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THE DIFFERENCE IS WE DELIVER

Issue 11 - November 2014

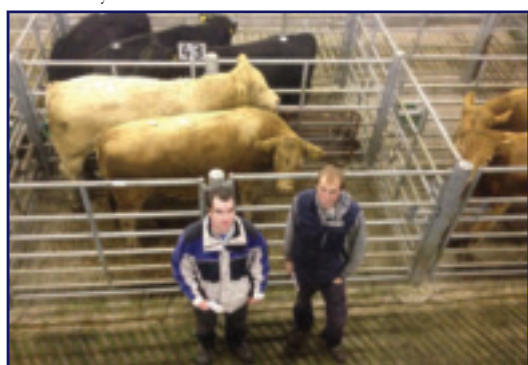
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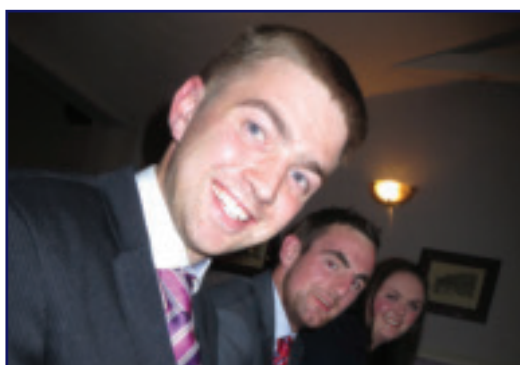
Our Club officers Donal O' Callaghan, Kathryn Fleming, Joanne Fleming and Will Daly at the semi-final interviews for AIB Club of the Year

Great Strides Made in Glanmire Macra in October.

It was announced last month that Glanmire Macra na Feirme were selected for the final stages of the AIB Club of the Year competition. This is a huge accolade for the club and reflects the enormous range of activities the club was involved in over the last 12 months, everything ranging from Fashion Shows and Strictly Come Dancing to Fun Runs and Spinathons. This comes on the back of being awarded runners-up at the 2013 competition. Glanmire has now reached the final 7 clubs nationally, the winner of which will be announced at the National Conference. Best of luck to everyone involved! See page 27.



Patrick Healy and Seamus Reid at the Seandun Stockjudging Final



Our novice debating team of Will Daly, Donal O' Callaghan and Mairead O' Callaghan



Joanne Fleming (Glanmire Macra) with Anne-Marie Davis (Team Thomas Fitness Centre) and Cynthia Kelleher (9SAFE) donating funds raised from their spinathon.



Jennifer Barry hosts a pink party in aid of Breast Cancer

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**LEGION OF
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The Glanmire
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Weekly meeting
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prayer each day for the
success of the Legion

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Which Of These Neuropathy Symptoms Do You Suffer From?

If You Suffer From A Single One Of These Torturous Symptoms – Numbness, Tingling, Or Sharp Nerve Pain – THEN THE FACTS BELOW MAY BE THE MOST IMPORTANT YOU HAVE EVER READ IN YOUR LIFE!

Neuropathy affects every part of your life -- walking, sitting, and even sleeping.

Maybe you've had multiple tests, only to find out no one has any idea what you have. Maybe you've even been put on a drug with heavy side effects.

Do you have any of the following symptoms...

- Pins and needles feeling
- Numbness in the hands or feet
- Tingling or burning sensations
- Weakness in the arms or legs
- Sharp shooting or burning pains

If so you may have a condition called peripheral neuropathy.

My name is Dr Eric Kelly, clinic director at Glanmire Chiropractic Clinic. We've been helping people with neuropathy and nerve problems for more than 10 years.

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?

Data from the National Board of Chiropractic Examiners' Job Analysis of Chiropractic lists arm and leg neuropathy as the second most common nerve problem treated by chiropractors.

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 Single Most Important Solution To Your Neuropathy

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

Numerous studies have proven chiropractic's effectiveness in helping nerve conditions...

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

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 with chiropractic care, you could soon be enjoying life...without those aggravating nerve problems.

How To Find Out If This Will Work For You

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 we 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 we 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 up to €195).
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to bring pain free.
- You'll get to see everything first hand and find out if this amazing treatment will be *your* pain solution, like it has been for so many other patients.



Don't let neuropathy hold you back from enjoying life.

The appointment will not take long at all. And you won't be sitting in a waiting room all day either.

Here's What To Do Now

The offer is only good until November 14th. Call today 021 482 4450 and we can get you scheduled for your consultation, exam and x-rays with Dr Eric Kelly or Dr Andrea Hogan as soon as there's an opening.

Our office is located just behind Monkey Maze, next to the AIB in Glanmire.

When you call, tell the receptionist you'd like to come in for the *Neuropathy Evaluation* so she can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely,
Eric Kelly, D.C.

P.S. At our office, we have specialized treatment programs for treating patients who suffer from neuropathy.

Why suffer with years of misery?

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

Don't live in pain when we may have the solution you've been looking for all along.

Call today...021 482 4450



By Rena Guildea - Joe Organ Auctioneers

Glanmire (Greater Glanmire Area) with a population well in excess of 15,000, is suffering from a major housing rental crisis. From last checking the daft website there were 12 properties available, so it is therefore quite clear to see the enormity of the housing problem.

On a daily basis we have potential renters seeking accommodation

GLANMIRE RENTAL HOUSING CRISIS

but there is nothing to be found in their preferred area of choice. Families are forced to move further out, while their children's educational, and daily business activities are based in this area, which leads to further expense.

Especially hardest hit are the people on housing assistance payments, which provides a cap of 750 a month. Currently the average price of a 3 bed semi in Glanmire is between 900 and 1000. A two bed apartment is costing 750 upwards.

The government needs to address the cap as there are little or no family homes for 750 a month. Today's figure needs to reflect lack of supply of housing stock, huge rental demand, and rental prices on the increase.

Solution

The one crucial factor that Glanmire does have is land. On a recent daft conference I put a question to Ronan Lyons (Daft's in-house economist) that Glanmire is suffering a huge lack of supply, and lots of demand which is quite typical of what commuter towns are experiencing in the rest of the country. The way forward in his view was to free up land and give permits to developers to build within a certain timeframe or risk losing their licence.

Another factor would be to change society's views to move towards more apartment living. This would free up family homes when children have left, with the idea of downsizing to an apartment. In other words you would have enough capital when your house is sold to pay your debts, buy an

apartment, and still have capital in the bank for a rainy day. I have met with a lot of people who would move to apartments and sell their family homes but the kind of luxury apartments they are looking for at affordable prices are not here at present in order to tempt them. Buyers want spacious apartments, well kept grounds, lift access, and a manageable service charge in a good location. Whether this would work in Glanmire the jury is out.

Conclusion

Either way with the growing population of Glanmire this issue is not going away, in fact it will only get worse. 2015 is a time I hope the government takes action to ease people's accommodation plight.

Library News

Summer Reading Scheme

Congratulations to the winner of this year's Summer Reading Scheme, Emma Hurley, whose name was the lucky one picked from the draw!

Well done to all those who collected their certificates and who took part again this year, it was a great success and we hope the children enjoyed the challenge!

Knitting Group

The knitting group will meet twice this month on Monday 3rd and Monday 17th. New members are always welcome so if you would like more information contact the library on 021-4821627.

Booker Prize Winner

This year's Booker Prize winner is **The Narrow Road to the Deep North** by **Richard Flanagan**. The book details a love story unfolding over half a

century between a doctor and his uncle's wife. Flanagan's novel has as its heart one of the most infamous episodes of Japanese history, the construction of the Thailand-Burma Death Railway in World War II. In the despair of a Japanese POW camp on the Death Railway, surgeon Dorrigo Evans is haunted by his love affair with his uncle's young wife two years earlier. Struggling to save the men under his command from starvation, from cholera, from beatings, he receives a letter that will change his life forever. The book is described by the 2014 judges as 'a harrowing account of the cost of war to all who are caught up in it'. Flanagan's father, who died the day he finished *The Narrow Road to the Deep North*, was a survivor of the Burma Death Railway. Available to request from the library!



Nessa, Aoife and Donagh Treacy



Aoife Madden



Caoimhe Walsh library reading



Emma Hurley



Emma, Conor and Katie Walsh.



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

TIDY TOWNS: Little Island was entered for the first time in 2013 and secured an admirable two hundred and twenty three marks. It was erroneously placed in the Cork West region, but this was rectified this year and was entered in Category "C" Cork South, which relates to a "Small Town" status with a population range of plus one thousand to two thousand five hundred. Each centre is assessed under eight criteria with a total allocation of four hundred and fifty marks. Little Island, adjudicated on June 25th, which was the same day as Glounthaune, was awarded two hundred and thirty one marks. This is an increase of eight on 2013, but as there were fifty marks more on offer this year the 51.33% obtained is 4.42% less than in 2013. A total of eighty eight centres in Cork County entered the Tidy Towns competition and Little Island, as well as Minane Bridge, was placed in eighty first position. Little Island was sixth of the seven Cork County participants in Category "C", and second of the three entrants in Cork South, nineteen marks more than Shandon. The breakdown of marks awarded, and a synopsis as well as extracts from the adjudicator's report, are as follows:

Community Involvement & Planning 32/60:

The adjudicator was pleased to learn that participating in the Tidy Towns was useful for providing a focus for the challenges that are faced locally, remarking; "with the right positive attitude and broad community support you will find that even difficult tasks become that bit easier". The fact that local businesses are participating by providing sponsorship was noted and the report points out that; "many of the larger companies also have volunteer days where staff help out on projects across the town. Perhaps this would be worth looking into". The strong number of committee numbers and communication with the broader community was praised, and the adjudicator suggested; "avail of opportunities to encourage people to get involved and do their best. Wear high-viz vests with the Tidy Towns logo across the back when on work evenings. Keeping schools involved, not just with litter but also on wildlife or waste minimisation projects, is another way of bolstering your support base. The adjudicator remarks that; "Overall this was an impressive entry in this only your second year. Keep up the good work!"

