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THE DIFFERENCE IS WE DELIVER Issue 5- May 2015
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Farewell to a Great Colleague and Friend



Sergeant Therese McHugh, Sergeant in-Charge Glanmire Garda Station

Sergeant Therese McHugh retired from An Garda Síochána on the 30th April 2015 after having served thirty three years, the final eleven based with us as Sergeant in charge of Glanmire Garda Station.

Therese is a native of Baile Bhuirne and as she says herself she had a gra for An Garda Síochána from an early age working on the family farm. Her journey with the boys and girls in blue began in April 1982 where she joined her fellow classmates of nine girls

and sixteen lads in the Garda College, Templemore. Having been attested from the Garda College, Therese served nine months in Dublin before she returned to her native county and was stationed in the Bridewell Garda Station, Cork City. It was here that she cut her teeth and gained vast policing experience and was to the fore in a number of serious cases.

After sixteen years in the Bridewell Garda Station, Therese felt the need for a change. She had a brief role in Fermoy Garda Station as clerk to the then Chief Superintendent Ray McAndrew before her ability and endeavours were recognised and she was duly promoted. She served in Midleton, Cobh and Carrig Na Bhfearr before she settled down in 2004 right here in Glanmire.

During her time in Glanmire she has seen many, many changes in the Community and has been highly involved with the people of Glanmire. Therese was involved with several Community forums including the Glanmire Drugs Task force, SAFE (Suicide awareness for everyone), Neighbourhood watch, Business Watch, Glanmire Youth Project and many more. Therese has also been involved and has overseen some very high profile investigations

during her time in Glanmire, most of which have lead to a number of arrests and successful prosecutions.

Reminiscing with Sergeant McHugh in her last few days she remembers the happy and the sad times as a Sergeant serving the community. She can recount the difficulties and challenges that the Gardai have had to face down the years but despite all this it is the support and friendship that she has encountered that has made her time in An Garda Síochána a happy and rewarding one. Therese intends to enjoy her retirement with her husband and three adult kids, take some time to travel and continue enjoying an active life doing triathlons no less. She will also return to her childhood in a way by taking up a small bit of farming.

After 33 years service in An Garda Síochána Sergeant Therese McHugh is a credit to the force, a credit to her family and a credit to the community which she served. All her colleagues in An Garda Síochána would like to thank her and offer her the best for her retirement and will miss having her there to turn to.

"Go Maire sibh bhur Soal nua" (Enjoy your New Life)



Photograph: Eddie Irwin (Irwins Pharmacy, Title Sponsors) with Ken Carroll at the launch of the 2015 Gaelscoil Uí Drisceoil Golf Classic.

See Page 24 for more details.

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Merissa Horgan, Molly Casey and Orla O'Brien celebrating Ciara O'Rahilly's 21st birthday in the Castle Bar



Lauren Bicker Duke & Eimear O'Reilly enjoying Ciara O'Rahilly's birthday at the Castle Bar

Michael Burns Property

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Which Of These Neuropathy Symptoms Do You Suffer From?

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

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

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

Do you have any of the following symptoms...

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

If so you may have a condition called peripheral neuropathy.

My name is Dr. Eric Kelly, clinic director at Glanmire Chiropractic Clinic. I've been helping people with neuropathy and nerve problems for more than 12 years.

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy?

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

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The Single Most Important Solution To Your Neuropathy

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

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

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

Patients showed an **85.5% resolution of the nerve symptoms** after only 9 chiropractic treatments. - *Journal of Chiropractic Medicine* 2008

With chiropractic care, patients had "**significant improvement** in perceived comfort and function, nerve conduction and finger sensation overall." – *JMPT* 1998

"**Significant increase in grip strength and normalization of motor and sensory latencies** were noted. Orthopedic tests were negative. Symptoms dissipated." – *JMPT* 1994

What these studies mean is that with chiropractic care, you could soon be enjoying life...without those aggravating nerve problems.

How To Find Out If This Will Work For You

It's time for you to find out if chiropractic will be your neuropathy solution.

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

What does this offer include? Everything. Take a look at what you will receive:

- An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialised x-rays to determine if a spinal problem is contributing to your pain or symptoms... (NOTE: These would normally cost you up to €195).
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll get to see everything first hand and find out if this amazing treatment will be *your* pain solution, like it has been for so many other patients.



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

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

Here's What To Do Now

The offer is only good until May 15th, 2015. Call us today on 021-4824450, making sure to mention our *Neuropathy Evaluation* special offer and we can get you scheduled for your consultation, exam and x-rays as soon as there's an opening.

Our office is located next door to AIB Bank in Glanmire.

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

Sincerely,
Eric Kelly, D.C.

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

Why suffer with years of misery?

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

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

Call today...021-4824450



www.glanmireareacork.com



GACA NEWS

Community Games

Most of the events for the Community Games start

Congratulations to all of the swimmers, who did us proud at the Cork Community Games Finals in Leisure World in Bishopstown. The three gold medal winners will now represent Glanmire and Cork in the finals in Athlone in August. A special congratulations to all the other competitors who swam for Glanmire and who did their very best.

25 April, was the day of the art competition in Carrigtohill and we will enter boys and girls in the U8/ U10/ U12 /U14 /U16 competitions.

Month of May will be mainly taken up with team events, we ask all team managers of various sports to consider entering a team in the cork finals, the sports categories are as follows:

Basketball U11/U13/U16
Camogie U14
Boy's Gaelic Football U10
Girls Gaelic Football U12/ U14
Hurling U11
Soccer Boys U12
Soccer Girls U15
Rugby U11/U14
Tag Rugby U11/U14

Age Guidelines: Competitors must be underage on 31 July 2015

A number of years ago Cynthia Kelleher (Hazelwood) looked after a table tennis team that won three all Irelands for Glanmire and cork. Yvonne white (Hazelwood) coached a boy's relay team who won the all Ireland relay comp in Mosney. These parents took it upon themselves to look after these events.

In early May we will be picking a quiz team and children for the handwriting comp, and we will do this thru the schools, other comps which we need help with are, Chess, Debating, Draughts, Pitch & Putt, Table Tennis, Rounder's, Skittles, Set Dancing, Group Dancing, Modern & Disco Dancing, Group Drama/ Comedy, Group Singing, Solo Music, Solo Recitation, Solo Singing. In the 1980s, we had teams participating in all these events.

Please note Athletics Finals are Sunday 24th May.

We ask parents of Glanmire to help with all these events.

Further details from Nicole in the Community Centre. 021-4821333



Micheala O'Callaghan ,Holly Busteed and Lauren Geraghty at the recent Ireland v Poland soccer game

COMMUNITY ASSOCIATION PUBLIC MEETING

Monday 11th May at 8.30pm

in Riverstown Community Centre All welcome

GLANMIRE INDOOR BOWLS

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

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Riverstown Cross, Glanmire
Suitable for all meeting.
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Thank You

Thank you to all of you who waiked with us through the Gap of Dunloe or who gave us money. Thank you to the management of supervalue, who are always very supportive and Kearney's coaches. We had an almost perfect day, a

wee drop of drizzle to begin with, which soon stopped, and it stayed dry after that. Our 2 young ladies from Dungourney came with us again and Katie from the Hasset clan, did her bit again. Even one of the ladies with a problem knee, took a chance and man-

aged the whole walk, welldone. there are no doubt others that deserve a mention, but we will leave it at that for the moment. anyway.... what you really want to see is : how much did we make..... we collected all in E 2620.--, really great and about a 1000 more than last year and the year before.

well done and thank you again. Look for our notice in the January issue and you will get the date for next year, unfortunately I think it gets in the way of an early Easter, but look out for it, and hopefully we will see you back again, thank you, Liz Dwyer



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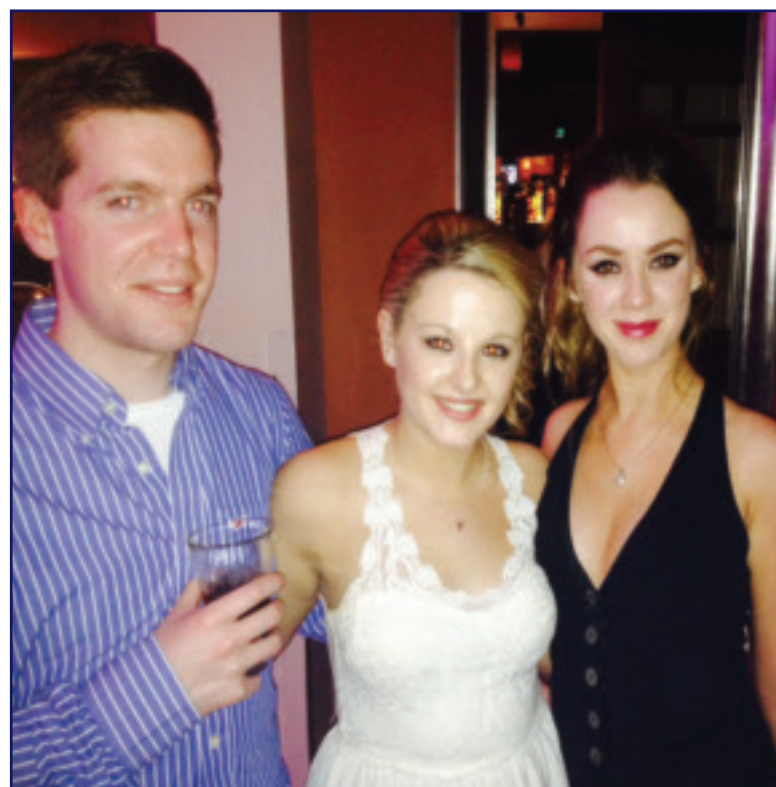
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Cafe Beva recently celebrated 5 years in business, a great day was had by staff and customers on the day, hear's to the next 5 years ...



