

# Glanmire Area News 6,000 FREE

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THE DIFFERENCE IS WE DELIVER

Issue 3 - March 2015

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

## SUPPORT US ON GAP OF DUNLOE WALK IN AID OF CANCER RESEARCH - SATURDAY MARCH 28th.

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

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

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

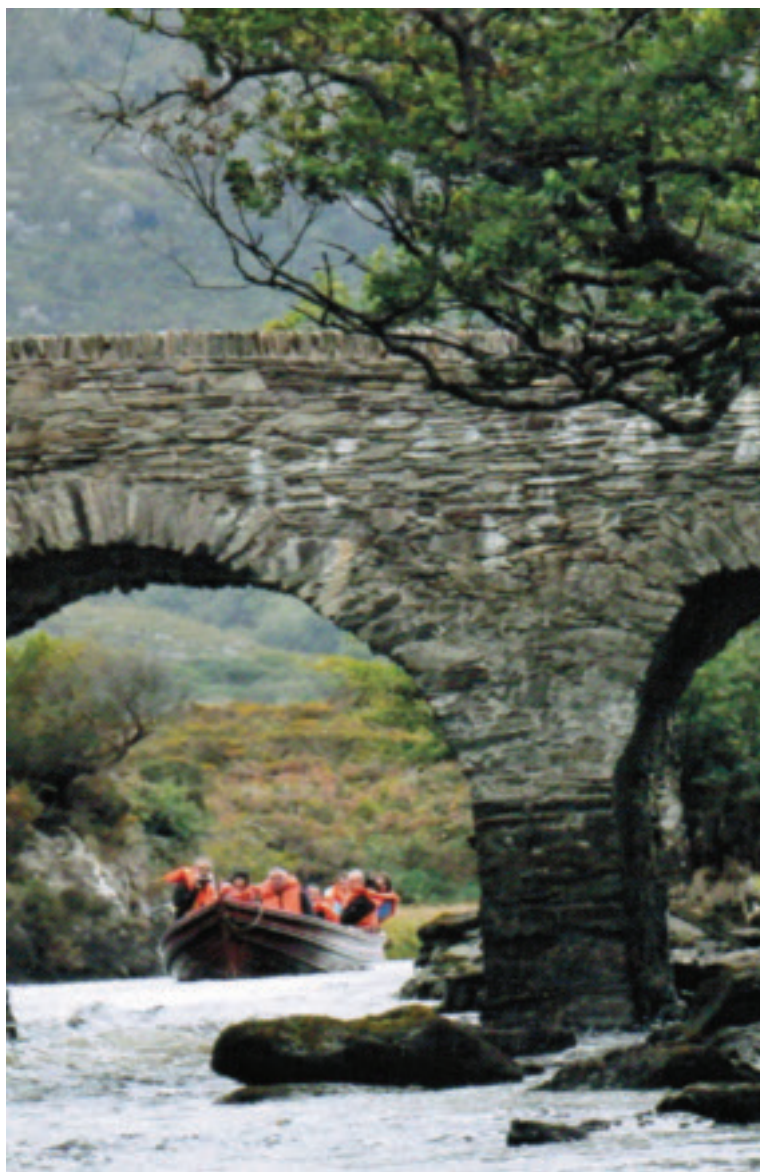
The coach will be there to meet us and take us back to Hazelwood for about 6.30.

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

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

It is necessary to book, as there is only the one coach and once it is full, it is full, I also have booked in the Brook Inn for a meal afterwards. As the purpose of this day is to raise money for Cancer Research, I hope you will try and get some sponsoring, however I do know that is difficult in to day's climate sponsor cards will be available, just ask me for them when booking.

To book and for further information please contact Liz Dwyer at 087 2785721.



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We would love to hear from you .  
Please contact Imelda Reynolds for further information :  
Phone 021 4823625  
email [friendsolp@gmail.com](mailto:friendsolp@gmail.com)  
[www.friends-of-leukaemia-patients-cork.com](http://www.friends-of-leukaemia-patients-cork.com)

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Visit : [www.pnd.ie](http://www.pnd.ie)

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

# Riverstown Cabs

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## Is Massage a Luxury We can't Afford?

Prescription drugs are at best "masking tape" that covers up the daily warning signs of a painful disease.

If you suffer with painful conditions you know how demanding life can be.

One massage patient said it like this...

*"For people who take good health for granted, it's hard to imagine a condition that makes simple tasks great tests of will and determination."*

Contrary to what some people believe, you are not making it up and you are not crazy. Pain is a real disease!

You feel it every day -- when you wake up in the morning, when you try to keep your house clean...even simple tasks like cooking dinner become a painful chore.

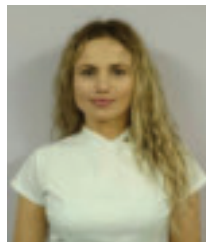
Several studies by Touch Research Institute (TRI) offer evidence that the immune function is strengthened by massage therapy- in healthy people as well as in those fighting disease.

Michael Ruff, Ph.D (Georgetown University Medical School) states "studies can support the use of massage therapy to alleviate stress, relax muscles and now possibly serve as an alternative to medical practice"

Another study published by TRI reports women who had been diagnosed with breast cancer, and who received regular massage therapy (3 times per week for 5 weeks) showed an 80% improved immune function.

Because of this, I'm running a special offer, for 15 days only €30 will get you a 1 hour in-depth massage to help you start the recovery process the right way!!!

The offer is only available for 2 weeks so  
**Call Now on 089-9662888**



The next time you hear someone say a massage is only a Luxury, you'll know that massage is really a tool that can help improve a body's ability to regain and maintain proper function, making you feel terrific is just a wonderful bonus.

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Co.Cork  
Tel. 089 9662888/ 0214824450

[gccsportmassage@gmail.com](mailto:gccsportmassage@gmail.com)



## Arthritis Pain?

Living with arthritis pain can affect every part of your life.

It keeps you from enjoying the good things in life – time with grandkids, playing golf, even working in the yard.

It would be nice to get out of bed – just one morning – without pain.

Every time you try and push through the pain...like standing or walking for a long period of time...you pay for it for the next 2-3 days with even more pain.

### Do you have any of the these Arthritic problems?

- ✓ Osteoarthritis
- ✓ Rheumatoid arthritis
- ✓ Bursitis/tendonitis
- ✓ Degenerative joint disease
- ✓ Lumbar disc problems
- ✓ Aching pain in the arms or legs

### Pain Pills Are Not The Answer.

Do you remember the Vioxx scandal?

It was a medication designed to relieve arthritis pain...but like all drugs, it had side effects.

After years of use worldwide, the makers withdrew it from the market because of the overwhelming evidence it caused heart attacks and strokes.

There's a time to use pain medication, BUT not before seeking a natural way to correct the CAUSE of the problem! Ask yourself ... after taking all these pain medications...*maybe for years*...are you any better off?

My name is Dr. Eric Kelly, owner of Glamire Chiropractic Clinic. Over the past 12 years since we opened our doors, we've seen over a thousand people come in suffering with arthritis and leave the office pain free.

### "I only wished I had found you sooner"

We hear this too often, so I have decided to do something about it and run this special offer. Call before March 13th and mention our special offer for the "Arthritis Evaluation" and get all of the following for €40:

- An in-depth consultation about your arthritis where we will listen...really listen.
- A complete nerve, muscle and spinal exam to find the "cause" of your problem.
- A full set of specialized x-rays to look for joint degeneration (arthritis)... (NOTE: These would normally cost you up to €195).
- A thorough analysis of your exam and x-ray findings so we can show you how to fix the problem.

Call today 021 4824450 and soon we may be giving you the green light to have fun again.





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



# GACA NEWS

## Community Games

The community games season is about to commence. There are over 50 events that Glanmire could be involved in, if any parents wish to help, please contact the community centre (Nicole @ 0214821333). The main event in March will be swimming and any parents with children interested in competing in any swimming event should contact us immediately. In April the art and model making competitions will be on. These will be held in Carrigtwohill national school on a date to be decided. We will be contacting the schools for nominations at U8, U10, U12 and U14 for boys and girls competitions.

Nicole,  
Community Games Secretary.

### GLANMIRE INDOOR BOWLS

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

## COMMUNITY GARDEN

At last spring is here. The evenings are getting longer and the mornings brighter. It is time to prepare the community garden for the coming season. Although the members have been meeting all winter and have been cleaning and tidying as well as harvesting there is still lots to do. We had a meeting recently to plan the years crops. All the members got to pick their favourite crops so now we have quite a selection of crops to grow. they range from potatoes, tomatoes, courgettes, pumpkins, salads etc as well as quinoa and cape gooseberries.

At the same meeting we had a discussion as to

whether or not to expand the community garden and join the Future Orchard Trust in upper Glanmire. The members went for a look around a few weeks back so we all knew the layout of the orchard. There was a lot of discussion and opinions expressed by the members and in the end we voted to buy a share in the orchard. This will now allow us to grow a lot more veg as well as fruit not to mention a share in the apple harvest and their open days. Roll on autumn... We still meet every Sunday morning at 10.30 at the Glanmire Community College so if you would like to join us then we would be delighted to see you there.

Happy sowing...



## COMMUNITY ASSOCIATION PUBLIC MEETING

Monday 9th March at 8.30pm  
in Riverstown Community Centre All welcome

## Age Action computer and smartfone

Learners and Tutors at Age Action computer and smartfone classes in Upper Glanmire Community Hall. Day and Evening classes are available for beginners and improvers and volunteer tutors are welcome for all classes. For further information contact Age Action on 021 4536554 or e-mail [gettingstartedcork@ageaction.ie](mailto:gettingstartedcork@ageaction.ie) Picture: Tom Doherty

## Glanmire Tidy Towns Urgent!

Volunteers needed to help enter Glanmire Village and surrounding area in 2015 Tidy Towns National Competition.

Contact Kathleen Moloney 086 87679189

To inquire about the Care & Repair service or to request a job, simply call Age Action's office. The older people's charity can be reached at 021-4536554.

