sweets, biscuits, chocolate, bars, crisps, juices and sugary drinks may be effective, especially with younger children. Encourage healthy options, especially fruit and veg. Sell the deep fat fryer on Done Deal!

Move more! Children should have AT LEAST 60 minutes

per day of vigorous exercise, even just 5-10min at a time- running, jumping, football, cycling, dancing or swimming. The list is endless. As parents we can both encourage out children to move more, and ideally join in the fun!

KEY MESSAGES: Overweight and obesity are major challenges. We all have a role to play.

-Look at your shopping basket and food cupboard. Make one improvement.

- Monitor screen time, and replace it with physical activity-Running & jumping!

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WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Minor Footballers Triumph

White's Cross minors had a great victory over Crosshaven in the Quarter Final of the championship recently winning on a score-line of 6.10 to 1.05. The lads played some outstanding stuff throughout the game and showed some great hunger and determination to get the job done. Some outstanding play in defence from Colin Sisk and Robert McElhinney never let the Crosshaven forwards settle. Jack Kiely in goal was always in command and our half back line of Andrew Coughlan, Shane Twomey and Sean O Leary played a vital part in this White's Cross victory. Some outstanding runs from Sean O Leary led to him adding 2 points on the scoreboard. In midfield Paul Hayes was immense and along with Killian Ryan, who was half forward, covered oceans of ground.

Captain Adam Bransfield and Fergal Reid showed great leadership qualities in tracking back and helping the defence and blocking the runs of the Crosshaven danger men. In the full forward line Tony O Keeffe's and Corey Cambridge's movements were a joy to watch and Tony added another goal to his goals tally this season, while 15 year old Corey put in a great night's work and was a constant thorn in Crosshaven's side, banging in 4 goals to his credit. James Royal and Donnacha Fitzgerald never stopped running for the cause when introduced early in the second half and young, up and coming stars Aaron Kent and Cillian Hall, both also only 15, showed why they deserve a place on this minor panel when they were also introduced into the game and showed a great work rate for this level. Overall this was

a great squad effort and the selectors were delighted with the lads' mature attitude and focus. They now move on to the semi-final where they face Brian Dillons in early September.

Under 14 Hurling Championship Win

White's Cross faced Donoughmore in the opening round of the U14 Hurling championship and came away with a great win. We welcomed Sean Kelly back from injury for his first start this year, and he played a vital part in goal for the first half of this encounter. Our defence had to be strong to keep out the opposition attacks, and Adam Kent and Peter Twomey were not found wanting with some great interventions. Daniel O'Hara dominated the game from mid-

field and his powerful runs led to a number of White's Cross scores, while Jack Stuart was on the mark from frees. Conor Docherty, Sadiq Bakare and Luke Murphy worked hard in the half-forward line and further scores came including a fine kicked goal from Luke. We had a good lead at half-time, however we were by no means out of sight. A strong Donoughmore fightback ensued in the second half and we had to fight with strong rearguard action at times. However fight we did, led by great resistance from the half back line of Jack Stuart, Jordan Bransfield and Patrick O'Hara – who not only repelled the attacks but also played some good heads-up hurling to set up the forwards. Aaron Wallace had taken over in goal and was called on to make some vital saves. Daniel continued to drive at the opposition and we tacked on enough scores to keep our noses in front, helped by good work from the new inside line of Sean Kelly, Cathal O'Flynn and Jack O'Callaghan. In the end White's Cross ran out deserving winners on a scoreline of 9-9 to 7-7.



Left: White's Cross GAA extends congratulations to Ed Buckley and Ger Byrnes, who scooped the Club's Lotto Jackpot – here they are pictured receiving their winning cheque from members of the Lotto Sub-Committee, in a function held at The Boothouse. The numbers that proved lucky for Ed and Ger were 1, 4, 19 and 25 helping them to the €1,450 jackpot.

Below Left: Our Under 8 team have had a busy summer of blitzes – at the most recent one held at Mallow they got to meet inter-county stars Podge Collins (Clare), Colm O'Neill (Cork) and Tomás O Sé (Kerry).



Corey Cambridge is pictured in action in the recent championship win over Crosshaven. Corey was a constant thorn in the Crosshaven defence in this encounter and scored 4 goals in the 6-10 to 1-5 victory (Photo courtesy of Mike Meade Photography).

