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#### **DECEMBER** 2014



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# Area News

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#### THE DIFFERENCE IS WE DELIVER

Issue 12 - December 2014

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



Amelia, Lily-Elleh and Isabella Foong in the Library.



Sophie Redmond and all the Rock Chicks celebrating Sophies 10 th birthday.



Paige and Cuan McMahon Sallybrook.



Kate and Joanna O 'Donovan, Glenrichmond



Conor Murray, Zach and Sophie Seymour, Upper Glen Cairn trick & treating.



Lucy and Rory Murphy Chestnut Meadows and Isaac and Adam O'Sullivan Marwood enjoying library time

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#### DECEMBER 2014



Coláiste an Phiarsaigh - An peileadóir Colm Ó Neill i gColáiste an Phiarsaigh. Labhair sé le daltaí, á spreagadh chun a bheith páirteach i gcluichí an CLG. Anseo leis, tá daltaí a imríonn le painéil éagsúla Chorcaí.



Ellis, Liam agus Maitiú ón gcéad bhliain i gColáiste an Phiarsaigh ag baint mór-taitneamh as an dtaispeántas eolaíochta a bhí ar siúl i Halla na Catharach le déanaí.

Burgoynes quartet i gColáiste an Phiarsaigh. Thug an téad ceathréad Burgoynes cúirt ar Cholaiste an Phiarsaigh le déanaí. Rinne an bl 4 píosaí ceoil iontacha a chumadh bunaithe ar Haiku. Sheinn an ceathréad na píosaí a bhí cumtha le linn ceolchoirm sa tráthnòna.

Rinne Bl 1 ceardlann leo bunaithe ar ceol Maurice Ravel . Bhaineadar lán taitneamh as.



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**DECEMBER 2014** 

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A huge thank you to you all for continued support....

*We are open Monday's and extra late nights for December ...* 

*Call in and let Joanne (ex Aveda Escape Salon and Peter Mark) work her magic with amazing up styles and curly blow dries ..!!!* 

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A sincere thank you to all our customers for their support and good wishes over the last few months.

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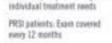


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**Dr Dolores Duffy** 

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REC NO.

#### NIL AON GLEANNTAN MAR DO GLEANNTAN FEIN " GLOUNTHAUNE NEWS by "the foreign correspondent"

Bliain eile a d'imigh ar n s na gaoithe agus tá an Nollaig buailte linn arìs. Christmastime in Ireland was traditionally viewed as commencing on December 8th.however, as previously mentioned, it commenced in Glounthaune when the Little Island carol singers paid their annual visit. The group assembled beneath the public light in "The Village" as the residents, standing at their doorways, listened with appreciation to the group's short recital. The "Village People" generously contributed to the house-to-house collection, with "Lota" the beneficiary. That was the late fifties / early sixties and the lantern bearing young boy back then was none other than our local historian, the versatile Paddy Twomey. It is not known whether Paddy actually partook in the singing, but it could be said that he was the group's "leading light' anyway! The advance notification of Christmas nowadays is by way of the number and variety of books published. There are so many, especially by former GAA players, and this may lead to referees, umpires and even linesmen getting in on the act! Perhaps with the closure of Páirc Uí Chaoimh groundsman Tommy Lynch may publish his memoirs, as such would be of great interest, and the book would undoubtedly be a best seller. It would also offer Tommy the opportunity to give his version of the story relative to the small and tight plastic bucket seats which were fitted at Páirc Uí Chaoimh in 2005. It is common knowledge that Tommy, small in stature which is very significant, was sent to test the seats at the Coventry City F.C. grounds on Highfield Road when the club moved out. He was over there for a few weeks because his brief entailed checking the entire seating in the stadium, and this necessitated having to proceed from seat to seat, and sitting on each one. It was naturally very time consuming, and rest assured one of the suits down the Marina would have jumped at the opportunity but for it being such an arduous task. It is understood that on his return Tommy advised that there was plenty of leg room as far as he was concerned, and with such an evaluation it was decided to purchase the infamous seats. His son Anthony could also feature in the book and in his own right as he is the well-known compere, comedian, seanachaí, auctioneer, and horse racing commentator. He is a stalwart Glanmire parishioner, and an avid follower of his beloved Sars which extends all the way back as far as 2008. An appropriate name for the book would be; "A Seat-Full of Memories". Incidentally it is said that when Tommy came home from that momentous project it took him considerable time to adjust. For example it is said that he was always last to finish his meals due to the fact that he was hopping from one seat to the next around the table, while murmuring that the seats were very big. Then at his grandchildren's birthday parties he

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was continuously calling for a game of "musical chairs". Tommy always won. The grandchildren were bored long before the parties ended, due to the number of times the game was played, and they went to bed with the cry; "c'mon, let's have another game of musical chairs", ringing in their ears. It is understood that Ikea has offered Tommy a job

in the Fitted Seating Department of their store at 2 Croft Road, Coventry during the construction period of the new stadium. I digress.

At local level there are the popular Christmas school

publications, and the following is a flavour of contributions published in the Glounthaune N.S.1985 edition. Twelve years old Susan and eleven years old Nicola wrote on; "The Multi-Coloured Blanket". QUOTE: We, the sixth class girls in Glounthaune decided last September to knit patch-work blankets, using odd balls of wool. We quickly ran out of knitting yarns and so we wrote to various companies asking for donations of spare wool; Roches Stores, Brandon Yarns, O'Flynn's Wool Shop, Tivoli Mills, and they all contributed lovely wool for the project. So far, we have sewn- up one blanket. There are one hundred and thirty patches in our blanket altogether. There is every colour under the sun in our blanket. We all contribute patches for the blanket. Louise Barrett, Siobhan O'Shea, Jill O'Brien and Michelle Brown have made the most patches. Louise hopes to make one hundred patches before the summer. We are also knitting Aran, Crochet, and chunky patches. We intend to have a number of blankets knitted by summer. We will then donate the blankets to S.H.A.R.E. UNQUOTE. Eleven years old Pat penned; "The Christmas Song". QUOTE: Hey Ho, Hey Ho, sing a song, Christmas is here for everyone. In Bethlehem a child was born, we celebrate this on Christmas morn. He fills the earth with lots of joy, for Jesus was the baby boy. Hey Ho, Hey Ho, let's sing a song, for the spirit of Christmas all year long. UNQUOTE. Eleven years old Helen had a piece on; "The Christmas Concert". QUOTE: We are eagerly looking forward to the Christmas Concert. The venue will be the local school hall. We have had concerts now for some years past. They have been very successful. Parents enjoy them very much. Last year we had a raffle. People contributed various prizes for it. The admittance money

went to the School Equipment Fund, and the raffle money was given to Simon. Different classes will be taking part in the concert. There will be two performances this year. We hope to have another raffle, so we are asking you to donate various items, such as; boxes of biscuits, bags of potatoes (large), and bottles of whiskey, etc. We

would be very thankful to you if you could donate as much as you can. Raffle tickets will be sold in the hall. You never know, it could be your lucky night! We are looking forward to seeing you. UNQUOTE. Eleven years old Paul's contribution was; "That Night in Bethlehem". **QUOTE:** On a cold, cold night, in a land far away;