John O Mahony  
Regional Manager at Age Action Ireland Ltd | St. Luke's Home | Ferney Road | Mahon

ICork  
Tel: 021 4536554 | Email: [jomahony@ageaction.ie](mailto:jomahony@ageaction.ie) |  
Website: [www.ageaction.ie](http://www.ageaction.ie)  
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Glanmire in 2014



€104,296.83

|   |          |
|---|----------|
| — | €100,000 |
| — | €90,000  |
| — | €80,000  |
| — | €70,000  |
| — | €60,000  |
| — | €50,000  |
| — | €40,000  |
| — | €30,000  |
| — | €20,000  |
| — | €10,000  |
| — | €0       |

# NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

## BY "THE FOREIGN CORRESPONDENT"

### PUBLIC LIGHTING:

The vandalism, in the guise of essential road improvement, to the beautiful wide open cobblestone stream at the Back Road rear of Ashbourne was referenced in the August 2010 issue of Area News. The stream, which partly flowed into the Lily Pond during the Ashbourne glory days, was where the local children paddled in its clear water many years ago. Generations of Thaunies also experienced the calm and relaxing nature of tranquility as they absorbed the characteristic running stream sound when they leisurely walked by. Then the perpetrator Cork County Council, not a local celebrity star, converted the gem in our midst into an ugly man-made concrete road-side drain. As mentioned, road-widening purpose was the reason given back then, but the reality as may be observed today is that a rat run was created which acts as a link to the "Caherlag Highway", and its lay-out is such that it is also convenient for HGV traffic. The article suggested that; "perhaps an essential footpath westwards from the station would have been a more worthwhile project". Well, the laying of a footpath at the northern side of that road commenced in late 2011 and it is notable that when the road was constructed in the late fifties the footpath was on the southern side. It was at road level and consisted of a limited thinly distributed quantity of tar, with a layer of green coloured gravel. A grass verge separated the footpath from the road but, due to lack of maintenance, nature encroached over the years as the verge enlarged and engulfed the footpath. The 2011 laid path is a welcome safety feature and is of particular benefit to rail commuters. However crossing the road at the station is hazardous and this is an issue which the Tidy Towns adjudicator referred to in the 2014 report; "Pedestrian facilities could certainly be improved at the train station where there is no pedestrian crossing to reach the footpath on the other side of the road". There is also another problem at this location in so far as there is no set down area as same was replaced with a gravel topped mound in an ill-judged and selfish fashion. The set down area was convenient for parents to drop off their children to the train, and when the train service was suspended for one reason or another, the essential facility was utilised by the replacement bus service. The removal of the set-down area has led to a safety hazard as vehicles are now obliged to stop on the roadway, and passing traffic is compelled to overtake in a dangerous manner at a perilous location. The footpath is very popular for night-time usage – the "Old Road" is an alternative in daylight hours – but the fact that public lighting was not installed at the time was a "glaring" neglect. Was it considered? Was it because of the unavailability of funds? Was it due to the fact that there was no liaison between the service providers as they may not have wished to share the "spotlight"? At the very least, ducting should have



been laid in preparation for the installation of lighting at a future date. On Friday October 3rd, 2014 work commenced on the provision of public lighting on the stretch of main road from a point opposite the eastern end of Johnstown Park to west of "The Tree". However it is mystifying why the seven lighting units between the Waterside Apartment Block and The Station were not positioned at the footpath side of the road. Did the genius who planned this operate from a sixties map back at the office? The result is that the light beam gives excellent luminance to the wide grass verge at that side of the road, but this is at the expense of the essential lighting needs of the footpath at the other side. Cork County Council Policy Guidelines relative to public lighting state that; "lighting should be designed in a manner that both the vehicular carriageway and pedestrian path are sufficiently illuminated". Relative to pedestrian safety the document states that; "oncoming vehicles and bicycles must be easily recognised by pedestrians. It has to be possible for pedestrians to discern the features and intentions of a person who approaches them at night. The distribution of lighting must be such that sufficient light falls on the faces of these persons". Well the positioning of the seven lighting units in question is at complete variance to the foregoing. Also, aside from the pedestrian safety aspect; if the units were positioned at the obvious location on the footpath side, the adjacent pond would then be presented in a pleasant night-time setting, and would enhance the area. The work pertaining to the footpath and lighting, or ducting, should have been carried out simultaneously, but when this was "overlooked" the lighting units could still have been erected subsequently at the footpath side. It should have been possible to lay ducting at the pond side of the path, and this would have avoided the necessity of excavating it. The matter should be addressed even at this late stage. For example; would the fitting of an outreach arm to each of the seven lighting units in question, at the recommended tilt of five degrees, rectify the problem? The Cork County Council Policy Guidelines relative to single side lighting arrangement state that; "An increase in the angle of an outreach arm increases the luminance

level on the side with no lights". Is the suggestion of fitting outreach arms worth exploring? It emanates from the pen of a layperson, but bear in mind that the remarkable positioning of the seven lighting units emanated from the pen of a profes-

sional. A total of twenty two lighting units were installed on the main road, and a further two on the roadside near the infamous "Concrete Way By-Pass" near Ashbourne. In addition, eight lights on existing poles adjacent to the church were replaced, but a glorious opportunity to discard the over-head unsightly wire-cage was not availed of. One light at the entrance to Glounthaune Village was replaced but the provision of additional lighting there was ignored. The village is a dark secluded area and for example; a light near the pump at the western end would be of great benefit. Also, the unattractive botched tree on the grounds of the Community Centre, south east of the building and alongside a lighting unit positioned on the public road, should be removed as it is blocking light to the public road area. Also, the adjacent tree outside the boundary wall should be topped and trimmed. Incidentally the regulation is that trees should not be planted within five metres of a public light column. There are three lighting units at the footpath side between the church and the approach to Fitzpatrick's Shop, and another three are positioned at the parking area opposite. There is logic to this. There are nine units from the station eastwards and these are on the opposite side to the hard shoulder. They are positioned where a footpath was previously in place, and in fact it extended as far as the Elm Tree. It was similar to the one already referred to at the southern side of the roadway west of the station. This path at the eastern side was also laid during road construction works in the late fifties but, again due to lack of maintenance, it suffered the same fate as the other path because the grass verge enlarged and engulfed this one as well. It must of course be acknowledged that the provision of public lighting is an excellent safety feature and our area has benefited as a result, but the foregoing, pardon the pun, "highlights" the fact that one sec-

tion should have been installed in a more effective fashion. The provision of such an extent of public lighting came as a pleasant surprise as there was no prior knowledge, unless it was kept a secret! It must have surprised the local politicians also because they would have been pleased to broadcast the good news in advance, and perhaps claim credit! The Cork County Council Policy Guidelines state that; "Well maintained road lighting can change our communities and make the night time environment a safer place to be". The positioning of such lighting alongside a footpath would certainly be a worthwhile and prudent project in this regard.



### BLACK-TAILED GODWIT

The ornamental replica bird which the Community Association sited at the eastern end of the "Old Road" is admirable and appropriate. One of the most important high tide roosts on the south coast of Ireland for the Black-Tailed Godwit is Harper's Island, and as many as one thousand, eight hundred of the world's population of sixty thousand may occasionally be there. Their favourite feeding spot is the nearby mudflats and as the flood tide covers the mud they, as well as those at other areas of the harbour, retreat to their roost at Harper's Island as they feel safe there. They return to the mudflats when the tide has ebbed. Studies have shown that the Black-Tailed Godwits here have also been to Portugal, France, Holland, many parts of the United Kingdom, and Iceland. They store energy in the form of fat and they use this for their migration flight to Iceland, where the eighteen thousand that winter in Ireland breed in the wet grassland and marshes. That is in the March or April period and they return in autumn or early winter. The overall global population is estimated to be declining at such a rate that this distinct subspecies qualifies as; near threatened. Incidentally the age of the oldest known bird is twenty three years. Glounthaune is one of the most important areas in Cork Harbour for Black-Tailed Godwit and indeed for other wetland birds also, so it is pleasing that it is recognised and promoted in the form of the recently erected emblem. Let's hope the bird will not "fly away"!

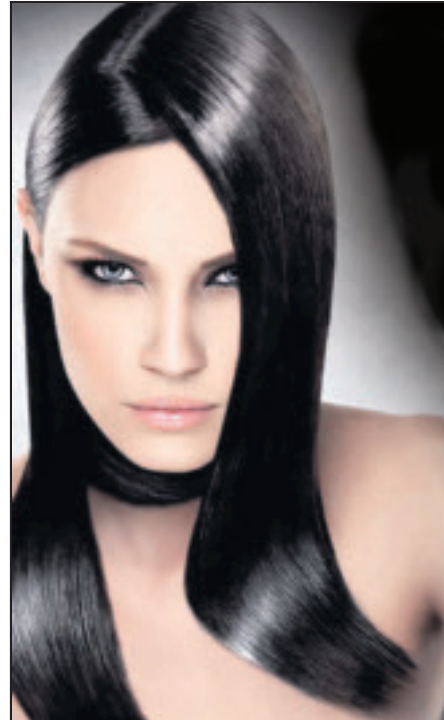
SLÁN ANOIS ©





Lord Mayor of Belfast accepted the invitation of Cllr Claire Cullinane and the Cobh Animation Team to visit Cobh for Afternoon Tea. On Sat. 14th of Feb. Valentines Day Nichola Mallon came to Cobh as a forerunner to the Belfast Chamber of Commerce and Cobh and Harbour Chamber in conjunction with Liverpool Chamber to create Tourism links through its Maritime Links. This triangle between the 3 destinations was identified and worked upon for the last 3 years by the Animation Team and lead by Cllr. Cullinane.

**Happy St. Patrick's Day to all our readers.**



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Charlie Wilkins

## A CUSHIONY FALL OF SNOW

For years now, gardeners here in Glanmire and Riverstown have been deprived of an aspect of winter and early spring that no longer enhances their creations-snow. If it falls at all it is not for long. It usually falls for an hour or so in the early afternoon, and by teatime it is completely gone. And yet in recent weeks we all awoke to bedrooms full of light and eerie stillness. Outside our bungalow the busy arterial road was bereft of noise and traffic, or so I thought. Rushing to the window, the sight that greeted my eye was breath-taking. The church, road, roofs, and distant hills were cleansed as far as the horizon. This was no mere dusting. This was a fat cushiony fall of great thoroughness. Snow had outlined the detail of every twig and branch on the large rhododendron and all garden shrubs. It had coated and covered every blade of grass, every perennial, and every arching leaf of the variegated Cordylines lining the long bed of snow-smothered forget-me-nots. An absolute silence muffled the urban murmurings. Cars and trucks, panting at the traffic lights from the long steep climb from the valley below were ever so slow to move away, for beneath their wheels the snow was ground and polished to a dangerous slippery shine. I moved outside to the wonders of snow. I



*Many will remember my article on this Glanmire property which in this illustration looks almost fairy-tale-like in the spring snow. I may have more to write on this cottage in the near future.*

marvelled and listened. There was that eerie snow hush that you associate with Christmas, but above all was the wonderful crispness and blinding brightness. Around the garden boundary, a bevelled crust of snow lay along the walls and collars of white lay snug and tightly packed around the large box balls on the driveway. Near the patio, crests of windblown snow, marbled by the gusts, annexed pots and seats, while in the distance, ominous cracking sounds told of branches straining under the weight of snow. My breath rose in plumes and though the freezing air began to deaden fingers and toes, I persisted with the inspection, enjoying the miraculous transformation. How I lament the loss of snow in recent years! Such weather is no longer part of winter as it used to be

when I was a much younger man. Then, on some rare occasions we were 'snowed in' for days but because our hilly home was always liable to suffer isolation (as a result of such icy conditions) no-one panicked. We simply altered pace and lived in seclusion at the tempo of falling snow. And so it was. When the thaw finally came bringing down great slabs slithering from the conservatory roof it left paths with brown troughs of freezing cold water which needed immediate removal. The green-house looked as if a tidal wave had washed over it but inside, all was snug and unaffected. Now and then there would be the whooshing sound of branches in the neighbouring gardens being released from their burdens. The magic was ending. For the gardener with a good collection of plants a

thaw is a time full of apprehension. What is drowning in the cold and wet? What has collapsed overnight in the blizzard conditions? What is lost forever? And yet snow has its beneficial side. Its blanketing comfort will protect certain plants from icy gales and many things will survive beneath its cover. And miraculously, from beneath its white duvet, early bulbs rise pristine and unblemished. Even the polyanthus, straining under the weight of hundreds of 'weightless' snow-flakes seem to rise once more to the occasion. Yes, the quietude and the quirkiness of spring snow must be beyond reproach. Would we have it any other way? As we approach St. Patrick's Day I often think that a white one is more likely than any around the Christmas period. Let's wait and see.



