

# Glanmire Area News

6,000 FREE

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THE DIFFERENCE IS WE DELIVER

Issue 2 - February 2015

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



The County Mayor Alan Coleman, the Cork Shawlies, Cllr. Claire Cullinane and the Cobh Animation Team on a trip through the country from Cobh to Belfast this week to launch the Lusitania Centenary Commemorations in Cobh and Cork Harbour on May 7 th.



## Carrig House

### Table Quiz

Alice Murphy presenting a cheque to Deirdre Finn in aid of the cancer unit Mercy Hospital proceeds of table quiz held in Carrig House Carrignavar with Mary O'Shea Carrig House.

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someone who understands?  
Please Ring Tel.: 4922083  
Visit : [www.pnd.ie](http://www.pnd.ie)

**HELPERS NEEDED TRAINING  
PROVIDED**

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

**Glenville Flower Club we  
will meet in Kades Kounty  
on Tuesday 24th February  
@8.30pm with a talk by  
Margie Lynch a Naturopath  
and Herbalist of Ballinreeshig  
Nature Farm. We will also have  
our annual general meeting  
Many Thanks  
Margaret O'Riordan**

**LEGION OF  
MARY**

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

**GLANMIRE INDOOR  
BOWLS**

Community Centre, Riverstown  
Wed nights 7.30 to 9.30 p.m.  
Over 18s, Male and Female, welcome.  
Contact 021-4821333

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**February Sale Now On**  
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**Friends of Leukaemia Patients  
Cork Established since 1985.**  
**Voluntary group registered charity  
number 15959.**

We are a non profit organisation  
composed mainly of family and  
friends of leukaemia patients all  
working on a voluntary capacity  
having experienced a loved one  
diagnosed with this illness .  
One hundred per cent of donations  
made to our charity goes directly to  
helping patients and their families  
in the Munster Area .  
Also providing Home from Home  
accommodation in close proxim-  
ity to St James Hospital Dublin.  
This facility is made available free  
of charge to patients and carer who  
have limited financial resources  
under going a bone marrow trans-  
plant until they are ready to go  
home.

If you would like to organise a fun-  
draising event or make a donation  
to our charity  
We would love to hear from you .  
Please contact Imelda Reynolds for  
further information :  
Phone 021 4823625  
email [friendsolp@gmail.com](mailto:friendsolp@gmail.com)  
[www.friends-of-leukaemia-  
patients-cork.com](http://www.friends-of-leukaemia-patients-cork.com)

## WALKING THE GAP OF DUNLOE

It is nearly time again for our walk  
through the Gap of Dunloe, like we  
have done for the last few years.

It will be on Saturday 28th of  
March this year.

On Saturday March 28, in the  
morning, at 8.30 on the dot, we will  
meet and leave from the library in  
Hazelwood by coach, to go to Kil-  
larney and on to Kate Kearney's.

We will have time for a coffee/tea  
and a scone before walking the 11  
km through the Gap of Dunloe;  
this takes between 2 and 2 and a  
half hours and leads us to Lord  
Brandon's cottage . Time for some-  
thing to eat, either bring your own  
or you can avail of what is available  
in the line of soup and sandwiches  
(and their delicious fruitcake).

At 2 o'clock the boatmen will be  
ready to take us down the river and  
along the lake to Muckross House.

The coach will be there to meet us  
and take us back to Hazelwood for  
about 6.30.

Good walking shoes are recom-  
mended and proper clothing  
naturally; it is a road walk, so boots

are not really necessary.

The cost is a minimum of 40 euro,  
if you wish to give us more, it will  
be much appreciated of course!

This will cover coach and boat, all  
food and drink you will have to pay  
for yourself separately.

It is necessary to book, as there is  
only the one coach and once it is  
full, it is full, I also have booked in  
the Brook Inn for a meal after-  
wards, but do tell me if you are  
interested to come with us, they  
would like to know numbers of  
course.

As the purpose of this day is to  
raise money for Cancer Research,  
I hope you will try and get some  
sponsoring, however I do know  
that is difficult in to day's climate  
and i don't want to put you under  
pressure; sponsor cards will be  
available, just ask me for them  
when booking.To book and for  
further information please ring me,  
Liz Dwyer at 0872785721.

Do tell your friends about this  
lovely day out, and I hope to hear  
from you soon.

## Michael Burns Property

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# Are You Living With Sciatica Or Back Pain ...When There Is A Non-Invasive, Drugless Solution?

Having back and sciatic pain is a miserable – even crippling – condition.

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

You may have a condition called "Sciatica" if you're suffering from any of these annoying conditions. Sciatica is a compression of the sciatic nerve, usually by an L4 or L5 disc herniations.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your back or sciatica hurts and the pain just won't go away!

## Do You Have Any of the Following?

- Sharp pains in the back of the leg
- Lower Back Pain
- Herniated/bulging discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain
- Muscle spasm, sprains & strains

Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated with chiropractic adjustments.

## "What's The Chance This Will Work For Me?"

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, Padraig Harrington, Tony Robbins, Joe Montana, Gov. Arnold Schwarzenegger and Mel Gibson.

These professional athletes have the money to hire any kind of doctors they want, yet they choose to have a chiropractor on their team.

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

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

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and

ultrasound." -- *Stanley Bigos, MD, Professor of Orthopedic Surgery*

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

## Feel the Improvement – and Say "Yes" to Life Again

With our "Back Pain And Sciatica Evaluation" we'll be able find the problem and then correct it.

Think of how you'll feel in just a few short weeks.

See and feel your life change for the better. Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

As you begin to see motion returning to your joints, you're preventing and reducing chances of disability and a crippling future.

## The Single Most Important Solution To Your Sciatica and Back Pain

It's time for you to find out if chiropractic will be your sciatic and back pain solution.

For 14 days only, €40 will get you all the services we normally charge new patients up to €265 for!

What does this offer include? Everything we normally do in our new patient evaluation.

- 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 (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 being pain free.
- We will provide answers to your questions, like...

...the best nutritional supplements proven to help with joint problems.

...which position, mattress, and pillow you should use for a good night's rest.

...the foods that can help you and which ones can make you worse.



**Pain Shouldn't Hold You Back From the Important Things in Life**

...how to exercise the right way so you aren't making your pain worse.

## Don't Let Your Sciatica Get Worse

Tim Mick, DC, an associate professor and chair of the Department of Radiology at Northwestern Health Sciences University says...

**"Untreated, sciatica can lead to a loss of muscle strength and muscle size that may be irreversible. Eventually, there can be problems with gait."**

Sciatica can be successfully treated. You can recover. Healthy, pain-free living should be yours.

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 next to AIB in Glanmire.

To avail of this offer you **MUST** tell the receptionist you'd like to come in to Dr Eric Kelly D.C. or Dr Andrea Hogan D.C. for the "Back Pain And Sciatica Evaluation" before February 13th, 2015

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

Sincerely,  
Dr. Eric Kelly, D.C.

P.S. You've got too many dreams left undone. Too many special moments waiting to be experienced. Life is too short to let pain slow you down.

Don't live another day like this. Call and schedule for your evaluation. 021-4824450.



[www.glanmireareacork.com](http://www.glanmireareacork.com)



## GACA NEWS



At Glanmire Library were - Ella, Charlie, Dan and Raemonn

Below Left: Matt Mulkerrins and Jessica McCarty

Below: Ciara Walsh. Palm Grove.



COMMUNITY ASSOCIATION PUBLIC  
MEETING  
Monday 9th February at 8.30pm  
in Riverstown Community Centre All welcome

### Glanmire Tidy Towns Urgent!

Volunteers needed to help enter Glanmire Village and surrounding area in 2015 Tidy Towns National Competition.  
Contact Kathleen Moloney 086 87679189

### Age Action

Providing Reliable Tradesmen for Older People Unfortunately the last week has seen media reports of older people being ripped off by rogue tradesmen who charge extortionate amounts for work that is never completed. Age Action helps to prevent this type of crime by keeping a list of reliable tradesmen who can provide quotations for jobs and won't rip people off.

To inquire about the Care & Repair service or to request a job, simply call Age Action's office.

The older people's charity can be reached at 021-4536554.

John O Mahony  
Regional Manager at Age Action Ireland Ltd | St. Luke's Home | Ferney Road | Mahon | Cork  
Tel: 021 4536554 | Email: [jomahony@ageaction.ie](mailto:jomahony@ageaction.ie) | Website: [www.ageaction.ie](http://www.ageaction.ie)  
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Join Age Action and support positive ageing.

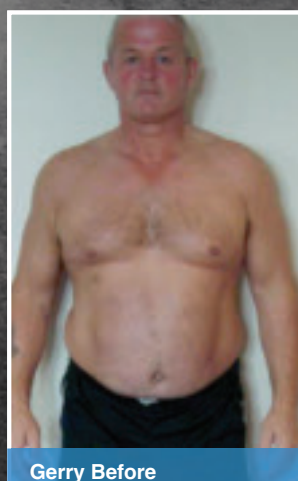
# TRAIN SMARTER IN 2015



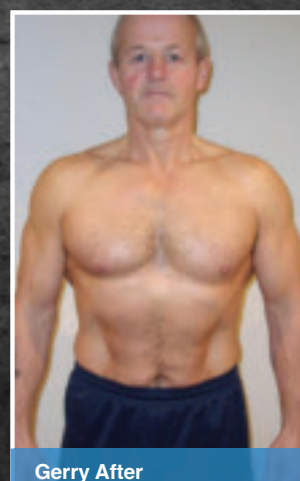
Sharon Before



Sharon After



Gerry Before



Gerry After

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3. PERSONALISED NUTRITION PLAN
4. PRIVATE ONE-TO-ONE CONSULTATIONS
5. WEEKLY ASSESSMENTS

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*Healthy employees tend to be happier and more productive employees!*

According to research by the University of Bristol, published in the International Journal of Workplace Health Management. A study group of 200 employees completed a questionnaire on days they weight trained.

