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Issue 7 - July 2015

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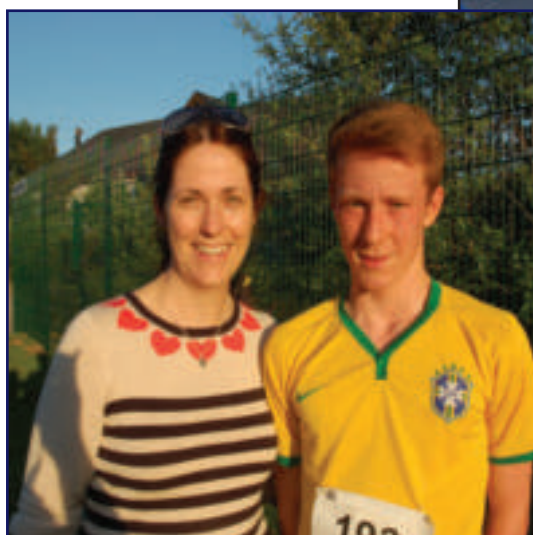


Mayors Community Awards Ceremony

Congratulations to our chairman Nick O'Brien full story on page 4.



Podium Finish. Glanmire Road Race



Above: 1st Juvenile home- Nathan Browne with his mum Kelda

Above right: 1st Karina Murphy, 2nd Deirdre Casey, 3rd Sharon Rynne

Right: 1st Ryan Creech, 2nd Colin Merritt, 3rd Cian Murphy



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If you're suffering from nerve problems in the arms and legs, you must read about a clinical study that showed..

How 85% Of Patients Eliminated Numbness, Tingling, or Sharp Pains

Numbness, tingling, and pain is an extremely annoying problem.

It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other doctors and they claim all the tests indicate you *should* feel fine.

If You Read Nothing Else, Read This:

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. Read the full facts on this page.

More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, clinic owner at Glanmire Chiropractic Clinic. I've been helping people with neuropathy and nerve problems for more than 10 years.

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 good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves.

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.

For example, numerous studies have proven chiropractic's effectiveness in helping nerve conditions.

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 you could soon be enjoying life...without those aggravating nerve problems.

Could This Be Your Solution?

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 specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms... (NOTE: These would normally cost you from €95).
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- I'll answer your most probing questions about nerve problems and how chiropractic can help.

Until July 17th, 2015 you can get everything I've listed here for only €40. The normal price for this type of evaluation including x-rays is €265, so you're saving a considerable amount



Don't let numbness, tingling and pain hold you back from enjoying life.

by taking me up on this offer. Call 021-4824450 now.

We can get you scheduled for your consultation, exam and x-rays as soon as there's an opening.

Our Clinic is located next door to AIB in Glanmire village. When you call, you must tell the receptionist you'd like to come in for the *Nerve Evaluation* so she can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely,
Dr. Eric Kelly, D.C.

P.S. Remember, you only have until July 17th to reserve an appointment at this significant discount. Why suffer for years in misery?

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

P.P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt – and the pain just won't go away!

Take me up on my offer and call today 021-4824450



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Pictured above: Cllr Marcia D'Alton, Mallow, Kevin Tobin, Nick O'Brien and Kathleen Moloney.

Mayors Community Awards Ceremony

Congratulations to our Chairman Nick O'Brien on his Award from the County Mayor on 3rd June at the Mayors Community Awards Ceremony in Cork County Hall for his ongoing Community involvement since the 1970's during which time he was a key member in the formation of the Glanmire Area Community Association (formerly Riverstown)

In that time, Nick's been the Association's Chairman twice, from 1985 – 1988 and again from 2010 to the present day

Some of Nick's other key achievements through the years were;

- Other Roles in GACA: Secretary, Treasurer, Area Representative
- Chairman of the Environmental committee
- The revival of the Riverstown Boxing Club
- The Social Employment Scheme in Glanmire
- Assisting the formation of the Glanmire & District Credit Union
- Key member that lobbied for secondary school (GCC) in Glanmire
- Founding member of Glanmire Badminton Club
- First entered Glanmire in the Community Games in 1985
- Involved in the production of the first Community New magazine which was the forerunner to the Glanmire Area News Magazine
- Founding member of Sports Committee who with others, lobbied constantly for 20years to successfully get the land and Lotto funding for 3 community playing pitches at Brooklodge
- Supported the building of the Children's playground

COMMUNITY ASSOCIATION PUBLIC MEETING
Monday 13th July at 8.30pm
 in Riverstown Community Centre All welcome



Left to right Mr Tony O'Sullivan and Mr Frank Linehan

New Chairman Appointed at Glanmire & District Credit Union Ltd.

On Tuesday 16th June 2015 the Board of Glanmire & District Credit Union Ltd welcomed Mr Tony O'Sullivan to the Chairmanship. Mr O'Sullivan, a member of the Board of Directors for a number of years, succeeds Mr Frank Linehan who has just completed a successful four year term as chairman.

Mr O'Sullivan stated "the number one priority of Glanmire & District Credit Union Ltd is to serve the best interests of our members and we will continue to prioritise and protect our member's interests. Credit unions are undergoing significant change at the moment but this is a good thing as it will allow credit unions to expand their service offering to members such as offering electronic payments including direct debits and debit

cards in the future.

Glanmire & District Credit Union Ltd will continue to be democratically owned by their members and run by their Boards of Directors. Our services and our attitude to our members will never change. We do things differently. We are not banks. We are not-for-profit financial co-operatives."

We would also like to invite members of the credit union who may be interested in giving their time to committee or possibly director roles in Glanmire Credit Union. An individual can develop both personally and professionally by volunteering with the Credit Union as well as benefiting from the social interaction with other volunteers. If you feel that you or somebody you know would be interested in volunteering, please drop into the Credit Union in Glanmire or call us on 021 4821799.

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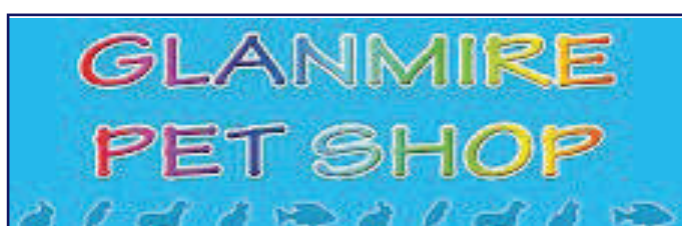
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NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

BY "THE FOREIGN CORRESPONDENT"

SPORT AND CHILDREN: The safety and welfare of children is of paramount consideration and it is comforting to observe that the local sporting clubs have clear procedures in place. Safety and enjoyment are vitally important regardless of which sport the children participate in. The safety aspect is comprehensively addressed but what of the enjoyment? Is there undue pressure, including unrealistic expectations being applied? The objective should be to ensure that the child enjoys the sporting experience and any effort of attempting to create an elite sportsman has to be avoided. The child must not necessarily excel as the best player on the team. There is too much of a desire to win at the expense of skills, fun and enjoyment. Some parents are guilty in this regard and let it be said; it is mainly "the mothers". Incidentally an incident occurred at a junior match at Ballincollig circa 1971 when an over-enthusiastic Erins Own lady supporter was constantly and loudly criticising the performance of a few Erins Own players'. Finally one of the players had enough and during the course of the game he approached the fanatical supporter at the sideline and offered her his hurley. He suggested that she should play instead and that he would mind the baby in the buggy! Back to subject matter; Sports clubs would struggle to exist without the encouragement and support of parents. The majority has a genuine interest, and their dedication as well as their hard work is warmly appreciated. However, regretfully there are also parents who suffer from "Sideline Fever". How often do we see parents pacing the sideline, twitching at every strike of the ball, shouting exhortations at children, arguing with and shouting abuse at match officials, criticising young players on both teams, and also engaging in verbal aggression with parents of children playing on the opposing side? Also, parents' covering their eyes because they are unable to watch a match due to stress is a regular occurrence. What nonsense. Then there is pressure applied leading up to the game when the child is asked; who are ye playing? Are they any good? Did ye beat them before? "Look, go out to granny next door and ask her to say a few prayers that ye will win". Poor granny performs her dutiful task and recites a few rosaries and is on her bended knees for the fourth when they arrive back from the must-win match. When victory is achieved it is not because the grandchild contributed to the win but rather because of all the prayers, and the man above gets the nod for; "Man of the Match". On other occasions her efforts may be a waste of time and she is then known to doubt if there is any God there. Alternatively she may be whisked away for the must-win game draped in her rug and beckoned to the front seat of the car. This quality granny outing then provides an opportunity for himself to access the



