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THE DIFFERENCE IS WE DELIVER

Issue 1 - January 2015

www.glanmireareacork.com e-mail- news@graphicprism.ie



Friends Of Leukaemia Patients Cork, Evening Echo Mini Marathon Sun 28th Sept fundraising event Mary Mullins Glanmire proprietor of Claddagh Restaurant, Blarney. Presenting a cheque for the sum of €1642-78 to Imelda Reynolds Chairperson of Friends of Leukaemia Patients and committee!! A Big Thank you to everyone that kindly donated on the Opening Day of the Restaurant.



The prize giving took place on 13th November in the Credit Union and the winners go forward to represent Glanmire & District Credit Union Ltd at Cork Chapter level.

Bank row from L - R Frank Linehan, Cameron Shahi, Nadia Kowalczyk, Gavin Murphy, Anour Magani, Eoghan Harrington, Deirdre Leahy - Second Row - L-R Harry Buckley, Sarah Islam, Rhian Murphy, Grace Canning, Daniel Jimmy Fadairo, Chelsea Osoego Front Row - L-R Caoimhe Na Loinsigh, Kady Gurdy, Jessica O'Sullivan

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Anthony Kelleher Profile


Age. 21 years +
White Cross Gaa Coach
Favourite Colour Green and White
Favourite Book. The Art of War
Favourite Singer /Performer. Sean O Riadh
Favourite Actor. Mick Lally
Fondest Memory. 1990 Munster Hurling Final. Cork winning against Tipperary
If shipwrecked on a desert island who or what would you like to accompany you. My wife Siobhan and my son Tom. Also access to see Gaa matches
Favourite drink. H2o
Wish for 2015. Whites Cross Gaa

club to achieve there potential and a peaceful year to all the club members,their family's and supporters. Hope that by the end of 2015 that Siobhan, Tom and I will have moved into our new house.
As a mentor to Whites Cross Gaa club, what's your philosophy in getting young players involved. Mol an oige agus tiocfaidh siad.
What Club do you want to win the Senior County hurling 2015. One of our neighbouring clubs
Who to win Senior County football title. Hopefully the team who prepares and gives it there best shot.
 Best wishes to the Junior B Hurling team and to the A team during 2015

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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, Emmitt Smith, 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 my "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 I normally charge new patients up to €265 for!

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

- An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays (NOTE: These would normally cost you upto €195).
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- I'll 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.

Tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation before January 16th, 2015

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

Sincerely,
Dr. Eric Kelly, D.C.

P.S. 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. 0214824450.

UPDATE FROM LITTLE ISLAND N.S.

School Performances

On Tuesday the 16th of December, the boys and girls of Little Island National School staged their class performances and songs to an audience of family and friends. Junior Infants set the bar high with a beautiful play called 'Ralph the Reindeer!' entertaining us with lots of songs and adorable costumes. Senior Infants performed a delightful nativity musical, 'Away in a Manger', while 1st Class decided to stage their own version of 'The Late Late Toy Show!' 2nd Class continued to entertain us with another swing on the nativity story, this time involving aliens from outer space! Finally, the senior 'Speech and Drama Group' presented a contemporary view of the birth of Jesus Christ, focusing on the 21st Century, surrounded by our modern-day lifestyle and technology. To conclude the performances, 3rd – 6th class sang a collection of Christmas classics and modern melodies, accompanied by a guitar and keyboard. This brilliant choir

also sang at the Radisson Blu Hotel, Little Island, on the 18th of December, to an audience filled with hotel guests, parents and locals. We hope that everyone had a fantastic day and that they enjoyed our shows and songs! Well done to the pupils and their teachers for all their hard work.

St. Vincent de Paul Christmas Hampers

The staff and pupils of Little Island National School have also been extremely busy collecting lots of food and treats for their annual St. Vincent de Paul Christmas hampers. It has become a tradition in our school over the last 5 years, to make these hampers and distribute them to local families for Christmas. This year we gathered enough supplies for a spectacular 23 hampers! Thanks again to all who contributed, it would not be possible without your continued generosity and kindness



COLÁISTE AN PHIARSAIGH WIN TRIP TO STRASBOURG

Twenty-four students from Coláiste an Phiarsaigh will get to experience what it is like to be an MEP for a day when they take off to Strasbourg next March.

For the second time in three years, students of the school were successful in their entry to the Euroscola competition. This competition gives students all over Europe the chance to visit the European Parliament and to participate in discussions on key issues in Europe such as the environment, freedom of information and Europe's future.

This year's competition challenged students to write a six-word message to Europe's MEPs highlighting a key challenge facing Europe. The message could be in either Irish or English and in the end Aislinn Ní Chonchubair's winning entry used a combination of both. Her message was 'Domhan ar iasacht dúinn – Protect it!'



The success provided an early Christmas present to the students and preparations are underway for the much-anticipated trip.



"L.D.F. men from Riverstown, Glanmire and Mayfield taken outside 'The Chute', Barnavara, during the Emergency 1939-1945". Mary Crowley, Chairperson, Glanmire Heritage Society.

BOOTHOUSE BAR PATRONS RINGING IN THE NEW YEAR



Mick Garde, Seamus McCarty, Sean O'Callaghan and Dominic Roche



Ann, Pat and Aoife McNally.



Lisa Hopwood, Anthony Kelleher and Siobhan Kelleher



Kay Falvey, Betty Burke, Eleanor Burke and Kitty O Flynn



Ger Crowley, Betty Leahy, Ann Daly, Annette Crowley and Dan Leahy



Brian, Louise, Derry and Bernie Kenny



Betty and Domnic Cahill



Pat Reid, Ann Reid and Pat O Callaghan

NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS BY " THE FOREIGN CORRESPONDENT "

Caherlag Graveyard: The directional signpost erected at Caherlag provides an additional feature, yet it should have been much better positioned. Also, the burial ground has always been known as; Caherlag Graveyard, not Cemetery, and is identified as such on the entrance pillars, as well as on the nearby heritage board. There is much deliberation nowadays regarding the differential descriptive, not just relative to Caherlag, but in general. The understanding is that a graveyard, unlike a cemetery, is located within church grounds. However that is the technical aspect but people today use the descriptions interchangeably. If for instance the foregoing was applied; the burial ground at Middleton would be described as a graveyard, whereas it is traditionally called a cemetery, and there are many similar examples. The description; cemetery is of a relatively modern usage and it conjures up an image of orderly, straight pleasing rows of gravesites. One obvious example of this is St. Josephs Cemetery, Little Island. On the other hand the description graveyard is more archaic and it portrays an ancient historical resting place; of high walls, an iron gate, varying size headstones, some slanted and with the inscriptions almost worn down by time and weather, and also low uninscribed grave markers. Caherlag has all of these characteristics. It should also be noted that it is the site of the ancient parish church where religious ceremonies were held from at least the twelfth century. The church ceased to be a place of worship for the catholic population during the reformation, and in the 1641 rebellion the building was partly demolished. Therefore, taking such a technicality route the description; graveyard is appropriate, but most important; the overriding factor is that locally the burial ground has always been referred to as a graveyard. Then, the word cemetery is misspelled on the signpost! Who is familiar with "Pudsy's Diary" in "The Far East"? This is a magazine which is published monthly by the Columban Fathers, who were established to spread the gospel in China, and the publication was particularly popular in bygone days when it was promoted through the schools. Adults read articles on Irish priests who work as missionaries in the unknown corner of Asia, but the children's favourite was always, and perhaps still is, the character Pudsy's stories on his exploits much nearer home. His misspelling is a feature and the following is an example from a recent issue; "Lass Saturday mum askd me to dust the sittin room". There is a flavour of this with the signpost, and in the next issue of "The Far East" Pudsy may remark that; "de nu sine at kaher log shud reed grave yard"!

The Parish Pumps: How many are aware that U.N. World Water Day is held on March 22nd each year? Ireland is of course already promoting the natural resource day event by way of well organised nationwide marches and rallies! Running water is very much taken

for granted in today's home, because all that is required is just a simple turn of a tap. This of course was not always the case, and pumps, wells and barrels of rainwater were used in times prior to this. Some pumps, belonging to that era, are still visible in our countryside, including our own neighbourhood. They serve as a reminder of the harsh days gone by when the Bean an Tí, never Fear an Tí, was regularly seen ambling along the roads with her white enamel bucket. The pump was the focal point of rural Ireland then, and additionally it provided the only water supply, as well as offering a meeting place for communities. Running water was installed in the majority of homes during the fifties, and even the sixties, but in some cases only as far as the back door, especially at privately owned dwellings. A tap attached to a lead pipe and secured to a timber upright was a common sight. In the mid-fifties local authority houses were built on the roadside between Burys Bridge and Glanmire, road L 2988, and it was the following decade when running water was installed. In the interim residents were dependent on a pump located a few hundred metres away. Another pump was located further along that road, near the T Junction adjacent to The Rectory. There were many other such pumps elsewhere including numerous at Little Island. There was for example one adjacent to the twelve Lough Mahon Terrace houses which were constructed at Clash Road around 1938. This served as a source of water for the residents and their neighbours. Four local authority houses were also constructed at the end of Courtstown Road in 1950, and again there was a pump on the roadside nearby. Pumps were located on the road which runs eastward from the Island Cross towards the cemetery, road L 2986, and the only surviving one, albeit in a half-concealed fashion, is on the boundary wall of the Meadow Lawn Estate. Residents of houses in that area utilised these pumps. There were also other pumps located at the western side of Little Island which served houses there; however the fifty local authority houses at St. Lappans Place had running water installed during construction. The blessing and dedication of these houses, to the Blessed Virgin Mary and St. Lappan, was performed by Very Rev. Canon P. O' Leary on Sunday July 3rd. 1955. In the mid-forties the local authority constructed six houses on the Back Road at Glounthaune, but running water was not installed until the late fifties. Meantime the residents of these and the other houses nearby sourced water from a pump which was located at the western end of the road. This green cylindrical pump was plus three feet in height and had a syphon pipe fitting encased. There was a notch at the spout to support a bucket, and the pump was operated by an up-down movement of its dogleg-type handle. These unique pumps were usually positioned in a semi enclosed concrete-walled surround platform, two steps high of ground level. Similar