## RED BALLOON IS FLOATING ON HIGH

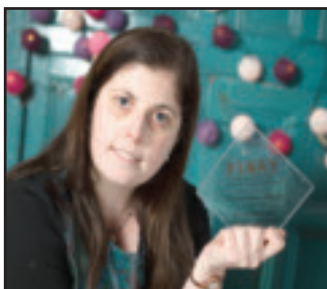
Jenny Murphy is a five time international award winning balloon artist. Returning this week from FLOAT international balloon convention in St Louis, Missouri, Jenny scooped five of the top prizes which showcases the very best of balloon artistry from around the world.

Jenny who runs Red Balloon in Ballincollig was awarded the top prizes for Best Parade or Festival for her work at the Picnic in the Park at Cork Midsummer Festival, Best Wedding Decor for her work in Preston House and Liss Ard Estate and Best Seasonal Display for her Valentines showcase on RTÉ television.

She was the only Irish competitor at the 400+ delegate event and also headed up an international team of balloon artists for an elaborate entry into the Large Sculpture Category. Her team who came in third place were made up of participants from

Singapore, Australia and the States and together they created a large boat made of foil balloons called "Sail away with me". Her fourth award was presented for a solo entry to the Centrepiece Display category. The judges were particularly impressed by the hand painted balloons which appeared like blown glass. This highly specialised and decorative technique made Jenny's entry unique to the competition.

Jenny, formally a property auctioneer made the switch to balloon artistry and followed her passion by opening a balloon business in 2009. Red Balloon has grown from strength to strength and her company now employs four part time staff. The team specialises in large balloon display for corporate, wedding decor, functions and parties. To find out more visit [www.redballooncork.com](http://www.redballooncork.com)



Jenny Murphy

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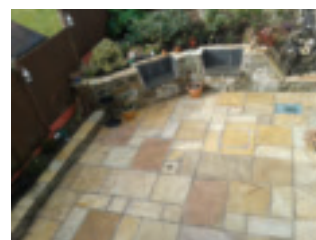
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## Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Lotto Results: Wednesday 18/02/2015, No winner this week Numbers drawn were 6,10,11,12 €30 to Humphrey Collins, Tom Burns & Eamon Nestor, Next weeks Jackpot €8500, Tickets can be bought from any member or log on to the clubs website [www.erinsowngaa.ie](http://www.erinsowngaa.ie) for other ways of playing, Thanks to all those who support our clubs lotto.

Pat O'Callaghan PRO  
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Email: [pro.erinsown.cork@gaa.ie](mailto:pro.erinsown.cork@gaa.ie)  
Web: [www.erinsowngaa.ie](http://www.erinsowngaa.ie)



Senior Hurling Challenge V's Cloyne in Cloughdub on the 16-02-2015

## 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](mailto:erinsown-gaaclub@gmail.com) or phone or text Michael on 086 8699145, Kieran on 087 7787759 or Dara on 089 4464412



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## MERCY CANCER CARE CENTRE GOLF CLASSIC

It's that time of year when we once again appeal to your generosity for our annual Golf Classic in aid of the Mercy Hospital Cancer Appeal Golf Classic which will be held at Fota Golf course on the 15th and 16th April. We are most grateful of your support in the past and would appreciate your continued support in any way you can. Cancer touches so many people in our community and supporting The Mercy Hospital Foundation is a great way to help fight this terrible disease. The 2015 Golf Classic is for a very special project. It will raise funds for the Mercy Cancer Care Centre which will involve the renovation of an old period building in Shear Street which will provide a private space where patients can receive the support and information they need to deal with their diagnosis. For general enquiries contact: Jack French 021-4858400 - M 087 2747057 - E: [info@jackfrench.ie](mailto:info@jackfrench.ie) Eimear Keohane, Mercy Hospital Foundation. Office: 021 4274076 Website: [www.mercyfundraising.ie](http://www.mercyfundraising.ie)

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Migraine Clinic Children's Clinic Back Pain Clinic

Link to Cork Natural Fertility website

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**Genis Bejar Castell - joins Robin Hill Clinic Cobh**

We are delighted to welcome Genis Bejar Castell Cranial Osteopath to Robin Hill Clinic in March. Genis practiced in Cork between 2003-2004 he has also studied and worked in Paris, Barcelona and has taught Cranial Osteopathy. He has been involved with medical trials for patients with cancer and fibromyalgia.

Parts of his interests have included diet, digestive disorders, and biodynamics. He is a gifted Cranial Osteopath who's reputation and expertise is second to none. Genis will be treating a wide range of musculo-skeletal problems and much more.

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## Glanmire & District Credit Union Schools Quiz

The Credit Union Schools Quiz took place in Brooklodge National School on Friday 30th January. A total of 17 teams took part, the largest number ever and well done to all who took part!

The winners on the night at both Under 11 and Under 13 level was Riverstown National School. Both teams now go forward to represent Glanmire & District Credit Union Ltd at the next stage of the quiz and we wish both teams the best of luck!



The Under 13 team is: James Gibson, Michael Murphy, Frank Linehan (Chairman Glanmire & District Credit Union Ltd), Tadeas Gubala and Emmet O'Sullivan



The Under 11 team from left to right: Zoe Gibson, Leon Collins Lewsley, Frank Linehan (Chairman Glanmire & District Credit Union Ltd), Ella O'Brian and Aidan Power

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Peter Duggan with his winning table lamp, Mr Tom Pittman (Woodwork teacher) & Pat Walsh (Brooks Branch Manager)

### A GCC STUDENT IS THE OVERALL WINNER IN THE BROOKS SCHOOLS WOODWORK COMPETITION

Brooks Timber and Building supplies Ltd held their Schools Woodwork Competition for Transition Year Students recently. Peter Duggan's project, a table lamp, impressed the Staff and Managing Director of Brooks Ltd and was chosen as the overall winner. Peter was well rewarded with 250 and the school won 500 worth of materials for the Woodwork Technology Department. Peter always produces a very high standard in his woodwork, and achieves excellent results in this Department in Glanmire Community College. Well done Peter and Mr Tom Pittam his Woodwork teacher.





## HIGH SCHOOL MUSICAL

Another great production by: **Glanmire Community College**  
**THURS 19th & FRI 20th OF MARCH at 8PM**



Mr Ted Owens, CEO of Cork ETB, presents the Martin Langan Medal to Andrew O'Sullivan for his outstanding Leaving Certificate results (575 points) with Ms Gertie Cahill



Mr Martin Hallahan, Principal Officer CETB presents Charlie O'Connor with the Diarmaid O'Longaigh Medal for his outstanding Leaving Cert results (580 points) with Ms Gertie Cahill



University College Cork held a "Prep for Med" day for Secondary School students who are interested in Medicine, pictured at the event are; Ronan O'Donovan and Shane Collins, of Midleton CBS. Photo;Donagh Glavin

Glanmire Community College is renowned for its stage productions and this year is no different. This year's musical, "High School Musical" under producer and director Ms Jennifer Tyner and choreographer Ms Michelle Mc Mahon is entertaining from beginning to end. This musical can pick you up and make you "dance". The Transition Year students are busy designing the sets and backdrops for the performances, and rehearsing to ensure another spectacular performance.

The storyline, Troy Bolton (captain of East High School's basketball team, nicknamed the Wildcats) and Gabriella Montez (a shy top student) - two teens who are worlds apart - meet at a karaoke contest while on holidays on New Year's Eve, and discover their mutual love for music.

One week later Troy goes back to his high school, East High, in New Mexico to find that Gabriella is a

new student there. They quickly become close friends and accidentally audition for the school musical. After getting a call back, drama queen Sharpay Evans and her sidekick brother Ryan are furious and conspire to squelch their chances. Then Chad, Troy's best friend and basketball teammate, and Taylor, Gabriella's new friend on the decathlon team, try to find out a way to make Gabriella hate Troy. They hatch plots to keep Troy and Gabriella from sharing the stage in an attempt to restore order to the social cliques. Troy and Gabriella's defiance of socially accepted norms inspires other students to step forward with their own hidden talents.

Glanmire Community College has a long and very proud musical tradition. Tickets can be purchased in the main office from March 6th, so with the annual offering eagerly anticipated, book early to avoid disappointment.

### University College Cork & Glanmire Community College.



University College Cork held a "Prep for Med" day for Secondary School students who are interested in Medicine, pictured at the event are; Erica Moloney-Sheehan and Amy Dolan of Glanmire Community College. Photo;Donagh Glavin



Sarah Mabelson, 3rd year medicine student with Ashling Walsh and Lauryn Dunphy of St. Als, Carrigtwohill and Ashya Moore of Colaiste Daibheid, Cork City. Photo;Donagh Glavin



## Upper Glanmire St. Patricks Day Festival

Upper Glanmire "Nets" Pat O Connell as Grand Marshal for the St. Patrick's Day Festival. It will be another fantastic St. Patrick's Day Festival in Upper Glanmire this year with "catch of the day" Pat O'Connell "The Worlds Most Famous Fishmonger" as Grand Marshal.

We will surpass last years St Patricks Day Festival success with more floats, clubs, groups & associations participating with colour and excitement and great craic with traditional entertainment Music and Dance for all the family afterwards in the New Sports Hall.

The parade will be led by Pat O Connell Grand Marshall followed by "OISIN" our Irish Wolfhound Mascot, and a host of local groups, clubs, associations, with tractors, fire engines, motorcycles, vintage cars, pirate ships, and later with music, irish dancers including Rhythmic Feet and The Mary Mc Carthy School of Irish Dance, bouncy castles and a 'Bucking Bull' in the new Sports Hall, come and see why the Upper Glanmire St Patricks Day Festival is now legendary.