pitch in the car, and perhaps gain entry for the few in the back free of charge. There are also instances of some parents confronting coaches regarding team selections, moreover if their little treasure does not make the starting line-up, which in their view hinders the tremendous sporting opportunity that exists for their child. Then parents filter onto the committee as they consider it advantageous but the shrewd "elder lemons" of the club know very well that this is only for the few years that the offspring is involved at under-age level. Where are the parents when the child has moved upward to an adult grade? In reality it is; "a temporary little arrangement" and such opportunistic and demanding parents deviously portray a dramatic outward display of what is in fact very false enthusiasm. Some parents possess a victory at all costs mentality with a deep desire to win trophies and medals. Winning is fun for the kids, but even when they lose they have as much fun. The ice cream at Fitzpatrick's, or the bag of chips at Frank's after the must-win game is in their eyes every bit as good as winning any trophy or medal. There is also pressure on the child regarding which sport to play, and more often than not it is the parents, not the child, who make the decision. If parents compel a child to play a sport that he/she does not like; the likelihood is that the child will not stay involved in the long term. The child should be given the opportunity of playing all sports and then prioritise the one that he/she likes best. The child is very often told that the family is steeped in the Gaelic tradition highlighting the fact that his/her late grandfather carried the oranges for the Leaside Hurling team that won the prestigious Watt Cup away back in 1930. And that furthermore he is in the photo up on the mantelpiece which shares pride of place with the pictures of the Sacred Heart and John F. Kennedy. In fact it replaced the one of the Pope because

the mantelpiece would have been too cluttered. On the other hand the story could be that of a soccer flavour and the child is told all about; "The Beautiful Game". The fact that his/her father played first team football on the magnificently manicured number four pitch at the Church Road Stadium is also emphasised. Choosing a sport for the child is in effect another form of pressure as such parents' force their children to participate in the sport that they themselves desire. The child may also have chosen the same sport, but perhaps not, and furthermore he/she may have been denied the opportunity of participating in other sports. The key is that it is the child and not the parent that should make the choice. It is for his/her enjoyment and if the child is happy; it should surely follow that the parents are also happy. The golden rule is that the child comes first. Clubs have a responsibility to promote a sporting culture also and encourage children to enjoy the game and to do their best. Coaches perform tremendous work and they freely give of their time, but you will come across those that want success for the children but in reality they want it for themselves. The Irish Sports Council code for leaders' highlights the fact that results are not necessarily a good indicator of coaching effectiveness, or even ability, but the improvement level of players and their level of enjoyment is. It is as important to be a gracious loser as to be a humble winner. Meantime sporting culture will not prevail until that dreadful "Sideline Fever" disease is eradicated from children's sport forever.

The Dry Bridge

The official name is Lackenroe Bridge, and constructed in 1811 is reputed to be the oldest of its kind in Ireland. The Glounthaune Tidy Towns Committee recently erected a replica of the bridge at the western and eastern sides of the approach road to Glounthaune. The Cork County

Council "Pride of Place" 2014 monetary award was utilised to cover the cost involved. These replicas offer an additional feature to the area and the landscaping by Hillside Nurseries, a local business which was established in 1999 and is promoted as a "Plants Person Paradise", complements the overall presentation. The approach towards many towns and villages scattered around our country has a large rock positioned with the name place inscribed thereon. Indeed with the historical quarrying operations in Little Island a limestone one at the approach roads there would be fitting. The replicas of the Dry Bridge at Glounthaune are most appropriate and give official recognition to the two hundred and four year old unique structure. The Dry Bridge is after all a long-standing, imposing and stalwart servant in our parish. Local historian Paddy Twomey gave a superb presentation at The Rising Tide on November 19th.2011, which was the bicentenary year, on the historical background of the bridge. He pointed out that prior to its construction the road system before 1800 was such that the route from Cork to Youghal ran through Caherlag Village, past the present school and exited at the back of Ashbourne, which was then known as Toureen Lodge. He said it was possible that there was some type of timber structure to facilitate crossing over the location where the bridge was subsequently erected, or perhaps the carriages simply descended downhill and sharply uphill, again fording whatever stream of water came down the hill in winter. Has it taken two hundred and four years to recognise the gem in our midst? No, not at all. The first person who recognised and appreciated the Dry Bridge was the late William (Bill) Fitzpatrick of Fitzpatrick's Shop fame, and it is so appropriate that his daughter Geraldine played such an important role in the replica project. Her father cleverly composed the following poem away back in the sixties. QUOTE: Once in a while throughout our Isle I've met with structures rare, but the strangest yet that I have met is the bridge at Annmount there. Here friends may cross in broad daylight, yet crossing never meet, yet there again at other times may thrive in crossing greet. Here two roads at right angles cross, yet one corner make. Here he who fair would travel west, an eastward turn must take. Here you may bid your friends 'good day', then walk right o'er his head, or should he drive his car o'er you; there's nothing to be said. Here friends may cross in broad daylight, yet crossing ever meet. Yet there again at other times, may thrive in crossing greet. Here too the rich must oft "look up" to the poorest that may greet them, or a beggar pass that a prince ignore, as being too far beneath him'. UNQUOTE. What a classic.

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Charlie Wilkins

LADIES FINGERS

No matter where we live, summer brings a freedom from care that is unlike any other time of the year. The season is full of playfulness, wild flowers, light and relaxation. There are dog daisies, red valerian, hawk-bit, Queen Ann lace, and red poppies now growing along the highways where wild garlic and rape seed had been only weeks ago. They brighten the environment all around Glanmire and Glounthaune irrespective of the prevailing weather. The daisies are composites, flowers with an amalgamation or blend of smaller flowers which make a larger image but the poppies show themselves like fancy tissue-paper doilies at a wedding; shy, bashful and retiring. Valerian bunches like lilac and is undisturbed by wind or rain or the suction of passing traffic. Further back from the verges, in among the wild ash, whitethorn, and still fresh beech boughs grow semi-woodland plants such as ferns, primula, elder, and fuchsia.

Thankfully the colloquial plant names for these are still in ready use. People recognise and talk about hollyhocks rather than *Althaea*, Solomon's seal rather than *Polygonum*, and ladies fingers for *Digitalis*. But this is not for any reason of linguistic chauvinism, it is just that their Latin names are rather colourless and the vernacular particularly vivid.

'Ladies Fingers' or 'foxgloves' (*Digitalis purpurea*) will always be known by this name and they make decidedly handsome garden additions apart from their attraction in the wild. And they come free to those who know how to satisfy their modest needs! Most are biennial flowering which means they complete their life cycle in two years. Sown one year, they grow up to form a compact plant which does not flower until the following year. Wallflowers

come into this group, so too Sweet William, a few salvias, Canterbury bells, forget-me-nots, even the silver-pennied honesty. However, few of these are really happy growing under trees or in other shady places except for the foxgloves which are a notable exception.

This year I have some good coloured forms of foxglove and as soon as flowering finishes and the seed pods are ripe, I will cut a spike, take it to a (new) pre-selected area and scatter the seeds onto raked soil. These will then be watered to settle them down. You can do similar if you find a white form in the wild or know where one can be sourced from a friend or neighbour! Later, during mid August, the resulting seedlings can be thinned (if they appear congested) whilst allowing the remainder to grow on. The job is easy and takes but a few moments, yet it ensures one is never without a constant supply of replacement plants.

A reliable and handy way of knowing in advance which foxglove seedlings are going to be the standard purple colour (or indeed white bordering on cream which are far more desirable) is to inspect the leaf stalk of the seedlings as they develop and grow stronger. Any trace of purple or red in these means the mature plant will be purple or deep red. White forms tend not to show any leaf stalk colouring.

Giving out this kind of advice can sometimes be unwise. You see, it is awkward (in a country phrase) to write about one's own garden and the doings within but I do wish to enthuse ever more readers about raising new plant for free (especially those from seed) and how to cut down on the general expenses of gardening! That's what this column is really all about.

IN THE JUNE GARDEN

HAIRY BITTERCRESS

I'm losing the battle with that sneak weed hairy bitter-cress yet again. As well as being sneaky it is sly in many respects but most of all in the way it has (cleverly) adapted a trick or two for better survival. Firstly it turns a rather dark bronze colour just before



A dark background of mature beech is a splendid compliment to a spike of white *Digitalis* in a nearby garden. The spike stands proud and extremely showy. If you can source one of these spikes once blooming finishes you can try some seed propagation by following the simple instructions given above.

expelling its progeny. It also seems to be able to distinguish between regular ground disturbance and that which is left rather fallow. In beds and borders where constant cultivation is practiced the weed matures and expels its seeds whilst still relatively small and inconspicuous. Where the ground is left undisturbed for long periods it grows far taller and over a much longer timeframe. A recent explosion in a forgotten corner now means I will have to suffer the ache of new colonies in the months ahead.

WATERING

Potted treasures to the front and (more importantly) to the rear of homes will need regular attention by way of watering and feeding. Everything in containers will certainly need moisture on a daily basis, whether or not rain is forecast. Properly filled baskets, window boxes and ornamental pots are especially vulnerable for the foliage in these can act as a kind of umbrella, shedding rain as fast as it falls. I cannot impress on you too much how important it is to give all such plants a thorough soaking. To do less than this will do more harm than good.

GRANNY'S BONNETS

There was a time when Columbines (also known as *Aquilegias*, Granny's Bonnets, or Bishop's Hat) grew in every garden. Now they seem to have

fallen from grace for no other reason than their freedom at producing and setting seed. Indeed because of this, they fall into rapid decline. Therefore it does the plants a power of good if you shear them to ground level as soon as the display has come to an end! New clumps of foliage will appear within a month and make the strain perform as a true perennial rather than a short-lived one.