Built Environment & Streetscape 26/50:

"The beautiful Scoil Inse Rátha was admired for its colourful exterior and lush planting. The Credit Union could be enhanced if its exterior was weeded and the bollard repainted. Costa was particularly admired for its eye-catching design and inviting facade. The retail area with KFC etc. was very tidy and well presented. Landscaping here

is effective while common areas were litter free. The Topaz – Centra outlet is very clean and tidy. St. Josephs Cemetery is very well presented and the lovely flowers at its entrance complement the gates and well painted pillars. The church is very nice and the greenery here works well. The short commercial stretch with the post office and schoolhouse café is very clean and tidy and has excellent planting along borders. The stone dedication plaque is a nice feature. The lovely grotto was spotless and the walls are freshly painted".

Landscaping & Open Spaces 34/50:

The landscaping and undertaking of new projects received favourable comment as did the new bed at the Island Cross with "the excellent planting of creepers to screen the concrete wall", and also "the multi-tiered planter works well here". A broken wall at this area received negative comment as "it detracts slightly and it is hoped this will be repaired". The tree planting at the community centre, and the landscaping at Euro House was admired, though the latter "needs attention if it is not to be dominated by brambles, and also a large empty metal frame here should be removed".

Wildlife, Habitats and Natural Amenities 15/50:

The adjudicator agrees that the coastal zone is of high importance for biodiversity and that the main task is raising awareness of this area. The recommendation is to involve the school as "there is great scope for science or art projects". The report refers to the old hedgerow around the football pitch which "has sadly been needlessly damaged from earth movement works. These are valuable wildlife habitats and should be protected as such. Heaped soil should be removed from their bases and allowed to recover. Avoid the use of herbicides and dumping of cut grass on hedgerow vegetation as this degrades the habitat further".

Sustainable Waste & Resource Management 10/50:

The adjudicator praises the work arrangement with the scouts on the Christmas trees mulching project, and also commends the fact that waste during litter pickups is segregated. The adjudicator asks if there is a brown bin collection for the householders in Little Island. The school is congratulated on its second green flag which is "a fantastic achievement", and "the Tidy Towns can learn much from their endeavours and how they are reducing their reliance on precious resources and cutting down on waste".

Tidiness & Litter Control 49/90:

The weekly litter pickups, as well as tackling the issue of unsightly advertising and addressing graffiti were admired. The adjudicator was critical on the condition of some signage; "perhaps they could be painted or replaced". The report also refers to small amounts of litter on the roadside to the school, and at the entrance to the IDA estate which "includes coke

cans and cardboard". It also states that; "traffic cones and yellow tape should be removed from the car park at the community centre". Negative comment was also applied to cuttings from vegetation across the road from the church, and also leftover cable ties on lampposts. The adjudicator remarked; "generally the town is very tidy with no major issues of note, however litter on adjudication day was not up to the high standard expected with a scattering of litter found throughout".

Residential Streets & Housing Areas 33/50:

"Your approach to this area is sound and in time no doubt you will build good contacts with each of your estates. The lovely Church Court estate was admired for its well-presented homes and attractive boundary wall. The landscaping at the entrance to St. Lappans Place is really excellent and of sufficient scale to make a real impact. Well done. The Greens Estate benefits from lush mature planting although dirty signage at the entrance needs to be cleaned".

Approach Roads, Streets & Lanes 32/50:

The entrances to industrial estates, "with lots of nice trees and well cut lawns", were admired. The report refers to "brambles and other vegetation" encroaching on footpath space and at the Little Island welcome sign, suggesting that same may have to be cut back during the growing season. The adjudicator asks if this is the best location for the sign as; "it seems it should be further out". A large rusty metal frame outside East Gate is referred to and "should be removed", also the IDA signage across the road "is dirty and creates a bad impression". The presentation of the "An Cromptán" roundabout is commended with the adjudicator remarking that; "it is superb and an excellent introduction to the town".

End Comment:

The report highlights the praiseworthy efforts of improving the visual appearance of Little Island. Those responsible will derive satisfaction from this and it will encourage them to continue with their excellent admirable work. A striking omission of the report is the lack of comment relative to the eastern side of Little Island and begs the question; did the adjudicator travel down Clash Road, Courtstown Road or view well-kept Ballytrasna Park? For example there is no mention of the playground and walkway at Carrigrennan, or the ruined castle adjacent to the strand with its shell midden, and that beautiful Lough Mahon backdrop. The end of Courtstown Road, albeit requiring attention, affords delightful views of Fota with its castle, the rail line including the steel viaducts, the Martello Tower, Belvelly and Passage. Did the adjudicator make a U-turn at the church?! Reference is made to the poor condition of some signage suggesting that same should be painted or replaced. One such signpost would

be the directional one to Cork Golf Club and in the May 2009 issue it was highlighted in this column; "the signpost on the road near the course is neglected and needs to be painted". Some plus five years later it is in the same condition and it is not out of bounds for club members to take action. A centre can be unlucky and lucky as far as awarding of marks is concerned. Little Island was unlucky in that; "a scattering of litter was found throughout" on adjudication day, as this is not normally the case. On the other hand marks were obviously gained under the "Built Environment & Streetscape" category because of premises such as Costa which; "was particularly admired for its eye-catching design and inviting facade". Now the Little Island community had no input with this, and be fully assured that Costa, which is a wholly owned subsidiary of Whitbread, and is the second largest coffeehouse in the world behind Starbucks, did not take Little Island's participation in the Tidy Towns into consideration when planning the building! By the way, centres located in picturesque settings have an obvious advantage and this is reflected with the marks they obtained. It is noteworthy that Little Island and Glounthaune were awarded similar marks in the "Landscape & Open Spaces" category, but shock, shock, horror, horror; Little Island was awarded more marks than Glounthaune in the "Approach Roads, Streets and Lanes" category, and also in the "Residential Streets & Housing Areas" category. The "A La Carte Thaunies", which include the "Kilcoolishies", must be absolutely devastated! The popular knees-up "Sausage in the Basket" parties will never be the same again!

Neighbourhood Watch: The scheme was launched in Ireland in 1985 but because of the meandering border it was operating in our parish long before this. The system was activated recently due to reports of vociferous behavior, and first on the check list was the famous pony's abode. It was feared that the noisy neighbours had won some auld match and sure enough the pony was missing. He was obviously partaking on his biennial pilgrimage to the grotto with pre 2008 memories of his forefathers' very relaxing lifestyle on his mind. All is quite again on the western front so the pony has a minimum two year rest as the noisy neighbours, unlike Erins Own, don't do "back-to-back"! SLÁNOIS ©



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tastes soo good

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Our range of fresh produce to go is growing weekly and includes the following:



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☺ Smoothies and Artisan ice cream

☺ Artisan Bread

☺ Sandwiches, Wraps, Toasties and salad plates all made with Artisan Bread, fresh salads and meat.

☺ Fresh homemade soup

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DÚN CITIL, GLEANN MACHAIR

presents

Bingo Night

Doors open @ 7pm
Eyes Down @ 8pm

In the school hall on -

**on Wednesday
November 5th**

Lots of cash prizes to be won!!!

Vintage Ladies Shop
1 Woodview Terrace
Glanmire Village



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

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Charlie Wilkins

DESTROYING ANGELS! Mushrooms and toadstools seem to always occupy the shadowy world of dark, vegetative growth! Their ways are unpredictable, their paths invisible, appearing overnight with the randomness of frost but having the substance and savour of true vegetables (in those that are reliably edible). Apart from the arrival of edible mushrooms in the early autumnal garden there is nothing you can really do about random outbreaks of unearthly toadstools. Everybody get their share of these, and they can arrive during any month with the more spectacular kinds proliferating in late autumn. Many boast eerie names such as Destroying Angel, Earth Tongue, Witches Butter, Adder's tongue and Puff Ball. These cannot be killed with fungicides but drenching with Jeyes Fluid I have found (at the rate of an egg-cup to 2 gallons of water) can be very effective. However if they are not causing a problem and are out of the reach of inquisitive children, they are really best left alone. A change in the weather usually sees them off but do sweep them off lawns and utility areas.

Alarm bells ring in gardeners' heads whenever clumps of toadstools appear around the garden. I can't say I blame them but it is worth remembering that not all clumps of yellow-orange fleshy growths are the fruiting parts of the deadly honey-fungus which, from a dead 'host' tree stump, can travel underground via running rhizomorphs to attack and kill a large variety of woody plants. This year, weather conditions in the Riverstown/Glanmire area have been ideal for the proliferation of similar looking yellow toadstools-which also appear in large clumps on rotting wood and old tree stumps. But the stalks of these little toadstools do not have a clearly visible cottony ring on them, so they are thankfully not honey fungus but most probably those of Sulphur Tuft. It is perhaps worth mentioning here that tree stumps should, where possible, always be dug

or ground out as a precaution against attracting and harbouring the deadly honey fungus.

Fairy rings in lawns are another matter and can, with difficulty, be tackled if they become too unsightly to live with. As mentioned over the years one should consider treating these areas with Epsom Salts (before attempting to remove and then re-fill large quantities of soil from the affected areas). It won't cost the earth, and if you mix a standard packet with two gallons of water (most watering cans will contain two gallons) and apply to the lawn you may very well delight in the results. If it does not work, all you will have lost is the purchase price.