- 72% reported improvements in time management
- 74% said they managed their workload better
- 79% said mental and interpersonal performance was better



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# NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

## BY "THE FOREIGN CORRESPONDENT"

**Fifty Years Ago:** Music was in the era of "hits" and the popular ones during 1965 included; "Satisfaction" by The Rolling Stones, "Downtown" by Petula Clarke, "Yesterday", "Help" and "Eight days a Week" by The Beatles. There was "Mr. Tambourine Man" by The Byrds, "Help me Rhonda" by The Beach Boys, "Back in My Arms Again" by The Supremes and "You've lost that loving feeling" by The Righteous Brothers". The February number one on the Irish single charts was "Hucklebuck". Butch Moore was Ireland's first representative in the Eurovision Song Contest and in June "Walking the Streets in the Rain" finished a respectable sixth at Naples. There were first airings on TV for the rural drama serial; "The Riordans", and also "Telefis Feirme", which was a programme designed for group viewing and discussion in rural communities. The General Election of April 7th. 1965 was the first Irish election coverage on TV and the event was presented by the late John O' Donoghue. Seán Lemass was elected Taoiseach and Fianna Fáil with seventy two seats formed a majority government. On the sporting front Drumcondra pipped Shamrock Rovers by a point to win the League of Ireland, and in the cup Rovers, having drawn 1-1 against Limerick, won the replay 1-0. In international soccer Spain defeated Ireland 1-0 in a World Cup '66 qualification play-off in Paris. England staged the competition that year and their national side was crowned World Champions. This success placed England one ahead of Ireland in the roll of honour and the record still stands! Manchester United won the league across channel and in the FA Cup final Liverpool defeated Leeds United 2-1 after extra time. In rugby Wales won the Five Nations by one point and France, with a three point scoring difference over Ireland, was placed second. Tipperary retained the All-Ireland Senior Hurling Championship by defeating Wexford 2-16 to 0-10, and Galway retained the football title with a victory over Kerry on a 0-12 to 0-09 scoreline. The Barrs won the Cork County Senior Hurling Championship by defeating UCC 6-08 to 2-06 and went on to win the Munster Club Championship by defeating Mount Sion, Waterford 3-12 to 2-03. Incidentally 1970 was the inaugural year of the All-Ireland Club Championships. In the Senior Football Championship St. Nicks foiled a Barrs double when victorious on a 2-04 to 0-06 scoreline. Nearer home; unsurprisingly there was still no soccer club in the parish but 1965 was a very significant year for those involved in the GAA. The parish club Erins Own, formed in October 19th. 1964 through the amalgamation of the Little Island and Knockraha clubs, was affiliated to the GAA in January 1965. Naturally it was a club of junior status and in the first round of the East Cork Hurling Championship the "A" grade side was drawn against Shanagarry Rovers. A matter of very trivial importance was



the fact that the club was pitted against Glenville in "B" grade football. The hurling encounter versus Shanagarry was played at Middleton on June 6th. but there was a problem even before the sliothar was thrown in. At the traditional pre-match "puck-around" Colman Dillon, a hurler of distinction, and his playing colleague the late Willie Hogan, féadfaidh sé chuid eile i síocháin, collided. Willie had to "cry-off", and it is said that this incident was referred to when the present-day cones were introduced in order to prevent a recurrence. In reality a one-way system was created and this could be classified as a health and safety issue. However perhaps Coleman, even at this late stage, should accept liability for all of today's pre-match nonsense! Shanagarry Rovers won the match by 4-03 to 1-08 and apart from a "walk-over" in the first round of the 1966 hurling championship, courtesy of Ballinacurra, Erins Own failed to win a championship game until 1970, and this was achieved by defeating Cobh at Carrigtwohill 11-06 to 5-01. Much is said of the six years' effort to leap the first hurdle of the championship but very little regarding the league, which was then a prestigious secondary competition. For example in the inaugural year of '65 the club qualified for the semi-final, and having defeated Sars en route by 4-12 to 0-0 lost to Youghal after a replay. There was some consolation when Erins Own won the F 16 "B" hurling championship with a team of talented hurlers that included Tom Aherne. Tom is now the club's recently elected chairman, and it is said that even away back in those days he possessed a very placid personality, which apparently the referees of the day can confirm. Incidentally the Fé 16 side played Sars at Cobh on its march to glory and was victorious on a 21-09 to 1-01 scoreline. The big talking point of the game was not the facile victory but rather the fact that Pat Geasley was held to 14-03! The children of fifty years ago derived innocent enjoyment from a variety of games and interestingly, unlike today, the most popular ones were played outdoors. These included pickey, rounders, conkers, marbles, gobs, skipping, hide & seek, blind man's bluff, and numerous others. The internationally acclaimed "hula hoop" was a favourite with the older children and it is said that the name was derived from a Glounthaune local pastime called; "The Hoop"! A front wheel of a bicycle, more often than not without a tube and tyre for

maneuvering and braking purposes, was "driven" along the road with a wooden stick. It was very popular when "travelling" to Donnelly's shop in the village and the "drivers" were very proud as they parked it outside. There were some excellent operators behind the wheel, and the most skillful was undoubtedly Stephen Lombard of Annmount who advanced to Grand Prix level! Pitch-and-Toss was another game which was frequently played, especially near the "An T stal" seat which was situated adjacent to the post office in the village. There were also some devious pastimes such as the "games" of "Run-Away Knock" and "Slogging Apples", but perhaps this was the extent of criminal activity back in 1965? The Canon's orchard in the village was the real favourite for the apples, apparently! Apart from the fact that it always had a good crop it was also very convenient, and in addition it was in a secluded location whereas there were never visitors to the curate's orchard, presumably because of its prominence. Access to the Canon's was easy; down the "back steps", climb over the first gate via the upright sleepers nearby, and a short walk along the "back-way". A further two gates had to be negotiated but this was easily accomplished by placing a hand through the hole in the mesh wire alongside, and open with the inside latch. The orchard was west of the Canon's residence and concealed by high trees and shrubbery. Another significant advantage was the fact that the Canon was in his late eighties so even if he stumbled across this outlandish misbehaviour there wasn't a remote possibility that he would be victorious in the ensuing chase! The most difficult task of the escapade was at the children's weekly confession at noon on Saturdays! "AppleGate" was always first on the recitation list and the confessor was the very same Canon whose apples were taken by mistake. Then to make matters worse he was very hard at hearing and a raised voice was a requisite, but the consolation was that it provided quality entertainment for those seated in the queue outside the confessional, until it came to their turn! There was also the overriding fear that the Canon might ask the dreaded question of whose orchard was being harvested, which was known to happen, and the consequences may very well result in being slapped with five Hail Marys rather than the customary three! The interesting facet of all this is that those who perpetrated the serious crime may not even have liked apples and to them Granny Smith could be the charming old lady who regularly visited the then Smith household, which was situated outside the orchard boundary wall! Alas, the orchard as well as the vegetable garden and the adjacent chicken run are no more, and as a result the local children are now deprived of another traditional experience! Numerous slang words which were commonly used fifty years ago are rarely heard today; many children had a "conjun box" and they put

a few "lops" in it. Some wore "rubber dollies" and often got a "backer" on the "carrier" of a friend's bike. They might pick up a "rocker" and throw it, and if the advice to "be doggy wide" was not heeded they may threaten a "dawk" to put you into the middle of next week. That could provoke a response of "you would, yeah", which meant the opposite. They could have "no meas" on something and "give out about it", but it was "me daza" if it was to their liking. They could get "a clip around the ear", or hear their mother say "com'ere now, if you won't stop crying I'll give you something to cry about". They might "banish" a ball and




TOM AHERNE  
CHAIRMAN ERINS OWN

be "haunted" if it was found, pointing out that "it's there la", and when handing it over "here la" was used. When playing badly the description was "cat melodeon", and if asked to play in goal the reply could be "I will, yeah", meaning I will not. If a person going socialising passed-by there could be remarks such as; have "a deko the clobber", all "dolloed-up", probably has a "jag", did not see us "mockeeah", was really acting the "gom". Well, there is very little usage nowadays of the foregoing twenty eight examples and "you can chalk that down"! Finally; February 1965 was a very busy year for the clergy in Glounthaune, and indeed world-wide. The Canon and Curate were finalising the necessary preparations relative to the impending changes to the Liturgy of the Mass. The celebration of the vernacular Mass was to be introduced in several stages, with the first planned to come into effect on March 7th. which was the first Sunday of Lent. The changes were explained in detail on the Sundays' prior to this and the congregation, with the priest leading, recited the responses over and over again in order to be familiar with "The New Mass", as it was then called. NOTE: The Chinese New Year is February 19th. and is the year of The Goat. Xin Nian Kuai Le - Gong Hei Fard Choy.

SLÁN ANOIS ©

2015

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Which Vit Nutrition is run by a nutritional therapist Marc Murphy encouraging a healthier lifestyle through the right foods for your body. Also promoting better dietary choices you can make to balance your body to maximise your energy, vitality, and wellbeing.

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Dave Moran Office Supplies Ltd, is located in Sallybrook in Glanmire, just beside Alan's tyres. The company have been operating from this location for the last nine years and have recently opened a trade counter. With over 35 years experience in the trade you are sure to get the right deal with a friendly face. They have a wide range of services and products available with over a 1000 lines in stock on site in Glanmire and 22,000 products available over night. As well as their drop to your door delivery they are now delighted to offer the facility to collect at the counter. If you would like to see the range of products available please feel free to call in and browse or visit our website [www.dmos.ie](http://www.dmos.ie). The trade counter is open between 8am and 6pm Monday to Friday.



Charlie Wilkins

### A BITTER HEART

If you talk to gardeners they always seem to be in a state of waiting; for rain or sun, for roses to bloom, perennials to show colour, for the dying down of bulb foliage, for autumn colour. They're constantly in a state of expectation and hope, watching in anguish or jubilation, forever urged on with greater ambitions. Can gardeners be otherwise? Can there be times where they can forget about their plants or must commitment be total? I fear the latter for gardening is the essence of continuation. Leave a garden for seven days and it seems to sense your absence and go to pot as a result. No amount of catching up later can eradicate the enforced neglect and when it comes to weeds, you may find the battle lost for the entire growing season.

I scarcely dare trust myself to speak on weeds. They grow as if the devil was in them! They come in an unalterable, even decorous procession, battalion after battalion, legion following legion and the sneakiest of the lot is surely Hairy Bittercress, botanically known as *Cardamine hirsute*. In Glanmire and Riverstown it grows all year round and even in bleakest January it shows up brightly when its little white flowers appear. At this stage it looks innocent and unthreatening but beware its simplicity, for as soon as the flowers fade the stems elongate, the seed pod curls and lengthens and the little seeds inside fatten and ripen. At this point, it is too late to take action for at the least touch to the outer covering of the seed pods they explode with a force that expels the seeds far and wide. Another generation of weeds has been born!