COLOUR BLUE

I like blue plants and substances, mineral colours like turquoise and aquamarine, blue skies and bluer seas, glazed pots in royal blue and to the blue associated with the Virgin Mary. I will opt for all blue flowers during summer whether or not they have any other merit. Take *Campanulas* as an example. *Campanula persicifolia*, the peach-leaved bellflower comes into bloom now and it will go on producing flush after flush or enchanting blooms on wiry stems-if you have the patience to go out and remove the faded blooms regularly! These blue *campanulas* (they're also available in white and duck-egg) need only to have their basal rosettes divided every so often in order to last practically forever. Have a look for these this weekend and for less than the price of a gallon of petrol, bring home something that will last a longer.

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Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Lotto Results Wednesday 17/06/2015: No winner this week numbers drawn were 3, 7, 8 & 11, €30 to Hannah Buckley, Kasia Carville & Claire O Callaghan, Next weeks Jackpot is €10,710 Tickets can be bought from any member or you can know play lotto on line through the clubs website www.erinsowngaa.ie , 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 or Kieran on 087 7787759

The Road to Grass Fun Run in aid of the Schools Coaching Scheme was a great Success on Saturday June 13th. Thanks very much to everyone who participated and we hope you really enjoyed the day.

Thanks also to our sponsors:

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– Erin's Own Schools Coaching Scheme and Fun Run Organizing Committee (Barry O'Neill, Diarmuid Cunningham, Brian O'Shea, Peter Kelly, Brendan Lambe, Cian O'Donoghue, Brendan Murphy, Niall McIntyre, Catherine Cogan, and Frank DeLacy)



RedFM Senior Hurling League Erins Own 0-18 Glen Rovers 2-11, 04/06/2015

On Thursday evening the 4th of June we met Glen Rovers in Caherlag for the next round of the RedFM senior hurling league, the weather was good & the pitch is in great order, Eoghan Murphy opened the scoring for Erins Own with a point from a free in the first minute & he got another from play in the first half, Cian O Callaghan also added two from play, Alan Bowen was on a role tonight with four points from play in the first half, Mossie Carroll & Colm Coakley added a point each, to give us a lead at the break of 0-10 to 0-06 in a game we looked to be in control of, however the Glen came back into this game in the second half & Erins Own could never pull away from them, Jack Sheehan hit three points from play & Alan Bowen & Eoghan Murphy both getting two points each, the Glen hit the net in the last minute of the game to square things up which at that stage looked like it would end in a draw game, but a late point from Mark Collins sealed the victory for Erins Own, Cormac Dooley, Shane Murphy, Cathal O Mahony & Alan Bowen played well for Erins Own,

Team in full: 1.Shay Bowen 2.Barry Og Murphy 3.Cormac Dooley 4.Kilian Murphy 5.Steven Cronin 6.Shane Murphy 7.Cathal O Mahony 8.Sean Kelly 9.Mossie Carroll 10.Colm Coakley 11.Jack Sheehan 12.Mark Collins 13.Cian O Callaghan 14.Eoghan Murphy 15.Alan Bowen, Subs used: Andrew Power for Colm Coakley(HT) Ronan O Carroll for Kilian Murphy(HT) James O Carroll for Cian O Callaghan(HT) James Carr for Sean Kelly.



Ronnie Hennessy keeping fit at the Fun run



The line up at the start of the Fun run



Michael & Elaine Mulcahy enjoying the Fun run day.



Esther Delaney preparing the Barbaque at the Fun run day

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NEW MORTGAGE RULES 2015

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



WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Junior Hurling Momentum

As reported in the last set of monthly notes White's Cross Junior Hurlers got their 2015 championship season off to the ideal start with an emphatic win in the opening round of the County Junior B Hurling Championship. Unbeaten to date in their seven league outings in the divisional league, the hurling games have been coming thick and fast the past month. Two weeks after defeating Belgooly, White's Cross travelled to nearby Blarney for a tussle with mid Cork opponents, Laochra Óg in the next round of the county competition. This relatively new hurling club is made up of four football clubs consisting of Macroom, Clondrohid, Cill na Martra and Baile Bhuirne. On the night a determined White's Cross side had too much experience and strength for Laochra Óg and won out on a 4-13 to 0-8 scoreline. The highlight here was a hatrick of goals from full-forward Kevin Buckley. One week later and the hurlers were back in championship action once again, this time the Seandún divisional championship, and a joust with more familiar opponents, and certainly a more familiar venue – Na Piarasigh in Ballinlough! This proved a most entertaining hour of hurling with Piarasigh's really stretching our defence in the first half, and with the benefit of the wind, had a six point lead at the interval. If it was Kevin Buckley was the hero a week before, it was his younger brother Conor that ignited the White's Cross comeback in the city division's headquarters, as he proved an absolute power-house in the second period. It was his booming effort that Kevin Fennessy guided to the back of the net early in

the second half that helped claw-back the Piarasigh lead very quickly. Indeed Fennessy's performance is another worthy of mention in this encounter, showing great leadership when it mattered most. In the end White's Cross marched on with a 2-12 to 0-14 winning margin, but they had to dig very deep to come up tops. White's Cross now meet St. Finbarr's in the quarter final of the divisional championship. Up first however is the quarter final of the County Championship and this sees White's Cross travelling all the way to Dunmanway to take on Bantry Blues on Saturday, June 27th – at the time of going to print the result of this one is not known – this scribe certainly has the fingers crossed for a White's Cross victory!

This heavy glut of fixtures for the hurlers means that football has hardly got a look in over the past couple of months amongst the men in White's Cross GAA – all bar four of the hurling squad also play football with White's Cross. The Junior B football team are down to play Nemo Rangers in their championship, while the Junior A footballers have a big test against more southside opponents, Douglas, in the quarter final of their championship. The managers of these two teams, Mitchell O Leary and Anthony Kelleher, will be hoping that the momentum in the hurling will come across to the football, and that the lads will be able to pick up the big ball from where they left it in early May – one defeat in seven in the Junior A league and a solid victory over Brian Dillons in their championship replay encounter.

Under 12 Snippets

Our Under 12 footballers travelled to St Catherine's recently for what proved a great game of football from start to finish with a final score line of White's Cross 3-8 to St Catherine's 3-3. The tone of the game was set very quickly by the work-rate of Senan Ryan and Brendan Quain at mid field. The full forward line of Danny Linehan, Fionnan Quinlan and Jack Collins worked very well together with some great passes and scores in front of goal. Down at the other end, in the full back line, Ethan Ryan and Olan Skillington cleared some great balls. The half back line of Sean Twomey, Harry Buckley and Eolan Dill worked very hard never letting the St Catherine's forwards settle. Scores were well worked and finished, and we built a good half time lead but St Catherine's came out fighting in the second half. With 6 minutes to go and St Catherine's putting the pressure on the White's Cross lead was down to 2 points when Luke Kelleher pulled off a great save, and the lads dug deep and kicked 3 great points in a row from Daniel Kelleher, Stephen Whooley & Robert Docherty to ensure a victory on the night. Overall this was an outstanding team performance and some of the passing, defending and scoring was a pleasure for the supporters to watch. Our Under 12 Hurlers travelled to Donoughmore for their Under 12 A Hurling League match, more in hope than anything else, because the panel on duty for the game had been decimated by the unavailability of a number of players. However the lads available put up a great fight to win by a point against

Donoughmore. White's Cross looked in real trouble when Luke Murphy had to retire injured after just 10 minutes and with no subs on the night, the lads had to play the rest of the game short a player. Harry Coughlan dominated at midfield aided by the hardworking Brendan Quain, Senan Ryan, Eolan Dill, Sean Twomey and Olan Skillington who took full control at the backline. Luckily for White's Cross Seamus Hennessy stepped into goals for the first time and was in outstanding form making two fantastic saves. The forwards had a battle on their hands with Donoughmore playing their extra player in the backline but that didn't stop Daniel Kelleher scoring 3 goals with Eddie Coughlan and Stephen Whooley working hard beside him. White's Cross ended up victors in this most exciting encounter on a score line of 5:8 to 4:10. Well done to all involved and here's hoping Luke Murphy will make a quick recovery from his injury.

White's Cross GAA Lotto Up-Date

Results from June 22nd: Numbers drawn: 8/11/12/16. No jackpot winner. €50 lucky dip winners: Mía Buckley, Nora Cronin & Catherine O Donovan. Next jackpot 4,450 euro. Results from June 8th: Numbers drawn: 1, 4, 11, 16. No jackpot winner. Lucky dip winners: Rita Buckley, Eamonn Kirwan & Edwin Buckley. Thanks to everyone who supports our Club Lotto Draw that takes place every second Monday – tickets are available from various retail outlets locally or from committee members. Remember you can also play online – see whitescross.gaa.ie.