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MONDAY 8pm-9.15pm Level 3	TUESDAY 9.30-10.45am Level 1	TUESDAY 8pm-9.15pm Level 1-2	THURSDAY 6.30pm-7.45pm Level 2
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YOGA FOR ATHLETES

Glounthaune Community Centre

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Aoife Ladd, Laura Kenny and Ciara Smyth performed a Sky Dive on the 13 July 2014, at Kilkenny Aerodrome in which they dived from 10,000 feet. They presented the proceeds to S.A.F.E members. Sgt. Teresa McHugh & community Garda Noel Fitzgetald



DOGS WITH A JOB: Irish Search Dogs volunteers pictured at an information and advice day at Maxi Zoo, Ballincollig where their four-legged friends had the opportunity to show off their obedience skills to members of the public. Included are chairperson Glen Barton, Carrigaline; equipment officer Annette O'Callaghan, Glanmire; fund-raising officer Joanne Horgan, Ballincollig; Maxi Zoo staff Mairéad Walsh, Ballincollig, Rebecca Cotter, The Lough, Nuala English, Farran and Collette Moore, Ballinlough; volunteers Andrew Dorgan, Watergrasshill, Floyd O'Callaghan, Glanmire, Eddie Courtney, Cobh, Jimmy Russell and Gemma Deakin, Youghal; visitors Janice Connolly, Ballincollig and Sarah Doherty, Glanmire, along with super sniffers Harry, Ben, Max, Ringo, Darius, Mouse, Inca, Druss, Suzie, Bear, Raylan and Lady. Irish Search Dogs, founded in 1986 by Watergrasshill man Mick McCarthy, utilises specially trained dogs to assist various agencies such as An Garda Síochána, the Irish Coast Guard and Civil Defence Ireland in search and rescue operations. All members of the registered charity are volunteers and hold public obedience, agility and puppy socialisation classes in Hop Island, Rochestown on Tuesday nights from 8.15-9.15pm. Picture: Tom Doherty



Left: Cork Mini Music Club with leader Kathryn Cox. Every Wednesday at the Glanmire Community Centre 10.30 to 11.15.

Below: The Marron Family, Glanmire, Proud Cork Supporters

Up the Rebels

"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 2nd September 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





Ann Phelan 086 3933166
fittogoann@gmail.com

Fit To Go

Movement Message!!!

FAT PHOBIA!!!!

Fat makes you Fat...not true!! Sugar makes you fat and so does eating empty Carbohydrates in refined and processed foods like biscuits, cakes, ice-cream sweet cereals, fried foods, fizzy drinks, beer and alcohol, tinned foods, low fat products etc. All of these will increase your Blood/Sugar levels rapidly and this is something you do not want to happen. All the fuel (energy) from those foods is released very quickly into the body and when it cannot all be used it will eventually be stored as FAT.

The body needs Fat to burn Fat!! The important thing to know is that all FATS are not created equal. Fat (good) slows down the rate at which sugar hits your bloodstream and this helps to keep your Blood/Sugar levels balanced and consequently you will feel fuller for longer.

Good Fats Known as Essential Fats and come from certain foods we eat. Nuts, seeds, avocados, fish, olive oil, rapeseed oil
Bad Fats Known as Saturated Fats or Trans Fats are found in the following foods. Fried foods, sugary foods, ice-cream, meat, pork white bread, alcohol, fizzy drinks.

What you eat and how you eat is important.

If you eat properly and regularly you will be sending a message to your body that food is plentiful and that there is no need to store extra fuel (fat) on the body. If you don't eat properly your body will go into stress mode, get itself ready for a Fight/Flight situation and start to store as much fat as it can because it thinks it's going to be starved or it's facing a challenging physical situation.

To burn fat you need to eat protein, starchy carbohydrates and fibrous carbohydrates at every meal;
Brown rice (complex Carb)
Mixed green salad (fibrous carb)
Lean chicken (protein)
Each of the above slows down the digestive process of the other and this will keep the Blood/Sugar levels more balanced and regular. In turn the highs and lows of fatigue we feel during the day will become less frequent.

Remember ---- Keep it Simple

1. We need to become more aware of what we eat and how we eat.
2. We need to chew our food more.
3. We need to reduce our portion sizes.
4. We need to watch what we drink.
5. We need to slow down.

Hazelwood Dental Practice Mouth Cancer Awareness Day

Mouth cancer awareness day takes place on Wednesday the 17th of September. Members of the public are encouraged to visit their local participating dentist for a free mouth cancer screening examination. There are more than 300 new cases reported in Ireland every year. The problem with mouth cancer is that it is mostly detected at an advanced stage making treatment very complex and this in turn affects the chances of survival. At your dental examination we routinely check for signs of mouth cancer so regular visits are important.

When brushing your teeth look out for any changes in your mouth and neck including ulcers that do not heal within three weeks, red or white patches or any unusual lumps or swellings. Avoid the risk factors for mouth cancer which include smoking and excessive alcohol consumption.