Along with being sneaky, the hairy bittercress has cleverly adapted a sly trick or two for better survival. Firstly it turns a rather dark bronze colour just before expelling its progeny. It also seems to be able to distinguish between regular ground-disturbance and that which is left rather fallow. In beds and borders where constant

cultivation is practiced the weed matures and expels its seeds whilst still relatively small and inconspicuous. Where the ground is left undisturbed for long periods it grows far taller and over a much longer timeframe.

Chemical control is difficult for this 'garden centre weed' moves only in the best horticultural circles, invading choice perennials and summer bedding alike, all with equal relish. Constant use of the hoe or hand pulling is the only sure way to get any measure of control.

I close with a word on the nastiest of all the weeds, the sycophant Dock. It arrives, seemingly from nowhere and is cunningly constructed to thwart easy extraction. When you grasp it and attempt to pull it from the ground it seems to melt away in a soft squash for it has no leaf fibre or substance. You end up with a fistful of mush leaving the root firmly anchored in the ground. If you don't want to eradicate these using the likes of Roundup, try a pinch of salt in the centre of its crown! You'll be surprised at the result.

### THE GARDEN IN MARCH

For the past few months, slugs and snails have been on an enforced Lenten-type fast. In the dark and cold, many will have hibernated high up in ivy-covered structures or deep within dry stone walling. In city and town gardens their favoured hotels can be found beneath the strappy leaves of phormiums or deep within the dry curled debris of large pampas grass. Here they slept, content in the knowledge that sooner or later the cold would go the way of the snowdrops, and soft sweet herbaceous material would in time become freely available. About now, be assured that snails and ground-living slugs are quite ravenous and before they tuck into your choice emerging delphiniums, lupins and hostas, defences must be strengthened. You can do this in many ways, most of which you have probably tried in the past. Traps include scooped out grapefruit and oranges, saucers of beer, and others containing bran laced with poison. Apart from these you have probably also tried egg shells, sand, soot, and even copper strips which are supposed to drive snails away by giving them a mild electric shock. At Villa Marie it's going to be liquid slug killer yet again for

## A BITTER HEART



Found in all gardens, the weed Hairy Bitter-cress is nigh impossible to eradicate! As soon as the white flowers fade the stems elongate, the seed pod curls and lengthens and the little seeds inside fatten. The least touch to the seed pods will cause them to explode with a force that expels the seeds far and near

all the others have failed. More and more gastropods fall victim to 'Slugit' than any other 'cure' found on gardening shelves! Try it and see but be prepared to re-apply following heavy rain.

**SNOWDROPS;** Divide congested clumps of snowdrops and replant the offsets into new ground. When a big clump is lifted break it into a number of smaller pieces (say three to five snowdrops at a time) and replant as soon as is practical in groups about ten inches apart. Your collection will readily increase by this method which is great for you, but even better for the bulbs! New varieties can also be introduced but do keep varieties separate. For instance, do not mix double and single forms or those with unusual marking.

**LILY bulbs** are still languishing on shop shelves so please invest in three (the same variety please) and put them two thirds of the way down a nine or ten inch pot. Place some good compost in the bottom third and stand the bulbs on this keeping them close but not touching each other. Don't use garden soil as it may be deficient in both humus content and nutrients. A bag of Shamrock Seed and Potting won't set you back financially and if you add some grit (small gravel) or sharp builder's sand you'll have a medium which will delight the lily bulbs.

**SCENT;** A delicious scent will soon waft from a very pleasing little shrub called *Azara microphylla*. Flower arrangers love it and use it extensively in arrangements. It has many attributes so let me enumerate them; it is ever-green, has shiny leaves no larger than a freshly

minted five pence piece, and tiny yellow flowers which waft their delightful vanilla perfume all over the garden. The shrub takes kindly to wall cultivation and does best in acid (peat) soil as well as a spot where early morning sun won't scorch the blooms, or disfigure the varnished look to its leaves. Ask about this at Hillside or Dooleys.

**BASKETS;** If you have yet to start begonia tubers for use in hanging baskets and bedding then delay no further. Simply place the kidney-like tubers on a bed of moist peat or potting compost in shallow trays, and spray daily with clear water until new growth pips emerge. Once these develop into true leaves the corms can be gently lifted and trans-planted into their summer containers or baskets. Do not plant outside until all risk of frost has passed! Big begonia tubers may be cut into several sections once growing eyes (like those in potatoes) emerge from the dormant tuber. Simply cut the largest into several pieces making sure that each new portion has at least one growing 'eye'. The cut surfaces should be dipped into a mud paste (mix water with some soil) so as to stop the wounded surfaces 'bleeding'. Once the coating has dried like a scab the new section may be set out as suggested.

**COVER** the likes of Pieris and camellias with old net curtains or similar on nights when hard frosts are forecast so as to protect the open blooms and coloured growths from damage. I know it's a pain having to move outside to do this but it's the only way to avoid the burning and searing of blooms and foliage.

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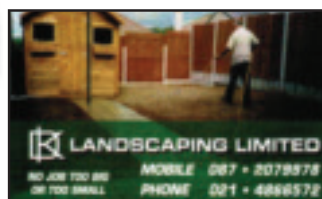
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## Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Erins Own, photos of our Senior & Junior hurling league medal presentation night that we held in the Great O'Neill bar

**Lotto Results Wednesday 21/01/2015:** No winner this week numbers drawn were 13,21,22,26, €30 to Kevin Quirke, Denis Aivers & Pat Bennett, Next weeks Jackpot €7980,

Tickets can be bought from any member or log on to the clubs website [www.erinsowngaa.ie](http://www.erinsowngaa.ie) for other ways of playing. Thanks to all those who support our clubs lotto.

**Club Shop:** The shop will be opened on Saturday 10am to 12pm & Sunday 11am to 12:30pm, any queries or questions on stock or orders just drop an e-mail to Dara at [erinsowngaaclub@gmail.com](mailto:erinsowngaaclub@gmail.com) or phone or text Michael on 086 8699145, Kieran on 087 7787759 or Dara on 089 4464412.



Mark Collins Receiving his SHL Medal from Chairman Tom Aherne

## Erins Own Christmas Draw Results 2014

PRIZE	SPONSOR	WINNER
€500	Erins Own Club	Andrew Burne
€150 Catering Voucher	Fitzpatrick's Shop	Merck Milpore
€100	M. O'Connor Motor Factors	Marcus Staunton
€100	Paul Browne Plant Hire	Michael O Connor
€100	Declan Guckian	Emmar Harrington
€100	Sean O'Leary Engineering	Dermot O Connell
€100	Supervale Voucher	William Cotter
1 Night B&B	Radisson Hotel	Thomas O'Brien
€50	Kathleen Lynch	Shane O'Keefe
Five Bags Of Coal	Southern Fuel Supplies	Eaine Savage
€50 Voucher	Glennmore Stores	Michael O Connor
Bottle Brandy & Whiskey	Member	Mossie Buckley
Return Tickets for 2	Bus Eireann	Noelle Twomey
€50 Voucher	O'Neill's Sports	Teddy Lambie
Gift	Ann O'Keefe	J. Saoh
Voucher	McCarthy Sports	Alan McCarthy
Bottle Of Spirits	The Willows Bar Glanmire	Shauna O'Callaghan
Meal Voucher	The Rising Tide Glounthaune	Colm Damascy
Whiskey & Receipts	Member	Seamus McCarthy
Bottle Of spirits	Geaney & O'Neill	Noel Murphy
Christmas Cake	Member	June O'Sullivan
Bottle Of Whiskey	Member	Josie Kelleher
Meal Voucher	The Elm Tree Bar, Glounthaune	Andy Sullivan
Chocolates & Whiskey	Member	Kieran Horgan
Voucher	Glounthaune Bowls Club	Cathrina Keohane
Bottle Of Spirits	Member	Bert O'Neill
Hamper	Delea Landscaping	Isobel
Bottle Of Whiskey	Michael O'Callaghan Upholstery	Sean McCarthy
Bottle Of Spirits	Denis Mulcahy Carpentry	Eamon O'Neill
Meal Voucher	Venna Woods Hotel	E. O'Farrell
Bottle Of Spirits	Member	Rory Griffin
Voucher	Member	Elmer Aherne
Voucher	Divine Beauty, Glounthaune	Alan Fox
Bottle Of Spirits	O'Flynn Plastics	Liam O'Connell
Re-Chargeable Lamp	Irish International Trading	Gavin Cunningham
Hamper	Erins Own Ladies Club	Kathleen Lynch
Case Of Beer	Bowdren & Aherne Foods	Jessica Murphy
Bottle Of Spirits	Member	Suzanne Flynn
Bottle Of Spirits	Joe Young Plant Hire	Tim Lohane
Hairdressing Voucher	Styles, Old Youghal Road, Cork	Mary & Ray Kelly
Bottle Of Spirits	D & M Connolly	Joe Nolan
Voucher	The Beauty Spot	John Forde
Fire Safety Kit	Billy Hegarty	Bernie Murphy
Bottle Of Spirits	The Castle, Glanmire	John Murphy
Bottle Of Spirits	MGS	Mark Walsh
Petrol Voucher	Amber, Glounthaune	Ray O'Mahony
Cake & Bottle of Wine	Pat Murphy	Aodh O'Connor
Voucher	Mahers Sports	Billy Murray
Bottle of Whiskey	Liam O'Connell	Ger Walsh
Shrub	Nangles Nurseries	M. Mallory



PJ Murphy Receiving an award for his time spent as our senior hurling manager from Chairman Tom Aherne



Susan Scanlon receiving an award from Chairman Tom Aherne for serving as an officer for the past number of years



Outgoing officer Jim Dennehy receiving an award from Chairman Tom Aherne for serving as an officer for the past 12 years



Liam O'Connell receiving an award for his time spent as the outgoing chairman from Chairman Tom Aherne



Kilian Murphy & Johnny Dunphy enjoying the night at the medal presentation in the Great O'Neill bar.



Martin Buckley, Peter Kelly & Dinny Buckley all enjoying the night at the medal presentation in the Great O'Neill bar.



## Glanmire & District Credit Union Ltd Launches New Member Service

Glanmire & District Credit Union Ltd is delighted to be one of the first credit unions in Cork to provide the CUSOP electronic payment service for its members.

As a result, all of our members can now pay bills electronically and receive funds, salaries, benefits and other payments directly to their credit union account. Members can also have payments from a bank, employer or social welfare office paid directly into their credit union account by electronic transfer. This modernisation of the electronic service has been introduced by a new company, CUSOP which was set up by credit unions and the Irish League of Credit Unions to provide an electronic payment service for credit unions throughout the country.