The White's Cross Under 5 and 6 girls and boys played a couple of games against Grenagh recently – for many of them it was their first time playing a match, and we are delighted to report they acquitted themselves very well!



The White's Cross Junior hurling panel and mentors pictured in Blarney after their defeat of Laochra Óg in the county championship third round tie.

KATHLEEN LYNCH TD



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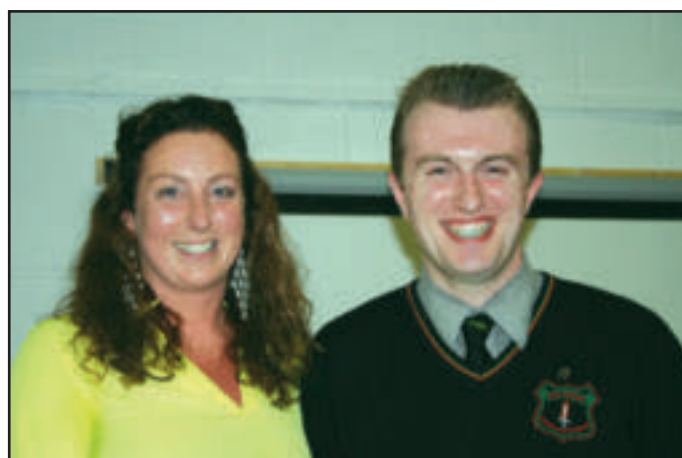
Fay Langley, Scoth Scoláire Bl 6. Eoin Ó Tuama iar-phríomh oide Cholaiste an Phiarsaigh ag bronnadh an choirn uirthi



Deirdre Cottrell - Peileadóir na bliana le Iníon Ní Bhroin.



Iníon Breathnach ag bronnadh Corn Pat Cox, Duais Tean-gan 2015 ar Liadan Ní Uallacháin.



Seán Mac Gearailt, scoth ceoltóir agus buaiteoir Scoil Factor Choláiste an Phiarsaigh 2015. Iníon Ní Chionnaith ag bronnadh an duais air.





Pictured at the recent Cork Rose 2015 Selection event for the Rose of Tralee International Festival at - The Clayton Silver Springs Hotel

In the picture are: (Left) Cork Rose 2014 Anna Geary, (Centre) Finalist Cork Rose 2015 Avril Crotty, from Upper Glanmire, (Right) Rose of Tralee 2014 Maria Walsh



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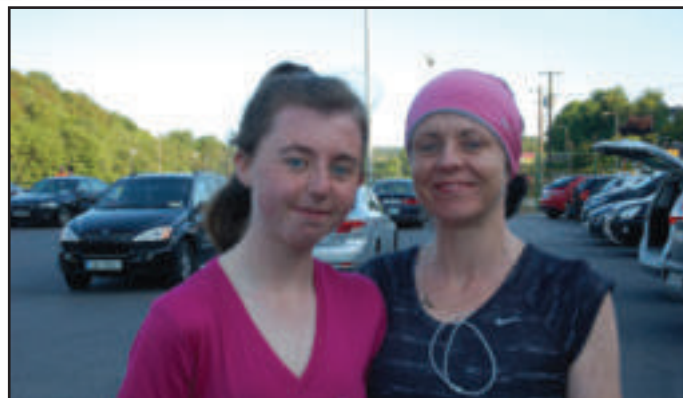
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Grace Boyle, Dermot Kelly & Richard Casey.



Lauren Murphy, Amy McNamara, Megan Murphy & Aoife Rodgers.

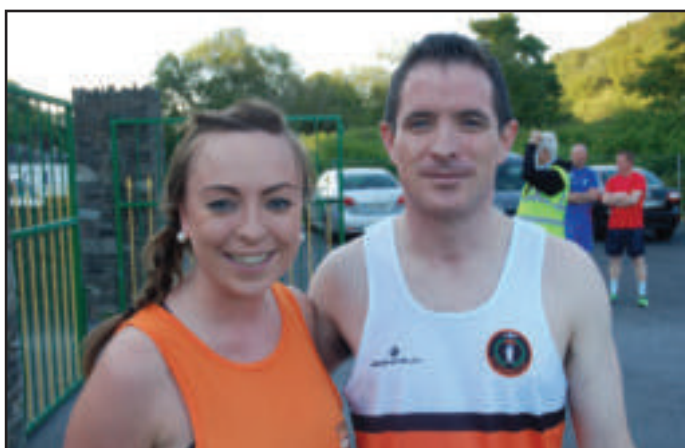
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Rianna Mahony with her dad Maurice



Geraldine Boyd, Martina O'Brien & Joanne Duggan



Miriam Walsh & Conor McCarthy.



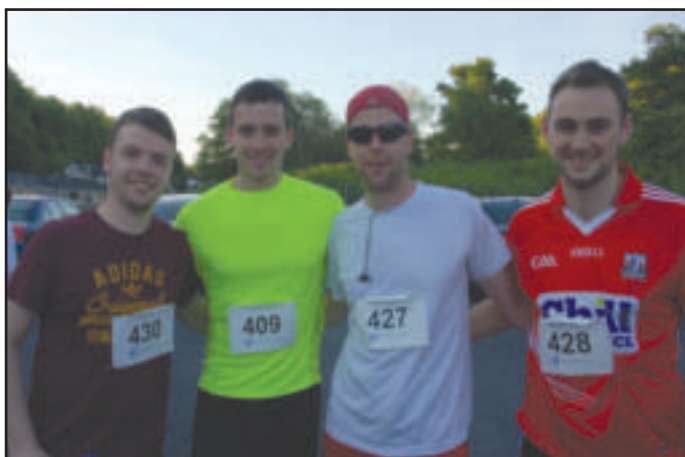
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Alan Fitzgerald, Cormac and Ciaran Murphy and Tiernan Hourihane.



Sharon Looney & Noreen O'Riordan



Scoil na nOg Glanmire celebrate following their win over Upper Glanmire in Roinn DH2 at the Allianz Sciath na Scol hurling finals at Irish Independent Park. Picture: Mike English




Upper Glanmire NS who were runners up to Scoil na nOg, Glanmire in Roinn DH2 at the Allianz Sciath na Scol hurling finals at Irish Independent Park.


Picture: Mike English




Scoil na nOg, Glanmire captain, Danny O'Deorain and vice captain, Padraig O'Ceallaigh were delighted with their Allianz Sciath na Scol DH2 win at Irish Independent Park. Picture: Mike English




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Sarah Crowe and Caoimhe Kelly at the fun run.



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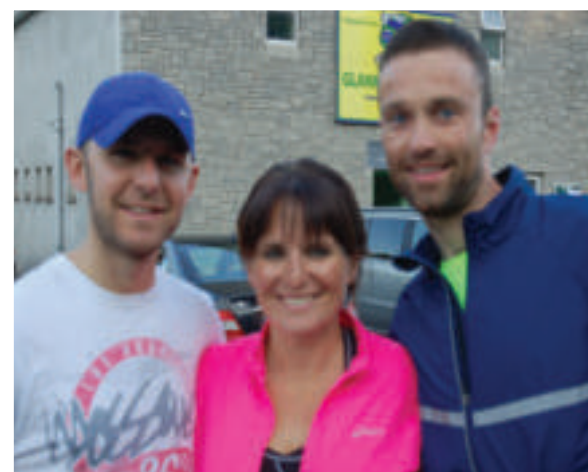
George and John
Grandon with their
Father Ken.



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Trevor Daly, Yvonne Daly, & Alan Kelly



Tracy Walsh, Maria and Sarah Nyhan and Kevin Walsh.

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Glanmire Village Tidy Towns

We are making steady progress with our preparations for the Tidy Towns Competition. Judging takes place at any time during June and July without prior notice. Results are announced in late September.

With the willing input of our hard working residents and our volunteers, some houses have been washed down or painted, paths are being swept, weeds cleared, flowers planted etc. Well done to all involved!!!

If you have any suggestions for improvement or time to help please contact me at 0868679189. Kathleen Moloney.

Transition Year Gaisce guys Rachel, Holly and Glynn. Many thanks to them for their great work with Glanmire Village Tidy Towns.



Liam O'Mathúna, Rúnaí Gaelscoil Uí Drisceoil, kick starts the donations with Ann O'Sullivan of Breakthrough Cancer Research at the schools Golf Classic held at Cork Golf Club on May 29th. The Gaelscoil held a very successful Charity Par 3 double or quits during the classic, with golfers contributing generously throughout the day. While several golfers beat the odds and reached the green in fine style, they graciously left all contributions with the charity. The Gaelscoil made an additional contribution to the charity following a cake sale held on the school sports day.

Little Island Community Association

Pictured from Left to Right; with Little Island NS Principal Micheal Rea, Mr. Bryan O'Donnell of Janssen Pharmaceutical, Ken Kelleher (Chairman of L.I.C.A) and Councillor Pádraig O'Sullivan.