DELIGHTS IN THE NOVEMBER GARDEN

WINTER; The clocks have returned to winter time and the evenings draw in like a storm tide. Outside, the sun that gleamed on a wet birch trunk earlier this afternoon is now setting in a cold rim of bilious light. Soon it will be completely dark. From where I am writing I can see chasing clouds riding up from the western city limits suggesting that it is going to be yet another night of early winter wind and rain. It's just as well then that I am surrounded by books and magazines, catalogues and plans! Reflection on what has been, and of the year ahead, is one of the most luxurious horticultural moments that I, and many thousands more can enjoy in these dark pinched days. Who cares what the weather may bring, we gardeners are the lucky ones!

A PATCH of neglected Bergenis (Elephant's ears as they are commonly known) grow semi-wild in a nearby walled garden. They are hugely depressing just now as they stare back balefully on all who pass. Perhaps the gardener has gone away for a break, perhaps the property has been sold. Yesterday they were dripping in their usual November wet and misery, but the blooms will improve things when they arrive. Roll on January!

TULIPS; the biggest pest of tulips is the underground slug that eat their way through the newly planted bulbs. To give tulips protection from slugs, water the planted area with a liquid SlugClear that can be diluted in water to penetrate the soil surface killing in the process slugs and snails hiding



These attractive 'mushrooms' arrive during late autumn near the trunks of beech trees (occasionally on others) and are generally not a sign of a serious disorder. They are of course inedible. Most fungi are toxic and individual reactions to them vary widely. The rule is; do not eat it unless you are sure you have accurately identified it.

below the surface. Give two applications over the next three months.

LILIES can continue to be planted in garden soil provided always that it is well drained. Choose a sunny spot where the soil is rich and plant individually so there is about eight inches space between each. Good drainage under the bulbs is essential to long term success so place a mound of grit in the base of the planting hole. When backfilling, make sure the soil that has been enriched with the likes of Gee-Up horse manure or use well-made garden compost. In early spring, add a little slow release fertiliser (Osmocote) to ensure the plants are well fed all summer. The first lilies of the year are the Asiatic Hybrids that bloom from May onwards. They have no scent but are spectacular in flower when placed in a sunny or semi-shade position. Varieties worth thinking about are Apollo (pure white) Fire King (tangerine) Vivaldi (pale pink) and Nove Cento (rich yellow with a green throat). Oriental hybrids are all perfumed and you will easily recognise the variety 'Stargazer' with its rich red and pink markings and distinctive electric spots. Not so well known are the large pure white trumpets of 'Casablanca' and the delicate pink flowers of 'Little John'. Try some! **ROSES;** Now is the ideal time to plant or move roses. There

may be leaves still on the stems, but the stems will need to be pruned back anyway before they are dug up. Digging out rose bushes successfully means starting well away from the stem so that you retain as much of the root system as possible. Retaining the fine root ends will hasten re-establishment in their new position. As with those lilies, add some sharp sand or grit to improve drainage. Dig the hole large enough to spread the roots comfortably then plant at the same depth as the rose grew previously. Enrich the back-fill soil as outlined above and follow with the fertiliser in early spring. Cut back shrubs that are overreaching the space available. Autumn flowering shrubs such as buddleia, cerastigma, and caryopteris can be cut back hard as they flower on the new wood that will be produced next year.

TOPICAL TIP; Some perennials from foreign lands such as African lily (Agapanthus), cape fuchsia (Phygelius) and penstemon are not totally hardy in all winters. But you can improve their chances of survival by adding a two inch mulch layer of decorative bark over the root area. If you are adventurous, use shredded bracken for it is far better and comes free to all who would gather it. Simply cut the fronds and lay over the root area of tender subjects.

GLANMIRE HAIR STUDIO FUNDRAISER FOR ARC

GHS Girls Cut Style & Serve
Cake all in aid of Arc

Eileen McCarthy of GHS has recently returned after a challenging year of treatment for cancer.

Fortunately Eileen is feeling great and putting all her energy into her bright refreshed hair salon. Now 17 years in business Eileen is grateful for the

continued support of friends and customers and wanted to give something back to the wonderful services provided by Arc.

Thank you so much to all who supported.

Picture below includes voluntary stylists: Margaret, Eileen, Geraldine and Irene



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Ryan's of Glanmire
SuperValu
Real Food, Real People

Ryan's SuperValu and two Basket Ball Sponsorships

This month we are delighted to announce our new sponsorship partnerships with Cork Celts Basketball team and Glanmire Ladies Basketball team.

Ryan's SuperValu are the main sponsors of the Cork Celts Basketball team, a team who recently won the Division 1 pre season tournament. The league has started and already the team have won their first two matches and are positive about their chances for the season ahead considering their current position of joint first in the league. We were delighted to be able to work with the club chairman Paul O'Callaghan to support them in every way.

We have also agreed a new partnership with Glanmire Ladies Basketball team and their Academy which teaches young children the skills of basketball and allows them an opportunity to be introduced to one of Ireland's leading school sports. We were involved with the club last year as sponsors of their National League efforts and are delighted to be their primary sponsor this year.

Speaking about the two sponsorship programmes, Liam Ryan said he was delighted to be in a position to support the two clubs. "Supporting these clubs is very important to us. They have shown great enthusiasm and spirit and it looks like they are going to do really well in their respective competitions."

"All of these club members are shoppers with us here in Glanmire and we appreciate the return of their support too. Their support ensures that we can help support hundreds of local jobs."

See page 27.

Pat Geaney

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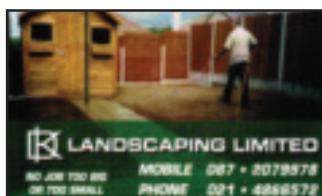
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know you're amazing



Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Erins Own Fun Run Day, which was held at Erins Own grounds Caherlag on Sunday the 12th of October, the sun was shinning on the day & with a variety of entertainment it insured that lots of fun was had by all involved, the race was won by Brian Harty in a time of 18:34, Thanks to all who helped & supported on the day.

Junior A Hurling team who defeated St Itas in the East Cork Junior Hurling League on Monday the 6th in Riverstown on a scoreline of Erins Own 2-18 St Itas 1-14

Lotto: The latest club lotto numbers were drawn on Wednesday

15/10/2014 The numbers drawn were 10,13,19,24, There was no winner of this week's lotto, 30 winners were, Dan Kelleher, Angela Collins & Pearse Cremin, Next week's jackpot is 6680. Tickets can be bought from any member or log on to the clubs website www.erinsowngaa.ie for other ways of playing, Thanks to all those who support our clubs lotto.

Club Shop: New open hours, the shop will now be open during selected week days as well as the weekend normal hours, Monday 10am to 11:30am, Tuesday 10am to 11:30am, Wednesday 10am to 11:30am & 6:30pm to 8pm,

Saturday 10am to 12pm & Sunday 11am to 12:30pm, any queries or questions on stock or orders just drop an e-mail to Dara at erinsowngaaclub@gmail.com or phone or text Michael on 086 8699145, Kieran on 087 7787759 or Dara on 089 4464412

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



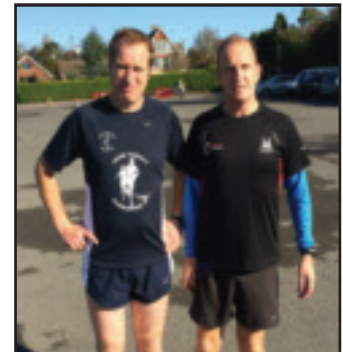
Brendan & Sam O Riordan



Diarmuid O Flynn Reciving the ECJHL Cup From Donal O Keefe



Billy & Ann Hegarty



Michael Muchay & Brendan Tobin



Juvenile Members after the race



Liam Heagarty, PJ Savage & Catherine Cogan



Shane & Barry Og Murphy & Eoin Cadogan



Shane Murphy



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- Brook Spicy Buffalo Wings with a Lime & Coriander Dip
- Fresh Ham Hock Terrine, Fennel, Radish and Apple salad, Tarragon Mayonnaise, Crostons
- Soup of the day served with fresh Soda bread
- The Brook Prawns and mussel Chowder served with fresh Soda Bread
- Thai Style Mini Fishcakes, dressed rocket leaf, Red pepper salsa

MAIN COURSE

- Grilled Box Sirloin Steak, Sauté Onions & Mushrooms, Pepper Sauce & Freshly Cut Chips
- The Brook Thai red chicken Curry, served with Basmati Rice, Fresh coriander, basil & 3 dips
- Grilled Marinated Rib of Pork on the Bone, Stir fried Vegetables, Coriander, Ginger, Chilli and Garlic, Confit Shoulder of Pork Spring Roll, Croquette Potato
- Tagliatelle Pasta — Chicken, Wild Mushroom, Basil Cream Sauce, Parmesan shavings, served with Garlic Ciabatta bread
- Deep Fried Fillet of Plaice, Mashed Pea Purée, Freshly Cut Chips, Seasonal Salad, Fresh Tartar Sauce

DESSERTS

- The Brook Malteser Cheesecake with butterscotch sauce
- Brambly Apple and Cinnamon Crumble with Crème Anglaise
- Freshly Baked Pavlova with Strawberries and Chantilly Cream