with Mary and Joseph looking for a place to stay. When they came to an inn, the owner took pity, and gave them a stable to rest for the night. They settled in the stable, and early that morning, Mary gave birth to her first baby boy. While angels were singing and stars glittering, shepherds came down from the hills to worship the new born king. UNQUOTE. Niamh, who was eleven years of age, had a poem called; "My Dog". QUOTE: My dog Sally has drooping ears; her big sad eyes seem close to tears. They look at you when it's time for tea, and seem to say; "Don't forget me". UNQUOTE. Eleven years old Brendan described; "A visit to Yorkshire". QUOTE: Cork County Open Coursing Club have a meeting every year against Old Yorkshire, and this year we went over to Yorkshire. My dad and I took the dogs in our own van. Some of our friends went by boat and others went by plane. We left Cork for Dublin to get the ferry to Liverpool. When we arrived in Liverpool we went to Rippon, where we were staying. I got a surprise when I saw the fields the next day, because they were so big. One field was about one hundred acres. The weather was bad during our stay. The English won the competition outright, but the Irish won the consolation prize. I had the honour of accepting the trophy. I was disappointed when our dog "Single Solo" lost in the second round, but then two years ago my dad won it outright with "Single Echo". I would love to visit Yorkshire again. UNQUOTE. Finally, twelve years old Johnny related an experience he had at Cobh Junction Station. It was entitled; "What Causes Arthritis"? QUOTE: Dad and myself were waiting for the train and our parish priest was there also. His car must have broken down. Our neighbour from across the road came and sat beside

the priest. There was a smell of drink from him, and his tie was all stained. His lips were sort of red, and you would swear that it was lipstick. His coat pocket was thorn and I could see a half empty bottle of whiskey sticking out. He started to read his newspaper, and after a while he asked the priest; "what causes arthritis"? The priest was very cross-looking and dad was coughing the whole time while the priest answered. I could not understand some of it, and afterwards dad sort of explained those bits to me. "Look", said the priest, and I saw him wink-ing at dad, "it's caused by loose living, being with cheap wicked women, drinking too much, contempt of your fellow neighbours, and lack of a bath". Our neighbour said; "Oh dear", and re-commenced reading his newspaper. Nobody spoke for ages and then the parish priest nudged our neighbour and said; "I'm very sorry, I didn't mean to be so hurtful. How long have you had arthritis"? Our neighbour replied; "Father, I don't have arthritis, but I was just reading here that the Pope does". UNQUOTE. Well, the foregoing seven contributions were from pupils attending Glounthaune N.S. in 1985. That was twenty nine years ago, which were the good old days when they, and their fellow pupils, were unaware and sheltered from; grief, heartache, and the countless other "benefits" of adult life. These pupils have by now celebrated their fortieth birthday, and one wonders where they are today, and what their walk of life is. Maybe some are in foreign lands, and perhaps planning a trip home for the festive season. It is the period when a person gets homesick, even when at home. Christmas is that time of year when many may be overcome with emotional feelings of love and affection for the people we cherish. It is also the time when the sense of loss through death or otherwise is magnified to a greater degree. We remember with a heavy heart those who are not with us now to share the festive season. Naturally it is difficult, very, very difficult, and it highlights the importance of cherishing and enjoying the company of those still in or lives, and that's what keeps us going. Those unique and happy memories which we experienced help us along the way and it gets a little easier over time, but there is always that grief which lives with us forever. Memories are wonderful, they last for eternity, and who knows what tomor-row will bring.

CORRECTION!: The final contribution above, that from twelve years old Johnny, is not of course an extract from the Glounthaune N.S. Christmas 1985 publication! It can also be confirmed that it was not published in "The Fold" either!

wNollaig Shona agus Athbhliain faoi Mhaise Daoibh go léir.

SLÁN GO FÓILL ©



**DECEMBER 2014** 

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## Wishing you a Merry Christmas and Prosperous New Year



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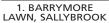
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1. MARWOOD WAY, GLANMIRE



33. HAZELWOOD DRIVE, GLANMIRE





2. ST JOESPHS VIEW GLANMIRE



13 BROOKLODGE GROVE



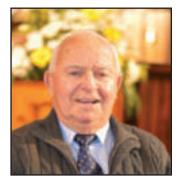
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**DECEMBER 2014** 



Charlie Wilkins

#### **GRISELINIA BANTRY BAY**

Gardens that look good in winter have a somewhat mesmeric quality. It derives from the fact that their dormancy makes them more or less static; they are not surprising us and springing into new life or bursting with buds and blooms every other week.

As these pinched days of December dawn to seemingly ever diminishing light levels the garden (what I can see of it) is brought more and more into sharp focus, and through such startling definition I look for brief moments of illumination among the plants. Although I am always impressed by the many flowering plants that defy the elements in the dead of winter, what I have been admiring most since mid-November is the sight of a variegated evergreen shrub, clearly revealed in all its glory with handsome yellow and green leaves, decked out among a network of short-jointed, sturdy branches.

I refer today to a 'sport' of the hedging griselinia called 'Bantry Bay'. It's wonderfully soft, rounded leaves are its main claim to fame and superiority over its nearby neighbours-permanent and temporary. Now the mid green leaves of plain (and less hardy!) griselinia may look brighter and fresher than any other green found in the winter garden, but when they come generously scribbled and splashed with lemon and white and cream (as in 'Bantry Bay') then they become a worthy contender for the accolade 'superb winter interest shrub'.

Leaves, most gardeners will tell you are usually two-faced (because of the difference between finishes on the upper and lower surfaces) but when they look, feel, and tempt in a sensuous manner, they actually invite us to reach out to touch them, to feel their many attrac-

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## **GRISELINIA BANTRY BAY**

tions through our finger tips. Some variegated leaves may be waxy to the touch, or woolly, silky, spiky or crinkly, all conditions requiring tactile recognition. 'Bantry Bay' however has leaves which feel different to all the textures outlined. Its leaves are soft, soapy and cool to the touch irrespective of weather conditions or season.

My treasured plant grows in the shade of a small circular garden building which faces north and it virtually shivers when the wind blows from that quarter. Even in summer the spot is inhospitable and difficult but 'Bantry Bay' thrives here without complaint. Books will tell you that it is very suitable for seaside plantings but because it' reputedly not fully hardy (mine survived that cold winter of 2009/10, care with positioning is recommended. Mine has neither of these creature comforts and it grows apace.

The illustration shows "Bantry Bay' against a dark background of inter-lap fencing but where more space is available it would look wonderful alongside the purple leaved form of Berberis vulgaris or the almost black pittosporum sold as "Tom Thumb'. Easy to source and relatively inexpensive to purchase, this brightly coloured evergreen shrub would make a worthwhile addition to anyone intent on creating a winter garden.

True, the effects, atmosphere, and scents of a winter garden can be deliciously subtle (and often fleeting) but they are all the more striking for that. 'Bantry Bay' should be chosen for its illuminating qualities and stately, well-furnished shape. The big secret no matter what you decide to include in a winter garden is in choosing carefully those plants that give the best return. Often, it is the simplest garden choices that work best in winter.