Little Island Community Association were delighted to officially open their new astro-turf facility at Wallingstown this morning, Tuesday June 23rd. They were joined by students of the nearby national school and their school Principal Mr. Micheal Rea. Mr. Rea commented that it was a great facility which the school was looking forward to utilising for sports and recreational purposes. Alongside the community's large indoor hall and Leaside AFC's playing pitches the community association's grounds will be a hub of activity for people of all sports commented Cllr. Pádraig O'Sullivan. Chairman Ken Kelleher who directed the project was delighted with the finished project and acknowledged the input from Cork County Council, local industries involved with the L.I.I.D.C and the Community Association Committee.



Marzanna Grabowska Profile

Owner of M&A Alteration Services and Glanmire Cobbler
Born in Poland, have been living in Ireland since 2007



Happily married, mother of three children

Favourite colour: navy and yellow

Favourite actress: Meryl Streep

Favourite drink: morning coffee

Favourite movie: The Pursuit of Happiness

Recently read book: The Hundred-Year-Old Man Who Climbed out the Window and Disappeared

Your three go-to outfits: a little black dress designed and made by myself, which works as day-to-evening wear.

Casualwear: an orange- white pencil skirt from Top Shop and a white T-shirt by Paul Costelloe.

For business meetings: a grey dress very tailored from H&M with a navy jacket from Zara and heels.

What are you up to? For the last two years I've been running a successful business "M&A Alteration Services" with my business partner Alicja Tomaszewska. Now I have been working on a new project which is "Glanmire Cobbler". The business is coming soon.

What is your key to success? Respect your customers and think like them. Provide them with a service that you would be happy to receive yourself.

If someone asks you about Ireland what is your first thought? Country of endless opportunities, lovely people and beautiful nature. I am so glad to live here.

Sensational Sixth for Glanmire Macra in Seandún!

As the Macra year begins to wind down for 2014/2015 Glanmire Macra can safely say it has been one of their best years yet. With two national competition titles under their belt as well as an array of successful fund-raising and community events, all the hard work over the year has certainly paid off, and all of the members are very proud of their club.

The Seandun AGM took place on Wednesday 3rd of June last in Carrigaline Court Hotel where for the sixth year in succession Glanmire Macra were awarded the title of Seandun Club of the Year. In addition, the Seandun PRO and PRO Book of the Year were announced at the meeting. Not only were the Glanmire club awarded the PRO Book of the Year Title but club

member, Kathleen Fitzgerald, also managed to pick up the title of PRO of the year. The Glanmire club have now been awarded the Seandun PRO of the Year title 8 times within the last 11 years, a great testament to the continuing strength of the club. At the meeting, the Seandun officers were elected for the coming year. Four Glanmire members were awarded the following positions in the Seandun region: Jennifer Barry (Social and Travel chairperson), Sarah O'Connell (Social and Travel assistant), Kevin Curtin (Competitions chairperson) and Kathleen Fitzgerald (assistant Secretary).

On the 10th of June the club held their own AGM in Sars. Margaret Ambrose was named Glanmire Macra New Member of the Year and will go on to represent the club in the National New Member Competition in October. The club was sorry to see their fantastic PRO, Kathleen



Glanmire Macra members at their AGM in Sars, pictured with National Regional Plaques won over the last year.



Donal O Callaghan, Will Daly, Karen Cashman, Sarah O Connell, Tony Philpott (Trustee of YSPI), Joanne Cuffe and Marella Fitzgerald after Glanmire Macra's Cake Sale for YSPI.

Fitzgerald, step down from her position. Kathleen was a fantastic officer and went above and beyond in fulfilling her responsibilities throughout the year. All of the members would like to thank Kathleen for her hard work and commitment this year. Best of luck to the committee continuing on from last year, and to the two new officers Karen Cashman (PRO) and Patrick Healy (YFDG).

Glanmire Macra would like to acknowledge the huge role of businesses and residents of the Glanmire area in the continued success of the club. We would like to thank each and every business, far too many to name here, who sponsored prizes and gave donations to fundraisers. We are also hugely grateful for the many families and individuals who supported our events this year, including our Family Fun Day, our Fun Run and our Mr & Mrs Quiz night. Without the support of Glanmire the club would not be where it is today, and we look forward to your continued support!

Spike Island Adventures for Glanmire Macra!

Every Summer Glanmire Macra organises an outdoor activity day as a way of letting off steam after the hectic months of the Macra year, and this year they chose Spike Island Adventure in Cork Harbour. From a dummy run to an assault course, kayaking to crab cooking they got a good workout and had plenty of fun along the way. They were also delighted to

Daniel Lynch-Buckley, Tom O Donoghue, Joanne Cuffe, Maura Fitzgerald, Dónal O Callaghan, Declan O Sullivan, Réidín Murphy and Kevin Smiddy taking a well deserved break during the Spike Island Adventure Activity Day.

have a few brand new members join them on the day and also two members of Cappoquin Macra! Thanks to all who came and to the Spike Island Adventure team for a great day!

Huge Support for Glanmire Macra YSPI Cake Sale

On Sunday 21st June Glanmire Macra in association with Youth Suicide Prevention Ireland held a Cake Sale in St. Joseph's Church, Springhill. The Cake Sale was the second fundraising event the club has held this year in efforts to raise money for a Skydive to be undertaken by six of their members in August. Their first event, a 5km Fun Run in May, was a huge success, raising over €1400. The recent Cake Sale has ensured that the club is well on their way to raising the required amount for the Skydive. One of the trustees of YSPI, Tony Philpott, has been of great support to the club in their fundraising efforts and was in attendance at the Cake Sale to lend a helping hand. Many thanks are due to the locals in Glanmire who supported the Cake Sale, and ensured that not a crumb was left to waste!

If you would like to donate to Glanmire's Youth Suicide Prevention fundraising campaign log on to www.skydive.yspi.eu/glanmiremacra! All contributions, big or small, are very much appreciated! As always, new Macra members are always welcome. Find us on Facebook or come along to the first meeting of our new Macra year on Wednesday 9th September!

Riverstown Badminton Club

The Riverstown Badminton club was founded in 1984 and has been going strong ever since with a varying number of members.

We would love to have some new members join us, and this would include previous members who might like to rejoin and take up this sport again.

We play all the year round in Watergrasshill Community Centre hall, once a week in the summer months and

twice weekly in the normal Badminton season from early September to May. The normal days are Monday and Wednesday with a reduction generally to Monday evenings for the summer [June to August included] from 8.00pm until late. Come and go as you feel able and wish to.

We are a club which provides our members an opportunity to compete in various competitions organised by the County Board into different ability divi-

sions; there is no compulsion to take part in competition if you don't want to, as social members are always welcome.

If you are a beginner and feel you would enjoy the exercise provided by this great sport you will be most welcome to come to the hall and we will provide a racket to start you off and the necessary coaching as well without charge. For up to four sessions. Please have no doubt you will have a great opportunity to get plenty of exercise if you

are up for it. Exercise shoes and clothes are yours to supply.

We also welcome juvenile boys and girls who to give the game a try, and have a minimum age of 13 years at this stage with no starting ability required.

If you wish to join in this summer please ring 0857145445 [Nick]

Nick O'Brien

UPPER GLANMIRE ICA GUILD

Update on Guild activities

- at our May meeting, we were truly privileged to receive a visit from the owner of Vibes and Scribes Joan Lucey, who told us how she started her shop in Bridge Street, and how she expanded her business, and launched her online shop. Joan brought a young milliner with her who assembled a fascinator hat for us. Some members definitely intend attending some of the workshops in Vibes and Scribes on Saturday mornings
- The RSA will be speaking at our June meeting, and will talk about safe driving and safe walking
- Our Craft sessions came to an end in May, and we ended with a little tea party, and members will bring along their work to the June meeting to show our fellow members how busy we have been!
- Our Summer walks will resume in June, and we are really looking

forward to returning to our favourite spots: The Marina, the Lough, Blarney just to mention a few.

July Recipe : No Bake Chocolate Crunch Cake
(Maura Bullman)

Ingredients
12 oz Plain Cooking Chocolate
4oz butter 1oz Raisins
1 Large Can Nestle's Milk
10oz Rich Tea biscuits(crushed)
6 walnut halves- optional

Method

- Melt tog half the choc, butter and milk
- Sir in biscuits and raisins
- Press mixture into a 6 inch foil lined cake tin
- Chill for 3 hours
- Turn cake out, and remove tin foil, and spread with remaining chocolate
- Decorate with walnuts or fruit of your choice



New president Mary Cashman presenting a bouquet of flowers to outgoing President Assumpta Cotter



Above: Mary Cashman presenting a bouquet of flowers to outgoing Treasurer Maureen Hayes-O'Flynn



A Fascinator hat made by our visitor Milliner Emma from Vibes and Scribes

Ask Your Pharmacist

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

pharmacyfirstplus +



Skincare for Summer

I met a lady recently at a social function who had met me in our pharmacy in Douglas with a complaint regarding the skin on her lip. She had already spent a significant amount of money on trying to resolve this issue and was "at the end of her tether". She was thrilled to let me know that the simple €6 cream I recommended had completely resolved her problem.

"If only I had come across this pharmacy a month ago!"