We would encourage and invite you to avail of a free mouth cancer screening at our dental practice on Wednesday 17th of September. Its quick, easy, pain-free and best of all it could save your life.

Contact the surgery for a FREE screening 021 4866583

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**Mouth Cancer Awareness day
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Glanmire Shopping Centre, Phone: 021 4866583
Website: www.hazelwooddentalpractice.com

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EVA MAY VINTAGE - An exclusive ladies Vintage and Resale store - An Aladdin's cave, set in the heart of Glanmire (between Cólaiiste 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.

Mayfield Citizens Information Centre

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

Now open every Monday afternoon from 2pm - 4pm

Know Your Rights September 2014

Question

I'm unemployed and want to get back to work but my son is in primary school, which makes it difficult to be available all day for work or training. Can I get help with childcare for after-school hours?

Answer

If you go on an employment support scheme, go back to work or increase the number of days you work, you may be able to avail of the After-

School Child Care Scheme. The scheme provides subsidised after-school childcare places with local childcare providers and is for primary school children aged 4 to 13. To qualify for the scheme you must be getting Jobseeker's Allowance, Jobseeker's Benefit or One-Parent Family Payment, or be on an employment support programme, for at least three months.

If you get a place, you can get after-school childcare for up to five days a week at a daily rate of €3 per child. The scheme includes a pick-up service. You can get up to 52 weeks of childcare while you remain eligible for the scheme. If you use the scheme during the school year, you can also get up to 10 weeks' full-time childcare during the holidays.

You can apply and get more information at your local Intreo centre or social welfare office. You can apply up to 26 weeks after you start your new job, take up additional employment or start your employment support scheme.

The scheme is not available to Community Employment scheme participants who can apply for the CE Childcare Programme instead.

For vocational training with an Education and Training Board, the Childcare Education and Training Support Programme offers subsidised childcare.

If you don't qualify for these schemes you may be eligible for the Community Childcare Subvention Programme, which offers childcare at a

reduced cost to parents who are disadvantaged or in training, education or low paid work.

Further Information

Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880
Opening hours are Monday to Friday 10.00am - 1.00pm, Monday to Thursday 2pm - 4pm
Citizens Information is also available through the Cork City (North) Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at [HYPERLINK "http://www.citizensinformation.ie"](http://www.citizensinformation.ie) www.citizensinformation.ie



Cork Terrier Club Inter Meet with Riverstown Terrier Club at Riverstown House gate 1941.



Remains of swing bridge at Dunkettle House after being blown up by anti-Treaty Forces Sept 1922



White's Cross Coursing Club Dinner Dance



Back to Back Trap.



Brooklodge National School Pupils 1937

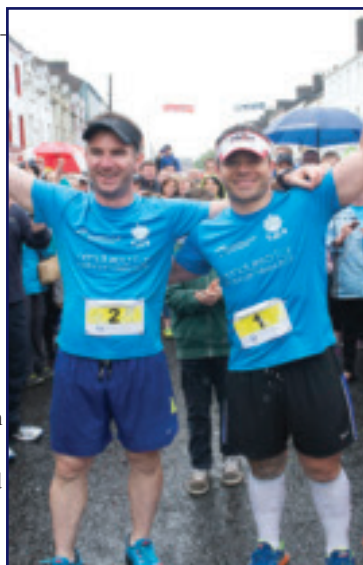


Joe Mahoney, Sarsfied Court.



Grace Byers, Shona McCarthy, Chloe Barry, Lauren McCarthy on Tidy Town Work Scheme.

First Midleton Marathon a Breakthrough for Cancer Research Final leg of nationwide fundraising Endurance Challenge by Cork duo The first Midleton Marathon took place through Fota Wildlife Park and Midleton town on Sunday 24th August to raise much needed funds for Breakthrough Cancer Research. Liam Treacy finished in first place for the full marathon with a time of 3:00:29, Martin Curtain came in first place for the half marathon with a time of 1.21 and Kenneth Kelleher took the lead for the 10k run with a time of 34.52.



This is not only the first ever marathon to take place in Midleton town but it's the final event of the all-Ireland Endurance Challenge event series, which aims to raise €500,000 for new cancer treatments. The challenge has seen two men, James Colbert and Sean Buckley, from Midleton Cork, cycle through every county in Ireland, run in 4 consecutive marathons and swim 120km of the River Shannon, an incredible 2068km in 22 days.

The duo were welcomed into Midleton with a fantastic homecoming reception that saw half the town turn out to show their support. If you wish to support the fundraising efforts and help the charity reach their €500,000 goal to develop new treatments for cancers that are currently not responsive to conventional therapies, you can text BCR to 50300 to make a €4 donation to Breakthrough Cancer Research. Endurance Challenge is in memory of Sean's father, John Buckley, who passed away from cancer in late 2012.