pumps were located at; Windsor Hill Crossroads, Caherlag, Ballinglanna, and at the T Junction on the Rougrane Road. A different type pump, but similar to those already referred to, was located at the southern side of the Dry Bridge. In past times this pump acted as a valuable supply source for those residing at the other side of the roadway. The surrounding road level was raised over the years as a result of resurfacing, but the pump, which is still in-situ, was never adjusted accordingly. This has resulted in a sizeable section below ground, and the visual attraction would be improved immensely if this was rectified. There were also two cast iron pumps in The Village, and these were operated by turning a knob handle which rotated the chain inside. The pump at the western end was very much in demand at half time of the popular hurling games which were played at the nearby Small Field. In the late sixties Cork County Council removed this pump and replaced it with a tap, but when the residents complained the original was returned with a tap fitted. This was an admirable example of excellent judgment by those residents of forty fifty years ago. The pump at the eastern end was incorporated as a feature at the green open space created by the Glounthaune Development Association in 1968. Previous to this there was an approx. three foot high wall running from the extreme right of the Parochial House entrance gate pillar-wall, which continued on a curved course to the rear of the pump, and extended in a south-westerly direction to approx. four feet beyond. The pump was inconspicuous then, but following the demolition of this backdrop wall, and with infill to road level of a tract of land at its rear, seeding of same, as well as the provision of seating and kerbing; it was consequently presented in a prominent and pleasant setting, as is today. The then significant costs incurred, including the construction of a retaining block wall, were borne by the Development Association. By the way, there was a miniscule ruin, which was known locally as; "The Castle", located at the western side of the adjacent quay wall. It was once transformed into a rock garden but was levelled when the green open space was developed. In hindsight, even though a remnant, this was unfortunate but of course such was not viewed with significance back then. It is not known at present what the historical background to "The Castle" is, but residents of old were known to recollect that notices of impending court cases were displayed thereon. In past times there was a courtroom upstairs of the present "Rising Tide" premises which was accessed via exterior concrete steps at the western gable wall. Some local organisations held meetings there subsequently, and the steps were demolished when the building was renovated in the mid-sixties. There

was another pump engraved; "Merrick Cork" adjacent to Fitzpatrick's Shop and in bygone days the residents of the nearby houses utilised this. The pump, with a tap fitting later installed, was evidently manufactured by the foundry firm; Robert Merrick & Sons Cork, and in those days the company promoted its business as; "Warren's Place Ironworks". This was derived from their location, as Warren's Place was one of three historically known names of Parnell Place; the others were Cold Harbour and Nelson's Quay. Their premises were located where the popular Chinese restaurant "Panda Mama" is currently, and in fact there is a limestone street name plaque; "Nelson's Quay" visible on the wall above the entrance door of the restaurant. Merrick's was founded circa 1853 and engaged in ironwork and engineering of every description including; steam and gas engines, threshing machines, pulleys, water wheels, pumps, and the company also manufactured carriages and engines for the famous Muskerry Tram. The aforementioned pumps are just a few examples of those that were positioned around our locality, but of course there were many, many more. An interesting exercise would be to recollect their locations, and this would also offer a good indication of the actual number. There were, as mentioned, numerous at Little Island and apart from the one that is somewhat defaced in order to enhance the wall at Meadow Lawn Estate; is the pump adjacent to Lough Mahon Terrace the only one surviving? It is regrettable that there are so few of those precious emblems of past times evident in our parish today. However it is pleasing to observe that two are still in good working order; the one located at the western end of The Village, and the one adjacent to Fitzpatrick's Shop. SLANOIS ©



Presentation To Pieta House

On the 24th July 2014, 28 members of Over The Hill Cycling Club completed a non stop cycle from Mizen Head to Malin Head to raise awareness of mental health and to raise funds for Pieta House. The cyclists from the Watergrasshill Club completed the 600km trek non stop in 23 hours. The cyclists were ably assisted by a top class support crew, who looked after the cyclists food requirements and carried out any repairs.

The cycle received fantastic support and coverage from local radio stations and newspapers. The cycle also received nationwide coverage including on TG 4 news. This helped greatly to raise awareness of mental health issues, and to raise awareness of the free services that are available to those who are suffering. Christmas time can be difficult for families and loved ones dealing with the aftermath of suicide. As well as helping those dealing with mental health issues, Pieta



House also provide services and counselling to families trying to deal with a tragic loss.

A cheque for €30,011 was presented to Pieta House at their Bishopstown centre on the 24th of November 2014. All the monies raised will be used to fund services locally at the Pieta

House Cork. Pieta House now has a staff of over 170 and the demand for services hasn't let up. In 2013, nearly 4,000 people came to Pieta House for help and the numbers are rising all the time. Pieta House Cork is located at Highfield Lawn, Model Farm Road, Bishopstown, Cork, and can be contacted on 021-4341400.

Donations can be made at www.pieta.ie

Photograph attached shows Mick O'Leary of OTHCC presenting the cheque to Joan Freeman of Pieta House

For further details contact me on 087 8106282 or <https://www.facebook.com/pietagearedforlife>



Above: Eileen MacDonald, Aodhan Bohane and Clare Bohane



Christmas Day Swim in aid of Simon!



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. The trade counter is open between 8am and 6pm Monday to Friday.



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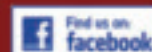
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Next to Alan's Tyres





Charlie Wilkins

THE GARDEN SHED

My refuge is a bolt-hole half hidden by a tall evergreen in a sheltered part of the back garden. I 'escape' to it whenever the need arises. There are thousands more in gardens all over the country. Mine stores among other things, my tools and gardening essentials, my expectations and dreams, and a deep ocean of memories! Like a bedroom dressing table it's a place for silent reflection, of quiet and warmth, away from the depressing January weather and those frightfully cold winds. Some would call the structure a greenhouse even though it started out a long time ago as a wooden workshop. There has always been a tradition in our extended family for having some sort of recreational sanctuary into which a person could abscond for long or short periods. Normally, such places are where people store their household DIY tools, and run to put the canvas chairs when it looks like rain in summer. My thinking is that if the garden is a place of refuge, then a hide of some sort can be a haven within it. I offer you a peep into my inner sanctum! On a tottering shelf on the back wall there's a rickety old cardboard box simply bulging at the corners. It is a depository of good intentions, crammed with packets of vegetable and flower seed. Sometime around the middle of February I'll probably come home with another set of duplicates having forgotten what was and wasn't there, and sort through the whole container yet again whilst marvelling at my Swede turnip collection and tomato archive. They'll be sorted into piles of what should be planted immediately, and what can wait until next week, next month and so on. None, I dare say will ever feel the heat of the summer sun and gentle rain except perhaps for small pinches of the lettuce 'Susan' every now and again. From this you will gather that a little salve goes a long way with my

conscience!

There are garden tools, ceramic pots, and overwintering plants everywhere and these, standing or stacked take up much of the available floor space. A collection of now withdrawn chemicals occupy a dark spider-filled recess beneath a homemade potting table while hanks of raffia, green garden twine and faded dried lavender hang from the roof beams. An earthy, pleasant smell lingers in the air but once the pewter-coloured sun heats the structure it disappears like morning dew.

Would you like your own private bolt-hole? Imagine being able to leave the fog and the frost, the drizzle and the depressing dreariness of an Irish post-Christmas winter and retreat to a small ready-made structure! Wishful thinking? Perhaps, but for many, the dream has already arrived as those with the likes of a steel plate shed or fully insulated timber structure will testify! They have found that working in the garden normally offers a calming therapy to counteract the stresses of the working day. Sometimes however, the search for necessary tools easily negates this positive effect but with any make of garden shed everything can be put in its rightful place. Whether you choose a timber shed or more upmarket steel structure be assured that proper shelving, tool holders, gas spring door dampers, and even acrylic glass fanlights will make working and lazy reflecting equal delights. Steel models are available in many sizes and colours whilst timber sheds come in dozens. January and February might be the best months for investing as sales are currently in full swing.

THE GARDEN IN JANUARY SOLSTICE; Three weeks ago we had the winter solstice, when, as John Donne wrote in *A Nocturnal upon St. Lucy's Day*; " 'Tis the year's midnight and it is the day's....the world's whole sap is sunk'. The striped lawn may have re-emerged fresh and completely unblemished from its overcoat of hard frost and the earliest bulbs are pushing their snouts about ground, but there's still a very odd feel to the garden. The light is extraordinary dim and the colour has drained from everything. Perhaps it's the post-Christmas deflation that cloaks all, or the sudden

THE GARDEN SHED



Get rid of the clutter, the constant jumble of pots, tools and containers and invest in a proper workshop cum garden shed this month. It will last a lifetime and be a source of comfort and reflection during the dark days of winter.

changes in the weather patterns but things really look as six's and seven's.

FERN; Not everything has changed colour of course. In the back garden, that tall tree fern *Dicksonia Antarctica* still stands out majestically if rather sad and dejected. The fronds have certainly taken a hammering from the cold but even so, it looks triumphantly tropical alongside a bog standard golden laurel. Perhaps it is giving thanks for the return of somewhat milder conditions

ANTICIPATION; The central pleasure of gardening is that much of it goes on in the head; anticipation and creative day-dreaming if you know what I mean, coupled to outbreaks of unbridled lust for new and unusual plants seen in books and catalogues! My 'must have' list grows apace following enforced periods indoors, and now, all that troubles me is how to get yet another blue poppy (*Meconopsis* 'Slieve Donard') or another variety of mauve *Erythronium*! Where do they sell good show variety dahlias? Would that botanical print by Belinda Northgate of Ballycotton, East Cork be reduced if I called again to the outlet where I saw it before the festivities, and when is the first Munster garden going to open to visitors? I think about all these when I should be otherwise engaged, and flick through catalogues like a man looking for life-saving advice. For the life of me, I can't imagine how non-gardeners

get through life. What do they do for thrills? Go to the pub? It may be but the second week of a brand new year but the heady joys of planning and plotting are already tossing about in my mind, jostling with the greedy anticipation of yet another season, another beginning.