#### THE DECEMBER GARDEN

SCENT; Nothing is more heartening in the cold weeks of December than to bring in snippets of flowering plants from the garden. Sprigs of sarcococca will scent a whole room for up to a week, and a well-established daphne can easily spare a few stems, mixed perhaps with winter honeysuckle, though this latter plant will only last a couple of days. Prize picking must be the fabulous blue and yellow iris unguicularis-pick these while still tightly rolled-and witness the amazing striped blossoms unfurl in your sitting room.

DEVIL'S COACH-HORSE; A log pile's usefulness is not confined to feeding the fire in winter. Ăn undisturbed pile of logs can become home to garden pest eaters such as spiders and the nimble black beetle known as the devil's coach-horse, a voracious consumer of slugs and leatherjackets. For these reasons do not be too concerned about the scurrying you'll notice as you remove logs over the coming weeks. Let these run free, and you will be repaid handsomely.

FROST; The garden was full of mystery and wonder when under hit by a single night of frost a fortnight or so ago. That said, conditions remain mild and grass (weeds too) continues to grow. This lack of cold has prompted many bulbs to show face (daffodils are in bloom in Blarney Castle) and shrubs are not shy at putting out early blossom. However, the bulbs will do fine if we get our short annual ration of sub-zero temperatures but the shrubs might want some protection. The likes of Cordylines, Yuccas, and Coprosmas in upland areas of Glanmire and Riverstown will benefit from a fleece covering on very cold nights especially if frost follows rain. Early Camellias will also appreciate a covering with something warm and relatively wind-proof.

LAWNMOWERS; If you do not have to bring your mower (or other mechanised garden equipment) for a winter service then give them a run for a few minutes every fortnight or so up to March. The heat generated by mowers and hedge clippers will dispel damp and keep them in good order.

VENTILATE the greenhouse for a few minutes in the



Attachment; Easy to source and relatively inexpensive to purchase, this brightly coloured evergreen shrub would make a worthwhile addition for those who would contemplate creating a winter garden.

middle of the day as often as possible in order to get a change of air. Greenhouses heated by gas or paraffin oil need a small amount of ventilation at all times for they create an appreciable volume of moisture which condenses everywhere. This could set up a fungal attack on susceptible over-wintering plants. As to the general run of plants in the greenhouse, water these only sparingly and if there is a choice with positioning put all the soft-stemmed specimens on the sunniest side.

\*\*\*As Christmas and the New Year approaches I hope both will bring readers (as they have brought me) another satisfying period in their busy lives. Plants have thought me that life is a continuous circle, one of growing, maturing, and eventually one of rest. Gardening in general has given me bountiful days of fun, health, untold pleasure and immense knowledge of how things evolve. It has given me innumerable gardening friends none of whom I would change for even the most desirable ornamental plant. Best of all, it has given me laughter and tears and pictures of incredible beauty, unlike any I have seen on canvas or board. A Happy Christmas, and Joyous New Year, to all readers of this GRA magazine.

**DECEMBER 2014** 



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#### Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.



Lotto: The latest club lotto numbers were drawn on Wednesday 19/11/2014 The numbers drawn were 2,7,24,28, There was no winner of this week's lotto, 30 winners were, Hughie Riordan, Conor Hornbrook & Marion Murphy, Next week's jackpot is 7330. 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: The shop will now be open 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

Looking To Buy A Christmas Gift: Erins Own History Book From an Acorn to an Oak is know on sale in various shops throughout the parish, Fitzpatrick's shop, Glenmore Stores, Little Island & Glounthaune Post offices & our own Club shop in Caherlag at a cost of 25.

RedFM Senior Hurling League Final Erins Own 2-12 Ballymartle 2-09 Pairc Ui Rinn was the venue for this years senior hurling final, it was a cold wet night, the pitch was in good order but the rain made things very slippy, Eoghan Murphy opened the scoring with a 65 & he added another 4 points before the break, Mossie Carroll on the 23rd minute hit the net with a rasper & Cian O Callaghan got added a point to give us the lead at the break of 1-06 to 1-04, conditions got worse for the second half witch made it hard for hurling to be played but credit to the lads they stuck at, Eoghan Murphy added another 5 points & Kilian Murphy with superb point from the centre of the field which inched over the bar, a stroke of genius from the line in bringing on Stephen Horgan in the last five minutes who found the net straight away, Ballymartle replied with a goal of their own, but it was to late & Erins Own were crowned League winners for 2014, Sean Kelly, Eoghan Murphy, Kilian Murphy, James O Flynn, Cathal O Mahony & Colm Coakley played well, Team in Full:

Kieran Murphy 2.Cian O Connor
Shane Murphy 4.Daire Dennehy
James O Flynn 6. Peter Kelly
Stephen Cronin 8. Sean Kelly
Kilian Murphy 10. Cathal O
Mahony 11. Eoghan Murphy 12.
Mark Collins 13. Colm Coakley
Mossy Carroll 15. Cian O
Callaghan

Subs used- Stephen Horgan for Mossy Carroll

UP Coming Events The Erins own annual Christmas draw is taking place this year in the Great O'Neil's bar Glounthaune on Sunday the 21st of December at 6pm, Tickets can be got from Jamie Murphy 086 8758519, Tom Mackey 087 2672502, Timmy Lambe 086 0539541, Littleisland or Glounthaune Post office or just ask any officer or member of the club, this draw is a major source of funding for the club, Please support the club in the selling of tickets.

THE LONG PUCK, will be held this year on Saturday the 27th of December, starting point will be at Glenmore stores at 1:30pm and will finish in Knockraha village where prizes will be presented in O Donoghue's bar, everyone is welcome to join in, in what is sure to be a great craic so hope to see you all there.

Erins Own were chosen as one of the Cork GAA Communications award winners for 2014, The awards were presented in Silver Springs on Friday the 07/11/14, Ger Manley, Country Manager Compu b, presenting an Apple iPad to Pat O'Callaghan(PRO), also Included are Jamie Murphy(Secretary), PJ. Savage(Ladies Chairman), Sean Twohig(Juvenile Chairman), Jim Dennehy(Vice Treasurer), Humphrey Collins(President), Michael O'Connor (Club Sponsor) and Liam O'Connell(club Chairman)

Erins Own would like to wish all there members, players & supporters a Happy Christmas & a prosperous new year,



County Junior Hurling League Final 2014



Cork GAA Communications Award 2014

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RedFM Senior Hurling League Final 2014



RedFM Senior Hurling League Final 2014

DECEMBER 2014

## If You've Ever Considered Seeing A Chiropractor You Must Read This Now

considered seeing a chiropractor, this could be the most eye-opening article you'll ever read.

Imagine for a moment that its 6 months from today...

You're enjoying what you love to do...playing golf, playing with the kids, or maybe just laying on a beach somewhere.

You're free of the pain and health issues that were holding you back. You have more energy, better health, and absolutely no pain.

Does this sound too good to be true -- to live pain free, like you were in your younger years?

In a minute, I'll tell you how you can make this a reality. But first you should know a little about me.

My name is Dr. Eric Kelly. My family and I chose Glanmire eight years ago because we loved the town. Since then, I've used gentle chiropractic treatments to help hundreds in our community feel better and live healthier, more productive lives.