This year will be even better with a special performance by hometown heroes Glanmire Macra, the "All Ireland Winners of the FBD Capers Completion". Their performance of 'Let it Go' has gone viral.

We are very proud of our St Patrick's Day Festival and again this year a Free Supervised Park'n'Ride sponsored by Barrys Coaches will operate from both White's Cross and Brian Dillon GAA Grounds. Glanmire St. John's Ambulance will also be in attendance. There will be an opportunity to join up to the "New Upper Glanmire Text Alert" system



Local businesses, groups, clubs & associations are invited to participate (participation is "FREE"). Come along and experience our Family Friendly St Patricks Day Festival, Dress up and have fun in the Fancy Dress Competition for Best St. Patrick's Day costume or sit down and have some "FISH & Chips" a cup of tea or a drink in the sports hall.

Looking forward to seeing you in Upper Glanmire, Parade starts at 3.00pm.

If you are a local business, group, club or association and would like to participate contact - Ray 086 8664698 Anne 087 9765317 Denis 086 8110116  
BEANNACHTAI LÁ FHÉILE  
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Find us on Facebook at Upper Glanmire Community Association or on Twitter at UpperGlanmireComm.

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BELOW: Announcing details of the 2015 Upper Glanmire St Patrick's Day Community Festival were, from left to right: Denis Kelly, festival committee; Mia Furlong, Glanmire Ladies Basketball Club; Ray Donohoe and Pauline Hyde, festival committee; Amanda O'Regan, Glanmire Ladies Basketball Club; Anne Reid, festival committee; Noel Fitzgerald, Community Garda for Glanmire; Marguerite O'Callaghan, festival committee; Claire Rockall, Glanmire Ladies Basketball Club; Danielle Hegarty, festival committee; Edward Dawson, chairman Upper Glanmire Community Association, and Gráinne Dwyer and Joe O'Meara, Glanmire Ladies Basketball Club. Kneeling front, left to right: Abby Furlong and Katie Griffin, Glanmire Ladies Basketball Club. *Picture: Tom Doherty*







## Cumann Peile Gleann Maghair Glanmire Football Club Latest News

Sallybrook, Glanmire, Co. Cork

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



### Intermediates Beat Na Piarasigh (pic attached - Kieran Kenneally and James Burkley after the Na Piarasigh game)

The Glanmire Intermediate Footballers had a good win on Friday 20th February against Na Piarasigh in Na Piarasigh. Good performances from David Murphy, Killian Burke, Alan Barry and Luke Hackett with 1-02 from play saw Glanmire win on a scoreline of 2-09 to 1-09. A big improvement from our first two outings against Milstreet and Ballydesmond.

### U21 Championship Semi Final

The Glanmire U21 Footballers play Midleton in the semi final of the East Cork Championship. The game takes place in Caherlag

on Saturday 7th March at 3pm. The new management team of Bryan Murphy, Daniel Molden, Timmy Leahy and Damien O'Regan will hope for a repeat of last year's win against Midleton at the same stage. We will hope for big performances from Gerard O'Callaghan, James O'Sullivan and Cian Daly.

### Best of luck Denis (pic attached - Denis Kelleher)

Best of luck to Glanmire's County Board delegate Denis Kelleher who has been nominated along with Willie Ring of Cloyne to attend the GAA Annual Congress in the Slieve Russell Hotel in Co. Cavan on behalf of Cork GAA. A well deserved trip to Cavan for Denis who has given many years of service to both Glanmire and

Sarsfields.

### U16s beat Eire Óg (pic attached - U16s)

Well done to Peter Palmer's U16 team who played a challenge match against Eire Og recently and had a narrow win by a point. It was a game of two halves. Glanmire dominated the first half with three goals from Mark Palmer, two from great balls in from Ciaran Geary. James Murphy scored a few lovely points as did Eoin O' Sullivan. Glanmire were ahead 3-07 to 0-02 at half time. Glanmire made several changes throughout the second half but Eire Og made a great comeback. It ended with a win by a point for Glanmire but all players got game time and enjoyed the occasion. Thanks to Eire Og for the game.

### Juvenile Training Update (pic attached - Juvenile)

Temporary training arrangements are in place for the following groups

U10 (Born 2005) Training Saturday's 9.30-11 Kiely Park, Buck Learys X

U9 (Born 2006) Training Wednesday's 6-7pm The Pike

U8 (Born 2007) Training Sunday's 10-11 Kiely Park, Buck Learys X. Starting March 1st.

U7 (Born 2008) Training Sunday's 10-11 Kiely Park, Buck Learys X. Starting March 1st.

U6 (Born 2009) will start at later date in March or early April.



Under 16's



Kieran Kenneally and James Burkley after the Na Piarasigh game



Juvenile

Below  
Denis  
Kelleher







## COLLEGE CHAMPS: The Coláiste an Phiarsaigh, Glanmire.

COLÁISTE ABÚ: The victorious Coláiste an Phiarsaigh, Glanmire team who beat Coláiste Bhríde, Carnew, Co. Wicklow 4-13 to 3-5 in the O'Neill's All-Ireland Second Level Colleges Senior D semi-final at Carnew Emmets GAA grounds on St Valentine's Day. Pictured are Trish Leader,

manager/teacher; Paddy Connery and Gillian Grimes, coaches; Edel Ní Chéilleachair, goalie; Meadhbh Damery, Edel Ní Lonargáin, Caroline Ní Chondúin, Ciara Ní Shuilleabháin, Meabh Ní Mhaoláin, Player of the Match, defence; Máire Pléimeann, Meabh Nic Chárthaigh (0-1), Ruth Nic

Chárthaigh (0-1), Lucy Ní Cheallaigh, Player of the Match, attack (1-6); Sórcha Ní Choistealadh, Íde Ní Dheasmhúnaigh, Julie Nic Ailín, captain (2-0); Lucy Nic Ailín (1-5), Sórcha Ní Bhrúdaí, Clár Ní Mhaoláin, Síofra Ní Fhionnagáin, Gráinne Ní Laighin, Jane Nic Ailín, Lauren De Barra, Orla

Damery, Ally Nic Chárthaigh, Fiona Nic Chana, Antóinía De Builéir and Eimear Ní Bhrúdaí. The referee was Patrick Murphy. The team will meet Loreto Beaufort, Rathfarnham, Co. Dublin in the All-Ireland final on March 7. Picture: Tom Doherty.

## GOUT A COMMON AND VERY PAINFUL AFFLICTION

Gout is a type of intermittent arthritis. It's actually the commonest form of arthritis. Who, why and where? Gout is commoner in men, especially middle aged and older. It is more common in people who are overweight, or have diabetes. Attacks of gout often begin in the middle of the night. Gout is caused by a build up of a natural chemical called uric acid. This is normally dissolved in the blood. In some people the level of uric acid is too high, and it forms tiny sharp crystals in the joint. In general the higher the level of uric acid in the blood, the more likely gout is to occur. Once gout starts, attacks gradually get more frequent and more painful. The big toe is most commonly affected, but the fingers and knees may also be painful. The weight of bedclothes may exacerbate the pain. The affected great toe joint is red, shiny and swollen, and the person hobbles about. The pain in gout is due to formation of tiny uric acid crystals in the joint. Just imagine

hundreds of tiny sharp needles, stabbing the inside of your joint. Left untreated the gout gradually settles after a week.... But who wants to wait! Some people are more likely to get gout. Certain foods such as oily fish and organ meats (liver, heart) are especially likely to cause gout. However most red meat, poultry and seafood predispose to developing gout; Less is more! Fruit juices and soft drinks also contribute to the development of gout. Alcohol, especially beer, makes it harder for the kidneys to eliminate uric acid. The typical triggers for gout are a holiday in sunny Spain: sweating, dehydration, and overindulgence in red meat, seafood and alcohol. Some medicines can precipitate an attack of gout-ask your GP. Diagnosis of gout is usually done with a blood test, in combination with the typical symptoms. Treatment; Short term; gout often starts in the middle of the night. Anti-inflammatory painkillers are

essential, and may bring rapid relief. Always remember that these tablets predispose to stomach ulcers and heart attacks, so use sparingly. Colchicine is a really effective medicine for gout, often in combination with anti-inflammatory medicines. On occasion your GP may also prescribe steroid tablets to help settle severe gout. It's always sensible to keep an "Emergency rescue pack" of tablets, for when the pain strikes at 3am! Long term: Address lifestyle issues; Losing weight and drinking less alcohol may be very effective. Avoid dietary excess, especially on sun holidays when dehydration, rich diet and alcohol may precipitate gout. There is a medicine called Allopurinol which prevents gout. Your GP is likely to recommend allopurinol if you get frequent

or recurrent attacks of gout. Allopurinol helps the body eliminate uric acid, and needs to be taken for the rest of your life. A blood test is done to check your uric acid level: once this is low enough gout rarely strikes. In conclusion; gout is the commonest form of arthritis. Once you get gout, the attacks tend to get more frequent and more painful. Losing weight and addressing dietary/alcohol excess may help. Medication is very effective, both for the gout attack, and in prevention of further attacks.

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





## WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>**White's Cross Under 12's play in front of thousands**

A huge shout out to our Under 12 hurlers who had the distinction of playing at half-time in the recent National Hurling League encounter at Pairc Uí Rinn between Cork and Kilkenny. It was a great experience for our young players - thanks very much to Colm Crowley GDA and Rebel Og for extending this invitation to us.

White's Cross played Milford and it proved a great spectacle, receiving a warm round of applause from the big crowd upon its conclusion. Brendan was fantastic in goals. Senan, Sean, Ethan and Eolan were teak tough in defence. Harry and Fionnan put in very solid performances at midfield, while Stephen, Daniel, Danny and Luke were all very active in the forwards. Maith sibh a bhua-chailí.

**Team: Brendan Quain, Senan Ryan, Sean Twomey, Stephen Whooley, Ethan Ryan, Daniel**

**Kelleher, Luke Murphy, Harry Coughlan, Eolan Dill, Danny Lenihan, Fionnan Quinlan.**

**The Brendan Martin Cup at**

**Scoil Náisiúnta Naomh Micheál**  
Scoil Náisiúnta Naomh Micheál were delighted to welcome Niamh Ní Chaoimh and Orla Finn to the school on 17th February 2015 – a visit facilitated by White's Cross GAA. Niamh and Orla are members of the Cork Ladies Senior football team who defeated Dublin in the All Ireland final in Croke Park last September. This is the Cork ladies ninth year bringing home to Cork the Brendan Martin Cup in the past ten years. This is a fantastic achievement and White's Cross GAA congratulates Niamh, Orla and all their team mates. Niamh and Orla were accompanied by members of White's Cross GAA. This group included past pupils of the school: Ronan Quain (U15), Colin McCarthy (U15), Peter Twomey (U13) and Gavin Cronin (U13). They returned to their old school to show off their

silverware after winning the U12 football, U13 football and hurling and U15 football leagues with White's Cross in 2014.