The CUSOP service has the capability, over time, to deliver a wide range of payment services such as direct debits, debit cards and ultimately a full on-line banking service for Glanmire & District Credit Union Ltd and our members.

We also offer on-line access to your accounts. This service allows members to transfer money within their own credit union account or transfer money off your outstanding loan, all from the comfort of your own home. Apply for on-line access at [www.glanmirecu.ie](http://www.glanmirecu.ie)

Call in to the Credit Union today or give us a call on 021-4821799 for more information.



AGM 2014 - The Chairman Mr. Frank Linehan presenting Mr. Dermot O'Connell with his prize at the recent 29th Annual General Meeting of Glanmire & District Credit Union Ltd.



Christmas Hamper – Congratulations to the Hayes Family on winning the top prize in our annual Christmas hamper draw, presented by Jennifer on behalf of Glanmire & District Credit Union Ltd.

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## Tomi Reichental

### Holocaust survivor visits Glanmire Community College



Sophie O'Shea and Margaret Mulcahy are delighted to meet Tomi Reichental and to hear his moving story about his captivity in Bergen-Belsen concentration camp and the Holocaust



Tomi Reichental during his presentation to the students. He wears a replica of the yellow star which he was made wear by the Nazis at the age of 6 years to show that he was a Jew.



Leaving Cert students Jennifer Murphy, Aoife O'Sullivan and Maeve O'Riordan who were moved by Tomi's account of life in the concentration camp during the Holocaust

A Holocaust survivor detailed the unimaginable horror of his experience in a Nazi concentration camp during World War II to students in Glanmire Community College recently. Describing his earliest memories following his birth in 1935 in Piestany, Slovakia, Tomi gave the students an insight into Nazi occupied Poland and Slovakia through the eyes of a child. Tomi informed the Fifth and Leaving Cert students present that he grew up in a world where Jews had no citizenship. "The Nuremburg Laws were passed the year of my birth and my people were excluded from everything. I was four years old when the Nazis invaded Poland and the mass execution began, and six years old when the Nazis made us wear a yellow star on our clothing emblazoned with the letters Jude (Jew). It was the first time I realised I was different from other children".

The expulsion of Slovakia's Jews to the death camps began in March 1942. He explained to the students how Facist Slovak leaders were so impatient to be rid of Jews they paid the Nazis 500 marks for every Jew they deported. Tomi Reichental and 13 members of his family were among those deported in October 1944 when the Gestapo finally caught up with them. Eventually Tomi along with his mother, brother, grandmother, aunt and cousin ended up in Bergen-Belsen concentration camp where a life of hell began. Tomi vividly describes the constant sense of dread and terror they lived with on a daily basis, and that alongside the psychological torment they were forced to endure, there were the physical deprivations also, the perishing cold, the inadequate clothing and the gnawing starvation that never went away. Tomi explained to students how the Jewish population in Slovakia dropped from 90,000 to 25,000 as Nazis murdered his people in concentration camps across Germany and Poland.

Tomi described liberation from the Nazis in April 1945 in quite simple terms to the students and said that as 90% of the inmates were ill there was no jubilation. "One day the guards were gone and the gate of the camp was left open, but nobody left. We were all too afraid and just wondered at the open gate. Then some jeeps rolled in and one had movie cameras on it as the Allies filmed the conditions of the camp."

Tomi moved to Ireland in 1959 and for over 50 years, he couldn't talk about what he had seen and went through. "Six million people like me were murdered in the Holocaust. Among them were 35 members of my family. I realised that as one of the last witnesses, I must speak out". Tomi stressed the Holocaust must never be forgotten. He urged the students to speak out against injustice of any nature stating that if someone had spoken up in the past the Holocaust may never have happened. The personal account of Tomi Reichental a survivor of the Holocaust, made an indelible impression on all the students present. The presentation prompted them to consider the Holocaust and its consequences, and to reflect on wider issues of racism and intolerance. As the number of witnesses diminishes, it is essential that their stories are heard.

Glanmire Community College would like to express our gratitude to Tomi Reichental for travelling to Glanmire, to deliver his moving account of his life as a child growing up during the Holocaust and of his time in Bergen-Belsen concentration camp. The management, staff and students are privileged to have had this opportunity to hear a first-hand account of the Holocaust, as survivors continue to become increasingly rare and their unique stories die with them, to be lost forever. A big thank you goes to Ms Siobhan Quinn from the Religion Department, for organising Tomi Reichental visit to the college.

*Photos: Dominc Foster*



Ms Siobhan Quinn (Religion teacher), Joyce (Tomi's partner), Tomi Reichental & Adam Horgan both Winners of People of the Year Award 2014 & Ms Gertie Cahill (Deputy Principal)



Tomi Reichental during his presentation to the students at GCC. He shows a photo which includes his brother Mikki, on liberation day in Bergen-Belsen concentration camp



Adam Horgan meets up with his good friend Tomi Reichental - both were winners of People of the Year Award 2014

## New Business in Glanmire...

Rive Fitness Nutrition & Wellness is now open in Sallybrook, Glanmire, just behind the Texaco Petrol Station. It is a fully functioning gym and specialises in Les Mills Group Fitness & Personal Training. "Our goal is to promote clean eating, chemical free, and happy lifestyles & we always encourage our members to have a healthy balance in life. Fitness & Nutrition is very individual and we want to help members learn about what is best for them". Rive is a one stop shop for Group Fitness Classes, Personal Training, Nutrition, Goal Setting & Motivation, Health Consultations, GP/Physio Referrals and Physical Therapy. Pay As You Go and a variety of Membership options available to suit all budgets. Rive keeps up to date with the latest

research in Functional Training, Sports Training and Body Transformation methods and ensures that members are learning from Professional Trainers.

"We have had some great reviews already and everyone has been so welcoming and friendly, we are delighted to be a part of the Glanmire Community" – Carolyn Rea, Owner and Fitness & Health Specialist. "This is a new style gym and absolutely everyone is welcome!"

You can find out more about Rive Fitness Nutrition & Wellness:  
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## Glanmire Support for Cork Harbour Cycle & Africa Direct.

The Cork Harbour Cycle is coming up again on Sunday 8th March. Many Glanmire residents cycle it every year and you can start and finish in Glanmire if you wish. The 25 mile / 40Km. route takes in all the waterfront paths around the harbour using the Cobh ferry to complete the circuit. Africa Direct has many supporters in Glanmire. The BK2 Tuesday night singers did a Carol Singing fundraiser in December. A volunteer group to Kenya last June included Sinead Slattery, while Liam Ahern participated in a trek in Ethiopia supporting remote highland communities. The Cork Harbour Cycle has had many supporters from Glanmire over the years both cycling and helping out.

For more information and registration email [corkcycle@gmail.com](mailto:corkcycle@gmail.com) or phone Africa Direct at 0214806425.



## Cumann Peile Gleann Maghair Glanmire Football Club Latest News

Sallybrook, Glanmire, Co. Cork

[www.glanmiregaa.ie](http://www.glanmiregaa.ie)



### Passing of Glanmire Football Club President Michael O'Leary

Glanmire Football Club are sad to announce the passing of club President and stalwart, Michael O'Leary. Michael gave tremendous service to both Glanmire and Sarsfields over the years, winning a county senior hurling medal with Sarsfields in 1957. Michael was president of Glanmire Football Club for over 20 years

and oversaw the purchase of the Pike Field whilst Chairman of the club. Michael will be fondly remembered by his family, relatives, members of both clubs as well as many others in the community. This was evident from the large crowds that attended both his removal and burial. Michael is survived by his wife Lizzie and son Noel. Ar dheis Dé go raibh a anam dílis.

**Michael O'Leary pictured here at a recent Glanmire Football**

**Club event, along with club treasurer, Neil O'Sullivan.**

### Intermediates Return To Action

The Glanmire Football Intermediate team returned to action recently in the Tom Creedon Cup. Unfortunately we lost out to a fitter Glenville team, losing 2-07 to 0-03. The Intermediates take on Glanworth in a challenge on Sunday 25th January with the first league game at home to Milstreet

on February 8th. We would like to welcome former player Kieran Sheehan on board as selector for the forthcoming year.

Training for Minors, U21s, Juniors and Intermediates takes place every Tuesday and Thursday night at The Pike Field. All new players and members welcome. Please email [welcome@glanmiregaa.ie](mailto:welcome@glanmiregaa.ie) for more details.

**Congratulations Oliver**



Michael O'Leary



Congratulations to Oliver Brennan on his appointment as President of Glanmire Juvenile Football Club

## Jonathan Herlihy Scholarship Fund

The Jonathan Herlihy Scholarship Fund was set up in the wake of Jonathan's untimely death on 3rd September 2006 when Jonathan drowned on Owenahincha beach after saving a couple in the water. Jonathan had just received his finance degree and had also represented Ireland at the World Student Games playing soccer. To honour his memory, a sports scholarship was set up in his name. This scholarship aims to aid the sporting talent of Glanmire who are entering third level education. The scholarship gives €1,000 to each student for every undergraduate year he/she

studies. Thus far, since 2007 the Scholarship has given €28,000 to 10 Glanmire Recipients. The Scholarship Fund holds a Table Quiz fundraiser every year with great success. This year was no different where we were delighted to host 42 tables raising €2,460 on the night. Every donation on the night contributes towards the Scholarship Fund and essentially goes back to supporting the sporting excellence of Glanmire. The Scholarship aims to support the sporting talent of Glanmire by providing an opportunity to develop their sporting career by

offering a financial assistance. The act of balancing academic development, sporting excellence and personal development remains a challenge for all young athletes. Through the Jonathan Herlihy Sports Scholarship we have now supported the youth of Glanmire in achieving the highest standards in their sporting goals over the past 7 years. We are very proud of our recipients so far, where each one of them has excelled at their chosen sport since representing the scholarship. Furthermore, each recipient has also used their position to support younger genera-

tions of Glanmire sports people thus strengthening the sporting reputation of Glanmire. Recipients: 2007 - William Kearney (Hurling). 2008 - Daniel Kearney (Hurling). 2009 - Eoin O'Sullivan (Hurling). 2010 - Emma Coughlan (Soccer). 2011 - David O'Connell (Rugby). 2012 - Megan O'Leary (Tak-Won-Do), Susan Callanan (Swimming). 2013 - Conor Barry (Soccer). 2014 - Paul Leopold (Hurling), David Noonan (Hurling).