Ciara O'Rahilly centre celebrating her 21st birthday at the Castle Bar with Cian O Mahony and Julia Coughlan.

NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

BY "THE FOREIGN CORRESPONDENT"



The Late "Doc" Murphy: The name was William for official purposes; he was known as Liam far and wide, but locally and beyond he was affectionately called; "The Doc", and sadly he recently passed to his eternal reward. The name originated from his workdays in London, and the six years he spent there was the only period he resided outside his beloved Little Island. His late brother Matt was instrumental in securing his employment on the UK railways and "personally attended" to the medical examination! When Liam reported for work at Paddington he was attired in a stylish suit and following instructions he knocked at the designated door. He heard a flutter of activity inside before it was finally opened and Liam was greeted with; "Good morning, doctor". Naturally he was baffled and explained his presence was relative to the job he was starting that morning. It later transpired that a high-ranking Rail official was due to visit the station and those in the room obviously thought the knock on the door signified his arrival. Liam's presentation would no doubt have fitted the bill. He recounted this occurrence over and over and thereafter Liam was called; "The Doc". In recent years it was suggested that he may be entitled to a pension from those days and he was encouraged to apply. There were letters to and fro and after detailed and protracted exchanges, Liam was finally informed that his application was successful. He was very pleased and eagerly looking forward to his hard-fought windfall. However, a follow-up letter shattered his dreams of prosperity because his entitlement was a mere seven pounds which he quipped; "did not cover the price of the stamps". Liam was deeply attached to his native Little Island and in bygone years was very active in community affairs. He was Secretary and PRO of the Muintir Na Tíre Guild for a long number of years and arranged renowned bus outings to faraway places such as Tramore and Salthill. A popular piano accordionist, he kept the revelers on board entertained on the journeys and perhaps long into the early hours of the morning on their return. Liam was involved in organising concerts, public speaking, question time and dances at the former YMS Hall, popularly known as "The Sweat Box", at Ballyverry and was one of the hall's five trustees. The annual Feis was



another labour of love and of course his accompaniment complemented the day's proceedings. Little Island and golf are synonymous and needless to say it attracted Liam's attention over the years, not always in a playing or caddy-ing context. He was a familiar sight on the course and operated on radar mode when it came to lost golf balls. This was a lucrative talent and he was often observed strolling down the South Mall and a bag he carried became lighter and lighter as he visited friends at the various offices. Then, prior to travelling back home, he was known to avail of the hospitality at "Handlebars" opposite the station on the Lower Road. He always used the full style "William" on official correspondence and this included his innumerable letters to the Echo. Subject matter varied from the state of Cork hurling to road conditions and lack of public seating at Little Island, or pensioners' needs which were not addressed in the budget, or the nonsensical behaviour of our politicians. That is just a sample lot and he invariably concluded the submission with his simple advice to "Cop on". In the early seventies Liam was a regular contributor to "Community Way", which was a monthly magazine produced by Glounthaune Youth Club and again subject matter was varied but the fact that local topics were referenced made it most interesting. Alas, Liam has penned his final letter and his daily routine walk around "The Island" with his canine friend Millie is no more. "The Doc" was unique, unforgettable, good-natured and always prepared to exchange banter, as well as offering his unambiguous opinion on an extensive range of topics. His friendship, indeed his mischievousness, was highly valued and he will be missed by many, but naturally he will be missed most by his wife Nora, sons Damien, Feargal, Niall, daughter Trish and close-knit family. Ar dheis D go raibh a anam dílis.

Planning Application: On December 12th. 2014 O Mahony Developments Ltd. lodged an application with Cork County Council for planning permission to erect thirty two semi-detached, and eight detached dwelling houses per a phase one development at Johnstown, Killahora. The location adjoins the roadway east of the railway station, and is adjacent to the left turn-off road for Windsor Hill prior to the Amber Filling Station. The Glounthaune Tidy

Towns Committee submitted its observations to C.C.C. and outlined six matters of concern. Number one referred to the "existing traditional stone wall" at the southern boundary which; "is of significant interest and merit, and should not be obscured, modified or removed by the proposed works. It features a relatively unique double wall, the top section being stepped back somewhat in a very individualistic and eye-catching way. We regard this as part of the heritage of Glounthaune". The replacement of the eastern natural dry stone wall by a constructed wall; "again weakening the ecological corridor", is also referenced with a request that; "any hedgerow being removed or degraded be replaced in an identified manner clearly set out in the development proposal, which would also be amenable to external monitoring". The second issue referred to Glounthaune's location; "in the Metropolitan Cork Greenbelt and it has a distinctive village character often remarked upon by visitors and passersby. Any housing developments should reflect the village character and not detract from it. The current proposed development, and potential follow-on phases, will conflict severely with the village character on the basis of scale, layout and design". There was a request to reduce the scale of the development by setting the houses back further from the roadway; "thus allowing space for appropriate landscaping inside the southern boundary, screening the housing units from the secondary road, and preserving the natural frontage and visual aspect". In addition; "the main entrance should be relocated to the minor road thus improving the screening of the development and avoiding adding another traffic junction. The minor road to the south of the relocated entrance should be widened as part of the Planning Conditions". The Ecological Survey Report Document was the third item raised; "it does not adequately address potential disturbance by human activities, noise and illumination. We say that the zone of impact of the proposed development will disturb the wintering birds". Harper's Island is situated directly across from the southern boundary where a significant wildlife amenity is being planned, and relative to this it was requested that; "car parking spaces and one bus parking space be made available at the proposed development". Item four concerned the

traffic count data which was presented as Turning Count Movements and as it was considered to be somewhat low "to some local residents" it was repeated on January 21st. 2015. The total traffic movements between eight am and nine am were found to be eleven hundred and fifty, compared with three hundred and ninety five on the planning application data. The figure for the five pm to six pm period was five hundred and seven as against four hundred and forty five; "We suggest that the traffic count data be rechecked and repeated by the developer before any planning decision is made". Issue number five related to the Glounthaune Railway Station Car Park which; "is always full, with the overflow parking along the roadside margin in an unsuitable location". It concluded; "we submit that the development should not go ahead until the Glounthaune Railway Station Car Park capacity is extended". The sixth and final item on the submission related to the omission on the drawings of the proposed cycleway / walkway linking Carrigtwohill and Little Island Station. It advised that sections were completed and that the link between Killacloyne Bridge and Johnstown Park was awaited; "It would run on the road margin along the southern boundary of the development. Full provision should be made for this in any development alongside the roadway". This completes a synopsis of the submission and perhaps many were not aware of its existence, or even knew that a planning application for the proposed development was lodged? Was there a public meeting held? The submission, surprisingly presented by a Tidy Towns body rather than a Community Association, moreover as the location is outside the judging area, is pertinent and detailed to the point that all relevant issues appear to be fully addressed. It is an admirable presentation and the time and effort it entailed is praiseworthy. However, where are the completed Carrigtwohill - Little Island cycleway / walkway sections? Also, presume coincidentally, it appears that the extensive referenced traditional stone wall at the southern boundary of the proposed development only became worthy of attention last year. That was when the overgrowth was cleared and this "unique", "individualistic, and "eye-catching" wall, built in the late fifties, is instantly regarded as; "part of the heritage of Glounthaune". Such an evaluation is akin to the discovery of the "Medieval Walls", and it is astonishing that the "Glounthaune Snail", reputedly on the International Conservation List of rare species, was not also referenced! That said; it is a fine old rustic wall! The up-dated position, at time of writing, regarding the proposed development is that C.C.C. requested further information from the applicant and this was furnished on March 13th. 2015. The application is being processed at a "Snail's Pace"!

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Saturday 28th Dolores Flores D.J.
April
Saturday 4th Black velvet band
Saturday 11th Dots and Henny
Saturday 18th The Classics
Saturday 25th Bone dog Blues band
May
Saturday 2nd Edge of heaven
Saturday 9th The classics

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Saturday 10-1pm

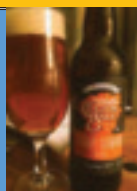


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Charlie Wilkins

OPEN GARDENS RESUME

A shelf of books is like a garret of lost legends and forgotten dreams. I went to look up the 'Plant Finder' and found instead a sheaf of results from the National Gardens Competition going back the late 80's and earlier! What treasure trove I thought as I went through the lists, my eye lingering on the familiar names and address of the many winners. Here, on yellowing paper were the names of all the top medallists, many from Cork City and county. Memories came flooding back, of noted gardens and gardeners, of plants and features shown to perfection in high summer. The list may have been quite hypnotic, but a dark and sombre vein entered my thoughts. What I pondered had become of all these grand gardens and their owners in the intervening years? Just like Indian summers or spring snow, did they sink over time, into picturesque decline and obscurity? I appreciate that a garden's glory is very brief and many of the properties I visited back in the closing decades of the 20th century may now be lost, neglected, even overgrown. Or are they? Perhaps I am being too pessimistic. Perhaps they and their owners continue to live quiet lives behind locked gates, pleased no doubt to have their grass paths and decorative borders away from the trampling hordes. Many must surely be in fine fettle, for gardening, it is generally acknowledged, keeps it's legion of devotees in rude active health.