Niamh and Orla were met by a crowd of enthusiastic supporters who were all decked out in red and white for the day! Niamh spoke to the pupils and strongly encouraged the pupils to get involved in sports. Niamh congratulated the school on their excellent performance in the Sciath na Scol football competitions and also congratulated the White's Cross underage teams on their recent successes.

The Vice Chairperson of White's Cross GAA Seamus McCarthy also addressed the pupils and thanked the School Principal Mr. O'Connell and all the staff at Scoil Náisiúnta Naomh Micheál for their great support over the years. He congratulated the boys for winning their Sciath Na final and complimented the girls on their great efforts in their final. He wished the teams the very best in the upcoming hurling and camogie Sciath Na Scol competi-

tions.

The School Principal, Mr. O'Connell addressed the audience and sincerely thanked Niamh and Orla for taking the time out of their busy schedules to visit and wished them the very best in their future endeavours. He also thanked the representatives and members of White's Cross for arranging for Niamh and Orla and the Brendan Martin Cup to come to the school. He thanked the past pupils for attending on the day.

Results from February 2nd 2015:

No jackpot winner: Numbers drawn 4 / 7 / 11 / 12.

€50 Lucky Dip Winners: Mary Bowen, Liam Clarke and Nathalie Cambridge.

Results from February 16th 2015:

No jackpot winner: Numbers drawn 8 / 12 / 27 / 10.

€50 Lucky Dip Winners: Upper Glanmire Community Association, Martin Bracken and Jane Bracken.



*Above: Dates for the diary: This year's White's Cross GAA Kellogg's Cúl Camp will take place from Monday June 29th to Friday July 3rd. Here's a sneak preview at a new feature in this year's kit that is provided for all those taking part – we think this will be popular!*

*Left: Our Under 12 hurlers had the distinction of playing at half-time in Pairc Uí Rinn for the recent Cork versus Kilkenny National Hurling League encounter – here they are pictured after their clash on the night with Milford.*

*Top: The balla at Upper Glanmire National School was a sea of red to welcome Orla Finn and Niamh Ní Chaoimh, members of the victorious Cork Ladies Senior Football squad, on a recent visit to the school with the All Ireland Cup.*



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**Glenville Flower Club will have  
our Easter Demonstration  
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Clonakilty titled "Easter  
Delight" in Kades Kounty on  
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All welcome**

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Category: Events & Corporate Stationery Printer of the Year 2014.



Directors Emmet Fennell (left) Dave McCarthy (right) WITH AWARD

Woodland Print are 16 years in business providing design, print & signage to a wide section of customers local and nationally. Based in Little Island they have built a strong team that are friendly and have a can do attitude. They provide a one stop shop for nearly everyone in business. Their creative design department are happy to take your idea and turn them into reality. They provide a full print service from small digital runs to larger print runs, full signage service lettering, vehicle graphics and wraps



Woodland Print and Design are delighted to announce the appointment of Paddy Gahan, as their Signage Operations Manager,

since the start of February.

Paddy brings exceptional product and industry knowledge with 20 years of experience, in design and manufacturing of all types of signage and graphics. He has previously worked with Paul Finn Design & Display ( Waterford ), Southern Signs and most recently B2B Signs. Coupled with his Graphic Design background, he has a proven track record of high standards in an industry that requires absolute attention to detail. Whether you require corrie board signs, pitch signs, shop fit outs, raised lettering, bespoke manufactured signage, simple graphics or vehicle wraps, please contact Paddy on (021) 4976210 or [paddy@woodland-print.com](mailto:paddy@woodland-print.com)

This is an exciting time for Woodland. We already provide some signage requirements to our existing client base. With Paddy's knowledge and expertise, we are confident we can extend our new service & product range, to all our customers.



Noel Carey from Glanmire, Paul Buchanan from Whitegate and Stan Nwaka from London Uk pictured at the recent Irish Indoor Rowing Championships in UL Limerick. Noel took home the Silver Medal.



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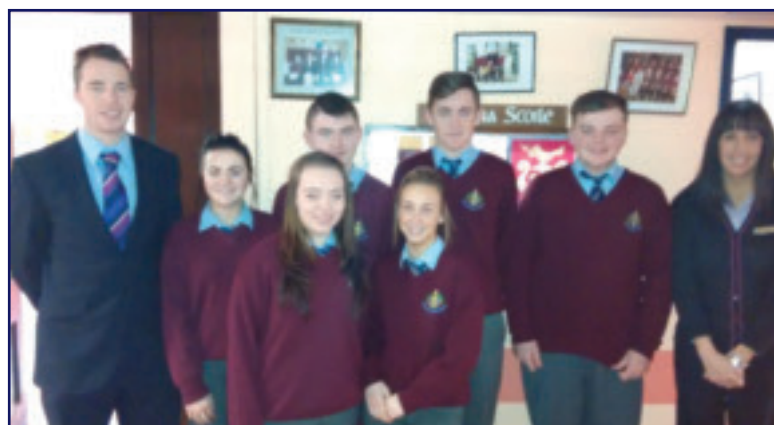


## Mayfield Community School News



**Our Transition Year Girls meet the Minister for Education & Skills**  
Our Transition Year girls were invited to attend the launch of the I Wish event in the City Hall in Cork. This event, the first of its kind in Ireland, promotes the idea of encouraging our girls to pursue careers in science.

Our girls listened to speakers, all women, who have went to the very top in their professions. Speakers included Dr Pixie McKenna whose hit TV series Embarrassing Bodies is now shown in 23 countries worldwide. Serena Lawless from Google spoke about her career path while Aoife Desmond from Twitter referred to the interesting jobs available in the area of science. The Minister for Education, Jan O'Sullivan advised all the students there that, "it doesn't matter whether you're a man or a woman, what matters is your determination."



**Cork Football star visits our School Bank**

All Ireland football winner, Colm O'Neill, called in recently to visit our school bank. Our students are participating in the AIB Build a Bank challenge. The bank is open to all students every Friday and we are delighted to say that the bank has a very healthy membership. Colm presented Jack O'Driscoll with a Cork tracksuit to mark Jack's recent selection to the Cork under 16 development squad.



**Full attendance Awards** Mr Tony O'Connor, Education Welfare Officer, was invited in recently to present Certificates of Full Attendance, to a number of our students. This is a feat that the students and their families can be very proud of. A number of these students have records of full attendance for five and six years. Well done.



Above: Colm O'Neill & Jack O'Driscoll

## Little Island Cross Development

**To whom it may concern,**

I received an email from Senior Engineer Peter O Donoghue a few days ago re the development of one of the busiest junctions in Cork County. He confirmed that funding etc had been approved. As a person born and raised in Little Island it's a massive coup for the community and I was hoping you might be interested in covering the story. Please find press release below or call me if you have any

questions/queries.

O Sullivan Welcomes Progress On Development of Little Island Cross

FF Councillor Pádraig O' Sullivan has welcomed confirmation from the Senior Engineer in the Traffic and Transportation Section of Cork County Council that a grant of €280,000 has been secured to progress works on one of the busiest junctions in the county. The junction in question has been a

major concern for locals for many years and progress on this project has been painfully slow. The plan entails the signalisation of the Island Cross but works must be undertaken in 2015 to avail of the €280,000 grant. For the project to proceed Cork County Council will now proceed to liaise with nearby landowners to discuss land acquisition and works will proceed pending the successful outcome of these discussions. Councillor O' Sullivan commented that the

works would be most welcome as it would improve pedestrian access across the Island and regulate traffic at peak times in the morning and afternoons. Little Island has in excess of ten thousand workers and is one of the largest employment hubs in the country. It's about time the infrastructure in Little Island was improved to reflect that.

Regards, Padraig O'Sullivan  
Fianna Fáil Councillor for Cobh L.E.A.



## UPPER GLANMIRE ICA GUILD

**A tribute to Eileen Murphy RIP**

Eileen was a member of our Guild for over 25 years. During that time, she served on many committees, and held the posts of Treasurer, Secretary and President. Eileen was President when the Guild celebrated its 50th Anniversary in 2004, and Eileen decided that we should mark that special occasion

by writing our own Cookery Book, which was very successful. Eileen was also very involved in organising the Guild Tours to Prague, Barcelona and Edinburgh. Many members will hold lovely memories of Eileen on various occasions over the years, and she will be sadly missed by her Guild.

At dheis Dé go raibh a hanam.

March Recipe. Tea Brack  
Margaret Murphy

This mixture can be easily doubled, and divided between 2 x2lb loaf tins

**Ingredients**

1/4 pint of cold tea  
9oz mixed dried fruit  
1 oz crushed walnuts  
1 small/or 1/2 large, grated cooking apple  
(The grated apple is the magic secret of this recipe!)

2 eggs

4 oz soft brown sugar

8oz self-raising flour

1/2 tsp salt

1 tsp cinnamon

2oz butter

**Method**

- (1) Soak all dried fruit in tea ( min 2 hrs )
- (2) line a 2lb loaf tin with double cake liners, and heat oven to 160 degrees
- (3) Sift flour, salt, cinnamon and sugar in a bowl
- (4) Rub in butter with fingertips
- (5) Add walnuts,grated apple and eggs to dried ingredients
- (6) Now add the soaked fruit and the remaining tea, mix very well.
- (7) You can now add a little extra milk or fruit juice, if you think it is too dry,this is a rather wet mixture
- (8) Spoon into tin(s)
- (9) Cook in the middle of the oven,for approx 50 min, and when cake is golden brown, and firm when a skewer/thin knitting needle comes out clean, cake is done

# Fitzgerald

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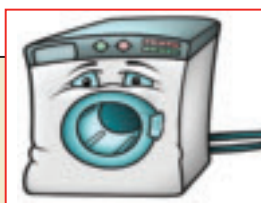
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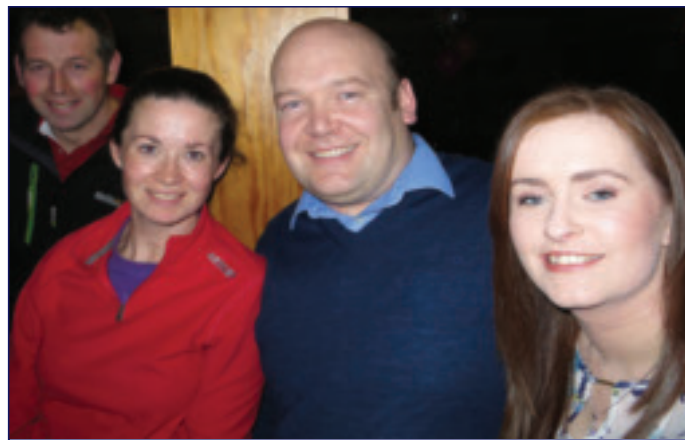
## Glanmire Capers Cast Capture Coveted National Title