Chris Herlihy



Right: Ellen Murphy, Claire Holland & Gemma Donohue, winners of Adult Camogie Long Puck

Above U16A County Champions 2014

# SARSFIELDS CAMOGIE CLUB

• 2014 was a year to remember with some major silverware now sitting in the trophy cabinet.

- Intermediate Championship & League
- Minor Championship & League
- U16 Championship
- U13 & U15 Imokilly Champions

A big thank you to all our hard-working coaches, players & parents for a superb effort by one and all.

• Congratulations to our Adult Long Puck winners, Gemma Donohue, Ellen Murphy & Claire Holland and to our Juveniles (U14) Becky Morgan, Rionna & Ciara O'Mahony who carried home the trophies on Stephen's Day.

• Shortly before Christmas our U16As finished off the year on a high when they overcame the amalgamated Milford/Ballyhea to obtain the club's first U16A Championship title on a scoreline of 1-7 to 0-5. Great performance girls.

• A sincere thank you to all the local Supervalu customers and supporters who contributed so

generously to our recent Bag Pack Fundraiser over the Christmas period. Many thanks to Liam Ryan, Elaine Carroll & Lilian Twomey for allowing us the opportunity to do so. Much appreciated.

Most teams will be up & running in the next few weeks. Please contact the club phone for details (085) 2101800.



## CHICKEN POX AND SHINGLES

Chickenpox and shingles are infections caused by the same virus. Shingles and chickenpox are common. They are both caused by chickenpox virus. You "catch" chickenpox. Shingles is simply reawakening of the virus lying dormant in your body. Read on to learn more.....

### Chickenpox:

Most children get chickenpox, often before 10y age. The body produces antibodies which usually prevent further episodes of chickenpox. Symptoms: Chickenpox usually causes a fever, feeling miserable, loss of appetite and a rash. The rash is easily recognized: small fragile blisters anywhere on the body, which burst and crust over. Most children feel unwell for a few days, but bounce back to normal within a week.

High risk groups: It is quite uncommon for adults to get chickenpox. Symptoms are often more severe in adults. Most pregnant women are immune to chickenpox. If you are pregnant and in contact with someone with chickenpox you should contact your GP the same day for advice. Similarly people with a weakened immune system (leukaemia, HIV, chemotherapy, very young babies) are more susceptible to complications and should see a doctor urgently. Complications of chickenpox are uncommon, but can be very nasty. The virus can affect many other organs,

including the brain, kidneys, lung, joints and eyes.

### Treatment of chickenpox:

Taking paracetamol or ibuprofen help reduce the fever, and relieve aches and pains. Many people use calamine lotion to help ease the itch.

An antiviral medicine may be suggested, especially for adults. This should be started early, ideally within 24hours of the rash appearing. If started early this antiviral medicine may help limit the severity of chickenpox. Most doctors would not normally advise such medicines for healthy children with mild chickenpox.

Incubation of chickenpox: Chickenpox is very contagious. It generally spreads in the air: you can catch it simply by talking to someone with chickenpox. The virus incubates for 1-3 weeks then the rash appears. A person is contagious until all the blisters have crusted over, which usually takes about 5 days. For this reason most schools and crèches recommend exclusion.

Healthcare workers and chickenpox: Doctors and nurses have frequent contact with people with weak immune systems, pregnant women and newborn babies. Current guidelines recommend that healthcare workers know their chickenpox immune status, to protect vulnerable patients. Ask your GP or practice nurse.

### Can I get a vaccine for chickenpox?

Many countries including America, Australia and Canada offer childhood vaccination for chickenpox. Such vaccination is not routinely recommended in Ireland or Britain. However in special high risk circumstances such a vaccine may be suggested.

### SHINGLES

Shingles is an infection of a nerve and strip of skin with the same virus that causes chickenpox. You don't "Catch" shingles; it is simply a reawakening/ reactivation of the chickenpox virus that is already in your body. Similarly you can't give shingles to someone else. However the blisters contain the virus: Thus a person can develop chickenpox from contact with shingles. About 1 in 5 people will get shingles. It is more common in people aged 50y and older, but can occur in younger people.

The rash can be very painful, affecting one side of the body. Some people are left with pain lasting for years after the initial rash has healed. This awful lingering pain is called postherpetic neuralgia (PHN). This is the dreaded complication of shingles.

**Shingles vaccine:** The NHS offer shingles vaccine to people aged 70y and

older. Older people are more likely to get shingles, and it's generally more severe.

### How is shingles treated?

Shingles cannot be cured. Most cases will settle with simple painkillers. Covering the rash helps prevent other people getting chickenpox. An antiviral medicine can help, but needs to be started shortly after the rash appears. Such medicine is most effective if started within 72hours of the rash appearing, and the earlier the better, ideally the same day. This medicine also helps prevent PHN.

### Conclusion:

Shingles and chickenpox are very common and caused by the same virus. You must catch chickenpox. Shingles is simply reawakening of the virus lying dormant in your body. While usually a mild illness, shingles and chickenpox can be very nasty, especially in high risk groups (older people, very young babies, pregnant women and the immunocompromised).

Dr. Diarmuid Quinlan  
MB BCH BAO BSc(Hons) DCH DFFP  
Dip Dermatology MRCGP MICGP  
Kearney's Cross, Sallybrook, Glanmire.  
(021) 482 11 11



## WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>**Meitheal ag obair!**

The Irish word Meitheal means 'work team' and was used to describe the practice, in rural Ireland, of neighbours helping one another during harvest time. Using the concept that many hands make light work, this communal work ethic benefited everyone involved. In the true sense of this great Irish tradition a 'Meitheal' operated at White's Cross GAA Grounds on Saturday January 19th where there was Trojan work done in the laying of the astro turf pitch. Just in case you need reminding that particular morning was parked slap in the middle of a particularly cold snap of weather with heavy snow on the preceding Wednesday – suffice to say gloves and hats were a prerequisite in the great outdoors on the particular morning. That all said, at one stage there was close to 20 hardy volunteers working on this vital improve-

ment project for the club. There were volunteers coming and going all day long doing their best and lending a helping hand. Anyway a huge amount of work done and, while smaller pieces have yet to be laid here and there and some cutting so that all the edges fit snug together, the hard graft was certainly completed.

The contractor to finish putting up the remaining poles, install the entrance gates and put the wire mesh panels is due on site again in the coming days, and hopefully by the time this article is published, the facility will be ready for the players and coaches, just in time for commencement of 2015 activities. A special shout out once again to Marion Delaney for feeding the troops at lunch-time, just in case they might have disappeared home and not returned! The soup and sandwiches were most welcome after a very frosty

morning. Thanks also to Richard Linehan whose great driving of the telescopic loader made the work much easier for the crew of volunteers.

**Lotto Up-Date**

Having taken the annual break for the month of December the White's Cross GAA Club Lotto is now back in action and helping raise vital funds for the club. Indeed without this particular initiative it would simply not be feasible for White's Cross GAA to pursue its ongoing development works. The aforementioned astro-turf based training area is one such project, whilst the recently installed outdoor gym equipment is another recent development at the club grounds. Tickets costing €2 for this draw, that takes place every second Monday, are for sale from Hennessy's Service Station, the Boothouse Bar, the Blackman Bar, the Stirrup Bar, McCarthy's

Sportsworld and from committee members. Alternatively they can be purchased very easily online via our club's website – [whitescross.gaa.ie](http://whitescross.gaa.ie). All support is greatly appreciated and we hope that you agree from your visits to our facilities that the money is being put to very good use. Results from January 5th 2015: No jackpot winner: Numbers drawn 1/11/ 24/ 28. Lucky dips 50 euro winners: 1. Cárthach Kelleher 2. Ger Flynn 3. Alan McCarthy

Results from January 19th 2015: No jackpot winner: Numbers drawn 7/19/ 25/ 9. Lucky dips 50 euro winners: 1. Lillie Shields 2. Carmel Lewis 3. Jo White

The next jackpot for the draw on Monday, February 2nd, is worth 2,800 euro – if you're not in, you cannot win!



*Outdoor gym equipment.*



*Above: Without the vital funds raised by the White's Cross GAA Lotto, ongoing developments at the club grounds simply couldn't happen. The recently installed outdoor gym equipment is the ideal complement to our pathway - with a rover, chin-up bars, cross-trainer, a stepper and bicycle among the equipment installed there can be real variety to one's work-out.*

*Above Left: The John Hickey Memorial Poc Fada raised over 600 euro for charity – thanks to all those who participated, including this smiling trio! The charities chosen to benefit are The Samaritans and the Mercy University Hospital Foundation.*

*In the true sense of the great Irish tradition a 'Meitheal' operated at White's Cross GAA Grounds recently where there was Trojan work done in the laying of the astro turf pitch.*



### Diet & Blood Pressure

Volunteers are required to take part in a nutrition and heart health study at the Human Nutrition Studies Unit, UCC.

*Interested in participating?*

**You are eligible to participate if you are:**

- 50-70 years old
- Non-smoker
- **Not on medication for blood pressure or cholesterol**
- Have slightly raised blood pressure- (we will check this)
- In good general health without diagnosed heart disease
- Not allergic to eggs
- Free to attend UCC for six visits over 20 weeks.



### Benefits for you:

- Cholesterol and blood sugars check
- DEXA scan for bone mass, body composition (%fat; muscle mass).
- Blood pressure report

For further information or to arrange to check your blood pressure to see if suitable for the study, please contact: Research Nurse Anna at (021)4903386 or by email at [anna.cronin@ucc.ie](mailto:anna.cronin@ucc.ie)

 Beneficial effects of Bioactive Compounds in Humans (BACCHUS), funded by the European Commission 7<sup>th</sup> Framework Programme (Grant agreement 312090).

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*Foireann Chamógaíochta ó Choláiste an Phiarsaigh. Corn Coláistí Na Mumhan Roinn D buaite acu le déanaí.*

*Lena dtraenálaí Paddy Connery.*



## Mayfield Community School News

Mayfield Community School & Dancer In-Residence Mayfield Community School was one of four schools chosen to run a Dancer in Residence initiative through City Council & the Firkin Crane. Students from 1st to 3rd year benefited from the expertise of Helga from the Firkin Crane teaching an Introduction to Modern Dance. This type of dance encourages creative expression

in a non-competitive environment. This class was very different to the world of musical theatre which our students are very familiar with but they worked hard and completed the course.

### Drama & Dance Initiative with CADA

First year students are looking forward to 6 weeks of dance and 6 weeks of drama with CADA, where they will take part in classes where they will develop skills and talents which will be used in a musical pro-

duction in the next academic year.