BULBS; I'm watching for emerging bulbs! At ground level, the first pale shoots of snowdrops are trusting through the dark leaf-mould and it won't be long before these and varieties of crocus are up and in full bloom. Some are fattening in readiness but the real blooming won't be for another few weeks, early February at the latest. Later again there will be pools of blue and white chinodoxa, primroses, more bronze and purple crocus, lilac and lavender-pink *erythroniums*, and gold, lemon, and cream narcissus. Wishful thinking (yet again) but already, as you can see, I'm moving in my thoughts into spring. What marvellous times we gardeners have to look forward to!

WISTERIA; In Riverstown and Glanmire remember to give wisteria its winter prune. All those long growths, shortened in summer to eight inches or so, should be cut back now to stubs of three inches, or to within two buds of their base. This builds up short flowering spurs all along the main framework of stems already tied in to the wall or support. Anyone worried about lack of blooms should attend to this pruning before

Santa visits the Cork School of Shotokan Karate

On Thursday the 10th of December last Santa Clause paid his annual visit to the Cork School of Shotokan Karate while all the boys and girls were training. There was lots of surprised and amazed faces when the children heard a bell ringing and then Santa appeared walking up the corridor, he explained he was a bit delayed as he had to help out at the tunnel because the traffic was so busy. Fred Lynch is the chief instructor at the club and he asked Santa if he wanted to see the boys and girls in action, Santa said he would be delighted if the children would show some karate techniques, so without further ado the children showed some fantastic blocking and punching combinations and then added some kicks and finished with some extra kick / punch combinations. Santa had pulled up a chair and he paid compliment to the children for all the hard work they had put in to reach the level they were at, then all the children formed a que and one by one each had a chat and photo from their

parents with Santa and he gave every child a lovely shiny medal for training so hard throughout the year everyone waved goodbye and Santa said he would be back next year, the Cork School of Shotokan Karate are looking for new members of all ages so If you would like to learn karate for self defense, and also increase your fitness, stamina and confidence you can contact Fred Lynch 4th Dan JKA on 086 876 1493

Training time are 6 pm children 5 to 9 years

7pm for adults, teens and older children (class is divided) at Gaelscoil Ui Drisceoil (old Ibid hotel) every Tuesday and Thursday

Saturday morning 10 am children 5 to 10 years .
11 am older children teens and adults at the Riverstown Community Centre, Glanmire
The club are also celebrating as Ella Collins became JKA Ireland national champion at the JKA national championship.
Fred Lynch can be contacted on 086 876 1493

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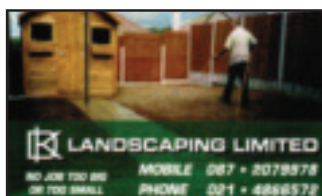
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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Poc Fada



Kieran Murphy & Johnny Dunphy with 2 of our juvenile teams.

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 erinsown-gaaclub@gmail.com or phone or text Michael on 086 8699145, Kieran on 087 7787759 or Dara on 089 4464412.

Erins Own would like to wel-

come all the new elected officers for the coming year, Chairman Tom Ahern, Vice Chairman Diarmuid Cunningham, Secretary Jamie Murphy, Pitch Secretary Elaine Mulcahy, Treasurer Barry O'Neill, Assistant Treasurer Brendan Harrington, PRO Pat O'Callaghan, Registrar Shane Murphy, Facilities Officer Mick Wallace, Medical Officer Greg Twomey & to also thank

the out going officers of Liam O Connell, Jim Dennehy after serving as an officer for the last 12 years, Susan Scanlon & Cathal O Mahony.

We would like to wish all our players, members, supports & sponsors a Happy New Year.
Regards - Pat O'Callaghan PRO



Barry O'Neill accepting the winners cheque for the this years senior hurling league from county pro Tracey Kennedy.



Erins Own juvenile team after the Poc Fada



Juvenile winners of this years Poc Fada were Sean Power, Oran O'Regan & Cormac O'Sullivan.



Sean Power, Jamie Murphy, Tom Ahern, Liam O Connell & Jim Dennehy enjoying this years Poc Fada.



Tom Murphy, Treasurer Sarsfields Hurling Club, who with Paddy Lambe, arranged club sponsorship with the O'Connell Group in 1989, presents a replica County Hurling Championship Medal (with permission of County Board) to Eddie O'Connell at special function to thank the Group for their twenty five years of sponsorship. Included are Tadhg Murphy, Chairman and Denis Hurley, President with the Sean Og Murphy Cup. Picture: Mike English



Paddy Lambe, Sarsfields Hurling Club, who with Tom Murphy, arranged the O'Connell Group sponsorship twenty five years ago. Picture: Mike English.



County Council Meeting – History Made

History was made on the 9th December 2014 when the Municipal Council met in Glanmire GAA hall, the first meeting of the Council in the Glanmire area. This meeting was initiated by the current Chairperson Cllr Sinead Sheppard.

The Municipal Council comprises of the following Counsellors:

Cllr Sinead Sheppard Fine Gael
Cllr Ger Keohane Sinn Fein
Cllr Padraig O'Sullivan
Cllr Anthony Barry Fine Gael
Cllr Claire Cullinane Independent

Area Engineer, Mr Gerard O Hora, along with a number of administrative Staff from the County Hall was also present. The Council met with

Deputations from local groups from Glounthaune and Marina Point in relation to local issues in their areas.

Counsellors raised many issues in relation the Glanmire Area, footpaths, speed ramps, lighting, traffic, parking, tree cutting, hedge cutting, removal of ESB pole etc...

Some of these items will be addressed immediately, others when finance becomes available and some were outside the remit of the Council Traffic Lights at the entrance to Hazelwood from the main road was raised with the Council. The provision of these lights have already been passed three years ago, but is subject to funding which may be available in 2015.



TOP TIPS FOR SELLING YOUR PROPERTY IN 2015

By Joe Organ
Search online, and view Auctioneers online presence

such as advertising/marketing material, and their own website. Get the best fee possible, and get valuations on your property.

1. Organise a BER Cert for your property.
2. Show your property at its best and

beat the competition with condition. First impressions count.

3. Present the interior and exterior to a high standard by staging and making your property look its best.

4. Make minor repairs i.e replace burnt out light bulbs, consider painting your walls a neutral colour, replace cracked floor or counter tiles, fix doors that don't close properly or kitchen drawers that jam.

5. Make your property sparkle from top to bottom. Wash windows inside and out, power wash and spray down footpaths, patio and exterior. Replace worn rugs, hang up fresh towels.

6. Allow access as much as possible as properties don't get sold if they are not shown.

7. Be realistic about your guide price as purchasers are information savvy.

8. De-personalize.

9. De-clutter.

10. Ensure the property looks spacious especially the bedrooms.

11. Neutralise smells. Allow time for your property to reach your target market.

12. Listen to your Auctioneer for any recommendations and views.

See our advert on back page.



Paddy Lambe and Tom Murphy who, on behalf of Sarsfields Hurling Club, arranged sponsorship with the O'Connell Group in 1989, making presentations of framed photograph of the recent County Championship winning captains to John O'Connell and a replica County Championship Medal to Eddie O'Connell while Mary Roche presents a bouquet of flowers to Kay O'Connell at special function to thank the O'Connell Group.



Members of the O'Connell family photographed at function at Sarsfields Hurling Club when a number of presentations were made by the club in recognition of the O'Connell Group's sponsorship of the club since 1989.

SALLYBROOK VILLAGE TIDY TOWNS NEWS

We hope you like the new look with the addition of 9 'saucer' planters placed throughout our village (see pictures below).

Thanks to Alan and his staff at Hillside Nurseries for doing a great job under severe time pressure!

Funding for these planters came from SECAD who are the Body also responsible for grant-aiding the repairs to the stone wall at Glanmire GAA Football Club. We are very thankful to SECAD for this funding and a special thanks goes to Nuala O'Connell for her patience, persistence and support throughout the administrative process and P.J. Dennehy for providing a Tus Employee Ken Twohig who did a fantastic job. Ken also carried out repairs to the stone

wall and steps near the stream below St. Joseph's Church (known locally as 'The Rose Arch').

Thanks also to another hard working Tus Employee Marek Bielec for all the grass cutting, strimming, painting etc – our work was much lighter with the extra pair of hands, thanks Marek.

A special thanks also to the staff at Cork Co. Council Area Office and in particular Robert O'Hara Eng. for all his assistance with the foregoing projects. We also thank our newly elected Councillors and particularly Ger Keohane and Padraig O'Sullivan who got down to work immediately and came up trumps in assisting our endeavours, thanks again. We also wish to thank Noel Costello and his crew for all their help. Finally thanks to the local business community for their continued support and to everybody who

supported us throughout the season in any way, we are very grateful. We have come to the end of a very busy year and already we are putting plans in place for new projects for 2015. We are always open for suggestions and feel free to contact the undersigned or any Committee Member if you have any ideas or would like to get involved with our Group, we would be delighted to hear from you. Also check us out on Facebook for regular updates of our activities.

Once again, thanks to everyone for all your support and we wish you all a very happy Christmas and good health and happiness for 2015.

Fionnuala Flanagan
Secretary (0876490655)

Right: New Planters at Sallybrook November 2014



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. It is a very attractive leisure cycle and a fundraiser for Africa Direct, a Cork based charity supporting projects for destitute slum dwellers mainly in Kenya.

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 or phone Africa Direct at 0214806425.

Glanmire Coder Dojo meets every Saturday from 10-12 in the Riverstown Community Centre. Since we have returned in September we have attended an electronics workshop in Blackrock Castle and we are currently planning a trip to the Young Scientist Exhibition in Dublin in January.

Last Saturday we had an inspiring 15 yr old from another dojo speaking to us about setting up his own website business! Presently we have two groups running with the new members working on scratch and the more experienced coders are busy doing a group project using MCreator. We are very grateful to our mentors Don, Tim & Denis and would like to appeal to anybody in the area that has a working knowledge of programming, electronics, animation, video making, etc. to share their knowledge with these extremely enthusiastic young people, even if it is only on a once off basis.

We can be contacted through our facebook page through the GACA website



Coder dojo - Pictured after their workshop in Blackrock Castle

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RIVE FITNESS CENTRE

Carolyn Rea (centre) with instructors Allison, Jonathan, Heidar and Lisa at the opening of her new Fitness Centre, Sallybrook, Glanmire.