2 Course €23.00 per person
3 Courses €26.00 per person



Christmas Menu 2014

STARTERS

- Warm Tartlet of Closakilly black Pudding, creamed Leeks, Plum Tomato Fondue, Gruyere Cheese Glaze, sweet red Pepper Coulis, Dressed wild Rocket Leaf
- Cream of winter root Vegetable Soup, Tarragon cream, brown soda bread
- Thai style fish cakes, golden fried, buttered baby Pak Choi, sesame dressing, and crispy capers
- The Brook Chicken Liver Pate, Apple & cranberry Compote, Balsamic crostons
- Warm salad of Thyme and Lemon Marinated Chicken, roasted red Peppers, Cherry Tomato and Crispy Potato, feta Cheese, red Pepper Vinaigrette

MAIN COURSE

- Grilled Fillet steak, Coleriac Puree, Sauté Mushrooms and Onions, Pepper sauce, freshly cut Chips, winter side Salad
- Seared breast of Chicken, Mushroom and Basil Duxelle, Puff pastry, Wild Mushroom cream sauce, lightly whipped Mash, winter side salad
- Pan seared fillet of Salmon, Spinach, green Pea and Samphire, Lemon Beurre Blanc, Baby Potato, tempura mussels
- Traditional Roast crown of Turkey, Honeyglazed ham, savoury stuffing, Cranberry Compote, Potato roasted in Goose fat, roasted root vegetables, fresh Gravy
- Slowbraised shoulder of Lamb, green herb cranb, Carrot Puree, Rosemary and red wine Jus, Croquette Potato, roasted root Vegetables

DESSERTS

- The Brook Malteser Cheesecake, Butterscotch sauce, Vanilla cream
- Eton Mess: Fresh Pavlova, Lemon curd, Vanilla cream, fresh winter berries, raspberry Coulis
- Caramelised Apple and rhubarb Crumble, Vanilla ice cream, crème Anglaise

€34.95pp

Vegetarian menu available / Celiac also catered for.



ASANTE BUILDING PROJECT.

On the 24th March 2015 **Audrey Keating** from Hazel brook in Glanmire a member of Cork Airport Search Unit will travel with fellow members of her Unit to Kenya for 10 days with the ASANTE BUILDING PROJECT. The charity started by the Search Unit is involved in a school building project in the village of Oloolaimutia which is very close to the Masai Mara. These people mostly from the Masai Tribe receive little or no help so the Search Unit decided to help them and to date have built two classrooms. Audrey is hosting a unique fundraiser a Casino Night on the 15th November in the Mardyke. If you would like to help this great cause please come along on the night tickets cost 15euro and theres a drink reception first and finger food plus a raffle with some great spot prizes its going to be a great night and you can purchase a ticket at the door or maybe you would like to travel with the group to Kenya well check them out and get more information on the trip on their FACEBOOK Page.



Ed Browne of MSD, Eamon Sweeney, Glenville, PJ O'Driscoll of Cashman & O'Driscoll Veterinary and member of Prime Health Vets, and Pat Barry of Pat Barry Milk Machines Knockraha, pictured at the group's seminar on mastitis at Cork mart in aid of the Donal Walsh Live Life Foundation. Pic: Diane Cusack

Riverstown/Brooklodge FC A Sporting Chance



Riverstown U12A 2014-15

News from Eastcliff Park

The Riverstown/Brooklodge MSL Junior Div 1 team, are still unbeaten and top of the table, with five wins and two draws in their bid to gain promotion back to the Premier Division. Progress to the next round of the Junior Cup was achieved with a recent home win over Passage United. The Junior Div 2 team went out of the Cup after defeat to a strong Drinagh Rangers team from the West Cork Premier League. This new team, a mixture of last years' Youths squad and seasoned campaigners are currently in mid-table in their division. The Riverstown/Brooklodge U17 team have started to pick up league wins and move slowly up the Div 1 table.

Our U11/U11A teams have had contrasting starts to their Schoolboys careers. The U11 side are top of their league and through to the last 16 of the U11 Kevin Dillon Cup, while the U11As went close to their first win of the season, leading Carrigaline Utd, before losing out 4-5 in their last league outing. The U12/U12A teams continue to shine, with the U12s only defeat so far, an unlucky 2-3 reverse to title favourites Corinthian Boys. The U12As are still unbeaten in the league with a 100% winning record. The U13s

are currently third in the Premier Division on 11 points behind joint leaders Corinthians and Blarney Utd. The U13As have picked up their first league points but crashed out of the U13 Con Elliot Cup losing to Wilton. The U14s after two very successful seasons are struggling at the moment and looking to turn their season around. The U14As continue to chalk-up the wins with a comprehensive 4-0 victory over Carrigaline Utd and their first clean sheet. The U15s are one of five teams in a very competitive Div 1 chasing two promotion spots. The U16s have started to turn performances into points as they look to move away from the bottom of Div 1.

At the start of the season, the club decided only to enter teams who were playing in the Premier/Division 1 into the SFAI National Cups with the Founders Cup introduced by the CSL, providing another Cup competition for teams from Division 2 down. The U13s were the only Riverstown team to progress to the last Cork round. Impressive away wins over Midleton, (8-0) and Togher Celtic, (4-3) have given them a home tie against Ringmahon Rangers, for a place in the 'Round of 32' of the U13 SFAI National Cup.

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Celebrating 10 years in Business

Vibrance is celebrating ten years in business this month and we would like to extend our heartfelt thanks to all our clients for their continued support during this time. It would not be possible to have such a successful business without you all. We look forward to having the pleasure of your company for the next ten years!!

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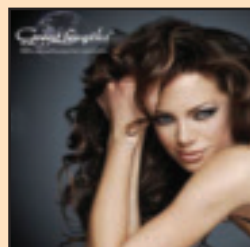
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Glanmire Cúl Camp 2014

Glanmire Cúl Camp 2014 was host to over 150 children this year under the supervision of Angela O Callaghan and Mark Byrne.

Five days of fun filled activities in the sun best describes the week.

The camp provided boys and girls, between the ages of 6 and 12 with an action-packed week of activities which revolved around maximising enjoyment and sustaining participant involvement in Gaelic Games.

The camp was held from August 18th to 22nd in the Pike Field, Sallybrook from 10.00am to 2.30pm. Fifteen local coaches, both male and female, placed a strong emphasis on skill acquisition. Football and hurling games were organised in an age appropriate manner. Lots of new friendships were enhanced over the week.

The highlight of the week, for both female coaches and kids, was when Colm O'Neill and Eoin Cadogan came to visit. They encouraged the participants to continue sport, signed endless jerseys, hurleys, sliotars etc. All children received a GAA jersey, socks, shorts and backpack.



Cumann Peile Gleann Maghair
Glanmire Football Club Latest News

Sallybrook, Glanmire, Co. Cork

www.glanmiregaa.ie



Brendan O'Connell and Barry O'Sullivan celebrate Glanmire's win against Kildorrery



Cork Footballers Colm O'Neill and Eoin Cadogan with Glanmire Football Club members at the Glanmire Cúl Camp 2014 which took place in the Pike Field.



Left: Sisters Sheila Murphy Mary O'Sullivan and Anne Lotty Celebrating Sars County Final Win

Right: Kids at Cúl Camp 2014



The Fir Tree Christmas Menu



2 Courses €16.50 Or 3 Courses €19.95

Fish & Seafood Chowder
Marinated Chicken Skewer on Mini Caesar Salad
Soup

Braised Shank of Lamb on Root Vegetable Mash,
Rosemary Jus

Slow Roast Short Rib of Beef, Potato Gratin Dauphinois,
Red wine Jus

Turkey & Ham with All the Trimmings
Baked Cod with Lemon & Parsley Crust, Roast Red
Pepper beurre blanc

Christmas pudding with Brandy Anglaise
Chocolate Brownies with Vanilla Ice Cream
Vanilla Crème Brulee

Tea or Coffee

CONTACT 021 4513090 FOR RESERVATIONS



New Food Menu

Traditional Bacon and Cabbage,
French Beef Bourguignon and a lot more.
Gourmet Burger Menu Available....

Beef Burger topped with Grilled Mushrooms, Truffle Mayo, Crispy
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or

Lamb Burger topped with Bacon and Cheese.....Vegetarian,
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CÚRSAÍ SLÁINTE

Fever in Children under 5y age...

Fever is when the body temperature is hotter than normal. Fever is a natural and healthy response to infection. While fever is common in children of all ages, it can worry parents. The temperature is usually measured under the arm, or in the ear. It is worth buying a thermometer from your local pharmacist.

Viral infections such as colds, coughs, flu, and diarrhoea frequently result in fever. Most children with fever recover fully and quickly. Unfortunately in a tiny minority of children the fever is a component of a serious, potentially life threatening illness. Serious bacterial infections such as pneumonia, urine infection and meningitis are uncommon. Trust your intuition; if you are worried bring your child to a doctor. Fever in babies under

3 months is uncommon and you should seek urgent medical advice.

Seek further advice if

- You are worried about your child- Trust your intuition.
- Your child develops a new rash that doesn't fade with pressure.
- Your child is getting worse, or has a convulsion.

The height of the temperature is just one indicator of sickness. Doctors use additional signs to assess whether a small child is seriously ill. These include the pulse, breathing rate and hydration. The doctor will usually examine your child. A urine sample can help as urine infection is a common cause of fever. Sometimes we don't find a cause for the fever. Prescribing antibiotics is not recommended if the cause of fever is unknown.

Most children with a fever can be safely cared for in the comfort of their own home. Paracetamol and

ibuprofen help reduce the fever and relieve discomfort. Paracetamol and ibuprofen should NOT be given at the same time, but you can alternate them. Doctors usually advise encourage giving fluid and checking for rashes. Do not tepid sponge feverish children: it is uncomfortable and may cause shivering.

Three EARLY WARNING SYMPTOMS of Meningitis/Septicaemia.