#### "Does Chiropractic Really Work?"

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly. Even top sports star and entertainers... like Tiger Woods, Emmitt Smith, Tony Robbins, Joe Montana, Lance Armstrong, Gov. Arnold Schwarzenegger and Mel Gibson.

In fact, the U.S. government is so convinced chiropractic works they've been paying for it through the Medicare system for 30 years.

In addition to that, here's what some of the top medical researchers had to say about chiropractic ...

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

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

If you suffer from a health problem and have Although chiropractic works great for back pain, at our office we've helped patients with a wide range of problems.

#### "Isn't Chiropractic Just For Back Pain?"

We can help conditions like...

- Headaches and Migraines
- Asthma and Allergies
- Numbness in the Arms and Legs
- Carpal Tunnel Syndrome
- Athletic Injuries
- Car Accidents



#### "Don't Let Pain Keep You and Your Family From Experiencing a Full Life."

Shoulder, Hip And Knee Pain

And much more

There's an endless list of health problems chiropractic can help with. For example, here's what a recent study on chiropractic and high blood pressure found...

"This procedure has the effect of not one, but two blood-pressure medications given in combination... And it seems to be adverseevent free. We saw no side effects and no problems" said study leader George Bakris, MD, director of the University of Chicago hypertension center.

#### "How Much Does Chiropractic Cost?"

It's impossible to know for sure what you'll need to get rid of your nagging health problem until I've examined you. That's why for 15 days only, €40 will get you all the services I normally charge new patients €265 for!

What does this offer include? Everything I normally do in my new patient evaluation. Take a look at what you will receive:

An in-depth consultation about your health where I will listen...really listen.

A complete nerve, muscle and spinal exam to find the "cause" of your problem.

A full set of specialized x-rays to look for misalignments, bad posture, and joint degeneration... (NOTE: These would normally cost you at least €95).

A thorough analysis of your exam and x-ray findings so we can map out your plan to better health.

I'll answer all your most probing questions about chiropractic and what it can do for you. The appointment will not take long at all and you won't be sitting in a waiting room all day either.

To take me up on this special offer, you must come in before the 12<sup>th</sup> December 2014.

#### Phone 021-4824450

When you call between the hours of 9:00 am and 6:00 pm Monday through Thursday, tell the receptionist you'd like to come in for the Special Chiropractic Evaluation before December 12th, 2014.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Glanmire Chiropractic Clinic and you can find us at 2920 Eastcliffe House, next to the AIB in Glanmire

Sincerely,

#### Dr. Eric Kelly

P.S. You've got enough people trying to waste your time with risky treatments that you don't really want or might not need. I'm not one of those people.

What I'm offering here is something quite different. I encourage you to call today and start living a healthier, more joyful life.

#### P.P.S. Why Suffer With Years Of Misery?

The big myth about health problems is "maybe it will just go away on its own."

A 1998 study in the British Medical Journal proved this myth false, showing that most back pain sufferers who do nothing will have pain 12 months later.

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



Joshua and Aaron Grainger. Two proud Sars boys from Glyntown Glanmire with Daniel Kearney and Tadgh Óg Murphy holding Munster and County final trophies.



#### Ms. Anne Marie Brennan of Little Island who won

DECEMBER 2014

All Ireland Dental Hygienist of the Year 2014. Anne Marie is a graduate of U.C.C. Cork University Dental School and Hospital.



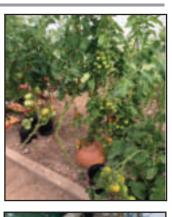
On the 15 of November last Mary Delany, Denise Crowley and Sarah o Donovan who are members of St John ambulance who represented the Cork City division in Dublin at a first Aid competition . The team win the competition which was a great way to finish off the year as the brigade celebrated 80 years in cork this year.

( L to R ) Sarah O'Donovan, Mary Delany, Denise Crowley .



The Postmistress & Staff of Glanmire Post Office would like to wish all their customers a Happy Christmas and a Prosperous New Year and to sin- cerely thank all for their custom throughout the past year.







#### **Community Garden Success**

We had an extraordinary Summer this year and we are still harvesting, in the middle of November, a generous quantity of tomatoes (pictures from August). Italian chilli peppers are still growing inside the polytunnel and, careful.....they are really hot! This year we tried to grow some quinoa and the result was exceptional with a fast growing plant and a good harvest of the little "fruit". We'll definitely give it a go next year too. Thanks for the seeds Claire!

We are now preparing the beds for winter and we'll have a meeting soon to plan what to do for next growing season, while some winter crops (mainly cabbages and cauliflowers) are happily growing outside. The garlic went in one of the outside beds and some are already sprouting. We are hoping that the crop will be as good as we had this year.



The 21st Whitebay Christmas Day Swim in aid of **Cork Simon Community** 

12 noon sharp Christmas Day 2014

at Whitebaby, near Trabolgan, Co. Cork

Bigi Linn agus Fáilte

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www.corksim

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**DECEMBER 2014** 



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#### SPARKLE THIS CHRISTMAS WITH EDUCOGYM CORK

Ample parking & elevator access

Well done Margaret, Sarah and Jessica; the entire team at Educogym Cork is so proud of the

effort you put in! Margaret has lost two stone to date, her skin is firmer, she now enjoys shopping trips and she is glowing from the inside out! Read

what Margaret has to say; " I attend Educogym in Glanmire three mornings a week. This gives me the opportunity to avail of a full body workout each week. Since I joined the gym, I have lost over two stone in weight and many inches from my body. This has made a huge difference to the way I feel. I can attribute this success to all the help and guidance I have gotten from the dietitian and the personal trainers at the gym, together with the sincere effort that I have made to follow the plan and all that I have been taught.

What I like most about this gym is the fact that each client is treated individually, and on each visit you get the same attention as you did on your first visit! A personal trainer supervises each session. At no stage are you left on your own to figure something out

for yourself, you are not allowed to do anything without it first being demonstrated and properly explained.

I am also very happy with the food plan, all the ingredients are easily available and the meals are easy to cook. I cook in batches, there is no waste and I always have a healthy meal at the ready. I never feel hungry and I know I am eating much tastier food than I did prior to starting this healthy lifestyle. This means a lot to me, going forward I can continue with my healthy eating habit for the rest of my life.

I have a wedding coming up shortly and I am looking forward to going shopping, which was something that I used to dread. My skin has improved and I feel so much better. I receive loads of compliments from my family and friends. At the moment, I look forward to losing a further stone with the help of my dietitian and all the dedicated professional personal trainers."

**Contact Educogym Glanmire** and start your transformation today! 021 486 6920

## SPARKLE THIS CHRISTMAS.



**Contact Educogym Glanmire and start your** transformation today! 021 486 6920

#### **DECEMBER 2014**



Congratulations to Conor English (left) and to Killian Burke (right) on winning the 2014 Glanmire GAA Player of the Year and Young Player of the Year respectively, as voted by their fellow players. Both have had fantastic campaigns in the Glanmire jersey and are seen here being presented with their prizes by manager Mark Hopkins





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The Glanmire U15 team who recently defeated St Vincents in the semi-final of the championship. They now play Mitchelstown or St Nicks in the final on Sunday 30th Nov in Pairc Ui Chaoimh.