### Working with UCC/CIT Students

Every Monday for the next seven weeks, students from UCC/CIT will be meeting with some of our first and second year students for an hour after school. As well as helping our students with their homework, the third level students will talk about what life is like in college and speak about the degrees they are studying for. This year our third level tutors are studying Medicine, Engineering,

Commerce and Arts. This is a great opportunity for our own first and second students and we thank all the volunteers from UCC/CIT for their time.

### Transition Year Drama Club

Members of our Transition Year Drama club are busily rehearsing at the moment. They will be performing a one act play, Our Day Out by Willy Russell in early March. We wish them well with their rehearsals and look forward to what will be an excellent production by a talented group of students.



Drama & Dance Initiative with CADA



Transition Year Drama Club

### ADAM HORGAN FROM GLANMIRE COMMUNITY COLLEGE WALKS THE RED CARPET, MEETS HIS HERO AND RECEIVES THE YOUNG PERSON OF THE YEAR AWARD

Adam Horgan, a Transition Year student at Glanmire Community College is a polite and unassuming young man and local hero, who was presented with a Young Person of the Year Award at the People of the Year Awards Ceremony recently. In its 40th year, the People of the Year Awards provide a unique opportunity for the Irish public to honour those who have made a real difference to people's lives, whether as unsung heroes or as household names. Presented by Grainne Seoige, the 2014 Awards Ceremony honoured the truly inspirational, courageous and talented people within our society at a glittering Awards presentation ceremony in the Citywest Hotel December last. The People of the Year Awards are organised by Rehab, they are Ireland's answer to a national honours system. The winners are all nominated by members of the

public through a nominations process and finalised by a panel of adjudicators. The prestigious Awards provide a unique and special opportunity for the Irish public to honour and celebrate those extraordinary people among us who do extraordinary things.

A Young Person of the Year Award was awarded to Adam Horgan, a student and life saver who epitomises the everyday hero in our communities. At just fifteen years of age, without any life guard experience, Adam put his own life on the line saving the lives of two people. Adam was enjoying a summer visit in Youghal, Co. Cork in 2013 when he

encountered Vicky Morey and her five year old son Evan in difficulties in the water. Hearing Vicky's screams, Adam didn't



### Gráinne Seoige, Paul Mc Grath who presented Adam Horgan with his award

hesitate and swam in immediately to save the mother and son. Adam first brought Evan to safety before returning to save Vicky. Adam is a good swimmer, but admits that if

he had stopped to think about what he was about to do, he may not have gone through with it. Luckily for Vicky and Evan, Adam's bravery and quick thinking saved their lives.

The staff and management of Glanmire Community College are proud of Adam and congratulate him on all his achievements and successes.

## UPPER GLANMIRE ICA GUILD

### Update on Guild Activities

Our Guild will resume activities on Tuesday the 3rd February. A solicitor from Kiely's Solicitors in the Grand Parade will come and speak to us in February re Wills, Probate and other relevant legal issues. In March we will have a Bring and Buy Sale to raise money for Autism Assistance Dogs Ireland. Craft classes will resume in mid February.

### February Recipe: Mary O'Dowd Gluten Free Chocolate Brownies

**Ingredients**  
200 grms Bournville chocolate/  
or any good quality choc.  
8 oz butter  
4 eggs

8 oz caster sugar

8 oz rice flour

2 tsp. gluten free baking powder  
( a few chopped walnuts :  
optional)

### Method

Melt the choc and butter over a bain-marie

Beat eggs and sugar until light and fluffy

Add rice flour and baking powder

Then add in choc/butter mixture

Add chopped walnuts if desired

Bake on a lined square tin at

160/170 C / 325F for 35 min

approx.

It will be soft in the centre

Allow to cool in the tin, then cut into squares






Lef:  
Jennifer O'Dowd  
enjoying a night out  
in Amicus

Below Left: Maura  
Bullman and Kay  
Murphy in Amicus


Below: Mary O'  
Leary and Gobnait  
Kelleher in Amicus



  
**O'Dowd**  
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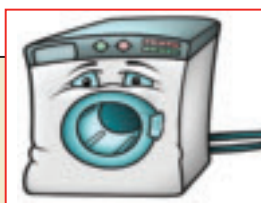
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## 2015 Starts With a Bang for Glanmire Macra

After a very successful 2014, 2015 certainly started on a high for Glanmire Macra. Before Christmas, the club were asked by Saint Vincent de Paul in Glanmire to go carol singing in Ryan's SuperValu to raise funds for the charity. So on Tuesday 23rd December, a large contingent from the club sang Christmas carols to the massive crowds doing their Christmas shopping. After singing for just over 3 hours, we gathered €869 from the generous crowd, the money of which will be put to good use in the Glanmire Area.

To ring in the New Year, a large group of Glanmire Macra members celebrated at the annual Carrigaline Macra New Year's Eve Ball which took place in Silversprings. This was a great opportunity to dust off our best ball dresses and suits and was certainly a fantastic way to ring in 2015. Our social diary was very active over the festive period where we also attended the adult pantomime Little Red Raving Mad at An Spailpin Fanach. In terms of community involvement, on Saturday January 3rd, club members gathered at the home place of Glanmire Macra members Cathal and Karen Cashman where we held our annual winter woodcutting. Having chopped and bagged well over 50 bags of wood, we were treated to some fantastic sandwiches and cakes courtesy of Mrs. Cashman. Thank you to the entire Cashman family for facilitating the event and ensuring the success of the day. We were up bright and early the next morning to deliver the blocks in and around the Glanmire. With the recent spell of cold weather, no doubt the fuel was put to good use! Our weekly sports night continues each Tuesday in Upper Glanmire Sports Hall at 9pm where new members are most welcome. With a number of events up-coming in the diary, Glanmire Macra is sure to be busy over the coming months. This month we will contest the Seandun

final of Question Time. The Seandun region will host a fundraising mouse-racing night in Carrigaline on February 13th which promises to be a great night. Our drama cast will take to the stage on Saturday 21st of February in the Seandun final of drama. In addition, plans are now underway for our fundraising extravaganza which will take place in Sars Hurling Pavillion on March 7th. On this night we will host a Mr. and Mrs. night with many brave couples, both from Macra and the local community, already lined up to compete. This promises to be a fantastic night and more details will be unveiled in next month's edition. Our next Glanmire Macra club meeting will take place upstairs in Sars Hurling Pavillion on February 11th at 9pm. As always new faces are always welcome. For further information, contact our chairperson Donal O' Callaghan on 0876834403.



*Glanmire Macra members Joanne Cuffe and David Porter at our annual winter woodcutting.*



*Glanmire Macra members enjoying a well-earned break after their annual winter woodcutting*



*Glanmire Macra members with volunteers from Saint Vincent de Paul carol singing before Christmas*



*The group from Glanmire Macra who attended the annual Carrigaline Macra New Year's Eve Ball*

## Thinking of doing Accounting at University?

~ Accounting Boot Camp for Transition Year Students at UCC ~

Transition year students interested in a career in accounting will be pleased to hear that University College Cork's Department of Accounting, Finance and Information Systems is running their Accounting Boot Camp again this year, following the success of the inaugural event last year.

The event is being held on Thursday 12th February, and limited places are still available.

The Boot Camp aims to give Transition Year students an early insight into the daily life of an accounting student; they will sit in on lectures, learn about the various modules that are undertaken, and hear all about college social life!

They will also get to pick the brains of students in final year of undergraduate study, who have recently completed work placements in a variety of organisations and sectors, and they will get a taste of the career options that are available to a B.Sc Accounting Graduate.

Students will be based in the stunning surroundings of the Aula Maxima for the day and they will also visit a Computer Laboratory for hands-on experience. Members of the very active Accounting and Finance Society will be on hand to talk to the students about the UCC Experience, and refreshments will be provided.

The Accounting Boot Camp will run annually, and it is hoped that schools will incorporate it into their Transition Year schedule. There are only a limited number of places still available for this year, so make sure to book yours now.

This event is being organised by Dr. Sandra Brosnan and Mr. Derry Cotter, Co-Directors of the B.Sc. Accounting Degree, aided by Mrs Orla McCarthy. Further information on this event available at 021 4902506. See [www.ucc.ie/acffin](http://www.ucc.ie/acffin) for more details on the course.

## 21st SIMON SWIM

Congrats to the hardy souls who took the plunge in white bay in aid of Corks homeless people and to our wonderful supporters and sponsors who cheered us on.. Mother nature provided us with a mild sunny day and as usual a wonderful atmosphere prevailed..About 100 swimmers participated..every cent raised goes directly to Cork simon community. Presentation of cheque will take place in the Guileen arms bar Guileen this year. **The organisers would appreciate if all sponsorship money could be lodged to A.I.B. a/c19154051 or to aghada Post office as Soon as possible.Go raibh míle maith agaibh..**

Thank you for promoting swim on your newspaper.  
Caitlin Ni lordain.



Above:  
Caint Agus Cupan Tae



Left: Keith Brenda  
Miriam Rose & Anna

Below: Guileen  
Swimmers Delphine,  
Padraig, Caitlin With  
Kalkidan Downing &  
Una Webster



## Gradam Ceoil TG4

The national traditional music awards ceremony, is returning to Cork after more than 10 years, and will be broadcast live for the very first time from the Cork Opera House on 22 February 2015.

The launch event, which also includes an announcement of the recipients who will receive awards takes place at Cork City Hall on Tuesday 27th January at 6pm.

*Light refreshments will be served.  
Mise le meas, Grace Bulman*

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We are looking to improve your health and work with you towards a healthier 2015. Every Wednesday from 10am to 1pm, our health clinics will be available in PFP Glanmire.

The fact that our clinics are available on a weekly basis will give you the chance to address your health questions with our clinician pharmacist, Darren Breathnach. Whether that is reducing cholesterol or blood pressure without the intervention of medication or reducing your risk of diabetes, our clinics offer guidance backed up by science and the chance to work with you to achieve your goals.