NEW HALL FOR GLANMIRE SCOUTS - 46th/ 92nd Cork (Glanmire) Scout Troop



After nearly 30 years of waiting, construction has finally begun on a new Scout Hall for the 46th/ 92nd Cork (Glanmire) Scout Troop. Located in the area of Old Avenue, just off Hazelwood Road, the 247 m2 building will contain a main hall, conference room, store room, kitchen, and a patrol meeting room. Also the outside area will have a camping area.

Work began on August 18th and Oakfield Construction of Glanmire are the main contractors. It is planned that the build will take approximately 21 weeks and will be completed by mid February 2015.

This is a major mile stone in the history of the Scout Group . The Group started from humble beginnings in 1979 and has grown to be one of the biggest scout groups

in Cork. At the present time we have 156 youth members supported by 23 adult scouters, we operate 2 beaver sections, 2 cub sections, a scout troop, a venture unit, and a rover crew. Since 1979 we have been using various halls around Glanmire such as the National School, The Community Centre, and the Local GAA halls. Also in 1989 the Kelleher family gave us the use of "The Lodge" in Buterstown, this facility greatly added to the outdoor programme of the group and we are very grateful to the Kellehers for that. It is a fact that without the friendship and support of these Local organisations and the Kellehers , the Scout Group would not have been able to function.

A Project of this magnitude would not be possible without sufficient funds, the

group over the years has managed to do some fund raising however the project would not have been able to start without the financial support of Glanmire Parish . We would like to publicly acknowledge and thank the Parish Priest in Glanmire, Fr Newman and the members of the Parish finance committee for their help and support . We would also like to confirm that ALDI Stores are not building the hall for us . The scout Group is financing the project from savings amassed over the years and from the generous support of the Parish. At the present time we have a funding gap of 40,000, This is to complete the internal finish of the hall and to complete the outside works. This includes the perimeter fence and a storm attenuation tank. With this in mind we have embarked on a fund raising campaign . A fund raising com-

mittee has been formed and one of the first steps was to contact local businesses in Glanmire looking for support . Ryan's Supervalu in Glanmire were the first to pledge their support to our fund raising effort. They have a proud record of supporting local clubs and voluntary groups in Glanmire so we look forward to working with them We also have applied to Cork County Council for an amenity grant.

As we start the new scouting year there is a lot of excitement and hope around the group . There is still some work to be done with fund raising but we are confident that we will reach our target and get our hall finished on time and on budget. After our long wait , Scouting in Glanmire will finally have a place to call home .



Cumann Peile Gleann Maghair Glanmire Football Club Latest News

Sallybrook, Glanmire, Co. Cork

www.glanmiregaa.ie



Mitchelstown 3-09 Glanmire 2-04

(Below)

Glanmire U15s came up short on the 30th November 2014 in the final of the U15 championship against Mitchelstown, who retained their title. The North

Cork team started brightly with two well taken goals. Glanmire had their chances in the first half but unfortunately we trailed by six at the break, despite a Mark Palmer goal.

Mitchelstown started brightly after the break and dominated proceedings in the second half.

Glanmire got a consolation goal through Ben Graham at the end but Mitchelstown very much deserved their victory.

Manager Peter Palmer can be very proud of his team's efforts throughout the season with some fine performances against Carrigaline and St Vincents. Final score

from the Maradyke, Mitchelstown 3-09 Glanmire 2-04.

Age Action County Consultation will take place at 11am on Monday 19th January 2015 in Carrigtowhill Community Center. From an observers point of view it was great to see how local democracy worked in a very efficient manner.

SUPPORT YOUR LOCAL CLUB



Cumann Peile
Gleann Maghair
Glanmire Football Club



TICKETS €10

GAA Draw Launched

Glanmire Football Club are participating in the G.A.A. National club draw which is a vital fundraiser for the club. There are some fantastic prizes on offer all of which are provided by Croke Park so 100% of proceeds from ticket sales will go directly to Glanmire Football Club. Tickets are just €10 each and can be purchased off club officers. Full list of prizes can be viewed on www.glanmire-gaa.ie.



Glanmire Vs Mitchelstown



Basketball on the double! Fóirne cispheile faoi 16 agus faoi 19 ó Cholaiste an Phiarsaigh a bhuaidh Craobhacha Chorcaí ROINN A le déanaí. Comhghairdeas leo agus go neirí leo i gcomórtais na hÉireann san ath bhliain

Coláiste an Phiarsaigh win trip to Strasbourg

Twenty-four students from Coláiste an Phiarsaigh will get to experience what it is like to be an MEP for a day when they take off to Strasbourg next March.

For the second time in three years, students of the school were successful in their entry to the Euroscola competition. This competition gives students all over Europe the chance to visit the European Parliament and to participate in discussions on key issues in Europe such as the environment,

freedom of information and Europe's future.

This year's competition challenged students to write a six-word message to Europe's MEPs highlighting a key challenge facing Europe. The message could be in either Irish or English and in the end Aislínn Ní Chonchubair's winning entry used a combination of both. Her message was 'Domhan ar iasacht dúinn – Protect it!'

The success provided an early Christmas present to the students and preparations are underway for the much-anticipated trip.



Aoife, Lauren, Tara, Laura, Lauren agus Éabha - Buathóirí "SCLÉIP GAEL LINN na MUMHAN". Beidh said ag glacadh páirt i go raibh na hÉireann i mBaile Atha Cliath san ath bhliain.

CÚRSAÍ SLÁINTE

Chaperones

What are they, and why are they necessary?

"Would you like someone to accompany you during your visit to the doctor/nurse?" Should you require a chaperone during your consultation, examination or procedure please ask your doctor, nurse or reception staff for information on chaperones.

Doctors, nurses and all healthcare professionals are committed to providing a safe environment for patients. The recent care home scandal in Mayo has emphasised how important it is to ensure that patients are treated with respect and dignity at all times.

A chaperone is a person, preferably a nurse or doctor, who is present during certain

physical examinations or procedures. The doctor/nurse should clearly explain why a particular examination or procedure is necessary. This can help promote understanding and acceptance of the need for a particular examination. Chaperones are available both in general practice and hospitals.

Most doctors will offer a chaperone during "intimate" examinations, which includes rectal/ male and female genital examination, and can also include breast examination. In some instances a chaperone may be offered even for a "standard" physical examination. The Irish College of GPs, and the Medical Council, both recommend that doctors/nurses should OFFER a chaperone for all intimate examinations. It is considered good practice to

OFFER a chaperone. Research has shown that most patients value the offer of a chaperone, but most then choose NOT to have a chaperone present. The chaperone should ideally be another health care professional. This is a relatively new departure. In the past a friend/family member often acted as a chaperone. It is now recognised that a friend may not understand the nature or purpose of the examination, and lacks appropriate training. It is very important to understand that a friend/family member may ALSO be present, to offer support, comfort and reassurance to the patient. This is perfectly

acceptable. A health care professional is the ideal chaperone.

Many GP surgeries and hospitals now have chaperone policies. This helps ensure that patients are treated with respect and dignity at all times, especially when at their most vulnerable.

Talk to your doctor/nurse about chaperones. If you would like a chaperone present please ask.

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

<http://whitescross.gaa.ie>

John Hickey Memorial Poc Fada White's Cross GAA held its fourth annual Poc Fada on St. Stephen's Day. We were very fortunate that the weather behaved as it did for the few hours we were all on walkabout given the way things were at both other sides on the particular day. Secret be told, twenty minutes before the planned start time our chairperson and secretary made an executive decision to postpone the event but were promptly over-ruled by their 'superiors' – our team of wonderful friends who had been up bright and early on the particular morning making the soup and sandwiches for the post-event function! And so it was game on...

This year's Poc Fada marked the second occasion where the John Hickey Perpetual Cup was presented to the overall winners. John Hickey was a great ambassador for White's Cross GAA, an outstanding full-back on both our hurling and football teams, but also a fine chairperson and very well-respected board delegate. John's wife Kathleen presented the John Hickey Perpetual Cup to the overall winners at an event held at the Stirrup Bar, while his daughter Karen (O Donovan) spoke on behalf of the Hickey family. Karen once again thanked the club for honouring her father in such a fashion, and said it was lovely to have his name kept alive this way as they mark the tenth anniversary of his death in 2015. Karen recalled how the social element was very much part-and-parcel of what the GAA was about for John, and recounted how looking at the many children present at the event, brought back memories of her own childhood, and time spent with her dear father. Once again the extended Hickey family were present in large numbers – on top of the aforementioned, his other children Derek and Gillian also attended, as did his brother Andrew and grandchildren Kelley, PJ and Seanie involved. In line with other years all profits raised from the Poc Fada are going to local charities. This year two charities were chosen with two recently deceased club members in minds. To mark the passing of Brian Conway in September 2013 the Samaritans

were chosen, while marking the passing of Micky Noonan in December 2014 the Mercy University Hospital Foundation was chosen. It is only in the past couple of months that White's Cross GAA were reporting on the exploits of Micky in goal for White's Cross as the club won its first divisional silver-ware, an East Cork Junior A Hurling League, fifty years ago in 1964. Micky's son Paul was the driving force behind White's Cross GAA organising its first Poc Fada in 2011.

The overall winners of the Poc Fada were Eoin Murnane, Michael Geaney and Adrian O'Neill. The winners of the female competition were Liz Twomey, Kate Kelleher and Anna Kelleher. The winners of the juvenile section were Corey Cambridge, Andrew Coughlan and Padraig Cloran. Once again thanks to our support team, spearheaded by Marion Delaney and Ann Reid, who had to be up fine and early on St. Stephen's morning to make the soup and sandwiches, and who insisted correctly that the wet morning wasn't going to persist when others of less faith had decided otherwise...