Glanmire Macra na Feirme Annual Family Fun Day

Sunday 14th September
12pm — 5 pm
Upper Glanmire Sports Hall

Novelty Dog Show, Craft Fair, Races for all Ages, Bouncy Castles, Townland Tug of War, Sheaf Throwing, Pony Rides, Face Painting, Jo Jingles and lots more.

CRAFT FAIR

Jo Jingles

For more information Contact Donal on 0876834403

Check out our Facebook Page for updates and all information

To enter our TOWNLAND TUG O'WAR Competition Contact Tomas 0872125705 Teams of 5 with CASH prizes €€€€

UPPER GLANMIRE ICA GUILD

UPDATE ON GUILD ACTIVITIES

Our Guild members have been keeping fit all summer, with weekly walks to various locations outside the city. This has been our fourth year organising these walks, and we often bring along some friends with us. Our walks this year have included the Marina, the Lough, the Blarney walk, Blackrock Castle to Rochestown, Rochestown to Passage, Fitzgerald's Park, the Loop in Glanmire and we always finish up doing the walk in Whites Cross GAA grounds and enjoying Brian's fruit tart in the Boothouse!

SEPTEMBER RECIPE ROCK CAKES

8 oz. self-raising flour
2 or 3 oz castor sugar

4oz. Butter or margarine
4 oz. dried fruit
1egg
2 tablespoons milk approx

METHOD

Sieve the flour into a bowl, and rub in butter with fingertips, until the mixture looks like fine bread-crumbs
Add the sugar, dried fruit, beaten egg and enough milk to give a sticky consistency
Put little piles onto a greased baking tray by using 2 forks. Leave them looking 'rocky'
Dust the tops with a sprinkle of sugar
Put into a hot oven of 200 deg. C or 400 deg. F
These little cakes only take about 10-15 minutes to cook
Leave to cool on the baking tray, then lift onto wire tray



The beautiful Lough in Ballypheane



Ladies from Upper Glanmire Guild at the Pier Head, prior to their walk on the Marina



Relaxing with a cuppa in the Hawthorn Bar after a few rounds of the Lough.

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."

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 inquires 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

Facebook: [http://www.facebook.com/AgeActionIreland](http://www.facebook.com/AgeActionIrelandwww.facebook.com/AgeActionIreland) |
Twitter: www.twitter.com/AgeAction

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

Shizuto Masunaga

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

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

Since then, his students and third and fourth generation Shiatsu practitioners have continued the development of Shiatsu building a vibrant and dynamically growing treatment system.

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



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



Glencree, Brooklodge, Glanmire, Co. Cork.
Tel: 021 4822245 Mobile: 087 8290272

Mother Jones - Nuala Ní Loingsigh

I mí na Nollag 1930, bhailigh na sluaite i mbaile beag, Cnocán na hOlóige (Mount Olive) in Illinois chun bean cháiliúil mhisiúil chróga a chaoineadh. Ba í siúd Mary Harris Jones a saolaíodh ar an taobh ó thuaidh de Chathair Chorcaí mar Mary Harris i mí Iúil 1837. Thug sí blianta dá saol ag eagrú fir 's mná oibre chun a gcearta a bhaint amach i mianaigh ghuail sna Stáit Aontaithe. Trí bliana déag agus ceithre scór a bhí slánaithe aici nuair a tháinig an bás ag triall uirthi i mbaile beag in aice le Washington DC. I séipéal Naomh Gabriel sa phríomh-chathair, bhí searmanas ina honóir. I measc an tslua mhóir bhí saibhir agus dai-bhir, uaisle agus mór-uaisle agus, gan dabht, oibríthe de gach saghas.



Mother Jones
(America).

Ina dhiaidh sin tógadh a corp ar thraein speisialta go dtí halla odd fellows agus bhí sí sínte ar chlár ann ar feadh trí lá. Baile beag mianadóireachta ab ea an baile seo a bhí suite idir Springfield agus St. Louis. Dúradh gurbh í an bhean ba dhainséaraí sna Stáit Aontaithe. Loirg sí pá níos fearr do na mianadóirí, coinníollacha oibre níos sábháilte agus sciar den bhrabús mór a bhí ag na húinéirí.

Ag an Aifreann in Eaglais Chaitliceach na Deasghabhála, thug an sagart, an tAthair Mag Uidhir, seanmóin a mhol í. Luaigh sé an spiorad troda agus bua na hóráide a léirigh sí ar son chearta na n-oibríthe. Ní raibh uaithi ach an rud cóir do chách, trócaire agus grá do dhaoine.