The eighties and nineties then may have been the glory days for ornamental garden competition but be assured that 'Open Garden' events still continue to draw huge crowds of admirers. This past week, the ever popular West Cork Garden Trail brochure dropped through the letterbox and once again I took delight in reading the contents!

The list of garden attributes found in the West Cork Garden Trail brochure (June 13th to 28th but on most days throughout summer) becomes quite sedative

OPEN GADENS RESUME



For a wonderful day out, visit the Ewe Gallery a mile or so outside Glengarriff on the road to Kenmare. Every school and association in Munster should visit! Tell them Charlie sent you down and be well received.

in the way they're expressed! Phrases such as 'four separate gardens lead you on a journey back in time and back to nature' inspire surrealist hope (The Ewe Experience, Glengarriff) whilst "magical paths thread through 18 acres of informal woodlands and gardens and spectacular west Cork coastal views" (Drishane House) epitomise my gardening dreams. Another tells of a subtropical oasis of peace and serenity surrounded by woodland, a river, millstream waterfalls, and hills (Carraig Abhainn). What wonders they contain!

But all the gardens described within the brochure sound wonderful and unless I visit them all, I fear that I shall miss the one garden that would move me to devout prayer! Whether or which, they certainly hold the prospect of many lovely days out. The range of properties are varied and assorted, and intending visitors would be well advised to send for a brochure soon, and to mark their diary dates in advance. For a brochure contact Shirley at shirmuz@gmail.com Christine at christnefehily@gmail.com or visit any Failte Ireland office.

TULIP TIME APPROACHES

Writers on border tulips would have us believe that their favourites will cheerfully last forever. Take it

from me, most will not. Many will fizzle after a few years and buying in replacements in the autumn will be necessary. This can happen with all bulbs of course, but tulips are very vulnerable. They slowly die out, with a whimper more than a bang. The odd one will always live on to spoil the artistic harmony that you have created in the garden's most prominent border. Like me, you naturally assume that there will be no survivors from the previous year, but you are in for a disappointment as rogue bulbs put in an early appearance. Gardens, I maintain, do reserves the right to be completely idiosyncratic, thwarting as many rules as they obey and this is one I assure you. As a result, I am now looking forward to another episode of shocking muddles from tulips old and new as they begin to flower in the back and front garden.

SPRING DELIGHTS

Lent can be a time of abstemious frugality but when Easter explodes upon us with armfuls of lavishness and new hope, all thoughts of fasting and penitence are quickly forgotten. Trust and enthusiasm now rejuvenate the wintered spirit and the spaciousness and openness of spring expand like the swept-back petals of welcoming daffodils. The garden if first to embrace these Easter delights!

THE GARDEN THURSDAY
APRIL 9TH 2015.

MOWING; Smoking and roaring, the mowers are now well and truly out of their sheds and for the next six months they will be expected to do the job of two horses, four cows or six sheep. It won't look for food, compliments for a job well done, or shade from hot sun, but it does require housing from rain, a modicum of attention to its cutting blades, and occasional filling with petrol. Attention to blades means sharpening at regular intervals and not allowing them to slash the sward as is so often the case. Lawns of every description are going to need regular mowing from now on. In my book, cutting on its own is not completed until the edges are also trimmed. If this job is done fairly frequently before the grass gets too long, there will be no need to pick up the clippings as they will wither in the warming sun. As for weeds, don't attempt to treat these until the nights gets considerably warmer (mid-May at the earliest). Nearer to this time I will advise on just what to use and how much to use. You have lived with these all winter, a few more weeks won't make all that much of a difference.

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On Sunday 10th we will be launching our new tasty, healthy and nutritious breakfast menu from fresh fruit pots, nutritious granola, local free range eggs and bacon as well as new super smoothies and freshly baked goods. *All available to eat in or take out.*

Other local healthy produce now available include

- Bean Brownie range of protein balls and flapjacks
- Leamlara honey
- Homemade granola bars
- Joe's farm crisps made from beetroot, carrot & parsnip - now served with all our eat in gourmet sandwiches

New to our drinks menu include the highly nutritious Matcha latte and our fabulous new coffee frappe.

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Lotto Results Wednesday 15/04/2015: No winner this week numbers drawn were 4,5,13,28, €30 to Ciara Murphy, Eddie Daly & Donna Sheehan, Next weeks Jackpot €9450, Tickets can be bought from any member or log on to the clubs website www.erinsowngaa.ie for other ways of playing, Thanks to all those who support our clubs lotto.

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

Pat O'Callaghan PRO



Senior Hurling Team that defeated Midleton in Castlemartyr on Saturday the 18-04-2015 on a scoreline of Midleton 0-15 Erins Own 4-16



Fe10's who played their first round of the Cashman challenge cup today.



Fe10's who played their first round of the Cashman challenge cup today. Some great hurling on display and an enjoyable afternoon allround.

Right: Great day today at the Carrigtwohill Blitz. The U7s were super. Thanks to all players, parents & coaches. See ye next sat!!



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38. Fernwood, Glyntown,
Glanmire



€275,000 BER Pending.
4. The Drive, Priory Court,
Watergrasshill



€240,000 BER Pending.
6. The Drive, Priory Court,
Watergrasshill



Price on Application. BER C3.
Scartbarry, Watergrasshill



€175,000 BER C2.
18. The View, Priory
Court, Watergrasshill



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23. Oakfield View,
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Glanmire Community College

Henry Shefflin visits Glanmire Community College



On Monday the 20th April, 2015, Kilkenny Hurling Champion and Bank of Ireland (BOI) official, Henry Shefflin paid a visit to GCC. He spoke to a large number of students from the Business Department, Transition Year and members of the school Camogie and Hurling teams.

Henry's role within BOI as Head of Customer Recruitment is to develop a healthy attitude to banking and savings amongst students. He promotes a positive banking atmosphere in schools by giving advice to students on filling out application forms, preparing for

interviews and setting up and running a school bank. During his presentation he showed parallels between the importance of saving from a young age and setting good standards in both student finances and sport. Henry also spoke to the students about his own experiences on and off the pitch. He stressed the importance of teamwork, motivation, commitment and hard work in all aspects of life. He answered questions posed by students and staff regarding his work and sporting life. It was a very enjoyable presentation for all involved. Henry promised to return to GCC in the next school year



Hurling Sports Stars of Glanmire Community College with their hurling hero Henry Shefflin



Aaron Lehane, Christopher Hull and Liam Healy with Henry Shefflin, Kilkenny Hurler



Glanmire, winners of the 18A Championship at the Cork Ladies Basketball Board's Finals at Neptune Stadium. Picture: Mike English



Camogie Sport Stars of Glanmire Community College with Henry Shefflin.



Gold Winners - Shauna and Jamie Murphy with their father Mike Murphy, at the Community Games.

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 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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Cumann Peile Gleann Maghair Glanmire Football Club Latest News

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U11 squad continues to make progress

With the U11 Rebel Og league starting in the coming weeks, the U11 squad continue to make progress under the guidance of Paul Cotter. In preparation for the league, the U11s are taking part in the John Kerins blitz as well as a number of challenge games.

Intermediates Play Mayfield.

The Glanmire Intermediates play Mayfield in the first

round of the championship on the 25th April. Coach Mark Hopkins will be hoping for a win against our close neighbours. Glanmire will look to Timmy Leahy and Alan Barry to lead the way.

Well done Shane and Mark

Well done to Shane O'Driscoll who recently played his part with the Cork Minor Footballers in the championship win against Limerick. Cork now play Kerry in the semi final in Tralee on May 13th. Also, best

of luck to former player, Mark Byrne, who is involved in the coaching setup.

Juniors in East Cork Quarter Final

The Glanmire Junior Footballers will play Fr. O'Neill's in the quarter final of the East Cork Championship on Saturday 2nd May, with a time and venue to be confirmed.

Best of luck Tom

Best of luck to long serving

Glanmire Footballer, Tom Drinan, who is getting married on Friday May 15th.

Glanmire Football Club Golf Classic

There are still tee times available for the Glanmire Football Club Golf Classic, which takes place on Friday 15th May in Castlemartyr. To book your team in please call John on 087 976 7990. More details on www.glanmiregaa.ie/golf.



U11s Team



Tom Drinan

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Stroke

it's common and it's serious. Prevention and cure are possible. Read on to find out how. A stroke happens when the blood supply to the brain is suddenly cut off. Brain cells start to die when deprived of oxygen. Discover the steps you can take to reduce your risk of having a stroke. Prevention is better than cure. Thankfully a cure is sometimes possible, if a clot busting medicine can be given. Don't delay: TIME IS BRAIN. Everyone should know how to recognise a stroke. Your rapid response could save brain and a life. Unfortunately stroke is the third commonest cause of death, after heart disease and cancer. Strokes kill about 10% of people. It's common, and it's serious. It could be you.

Stroke kills a lot of people every year. Survivors frequently have permanent disability, and may lose their independence. The impact on the person and their family is profound. While stroke can affect people of all ages it is especially common in older people.

There are steps you can take to reduce your risk of having a stroke. You already know some of these,

the old reliable risks. All the factors causing heart attacks also predispose to having a stroke: smoking, high blood pressure, diabetes to name a few.

RISK FACTORS FOR STROKE

Smoking
High blood pressure
Diabetes
Binge drinking
Atrial Fibrillation.....