Christmas Draw Winners Declan O'Keeffe (Dairygold) was the winner of the 600 euro first prize, very kindly sponsored by the Stirrup Bar, in the White's Cross GAA Christmas Raffle held on December 22nd. We had a local winner for the second prize, with Margaret Kelleher (Ballyphilip) scooping the 250 euro second prize sponsored by Unique Fitout. The third and fourth prizes went to young members of our juvenile club with Jamie Morley (Coole East) and Sean O'Mahony (Coolegreen) both winning €100, sponsored by Tom Harte DeLaval and Vincy Barry Construction. Fifth prize stayed local also with Paul Harte (Ballinrviskig) winning €100 sponsored by Goulding Fertilisers. Sixth prize, a €100 voucher sponsored by Siobhan Kelleher (dental-hygienist.ie), was won by Paul Green (Ballyvolane), while seventh prize (€80 Minor Service Auto Express) was won by Pat Bransfield. The eighth prize (€50 from the Boothouse Bar) was won by David O'Callaghan, while ninth prize (€50 Salon 33 Hair Care) was won by Ann Treacy. The

tenth prize was won by Jamie Murphy (Ros Ard). For details of the entire list of 61 winners check out the club Facebook page.

Thanks to our very generous sponsors for making this a very attractive Christmas raffle, and thanks to all who supported White's Cross GAA by purchasing tickets.

Juvenile Club Annual General Meeting

On Tuesday January 27th next, commencing at 8pm in the Upper Glanmire Community Hall, White's Cross GAA Juvenile Club will hold its Annual General Meeting. The meeting will include reports of the great strides being made by this hard-working committee under the stewardship of chairperson Mike O'Flynn, secretary Sean Coughlan, treasurer Teresa Quain and communications officer Finbarr Pyne. If you are in any way interested in the goings-on of this Club, and might consider becoming a member, please feel free to attend the meeting.

Active Parents, Active Children, Active Community

With the new year upon us, and the excesses of Christmas behind us, it's typically a time where a lot of people make efforts to shed a bit of weight. White's Cross GAA is playing its role in supporting the people in our community to get out and exercise regularly, with our call to action! We are calling on families, young and old alike, to get out into the fresh air and suggest that our club grounds is the ideal starting place. Our walkway running the perimeter of our main field at White's Cross has been in use since July 2013 – if you have not visited it yet, please feel free to pop by and stretch the legs – one lap equals 574 metres / 628 yards. For those looking for a longer circuit walking the perimeter of both our pitches is 754 metres / 825 yards. For those looking to add variety to their exercise circuit the recently installed outdoor gym equipment will provide just that – with a rower, chin-up bars, cross-trainer, a stepper and bicycle among the equipment installed there can be real variety to the work-out. For those happy to

walk the roads, our active community poster marks out three routes from the club grounds that vary in length from 3 kilometres (1.9 miles) to 4.4 kilometres (2.7 miles). The poster can be viewed on the noticeboard at the club grounds or on the club website – as well as marking and measuring your routes it also outlines various other activity tips for the family.



Michael and Eileen Hennessy of the Stirrup Bar, sponsors of the 600 euro first prize in the White's Cross GAA Christmas Draw, pictured with chairperson Pat O'Callaghan.



Eoin Murnane accepts the John Hickey Perpetual Cup from Kathleen Hickey on behalf of the overall winning team of the White's Cross GAA Poc Fada – joining Eoin on his team were Adrian O'Neill (Grenagh) and Michael Geaney (Carraig na bhFear).



Attendees at the White's Cross GAA Poc Fada ready for action – fortunately they were able to put away the umbrella soon after as the rain disappeared!



Mike O'Flynn (Chairperson of White's Cross Juvenile GAA) presents the winning female team with their prize (Liz Twomey, Anna Kelleher and Kate Kelleher) after the recent White's Cross GAA Poc Fada.



Sarsfields Juvenile Hurling Club Poc Fada, held St. Stephens Day.

The rain certainly didn't deter any of the 90 participating teams in the Sarsfields Juvenile Hurling Club 27th annual Poc Fad, held St. Stephens Day. A great turn out from everyone across the five categories. This year there was a special award for Sarsfields Poc Fada Best Family, which went to the Lynch family, who were very deserving winners. Thank you to all involved in the organising from start to finish.

Adult winners: Neil Fitzpatrick, Martin Connelly, Ruairi O' Brien

Adult runners up: Shane Collins, Timmy Leahy, Anthony Garvey

Juvenile winners: Patrick O' Driscoll, Aidan Hackett, Colin Looney

Adult Camogie winners: Claire Holland, Gemma O' Donoghue, Ellen Murphy

Adult Camogie runners up: Gillian Grimes, Ciara Cashman, Maeve McCarthy

Juvenile Camogie winners: Ciara O' Mahony, Rene O' Mahony, Becky Morgan

Photos:

1. Best Family Award
2. Adult winners (Neil

Fitzpatrick)

3. Juvenile winners

4. Adult camogie winners

5. Adult camogie runners up

6. Juvenile camogie winners





Mayfield Community School News

Annual Christmas Food Appeal

Thank you to everyone who helped us to make our annual food appeal such a great success again this year. Our school's Student Council were active in raising student awareness about the food appeal and their good work in spreading the word was very valuable. One of our teachers, Ms Kelliher, contacted Vincent de Paul and food hampers were presented to representatives from Vincent de Paul. We have no doubt that

the generosity shown by our teachers, students and their parents helped vulnerable families celebrate Christmas this year. Thanks again to the huge generosity shown by all.

Students of Science visit Young Scientist Exhibition

A group of students of Science will be attending this year's Young Scientist Exhibition along with their teacher, Mr Begley and our ICT advisor, Mr. Phil O'Kelly. We wish them well with their visit.

MCS School Choir

Our school choir under the guidance of Ms Carne per-

formed in our Lady Crowned Church in Mayfield as part of a Christmas celebration. They were joined by students from Scoil Mhuire Banríon and St John BNS. It was a joy to listen to the boys and girls from the local primary schools. Well done to three of our own teachers who gave a beautiful rendition of O Holy Night. Well done to all involved.

College Scholar

Congratulations to one of our past pupils, Eoghan Ryan, who was recently awarded an undergraduate scholarship from UCC. Eoghan's award is based on achieving first class honours

in his first year summer exams. Eoghan is studying Biological and Chemical Science and in second year he is specialising in Chemistry with Forensic Science. We wish him well in his studies in UCC.

Incoming First Years 2015 – 16 Preparations continue for next year's first years. On Saturday, 24th January, all sixth class students who have applied for a place for September 2015 and their parents will be invited to our school. We are looking forward to meeting all the boys and girls on Saturday, 24th January in our school.



Our Annual Food Appeal



Eoghan Ryan



Mayfield Community Bus

Minister for Europe, Dara Murphy TD gets behind the wheel at the launch of the new Mayfield Community Policing Bus watched by Garda Helen Courtney and Supt. Tom Myers. The €45,000; 17 seater, Ford Transit Bus that will serve the local community.

Picture: Billy macGill

UPPER GLANMIRE ICA GUILD

UPDATE ON GUILD ACTIVITIES

At our December Guild meeting, Mary Cashman did some beautiful Christmas flower arrangements, which were then raffled off among members. At this meeting, all members brought a small wrapped gift, and we held a Kris Kindle.

At our last Social Craft Session, we had a little party, and we enjoyed some mulled wine, mince pies and cake. Craft classes will resume again in early February, and you don't have to be an ICA member to join in.

On the 10th December, we enjoyed our Christmas dinner in Amicus in town. Check out all photos on our Facebook page : Photos /Albums.

January Recipe: Sausage Plait

Ingredients for filling
12 skinless sausages, mashed very finely
1 onion, finely chopped
Salt and peppers and herbs of your choice

breadcrumbs, 2 slices of brown or white bread
tomato puree and tomato sauce mixed together
1 tomato sliced thinly

Pastry

1 block of bought puff pastry
Method
Mix together all the dry ingredients.
Bring together with the tomato sauce and puree.
Roll out pastry into an oblong shape.
Place sausage mixture in the centre.
Place thinly sliced tomato along the top.
Cut diagonal strips down both sides, stopping about an inch out from the meat
Overlap the strips to form a plait.
Bake in the middle of the oven at around 160 degrees
(It is better to do this slowly to make sure the meat cooks right through)




Mary O'Sullivan and Abina Morley at Amicus




Gobnait Kelleher, Mary O'Leary and Mary Cashman working hard and enjoying their Crochet during our Craft class




Betty Burke and Margaret Murphy at dinner in Amicus



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Christmas Celebrations All Round for Glanmire Macra

Members of Glanmire Macra certainly had reason to celebrate over the festive season after the club achieved unprecedented success over the last month. Leading the way were the Glanmire Macra Public Speaking team of Karen Cashman, Jenny Murphy and Kathleen Fitzgerald who were awarded the National Macra na Feirme Public Speaking title in Claremorris on December 6th after delivering very impressive speeches on the topic 'that social media is the best form of communication'. The club were last awarded the Rory Murphy Perpetual Trophy for this competition in 2011 and it is a great achievement for the club to bring the title back to Glanmire again. Not only this but club member Karen Cashman was also awarded best speaker on the night. Karen only joined Glanmire Macra just over 12 months ago and the accolade rounds off a very successful year for her in the club.

On the back of this, the Glanmire Macra capers cast scaled new heights in December. After a mesmerizing performance at the Seandun round of the 20 minute variety show competition where they won first place, the cast went on to compete at the Cork County Final in Carrigtwohill on December 13th. The standard of the competition in Cork County is always very high with clubs often progressing on to reach awards at national level. This year proved no different with stiff competition from Carrigaline Macra, Banteer Macra and Terelton Macra. However, after putting in an outstanding performance, Glanmire Macra were awarded the Cork County Title for the first time in the club's history. Not only that but director Daniel O' Regan was awarded best director with club member Dermot Sheahan being awarded best male for his memorable performance as a woman! Excitement is now certainly building for the next round of the competition which will be the National Semi-Finals to take place in Mallow on January 24th.

Congratulations and best of luck to all involved!

Apart from competitions, the club has been incredibly active over the last month socially. Five club members travelled to Essex in the UK to tour the New Holland Factory. A large contingent from the club attended the annual Macra fundraising night at the dogs-a great night was had by all despite a lack of success in the betting! We hosted our annual Christmas party at Mr. Dee's restaurant in Riverstown and then travelled across to the Castle to ring in the festive season. Shortly following this we travelled on the annual Seandun Mystery Tour which took us to the Welcome Inn outside Bandon which proved to be a great night... and we even had a visit from Santa Clause himself! New Year's Eve was celebrated in style at Carrigaline Macra's annual New Year's Eve ball. And with a trip planned to the adult pantomime at An Spailpin Fanach early this month, we're certainly kept busy!