Cérbh í an bhean iomráiteach seo? Rugadh í i dtuaisceart Chathair Chorcaí ar Shráid Sheáin Ré-amoinn sa bhliain 1837. Bhog an teaghlach go léir i rith an Ghorta go Toronto i gCeanada. Cháiligh sí mar mhúinteoir ann agus mhúin sí ar feadh tamaill. Bhog sí go Michigan agus ansin go Illinois roimh pósadh di. Ba é Seoirse Mac Seoin, múnlóir iarainn, a phós sí. Chuireadar fúthu i Memphis, Tennessee áit ar saolaíodh ceathrar clainne dóibh. Fairíor, fuair a fear céile, Seoirse, agus a ceathrar clainne, bás den fhiabhras buí, aicíd a bhí forleathan ag an am. Ar aghaidh léi go Siceagó i ndiaidh na tubaiste seo agus bhí gnó gúnadóireachta aici. Mo léan, nár dódh a háit sa tine mhór i Siceagó in 1871.

Bhí Máire fostaithe ag Gluaiseacht na gCeardchumann i Siceagó. Bhí sí páirteach leis na Ridirí Saothair (Knights of Labour) nuair a tháinig athrú mór ar thionsclaíocht. Bheadh eolas aici ar an stailc mhór a chuir fostaithe an iarnróid ar bun 1877 agus ar an eachtra sa Haymarket i Siceagó in 1866. Ghlac sí páirt i bhfeachtas in ar mháirseáil na daoine a bhí dífhostaithe faoi stiúir Coxey in 1894. Tugadh Arm Coxey orthu. Ina dhiaidh sin, d'eagraigh sí na ceardchumann ar son Cheardchumann Mhianadóirí Mheiriceá (Mineworkers Union of

Thaistil sí ar fuaid na Stát Aontaithe ag eagrú na n-oibríthe sna mianaigh, sna muilte agus sna monarchana. Chuir sé fearg an domhain uirthi nuair a chonaic sí leanaí ag obair ó dhubb go dubh sna muilte agus sna mianaigh. Threoraigh sí na leanaí chun máirseála ó Pennsylvania go dtí teach samhraidh an Uachtaráin Roosevelt in 1903.

Ba dhuine an-chróga í agus ba chuma léi ach saol níos feara a bhaint amach dá buachaillí 'mar a thugadh sí orthu'. Mar gheall ar an obair seo go léir agus a cuid dúthraichta ar son an lucht oibre, thugadar an t-ainm "Mother Jones" uirthi. Ag an am seo, chomh maith, ainmníodh í mar 'An Bhean Ba Cháiliúla i Meiriceá'.

Ba í an t-aon bhean a bhí i láthair nuair a bunaíodh Oibríthe Tionscal an Domhain (Industrial Workers of the World) i Siceagó in 1905. Thugtaí na 'Wobblies' orthu. Ghlac sí páirt nach beag sna 'Cogáil Guail' idir 1912 agus 1914 agus i sléacht Ludlow in 1914. Gabhadh í agus cuireadh i bpríosún í go minic.

Le trí bliana anuas, bíonn féile ar siúl ina honóir i dtuaisceart na cathrach i gCorcaigh. Tá plaic ar Shráid Sheáin Réamoinn ina honóir a cuireadh ann trí bliana ó shin. Bhíos féin ag an bhféile i mbliana agus do mhúscaíl sé mo shuím inti agus i ngluaiseachtaí ceardchumann. Bhí sé ar siúl an tséachtaí d'heireanach de mhí Iúil.

Gluais:

Máthair Mhic Eoin: Mother Jones
Máire Ní Earcaí: Mary Harris
a chaoineadh = to mourn
sínte ar chlár = lying in state
mianach/mianaigh = mine/mines
ba dhainséaraí = most dangerous
loirg sí = she looked for
sciar = a share
saibhir agus dai-bhir = rich and

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poor

brabús = profit

Deasghabháil = Ascension

seanmóin = sermon

an rud cóir = justice

do chách = for everyone

Seán Réamonn = John Redmond

cháiligh sí = she qualified

fiabhras buí = yellow fever

forleathan = widespread

gnó gúnadóireachta = dressmaking business

mo léan = unfortunately

fostaithe = employed

eachtra = incident

i bhfeachtas = in a campaign

dífhostaithe = unemployed

ceardchumann = trade union

dúthraicht = diligence

ainm ceana = affectionate name

aithníodh í = she was recognised

ba cháiliúla = most famous

sléacht = massacre

gabhadh í = she was captured

plaic = plaque

i ngluaiseachtaí = in movements

See page 27

GLANMIRE COMMUNITY COLLEGE STUDENTS SHINE THROUGH WITH EXCELLENT LEAVING CERT RESULTS

There was tremendous excitement in Glanmire Community College last Wednesday, August 13th as students celebrated the exceptional results achieved in the Leaving Certificate. It was an important day for all the Leaving Certificate students and represented the culmination of six years of learning and effort. Students were confident their results will ensure they are offered their first choice with

the CAO.