For the first time in the history of Glanmire Macra na Feirme, our capers cast were awarded the national title of the FBD Capers competition in a truly unforgettable night at the Solstice Arts Theatre in Navan on February 7th. This is possibly the most highly sought-after title in Macra na Feirme and for Glanmire Macra to win the competition is a remarkable feat. Well done to our dedicated cast under the stewardship of producer Daniel O' Regan (Kinsale) who put on the performance of their lives to beat off stiff competition from Clonakilty (2nd place) Mountmellick (3rd place), Banteer, BallinacCarthy and Cavan Macra clubs. Macra's FBD Capers is a competition designed for clubs wishing to gain experience in producing and performing a light entertainment variety show, with performances ranging from singing and dancing to comedy and drama. The Glanmire show, entitled 'Fliuch n' Wet', showcased the huge variety of talents on offer within the club including high-energy disco dancing and break dancing as well as hilarious comedy and haunting acapella choral singing. A total cast and crew of over 30 people travelled to Navan for what proved to be a sensational night's entertainment. To crown off a hugely successful night, director Daniel O' Regan was justly awarded the accolade of best director. The club then hosted a celebration night in Sars Hurling Pavillion on Friday February 13th where we toasted our success with a glass of champagne and a slice of pizza. While some members are taking a well-deserved rest following their dedication to the Capers competition, others are busy hard at work rehearsing for the Glanmire Macra One Act Drama. Our cast of Tomas Cuffe, Mairead O' Callaghan, Will Daly and Kathleen Fitzgerald, under the guidance of their producer Eiltn Griffin, took to the stage for their first outing this year at the Seandun regional final on Saturday February 21st and will now go forward to compete at the County Final in Macroom this month. Best of luck to all cast and crew.

This month Glanmire Macra will host a fundraising Mr. and Mrs. quiz night in Sars Hurling Pavillion on Saturday March 7th. Kicking off at 8pm, the quiz will imitate the TV game show where couples are questioned in relation to their knowledge of their other half. Our guest presenters have been named as Lorraine O' Neill of Cream Coffee and Sandwich

Bar, Hazelwood as well as our award-winning capers producer Daniel O' Regan of Kinsale. This promises to be a great night and with entry on the night costing only €5 to include food and music, be sure to keep the date free! We are still seeking couples, both macra and non-macra alike, eager to participate on the night so if you or anyone you can think of may be interested be sure to let us know by emailing [glanmiremacra@gmail.com](mailto:glanmiremacra@gmail.com) or contact Sarah (087 781 4462) or Donal (087 683 4403) for further information.

Socially over the last month our club members went to Cork on Ice and with no broken bones to report the night was a clear success! Our men's and ladies soccer teams both reached the Seandun semi-finals of the competition. We continue to host our weekly sports night in Upper Glanmire Sports Hall each Tuesday at 9pm and we have also started a weekly walking/running club to get ourselves back into shape. This month, our members will take part in the 10k Cork Toughathlon in Curraheen Park on March 15th so the training is well needed! In February we also supported table quizzes held by both Middleton and Kinsale Macra clubs so we have been busy on all fronts. Glanmire Macra are always



*Glanmire Club Members Donal Twomey, Heather Twomey, Daniel O' Regan and Sarah O' Connell enjoying our capers victory celebration at Sars Hurling Pavillion*



*Club members on stage after being announced as FBD Capers National Champions 2015*



*Our entire capers cast, crew and supporters who travelled to Navan for the FBD Capers Final*

looking for new members so whatever your interest, be it sport, social, public speaking or performing arts, we have an activity to suit you! **Our next monthly meeting will take place upstairs in Sars Hurling Pavillion at 9pm on Wednesday March 11th. For further information contact club chairman Donal O' Callaghan on 0876834403 or check us out on facebook.**

**Glanmire Macra na Feirme**  
presents

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Fundraising Couples Quiz

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Above From left Barbara Giera, Marzanna Grabowska and Alicja Tomaszewska. See our advert on page 2



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Beidh an cluiche ceannais v Loretto Beaufort Baile Átha Cliath ar 7-3-

15 Tá na pic seo ón cluiche sinsir v Carrig na bhfear.





## Little Island NS Update February

It has been very busy in Little Island NS since Christmas. Here are some of the most recent highlights but check out our website, [www.littleislandns.com](http://www.littleislandns.com), for more details.

### Green Flag:

We are very close to getting our 4th Green Flag. This one is for Travel. We had a C.O.W. Day (Cycle On Wednesday) recently where pupils and parents were encouraged to cycle to school. More than 70% of our school cycled and took part in the cycling workshops run by our Green Schools Coordinator. We also had a visit from an electric car. The children got to experience what the future of motoring might look like!

### Lego Robotics:

Learnit are running Lego Robotics workshops in our school every week

at the moment. The children love it and it is an opportunity for them to experience something different.

### Chess:

Our Chess Club is up and running again this year and we have entered some competitions as well. It is a great game and the children learn so much from it.

### National Maritime College:

Our 6th Class visited NMCI in Ringaskiddy recently. They were treated to a full tour of the facility. They were really well looked after and enjoyed it a lot.

### Engineer's Week:

An engineer came to speak to 5th and 6th Classes about his job and about what engineers do. It was very informative and maybe planted a seed for the next generation of engineers.

Pictures attached of the COW Day, our Lego Robotics workshop and the visit of the electric car.



COW Day



Electric Car.  
Lego Robotics

## Ask Your Pharmacist

with **Keith O'Hourihane,**  
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Our cholesterol clinics have been running for quite a while now and we have built up quite the repertoire of results and ongoing analysis around patient's cholesterol levels.

I had a very interesting day recently when somebody rang me and asked:

***"Is there anything I can do to prevent cholesterol doing damage to me?"***

This patient had previously had a high cholesterol level and was worried that if it wasn't in check now damage was silently being done. I explained how our cholesterol clinic worked and an appointment was arranged. No sooner had the patient left when the following email arrived in my inbox.



Thanks to the expert care of Darren Breathnach, clinical pharmacist at Pharmacy First Plus, I am seeing a big reduction in my cholesterol levels without having to take statins. To combat my high cholesterol level, Darren recommended an over-the-counter solution combined with dietary adjustments and exercise, which has produced results that previously may have been impossible without medical intervention. I cannot speak highly enough of the interest and care Darren exhibits in working with his patients and I applaud Pharmacy First Plus for providing this service. This lovely voluntary testimonial was sent to us by Sue Pammment, of Synergy Web Strategies, who has attended our cholesterol clinic for 11 months now. S

To find out more about these services ask at your local PFP or else email me on [keith@pharmacyfirstplus.ie](mailto:keith@pharmacyfirstplus.ie) for more information!

Darren Breathnach  
Clinician Pharmacist  
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## CENTENARY OF THE 1916 RISING

Glanmire Heritage Society, together with other Historical Societies from Cork city and county, attended a meeting at Kilmurry museum in Lissarda on 14th February 2015. The meeting was organised by Gabriel Doherty from the School of History, UCC, to discuss the centenary commemoration of the 1916 Rising and the role of the Cork Volunteers from 1916 to 1923. Many issues were discussed at the meeting, and the following are some of the suggestions:

- that a comprehensive list of all memorials relating to the period 1916-1923 should be compiled by

- the county and city Councils who should provide all necessary assistance, including financial aid and advice, for signs to indicate sites that lie within their areas.

- that the county and city Councils should establish a webpage for local heritage societies and groups.

- that the Councils should support a competition for secondary and national schools, the theme of which should be the struggle for independence within the county.

- that local historical societies should use the commemoration as an oppor-

tunity to foster closer links with schools, and should take the initiative in this.

- that a single memorial to all the Cork Volunteers should be erected in a central location within the county.

- that every effort should be made to preserve contemporary documents, photographs, etc. from this period.

- that people should convey to their local representatives the importance of an adequate commemorative process in the county and city areas.

- that all interested groups and individuals should send a short submis-

sion of their ideas to the county and city councils – these submissions to be sent in the first instance to Gabriel Doherty, School of History, UCC. at [G.Doherty@ucc.ie](mailto:G.Doherty@ucc.ie)

It was noted that the Cork 1916 Relatives Group had invited members of local historical societies to support their efforts to ensure an adequate centenary commemoration of the Rising.

Further information, if required, is available from Glanmire Heritage Society, Community Centre, Riverstown, Co. Cork. Tel. 021-4821333 or e-mail [glanmireheritagesociety@gmail.com](mailto:glanmireheritagesociety@gmail.com)

## PROPERTY OUTLOOK FOR GLANMIRE AND SURROUNDING AREAS

The outlook for the property market in Glanmire and surrounding areas is very positive and economic growth is to remain strong in 2015. Property prices are expected to rise even though the Central Bank has imposed new mortgage lending rules. Cork is most likely to obtain higher growth than Dublin, in property values for this year. Mainly due to the fact that value for money is now focused on Cork and other areas, as Dublin's property prices are quite strong. Starting the first quarter of 2015, there has been no signs that there is a slow down in demand for this area, quite the opposite.

There are a number of factors why people choose to locate in Glanmire and the surrounding areas. Development of key infrastructure such as the Dunkettle Interchange which forms a junction to the M8 (Cork/Dublin), N25 (Cork/

Rosslare), N40 (South Ring Road to Ballincollig direction), has a major influence as people are within minutes of a major road network.

Also, in terms of employment these areas are in close proximity to major employment centres such as Little Island, Mahon and Cork City.

Areas such as Glounthaune, Little Island, Carrigtwohill, Glanmire and Watergrasshill, are highly desirable, due to all this development and close location to Cork City. Property prices are increasing due to the lack of supply and huge demand in these areas. Properties in key locations have achieved 10% above the asking price in some cases, as the supply is just not there.

Glanmire in particular has seen a huge demand and there is a particular lack of supply in all types of property from apartments

to houses and sites. First time buyers can now expect to pay for a 3 bedroom semi-detached anywhere from €220,000 to €250,000 depending on location. There are no new developments currently which is directly causing price increases, along with few new properties coming to the market.

It is now time that developers start to build homes in these location, as all the ingredients are there, such as confidence in the market, huge demand and lack of supply. It must now be financially viable to start building. By Rena Guildea  
Joe Organ Auctioneers

See our advert on page 1.