## U10 - U11 Street Leagues Report

The U10/U11 Street League finals took place on Fri 7th Nov. After a last roun of round robin games, the final matches saw Tipperary and Cork battle it out fo 5th/6th place with Cork winning out by a 5:3 to 1:4 scoreline. The 3rd/4th match was between Waterford and Limerick and it turned out to be a real nail-biter with the scores level at the end of full time. Limerick finally won out by a single point in extra time.

The game to decide 1st and 2nd places was between Clare and Kerry who were playing each other for the second time during the course of the night. Kerry emergedas the overall competition winners by 4:3 to 0:3. All present agreed tha there was great skill and commitment evident and that all of the players should be proud of their efforts over the course of the Street Leagues.

DECEMBER 2014

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#### **DECEMBER 2014**

## WHITE'S CROSS GAA NEWS http://whitescross.gaa.ie

Comhgairdeachas Scoil Naomh Micheál

Well done to the girls and boys of Upper Glanmire NS who did themselves and everyone associated with them, proud in their recent Sciath na Scol Finals. Indeed it was a great achievement for both sides to come through their group stages and qualify for their respective finals, setting up this double bill at Páirc Uí Chaoimh. The games were initially scheduled for Thursday, November 13th but were postponed until the following Monday due to torrential rain on the eve of these deciders.

While the girls came up short in their final against a very strong Dunderrow NS side, the boys had a convincing victory over Rathduff NS. Captain Fionn Hickey and his vicecaptain Conor Docherty have written themselves into the history books as being perhaps the last to hold aloft winning trophies in the iconic stadium that is Pairc Uí Chaoimh, as it is subject to its upcoming redevelopment. For Fionn, Conor and many of their team-mates this represents their fourth final win in 2014, having been involved with winning White's Cross teams in under 12 (football) and under 13 (hurling and football) in recent months. Indeed their opponents Rathduff NS will be sick of the sight of these boys because most of them would have been involved with club side Grenagh who were our opponents in the Under 13 football final triumph!

White's Cross GAA applauds the work being done at Upper Glanmire NS in the coaching of various sports, including GAA - mol an óige agus tiocfaidh sí. In this regard we give special praise to Mr. Scanlon, Mr. O'Sullivan, Ms. Healy and Ms. O'Halloran who coached the teams to these finals. Indeed Mr. Scanlon plays his club football with White's Cross and we also claim a piece of Mr. O Sullivan, as his father-in-law Noel Murphy was instrumental in helping White's Cross to their first major scalp fifty years ago (November 1964) – an East Cork Junior A Hurling League win.

White's Cross GAA also congratulate and thank Finbarr Kiely who assisted with the coaching of these two teams but who has also been coaching other class groups at Upper Glanmire National School. For the past twelve years White's Cross has been sponsoring a project that sees a qualified GAA coach spending a day each week at Upper Glanmire NS coaching GAA to the pupils from a variety of classes. When Finbarr became involved as a coach to our Junior footballers back in 2004 this role at the school was also offered to him some time later and he has been completing it each year since. In the intervening 10 years, along with coaching the boys and girls, Finbarr guided our Junior A Footballers to 4 Junior A divisional championships, 3 Junior A league titles and 8 Junior A Cup titles. Míle buíochas Finbarr!

A final word to the cailíní - girls keep the heads up – this recent disappointment will make victory all the sweeter when it does come - and with the camogie to look forward to in the Spring this might not be that far off at all...

#### Christmas Draw 2014

Tickets for the White's Cross Annual Christmas Draw are now in circulation, and as always offer excellent prizes. This draw, along with our Club Lotto, are our main fund-raising activities and thus we are grateful to our many kind sponsors. Without their support and obviously the support of those who buy these tickets we would find it extremely difficult to run our club. Anyone who has visited our grounds in the past couple of years will agree that there have been very significant developments - not least the erection of the hurling wall, the walkway, the outdoor gym equipment, the all-weather training area. You will be hard pressed to find a better annual raffle this Christmas costing just 2 euro per ticket or 6 for

10 euro – with a 600 euro first prize and over 60 prizes in total. The draw will take place at the venue of the draw's main sponsor, the Stirrup Bar, on Monday December 22nd. Thanks to Eileen and Michael Hennessy for their continued generous support.

## Lotto Links With Upper Glanmire Community Assoc.

White's Cross GAA Lotto was delighted to link up with the Upper Glanmire Community Association for their recent race-night held in their outstanding sports-hall – the White's Cross GAA Lotto sponsored Race 5 on the night's programme. We commend the Association on this first class facility that they have provided for our community; the addition of the gymnasium and dressing rooms etc. currently being built will complete this set-up very nicely. The White's Cross GAA Lotto Committee knows only too well the necessity of fundraising in such ventures and was very happy to assist the Upper Glanmire Community Association in this manner.

Lotto Results from November 24th: Jackpot - €2,350 Results not known time of print.

Lotto Results from November 10th: Numbers drawn were 5, 21, 27, 28 - No jackpot winner - Lucky dip winners: Denis Burke, Denis Murphy, Catherine Hickey.

Lotto Results from October 27th: Numbers drawn were 3, 17, 20, 28 - No jackpot winner - Lucky dip winners: Ava Rose Kenny, Matt Tyson, Denis & co.

Under 15 Football Success Congratulations to White's Cross Under 15 captain Colin Sisk and his team-mates on their convincing win in their football league final. Our gallant bunch of warriors emerged victorious versus St Finbarrs in the final, on a winning margin of 4-11 to 2-4. While the end scoreline might suggest otherwise, this final was competitively fought for the longest part - indeed having played with the aid of the elements in the first half White's Cross only led 1-5 to 1-1 at halftime. These bunch of lads are such an honest and hardworking bunch and they fully deserved this win. Well done to them and their coaches - Ciaran Allen, John Barry & Eoin Murnane. It was a great way to end the competitive year at juvenile level and we are very proud and delighted to have 4 trophies won in 2014 – with the Under 12 footballers also winning their league while the Under 13 hurlers were victorious in both their hurling and football finals.

Nollaig faoi shéan is faoi mhaise daoibh go léir ó CLCG Crosaire An Fhaoitigh!



All profits from the White's Cross GAA Poc Fada will go to local charity, with teams competing for the top prize - the John Hickey Perpetual Cup. Beidh fáilte roimh cách.



Making history: Fionn Hickey and Conor Docherty, perhaps the last captains to hold aloft silverware in the presentation box at Páirc Uí Chaoimh - the stadium is to undergo a major redevelop ment early next year. Back in 1987, the first year in the 'new school', Fionn's father Ciarán and Conor's uncle Edmund helped Upper Glanmire NS to another Sciath na Scol final success

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The victorious Under 15 panel after their recent football league final victory over St. Finbarrs, pictured along with their coaches Ciarán Allen and John Barry – third selector Eoin Murnane is absent from the photo.