Principal, Pat McKelvey, congratulated all the students on their superb results. He stated the outstanding results are an acknowledgement of the students' hard work, their parents' support and their teachers' commitment and dedication. The results build on the impressive record of excellence from previous year groups.



Mr Mc Kelvey (Principal) congratulates Leaving Cert students Kevin Walsh, Charlie O'Connor, Kiran Shazu, Niall Mc Carthy and Conor Ryan on their excellent results.



Mr Pat Mc Kelvey (Principal) congratulates Leaving Cert students John Mc Grath and Charlie O'Connor on their excellent results.



James Farrell collecting his Leaving Cert Results with his Mum Mrs Farrell



Ms Gertie Cahill (Deputy Principal) and Mr Pat Mc Kelvey congratulating Leaving Cert students on their excellent results.



Ms S O'Brien congratulates Leaving Cert students Audrey Byrne, Kayleigh Knowles, Alannah Lynch-O'Kelly and Charlie O'Connor on their excellent Leaving Cert Results.

Left: Ms Sonya O'Brien (Irish Teacher) and Mr Pat McKelvey (Principal) congratulates Kayleigh Knowles, Alannah O'Kelly-Lynch and Audrey Byrne on their excellent results.

Congratulations to all Glanmire Community College Students on completing their Leaving Cert.

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 September 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



At the Lord Mayor's September Reception for Brunell, Glanmire, and UCC Demons Basketball Teams are; Grainne Dwyer, Aine McKenna, and Olivia DePuy



Mother Jones and Stailan Chopair, 1913 - See page 25.

Ask Your Pharmacist

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

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Flu Prevention: Pharmacy First Plus Tower Influenza Vaccine Service

With winter approaching we can expect the flu season to begin. Unfortunately, we are all too familiar with the symptoms of influenza (flu) - fever, runny nose, sore throat, severe headaches dry coughs and chest pains. The flu is caused by a virus which circulates in the community and is therefore contagious. Each flu season nearly 111 million work days are lost due to the flu.



Certain groups of people may be particularly vulnerable to the virus e.g.

people over 65 years, pregnant women, healthcare workers, residents of nursing homes and anybody with certain long-term medical conditions such as asthma, diabetes, cystic fibrosis, heart disease, renal disease, liver disease, neurological disorders and disorders of the central nervous system. Patients who have a poor immune system due to treatments or disease are also included in the "at-risk" category.

The flu vaccine is the most effective way of preventing flu and it is important to note that, despite popular myth, the vaccine itself will not "give you the flu". The vaccine is only effective for a period of between six and twelve months, so it is necessary that you are vaccinated every year. Pharmacy First Plus Tower administer the flu vaccine and we are encouraging people, especially those in the "at-risk group" to avail of this opportunity to safeguard your health. People in the "at risk" category with medical cards receive the vaccine free of charge.

At Pharmacy First Plus Tower you can receive vaccination by making an appointment or by popping in while doing your weekly shop. Keith, David and I are the vaccinating pharmacists in Tower and we look forward to assisting you in the prevention of influenza this season.

Stephen Olden

MPSI

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Summer Youth work Scheme Year 9



Eoghan O'Sullivan receiving Best Worker Award from Daniel Lehane Summer Youth Scheme



Twins on work scheme, Victoria /Kate Brennan, Cormac/Cillian O'Leary and Kelly / Jessie Lyons

The Beautiful Hazelwood Road & enhancements of Spring/Summer 2014 & Muintir Na Tir Event/s 2012 to date.

Its wonderful Baile Roisin/Riverstown has once again been an entrant into Muintir Na Tir Annual Pride of Place competition event that's held every year.

History of some of Baile Roisin/Riverstown Competition achievements to date:

In 2012 a Team of young people from Glanmire Youth Group under the guidance of their dedicated leader Geraldine created a little bit of their own Art expression which included GACA Logo placed on front and rear of Containers near the Community Centre Hall, which tied in with earlier landscaping works at Vets corner by Cork County Council. Final finishing touches to front were done with helpful support of Edmar Signs,

The young people had much fun undertaking the project, and it was really great to see their faces when their work was showcased at Video Presentation by Muintir at Awards night, which showed Riverstown at its best. Though a little loud and excited on the night, these young people were a credit to their Glanmire Area being very respectful of Muintir personel, and indeed shouting and cheering on Sallybrook when pictures of their village was shown too, showing they support all locals!