University College Cork held a "Prep for Med" day for Secondary School students who are interested in Medicine, pictured at the event exploring wound care are; Lauryn Dunphy and Ashling Walsh of St. Als Carrigtwohill with Clodagh Gill from Douglas of Scoil Mhuire. Photo: Donagh Glavin

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# 'Am'

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Thosnaíos ag machnamh faoi chúrsaí ama le déanaí nuair a chuas isteach go dtí dánlann an Crawford. Bhí comórtas acu cúpla mí ó shin, píosa scríbhneoireachta a dhéanamh faoi cheann de dhosaen pictiúr. Roghnaíos 'Time Flies' le Gerard Barry (1864-1941). Níor chuireas isteach ar an gcomórtas ach smaoiníos ar chúrsaí ama agus mé ag féachaint ar an bpictiúr seo.

An fómhar atá ann agus gan amhras tá dathanna buí, donn agus dearg ar na duilleoga. Tá seanbhean gléasta i ngúna fada agus boinéad uirthi. Tá sí ag feighleoireacht ar an dara glúin ina diaidh. Atmaisféar suaimhneach atá ann agus radharc ar loch nó abhainn sa chúla. Tá foirgneamh nó fothrach trasna an uisce. Mhúscail an teideal mé chun machnamh faoi am. Is cuid lárnach dár saol é.

Saolaítear sinn ag am áirithe; fásaimid suas, tógaimid clann, b'fhéidir, agus ag am áirithe faighimid bás. Nach minic a chuirtear an cheist faoin saol. "Cad chuige a bhfuilimid anseo"? An

bhfuil brí lenár saol? Sa chlár teilifíse a bhíonn ag Gay Byrne, pléann sé brí an tsaoil lena chuid áionna. Tá suim agam féin sa chlár agus chuir Stephen Fry ionadh orainn nuair a d'ionsaigh sé Dia go fíochmhar faoin domhan a chruthaigh sé agus an fhulaingt go léir a bhíonn le hiompar, fiú, ag leanbh óg. Ní aontódh a lán againn leis agus ní aontaím féin leis ach ardaíonn sé ceist na fulaingthe. Nach sean-cheist é sin ag fealsúnaithe agus diagairí ó saolaíodh an chéad duine.

Mhínigh an Bíobla agus an Eaglais é le scéal Ádhaimh agus Éabha. Thuig na húdair seo nach raibh an saol seo foirfe agus go raibh claonadh an oilc agus na maitheasa, gan dabht, ionainn go léir. Is ceann de rúndiamhair an tsaoil é gus i ngach ré, deintear iar-

racht é a thuiscint.

Toisc go bhfuil teora ama lenár saol, spreagtar sinn chun úsáid fhiúntach a bhaint as. Ní mór aidhm áirithe a bheith againn sa saol agus maireachtaint dá réir. Creideann na Críostaithe agus daoine nach iad go bhfuil du-algas orainn ár mbuanna a fhorbairt agus iad a roinnt ar son leasa an duine agus an domhain. Pósann formhór na ndaoine agus tógann siad an chéad ghlúin eile a fhreastalóidh ar a chéile agus leanann ciortal na beatha.

Fairíor, ní i gcónaí a tharlaíonn sé sin mar de bharr sainte, bíonn troid agus co gadh. Ní réitíonn an cogadh na fadhbanna agus tosnóidh an cogadh arís. Ní fhulaingíonn gach éinne ó chogadh agus ní dócha go bhfulaingíonn iad siúd a thosaíonn an t-achrann.

'Siad na saighdiúirí san arm a ghortaítear nó a chailltear agus gnáth-shaoránaigh a bhíonn sna háiteanna troda.

Is aít an mac an saol agus ní thuigimid an rúndiamhair seo roimh ár mbás. Ní hio-

nann sinn agus a rá ná beidh daoine ag smaoineamh agus ag plé na cúrsaí seo. Ciallaíonn sé go bhfuil an saol níos suimiúla toisc nach bhfuil freagra sásúil againn. Cinnte, cabhraíonn an Chríostaíocht linn brí an tsaoil a aimsiú agus le creideamh i ngrá Dé, beidh linn. Nuair a bheimid ar shlí na fírinne, tuigimid gach rud.

Ní dócha gur shamhlaigh Gerard Barry go smaoiníodh daoine ar a shaothar beagnach céad bliain i ndiaidh a dhéanta. Níl a fhios againn cén tionchar fad-téarmach a bheidh againn agus, mar sin, is fiú ár mbuanna a fhorbairt agus a roinnt leis an saol mór.

Glais:

a mhalairt = opposite  
dánlann = art gallery  
suaimhneach = peaceful  
fothrach = ruin  
foirgneamh = building  
fulaingt = suffering  
fealsúnaithe = philosophers  
diagairí = theologians  
foirfe = perfect  
rúndiamhair = mystery  
ré = era  
fiúntach = worthwhile  
leas/leasa = good  
an t-achrann = the trouble  
ní hionann sin is a rá = that does not mean

Nuala Ní Loingsigh



## Happy St. Patrick's Day to all our readers.

### Adult Set Dancing Classes

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## Dumping of rubbish in Riverstown Old Village

Our Village is deterioration fast with Hoardings and Derelict Sites etc. The sites of Meaney's shop and the Barleycorn Hotel are a disgrace, which some people are using as a dump.

The Cork county Council Bottle bank at Meaney's shop site is also used as a dump and rats are crawling around there.

The people who own these sites should be prosecuted for not maintaining them. The Barleycorn Hotel site was a beautiful area but sadly not anymore.

Why should we the Residents of Riverstown put up with this any longer, something must be done urgently to clean up these places? Name with Publisher



## Is Glanmire becoming a Rubbish Dump?

In a recent GACA newsletter we read a wonderful account of what is called "The Riverstown Project." Included in this article were some beautiful photographs of flower tubs, a boat filled with well-chosen plants and colourful hanging baskets on the bridge. The volunteers who undertook this work along the Hazelwood Road last Spring and Summer deserve all our praise and gratitude.

However, we must not let the other side of the story go unnoticed. These photographs show a shameful litter problem in

Glanmire. They were taken last week at the back of the library within the Hazelwood shopping centre and adjacent to Old Court in Riverstown. These are among the most public areas in Glanmire. I could have filled this newsletter with similar type pictures from other areas. We definitely need to come together as a community to endeavour to put a stop to this destructive and selfish behaviour before Glanmire becomes one big rubbish dump.

Name with Publisher



Cork North Central TD and Minister for Europe Dara Murphy congratulates Veronica Kenneally on her innovation, Veronica is founder of Veronica's Snacks, a Bishopstown based company specialising in lower-fat, gluten-free snacks. The company recently secured 465,000 equity investment for market expansion and product development. Also included is Frank Walsh partner in Enterprise Equity (Manager AIB Seed Capital Fund). Photo: Billy macGill



Kevin O'Malley the recently appointed US Ambassador to Ireland photographed during his visit to Cork with European Minister Dara Murphy TD at Hayfield Manor. Photo: Billy macGill



## Teenage Dirtbag

This column is about teenagers and is centred around topics specifically concerning teens.

### Song of the week: Radical Face, Always Gold.

This month I want to talk about piercings, hair dye and all those other things teachers think we do to make their lives more difficult. I've been doing work experience the last two weeks, and one thing that I learned is that nobody is too concerned about the many ways I decided to puncture my face. There are some occupations I've heard do take these aspects into account, but what I want to know is why. The school I currently attend has banned makeup for girls in the Junior Cycle and piercings throughout our years in school. This has always confused me. Since when is my face and my body school property? I have permission from my parents to dye my hair and pierce my face, I don't see how that's my school's concern. The way I see it is that schools are teaching

people from a young age that it's okay to express yourself as long as it meets the school's idea of what a perfect student should look like. I believe that I should be judged by my school not by the way I choose to puncture my face, not by the absurd colours I choose to put in my hair, but by the quality of work that I provide for my teachers, and how I behave towards them. The argument that we're too young to know what's good for us has always seemed ridiculous to me. Teenagers are treated like they're idiots. We're treated like we don't know what's best for us, but if I'm not old enough to decide if I'll regret getting my nose pierced, how could anyone possibly expect me to decide what to do with my entire life by the end of this year? By taking away our freedom to decide anything at this age, we won't be equipped to make the huge life decisions hurled our way by the time we get to sixth year. I mean, going from having to ask permission to use the bathroom to deciding what career you're going to embark on once you

leave school is overwhelming, and we're constantly told we don't know what's best for us. Perhaps letting us decide if we want to dye our hair fluorescent green and piercing every inch of our faces will teach us that we have the capacity to make decisions for ourselves. Instead of terrifying kids about making mistakes, we should be taught how to solve them. As for makeup, my school claim it helps boost confidence, but when I was thirteen and intimidated by all the girls I thought were prettier than me had me thinking of excuses to not have to face them. It did nothing for my confidence and mostly just distracted me from my school work because I was paranoid that everyone was staring at me and laughing. My philosophy is if it doesn't affect the quality of my work, then it isn't a problem. It can really affect the way teenagers think about themselves to have teachers stop class just to shout at them because they forgot to take out their nose ring, or accidentally left on some eyeliner from the night before. It interferes with our education, and it's also

very demeaning having to constantly think that your teachers won't approve of you unless you come in everyday looking like Marcia Brady.

Quote of the week: "I'm tired of adults telling teenagers that they aren't smart, that they can't read critically, that they aren't thoughtful." ~ John Green

"... And these children that you spit on as they try to change their worlds are immune to your consultations. They're quite aware of what they're going through..." ✕ David Bowie

"I think being a teenager is such a compelling time period in your life--it gives you some of your worst scars and some of your most exhilarating moments. It's a fascinating place; old enough to feel truly adult, old enough to make decisions that affect the rest of your life, old enough to fall in love, yet, at the same time too young (in most cases) to be free to make a lot of those decisions without someone else's approval." ~Stephanie Meyer

## Up-coming events taking place at Ennismore in the Spring

"Writing as a Spiritual Practice" - "Taster" for Creative Writing with Ann Rath - Wed 04th March - 7pm - 9.30pm

Reflections and inputs from Adi Roche - Chernobyl Children International - 08th March - 3pm-6pm -including afternoon tea - (few places still left). Reflections and inputs from Mary Kennedy - RTE - 29th March -3pm - 6pm - including afternoon tea - (few places still left).

Lenten Retreat - Fr Stephen Cummins OP - Fri 27th February - Sun 01st March Reflections on Pope Francis - Fr. Joe Kavanagh OP - Sun 1st March - 3pm - 6pm

Lenten Evening of Reflection - Fr. Frank Downes OP - Wed 04th March - 7.30pm - 9pm

We look forward to hearing from you - 021 4502520 - e-mail: [ennismore@eircom.net](mailto:ennismore@eircom.net)

With warm regards Ennismore Retreat Centre

## You Are Not Alone"

We will hold a coffee morning for those who are bereaved or affected by suicide in the Montenotte Hotel Cork on Tuesday 3rd March 11.30 to 1pm and the first Tuesday of every month. All welcome and bring friend/s. Coffee, teas and scones complementary and kindly

donated by the Montenotte Hotel.