**DECEMBER 2014** 





Best of luck to our Rowing Team On Saturday 22nd November two teams from our school will be travelling to the Limerick University Sport Complex to compete in the Irish Indoor Rowing Championships. A junior and senior team have been entered in the relay race in which teams of four rowers race for 2000m. Like an athletics meet the relay is the last event of the day and it promises to be an exciting race. The rowers have been training hard for several months and it is a great achievement

## **Mayfield Community School News**

to be at the championships. Training has included 8 o'clock starts in the school gym and even though, they will be up against experienced rowers from clubs across Ireland, their positive attitude should see them perform respectably, and set themselves up for a return next year. We wish them all the best of luck.

#### Mayfield Community School students teaching Intergenerational Social Media module

Every Tuesday for two weeks for eight weeks, some of our Transition Year students have volunteered to teach adults from the Mayfield area skills in the area of computers Classes involve our students upskilling senior citizens in such things

as making good use of the internet, how to book that flight or holiday, buying and selling that item online, chatting to our relations and friends abroad on skype. All the participating students are participating in Foróige Junior Leader Training and a big thanks to all our friends in Foróige for providing the venue in St Joseph's and the Junior Leader Training.

#### Mayfield Community School Linking with Industry

In the last week, in our school, a hall of fifth year students meet with their business mentors for the first time. The excitement is palpable. The cafeteria soon becomes a buzz of activity as students carve out the beginnings of their career paths. The business

mentors, from Janssen Biologics, provide an experienced ear, helpful advice and lots of encouragement as the afternoon unfolds. Looking beyond Mayfield Community School to college, university, and a future life is thirsty work! Teas and coffees provide some welcome sustainance. For the last decade Mayfield Community School has been linked to Johnson & Johnson. Fifteen senior students are benefiting from this mentoring programme. It will run over the next two years until the students sit their Leaving Certificate. The next session takes place in January where their work will continue in earnest. Watch this space as their career paths unfold!







Mayfield Community School students teaching Intergenerational Social Media module

Some members of our school's rowing team





#### Little Island NS Update for November 2014 School Fair:

On Sunday October 19th we had a wonderful School Fair. It showcased everything that is great about our school. The whole community came together to support us and have some fun. We raised much needed funds for the school but the part that we enjoyed the most was seeing the buzz of fun and activity around the school. The past, present and future generations of our school were present and everyone had a great time. Our fabulous staff put in hours and hours of

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preparation in advance of the event and played a central role in its success. The local Scouts group helped out. Several parents volunteered their services and helped out in any way they could. Happy Dayz provided brilliant music that helped to make a great atmosphere. Local businesses supported us with money and gifts. Of course all of this would have been pointless if our parents and local community hadn't come out to sup port us. The numbers that attended were beyond our wildest dreams. Thank you to everyone who made this day a highlight of our school's history. We are very proud of our

school and it was brilliant to be able to share this with so many people. Science Week:

We are working towards getting a Science Award again this year. All of our classes marked Science Week by doing extra experiments. 4th Class went to UCC to take part in a special workshop and they got to meet a real scientist! They had a great time and learned a lot.

#### Christmas:

Our annual Christmas performances will take place all day on December 16th. Our Super Christmas Raffle with fantastic prizes will be held in the school on Wednesday December

17th. Tickets will be on sale from early December from our school

office and through our families. Big hampers, one 4 all voucher, green fees are some of the main prizes in what is a monster draw.

We will also be collecting nonperishable foods to make up hampers for St Vincent de Paul. This is our 5th year doing it and we have donated nearly 100 hampers in that time. We would like to wish everyone who has supported us throughout 2014 a very Merry Christmas and a brilliant 2015.

#### DECEMBER 2014

## MERRY CHRISTMAS FROM ALL AT WATERFRONT, GLANMIRE VILLAGE

Thank you for your continued support during the year.

## PARTY SPECIAL

Make up, file and polish...€29 Make up and gelish ... €39 File, buff and polish fingers and toes eyebrows tint and wax... €39 Cocoa brown spray tan and gelish... €49

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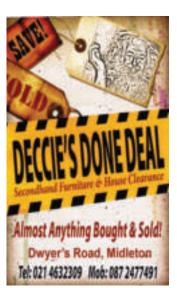
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#### DECEMBER 2014





## **12** Days of Christmas at the Mayfield Sports Complex

Day	On the 1st day of Christmas	Was	Now
	My true love gave to me		
1	10 Teen Gym Passes	€40	€25
2	10 Aqua Aerobic Morning Classes	€50	€30
3	10 Aqua Aerobic Evening Classes	€75	€50
4	10 Aerobic Classes	€70	€50
5	10 Spinning Classes	€70	€50
6	1 Month Gym & Pool Membership	€65	€50
7	3 Month Gym & Pool Membership	€170	€120
8	6 Month Gym & Pool Membership	€300	€200
9	12 Month Student Gym & Pool Membership	€320	€280
10	12 Month Pool Only Membership	€250	€200
11	12 Month Senior Citizen Gym & Pool Membership	€220	€170
12	12 Month Gym & Pool Membership	€420	€330

These prices are only available to purchase online or at reception from the 5<sup>th</sup> to 22<sup>nd</sup> December 2014

Log onto www.mayfieldsportscomplex.ie for more information

or contact 021 4505 284/ 4506 232

#### **DECEMBER 2014**



## NEWS FROM THE HILL

WATERGRASSHILL COMMUNITY ASSOCIATION Date for our AGM to Thursday 4 December at 8-30

At the recent sold out Louise Morrissey show in the First Fruits Arts Centre Watergrasshill were some of the members of Watergrasshill Community Association

L/R PJ O Leary Assistant Treasurer, Barry Curtin PRO, The Queen of irish Country Music Louise Morrissey, Robert Ryall Chairman, Paddy O' Sullivan Treasurer and James Ryall Community Association Member



#### First Fruits Arts Centre, Watergrasshill

Our vision is to provide a Centre for artistic activity in our community for present and future generations. It aims to attract national as well as international performers. The Centre should play an important part in enriching the quality of life for people in Watergrasshill and its surroundings

PHONE: (086) 080-2631 EMAIL: firstfruit36@gmail.com

## Watergrasshill Active 55+

Gentle chair-based Pilates and relaxation classes for aged 55+ take place in First Fruits Arts Centre Watergrasshill on Tuesday mornings 10.30 a.m. -11.30 p.m. (Note change of day and time) Contact Crissy at 087 2196068 Class instructor Jaconel at 085 1613505 www.pilatespeoplecork.com



#### ICA UPDATE ON GUILD ACTIVITIES

At our October meeting, we had Ann Dorgan from St Luke's Guild as our guest speaker. Ann explained the Shoe Box scheme to us, she showed us how to fill the boxes with little toys, some small clothes items, toiletries or writing material. These boxes will be sent to young children in very poor countries and Ann showed us a film of the children opening the boxes and the joy in their faces. All our members prepared at least one box each and brought them along to the November meeting for collection. Ann who is also a well know Seanchaí, entertained us with some very funny stories. Some members attended a workshop in Ballypheane Library on Saturday the 18th October, where Nora Keady from Galway was teaching some Hairpin Crochet. Our Social Craft Class continues in the Community Centre, and we are very busy crocheting and knitting and learning from one

another. Plans are underway for a Christmas Dinner in Amicus in early December.