2013 Site at and around Old John Barleycorn up towards Sars GAA took on a new look in the main with clearance of the Old JBC site and placement of new planters works carried out

with support of Cork County Council Engineer and staff here, followed by planting of beautiful flowers, which local residents have renewed and maintained ever since. Adjacent businesses were then very good to us with financial support.

2014 Hazelwood Road Again in the hub of things here in Riverstown it seemed very fitting to add a dash of further colour to the area at the northern end approaches, this time, although this whole road is particularly a treat (more to look forward to) in Autumn at the Southern side too i.e (towards Brooklodge) with a magnificent Blend of colours all at eye level, all which seem to merge the Two villages Baile Roisin and Chill Ruadhann so beautifully.

Following painting of Steel Bridge Hazelwood 6 new baskets were planted up and placed, 4 new tubs, hydrangeas, and 'a Boat of Flowers' also got launched there.

One can definitely say the Boat was one of the key drivers in the project, which note all came to us directly from two very kind local people 'the finder/pointer of 'clue DB4) and the 'donator himself'(lovely man for now you get one clue 'The Clarinet'), which kindly put a little bit of pressure on us i.e keeping us focused to try do justice to showcase the place and give it our very best shot.

A number of people are to be thanked for all their backing and support:

(a) the well known nearby local businesses within the shopping complexes there, we will be writing acknowledgement letters to you shortly on behalf of Riverstown Tidy Towns to thank you for all your financial help, we hated job of fundraising only you bought in and were simply brilliant!

(b) Goes with out saying again The local Cork County Council staff under new Engineer and his assistants, who warmly welcomed us embracing the project with enthusiasm Who supplied all the preparation including Boat placement, entire gentlemen to work with.

(c) Tus Band of Workers under Noel Costello along with his friend Ambrose who kept/keep the area well maintained/up kept by regular grass cutting etc etc.

(d) Tidy Towns Team – The 'GATT' (Glanmire Area Tidy Towns) for further upkeep/ litter control etc.

(e) The Summer Youth Scheme and their organizer Daniel who did further follow up along the road/s and its approaches.

(f) Positivity given and shown to us by those in the Community Hall, particular mention to Carol herself and Caretaking staff.

(g) Especially you the nearby residents who stopped along the way to admire

saying "Thanks" Which lifted our spirits and meant so much to us 'to keep going' and 'try maintain it and keep it up'

(h) It would be very remiss not to mention Frank and Gretta (Coakley) for all their input and TLC plus all their regular 'watering' not just here along over at the cross too! We've seen ye guys out and about Mighty work!

(i) Muintir Na Tir have been emailed by us meantime to thank them for letting us be entrants, says it gives us the opportunity to focus on doing a little bit of enhancement in steps at different areas here in The Riverstown Area which is so broad and dispersed. Muintir have being judging this project over the months of July/August and here hoping for the best? We will up date YOU on results

(j) Finally as a little footnote, ye probably do know the undersigned has a fascination for Boats!! Yes I do love Boats....and like the soft music of the Clarinet.... This one looks lovely....On her smooth 'even keel'She brought us "Harmony"

Sincerely, Finbarr local area resident/assistant project coordinator Supporter of Tidy Towns Movement/and Community service volunteer worker



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

**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 Tidy Towns group texts, please ring Carol in the Glanmire Area Community Association 021 482 1333

Summer Youth work Scheme Year 9

This August the Glanmire Area Community Association (GACA) ran for its ninth year the Summer Youth Work Scheme (SYWS), a scheme which is aimed at boys and girls aged between 14 and 16. Over 60 applications were received but unfortunately only 20 places were available. Thankfully throughout the week the weather held out and the group of eager kids along with their parents managed to get through all the work laid out for them and more.

At the start of the week, we spent two days in and around the John O Callaghan Park weeding, edging, litter picking, painting of the park benches and attacking the ruthless wild clematis which had grown over nearly every bush and tree in the park. On Wednesday the group divided into smaller teams with some clearing the path leading to the Community Pitches at Brooklodge,

others clearing footpaths and sweeping from Riverstown Cross and beyond sars gaa pitches and continuing up towards Brooklodge petrol station. Also a new addition to this years workload was the painting of the Brooklodge bridge and the safety rail at the Brooklodge petrol station pedestrian crossing.

Towards the end of the week the groups attention shifted to Glanmire village and managed to again clear footpaths and cut back over growing bushes and weeds in the village itself and the footpaths heading towards the Dunkettle roundabout. Also the safety railing at the Riverstown Community Centre was repainted and footpaths swept and cleaned on Brookhill. Finally the flowerbeds at Riverstown Cross were weeded and fresh mulch and compost was spread.