Quitting smoking is probably the best way to prevent a stroke, and it's never too late. Did you know that you can have diabetes for years with absolutely no symptoms. Ask your GP for a diabetes blood test. We now recognise that a very common heart condition- atrial fibrillation- can lead to stroke, and if detected early we can prevent a stroke. Prevention is better than cure.

A heart condition called ATRIAL FIBRILLATION (AF) is a really common cause of stroke. AF is uncommon in people under 50y age, but becomes much commoner with advancing age. Atrial fibrillation occurs when the heart beats irregularly. This allows tiny blood clots to form in the heart. These may dislodge and travel to the brain, blocking off a blood vessel. Starved of oxygen the brain cells start to die. AF

often persists for years without any symptoms, but may cause palpitations, breathlessness or angina. You may not even realise you have AF, a leading cause of stroke. Sometimes your GP can detect AF simply by checking if you have an irregular pulse. However AF is often hard to detect solely by checking the pulse. A heart trace or ECG will show AF, but sometimes AF is intermittent. Diagnosis can be challenging. Researchers in general practice in Dublin are investigating if a special ECG done by your GP might help diagnose AF earlier. We know that blood thinning medicines can help prevent stroke in people with AF. The key is to identify people with AF. Ask your GP about AF. Medicines to thin the blood can often prevent a stroke in people with AF. Warfarin is the best known of these, and is in use for decades. There are newer anticoagulants available now. These are not suitable for everyone, and time will tell how they compare to warfarin in everyday life.

What about cure? Clot busting drugs for stroke: That's enough about prevention. It's sometimes

possible to reverse a stroke, and prevent lasting brain damage. Stroke is often fatal and for survivors can be absolutely devastating to a persons mobility and independence. Clot buster drugs are available, but are not suitable for all strokes or all folks. A brain scan is necessary to help doctors decide if clot busting medicine is suitable. These work best when given as quickly as possible. The scan must be done and treatment started within a few hours. A delay may be fatal. Time really is brain. You need to act FAST.

FAST is a really easy way to remember and recognise if someone is having a stroke.

Act FAST;
SPOT THE EARLY SIGNS
OF A STROKE:
Act FAST; get to hospital

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WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Sports Life Tribute Award for Finbarr Kiely

Finbarr Kiely was the recipient of a SportsLife Tribute & Cabaret Show at The Commons Inn Hotel on Saturday 4th April 2015 to honour his induction into The All Ireland Hall Of Fame Online Gallery. A gathering in excess of 250 people, including former playing colleagues, team mentors and representatives of Delaneys, White's Cross and Mayfield G.A.A. clubs joined with Finbarr, family and friends, for a really special sporting celebration of the Cork G.A.A. coach's outstanding historic achievements.

With his native club Delaneys he had a long and distinguished hurling career as one of the best goalkeepers in Cork and represented Seandún in the Cork senior hurling championship. In 1975 a mighty Seandún team beat St. Finbarrs in the Cork County Senior Championship at a time when the famed Barrs were All Ireland club champions. The divisional team and Finbarr lost to Blackrock in the county semi final but the Delaneys goalie kept on playing the game he loved for many more years.

Finbarr Kiely worked as a railway shunter for several decades with C.I.E. and was a key player with their Inter Firm teams. Launching into his coaching career was an easy task for a man possessed with energy and drive

and securing a rich vein of titles at junior, under 21, minor and underage grades, made Finbarr one of the most sought after and respected Cork coaches.

His coaching career took him to three clubs: Delaneys, White's Cross and Mayfield. In work retirement he now coaches in three local schools including Scoil Naomh Michéal, Upper Glanmire National School, where he has been based for the past 11 years.

The Cork coach has been one of the G.A.A.'s most unsung ambassadors for the promotion of Gaelic Games at the grassroots levels and his remarkable achievements will now be preserved in The All Ireland Hall Of Fame Online Gallery for current and future generations of Gaelic Games fans.

It was a great testament to Finbarr that 20 of the lads who had played under him during his first stint with White's Cross in the 1990's attended the night in his honour and that is excluding his son Stuart, who was also on the team! There isn't many coaches would hold that respect of former players over 20 years later! John, Niall, Paul and Val Casman; Billy and Barry Twomey; Martin Atkinson, Pat Reid, Dominic Cahill, Johnny Sullivan; Johnny Crowley, Seamus McCarthy, Mike Morrissey, Colm Twohig; Michael O Callaghan; Paul Morley; Billy, Anthony, Martin and Conor Kelleher had

all played under Finbarr during the 1990's era, and were in the Commons for the celebration.

If it hadn't been for the stag party of one of the lads on the current panel in Galway which clashed with the night there would have been that number and more again from the crop of players that had played for Finbarr during the 2004-13 era.

In preparation for the night the scrap-books were brought out and an analysis of the results completed. Finbarr accumulated a whopping 56 titles at adult level as player and coach with the three clubs he was attached with, and a further 18 as a juvenile club coach. A most interesting statistic around Finbarr's involvement with White's Cross was the fact that of the 30 finals he guided White's Cross Junior teams to, the Club only lost 4 (one was also a draw before White's Cross won the replay). Whilst it's often said that any team has a 50:50 chance in a final, essentially a two horse race, it's clear that ones' chances increased considerably with Kiely on their side! White's Cross won 10 finals from 12 played in the 1990s and 15 out of the 18 contested in the 2000s – a phenomenal record! Here follows a list of the successes White's Cross had under Finbarr:

4 Junior A football league titles: 1994 - 2006 - 2009 - 2010

8 MacSwiney Cup Junior A football titles: 2004 - 2006 - 2007 - 2008 - 2009 - 2010 - 2011 - 2012

1 Junior B football championship title: 1991

1 Junior B football league title: 1992

1 Junior B football Seandun Cup title: 1991

1 Junior C football league: 1990

1 MacCurtain Cup Junior A hurling cup title: 1992

1 Junior B hurling championship title: 1991

1 Junior B hurling league title: 1991

1 Junior B hurling Craobh Rua Cup title: 1991

1 Junior C hurling league: 1990

White's Cross GAA Lotto Up-Date

Results from April 13th - Numbers drawn: 6 / 7 / 13 / 15 - No jackpot winner - Lucky dip 50 euro winners: Niall Forde, Mary McCarthy & Tim Healy. Next jackpot 3700 euro.

Results from March 30th - Numbers drawn: 7 / 14 / 19 / 27 - No jackpot winner - Lucky dip 50 euro winners: Dan Dilworth, Kathleen Dineen & Sean Murnane.



Left: Finbarr Kiely is pictured at his Sport Tribute Night with family members, along with Cllr. Tony Fitzgerald and Billy Kelleher TD – Billy had played under Finbarr's management with White's Cross during the early 1990's.



Above: Pictured with Finbarr Kiely at a night to celebrate his induction into the All Ireland Hall Of Fame Online Gallery, are John O'Sullivan and Johnny Crowley – this pair had been instrumental in Finbarr's successes with White's Cross during his time in charge in the 1990's..



Left: Our 5 & 6 year old boys and girls continue to make great strides at their training sessions each Friday evening at White's Cross from 6 to 7pm. If you know a child in this photo be sure to ask them to do a 'solo' the next time you see them – just one of the many skills they work on each week!

Cobh and Glanmire Annual Garden Fête - A Date for Your Diary

As announced last month, The Annual Garden Fête will take place on the afternoon of Saturday 16th May at 2.30 pm. in the grounds of St Mary and All Saints Church, Church Hill, Glanmire.

Gerald Mc Sweeney has kindly accepted our invitation to open the Fete Gerald has for many years been involved in community development work among some of the most disadvantaged communities in Ethiopia

Attractions will include:
Live Music by Bobby Seward
Super Stalls including –
Ice Creams and Minerals Bottle
Stall Plant Stall Cake Stall Gift Stall
Household Stall
Toy Stal Children's Corner -
with face painting and many other

attractions Teas Monster Raffle –
prizes include –
€300 Shopping Voucher – sponsored by Ryan's Supervalu
A Voucher for 4 Green Fees – sponsored by Cork Golf Club
Super Hamper Beauty Hamper – sponsored by Pharmacy First Plus,
Sunday Lunch for 2 – sponsored by Fitzgerald's Vienna Woods Hotel
Plus Many More Prizes

We are looking forward to welcoming as many people as possible to what will be a very enjoyable community occasion



Micheala O'Callaghan, Holly Busteed and Lauren Geraghty at the recent Ireland v Poland soccer game

IS FEIDIR L.E.O!

Three students from Colaiste an Phiarsaigh Eleanor Ramsell, Olwyn Patterson and Lilian Chan have made it into the final round of the National Irish Science Competition - 'One Good Idea'. The competition is about being eco-friendly and helping Ireland become a society with more sustainable energy structures. Their concept was to write a factual story book for young children explaining the importance of trees and how to care for them.

The book is written in both English and Gaeilge and local children have illustrated the book. They made films with the help of Meitheal, and had a cake sale to raise funds. They are the only first years to have made it to finals, and will travel to Dublin on May 7th to present their 'One Good Idea' To support them, please follow them @isfeirLEO on twitter. To enquire about their work, please contact: isfeidirleo@gmail.com



Members of Over The Hill Cycling Club and Brian Magner attending the Cycle For Brian event in Castletownroche. The cycle was organised by the community in Castletownroche to support local man, Brian Magner. While biking in the Ballyhoura mountains in November, Brian Magner, 37, from Castletownroche, fell from his bike.