#### DECEMBER RECIPE SIMPLE BROWN SCONES

4 oz Brown flour 8 oz white self raising flour 1 sachet of quick porridge oats 1 teaspoon of bread soda Pinch of salt 1 or 2 oz sugar 4 so butter 2 eggs Buttermilk (Mixed dried fruit/optional)

#### METHOD

MIx all the dry ingredients together. Work in the butter with your fingers. Add the eggs and enough buttermilk to bring all the ingredients. This is a rather wet mixture. Turn onto a floured surface and just roll out gently. Cut out scones and brush with some beaten egg. Put into a very hot oven at 200 deg. Centigrade.



" Ann Dorgan from St Luke's Guild explaining the Shoe Box Scheme to our members"

# Profile of Edward Sheehan

Born - Mallow Family -Wife Marie,sons Liam, Conor and daughter Sarah. Fondest Memory -Breakfast in my mothers kitchen. Occupation - Butcher (Owner of Sheehans Butchers Glanmire) Pastimes - Hurling, Football and Cycling. Favourite Film - The Shawshank Redemption

Favourite T V show -

The A Team.



Favourite Colour - Blue. Favourite Sporting Person -Diarmuid O'Sullivan ( The Rock ) Favourite Singer - Bruce Springsteen ( The Boss ) Last Book Read -The Stand (Stephen King ) Hope for the Future -The next 10 years to be as good as the last 10 Stranded on a desert island who or what would you like to have with you - My Family

DECEMBER 2014



Wishing all our customers a Merry Christmas & Happy New Year, and thanking you all for your continued support during the Year.



**Christmas Opening Hours** Late Nights 4, 11 & 18 Dec. to 8.00pm Xmas Eve 9.00am to 2.00pm Closed 25th to 28th of Dec. Re-opening Mon 29th of Dec. Gift Vouchers & Gift Packs available.

Hazelwood Centre, Glanmire, Co. Cork Tel: 4866499 for appointment



## **Ask Your Pharmacist**

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

pharmacy furst plus



So Christmas is on the horizon, and from a health perspective Christmas is all about balance. It is so easy to get caught up in the jolly season that you overindulge in mulled wine, seasonal beer, festive treats and the good things in life in general.



The thing is, we need some of these things at, as Andy Williams would call it "The most wonderful time of the year"...let's not kid ourselves, some indulgence aids the mental health! Let it not be at the expense of our physical health, however!

Christmas is also a time of giving and when it comes to your loved ones, why not give them the gift of health? With our nine-point health check an appointment for your loved one could be the perfect gift. They will learn their health numbers and how to reduce the risk of various diseases by eating healthier in a fun and adventurous way, as well as getting gold standard exercise advice!

Pop in to your local PFP today and enquire! While you're in we also have some amazing cosmetic gift baskets and presents that could go a long way to filling the Christmas stockings!

To find out more about these services ask at your local PFP or else email me on <u>darren@pharmacyfirstplus.ie</u> for more information!

**Darren Breathnach** *Clinician Pharmacist* 

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

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#### **DECEMBER 2014**



#### Minutes of the Public Meeting held on Monday 10th November 2014

Attendance Cllr Ger Keohane M.C.C., Cllr Anthony Barry M.C.C., Cllr Padraig O'Sullivan M.C.C. and a number of interested local People.

Matters arising: Information required on which Auctioneers if any are handling the possible sale of the Alms Houses

Correspondence: The letters and e-mails read and noted. Letter sent to Mr. Richard Keating RE Circus Field. E-mail from The Wheel regarding the funding of a Social Research Scheme.

#### Sub-committees:

Sports Ground: An application will be lodged to change the conditions of entry in Forest Park, the topic of Palisade Fencing in Brooklodge along the footpath came up also. Final decisions on these matters would await outcome of planning application. Path from school to pitches discussed, problem of probable Anti-social activity noted. The GACA are pushing the County Council to clean up the trees and bushes along the path for better visibility.

House Management: The topic of mending the community centre roof and costs were discussed, grant of €15,000 was offered from Cork County Council, however the quote to repair it is nearly €60,000

Community Garden: In Winter order, it is not known if new construction will affect the garden entrance.

Indoor bowls: Mary Nott sends Apologies. No report.

Seniors: the seniors are joining up with the active retirement group for Christmas Dinner. Arts/Crafts classes are finishing up.

Heritage: Meeting about Rathcooney Graveyard Thurs 13.11.14. The topic of Planning permission for "The Hermitage" (Tadhg Crowleys Land) came up. Residential Development-

3rd December plans.

Tidy Towns: It was reported that they find it necessary to clean up private property at the back of the library, which they should not have to do. A letter to be written to the owners to remind them of their obligations. It was also reported that they received a cheque from Muintir Na Tire for €200 to purchase some spring bulbs.

#### Car boot Sale:

The next Car Boot sale next Sunday at Kearney's Cross-site on Sunday Ź December

It was reported that the community stall went very well. Thanks for all the great things donated. Please keep the donations coming.

Environmental Problems: Unsocial behavior at the new Aldi/Scout Hall site- stone throwing at houses and incident with the caretaker being attacked.

#### A.O.B.

1. Cllr. Ger Keohane to find out about Meaney's Site planning, and the planning/ownership of Dooleys Lane.

2. Cllr. Anthony Barry reported that SECAD are to hold consultive meetings for elderly people planning for the future.

3. Notices in O'Callaghan's Park to be provided reminding dog owners to keep their dogs on a leash. 4. Councillor O'Sullivan said he had been informed that no new public

lighting would be erected in the immediate future.

5. The legality of truck parking on the roadside opposite Grandons garage was questioned.

#### Next Meeting: Monday 8th December.

If you have some local matter you wish to raise, you are more than welcome to come to one of our Public Meetings in the Community Centre. The meetings are held on the second Monday of every month at 8.30pm.

Friends Of Leukaemia Patients Cork, Evening Echo Mini Marathon Sun 28th Sept fundraising event

Thanks to the ladies that took part in the marathon in aid of our charity. Liam Huggins for providing refreshments, Patron Pascal Scott and Sars Hurling Club for their hospitality.

Our thanks also to our sponsors and everyone that gave spot prizes for this event which helped to make it such a great success.

#### Experienced and Qualified Beauty Therapist

Colette Canavan McGovern would like to wish all of her customers a very Happy Christmas and a Peaceful New Year. Gift vouchers available and all beauty treatments at very low prices at Marwood Ave. in Glanmire. Declear Facial at €35.00 Call Colette @ 086-8536157



Wishing all our readers a Happy Christmas & Prosperous New Year for 2015 & Shop Local

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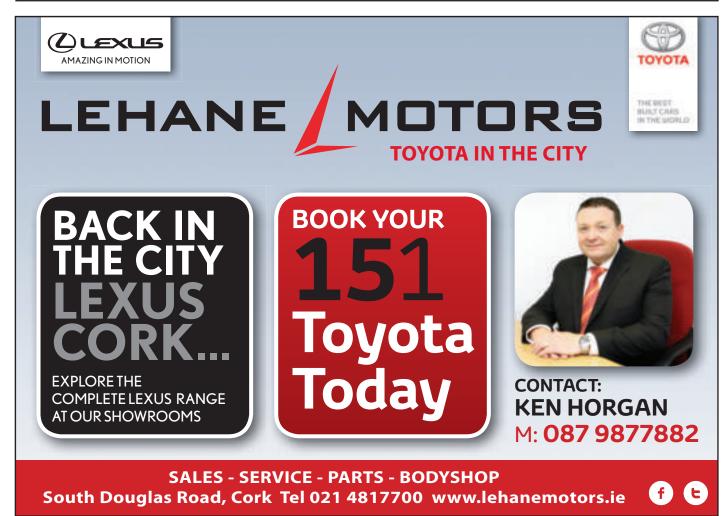
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DECEMBER 2014



**DECEMBER 2014** 



## CÚRSAÍ SLÁINTE

## Feeling Under the weather??

Its that time of year again. Long dark wet evenings. We've almost forgotten what the sun looks like. It is the time of year when illness seems to strike. Its often really challenging for people, and especially parents, to figure out what is serious, what is trivial. We worry that what seems trivial but actually be the early stages of something really nasty like meningitis or septicaemia.