Such positive feedback is excellent but it got me thinking, the nature of our countries position makes us prone to acute skin conditions in our changeable summer weather.

The beauty about skincare in pharmacy is that you don't necessarily need to access the healthcare professional to get the best advice. In the vast majority of cases we have skincare specialists who can resolve these issues for you in a matter of minutes. They also know when to refer to the pharmacist if something needs a second opinion.

The skincare expertise in Pharmacy First Plus is underutilized so feel free to drop in and ask about the options available to you to protect your skin!

Darren Breathnach

Clinician Pharmacist

Darren Breathnach
Clinician Pharmacist

Email darren@pharmacyfirstplus.ie for more details!

Want to ask your Pharmacist a question?

Email darren@pharmacyfirstplus.ie

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SARSFIELDS CAMOGIE NOTES

- Our Junior C's had an excellent league campaign culminating in their successful county league final recently against Ballinora. Playing against the wind our girls built up a five point lead at half time 1-5 to 0-2 with the goal coming from captain, Amy Edwards and featured two excellent saves from evergreen goalie, Orla Butler. In the second half with our defence on top, our forwards picked up 1-3 from play from Sarah Costello 0-2; Edel Murphy 1-0 & Michelle Barry 0-1 with Mairead & Michelle also successfully converting from frees. Meabh, Alannah, Michelle, Orlaith & Katie Walsh were all prominent.
- Huge congratulations to all our

players on the Riverstown N.S. team who along with their male counterparts achieved the double in their Sciath Na Scol finals in Musgrave Park recently. The camogie club had an added interest in that prominent senior player Claire Holland, a teacher in the school managed & coached the girls team to victory.

• Our seniors commenced their Munster League campaign recently losing out in our first outing to Ballygarvan, followed by a win over Clonoulty/Rossmore (Tipperary) away. Limerick's Granagh Ballingarry travel to us at the end of the month.

• Congratulations to Molly Lynch who finished in third place in the Feile U14 Skills competition held recently in Castle Road. Well done

Molly, a great achievement!

• Chloe Casey captained the successful Cork Minors in their recent Munster final victory over Tipperary in a thriller, 2-20 to 2-16 after extra time in Fermoy. We are very proud of our Sars girls, Chloe Casey (capt), Emma Casey, Hollie Herlihy and Lucy Kelly who all played their part.

• Niamh O'Callaghan and Ellen Murphy took to the field with the Cork Intermediates recently in their Munster Championship final.

• Aine Mullins was a member of the U14B squad which won their section of the Mallow inter-county blitz held last weekend in Mallow. Aine's team was managed by her Dad, Mark. Well done to you both. Also to our other three

squad panellists on the A team – Molly, Nikki & Becky. Niamh Power & Claire Mullins picked up a Munster medal with Cork 16B's.

• For the second year in a row we reached the final of the U13 Mayfield Garda Blitz held in Brian Dillons on June 6th. Losing out by 3 points to Ballinora in an excellent final - Rachel O'Gorman, Ella Woods, Nikki Barry, Ava O'Regan & Aine Mullins all in excellent form. A few days later our U13½ team won the Cork Community Games final against Ballincollig – they now go on to represent Cork in regional finals in Limerick July 4th.

• All our Go Games teams are doing exceptionally well in their respective league campaigns. Well done girls.



Above: Amy Edwards receiving Junior league trophy from Mary McSweeney



Left: Our U12 team enjoying their Zipit fun day in Farran Woods

Top Left: U13 & half Community Games team which won Cork final recently.

Glanmire Athletics at the Community Games.

The Athletics sports day was held in CIT Athletics Track on Sunday 24th May. Glanmire had 15 competitors in the various events and we had 2 gold medal winners-Grace Jones, U14 Girls Sprint, and Daniel Leonard, U10 Boys Sprint. They will both represent Glanmire and Cork in the All Ireland Track events in Athlone in August.

We also had a number of Silver and Bronze medals and congratulations to everyone who took part. Team Events

The Munster competitions for various sports will be held in Limerick on the 4th of July and Glanmire will be represented in U10 Gaelic Football, Sars U11 Hurling team, and Sars U14 Camogie team. Much preparation is taking place at present and we wish the 3 teams well in their endeavors, to qualify for the All Ireland Finals in Athlone in August.



Pictured above: From left- Daniel Leonard, Sade Saadallah, Amy Grey, Roan Buckley who also competed for Glanmire.



Pictured above: Ekhosuehi brothers from left, Martin, Matthew, Marvin, with Tope Oladipo (3rd from left) who competed for Glanmire

aTragóid Bherkeley Nuala Ní Loingsigh

Beidh cuimhne againn ar an tragóid seo go ceann i bhfad. Cailleadh seisear agus gortaíodh seachtar, cuid acu go dona. Ba iad Eimear Bhreathnach (21), Eoghan Ó Cuilleagáin (21), Aisling Ní Dhonnchú (22), Nicolai Schuster (21), Oliya de Búrca (21) agus Lorcán Ó Muilleoir a fuair bás,

Eachtracha, Cathal Ó Flannagáin anonn, chomh maith le hArd Mhéara Chorcaí, Críostóir Ó Laoghaire agus daoine nach iad. Bhí Aer Lingus ag cabhrú, chomh maith, chun eitiltí a eagrú i dtreo is go bhféadfadh cairde a bheith i láthair dá sochraidí anseo in



Above: Cigirí ag scrúdú láthair na tubaiste.

Beannacht Dé lena n-anamnacha dílse. Mar atá soiléir thuas, ba dhaoine óga iad a bhí ag ceiliúradh lá breithe do bhliain is fiche, tús a saolta fása, i mbláth a n-óige, samhradh a saolta i lár an tsamhraidh, cóngarach do ghrianstad an tsamhraidh. Nach iad a bhí sásta, ag blaiseadh saol Mheiriceá agus ag obair dóibh féin i gcathair Naomh Proinsias. Bhíodar i measc seacht gcéad Éireannach lena víosa sealadach, J1, don ráithe.

Níl aon dabht ann ach gur baineadh geit asainn anseo in Éirinn agus sna Stáit Aontaithe agus is iontach an chabhair agus an comhbhrón a deineadh lena muintir agus a cairde le seachtain anuas. Chuaigh an tAire Gnóthaí

Éirinn. Gan dabht, bhí Aisling Ní Dhonnchú ina cónaí i gCalifornia agus í ag ceiliúradh lá breithe a colcheathair.

Creidtear anois, dar leis an Independent ar an gCéadaoin 17 Meitheamh, nach raibh an triúr déag ar an mbalcóin ach gur cailleadh daoine ag iarraidh na daoine ar an mbalcóin a shábháil. Tá ceisteanna le freagairt ach, faoi láthair, ní féidir linn ach ár n-aire a dhíriú ar na mairbh agus ar an seachtar a gortaíodh.

In ainneoin a fhios a bheith againn go bhfuil an bás i ndán dúinn, luath nó mall, ní bhimid ag súil leis. Cinnte ní bhimid ag súil le daoine óga mar seo a bheith imithe ar shlí



na fírinne.

Ócáid thábhachtach i saol mic léinn ollscoile is ea dul go Meiriceá agus is truamhéalach an scéal é seo go gcaillfí cuid acu sa tslí seo. Is céim thábhachtach í seo i sco-laíocht an mhic léinn atá nach mór réidh chun tabhairt faoin saol fása freagrach. Tá sé deacair a shamhlú conas a bhraitheann a muintir in-niu ach caithfidh siad déileáil leis. Caithfear a bheith dóchasach agus is mó duine eile a raibh tragóidí acu cosúil leis seo.

Is rúndiamhair an bheatha agus an bás. Níor spáráil Dia Íosa Críost ón mbás agus creidimid go bhfuil an t-aiséirí i ndán do na daoine óga seo. Is sólás éigin é seo dá muintir ach braithfidh siad uathu iad. Cuimhneoidh siad ar a laethanta breithe cothrom an lae a cailleadh iad agus ag suí síos do dhinnéar na Nollag. Sa lá atá inniu ann, bheadh sé an-éasca a cheapadh go bhfuil freagra agus réiteach ar gach ceist. Ní mar sin atá nuair a tharlaíonn tragóid mar seo. Dúirt Naomh Proinsias: 'Ní féidir le

dorchadas an tsaol solas coinneal a mhúchadh'. Is mó coinneal a lasadh i gcuimhne na ndaoine seo agus go lastar solas Dé i gcroithe a muintire go deo.