Septicaemia is also known as blood poisoning. Both young children and adults with meningitis/septicaemia feel vaguely unwell initially. There are three early warning signs you should carefully watch out for:

- **Leg pains** - which can become severe and make it

hurt to stand or walk.

- **Cold hands or feet** - even if there is a fever.

- **Pale or mottled skin.** In particular, pale, dusky or blue skin colour around the lips. Other symptoms in young children include being irritable, not feeding, vomiting, different crying, fast breathing and drowsy.

Older children and adults may also develop dislike of bright light, headache and stiff neck, and generalised aches and pains.

Most high temperatures in children are not serious, and are due to the common minor infections of childhood.

However, sometimes fever is a symptom of a serious infection. Trust your intuition and seek medical help if you are concerned.



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WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Caoga Bliain agus Níos Mó ag Fás / Fifty Years and More Growing
White's Cross GAA is delighted to report that we have recently been handed over some intriguing newspaper clippings from a landmark victory in our Club's history. Thanks very much to Niall Forde for supplying us with this material which records the Club's first divisional title – an East Cork Junior A Hurling League success. Niall had good reason to keep these match reports all these years as he played a significant role in this victory. Here we give a summary of this victory fifty years ago this month.

On Sunday November 15th 1964, White's Cross GAA had their first significant win in adult competition, when the club won the Junior A Hurling League with a 2-10 to 1-4 victory over Ballinacurra, in a final played at Clonmult Park, Middleton. Ballinacurra were firm favourites going into this final, not least because they had won this competition the two years previous. They were a much more experienced club than their rivals who only existed as a club a short number of years. Despite their youth this White's Cross side had flagged intentions that they meant business with a semi final win at Riverstown over a fancied Carrigtwohill side by 2-6 to 2-3. The Evening Echo match report on October 8th ran with the headline 'White's Cross Spring the Surprise of the Season in Success Over Carrigtwohill'. The Echo report stated: "It is still hard to credit how a seasoned team, or the greater portion of it, could be broken up by this young bunch of speedy crafty and clever hurlers, but it did happen, and the clash provided excitement to a real championship final".

In a separate match report the 'Onlooker' wrote "If last Sunday's GAA programme in East Cork was limited to three games, one result at least will give the prophets something to think about for the rest of the year; the defeat of this year's junior hurling finalists, Carrigtwohill, by a young team from White's Cross, a team which, by the way, went under to Castlemartyr in the first round of the championship, but who were never expected to redeem lost prestige by such an important win".

Onlooker described this semi final bout as 'one of the most exciting and dogged struggles seen in East Cork this season' and credited the win to 'superb goalkeeping in Michael Noonan, aided by that All-Ireland minor Pat O Riordan, who with Tom McEvoy, played a major part in this memorable semi final clash...'

Tom McEvoy was top scorer on the day notching up 1-3 in total. Ahead of the final, the Evening Echo reported on October 29th, "Ballinacurra have the greater experience over a team which has only four years' engagement in the hurling arena of the division. On this point alone, Ballinacurra are bound to be warm favourites, but in this final test they will be up against a bunch of youthful hurlers who have already shown what speed and consistent training can do for a country team".

In the drawn game it was a late, late point from young Pat O Riordan which forced a replay – White's Cross 1-10 Ballinacurra 3-4. Despite the fact it was White's Cross scored the final point to equalise, they had in fact led the game for the opening 50 minutes, only for Ballinacurra to score two fast goals near the end. Reporting on the finish to this one Onlooker wrote "Hectic only partly describes the grim fight which ensued with the light failing and both sides fighting it out in a last minute effort to get through. Many attempts of the White's Cross boys were thwarted but almost on the full blast of the whistle Pat O Riordan sent over for the equaliser". Scorers for White's Cross were: John Bowen (1-0), Tom McEvoy (0-5), Niall Forde, Dinny Noonan, Eamonn O Shea, Pat Cashman and Pat O Riordan (0-1 each).

In the replay a couple of weeks later, White's Cross had what was headlined as a 'decisive win'. On this occasion Onlooker reported "Whatever lapses may be attributed to White's Cross a fortnight ago when they carelessly threw away the East Cork Junior Hurling League title at Middleton, they redeemed themselves gloriously on Sunday last when, at the same venue, they well and truly deprived Ballinacurra of their third success in a row for this particular competition. Where Ballinacurra appeared the most

prominent in the last drawn game, they failed completely to stem the onward march of a great young team with a very bright future indeed, in Sunday's replay... White's Cross from the very start of the game went into the fight with a determination which sent them soaring high on the scoreboard, and when they found that they had the Ballinacurra defence sized up, they attacked with greater vigour and kept in front all the time..."

Another journalist penning his notes elsewhere wrote "When I spoke to Tom McEvoy before last Sunday's game in his own home he confidently told me that the team which had drawn with Ballinacurra was not the 'true' team and that their display was not in keeping with their worth". And there we were thinking that player interviews etc. were a component of the modern game only! McEvoy certainly wasn't fazed by his prediction, as he once again led the way on the scoreboard, converting 1-4. John Bowen, from the full forward berth, was another to get the big scores as he goaled again to add to his similar score in the drawn encounter.

A third match report summarised: "This week a happy note pervades the Upper Glanmire, White's Cross and Templemichael district as a consequence of the victory of White's Cross in the East Cork Junior Hurling League final. This achievement for a very young club at the hands of such doughty opposition as the experienced Ballinacurra fifteen, title holders for the previous two seasons, is but a just reward. The winners proved their superiority in no uncertain fashion, as the score of 2-10 to 1-4 indicates, and particularly the opposition's goal was not registered until the closing minutes. Goalkeeper Michael Noonan inspired his teammates to great heights, with a tremendously competent display, ably assisted by such as Tom McEvoy, Johnnie Barry, Pat Cashman, Noel Murphy, Pat O Riordan, Derry Noonan, Niall and Nicholas Forde, Eamonn O Shea, John Fitzgerald, Joe Cronin, Bob O Keffe, John Bowen, Stephen Coughlan and John McEvoy". White's Cross GAA salutes all those involved in this historic win for the Club and is glad to report that a

number of those involved continue to live hale and hearty in our community fifty years on. Thanks to Niall Forde for sharing his scrapbook with us!

Club Lotto Update

Lotto Results from October 13th:

Numbers drawn were 22,23,26,28 - No jackpot winner - Lucky dip winners: Michael O Callaghan, James O Sullivan & Dave Murphy - Next jackpot 2050 euro.

Thanks to everybody who supports our Club's fundraising initiatives without which we would not be able to pursue the many ongoing developments around the club. Recently you might have spotted the 100 tonnes of sand heaped above at the field - this is to facilitate sanding and draining work on the main field. Also visitors will have spotted the hardcore area that is being worked on - this will be transformed in the coming weeks into an all-weather training area. Finally we await delivery and installation of our outdoor gym equipment. Despite the fact that each of these projects are being spearheaded by a hardy core of club volunteers, who give their time and energy so willingly, they all cost money. Rest assured your financial contributions; be it to the Club Lotto, the GAA Club's Draw or any other club fundraiser is spent wisely and well in White's Cross GAA. Míle buíochas do cách.



Paul, Hannah and Darragh Pictured, taking in some action at a recent Under 8 Football Blitz hosted by White's Cross, are Paul Noonan, along with Hannah and Darragh. Fifty years ago this November it was reported that Michael Noonan inspired his teammates to great heights, with a tremendously competent display in reference to White's Cross winning their first adult divisional crown - Hannah and Darragh are grandchildren of the former White's Cross custodian.



1964 JAHL Champions – Thanks to Niall Forde for supplying us with press clippings covering the White's Cross victory in the 1964 East Cork Junior A Hurling League final replay against Ballinacurra – included was this picture of the team taken before the drawn game. If you have old clippings documenting our Club's history we would be delighted to see them!



U6 Hurling v Brian Dillons: The White's Cross Under 6 hurling team are pictured prior to their recent game against Brian Dillons. The winter training programme has reverted to Sunday morning sessions from 11am to 12pm at White's Cross GAA Grounds – with boys and girls across all ages catered for – check us out on Facebook for more details.

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Mayfield Community School News

Open Night

Large numbers attend Mayfield Community School Open Night. Our students and staff welcomed pupils from 5th and 6th class to our recent Open Night. Our Student Guides showed parents and their children around our school. Visitors got an opportunity to see our general classrooms, three computer rooms, two Woodwork rooms, three Science labs, one Engineering room, two Home Economics rooms, two Art rooms, Career Guidance room and Parents room.

Staff from UCC and CIT were available to answer questions about progression to Third Level and it was nice to see recent past pupils who are attending these colleges being at our Open Night to speak with both present and future students of our school. The closing date is now gone for applications for 2015/16.

Any applications received now will be placed on our waiting list.

Gradam Night in our School. Guest of honour at our recent Gradam Night was Matt O'Callaghan, Human Resources Manager with the Musgrave Group. Mr. O'Callaghan has spent the last year working with our Junior Leadership group from last year's Transition Year classes.

Gradam Night is a special night in our school calendar and it gives us an opportunity as a school community to acknowledge excellence in academic achievement, in social contributions to school life and in sporting excellence. Awards were presented to the group of Transition Year students who achieved a Bronze Medal Award from Gaisce and certificates were awarded to our Transition Class who won the inter-schools Triz competition in UCC.

The audience was treated with

a first class performance of excerpts from the musical Les Misérables. Well done to all the students and teachers who sang, danced and played musical instruments on the night. Congratulations to Michael Ward and Darragh O'Connor who were awarded scholarships to CADA by Ms Catherine Mahon-Buckley on the night. Congratulations to all our award winners who are excellent role models for the rest of the students in our school.