A huge congratulations to Glanmire Macra club members Joanne Fleming and Bertie Cuffe who, after meeting through macra a number of years ago, were married at the end of November. Both are former chairpersons of Glanmire Macra and played a key role in making the club what it is today. From everyone in Glanmire Macra, we would like to wish you both every happiness in your future lives together.

Interested in joining Glanmire macra? Our next meeting is Wednesday January 14th upstairs in Sars Hurling Pavilion at 9pm. New members are always welcome! Be sure to check us out on Facebook or on our website www.glanmiremacra.wordpress.com.

Our annual winter wood-cutting takes place on Saturday January 3rd with deliveries in the Glanmire area on Sunday January 4th. If anyone wishes to receive 1 or 2 bags of free timber please contact any member of Glanmire Macra or email us on glanmiremacra@gmail.com.



Cathal Cashman, Seamus Reid, Donal O' Callaghan, Will Daly, Patrick Healy, David Porter and Margaret Ambrose at our Christmas party at The Castle



Members of the winning Public Speaking Team with supporters who travelled to Claremorris.



The Glanmire Public Speaking Team National Winners. Pictured are National Macra na Feirme president Kieran O' Dowd, Kathleen Fitzgerald, Jenny Murphy and Karen Cashman.



Will Daly, Liz Daly, Donal O' Callaghan and Mairead O' Callaghan at the Racing For Macra fundraising Night at the Dogs in Curraheen.



Club members Joanne Fleming and Bertie Cuffe who were married in November.



The Glanmire Macra Capers cast who won the Cork County Title in December



NEWS FROM THE HILL



Watergrasshill Active 55+

Gentle chair-based Pilates and relaxation classes for aged 55+ take place in First Fruits Arts Centre Watergrasshill on Tuesday mornings 10.30 a.m. - 11.30 p.m. (Note change of day and time)

Contact Crissy at 087 2196068
Class instructor Jaconel at 085 1613505
www.pilatespeoplecork.com



Table Quiz Fundraising Event:

A table quiz will be held in Sars Hurling Pavilion on Thursday 5th February at 8pm in aid of Chernobyl Children International.

I will be travelling to Belarus, and volunteering in a Children's Mental Asylum in Vesnova.

Vesnova Childrens Mental Asylum is home to over 170 children with various forms of physical and mental disabilities. Vesnova is located in the Mogilev Region of Belarus, the nearest town is 14 kms, so conditions and resources are difficult and scarce.

Boscaí Bróga ó Naíonra Ghleann Maghair

Cuir Boscaí Bróga tús le séasúr na Nollag sa Naíonra. Bhí go leor páisti páirteach ann. The Christmas season began at Naíonra Ghleann Maghair with the Shoe box appeal. There was a great response from the children and families and 25 shoe boxes were collected and will be given to children locally - just in time for Christmas. Nollaig Shona daoibh go léir !!

Tuilleadh eolais naionraghleannmaghair@gmail.com



I have volunteered to work alongside a team of volunteers, accompanied by Marie Cox, to work with these Children to improve their independence and skills, and hopefully avoid a life of solitude and hardship in an Adult's Mental Asylum. Your attendance and support would be very much

appreciated. Spot prizes will be available on the night and any prize donations or support would be very welcome. All monies raised will go directly towards the Childrens' Asylum. **Any further information required, please contact Niamh Johnston 0851016004**



"Mary Nott, Glanmire Bowls Club Chairperson, presenting prizes at the Annual Bowls Tournament to Nora Manning who came 1st, Helen Thornhill 2nd, Mary Hegarty and Josephine Brady, joint 3rd".



Boothouse Bar Patrons ringing in the New Year - Caroline Cloran, Ger Byrne, Eileen Walsh, Noreen O'Callaghan and Aoife O'Callaghan

Ask Your Pharmacist

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

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A new year, a new beginning! We are looking into 2015, and this actually gives me a chance to tell you about how I spent my Wednesday morning this week.

I had an appointment to test someone's cholesterol in the morning time. They had seen our poster months ago and had delayed and delayed getting checked, for one reason or another. Last week they bit the bullet and called into PPFP Glanmire. They booked an appointment with us, ensuring that there was no waiting time for them.

A 10 minute appointment last Wednesday allowed us to identify areas they needed improving and allowed us to give the best advice possible, to boost their good cholesterol, lower their bad cholesterol, blood pressure and triglyceride levels and therefore have a huge impact on their risk of heart disease.



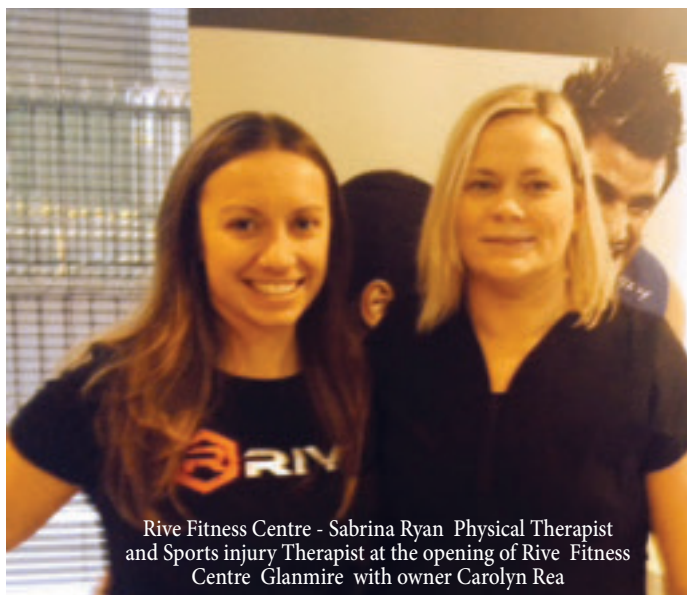
Our test identified their risk of heart disease as 5% at the moment. Once they have finished with our nutrition clinic in January they will have a food plan that will be full of flavour yet kind to their hips their risk of heart disease this time next year their risk will be 1.9%!

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

Darren Breathnach
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Rive Fitness Centre - Sabrina Ryan Physical Therapist and Sports injury Therapist at the opening of Rive Fitness Centre Glanmire with owner Carolyn Rea

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de Mairt 13u Eanáir.8.00 go 9.00 P.m. san teach tabhairne an Guileen arms.Guileen. [and every 2nd following Tue] New members wanted urgently in this friendly circle. Beginners to Advanced. Beidh fáilte roimh. From Middleton go through Whitegate and take left turn at Trabolgan gates for Guileen.

Go raibh míle maith agat.

Caitlin Ni Lordain <caitlin1927@gmail.com>



Confidence to Care: A Resource for Alzheimer's and Dementia Caregivers

- Guidebook helps carers to become more confident in their ability to understand, manage and help loved ones living with Alzheimer's and Dementia
- 50,000 family carers in Ireland struggle to provide at home care for loved ones with Alzheimer's and dementia

Confidence to Care is the first book published

by Home Instead Senior Care, Cork's largest home care provider, to help family caregivers. It combines personal stories with practical techniques drawn from caregiving experiences from family caregivers and professional Home Instead caregivers and internationally recognised experts.

The book focuses on the most common issues associated with Alzheimer's disease and other dementias and helps

family carers deal with caregiving situations they never thought they would have to face. Each chapter offers plenty of care approaches and prevention tips, and begin with a relevant and moving real-life family caregiver story.

All profits from this book will be donated to dementia-related organisations and causes. The book is available to buy from Amazon.co.uk or call 021 500 2190 for more information.



Natasha Noonan proprietor of Jodie's Cafe Glanmire Village with Katylan Meloughin and Ruby Lou Keane

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Oíche Cheiliúrtha i gColáiste an Phiarsaigh

Bhí ceiliúradh mór in Óstán Oileán Fota cúpla seachtain ó shin. Ócáid ar leith do Choláiste an Phiarsaigh ab ea é toisc go raibh an Príomhoide, Eoin Ó Tuama agus múinteoir Eolaíochta agus Matamataice, Séamus Ó Súilleabháin, chomh maith, imithe ar scor ón obair.

Chaith Eoin trí bliana agus fiche i gColáiste an Phiarsaigh agus chaith Séamus a shaol múinteoireachta ann. Ag an oíche úd, bhí béile blasta do mhúinteoirí na linne seo agus dúinne atá ar scor. Tár éis an bhéile, bhí cainteanna againn ó Eoin, Micheál Ó Tuama, an Príomhoide nua agus ó Shéamus Ó Súilleabháin.

Thug Micheál moladh d'Eoin do na héachtaí go léir a bhain sé amach don scoil thar trí bliana agus fiche. Fuair sé sampla maith ó Eoin conas an bád a stiúradh. I measc na n-éachtaí a baineadh amach, bhí síneadh na scoile, athchóiriú ar an seomra Eacnamaíocht Bhaile agus an seomra Eolaíochta. Mhéadaigh daonra na scoile ó dhá chéad go dtí breis agus cúig chéad dalta. Tógadh roinnt seomraí réamhdhéanta mar áis do na scoláirí breise. Tá liosta feithimh i réim le tamall. Bhí a dhóras ar leathadh i gcónaí nach mór i dtreo is go bhféadfadh múinteoir nó dalta bualadh isteach, dá mba ghá.

Duine muinteartha grámhar ab ea é agus gealgháireach, de ghnáth. Chruthaigh sé atmaisféar cumarsáideach agus bhí féith an ghrinn go láidir ann. Ceannródaí cumasach ab ea é agus láimhseáil sé na tragóidí a tharla go ciallmhar agus go tuisceanach. Oideachasóir ab ea é le croí Gaelach. Rinne sé

ceangal le scoil sa Bhreatain Bheag agus bhí baint aige le heagraíochta a chothaigh na mionteangacha. Ba bhreá leis an spórt agus bhíodh sé féin agus Séamus i gcomórtas lena chéile ag an lá spóirt. Chuir sé daoine ag rith i Maratón Chorcaí cúpla uair.

Lean Eoin obair an iar-Phríomhoide, Eibhlín Ní Drisceoil agus chuir sé leis an mborradh agus leis an bhfás a bhí ag teacht ar an scoil. Dúirt Micheál gurbh é an dualgas a bhí air féin agus ar an bhfoireann ná an dea-obair a chur chun cinn.