I'm pleased to announce that the HSE have recently launched a great resource for the community. Its a really informative, user friendly website: **undertheweather.ie** 

Its one of the easiest websites you will ever negotiate. No more typing in your symptoms to Dr Google, and getting 1million hits, most of which manage to be both scary and wrong.

It is absolutely packed with great advice, in plain English. This website was developed by the HSE in partnership with both GPs and pharmacists. Your local pharmacist is an underused resource. They have detailed knowledge and training in the identification and management of common minor illnesses, and can help you decide if you need to see your GP. Pharmacists are the real experts in medicines; what medicines might interact, how best to use inhalers, Do's and Dont's of giving medicines to young children, advice on health promotion, weight management and quitting smoking. The list of areas your pharmacist can address is endless.

Undertheweather.ie lists common conditions such as a child with earache,

a rash, fever, vomiting, diarrhoea or coughing. You simply click the "learn more" button, and up pops accurate detailed advice. For example if you click"My child has an earache" this features an online video clip, which supplements the written advice. It explains what to look for, what action to take, and how the earache is likely to progress. Did you know that MOST earaches in children are caused by viral infections, they clear up in a few days, and pain relief is the key. Antibiotics usually don't help- but check this website to see when antibiotics may be needed "When to

#### seek help".

The list of symptoms is very comprehensive, covering all the common symptoms. Make this website a favourite in your computer. It may save you time, money and worry. For the right advice, at the right time, in the right place, visit **undertheweather.ie** 

Happy Christmas, and looking forward to meeting you again in 2015 !

Dr Diarmuid Quinlan, MB, BCh, BAO, BSc (Hons), MRCGP, MICGP, DCH, DFFP, Dip Pract



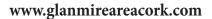
#### **DECEMBER 2014**



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**GACA NEWS** 





#### SALLYBROOK ACTIVE RETIREMENT

A new group is being formed at Sallybrook in Glanmire. A meeting will take place in the GAA Hall (Pike Field), Sallybrook on Wednesday, 3rd December 2014 at 2.30 p.m. All welcome to attend. Contact Moira on 021 4866318 or just come that afternoon.

### Ceile in aid of Hope Foundation

Upper Glanmire Set dancers are holding a Ceilí in aid of Hope Foundation on Wednesday 3rd December in the Upper Glanmire Community Centre

Admission €10 Euro - Teas served and Raffle

#### GLANMIRE CHRISTMAS CARDS and BOOK OF OLD PHOTOGRAPHS 'GLANMIRE AND ENVIRONS'

' PEOPLE – PLACES – PASTIMES'

PRODUCED BY GLANMIRE HERITAGE SOCIETY

ARE NOW AVAILABLE

CALL TO THE COMMUNITY CENTRE OR RING NICOLE AT 021-4821333

COMMUNITY ASSOCIATION PUBLIC MEETING Monday 8th December at 8.30pm in Riverstown Community Centre All welcome

Area News now online at www.glanmireareacork.com & SUPPORT LOCAL BUSINESS Wishing all our readers a Happy Christmas & Prosperous New Year for 2014 SHOP LOCAL





#### **DESTRUCTION ON M8 THANKS TO NRA**

THOUSANDS OF TREES HAVE BEEN CUT DOWN BY NRA ON M8 MOTORWAY FROM DUNKETTLE TO EXIT 18 TO GLANMIRE

On Tues 18th & Wed 19th November Trees that were planted over 24 years ago as a sound barrier have been DECIMATED right down to the ground in two days of mayhem, without any prior notice or consultation with the local community and residents. Surely we had a right to know before this disgraceful act was undertaken by the NRA, they will tell us its for health and safety reasons!! All trees and shrubs have been cleared from the yellow line back to about 30 feet, why?? It is a disgrace and down right heartbreaking to see these once beautiful trees lying on the side of the road. Where will these trees end up? There must be thousand of Euros worth of timber. Calling on all TD's and Councillors in the local area to demand answers from Cork Courty Council on this barbaric act! The NRA seem to be able to do what they want without any regard for the local environment or its residents. ENOUGH IS ENOUGH

Madge Fogarty Vice Chairperson Glanmire Area Community Association.

**DECEMBER 2014** 

**O'NEILLS** 

15

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**FEEDO** 

Mitre

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**ENSPOLU** 



KUKRI

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ANSCOLU

Wishing all our customers a Merry Christmas and Happy New Year

FOR ALL YOUR SPORTS/ SCHOOL & LEISURE WEAR First Floor SuperValu, Glanmire. Cork Tel: 021 4866134 Email: info@msports.ie FREE ENTRY to win Cork GAA jersey for the month of December with every spend over €10

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OPENING TIMES Open Mon-Fri 9.30am to 6pm & Sat. 9.30am to 5.30pm CHRISTMAS OPENING HOURS 24th Dec - 9.30 - 15.00 25th - 28th Dec - Closed 29th + 30th Dec - 9.30 - 18.00 31st Dec - 9.30 - 17.00 1st We are open 2/1/15 email: mccarthyssportsworld@yahoo.ie





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Contact 086 4044665 021 4866350

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#### GLOUNTHAUNE/ **GLANMIRE MEALS ON WHEELS** If you can help please contact:

Maria O'Halloran 4353549 or Mary Griffin 4821795

Area News now online at www.glanmireareacork.com & SUPPORT LOCAL BUSINESS

## Hall to let in Glanmire

Ideal for fitness/dancing and many other uses. See www.glanmiregaa.ie/hall for pictures & more details.

Contact Dermot (086 2423875), Joe (086 6013222) or John (087 9767990) for more details.



**DECEMBER 2014** 



#### DECEMBER 2014





1 Iona Place, Mayfield

To all our customers



26 Elmgrove, Sallybrook, Glanmire



Waterhill House, Rathfilode



14 Ashdale Drive, Carrigtwohill.

St. Otterans

Hartlands

Avenueww



Roseville, The Hermitage, Glanmire



FOR SALE

Woodview, Barnettstown,

Watergrasshill.

FOR SALE

42 Kinvara Park 8 Chestnut Ballyvolane Meadows, Glanmire

11 Hazelville, **Onslow Gardens** 

OR SAL

Strawhall Monkstown





for sa Coulea House, Carrigaline.

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Don Murphy

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