Evening Echo Inter 'generational Quiz

Well done to Michaela O'Flynn and David O'Flaherty who represented our school in the Evening Echo Inter generational quiz in the City Hall recently. They answered some very difficult questions and after a very exciting and close contest, they successfully finished in the top four teams in the competition.

Friendship Week

Mayfield Community School students organised a Friendship

Week recently. Junior students attended a drama workshop with Cyclone Rep theatre group and discussed ways in which our students can help each other work well together in our school community. Class Tutors presented our junior students with friendship postcards designed by our Transition Year students and they were asked to give these cards to someone who was kind to them recently. It is nice to see our students living up to our school motto – Meas ar Gach Chraobh – Respect for All.

Cake Sale for the Simon Community

Well done to our Transition Year class who organised a cake sale recently for the Simon Community. The Transition Year students decided that as part of their Enterprise Module that they would donate all the income from the cake sale to Simon. They nominated Simon as their charity following a visit from Niamh Quane from the Simon Community to our third



Gradam Night



Gradam Night



UCC and CIT



Cake Sale

UPDATE on Guild Activities

At our September meeting, Denis Kelly and Valentine o Laoire spoke to our members about the new computer course starting in the Community Centre . Many members expressed an interest, as technology is now a major part of everyday life.

Jim Ahern then gave us a beautiful recital of music from the 1930s up to the present day, so members went home happy, relaxed and with a song in their heart.

- Our Social Craft classes have resumed and we would love for people to come along and learn to knit and crochet during the winter months. For information text or phone 087 2341187

November Recipe: Whole Meal Brown Bread by Peg Murphy

Ingredients
8 oz Wholemeal flour
8 oz self-raising flour
1 teaspoon of baking powder
1 level teaspoon of bread soda
1 egg
1 carton hazelnut yogurt
8 oz milk
1 tablespoon of sugar (opt)

METHOD
Sieve flour and mix all dry ingredients together
Make a well in the middle and add egg, yogurt and milk and mix well together.
This is a wet mixture
Put into a lined 2 pound tin.
Cook in oven at 180 C for 15 mins, then reduce to 175C and cook for a further half hour.
When cooked, cover with a damp cloth (this is optional, but it softens the crust)



Denis Kelly from the Upper Glanmire Association addressing our Guild re the new Computer courses available for adults.



Guild members enjoying a gramophone recital by Jim Ahern.




Left: A Crocodile hat, one of the many items that can be done at our Craft class



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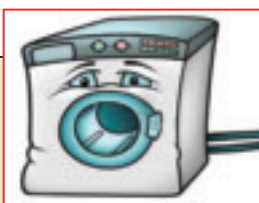
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NEWS FROM THE HILL

WATERGRASSHILL COMMUNITY ASSOCIATION Annual Christmas Fair and Family Fun Day Sunday 7th December, 2014

Watergrasshill Community Centre.

Attractions and fun for all the Family

Santa will drop in and join in the festivities,

You are invited to join with us in the Christmas festivities or just perhaps for a chat or a Cuppa.

November VARIETY CONCERT

Sunday 16th November, 2014

VENUE ; Community Hall, Watergrasshill

Commencing at 7.30 p.m.

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FROM THE LOCAL POST OFFICE

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Country Champions 2014 County Final day.



Captain Emer Fennell receiving the Nano Nagle cup

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Tuesday

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Wednesday

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

Thursday

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

Friday

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

Saturday

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Darren Breathnach - Clinician Pharmacist

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PROFILE OF FR. MARTIN BARRY - SOCIETY OF ST. PATRICK'S/KILTEGAN FATHERS

Born

Glanmire Village

Growing up in Glanmire

Times tough for everyone

Pastimes

Swimming in the Glashaboy at the back of my parent's shop

Trout fishing - Table Tennis

Playing hurling & football

Education

New Inn Primary School

North Mon Secondary School

Fondest Memory

Mastering the art of riding a bicycle

Sporting Achievements:

2 County Minor Medals with Riverstown 1953 & 1954

1 Senior Club County Hurling Medal with Sars 1957 (defeated UCC in the Final)

1 Junior County Football Medal as Captain 1958

Harty Cup Medal with the Mon 1955 with Pat O'Leary & Pat Finn of Sars (beat Limerick CBS in the final)

Family

Youngest of 11 children, 9 boys and 2 girls

6 of the Barry brothers won Senior Cork Club

County Medals with Sars and their Dad Jim

won a C.S.H.M. with Carrigtwohill in 1918

Adult Life

After doing my Leaving Cert I worked for 6 years for the Insurance Corporation of Ireland in Cork City

Joined the Kiltegan Fathers in 1961, trained as a priest in our Seminary in Kiltegan Co. Wicklow, and our house in Douglas (now the Rochestown Park Hotel)

Ordained in 1968

Posted to Kenya to the Diocese of Nakuru in the north west of the country, 140 miles north of the capital, Nairobi. My parish Loudanai sits on the equator.

Current Pastimes

Interested in all sports

Weekly game of golf with my priest colleagues back in Kenya

Hopes for the future

Sars to win the All-Ireland Club Championship

Glanmire to advance to Senior Grade

Sars Camogie to win Senior County

Cork to win the Double again!

Peace in Kenya, peace in everyone's heart

Person you most admired

Nelson Mandela

Favourite Singers

Kenny Rodgers and Rodger Whittaker

Favourite Sportsperson

Christiano Ronaldo



Fr Martin Barry



L-R Rose Keane, Orlaith Keane, Grainne O'Farrell, Mairead O'Farrell, County Final day

Coaching Development Night

A coaching development night took place at the Glanmire Football Club pavilion in the Pike on Tuesday October 21st. Organised by Declan O'Connell and the Glanmire coaching development committee, we welcomed Tipperary strength and conditioning coach Damien Young to give a two hour presentation on coaching and youth development techniques. The session was extremely informative and no doubt the large crowd that attended benefited from Damien's knowledge

An employee of The Setanta College in Tipperary, Damien has represented Tipperary at every level from U14 to senior in hurling. He was Strength and

Conditioning and Skills coach to the Tipperary Minor hurlers for two years and is presently involved with the county U14 hurling & football conditioning programme.

A special thanks to Declan O'Connell, the juvenile players who took part in the demonstrations and also to Angela O'Callaghan and Fiona Burke for the tea and sandwiches. We hope to have more coaching and development seminars in the coming months.

Pictured below: Glanmire's Declan O'Connell, Damien Young and Glanmire Football Club Chairman Martin McGrath.



Country Champions 2014 - County Final day

Séamus Ruiséal, 1934 – 2013

Nuala Ní Loingsigh

“Is deacair do go leor daoine a chreidiúint go mbeadh oiread díograise, fuinnimh agus misnigh i leith sealbhú ár dteanga is a bhí ag Séamus”. Seo mar adúirt Breandán Mac Gearailt in alt ‘Ó Mhárthain’ a bhí i “West Kerry Live”. Dúirt a bhean, Máirín, an rud céanna liom agus mé ag caint léi le déanaí. Nuair a bhuail sí leis ar dtús, chuir sé ionadh uirthi an díograis a bhain le Séamus agus an teanga. D’fhéadfadh duine a rá gur chaith sé mórchuid dá shaol ag obair don teanga, idir mhúinteoireacht agus ghluaisceachtaí éagsúla a bhain leis.

Corcaíoch ó thuaisceart na cathrach ab ea é agus baint nach beag aige leis an Mainistir Thuaidh óna chuid scolaíochta féin, a chuid múinteoireachta agus a phost mar phríomhoide ar feadh na mblianta sa ghaelscoil iarbhunoidreachais roimh scor ón obair dó.

Rinne sé gaisce i gConradh na Gaelainne agus ina chuid oibre in Áras na Díge. Mheall sé Gaeilgeoirí chun freastal ar an áit agus bhíodh ranganna Gaelainne, ranganna rince agus céilithe ann. Ag obair leis ann bhí Risteárd Ó Murchú (Beannacht Dé leis) agus Séamus Langford, a cailleadh timpeall an ama chéanna agus a cailleadh an Ruiséalach. Bhí sé ina Uachtarán ar an Oireachtas agus chaith sé cúig bliana déag mar eagarthóir ‘Feasta’, 1981-1996. Dhein sé éacht ar an iris seo ar bheagán airgid i ngan fhios don saol.

Ní amháin gur cagraigh sé imeachtaí Gaelainne ach chuir sé brú ar an rialtas a chuid a dhéanamh ar son na teanga. In 1966, chuaigh sé féin agus seisear comrádaithe ar stailc ocrais toisc na faillí a bhí á déanamh ag an rialtas ar an nGaelainn agus ar chomóradh 1916. D’éirigh go maith leis an bhfeachtas úd agus d’éirigh siad as an stailc tar éis seachtaine. Bhí uisce á ól acu agus chaill sé dhá chloch meáchana. Nuair a d’fhill sé ar Chorca Dhuibhne, shiúil an tAthair Ó Cíosáin, sagart paróiste Bhaile an Fheirtéaraigh, síos chuige agus chroith sé lámh leis mar thacaíocht dá ghníomh cróga. Ba é féin agus Fionnán “Mánla” Mac Aodha Bhuí agus Tomás Ó Canainn a bhunaigh Gaeltacht Ard Barra. Tá seacht dtigh ann agus ceann eile á thógaint faoi láthair.