Our current health clinics are available under the following price structures:

Full Health Clinic: €50  
Nutrition Clinic: €30  
Diabetes Prevention: €30 (also caters for diabetes care)  
Cholesterol Clinic: €22.50

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# NEWS FROM THE HILL



## ABOUT US

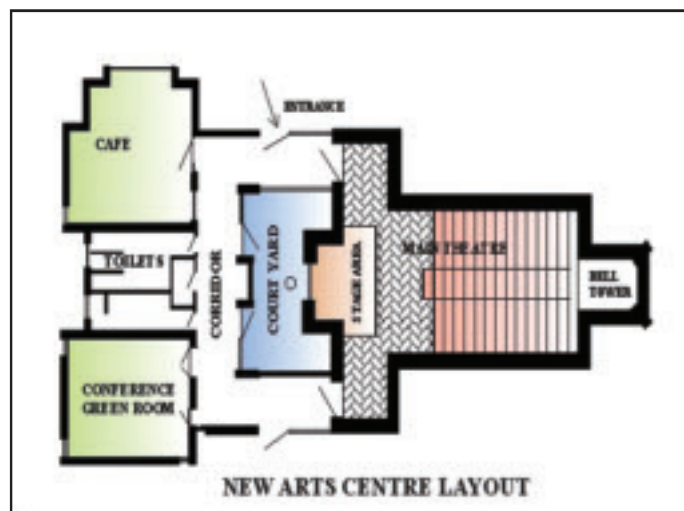
Our 150+ seater multi-purpose arts centre is located in the former Church of Ireland on the southern edge of Watergrasshill. The arts centre is run by the Watergrasshill Community Association which was formed in 1980. The Association is multi denominational governed by a constitution and is also a registered charity. The Church was deconsecrated in 1990 and the Association now has a long term lease on the building. As you can see from the layout plan we have added a new building to the rear to change the use into a modern theatre tastefully designed to recognise the architectural heritage of the former church. The new section contains a Green room, toilets and a cafe with well lit corridors leading to the main theatre. Finance was provided by local fundraising, grants from our local development company Avondhu/Blackwater Partnership and a bank loan.

## THE ARTS CENTRE CAN PROVIDE...

- Drama (An intimate theatre with good lines of sight)
- Musical recitals (excellent acoustics)
- Presentations (wired for IT, PowerPoint etc)
- Lectures
- Art classes
- Dance
- Wedding events
- Reception/parties
- Cinema
- School planning (self catering available)
- Corporate training/Business meetings (see what we offer)
- Fashion shows (catwalk available)
- Wednesday club
- Meetings Etc. (very comfortable environment)

## UNIQUE FEATURES...

- Retractable tier seating, creating a versatile multi-purpose centre.
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free area.

- Wired for state of the art IT facilities.
- Fully fitted out café with appliances.
- Excellent Acoustics in main theatre
- Just 10 minutes from Jack Lynch Tunnel.
- Ample free parking.
- Stage units can be quickly and easily reconfigured to suit Drama, Dance, Music, and Fashion.
- Great Ambiance: A unique historic stone structure.

## CORPORATE TRAINING/ BUSINESS MEETINGS/ SCHOOL PLANNING

The arts centre has the ideal ambiance for your meeting/ training as it is located in a quiet rural setting on the edge of Watergrasshill Village just 10 minutes from the Jack Lynch Tunnel. It also has ample free parking. The building is wired for the most

modern information communication technology, with furniture to suit multiple arrangements. The entire building, both renovated and new, has state of the art heating and lighting. The main theatre has seating for 150+ and as the seating is retractable it can be adjusted to suit smaller groups providing more working floor space. There are two other spacious rooms which are ideal for presentations or workshops. Sound proofing has been a feature of the original design. The Café is fully fitted out for catering and food can be provided by you or by outside caterers. Reasonable rates are available!

**Contact - Paddy O' Sullivan**  
<paddyosullivan62@gmail.com>  
**Watergrasshill Community Association.**

## 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)

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Class instructor Jaconel at 085 1613505  
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# Mí Feabhra Nuala Ní Loingsigh

'Anois teacht an earraigh beidh an lá ag dul chun síneadh 's tar éis na Féile Bríde, ardóidh mé mo sheol'.

Antaine Ó Raiftearaigh a scríobh agus tá cúpla véarsa den dán céanna ar eolas ag gach éinne os cionn daichead bliain. Tá sé ar intinn agam anseo scríobh faoi rúin don athbhliain bíodh go bhfuilimid i mí Feabhra. Is minic a bhíonn daoine soiniciúil faoi rúin na hathbhliana mar deirtear go mbriseann formhór na ndaoine na rúin seo taobh istigh de sheachtain nó níos lú.

Maidir liom féin is fiú rúin a dhéanamh nó b'fhéidir rún amháin gan a bheith ró-uaimhianach. Is dóigh liom gur fiú sinn féin a scrúdú ó am go ham agus oireann sé a leithéid a dhéanamh i dtosach na bliana. Ag léamh ailt san fhorlónadh "Seachtain" san Independent, molann Emmet Rushe rún coicise a dhéanamh. Deireann sé go dtosaímid ag iarraidh an iomad a dhéanamh agus ansin teipeann orainn go luath. Molann sé, cosúil le maratón, tosnu go mall agus an nós nó an gníomh a dhéanamh gach lá ar feadh

coicise. Deireann sé dá mbeadh duine ag traenáil do mharatón nach ndéanadh an duine sin 26 míle a shiúl nó a rith an chéad lá. Thosnódh sé/sí le míle agus ar aghaidh uaidh sin chun cupla míle a shiúl/rith an dara lá agus mar sin de. Molann sé cinneadh coicise a

dhéanamh, dul amach gach lá ar feadh ceithre lá dhéag agus beidh nós tosaithe agus gur fuirist ansin leanúint leis.

Má theastaíonn ó dhuine a aiste bia a athrú, dar leis, is fiú athrú beag a dhéanamh cosúil le haistriú ó muesli le siúcra a mhalartú le leite nó torthaí a chur sa muesli in ionad an tsiúcra. Tá seans níos fearr go n-éireoidh leis an rún sin. Sa nuachtán céanna ar an 14 Eanáir, léirigh a lán daoine sa media na rúin a dheineadar. Deireann Marie Treasa Ní Dhubhghaill, láithreoir 'Rugbaí Beo' go dteastaíonn uaithi cúpla turas breise a thabhairt ar a cairde anseo in Éirinn nó thar lear. Buaileann roinnt acu le chéile gach seachtain agus sin atá uaithi. Tá Veronica Ní Ghríofa, láithreoir 'Ó Cuisine' chun cloí leis an aiste bia a thosa-

igh sí san fhómhar. Leanfaidh sí leis an aclaíocht a thosaigh sí ag an am céanna anuraidh.

Teastaíonn ó Alan Titley leabhar fada a léamh, rud nár dhein sé le déanaí. Faoi láthair tá sé ag léamh David Copperfield, an leagan Gaeilge de, agus ag baint taitnimh as. Teastaíonn ó Gabriel Rosenstock, file agus scríbhneoir, amhrán a fhoilsiú gach seachtain ar You Tube.

Mar a deirtear, muna bhfuil aisling agat, ní dhéanfaidh tú faic. Deireann an seanfhocal 'ná déan nós agus ná bris nós'. Ní aontaím leis sin. Dá gcloífeadh gach éinne leis an moladh seo, ní athródh aon rud. Dúirt an Cairdinéal Newman, atá beannaithe anois:

'Chun maireachtaint, ní mór athrú; chun maireachtaint níos fearr, athraigh go minic'.

Maidir liom féin, táim ag glacadh le moladh Julia Cameron faoi scríbhneoireacht, 'trí leathanch a scríobh an chéad rud ar maidin'. Is féidir aon rud a scríobh agus ní gá a bheith cúramach. Tá sé cosúil le "warm up" do scríbhneoir.

Pé rud a bheartaíonn tú a dhéanamh, mholfainn duit rud beag éigin nua a dhéanamh. Tá gá againn go léir le leasú éigin a dhéanamh ar ár saol. Go raibh bliain shona thairbheach agaibh, a léitheoirí dílse.

Gluais:

rún = resolution

uaillmhianach = ambitious

gur fiú = it is worthwhile

oireann sé = it suits

forlónadh = supplement

nós = habit

gníomh = act

ar feadh coicise = a fortnight

cinneadh = decision

aclaíocht = exercise

dá gcloífeadh gach éinne le rún = if everyone kept a resolution

leasú = improve

## Nuala Ní Loingsigh

## ADVERTISE IN THE AREA NEWS

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Go raibh míle maith agat.

Caitlin Ní Lordain <[caitlin1927@gmail.com](mailto:caitlin1927@gmail.com)>



Adam O'Connell student of Mayfield Community School with his 2 Silver and Bronze Medals won recently at the World Kickboxing Championships With his Father Donnacha, Mr. Golden and Mr. Walsh.

## Shuttle Astronaut Inspires Students at Glanmire Community College

Space Shuttle Astronaut Greg Johnson visited Glanmire Community College during science week to speak with students about his experiences both on the Endeavour and about life on the International Space Shuttle as part of the Discover Science Festival series of events ([www.corkcity.ie/discovery](http://www.corkcity.ie/discovery))

One could hear a pin drop in the school's library as Greg, a natural storyteller, enthralled his audience with details of everyday life on the shuttle including the difficulty of living with micro-gravity and the logistics of taking a shower in space. Greg also gave an insight into the sheer scope of scientific enquiries that are being undertaken under conditions of microgravity and raised the possibility that a new generation of medicines may ultimately be developed in space

To appeal to his Cork audience, he even used the analogy of the flight of a slíotar to describe aspects of the training regime needed to prepare astronauts. Greg stressed to students the need to ask fundamental questions the kind of questions that perhaps we take for granted. How does gravity work?

Following his talk and slide show Greg invited questions and was not disappointed by a roomfull of excited students. When asked whether he was ever scared, Greg answered "Sure" and said that nothing can really prepare a

person for take-off in the shuttle and the scale of the forces involved.

To mark the visit to GCC, a donation was made on behalf of Greg to the Hope Foundation Ireland, an organisation that works to help the poverty stricken street children of India. Jenna Stacey, a transition year student at GCC and fundraiser accepted this donation gratefully. Greg was also presented with a slíotar for use in his future talks! Greg's talk was undertaken

Greg was one of three scientists that attended GCC on Tuesday November 11th. Robert Hill (Northern Ireland Space Office) treated students to a 3-D presentation on the origin of the universe, amongst other topics. Robert is now a regular visitor to GCC and spoke about the key role played by the European Space Agency (ESA) evidenced by the success of the Rosetta probe which landed on the comet ten years to the very day (11/11/04) after launch. Robert will be presenting at the BT Young Scientist in January 2015.

Eamon Connolly from CEIA (Cork Electronics Industry Association) was there to discuss the Robotics Competition which is ongoing. This is aimed at second year students. GCC is a former winner of this competition and so there is great interest in the competition at the school.