At the end of the week the group were rewarded with pizza, chips

and drinks and also received a talk from the St Johns Ambulance about volunteering and upcoming events. A special cert for 'Best Worker' was awarded to Eoghan O Sullivan. All of the workers then received their work experience certs and of course their 100 euro pay.

Throughout the week the level of help from volunteers was outstanding. First I would like to thank the directors from GACA who helped out during the week, Judith Greene Goodyear, Nick O'Brien, Madge Fogarty, Carol Carey, Kathleen Moloney and Mick Young. I would also like to thank the St Johns Ambulance who were present for the entire week, thankfully there were no incidents just a few bee stings. Also a big thank you to the Tidy Towns. A thank you to 2 of our local cllrs who also helped during the week, Anthony Barry and Pdraig O Sullivan. Again I thank all of the

parents of the workers who supervised and helped during the week. Lastly a huge thank you to the main sponsor of the whole scheme, Ryans SuperValu Glanmire. There were other businesses who also gave the scheme some support,

**Ryans SuperValu Glanmire
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Glanmire Hardware
Brooklodge Service Station
Geaney & O'Neill
Lawnmowers
Lucianos Pizza
Carry Out Off License BK2
B&Q Ireland
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Again I would like to thank all those who helped out during the week and I hope that we will get to run the scheme again next year for the landmark year 10. Daniel Lehane, Director.

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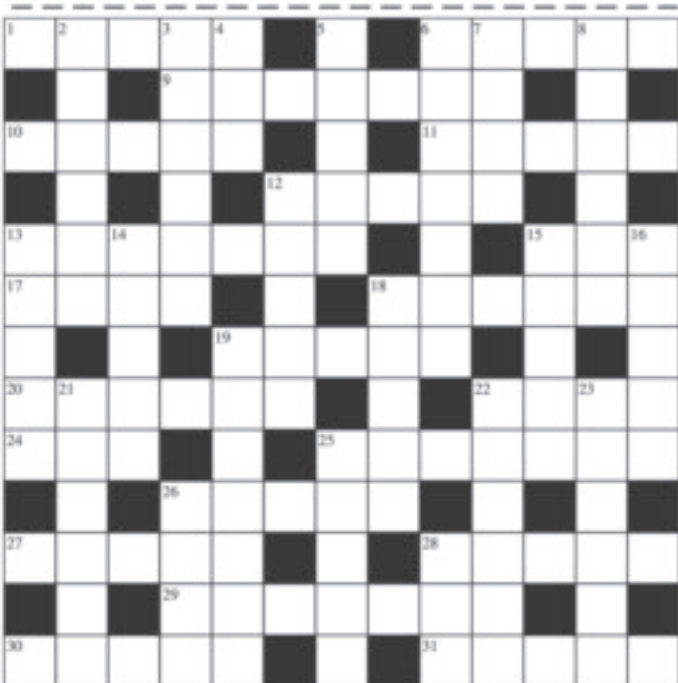
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Across

1. Fruit of vine (5)
6. Above normal pitch (5)
9. Release egg from ovary (7)
10. Overweight (5)
11. From Ireland (5)
12. Stupid person (5)
13. Took to be the case (7)
15. Affirmative (3)
17. Stalk (4)
18. Long for (6)
19. Physical strength, force (5)
20. Uniformly (6)
22. Urgent request (4)
24. Religious woman (3)
25. Wandering (7)
26. Willow for basketry (5)
27. Reconnoitre (5)
28. Improve morally (5)
29. More than two (7)
30. Go in (5)
31. Narrates (5)

Down

2. Strong (6)
3. Australian mammal (6)
4. Adam's partner (3)
5. Cumulus, nimbus (5)
6. Adhesive label (7)
7. In this place (4)
8. Strip of bacon (6)
12. Distraction (5)
13. Type of tree (5)
14. Number after six (5)
15. Give way (5)
16. Ridge of ice (5)
18. Decoration of a room (5)
19. Elastoplast (7)
21. Roman god of fire (6)
22. Used in canoeing (6)
23. Tower in Paris (6)
25. At no time (5)
26. River in Yorkshire (4)
28. Consume (3)



Claire Wallace, The Quarry, Cstlelyons, Co. Cork.
Enjoy meal at BEVA CAFE
P: 021 4858002

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



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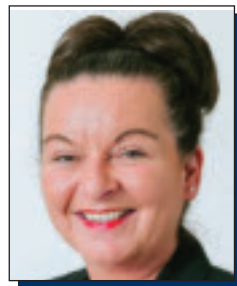
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