Phós sé Máirín Ní Ghuithín ó Bhaile an Fhiadhanaigh agus chaithidís gach saoire thiar. Reách-



Séamus Ruiséal

táladh sé féin, Risteárd Ó Murchú agus Séamus Langford cúrsaí Gaelainne i bparóiste Múrach ar bhonn deonach.

Thug sé an-chabhair do COPE. Bhailíodh sé airgead gach bliain agus ghlac sé páirt i gclár teilifíse faoi ‘Down Syndrome’. Bhí leisce air ar dtús ach nuair a thuig sé go gcabhródh sé le daoine eile, bhí sé sásta. De réir dealraimh, luaigh bean éigin lá na sochraide gur thug an clár sin misneach di féin. Thuig sé an méid a d’fhéadfadh Down Syndrome a dhéanamh. Thógadh sé a iníon, Éimear, leis go minic agus braitheann sí uaidhi é. Tharraing sé pictiúr de chónra leis na haingil ag eitilt timpeall air. Nach deas an íomhá é sin de Shéamus.

Chabhraigh sé le Cormac Mac Cárthaigh agus Eibhlín Ní Drisceoil nuair a bhí Coláiste an Phiarsaigh á bhunú acu. Deirim comhbhrón lena bhean, Máirín, a bhraitheann uaidhi go mór é, lena chlann Neasa, Orla, Traolach, Máire agus Éimear. Ba laoch inár measc é. Cuimhnimid ar Shéamus Ruiséal, Séamus Langford, Tomás Ó Canainn agus ar na mairbh go léir ar an mí seo, mí na marbh.

Gluais:

oiread díograise/fuinnimh = as much diligence/energy

sealbhú ár dteanga = possession or mastery of our language

baint nach beag = associated in a big way

roimh scor ón obair dó = before he retired

eagarthóir = editor

iris = magazine

faillí = neglect

feachtas = neglect

leisce = reluctant

Tomás Mulcahy MC for Erin’s Own Fashion Show

(18 October 2014) Fans of the Sunday Game on RTE have a unique chance to see TV pundit Tomás Mulcahy in a completely different role as he takes to the stage as MC of Erin’s Own Fashion Show at the Radisson Hotel Little Island on 6th November.

Latest fashions available for men, women and children from boutiques around the area will be showcased on the night. Among the stores participating are Eva May’s Vintage Shop and McCarthy Sports Glanmire, Ruth Murphy of Captain Tortue Group, Glounthaune as well as Sienna, Scarlett, Dakota, Kayz Kids, Lilipop Kids, Coakley’s Menswear,



O’Brien’s Saddlery and Welsh Sports from Midleton.

The show is in aid of Erin’s Own Hurling and Football Club and tickets are €20, which includes a welcome glass of wine on arrival with great spot prizes being raffled on the night. Don’t miss this great night out, call Valerie 086 8123900 or Daphne on 089 4163987 for tickets.

Tomás Ó Canainn Concert

Venue: Community College

to commemorate Tomás Ó Canainn

29th. November

Concert commences at 8.00 pm. sharp,
Fear a Ti, Sean O Se. Admission €8.



Community Garden

We are winding down our activities at present but as Gardener Chris says, "A garden never closes". So we must wash down the tunnel, prepare more beds for spring planting etc.

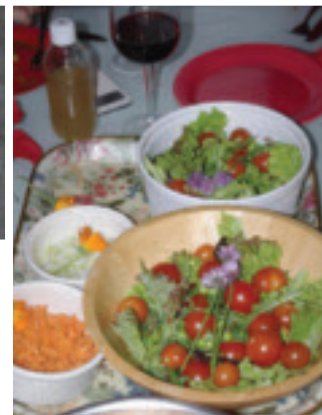
We made good progress this year learning a lot from our mistakes. For instance, there is no point in covering your cabbage with netting after the butterflies have laid their eggs...

Our tomato crop was very successful, our strawberries very tasty and our chillies very hot! But mostly we had good fun and banter as we learned to pool our knowledge and work together. Yes, all in all 2014 was a very good year.

Kathleen Moloney.



A harvest of wonky carrots



A salad completely made with garden products we ate at dinner organized in Jim's house.



Malachy, Connor and Ruairi O Daltuin from Glanmire with Ann's pumpkin ready for Halloween



Ann gives the pumpkin to Connor O Daltuin and his mum Raffaella

*Left: Ann Holland with her pumpkin
Right: A picture from Jim's dinner*



Left & Above. Breakfast in the garden" a ritual that we try to organize every few weeks.

Duais Bhronnadh i gColáiste an Phíarsaigh - A few pics from our prize giving night !!



Seán Mac Gearáilt. Scothscolaire na Cúigiú Blána



Annaleise Ní Mhurchú. Scoth scolaire na dara blána



Adam Ó hÉimhigh buathóir Cispheleadóir na blána



Club Members Sean Keegan, Donal O' Callaghan, Will Daly and Sarah O' Connell with regional training officer Jerry Murphy at club officer training

Great Strides Made in Glanmire Macra in October

It was announced last month that Glanmire Macra na Feirme were selected for the final stages of the AIB Club of the Year competition. This is a huge accolade for the club and reflects the enormous range of activities the club was involved in over the last 12 months, everything ranging from Fashion Shows and Strictly Come Dancing to Fun Runs and Spinathons. This comes on the back of being awarded runners-up at the 2013 competition. Glanmire has now reached the final 7 clubs nationally, the winner of which will be announced at the National Conference. Best of luck to everyone involved!

Sports was high on the agenda this month where we finished runners-up at the Seandun Bowling Final and our men's 7-a-side football team travelled to Limerick for the National Finals where they reached the semi-final stage. Not only this but our weekly sports night continues each Tuesday night in Upper Glanmire Sports Hall from 9-10:30 with numbers growing weekly. This is a great way to keep fit and meet new people and new sportspeople are always welcome! Our club officers Donal O' Callaghan, Sean Keegan, Sarah O' Connell and Will Daly also travelled to Cavan this month to attend officer training for their respective roles in the club. Meanwhile at the Seandun Final of the Know Your Agriculture Table Quiz Final on October 5th the club had great success finishing with the highest score on the night. Later that week club members Seamus Reid and Patrick Healy represented the club at the Seandun final of Beef and Sheep Stockjudging. Well done to both and best of luck to Seamus Reid who will now compete at the National Finals later this month in Portlaoise. Last May Glanmire Macra in association with Team Thomas Fitness Centre organised a 24-hour Spinathon in aid of SAFE. The total monies raised from this event totalled over 4000 and were presented to Cynthia Kelleher of SAFE last month.

Our speakers were in action in October in both public speaking and debating. Our public

speaking team of Kathleen Fitzgerald, Jenny Murphy and Karen Cashman won the Seandun round of team public speaking with their topic 'That Online Dating has Killed Romance' and will compete in the National semi-finals in November. Our novice debating team of Will Daly, Donal O' Callaghan and Mairead O' Callaghan also reached the semi-final of the county novice debating competition. They proposed the motion that Women Are More Intelligent Than Men against Carrigaline. After a very entertaining and informative debate, they were narrowly defeated on the night. Best of luck to Carrigaline in the County Final and well done to club member Will Daly who won best team captain on the night.

Up-coming events this month include a trip to Tullamore to support our very own Jennifer Barry at the National Finals of the Queen of the Land competition. Jennifer has been a very active member of the club since she first joined two years ago competing in everything from capers and drama to debating. Only this month she hosted a Pink Party to raise money for breast cancer. We would like to wish her the very best of luck over the weekend which will no doubt be a hugely enjoyable trip away. Also this month the National Fundraising Night at the Dogs will take place at the Greyhound Track in Curraheen on Saturday November 29th. This is a fundraising initiative for macra as an organisation which has seen a drastic cut in funding over the last number of years. This event is being hosted for the second year in a row following the great success from the inaugural event last November. Tickets are available from any member in Glanmire Macra or from Donal O' Callaghan by contacting 0876834403. Our next monthly club meeting takes place at 9pm upstairs in Sarsfield Hurling Pavillion on Wednesday November 12th. To find out more about our upcoming activities why not come along or check out our website glanmiremacra.wordpress.com. The club certainly offers something to suit every taste!



The Glanmire Public Speaking team of Karen Cashman, Jenny Murphy and Kathleen Fitzgerald



We're delighted to announce our main sponsorship with Cork Celts Basketball. Some of the team members were in store earlier today for a photo. (L-r) Kieran O'Donoghue, Club Secretary Trevor O'Callaghan, w Chairman Paul O'Callaghan and Captain Darren Geaney with Aidan Heavey our Fresh Foods Manager (third from left) and Shane O'Shea (far right).

Greg Foley
Kealcilla, Bishops Island, Watergrasshill, Co. Cork

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Riverstown Badminton Club

The new badminton season is well and truly under way at this stage. September began with some busy Open Nights for potential new members. It was great to see so many new faces trying out badminton or the club for the first time. It was also fantastic to see some of our former members coming back to the sport and to the club.

Our existing members undertook some coaching prior to the new competitive season. Respected coach Tom Aherne conducted a number of coaching sessions with 16 of our team players. This

was a great experience for all and will hopefully serve us well in the coming months.

The Cork County Badminton Leagues will commence soon. As always, we will be trying to cater for as many members as possible who want to play in the leagues. We expect to be entering a mixed team at Division 5 level and mens teams at Division 4 and 6. More details to follow next month when the teams are finalised.

Finally, we play on Mondays and Wednesdays, from 8 'til late if anybody would like to come along. Please contact us via our Facebook page with any queries.

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Reduction of speed limits in residential areas vital to ensure safety of our chil- dren - Cllr Sinead Sheppard

Fine Gael Councillor has welcomed news that all local authorities are to examine speed limits in residential areas and housing estates. The directive was issued to local authorities by the Minister for Transport, Sport and Tourism, Paschal Donohoe TD.