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

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

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## Glanmire to Brussels, Belgium in August

Pictured are my sons Darragh and Oisín Cole who moved from Glanmire to Brussels, Belgium in August last.

As you'll see, they still wear their local Glanmire colours proudly whe they turn out to play now for the European Communities GAA club ([www.playgaa.be](http://www.playgaa.be)).

It's not quite the same as in Glanmire as they train only every fortnight, its not as intense as with coach Shay, it's mixed, and the only matches are internationals against Dutch or Spanish teams usually. Darragh (aged 9) plays with the older team, which includes some secondary school students!

A big shout of hello/bonjour to all their friends playing for glanmire, Sars and on the roads of Glencairn. The training they received at home is really evident out here.

I guess it goes to prove, you can take the boy outta Cork, but you can't take Cork outta the boy!!  
David Cole Brussels, Belgium



## Fiona Meade Profile, White's Cross - National Road Race Elite Women's Champion

**Name:** Fiona Meade

**Occupation:** Physiotherapist  
St. Finbarr's Hospital, Cork City.

**Favourite book:** 'Barefoot Runner: The Life of Marathon Champion Abebe Bikila' by Paul Rambali

**Favourite food:** Maura Meade's beef stew :-)

**Favourite TV program:** I don't watch television too much so have no programme I have to watch, but currently I am enjoying Operation Transformation. In general if a TV has Eurosport, I will go for that channel. I tend to watch more individual type sports like triathlon, cycling, athletics, ice skating, skiing, rock-climbing etc.

**Favourite film:** "Life Is Beautiful".

**Favourite holiday?** So far I have two equally favourite holidays. 2009 Cycling

from Tibet to Nepal with a great bunch of friends. 2012 Cycling from Waterford to London, with my brother John to watch Katie Taylor take gold in the Olympics.

ents. I admire them for the sacrifices they have made for my family. They have and still are so generous. I particularly admire my mother for absolutely always putting every-



**What is your proudest sporting achievement?**  
Winning the Road Race National Championships Sept 2014.

**Who has been the biggest role model in your life?**  
**Why?** I have to say my par-

one before herself and Joanne O'Riordan by far and away one of the amazing individuals I know. Inspiration to us all.

**What's your favourite accessory?** My Bike!!

**Favourite moment of the day?** If it's at the weekend it would be coming in from a day out on the mountains or on the bike. The feeling of being submerged in the beauty of the countryside I often find overwhelming.

**If you could pick any place to live, where would it be and why?** Cork of course!!! I have to say I genuinely love Ireland and the beautiful country side that it has to offer. I love all the outdoor activities that are readily accessible here. Cork as a city is a lovely size of a city and you can get out in to the country or to the beach and coast very easily. Somewhere else in Ireland? It would have to be out west on the Dingle Peninsula.

**If you were on a deserted island who or what would you like to have with you?**  
Access to food, drinking water and an attractive man wouldn't go astray either!!

Happy St. Patrick's Day to all our readers.

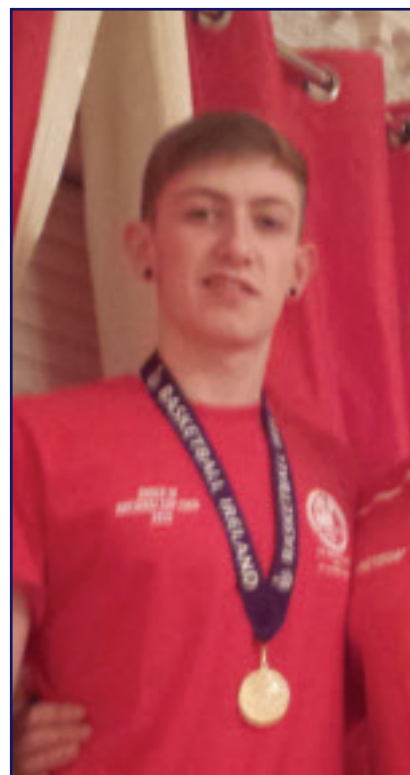




Senior Hurling Challenge V's Cloyne in Cloughduv on the 16-02-2015



Adrian Breathnach Principal Gaelscoil Pheig Sayers along with pupils Millie Ni Dhorchai and Cian Cripps making a presentation of a cheque for 500, the proceeds of the schools carol singing 'as gaeilge', to Kerry McMahon of the Cork Simon Community. Photo: Billy macGill



Evan Barrett, recent achievement in basketball. Evan Barrett age 17, Lives in Springfield Rd Mayfield Attended greenmount ns in Primary, Attends Colaiste Croist Ri school, Plays basketball with Fr. Mathews u18s based in ballyphehane,

Evan recently co captained u18 boys team to a huge victory, they won the National Cup final and were the first u18 boys to ever bring the cup back to Cork, Evan's father Paul Barrett also has a national cup medal.



Conor, Katie and Emma Walsh with nanna Nora the Glanmire Library.

### Official Opening of the new Glanmire Youth Project premises

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



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### Happy St. Patrick's Day to all our readers.

Due to current staff shortages  
in Cork County Library, please  
note a change of opening hours at  
Glanmire Library, effective from  
Monday 5th March 2015.  
New opening hours - Tuesday,  
Wednesday, Friday & Saturday  
10.00am to 6.00pm Thursdays  
10.00am 8.00pm Closed Mondays  
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**Sun. 29th March 2015**

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## Glanmire Society of St.Vincent de Paul

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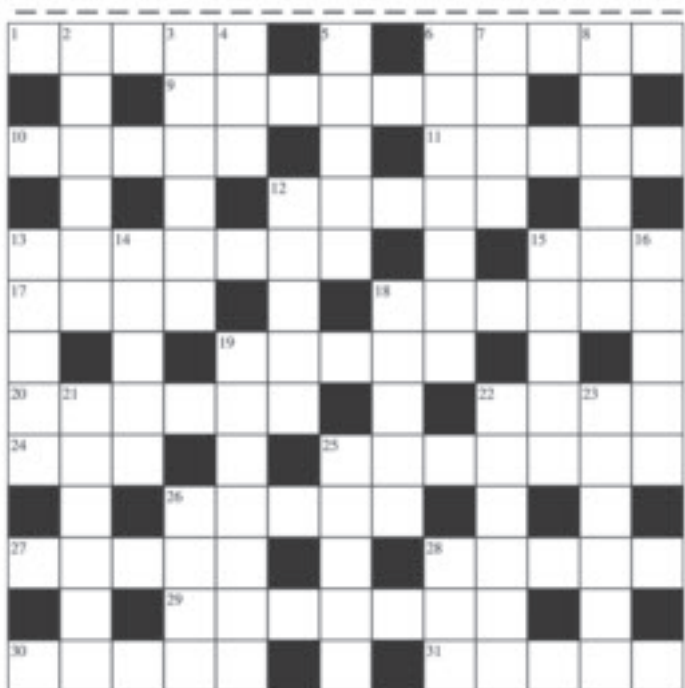
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### Across

- Granny Smith (5)
- Main artery (5)
- The Emerald Isle (7)
- Simple, artless (5)
- Large striped cat (5)
- Fish with hook and line (5)
- Ripping (7)
- Beer (3)
- Whirlpool (4)
- Propels (6)
- Belonging to a hero (4'1)
- Mediterranean island (6)
- See 9 across (4)
- Very warm (3)
- Kerry mountain (7)
- Ice house (5)
- Italian city (5)
- Slanted edge (5)
- Windpipe (7)
- Composition (5)
- Rubbish (5)

### Down

- Spoke to God (6)
- Uniform (6)
- Before (3)
- Ostentatious jewellery (5)
- Deer 'horns' (7)
- Garfield's dog pal (4)
- Multiplied by three (6)
- S. American mountains (5)
- Instruct (5)
- Well able (5)
- Keep away from (5)
- German city (5)
- Iberian river (5)
- European country (7)
- Alpine 'singing' sounds (6)
- To make beloved (6)
- Shamrock, Sligo, Blackburn (6)
- Make a mess of (5)
- A very tiny bit (4)
- Wager (3)



Denis McCarty, Lady's  
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SEND your entries marked CROSSWORD to Glanmire Area Community Association,  
Riverstown Cross, Glanmire, to arrive by 21st March. The prize is a meal in BEVA CAFE  
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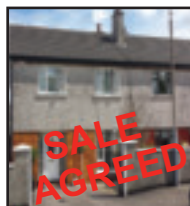
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## Jean Shanahan Profile

**I.P.A.V. B.Sc Hons. Estate Management Surveying**  
087 9792021 - [jean@dngmurphycondon.ie](mailto:jean@dngmurphycondon.ie)

Jean is a member of the Institute of Professional Auctioneers and Valuers (I.P.A.V.). Having completed her higher diploma in Auctioneering in 1996, she also holds a certificate in fine and decorative arts and also studied history at UCC, she has been a residential agent in the Cork area for nearly 20 years. She has the experience and is in the position to be able to offer clear and concise recommendations to her clients to maximise their sale price/rental income. She firmly believes that honesty, integrity and trust are essential to the one-to-one relationship she builds with her clients throughout the selling or renting process.

Jean has also had experience in the valuation, sale and management of residential property for AIB, Bank of Ireland, PTSB, KBC, IBRC banks and receivers KPMG, Kavanagh Fennell, Deloitte & Touche and asset management companies. Also deals in valuations for probate purposes and fair deal valuations. She has also had experience in residential and apartment block management in the Cork area.

As a skilled negotiator she is driven to pursue the best possible outcome for her clients and will offer continuous guidance throughout the process.



**Selling/Valuations/Lettings 021 4821788 & [info@dngmurphycondon.ie](mailto:info@dngmurphycondon.ie)**

## Pierce Grace Profile

**QFA, Tax & Financial Adviser, 087 2396762 - [pierce@kcfb.ie](mailto:pierce@kcfb.ie)**

Pierce has joined Kevin Condon Financial Brokers as a Tax and Financial Adviser having spent 15 years with New Ireland Assurance, one of Ireland's leading Pension and Life Assurance providers. With almost 20 years experience in the industry, Pierce, who is a Qualified Financial Adviser, has an in-depth knowledge of life assurance, investment products and both Public and Private sector pensions.

Your personal circumstances ie marital, dependents, employment, smoker/non-smoker status etc. may well have changed over time and should be reviewed regularly. Pierce would be delighted to advise you on taxation, protection and investment queries so why not drop in and avail of a financial "Health Check". You may have overpaid taxes and be entitled to a refund or you might just like to have the peace of mind in knowing that your loved ones would be properly cared for should anything unforeseen happen to you.

Contact Pierce on Office: (021) 482 1788, Mobile: (087) 239 6762 or [pierce@kcfb.ie](mailto:pierce@kcfb.ie)

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