Gluaais:

ag ceiliúradh = celebrating
samhradh a saolta = summer of their lives
grianstad an tsamhraidh = summer solstice
sealadach = temporary

ráithe = 3 months

Aire Gnóthaí Eachtracha = Minister for Foreign Affairs

Ard Mhéara = Lord Mayor

in ainneoin = in spite of

creidtear = it is believed

ar shlí na fírinne = to their reward

truamhéalach = pitiful

déileáil leis = deal with it

a muintir = their family/relatives

rúndiamhair = mystery

sólás = consolation

braithfidh siad uathu iad = they will miss them

a mhúchadh = to extinguish/quench



William Walsh of L P Walsh presents a yearly contribution to Eoghan O Conchuir Principle of Scoil Chill Ruadhain in aid of the School Autistic Unit



Warming up for the duet competition at Fleadh Ceoil Chorcaí in Ballincollig recently. Seamus and Declan Morrison Fermoy and Naoise and Siomha Marron Glanmire

DÍOGRAIS AWARDS NIGHT

The annual Díograis awards ceremony is one of the most vibrant and significant nights in the GCC calendar. It is a celebration of the students who show effort, enthusiasm and diligence in all aspects of their school life. The theme of this year's Díograis awards ceremony was "Carpe Diem" ("Seize the day"). The ceremony was presented by Ms Orla McCarthy and Ms Sonya O' Brien.

Inspiration for tonight's theme and backdrop came from the Latin phrase 'Carpe diem' which is usually translated from the Latin as "seize the day" but which could be translated in today's world as "take advantage of the opportunities arising in the day." The original source for this Latin phrase is taken

from a poem in the Odes (book 1, number 11) in 23 BC by the poet Horace.

The guest of honour for the night was Mr John Fitzgibbons, Education Officer with the Cork Education Training Board (CETB). Mr Fitzgibbons is a former Principal of the college from 1997-2006. He was one of the key people in the foundation of the college. He set the tone for the template we now have. In his address Mr Fitzgibbons told the student body present that "the future is not written, we write the future by what we do now. Take the opportunity to take challenges, write your future by taking the opportunity that comes with that challenge. Don't leave it until tomorrow, it may never come. If the challenge is too big break it

down like you would eat an elephant, eat it one bite at a time". He finished with a quote from Pope John Paul II "The future starts today not tomorrow, so start living in today".

The interludes throughout the ceremony consisted of a musical entertainment by the Dmitri Quartet: Amy Dolan, Sarah McCarthy, Emer Sugrue, and Laura O'Driscoll who performed Mozart's "Eine Kleine Nachmusik". Riverdance: Jade Lagrue and Gillian O'Gorman (dancers) with Cian Aherne and Cian Horan (musicians). Jack Hannon on solo piano who played a Yann Tiersen piece called "Comptine d'un Autre Été L'Après Midi". Duet: Louise Cashman and Sophie O'Shea who performed "The Flower Duet". Boy band "Take This" consisting of John Twohig on percussion, Ross Gleeson, Brian Dowling and Eoghan Cashman on guitar and Kenoly

Ugbodu on piano, who performed a medley of Eminem, Bon Iver and Sting. The musical finale for the night was The Senior Choir who performed "Dulaman and Empire State of Mind" with soloists: Áine Carroll and Kenoly Ugbodu.

We extend our gratitude to the Díograis coordinator Ms Deborah Coughlan for all the planning, attention to detail and relentless work she put in to make the night the great success it was. Special thanks also goes to the musical director Ms Sharon Glancy, artistic co-ordinators Ms Jean Bennett and her First, Second and TY Classes, Ms Adah Lynch and her Art students Ada Fashade, Sarah Tyner and Stephanie Brewster, Mr Dominic Foster and Dave Murphy who each had a major role to play, in enhancing the experience of the ceremony. *See all the awards on page 28.*

Bowel Cancer

A common and important condition.

Bowel cancer is unfortunately both common, and often diagnosed at an advanced stage. Cancer of the colon/rectum (Colorectal cancer CRC) affects the large bowel and accounts for most cases of bowel cancer. Most people with CRC are over 50y age, but younger people can have CRC. CRC is the second most common cancer in Ireland, with about 2,400 new cases each year.

CRC usually arises from a polyp, a mushroom like growth in the lining of the bowel. Many older people have one or more polyps, which usually don't cause any symptoms, or problems. Polyps often lie dormant for many years but can turn cancerous. Polyps found during colonoscopy are easily removed.

CRC is more common with increasing age. Having a family member with CRC is a risk factor, as are other bowel disorders such as Crohns disease or Ulcerative Colitis. Some people have multiple polyps, and are at

increased risk. Eating a diet rich in fruit and vegetables, avoiding excess alcohol and obesity may confer protection against CRC. Early symptoms; Symptoms are often absent or very non-specific for a long time. Some people notice a change in bowel habit, a sensation of incomplete emptying after visiting the toilet, passing blood or mucus with the stool, and weight loss. Such symptoms may indicate other conditions; so further investigation is necessary to confirm the diagnosis.

It's really important to visit your doctor early if you have symptoms suggestive of CRC. Your doctor will examine you, and usually do a rectal (internal) examination. A colonoscopy investigation may be arranged in hospital, permitting direct inspection of the interior of your colon. A biopsy of any suspicious area will be taken during the colonoscopy; the result can take two weeks. If CRC is confirmed then further investigation such as an ultrasound or MRI may be undertaken to find out whether the CRC has spread. Such information is key to planning treatment.

Treatment for CRC includes surgery, chemotherapy and radiotherapy. Planning such treatment involves a multi-disciplinary team. There are various options, depending on the specific patient, and the pros and cons will be discussed in detail. The good news is that modern treatment of CRC is continually improving, with less invasive surgery and more effective chemotherapy. If the CRC is diagnosed early there is an excellent chance of a complete cure.

Screening is available for CRC. Screening for CRC tests for tiny traces of blood mixed in the stool. Screening is currently offered to people aged 60-69y, with the intention to expand this to people aged 55y-74y in due course. Screening can help with early diagnosis of CRC, when treatment is easier and more successful. Bowel screen has a freephone information line 1800-454555; they are really helpful. The website

<http://www.cancerscreening.ie/bowel-screening.html> is really informative.

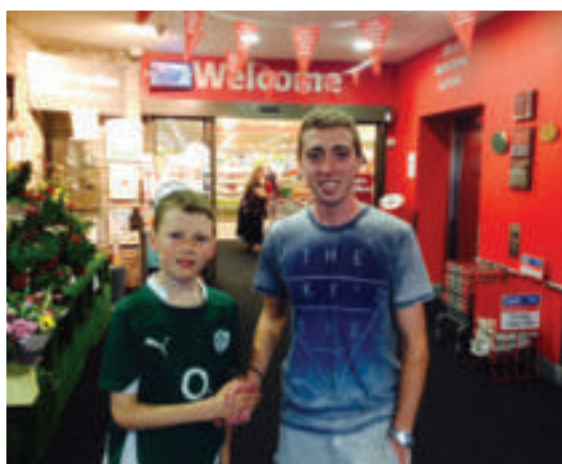
Colorectal cancer is very common. Screening improves early diagnosis, and makes treatment easier and much more successful. Be alert to early symptoms of CRC, don't ignore symptoms, talk to your GP & complete the screening test if eligible.

Dr Diarmuid Quinlan, MB, BCh, BAO, BSc (Hons), MRCP, MICGP, DCH, DFFP, Dip Pract Dermatology -Distinction (Cardiff) Board Member, Health Products Regulatory Authority. Clinical lead for diabetes, HSE South. Chair Diabetes in GP Committee member, Southdoc Cork city.

Kearney's Cross, Sallybrook, Glanmire. (021) 482 11 11



Martina's Playschool
Class of 2015



Conor Murray
congratulating
Ryan Creech
on winning the
Glanmire Road
race

Teenage Dirtbag

Song of The Month: Iron and Wine, Naked as We Come
This month I want to write about self-harm. This is something too many people, especially teenagers, are suffering from.

What is self-harming? Self-harming is when a person causes intentional harm to themselves. There are many forms of self-harming, each just as destructive as the next. Burning yourself, pulling out your hair, punching walls and scratching yourself until you bleed are all forms of self-harm. The most popular method of self-harm is known as cutting. Cutting is using a sharp blade to tear open your skin. Why do people self-harm? Self-harm is a destructive defence mechanism which is a side effect of depression. People self-harm for many different reasons. It calms some people down when they are on the brink of hysteria. Others may feel so worthless that they feel they deserve the pain. Some people who are too afraid to ask for help verbally use it to convey their desperate need for help. It is NEVER attention seeking. Those are three of the main reasons but there are many others.

How does it 'help'? When someone inflicts pain on themselves it causes feel good endorphins to be released in the brain and spread through the body, causing a natural biological high. This makes the person feel calmer and even happier. It works instantly. People then begin to seek this comfort whenever they're upset resulting in pattern developing behaviourism. This then grows into a dependency, almost like a drug addiction.

Self-harm is never the answer to anything. Although it seems like there is no downside at the time, it has terrible effects on the person. Self-harming can develop into suicidal feelings/tendencies. Physical side effects: It can result in permanent scarring and in some circumstances it can even cause death. It can cause nerve damage, hair loss, broken bones and infections. Psychological effects: Irritability, isolation/loneliness, shame, stress, inability to cope efficiently, loss of control, low self-esteem and depression.