*Jack Davis, Gregory Johnson President and Executive Director, Center for the Advance of Science in Space (CASIS), Rebecca Farrelly, James Duggan*



*Ms Gertie Cahill (Deputy Principall), Eamon Connolly (CEIA), Gregory Johnson, Robert Hill (Northern Ireland Space Office) and Mr Dan O'Sullivan (Science teacher) who organised the Science extravaganza at GCC*



*Grace Byers, Gregory Johnson President and Executive Director, Center for the Advance of Science in Space (CASIS), Holly Cussen (1)*



*Gregory Johnson President and Executive Director CASIS making a presentation to Jenna Stacey a TY student who is raising funds for the Hope Foundation for the Street Children of Calcutta*

## KNOW YOUR RIGHTS Mayfield Citizens Information

### Question

I am unemployed, married with three children and getting Jobseeker's Allowance. I would like to get back to work. I have heard there is a new payment to help with this situation.

### Answer

The Back to Work Family Dividend (BTWFD) gives financial support to people with children who were getting jobseeker's or one-parent family payments and who either take up employment, increase their hours of employment or become self-employed.

The scheme is not yet operational but applications for the

scheme are being accepted from 5 January 2015. No payments will be made until April 2015 and all eligible claims will be backdated to the date of application.

If you qualify for the scheme you will get a weekly payment for up to 2 years. You will be paid the equivalent of any Increases for Qualified Children that were being paid on your jobseeker or one-parent family payment (up to a maximum of 4 children) for the first year in employment. Half of that amount will be paid weekly for the second year.

You can combine time on a jobseeker's payment with time spent on education, training or employment schemes to meet the

eligibility requirements.

To qualify, you and all members of your family (including your adult dependant) must sign off all social welfare payments. The Back to Work Family Dividend cannot be paid with any other primary social welfare payment – with the exception of Child Benefit, Domiciliary Care Allowance and Family Income Supplement (FIS). The Back to Work Family Dividend is not taken into account in the means test for FIS.

You can contact your Intreo centre or local social welfare office to get more information on the scheme.

### Further Information

Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880 Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm

Citizens Information is also available through the Cork City (North) Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at HYPERLINK "<http://www.citizensinformation.ie>" [www.citizensinformation.ie](http://www.citizensinformation.ie)



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Day February 14th*

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### You Are Not Alone"

Hi, would you please let your readers know "You Are Not Alone" will hold a coffee morning for those who are bereaved or affected by suicide in the Montenotte Hotel Cork on Tuesday 3rd February 11.30 to 1pm and the first Tuesday of every month. All welcome and bring friend/s. Coffee, teas and scones complimentary and kindly donated by the

Montenotte Hotel.

The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from individuals who have experienced the loss of a loved one through suicide.

For more information contact : Collette on 087/1897315 or Anthony on 087/6838861



## Sars Hurling & Camogie Dinner



*Fannahan McSweeney (Under 21), Tadhg Og Murphy (Senior) and Paul Leopold (Minor) captains at the Sarsfield's Hurling and Camogie Clubs' Victory Dinner at Vienna Woods Hotel. - Picture: Mike English*



*Sarsfields captains, Tadhg Og Murphy (County Senior Hurling), Paul Leopold (County Minor Hurling), Fannahan McSweeney (Imokilly Under U 21), Emer Farrell (Intermediate County Camogie) and Lucy Allen (Minor County Camogie) with championship trophies won by the club in 2014, photographed at the Victory Dinner at Vienna Woods Hotel. Picture: Mike English*



*Aileen Brennan, Denis Hurley Ann Walsh, Denis Kelleher and Deirdre Hurley enjoying the combined Sarsfield's Hurling and Camogie Clubs' Victory Dinner at Vienna Woods Hotel. Picture: Mike English*



*Some members of the victorious Sarsfield's County Minor Hurling Championship team photographed at the clubs Victory Dinner at Vienna Woods Hotel. Picture: Mike English*



*Mary Roche, Pat Murphy, Jim Murphy, Ger Lane, Chairman County Board, Senator John Gilroy and Teresa Lane at the Sarsfield's Hurling and Camogie Clubs' Victory Dinner at Vienna Woods Hotel.*



*Camogie Captains All. At the combined Sarsfields Hurling and Camogie Clubs' victory dinner at Vienna Woods Hotel were Emer Farrell (Intermediate Championship), Lucy Allen (Minor Championship), Lucy Kelly (Under 16 Championship), Chloe Ahern (Minor League) and Claire Holland (Intermediate League) with silver ware won in 2014. Picture: Mike English*

## GCC European Young Scientist

Glanmire Community College Student to represent Ireland in Milan at European Young Scientist Competition 2015

Mark O'Dowd, a third year student at Glanmire Community College, won two awards at this year's BT Young Scientist event at the RDS in Dublin. Mark's project entitled "Injury Increasing Crop Yields" was winner of EUCYS Sustainability Award part of a European initiative to promote understanding of food production worldwide. This means that Mark will compete in this year's European Young Scientist competition due to take place in Milan September next. Mark was also awarded second place overall in the Biological and Ecological Sciences category. Inspired by his father, a farmer by profession, Mark investigated methods to damage various crops in an effort to

increase the overall yield. He found that damaging barley seedlings at key stages increased the amount of the crop produced, a result with wide implications for sustainable food production. Judges were impressed not only with the rigour of Mark's work but also by his ability to communicate his ideas clearly and with such enthusiasm. The Students from GCC were traveling back to Cork from the exhibition late on Friday evening, when the news came through of Mark's two awards, and a spontaneous applause erupted. throughout the coach. "Mark's success is a testament to his work ethic the unwavering support of his family and the commitment, time and energy invested by his Science teacher Mr Dan O'Sullivan. On hearing the news of the wins Mr O' Sullivan said "we at GCC are so proud of Mark."



Mark is quizzed about his project by the Judge at the BT Young Scientist



Above and Below Right: Mark O'Dowd from GCC in front of his winning stand at the BT Young Scientist Competition 2015.



Mark O' Dowd with his proud parents Mr and Mrs O'Dowd, his Science teacher Mr Dan O' Sullivan (on the left) and Mr William Horgan (Science teacher GCC)

## Official Opening of the new Glanmire Youth Project premises

Everyone is welcome along the official opening of the new Glanmire Youth Project premises (**old Credit Union Building near The Castle**) in Riverstown Glanmire on Thursday 5th March anytime between 2pm and 8pm. We are delighted to show this wonderful new youth facility to the whole community. There will be refreshments. We are grateful to Foróige for their full backing for this project. Our two Youth Workers Brian O'Toole and Geraldine Lynch and the Glanmire Drugs worker Cora Coleman operate out of this facility as do the Glanmire House of Rock, Boys and Girls Teenage groups, Teenage Drop-in group, Youth Soccer group, Youth Council and more. The operation of this project is managed by a local management committee together with Foróige, staff and volunteers. We are really looking forward to seeing you at the opening.



Mark O'Dowd in front of his winning stand.

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3rd Martina O'Carroll, Post Office, Hospital, Co. Limerick.

4th David Ruittle, 2 Maple Park, Fota Rock, Carrigtwohill, Co. Cork.

5th Mr. Pat Casey, Curraghawaddra, Aghinagh, Coachford, Co. Cork

I would appreciate if you would include the above raffle results in this edition of Glanmire News.

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**Sun. 15th February 2015**

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## Glanmire Society of St.Vincent de Paul

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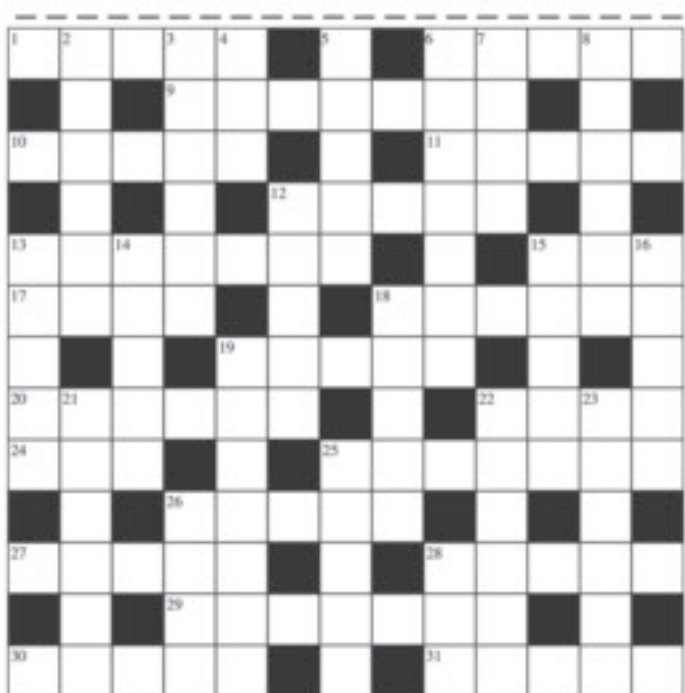
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### Across

- Bird sound (5)
- Burn slightly (5)
- The Emerald Isle (7)
- Trivial (5)
- Popeye's girlfriend (5)
- Shop (5)
- Make longer (7)
- Undergarment (3)
- Sonny & ---- (4)
- Rub with oil (6)
- Beside (5)
- Gypsy (6)
- Plant with fronds (4)
- S. African golfer (3)
- Inhale and exhale (7)
- Tale (5)
- Moorland (5)
- Herb (5)
- Shouting loudly (7)
- Guide, drive (5)
- To the point (5)

### Down

- Circular arrangement of leaves (6)
- One or the other (6)
- Attempt (3)
- Sylvia, American writer (5)
- Sleeping noise (7)
- Doing nothing (4)
- Control, lead a country (6)
- Covered in scales (5)
- Frighten (5)
- Quantities of paper (5)
- Bathroom furniture item (5)
- Make amends (5)
- Irate (5)
- One more (7)
- Eldest (6)
- Leader of UKIP (6)
- Type of monkey (6)
- Type of fish (5)
- Eye inflammation (4)
- Dynamite (3)



Jacinta O'Riordan,  
Barrymore Court,  
Sallybrook, Glanmire  
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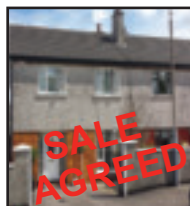
SEND your entries marked CROSSWORD to Glanmire Area Community Association,  
Riverstown Cross, Glanmire, to arrive by 21st February. The prize is a meal in BEVA  
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