By Joe Organ
Joe Organ Auctioneers

The Central Bank of Ireland has imposed tighter rules on mortgage lending. The main objective of these rules is to

NEW MORTGAGE RULES 2015

lower the risk of house price and bank credit spirals from developing in the future. Stricter limits are now imposed for loan to value and loan to income ratios, for both buy-to-Let and primary dwelling houses.

* First-time buyers of residential properties can borrow a maximum loan to value (ltv) of 90% on properties valued up to €220,000. 80% excess will apply on any

amount above €220,000.

* Non first-time buyers (residential) can borrow a maximum of 80% loan to value of the property price.

* Buy-to-let mortgages are subject to a limit of 70%.

* Residential loans will be subject to a 3.5 time loan to income ratio.

- If you are a first-time buyer seeking to buy a property for €220,000 a 10% deposit (€22,000) is required.

- First-time buyers purchasing a property for €300,000 a deposit of 10% of the first €220,000 (€22,000) plus another 20% of balance of €80,000 (€16,000).

Buyers currently navigating the mortgage process (before new rules), who have been approved in principle with full credit assessment should avoid the new lending rules.

See page 11.



Mayfield Community School News

Mayfield Community School Students win Top Science Prize in UCC

The 2015 Salters Festival of Chemistry took place in UCC on the 22nd April. Students from 14 schools took part in both in the science competition. Prizes were awarded to the top 3 schools. The students from Mayfield Community School won the competition coming in just ahead of the top two schools from Kerry. A big congratulations to Aaron Casey, Tadhg Kearney, Hannah Sexton and Kian O'Keeffe. Well done to Mr. Liam Begley, their teacher of Science. We do hope that these young scientists will carry on the great tradition of Mayfield Community School students participating annually in the BT Young Scientist competition. Well done.



Womens Rugby Six Nations Trophy comes to our school

Fiona Hayes, a member of Ireland's winning Six Nations rugby team, brought the cup to our school recently. Fiona spoke to our Junior School and reminded our students of the matches the Irish team on their road to victory. Not only is Fiona an elite rugby player, but she has also won National Cup medals in soccer with Douglas Hall. The students had lots of questions for Fiona and they listened to Fiona describe her daily training routine, her diet, coping with injuries and emphasizing the importance of a good work ethic in ensuring success in sport, in school and in life. We thank Fiona for calling into us and Ms Kelliher for organising the visit to our school.

Fiona Hayes with our girls soccer team



Senior Students participate in Art Exhibition in CIT

Senior students of Art participated the My Education, My Future- Art Exhibition Launch in the Cork Institute of Technology recently. This year's aspiring young artists submitted an art piece on the theme, 'My Education, My Future'. Our very own James Sheehan won his school category and Megan Caulfield came second in the overall competition. Congratulations to all who participated.



Mayfield Community School Students win Inter-Schools Bake Off Competition

Our students of Home Economics visited one of our neighbouring schools recently to participate in an inter-schools bake off competition. The culinary skills on display were of a very high standard by all the young chefs. Two of our students managed to win the top two prizes each receiving 100 and 50 euro compliments of SuperValu in Glanmire. Well done again to the MCS students who participated and to their parents who acted as cooking partners for them in the event. Ms. Ruth Coy, teacher of Home Economics, pictured with her students.





Stephen Kelleher

(Owner O'Cearnaigh Bar)

Favourite Book. Murder Inc. by Paul Williams

Film. Lord of the Rings

TV: NCIS

Sport: Rugby

Team: Munster

Sportsperson: Peter Stringer

Actor/Singer: Robbie Williams

Fondest Memory - My wedding day and birth of my children

Time of day - Evening (especially a summers evening)

Hope for the future: - Build up my bar business

O.A.P Pints @
O'Cearnaigh Bar,
Glanmire Village

Stout: €3.60

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A promotional graphic for O'Dowd Solicitors. It features the firm's logo at the top right, a list of services in the center, and contact information at the bottom right. The services listed are Property, Conveyancing, Court, Family, Wills, Probate, Commercial, and Trademark Agents. The contact information includes the address Unit 6c, Crestfield Centre, Glanmire, the phone number 021 4824426, and the website www.odowd.ie. There are also images of a pen on a document and a hand holding a key.



A poster for a Charity Bungee Jump. It features a blue background with a bungee jumper silhouette. The text reads 'Charity Bungee Jump' in large white letters. Below this, it says 'SUNDAY MAY 24TH', 'LIMITED NUMBERS', 'MIN SPONSORSHIP €200', and 'ALL PROCEEDS GOING TO THE CORK CITY HOSPITAL CHILDRENS CLUB'. There is a logo for the Cork City Hospital Children's Club. At the bottom, it provides an email address and a phone number for registration.

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Welcome everyone to our monthly installment of the Glanmire Community Garden report.

This has been a very busy month for the garden as well as the members. Not only have they prepared the ground for seed sowing and transplanting but they have rearranged all one side of the tunnel to make it possible to grow more crops. The potatoes have all been planted now and the tomatoes have been transplanted to larger pots. Various salads have been sown as well as onions. There is a real buzz around the garden and all the members seem to have a very relaxed approach to all the tasks in hand and a ready smile or word of encouragement for all.

We are at the garden on Sunday mornings at 10.30am and all are welcome all ages.

Sadly we lost one of our members recently. Jim Jamel. Jim was one of those people that you could not but like and want to spend time with. He was a great man for the social side of the garden and last year we had a great time in Jim's house as he hosted the best garden party we have had yet...So now we must say goodbye to "Gentleman Jim" but I know that he will never be forgotten.... Bye for a while.



Jim Jamel.



SARSFIELDS CAMOGIE NOTES

Ellen Murphy made her Cork Senior Camogie Div 1 debut against Derry this month. Everyone in the club is delighted for Ellen and very proud of this great achievement. Its recognition of the skill level and commitment of one of our finest players. Its inspiring for our younger players to see one of our players wearing the famous red jersey. Well done Ellen (Below)



In further Cork news, Molly Lynch, Nikki Barry, Becky Morgan & Aine Mullins were all members of the Cork U14 team that won their section of the Rathkeale Intercounty U14 Blitz recently. All played their part in a very successful day for the county.



At the recent Camogie Congress our Club President, Maire Kearney (Left) was honoured with the Síle Nic an Ultaigh award – recognition at National Level for her outstanding years of service to camogie, as a long serving administrator at county, provincial & national level, as a referee and as a player. Maire is currently secretary of Ard Comhairle and

registrar of Munster Council. Very proud of you Marie.

The season is well and truly under way with a full schedule of fixtures from Senior all the way to our U6 players. Full details of upcoming matches can be found on the Sars website at <http://www.sarsfields.ie/sarsfields-camogie/camogie-fixturesresults/> In addition, details of upcoming matches and other club news can be found at <http://www.sarsfields.ie/sarsfields-camogie/> and also on our Facebook page <https://www.facebook.com/pages/Sarsfields-Camogie-Club-Cork/121709877164> and on Twitter at @sarscamogie



A lot of development work is currently going on in our Bucklearys pitch with two portacabin dressing rooms ready for use in the next few weeks. This will be of huge benefit to our travelling teams & we welcome this development. Major fundraising efforts are imminent!

Left: Sars U14 Stars

Dramatic April for Glanmire Macra

April was a busy month for the Glanmire Macra Drama cast of Tomas Cuffe, Mairead O' Callaghan, Kathleen Fitzgerald and Will Daly along with their producer Eltin Griffin. The cast performed their one act play 'This Is A Play' at the National Semi-Finals in Rossmore and were successful in qualifying for the National Finals. A large group of supporters and backstage crew travelled to the finals which took place in Tubbercurry, Co. Sligo on the weekend of April 11th/12th. Congratulations to the winning team from Johnstown/Coolgreny, runners-up Kinsale who were produced by Glanmire member Deirdre O' Mahony and to Berrings Macra who finished third. Congratulations to the

entire cast and backstage crew along with their producer Eltin Griffin on reaching the final stages of the competition. The cast finished off their 2015 drama journey with a great performance and once again well done to all involved.

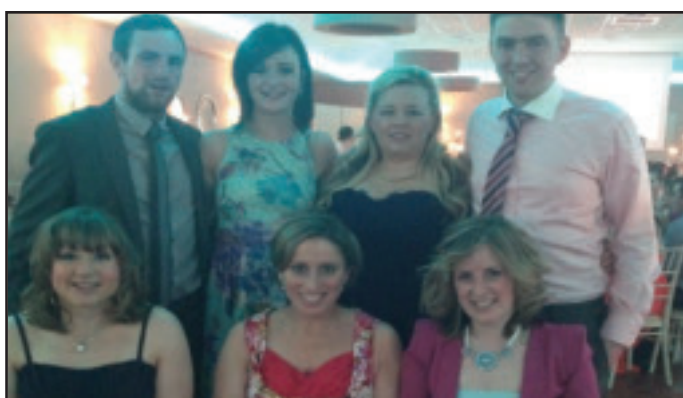
In April, we had two impromptu debating teams in action in the Seandun stage of the competition. Our first team of Jennifer Barry, Sarah O' Connell and Margaret Ambrose were unlucky to be knocked out in the first round on the night. However congratulations to our second team of Tanya O' Sullivan, Jenny Murphy and Bertie Cuffe who won the Seandun Final and will now compete in the National Semi-Finals of the competition. In particular well done to Margaret Ambrose who was awarded the adjudicator's award on the night after delivering a great speech in her very first debate. Best of luck to Tanya,

Jenny and Bertie in the next round. Last month we got to know a few new faces in fellow Seandun clubs by heading to Funderland on a club exchange with UCC and going bowling with Cork City Macra. Both were hugely enjoyable nights out and thanks to all who came along. A large group from the club also travelled to Limerick for the annual Limerick Macra Easter Ball on Easter Sunday night which was a great social event where guests were treated to a fine 4-course meal followed by a band and DJ well into the early hours of the morning. Club member Jennifer Barry also organised a hugely successful Seandun social night in The Castle, Glanmire on Friday April 10th. There was a very large turn out from the region on the night and well done to Jennifer as Seandun Social and Travel Officer. We have a number of events coming up in the next few weeks and will be

as busy as ever. Best of luck to club member Tomas Cuffe who will take part in the annual Mr Personality Festival in Kilkenny. This is always a great weekend away and no doubt club members will travel to support in their droves. This month we will also be taking part in the Seandun final of tag rugby. Our next monthly meeting takes place at 9pm upstairs in Sars Hurling Pavillion on Wednesday May 13th. In addition our weekly sports night takes place each Tuesday at 9pm in Upper Glanmire Sports Hall. We are always eager to welcome in new members so if you have any interest in getting involved, check us out on Facebook, come along to one of our monthly meeting or weekly sports night or contact club chairman Donal O' Callaghan on 0876834403. You'll never be in the want of something to do again!