Fear ildánach, cruthaitheach ach dúshlánach, chomh maith ab ea é. Bhí a chroí sa teanga agus sa chultúr agus theastaigh uaidh an tionchar sin a spreagadh i nGleann Maghair. Thosaigh sé Iodáilis sa scoil agus tá Sínis agus Seapáinis á múineadh anois.

Labhair Eoin faoi Shéamus Ó Súilleabháin, faoi fheabhas a chuid múinteoireachta sa rang agus faoin méid a dhein sé i gcúrsaí spóirt. Mhol sé a áit dhúchais i gCiarraí. Tháinig beirt ón dúiche chéanna go Coláiste an Phiarsaigh, Séamus é féin agus Máire Ní Chonchubhair, an t-iar-Leasphríomhoide. Thug an bheirt acu a gcumas Gaelainne agus a ndúthracht oibre go fial do dhaltáí Choláiste an Phiarsaigh. Arís mhol sé Séamus mar fhear muinteartha agus dúirt sé gur sheoid é in aon scoil. Is mór an chailliúint é.

Ansin labhair Séamus faoi Eoin. Chuimhnigh sé siar ar an gcéad chruinniú a bhí aige leis an bhfoireann. Fear óg ab ea Eoin, ag teacht isteach go dtí foireann gan aithne aige ar éinne againn. Mar sin féin

bhí sé lán d'fhuinneamh agus lán ullamh chun tabhairt faoi riaradh na scoile. 'Ní raibh sé éasca' a dúirt sé 'dul os comhair na foirne nuair a bhí an príomhoide tar éis bháis, go hobann'. Ní raibh sé fuirist d'éinne againn ach dhein Eoin a dhícheall agus threoraigh sé an scoil i dtreo a leasa.

Tá cúis bhróid ar fhoireann Choláiste an Phiarsaigh toisc a bhfuil bainte amach. Ba mhór an lúcháir a bhí orm, le déanaí, cuairt a thabhairt ar Scoil Mhuire i mBéal Átha an Ghaorthaidh mar a raibh comórtas filíochta eagraithe. Chuala mé dánta na mbuaiteoirí agus nach mise a bhí sásta beirt iar-dhaltáí Choláiste an Phiarsaigh, Eibhlín Ní Thóráin agus Ciara Bhreathnach a fheiceáil ag múineadh ann.

Go n-éirí go geal le Coláiste an Phiarsaigh sa todhchaí faoi stiúradh Mhichíl Uí Thuama agus an fhoireann mhúinteoireachta go léir.

Gluais:

ar leith = speisialta

ar scor = retired

na linne seo = of this time

éachtaí = achievements

an bád a stiúradh = to steer the boat

síneadh na scoile = school extension

athchóiriú = renovation

mhéadaigh = increased

daonra = population

seomraí réamhdhéanta = prefabs

liosta feithimh = waiting list

i réim = in operation

ar leathadh = wide open

muinteartha = friendly

gealgháireach = pleasant

ceannródaí = leader

mionteangacha = minority languages

borradh = growth

dualgas = obligation

ildánach = multi-talented/versatile

dúshlánach = challenging

spreagadh = encouragement

Sínis = Chinese

Seapáinis = Japanese

áit dhúchais = native place

dúthracht = diligence

aithne = knowing

fuinneamh = energy

riaradh = organising

go hobann = suddenly

threoraigh sé = he guided

lúcháir = delight

iardhalta = past pupil

tionchar = influence

an fhoireann mhúinteoireachta = teaching staff

Nuala Ní Loingsigh



Ó chl: Eoin Ó Tuama, iar-Phríomhoide, Ber Bhreathnach, Comhairleoir Treorach.



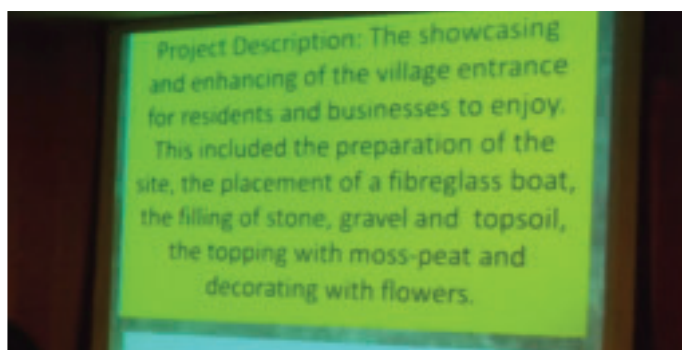
Ó chl: Séamus Ó Súilleabháin, Micheál Ó Tuama, Príomhoide, Coláiste an Phiarsaigh

Baile Roisin/Riverstown... achieves...HIGHLY COMMENDED.... In Muintir Na Tir Awards 2014

As promised here is the update of our efforts/participation in the competition, and result of our project at The Hazelwood Road.
Following is an extract of the entry application:

We are delighted to report Muintir Na Tir awarded a Highly Commended Award to Riverstown Tidy Towns at Awards Ceremony at Oriel House, Thursday 23/10/14.

As said in previous article, much thanks goes to all the people mentioned, especially to Eric Downey (the said Pointer-Finder of The Boat), which to us has taken on the name of "The William D", of course the donator himself being : William (Bill) Daly of The Acre, who I think was so surprised how well it turned out. It was lovely to see Riverstown showcased in the video presentation of the various villages on the night, and accompanying Bill up to the podium for the award on the night which made it all worthwhile. By the way trust me we did not look for a boat, the boat actually came to us, the four new tubs which were Grettas idea, plus those baskets on the bridge, hydrangias during the summer looked so well! Guys hav'nt we done well?



Hope you enjoy some of the pics, copy cert attached, and as always I am pleased to answer any questions you may have at monthly GACA meeting/s, including offering a little help and assistance with any projects/suggestions you may have, or think I may be able to help out with.

Finbarr (Harty) Local Resident/Assistant Project Co-Ordinator/Keen supported of the tidy towns movement and mainly Community Service Volunteer



Left: The Boat at The Acre

Below: The boat at Hazelwood



Glashaboy flows just below ,,, "The William D",,,near Glanmire Credit Union" True Harmony!!



One of the new barrels painted and planted up



With The County Mayor - We've crossed the line in style 2014 with John Spillane's song playing in background on the night... WELL DONE....WELL DONE EVERYONE....



Hanging basket at bridge



The wall Flying the Riverstown Tidy Towns Flag....and backdrop guess the artist enjoying her work!

KNOW YOUR RIGHTS

Question

I will be retiring from work in 2015 when I reach 65. What do I need to know about pensions and other benefits in retirement?

Answer

When you retire at age 65 you can claim Jobseeker's Benefit, which is based on your Pay Related Social Insurance (PRSI) contributions. If you do not qualify for Jobseeker's Benefit you can claim Jobseeker's Allowance, which is a means-tested payment.

At age 66, you may be entitled to the State Pension (Contributory). If you do not have enough PRSI contributions, you can apply for a State Pension (Non-Contributory), which is means-tested. You should apply for State pensions at least three months in advance.

You may have contributed to an occupational pension scheme during your working life or you may have a personal pension arrangement. You need to contact the pension provider to find out exactly what benefits your pension gives you.

If you move from employment to retirement in the course of the year, you should get a PAYE Balancing Statement (P21) from your local tax office at the end of the year. This will trigger a refund of any overpayment of tax you might have made.

Your Jobseeker's Benefit or State

pension and any occupational pension are taxable. However, the tax exemption limits are much higher for people aged 65 or over and there are some extra tax credits.

At age 66 you will be exempt from paying PRSI. At age 70 you will pay a reduced Universal Social Charge if your annual income is €60,000 or less.

At age 66 you will also be eligible for a Free Travel Pass and may be eligible for the Household Benefits Package, which consists of a free TV licence and an electricity or gas allowance.

For medical cards and GP Visit Cards, which are means tested, the income limits are higher for people aged 70 and over.

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 www.citizensinformation.ie

NEWS RELEASE

Home Instead Senior Care Named Finalist in the SFA National Small Business Awards 2015

Home Instead Senior Care was officially named a Finalist in the SFA National Small Business Awards 2015 by AJ Noonan, SFA Chairman and Chair of the Awards Judging Panel. The aim of the awards is to celebrate the achievements of small business in Ireland, and to recognise the vital contribution of the small business sector to Irish industry.

"The response to the awards programme serves as a reminder that Irish small companies are resilient, putting their best foot forward and seeking recognition for their efforts" commented AJ Noonan, SFA Chairman and Chair of the Awards Judging Panel.

An Taoiseach Enda Kenny, TD, who is Patron of the Awards, stated that: "I am delighted to support the SFA awards as small firms are at the forefront of the economic recovery. Only by supporting our small firms will our plan to get the domestic economy back on track succeed. The Awards provide an opportunity to highlight the success of our small firms as they seek out

new markets and innovations. Staying competitive is essential for growth and recovery and the Government will continue to do everything we can with our Action Plan for Jobs to support small firms across Ireland."

Home Instead Senior Care is Ireland's largest home care provider and has been in operation in Cork since 2006. It's mission is to enable older people to live a happy, healthy and independent life at home by providing a range of professional home care services. The company has home care offices in Blackrock and Blackpool. Noeleen Cronin, Owner and Managing Director of Home Instead Senior Care in Blackrock said: "Home care is something that makes a positive difference in the lives of older people and their families in the local community. Being named finalist in this prestigious awards is a reinforcement of the importance and need for senior care. It is also an accolade for our caregivers who have enabled the availability of this important service available in Cork city and county".

The awards will be presented by Awards Patron, An Taoiseach, Enda Kenny, TD, to all category winners and the Overall Winner at a Gala Event in March 2015.



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GACA NEWS

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.

Regional Manager John O'Mahony says that the list of tradesmen is particularly helpful at this time of year. "People prepare for the winter by getting work done such as boiler services, chimney cleans, gutter clearances, repairs to damaged roof tiles or heating systems. At Age Action we keep a list of reliable tradesmen who will do these jobs at reasonable prices. This ensures that older people won't be ripped off when they employ people to work in their homes."