"Minister Donohoe has contacted all local authorities, including Cork County Council, directing them to review the speed limits in residential areas and in housing estates. This decision comes after the Minister met with members of the Jake's Legacy Campaign, a campaign being run by the family of Jake Brennan who died tragically earlier this summer outside his home.

"It's high time this review was carried out and it's deeply regrettable that it was prompted by the death of one little boy who tragically lost his life just metres from his own home," Councillor Sheppard stated.

"A 50km/h speed limit in highly populated areas is dangerous. We need speed ramps, lower limits and traffic calming measures to ensure the safety of children, cyclists and pedestrians in these areas. It is recommended that housing estates should have a 30 km/h speed limit, but a Department of Transport survey has found that this is the case in less than 2% of housing estates outside of Dublin.

"There are many estates locally which have a high volume of traffic passing through. Some are used as rat runs for the morning and afternoon school drop-off and collection times, with vehicles often travelling at speed. Not everyone is cognisant of the fact that small children may be on the footpath or even on the road playing with their friends – and this is where tragedy can strike, she continued.

"I would like to thank Minister Donohoe for making this move. I would encourage local people to take part in consultations with Cork County Council in order to secure the safety of everyone living in these areas, especially our young children."



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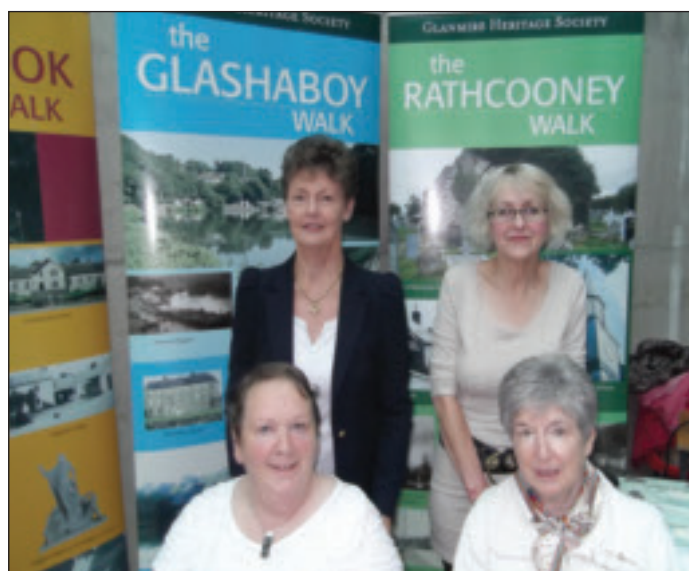
GLANMIRE HERITAGE SOCIETY – REPORT TO GACA AGM ON SEPTEMBER 2014

During the past year the Glanmire Heritage Society participated in a number of events, including an exhibition in the City Hall to celebrate Cork's past. This exhibition gave us an opportunity to showcase the Riverstown/Glanmire area, and to interact with other Heritage Societies from Cork City and County.

We attended an event in April at the Rochestown Park Hotel organised by SECAD (also known as the South and East Cork Area Development company). SECAD provides a range of supports, such as funding for community projects and training courses for community groups, and we appreciate the grants received from SECAD over the years.

We made a submission to Cork County Council for their book - Heritage Bridges of County Cork - last December in which some of our local bridges are featured:

- (1) Glanmire Bridge which spans the Glashaboy River. In 1118 Brian Boru's grandson, known as Brian of Glanmire, is reputed to have crossed here whilst taking part in the Battle of Glanmire, which was fought between two warring kings.
- (2) Riverstown Bridge which Oliver Cromwell is supposed to have crossed in 1649 en route to Riverstown House where his army camped on the lawn overnight. The present-day Riverstown Bridge which crosses the Glashaboy river dates back to the 1760s.
- (3) The earlier Dunkettle Bridge also gets a mention in the book. It was referred to as a swing bridge, meaning it could be swung into or out of position to accommodate the movement of shipping vessels.



Glanmire Heritage Society members manning their stand at the recent Heritage Exhibition at the City Hall, Cork

We also submitted an article on the Riverstown Foot Beagles to the Federation of Local History Societies, and this was published in the Local History Review. The Riverstown Foot Beagles were founded in 1887, and it is notable that sons, grandsons and nephews of the original founder members have continued with the club to this day.

The deteriorating condition of the three Almshouses in Glanmire village near the Grotto continues to cause us concern. We got one of the houses repaired last year with a grant we received from the Dept. of Arts, Heritage and the Gaeltacht. Since then we have made every effort to encourage the German owner to carry out repairs to the other two Almshouses. However, even though we succeeded in getting a Cork County Council grant this year for necessary works, the owner has not been forthcoming with matching funding so we will lose the grant.

We are continuing with our ongoing research on the local mills and industries that were situated along the Glashaboy river. We are documenting the locations of the mills and details of what they produced, and we would like to hear from anybody with relevant information and photographs as we intend to publish a book in due course.

Another project that is taking up a lot of our time is the Historic Graves project in the old Rathcooney Cemetery. The work includes surveying the headstones, and recording names and dates, thereby creating valuable genealogical information. We have 344 graves recorded and photographed, and the remaining 467 graves have been photographed but still have to be computerised. When this is done we will publish it on the website. We are also participating in a training course specifically designed by SECAD to assist community groups in developing a Graveyard Management Plan by working out what needs to be done and how to go about it.

Our Heritage Week finished on Sunday 31st August, and was a resounding success. We had a varied programme laid on at the Community Centre including a heritage photographic exhibition, knitting & crochet exhibitions, a poetry reading, stories from a seanachai and a sing-along. Other events included a guided bus tour of Rathcooney and surrounds. We also had a musical evening at Riverstown House and were entertained by a vast array of singers, poets and musicians who treated us to a first-class evening. Our final event for Heritage Week was the Irish Language Mass on Sunday morning at St. Joseph's, Springhill. This was a tribute to the late Tomás Ó Canainn, the composer of Aifreann Cholmille. It was a beautiful ceremony, and a fitting finale to Heritage Week 2014.

The aims of Glanmire Heritage Society are to promote and preserve the natural and cultural history and heritage of our area. Our group is comprised of a small number of people who voluntarily give their time to the community. Anybody with an interest in local history is welcome to come along to our meetings which are held in the Community Centre every two months.

Mary Crowley (Chairperson) Glanmire Heritage Society

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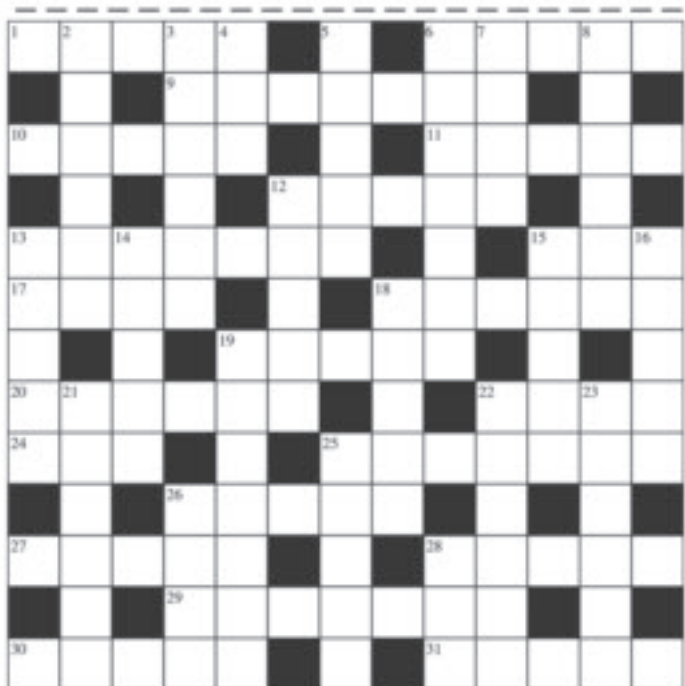
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Across

- Richard, singer (5)
- Go in (5)
- Regular actions (7)
- Where an event occurs (5)
- Put off (5)
- Well pleased (5)
- Grassland (7)
- High Swiss mountain (3)
- Organs of sight (4)
- Lingers (6)
- Lukewarm (5)
- Inn (6)
- Idiot (4)
- Shade (3)
- Word with same meaning (7)
- Dots (5)
- Muslim sect (5)
- Recess of fireplace (5)
- Gymnast (7)
- Photos (5)
- Apportion (5)

Down

- Freedom to move (6)
- Produce of plants or trees (6)
- Enemy (3)
- Look fixedly at (5)
- Suffered patiently (7)
- Require (4)
- Don, Phil singing brothers (6)
- Clean feathers (5)
- Australian city (5)
- Present food or drink (5)
- Ramsey, footballer (5)
- Holy song (5)
- Prof. Derwent (Harry Potter) (5)
- Latitudes 23°26' (7)
- The Fall (6)
- After third (6)
- Shellfish (6)
- High seat (5)
- Photo (4)
- Air-like substance (3)



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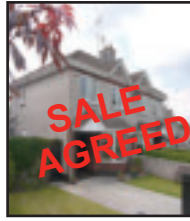


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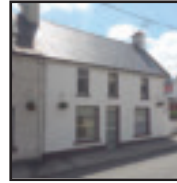
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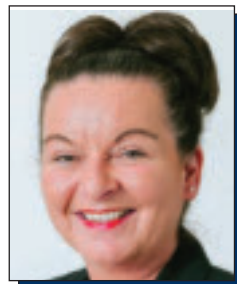
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