Members of Glanmire Macra and Cork City Macra clubs at a recent club exchange where we went bowling at the Mardyke, Cork.



Club members at the annual Limerick Macra Easter Ball. Back row: Donal O' Callaghan, Karen Cashman, Tanya O' Sullivan and Will Daly. Front row: Marella Fitzgerald, Joanne Cuffe and Jennifer Barry.



The Glanmire Drama cast at the National Finals. Pictured are Eltin Griffin (producer), Mairead O' Callaghan, Tomas Cuffe, Kathleen Fitzgerald & Will Daly



Club member Margaret Ambrose who was awarded the adjudicator's award at the Seandun Impromptu Debating Final

FAIR DEAL SCHEME PRESENTS A SHORT SOLUTION TO A LONG-TERM PROBLEM

Home and Community Care Ireland (HCCI), the representative body for private home care providers in Ireland, welcomes the funding announcement to ease hospital overcrowding made by the Minister for Health, Leo Varadkar, yesterday 2nd April.

The Government is allocating €74 million to address hospital overcrowding, with €44 million of the total amount to be spent on providing 1,600 extra nursing home places under the Fair Deal Scheme. The remainder of funds is to provide temporary beds until June and extra community, convales-

cence and district hospital beds on a permanent basis.

Mr Varadkar's announcement coincided with a major review of the Fair Deal Scheme which was recently delivered to the Department of Health and the HSE, some of which was revealed on RTE's Prime Time last night. The ongoing funding of the scheme has been called into question and older people will be expected to contribute more to their nursing home bill due to the removal of the cap on the Fair deal Scheme.

The first €36,000 euro of assets (€72,000 for a couple) is not counted in the means test for the scheme. According to the review, the Government could decrease this figure

to cut the amount of State support. The amount of assets such as savings and properties that currently have to be contributed under the scheme is capped at 7.5% - according to the yet to be published review this could be increased to 10%.

Commenting on the yesterday's announcement and the funding of the Fair Deal Scheme, Michael Harty, Chair, Home & Community Care Ireland (HCCI), said: "While the HCCI is in support of measures that ease hospital overcrowding and the bed-blocking crisis, we feel that this is a short-term answer to free up beds without any real long-term benefit. In actual fact, most nursing homes are suffering capacity issues and many

beds available in nursing homes will have to be decommissioned in the coming months for not meeting HIQA standards. For a meaningful solution to be reached, the Government must think beyond the summer months". He continues: "The only solution is a Fair Deal Scheme that includes home care provision and gives older people access to both home care packages as well as nursing home care. We are disappointed that yesterday's funding announcement did not include home care as an option - this diminishes the role of home care providers in the Irish health sector. For a long term solution, extra funding for home care packages must be included in the health budget for 2016".

UPPER GLANMIRE ICA GUILD

UPDATE ON GUILD ACTIVITIES

- At our March meeting, we raised 300€ in aid of Assistant Dogs for Autism Ireland. Rita Cloghessy oversaw the auction of items, and members went home with great bargains, having also contributed to a great cause.
- At Federation Day on Sunday the 22nd March in Oriel House, Pauline O'Callaghan won First prize for her Apple Tart. Cakes were entered by Ann Cashman and Crochet by Mary O'Connor.
- Our AGM will be held at our April Guild meeting, and a new Committee will be voted in.

April Recipe: Coffee Cake from Ann Cashman

Ingredients
8oz margarine
8oz caster sugar

8oz self raising flour
1 tablespoon of Irel coffee
4 eggs

Method

- Mix all ingredients together in a food blender/mixer, until smooth and light
- Divide between 2 lined tins
- Cook at 180 degrees C, until cooked through
- Carefully remove from tins and allow to cool

ICING

- 1 standard packet of icing sugar
- 3oz butter
- 2 dessert spoons of Bailey's cream
- 1 dessert spoon of Irel Coffee
- Blend everything very well in blender until very smooth
- Spread between 2 halves of cake, and cut into squares



Ann's Coffee Squares



Some of the baking entries on show



: Some of the Cot blankets on show on Federation Day

Ask Your Pharmacist

with Keith O'Hourihane,
Superintendent Pharmacist

keith@pharmacyfirstplus.ie

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A better State of mind for the State exams!

We usually get people coming into us in the last few days before exams looking for a quick fix for a sharp mind!

This strategy is flawed, because the physical preparation for a spate of exams should start weeks in advance.

I have some fantastic tips for youngsters who are preparing for exams on how to get the best out of yourself in the build up to the exams and during the exams. This will help make sure you are physically at your best.

Firstly, get into your exam sleep routine now!

Don't stay up having all-nighters for study. At this stage quality is more important than quantity. Get at least 8 hours sleep and have at least one of these hours in before midnight. This helps our brain to go through the processes that consolidate memory.

Second, rather than bringing on red bull and sugar snacks, eat healthy hearty meals and supplement these with Eskimo Oil 3-6-9, the purest supplement on the market to aid in concentration and brain function.

Finally eat at least 5 portions of fruit a day, this will ensure you have a high intake of B vitamins, and if you're worried you don't have enough, come and ask your PFP Pharmacist about SONA B Complex.

Best of luck to all doing exams this summer! Don't be afraid to call in and ask us about anything exam related!

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

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Diarmuid, Darragh & Grainne Deasy wih Christine and Rebecca of Brooklyn Barbars



Meadhbh Nic Carthaigh leis an Corn do Choláistí na Mumhan Sinsir .(Captain an lá sin),

Julie Ní hAilín le corn Cluiche Ceannais na hÉireann Sinsir . Caroline Ní Condún leis an gCorn le haghaidh Coláistí Corcaí f16 1/2

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Photograph: Eddie Irwin (Irwins Pharmacy, Title Sponsors) with Ken Carroll and Siobhan Ní Chatháin (Príomhoide Gaelscoil Uí Drisceoil) at the launch of the 2015 Gaelscoil Uí Drisceoil Golf Classic.

Gaelscoil Uí Drisceoil, Gleann Maghair are delighted to announce their 2015 Golf Classic on Friday 29th May in Cork Golf Club, Little Island, in aid of the school's sports facilities. Following on from our hugely successful event last year, we have again had a tremendous response from businesses in the area and from friends of the school. We are now looking to fill our last few places for what promises to be another fantastic day out.

A team of 3, including dinner back in the Club House, is €200.00. To submit a team or find out further information please call Ken on 087 691 7935 or e-mail cairde.gailf@gmail.com for tee times or sponsorship.

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Colaiste an Phiarsaigh

Níos mó duaiseanna camógaíochta ag Coláiste an Phiarsaigh

Ag bhronnadh an ghradam "Rebel Óg" in Ostán Silversprings an 30ú Marta .

thosaigh ó clé Mr Edmond Forrest CLG Corcaigh; Eoghan Cormican, Irish Examiner; Noirina O' Callaghan, Ostán Silversprings; Julie Ní hAilín, Caiptéan foireann Camógaíochta Coláiste an Phiarsaigh; Áine Cummins ag bronadh an Corn.

Clr. Ken O' Flynn Árd Mhaora Táinaisteach ; John Purcell, Rebel Óg; Aidan Horgan, Cummins Sports

Ar Cúl Trish Leader bainisteoir camógaíochta Coláiste an Phiarsaigh le imreoirí camógaíochta Siofra Ní Deagán Ní Fhionnagáin,

Lauren De Barra, Caroline Ní Condúin, Lucy Ní hAilín, Meadh Ní Carthaigh.

Níos mó duaiseanna camógaíochta ag Coláiste an Phiarsaigh

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Ebola in Iarthar na hAfraice

Chualamar a lán faoi ebola i mí Dheireadh Fómhair seo caite, nuair a bhí an galar imithe ó smacht. Ba iad na tíortha ba mheasa le ebola ná Guinea, An Libéir agus Siarra Leon. Mar a dúirt Bob Geldof ag an am, bochtanas an phríomhchúis leis agus gan áiseanna cuí a bheith ann. Rud eile atá níos truamhéilí fós is ea go raibh dul chun cinn á dhéanamh ag an tír – Siarra Leon – ó aimsir an chogaidh chathartha sna nóchaidí. Tá naoi míle duine marbh ag an tráth seo, Aibreán 2015. Is mór an méid é mar ní tíortha móra iad na trí tír seo. Tá eolas níos fearr agam ar Siarra Leon agus mar sin díreoidh mé ar an tír sin.