"We also have volunteers who can do smaller jobs for people free of charge. At this time of year we get

a lot of requests to put up smoke alarms and to install security locks and chains. This helps people to feel safer during the dark winter evenings. Any older person who would like to have a small job done for them or to employ a tradesman for a bigger job should call us. We'll help in any way we can".

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 |
Ferne Road | Mahon | Cork
Tel: 021 4536554 | Email: joma-hony@ageaction.ie |
Website: www.ageaction.ie
Facebook: <http://www.facebook.com/AgeActionIreland>
facebook.com/AgeActionIreland
Twitter: www.twitter.com/AgeAction
Join Age Action and support positive ageing

St Dominic's Retreat Centre"
<ennismore@eircom.net>

Greetings,

Just to wish you a peaceful Advent and Christmas Season.
Our Brochure for 2015 is now available on line.
Also, to let you know that Christmas Mass Cards and the newly released CD – Soul Space, are available at Reception.

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"Glanmire Active Retirement AGM will be held on Tuesday January 20th 2015 at 11am in Sars GAA Club. All are welcome."

**COMMUNITY ASSOCIATION
PUBLIC MEETING**
Monday 12th January at 8.30pm
in Riverstown Community Centre
All welcome

Minutes of the Public Meeting held on Monday 8th December 2014

Attendance: A number of interested local People.

Apologies: Cllr. Padraig O'Sullivan
M.C.C. Mary Nott, Carol Carey

The minutes of the previous meeting were read and signed

Matters arising: Anti-Social behavior on the Aldi's premises was reported to be continuing to some extent.

Correspondence: The letters and e-mails read and noted. Letter sent to Southern Regional Drug and Alcohol Task Force Re Anti-Social behaviour at the access to the sports pitches. Letter sent to Maywood Ltd RE Litter around their property i.e. library and surrounding premises. We received a letter from Mr. O'Hara Re the cleaning of Gullies in Riverstown Village, he stated that the gullies are cleaned regularly but they cannot always clean them. It was decided that a letter needs to be sent noting that while the leaves had been cleaned, the gully traps had not been fully emptied.

Sports Ground: it was reported that an application would be lodged by the engineer hopefully before Christmas to change the conditions of entry in Forest Park. Path from school to pitches discussed, problem of probable Anti-social activity noted. The GACA are pushing the County Council to clean up the trees and bushes along the path for better visibility. It was reported that there is a litter problem arising in Brooklodge Estate due to no refuse bins provided for litter. Brooklodge Residents Association asked that a letter be written to GCC RE their students and issues with littering. The grounds committee to provide a bin at the gate to the path.

House Management: The topic of mending the community centre roof and costs were discussed, at present the GACA are applying for grants and discussing how to raise funds to repair the roof.

Community Garden: It was reported that the community gardens are doing well, and that the construction work is not interfering with the garden.

Indoor bowls: Mary Nott sends Apologies. It was reported that the club received a grant of €270 in joint application with the seniors.

Seniors: The seniors are joining up with the active retirement group for

Christmas Dinner at the Metropole Hotel. The seniors will also have Christmas lunch in the Elm Tree on the 16th December. It was also reported that the 16th December would be the last session for the chiropodist this year.

Heritage: It was reported that there is no new information on the Alms Houses. Rathcooney Graveyard work is still ongoing. The County Council is launching a book on December 19th about Local Heritage Houses, in which Riverstown House will be featured.

Tidy Towns: It was reported that they find it necessary to clean up private property at the back of the library, which they should not have to do. A letter was sent to Maywood Ltd, RE their obligation to clean up their premises. It was reported that Tidy Towns work 2 days a week with volunteers from GCC for the GAISCE award, Saturday mornings and 2 hours on a Monday, for sweeping and litter picking etc. it was reported that they are thinking of entering Glanmire Village in Tidy Towns in 2015

Glanmire Environmental Committee: By agreement with the GEC Tidy Towns will get access to the container in the soccer pitch, which will be used by Tidy Towns for storage etc. The secretary of GACA was asked to contact Mr. O'Hara about a drain/sewerage problem that has arisen in Brooklodge Estate.

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

Allotments: It was reported that Daniel Lehane and Ger Keohane will take over the running of the Allotments, as soon as the land is made available from the NRA.

Environmental Problems: Notices on Meaney's Site state that plans for a 1,200 sq meter Retail space is planned to be built there, plus all ancillary building giving a total of about 2,000sq meter (or 20,000sq.ft)

A.O.B. Sympathies to Kathleen Moloney and family on the death of her grandson.

It was reported that the NRA cut down a huge amount of trees on the motorway from Dunkettle to the turn off to Glanmire. The cutting had been carried out in a vandalistic manner, and noise and visual amenity had been reduced along the motorway.

Next Meeting: Monday 12th January.

The prize giving took place on 13th November in the Credit Union and the winners go forward to represent Glanmire & District Credit Union Ltd at Cork Chapter level.



11-13 Yrs - 2nd Place Harry Buckely



Scoil Treist 11-13 Yrs 1st Place Eoghan Harrington



11-13 Yrs - 1st Place Nadia Kowalczyk



8-10 Yrs - 3rd Place Chelsea Osoego



Scoil Treist 11-13 Yrs 2nd Place Anouar Magani



8-10 Yrs - 2nd Place Sarah Islam



8-10 Yrs - 1st Place Grace Canning



Scoil Treist 11-13 Yrs 3rd Place Cameron Shahi



11-13 Yrs - 1st Place Nadia Kowalczyk



11-13 Yrs - 2nd Place Harry Buckely



Scoil Treist 14-17 Yrs 1st Place Gavin Murphy



11-13 Yrs - 3rd Place Daniel Jimmy Fadairo



Scoil Treist 14-17 Yrs 2nd Place Rhian Murphy



11-13 Yrs - 3rd Place Daniel Jimmy Fadairo

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Due to current staff shortages in Cork County Library, please note a change of opening hours at Glanmire Library, effective from Monday 5th January 2015.

New opening hours - Tuesday, Wednesday, Friday & Saturday 10.00am to 6.00pm Thursdays 10.00am to 8.00pm Closed Mondays - Books can also be renewed & requested online.

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Rive Fitness Centre - Noreen Walsh, Sabrina Ryan, Louise Morgan and Jackie Rea with daughter Ella at the opening of Rive Fitness Centre Sallybrook Glanmire



Kieran McGann at his recent graduation at UCC. with his mother Anne and his wife Sheila.

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Furniture etc in good condition please).
Your donation is much appreciated
Please Contact 086-8294713.

REMEMBRANCE MASS

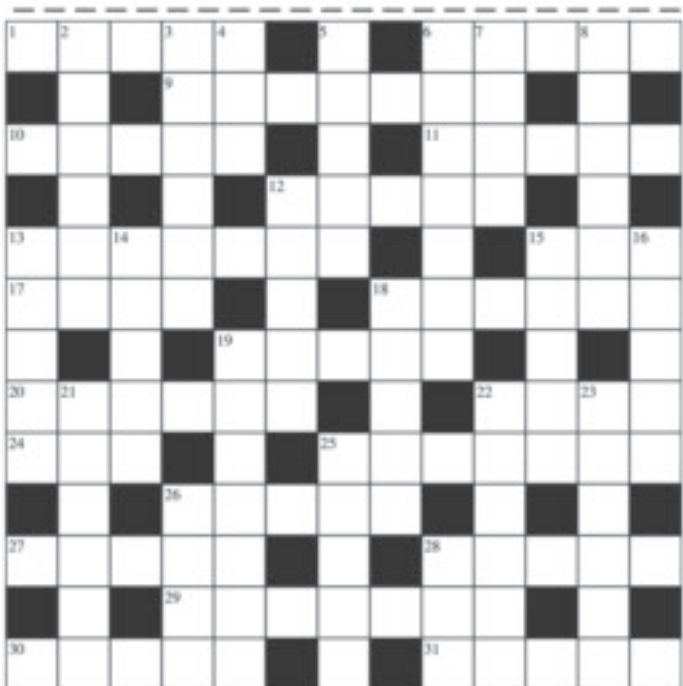
A remembrance mass at Saint Domi-
nic's Retreat Centre Ennismore for
Chris Stacey

Time 19.00 on 13-Jan-2015, tea and
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Across

- Santa reindeer (5)
- Remove feathers (5)
- Indonesian island (7)
- Pile up (5)
- Official order (5)
- Prepared (5)
- Type of fish (7)
- Baby---, baby suit (3)
- Not at work (4)
- Academy, college (6)
- Stay on top of water (5)
- Bridge-like structure (6)
- Black tennis player (4)
- Use frugally (3)
- Eating place at work (7)
- Scarf/hood hybrid (5)
- Scope, extent (5)
- Principle, belief (5)
- Tunnel under Alps (7)
- Stomach pain (5)
- Allan Poe (5)

Down

- Belgian port (6)
- Break free (6)
- Tuk ---, Thai taxi (3)
- Use for writing on (5)
- Foretell (7)
- Woman (4)
- Roman orator, statesman (6)
- Answer (5)
- Burn slightly (5)
- By oneself (5)
- Large farm bird (5)
- Relating to former times (5)
- A cold plate (5)
- Distraught (7)
- With hands on hips (6)
- Be present (6)
- Ms Bonham-Carter (6)
- Houses for chickens (5)
- el- ----, Egyptian President (4)
- Digit on foot (3)



Aoife McNally, Church Hill
Glanmire.
Enjoy your meal at BEVA
CAFE P: 021 4858002

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

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Wishing all our Members a Prosperous New Year for 2015

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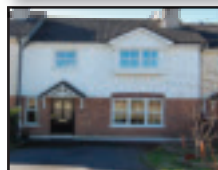
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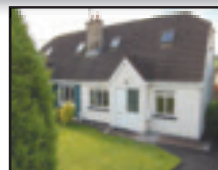
16. ROS ARD, UPPER
GLANMIRE



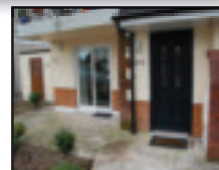
20. COPPERVALLEY
VIEW, GLANMIRE



126. ELMGROVE,
SALLYBROOK



6. HAZELWOOD
GARDENS, GLANMIRE



226. FERNWOOD,
GLYNTOWN



2. THE MAPLES,
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