Tá na heagraíochtaí carthanachta ag obair anseo le blianta anuas, is é sin Caritas, Concern, Trócaire, Médecins Sans Frontières agus Trócaire agus daoine nach iad. Gan amhras, tá na misinéirí ann i gcónaí agus iad ag cabhrú pé áit is féidir leo. Ceann de na fadhbanna is mó a bhaineann leis an ngalar seo is ea go bhfuil sé thar a bheith tógálach agus ní féidir ach an teagmháil is lú a bheith agat le daoine leis an ngalar. Bíonn na dochtúirí agus lucht cúraim clúdaithe go hiomlán le culaith chosanta, gloiní cosanta plaisteacha, masc cosanta, dhá phéire lámhainní agus buataisí ruibéir.

Tá na daoine seo i bpubaill éagsúla ag brath ar chéim an ghalair.

Caitheann an lucht cúraim uair an chloig sa ló ag freastal ar na pubaill seo. Téann siad isteach ina mbeirteanna agus scrúdaíonn siad a chéile le deimhniú go bhfuil siad clúdaithe go hiomlán. Nuair a thagann siad amach, tógann sé tamall na giúrléidí go léir a bhaint go mall réidh. De réir agus a bhaineann siad na héadaí, bíonn orthu na lámha a ní idir gach céim i gclóirín. Is jab mall leadránach é ach tá sé riachtanach ionas nach bhfaighidh siad an galar. Tuigeann siad an gá atá leis an obair go léir agus éiríonn leo a bheith sláintiúil. Le déanaí, chuaigh Simon Collins amach ann ar feadh roinnt seachtainí le Médecins Sans Frontières, chomh maith le daoine eile, idir dhochtúirí agus altraí. Gan dabht, tá a lán ón tír féin ag obair sna hionaid seo, chomh maith. Do gach óglach ón iarthar, tá deichniúr áitiúil. Téann siad isteach níos déanaí ar feadh uaire eile, gléasta go cuí, lena gcomhghleacaithe.

I mí Dheireadh Fómhair seo caite, cheapadar go raibh an galar faoi smacht agus thógadar daoine ó thuaisceart agus ó lár na tíre. Ní raibh ach an t-aon áit, Kailahun, in oirthear na tíre, ag freastal ar na hothair leis an ngalar seo. Bhí turas fada acu agus fuair cuid acu bás ar an tsli.

Faoi láthair, tá feabhas ar an scéal. Níl ach duine nó beirt ag teacht gach lá agus sábháladh a lán daoine, 2,300. Beidh a lán le déanamh ionas gur



féidir leis na daoine bochta dul ar aghaidh leis an saol. Is é an dúshlán atá ag an tír agus ag na carthanachtaí ná aire a thabhairt do 16,000 páiste atá ina ndílleachtaí. Beidh gach iarracht á déanamh scoileanna a oscailt arís agus beidh gnáthshaol ag na páistí seo. I rith na bliana seo caite bhí scoil acu ón raidió.

Gan amhras, is mór an fháilte a chuirtear roimh na daoine a thagann slán ón ngalar ar theacht abhaile dóibh. Don chéad uair, is féidir leo lámh a chroitheadh lena muintir nó barróg a thabhairt dóibh, rud nach bhféadfaí a dhéanamh agus iad ag feabhsú. Tá an-chreidiúint ag dul don lucht cúraim go léir a thug aire do na daoine seo agus a thug méid áirithe slán trí na rialacha a chomhlíonadh – ABC – is é sin Avoid Body Contact. Seachain aon teagmháil coirp – féach chomh minádúrtha is atá sé sin ach tá sé fíor-riachtanach.

Gluais:

áiseanna = facilities

cuí = suitable

níos truamhéilí = more pitiful

tógálach = contagious

teagmháil = touch

culaith chosanta = protective suit

pubaill = tents

a dheimhniú = to ensure

óglach = volunteer

comhleaca = volunteer

dílleachtaí = orphans

creidiúint = credit

lucht cúraim = carers

Nuala Ní Loingsigh



Little Island NS Update FAI 5-a-side soccer:

Before Easter our boys and girls took part in this soccer tournament. They qualified for the finals in Turner Cross last week. Both of our teams finished as runners up in the county in their group. We are very proud of their achievements and especially of the way they represented our school. They are pictures here with two of Cork City's players.

GLANMIRE & DISTRICT Sports, Business and Community Awards COLÁISTE AN PHIARSAIGH Sports Award Monthly Winners at Fitzgeralds Vienna Woods Hotel

Picture: Ger Bonus



Captain Julie Ní hÁilín, Máire Pléimeann, Meabh Nic Charthaigh and Lucy Ní hÁilín



Ide Ní Deasamhúnaigh, Edel Ní Lonargáin, Clár Ní Mhaoláin, Edel Ní Chealleachair and Róisín Ní Dhonnabháin.



Micheál O Tuama, Príomhoide Coláiste an Phiarsaigh; Ms. Roisin Healy, Sales & Marketing Manager, Fitzgeralds Vienna Woods Hotel, Sponsors with team captain, Julie Ní hÁilín, Coláiste an Phiarsaigh Camogie Winners and Mr. Paddy



Captain Julie Ní hÁilín, Máire Pléimeann, Meabh Nic Charthaigh and Lucy Ní hÁilín



Ms. Roisin Healy, Sales & Marketing Manager, Fitzgeralds Vienna Woods Hotel, Sponsors presents the trophy to team captain, Julie Ní hÁilín and her fellow Camogie team members, with Micheál O Tuama, Príomhoide Coláiste an Phiarsaigh; Ms. Gillian Grimes, Coach and Ms. Trish Leader, Camogie Manager.



Ms. Roisin Healy, Sales & Marketing Manager, Fitzgeralds Vienna Woods Hotel, Sponsors presents the trophy to team captain, Julie Ní hÁilín, Coláiste an Phiarsaigh Camogie Winners.



Sorcha Ní Bhrúdair, Lucy Ní Cheallaigh and Meabh Damery



Ms. Anne Kelleher with her daughter, Edel Ní Chealleachair and Majella Deane.



Ms. Eithne Ní Conchubhar, Micheál O Tuama, Príomhoide Coláiste an Phiarsaigh and Ms. Trish Leader, Camogie Manager



Students, Edel Ní Chealleachair and Róisín Ní Dhonnabháin chatting with Ms. Madge Fogarty, Vice Chairperson GACA

Teenage Dirtbag

Song of the month: The Strokes-Reptilia

This week I wanted to talk about exams as it's approaching that dreaded time of year again. I've been seeing an abundance of teenagers complaining about exams in the past few weeks, and they raise some very valid points. Everybody has a fundamental thirst for knowledge. Everybody has some sort of interest in learning. This makes school seem like a haven of sorts, right? Wrong. The thing about learning is when a kid is stressing out about an exam, and is so caught up in the fear of failing, it completely eliminates the fun of learning and stifles children's natural curiosity to discover. Nobody wants to spend weeks on end trying to learn facts and dates just to regurgitate it out on paper

only to forget about it as soon as it's not necessary anymore, and completely undermines the concept of education itself. Educating yourself is not a memory game, it's about taking an interest in something and submerging yourself in it until you understand and grasp the fundamentals of it. The fact of the matter is that people are stupid. People are stupid because school doesn't take the time to understand any given subject, students only know the surface of everything. They spew words they've learned by heart, and most of the time don't know or understand the content at all. School should encourage passion, research, and not cram in everything set in a yearly curriculum so that kids can stress about some mundane examination that benefits nobody, and doesn't allow young people to know

what they enjoy. Too many teens think they aren't smart because they fail tests. This is completely untrue. Some kids thrive under pressure, others cave. We're just kids, the stress of exams can damage us more than I think people realise. The weight of knowing our future will be dictated by our results (or so we've been told) is suffocating. I personally feel it's a factor to why so many kids these days suffer from mental illness. I think that Transition Year has it right. You keep a portfolio and put in what you're proud of, go out and experience new things and broaden your mind through new, exciting experiences and then document it. At the end of the year that's graded. You're graded on your level of commitment to things you love doing, and by constantly evaluating yourself. That's the way I think school should be. School should be a happy environment where students are committed to discovering what they love and what they're good at, not

cramming in useless information to pass an exam they have no interest in. I also think it's really important that parents realise that grades shouldn't be what makes them proud of their kid, but the content of their character. I can't stress enough how crushing it feels when a parent overreacts to a bad grade. I just want to say, for the kids who end up not getting the grades they hoped for, your self worth is not based on your school grades, and even if you don't do well, there's always another route you can take, and another option to succeed in whatever you love, you just need to let your passion guide you.

Quote of the month:

"The beautiful thing about learning is no one can take it away from you." ~ B.B King

"What makes a child gifted may not always be good grades in school, but a different way of looking at the world and learning."



George Meade, Chairman Cork Ladies Basketball Board, presenting the 16A Championship trophy to Glanmire's joint captains, Eva Roche and Jane Fitzgerald following their win at Neptune Stadium. Picture: Mike English



Sarah Kenny, captain Glanmire 18A Basketball team, was presented with the MVP award also following their win over St. Anthony's. Picture: Mike English

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LIBRARY NEWS



Caoimhe, Brian, Ciaran & Cathal Glavin. Glencairn, Glanmire.



Gavin, Launen & Megan Murphy.



Calum Barry, Spring Mount

If anyone is interested in setting up a Men's shed in Glanmire, can you contact either the Garda station at 4821002 and ask for Noel Fitzgerald, or Jo O' Leary, HSE Occupational Therapist at 086 7871749.



SALLYBROOK VILLAGE TIDY TOWNS GROUP NEWS

On Saturday 11th April last we held our annual An Taisce Spring Cleanup. This year we were assisted by the Brooklodge Scouts who collected a mountain of rubbish as can be seen clearly from the photos below. We were astounded by the

amount of litter which had accumulated over the winter months. We would especially like to thank all the brilliant Cubs, Scouts & Leaders who came to our rescue and they are as follows: Leaders: Ken Collins, Ciara Norris & Janet Dennehy. Scout: Robert Collins
Cubs: Eugene Zhinzhin, Timothy Twohig, Tadhg Foley, Jack O'Callaghan, Jake

Ahern, Ellen O'Sullivan, Eva Mulcahy, Anna Sreenan, Ben Daly, Michael Sreenan, Ronan McSweeney and Ben Fahy. Thanks also to Grandons Car Sales for the use of the pick-up truck and to 'Yummie' for the well-earned ice-cream! Weekly litter pick/clean-up continues on Saturday mornings and anyone who has

any spare time on their hands either on Saturdays or any time of your choice and would like to get involved, you would be most welcome. Please contact the undersigned or any Committee member and we will only be too happy to kit you out!! Fionnuala Flanagan, Secretary, 0876490655

St Patrick's College Cork

Gardiner's Hill, Cork. Tel: 021-4503055

www.stpatrickscork.org

office@stpatrickscork.org

Principal: Brian Cronin

Deputy Principal: Eileen Lombard



Sinead Donovan & Fiona Hayes PE teacher Sinead Donovan with rugby star Fiona Hayes



Ryan's Supervalu - Declan Ryan - Arbutus Bakery, Lillian Twomey - Ryan's Supervalu, Michelle Rodgers, Aoife Murphy, Kayleigh O' Brien, Dave Kinsella & Caroline O' Connell



Fiona Hayes & Kayleigh O' Brien Kayleigh O' Brien presents flowers to Fiona



TY trip to Morocco - Teacher Eleanor Troy with Jessica Bloss, Jessica Walsh, Emma Furlong, Chloe Nagle & Angie Heaney

Ryan's Supervalu Inter Schools Baking Competition

St. Patrick's College would like to thank Ryan's Supervalu for their generous sponsorship of the recent Inter-schools Baking competition, which took place between St Patrick's College and Mayfield Community School. It was a great opportunity for our 2nd Year students who participated in the competition to research and make healthy scones. This competition also had a parent cooking with each student so it was a great way to encourage inter-generational participation in a school based competition. The school would like to thank Lillian Twomey of Ryan's Supervalu very sincerely for all the help she gave us in arranging all the orders of and collection of the ingredients and the finer details of the competition. We would also like to thank Lillian and Dave Kinsella for helping with the judging on the day of the final.

Six Nations Trophy visits St Patrick's College

The Ireland women's rugby teams recently won the six nations tournament and the trophy was brought to the school by Fiona Hayes, a member of the team. Fiona works with the school in helping students with personal development and we were delighted to acknowledge her and the Irish team's success. Fiona met 1st, 2nd and 5th year girls and spoke to them about the time and effort she has committed to training for the Irish rugby team. Her early morning starts in the gym and 4 nights a week training amazed the girls. She is a great role model and inspiration for young girls.

DPS Engineering Student Progression Programme

After a rigorous selection process, St Patrick's College has been chosen as one of four schools in Ireland to partner with DPS Engineering in developing a third level progression programme for senior cycle students. DPS Engineering has committed to working with the school from 2015 until 2020 to invest in extra supports,

mentoring & third level bursaries for students who are applying to third level colleges. The first cohort of students to benefit from the DPS programme will be the 5th year group of 2015/16. DPS Engineering is an Irish owned multi-national pharmaceutical engineering company with operations around the world. All in St Patrick's are delighted and grateful that they have chosen us as one of their partner schools.

French Exchange Visit to St Patrick's College

On 14th April, 1st & 2nd Year students welcomed their French pen pals to St. Patrick's College. The French students are from Collège F. Mauriac situated forty kilometres from Paris. Both the letter writing exchange and the visits to St Patrick's have been taking place over the last number of years. The highlight of the exchange each Spring is when the French students visit St. Patrick's. This year's visit proved to be a truly intercultural exchange for all involved. Sarah Murphy, First Year, a prize winning

uilleann player treated the French to jigs, reels and a haunting rendering of a slow air on the pipes. She was followed by the highly talented Irish dancers, Natasha Martin and Amy O'Neill.

St Patrick's College Awards Night

The annual awards night for the school will be held on Wednesday 29th April at 7pm. The awards night is our chance as a school to acknowledge the hard work and excellent behaviour of so many of our students here in St Patrick's. The distinguished past pupil this year is Valerie Finnegan of Ikon Hair Design, which is an award winning hair salon. Valerie is a past pupil of St Patrick's College and has stayed in touch with the school through charity events in the school in aid of Mellon Educate. The awards will cover the range of areas that students have excelled in from the academic to sporting to community involvement. The TY awards night will be held on 11th May.

NOTICE BOARD

GLOUNTHAUNE/ GLANMIRE MEALS ON WHEELS

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Why not come and join us on Thursday nights with your friends and
enjoy a great night out & maybe win some money why not!
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Community Hall on Thursday nights 8-10
pm. The big launch will be Thursday May
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Sun. 24th May 2015

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Household items wanted for Charity/Community Stall @ The
Glanmire Car Boot Sale/Farmers Market. (Clothes, Books,
Toys, Electric Items, Furniture etc in good condition please).
Your donation is much appreciated
Please Contact 086-8294713.

Sarsfields Juvenile Hurling Club
Annual Table Quiz
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Team of 4 €20



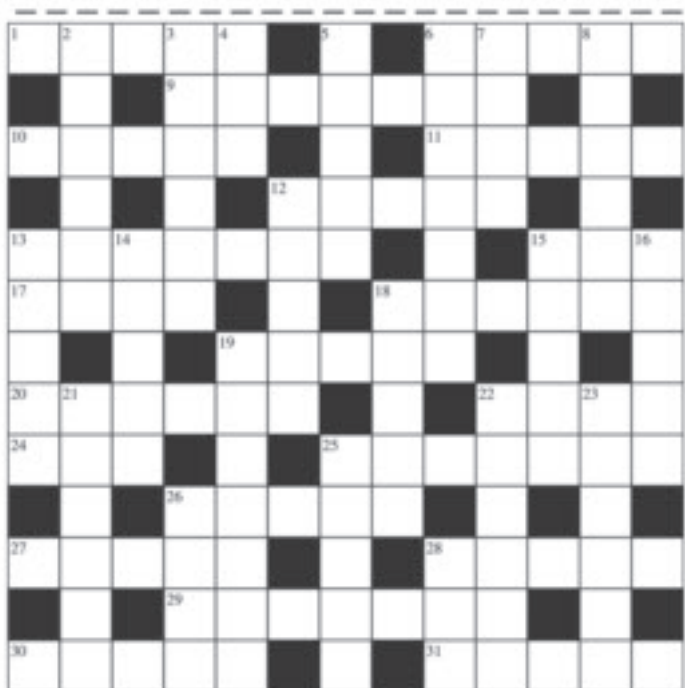
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Across

1. A happening (5)
6. Type of noodle (5)
9. Hors d'-----, starters (7)
10. Well pleased (5)
11. Move on ice (5)
12. Conceals (5)
13. Deferred (7)
15. Weep (3)
17. Prepare for publication (4)
18. Disliking (6)
19. Location (5)
20. Principles (6)
22. Wallop (4)
24. Term of respect (3)
25. Is present (7)
26. Gay, Gabriel (5)
27. Unit of measurement (5)
28. Rhodes, De Mille (5)
29. Our country (7)
30. Yields (5)
31. Put off (5)

Down

2. Mixed (6)
3. Type of sweet (6)
4. Dansen, Kennedy, Heath (3)
5. Keep away from (5)
6. Nest egg (7)
7. Enquires (4)
8. Goes in (6)
12. Part of feet (5)
13. ----- The Menace (5)
14. Body organ (5)
15. Worn by a monarch (5)
16. William Butler ----- (5)
18. Angle less than 90 degrees (5)
19. Members of a team (7)
21. Cut into shares (6)
22. Break away from (6)
23. Counsel (6)
25. Acute, obtuse, reflex (5)
26. Cheese (4)
28. Campaign for
Nuclear Disarmament (3)



Crossword Winner Liz
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SEND your entries marked CROSSWORD to Glanmire Area Community Association,
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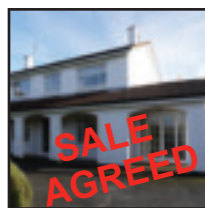
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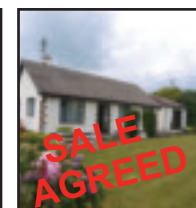
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Jean is a member of the Institute of Professional Auctioneers and Valuers (I.P.A.V.). Having completed her higher diploma in Auctioneering in 1996, she also holds a certificate in fine and decorative arts and also studied history at UCC, she has been 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.



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Pierce Grace Profile

QFA, Tax & Financial Adviser, 087 2396762 - 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.

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