This is a destructive behaviour and it needs to be stopped. There are other ways to cope with

what you're feeling. When you feel like you need to self-harm, just stop and breathe. Place one hand on your chest and the other over your belly button and concentrate on the rhythm of your breathing. Repeat a positive thought in your head, such as "I'm going to be fine." or "I will not hurt myself" until you've calmed down. Secondly, let yourself react. Instead of hurting yourself to avoid your emotions, let yourself feel them. Cry, punch a pillow, break glasses or eggs (it's less destructive than hurting yourself), draw something, however juvenile, even just circles. The rhythm will calm you down and you can draw more aggressively at first and gradually just relax. Next, try and keep yourself in the present, don't let your mind wander to the past or the future. Stay in the present moment with your breathing and just relax yourself. Think only of the rising and falling of your chest. Remember that the sensation you're feeling will pass if you just resist the urge to cut/burn etc. Lastly, be completely honest with yourself. Is anything really worth cutting over? Nope, probably not. Will this matter in five years' time? Definitely not. Calmly think of solutions to your problem instead of lashing out at yourself. It's more constructive and will make you feel better about yourself. Talk to a parent or trusted adult because friends can't do as much as they would like. You should tell a friend too though. Tell yourself every day that you're worth more than self-harm even if you don't believe it. Realise there are spectacular qualities you possess that the people around you value but also some they may not recognise. Realise a lot of your lack of self-worth is just in your head. Some of the advice I gave is advice I got to handle anxiety but can be applied to self-harming too. You're not alone and you are loved, and if you don't feel loved you will find people that show you and make you feel loved eventually and all you have to do is wait (I know it isn't that simple but you can do it). You're still really young and you have the rest of your life to find happiness. Just don't let it escalate anymore. There is not a single person who is reading this that deserves to feel pain or inflict pain on themselves. No matter what you've

done or how worthless you feel, you are here for a reason. You matter and don't let anyone (not even yourself) tell you otherwise. (This is advice from my own personal experience so I can't guarantee it will work).

Nobody does this for attention. Self-harm can be a method of asking for help without having to actually ask. Asking for help is hard. So if you see someone who has visible self-harm scars, do not shame them. Give them a hug and be there for them because you don't know when you'll need that yourself.

For any parents reading this, if your kid comes to you and has the courage to tell you what they're feeling and tell you they've hurt themselves, don't you dare brush them off and make their feelings invalid. Try and remember when you were their age and how every tiny problem seemed like the end of the world. They don't have the power an adult has to change their lives or their situation if they're unhappy. They don't know how to feel better. They're lost and scared and they need your support and your help and it's your duty as parents to let

them know that they can come to you. Be empathetic and put yourselves in their position, think with a teenager's mind. It will make a massive difference to know their parents understand.

IF YOU HAVE AN ISSUE WITH SELF-HARM I URGE YOU TO GET HELP HERE:

- Childline: 1800 666 666 (or text help to 50101) (free call)
- PIETA House: 021 434 1400
- Samaritans: 116 123 (free call)
- Aware: 1890 303302
- Teenline: 1800 833 634 (free call)

You can get better, I promise. Take the first step towards happiness.

Quote of the month: "You might imagine that a person would resort to self-mutilation only under extremes of duress, but once I'd crossed that line the first time, taken that fateful step off the precipice, then almost any reason was a good enough reason."

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Charlie O' Connor - State Examinations Award (Leaving Cert)



Adam Mylod - Gradam Pharlaimint na mBan (Cultural)



Conor Kiely - Gradam Janssen (Science)



James O' Shaughnessy - Gradam Jonathon Herlihy (Humanitarian)



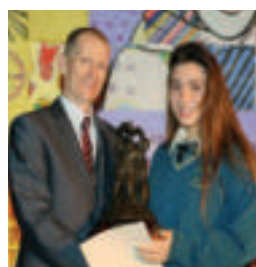
Donna Kerrigan - Gradam De Riste (Art)



Ciara Tyner - Gradam Socrates (European Language)



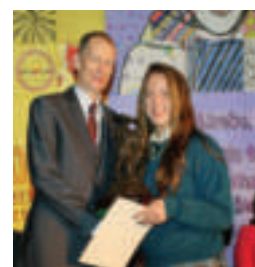
Cian Ahern - Gradam U° Chanainn (Music)



Jenna Stacey - Gradam na hIdirbhliana (TY Student of the Year)



Fergal Buckley - Gradam na Dara Bliana (Second Year Student of the Year)



Jessica Farrelly - Gradam na Tr° Bliana (Third Year Student of the Year)



Ciara Tobin - Gradam Frank O' Connor (Literary)



Olivia Cowhie - Gradam na CCad Bliana (First Year Student of the Year)



Katie O' Callaghan - Gradam An Ghlaise Bhu° (Geography)



John Downey - Gradam na Sinsear (Sixth Year Student of the Year)



Kevin O' Dowd - Gradam U° Luanaigh (Technology)



Ruth Whelan and Owen Cashman (Gaeilge Scholarships)



Louise Cashman - Principal's Award



Rebecca Farrelly - Gradam Boole (Mathematics)



Mark O' Dowd - Gradam Denis Foley (Environmental)



Owen Cashman - Gradam na RÇ-Shinsear (Fifth Year Student of the Year)



Margaret Hanley - Gradam Mhic Eoin (Home Economics)



Brian Nolan - Gradam Mhairead N° Mhaidin (Gaeilge)



Sam Murphy - Gradam Fitzgibbons (LCA)



Timothy Orimolusi - Gradam U° Loinsigh (Boys Sports)



Sophie Hayes - State Examinations Award (Junior Cert)



Sarah Fahy - Gradam Setanta (Girls Sports)



TY Mini Company (Little Boxes) JennIferr Oseh, Ellen O' Connell, Abbie Blake - Gradam Cognis (Business)

Díograis award winners with Mr John Fitzgibbons, Education Officer with the Cork Education Training Board (CETB)



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www.stpatrickscork.org
office@stpatrickscork.org
Principal: Brian Cronin
Deputy Principal: Eileen Lombard

Leaving Cert Class of 2015 in St Patrick's College



Kira O' Sullivan & Emma Sharpe

Leaving Cert Graduation
The Leaving Certs and LCA class of 2015 in St Patrick's College had a wonderful graduation ceremony at the end of May. Despite it being the end of six years in St Patrick's, there was a real sense of accomplishment for parents, staff and students as the girls go into the world and onto further study as young, confident women. The graduation mass in the local church was organised by the students and a number of teachers and feature some beautiful singing from the girls and in particular Niamh Murphy. Parents and students were then invited to the school for a number of speeches and light refreshments. Linda Pentony and Shannen Swords baked a cake, which all agreed was very tasty. Head Girl Mary Quill spoke of her memories of arriving to St Patrick's College as a 12 year old and being amazed by the interactive white-boards and how her time in the school has flown. On behalf of the students, she thanked the staff for their hard work. Mr Cronin addressed the girls and thanked them for the warm welcome they gave to him as new principal and urged them to use their time and talents well. In the words of JFK "each person can make a difference and everyone should try".

Linda Pentony
Linda's final year in St Patrick's has flown by and

she finds it difficult to believe she is now doing the Leaving Cert, taking seven subjects at higher level. Linda is hoping to do Law with French in UCC as she likes languages. She is taking French in the Leaving Cert and will also be taking Portuguese as an exam subject. Linda lived in Brazil until she was six and still speaks the language at home with her Mom. She is a little worried about her Maths exam and feels that Project Maths is still causing anxiety for students at Higher Level. Leading up to and during the exams, she has been going for walks with her family to help her relax – "they tell me I need breaks and take me out".

Emily Duggan
Emily has an older brother who got through the Leaving Cert and went to do a variety of different jobs, so she knows that it is not the be all and end all and that there are lots of routes to higher education today. Emily has been working hard and her goal is Astrophysics in UCC, though she thinks the points are really high so she has a number of other courses picked out as back up plans. She is a bit nervous about Geography as there is a huge amount to learn and it's time-tabled for the same day as Higher Level Maths paper 1. Once the exams are done, she plans to relax by catching up on the new season of "Orange is the New Black".
Simona Michalikova



St Patrick's
Leaving Certs -
Emily Duggan,
Linda Pentony,
Shannen
Swords, Simona
Michalikova



Linda's Cake

Simona is taking eight subjects, including LCVP, which she has already completed in May. Simona has three older siblings who have completed the Leaving Cert, so she knows what the pressure can be like. She just wants to get it over and done with and then get on with her summer. Like Linda, she goes for walks to relax and she is taking an extra language as one of her subjects – Slovakian, which she speaks at home with her parents. She is looking forward to the Economics exam. The exam she is not looking forward to is Biology as she doesn't really like that subject. She has applied for Bar

Management in CIT and is hopeful that she will get the points.
Shannen Swords
Shannen hopes to study law in UCC. She also has an older sister who has been able to give her advice on how to approach the Leaving Cert. Her sister has helped with her French, taking her through practice for the Oral exam. Her teachers have been very supportive in St Patrick's, so she feels it has not been as stressful as she would have thought. Shannen is taking all higher level subjects and is a bit afraid of Maths. She is hopeful that the topics she has focused on will come up.



Head Girl Mary Quill

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is fun friends and informal. No experience needed just
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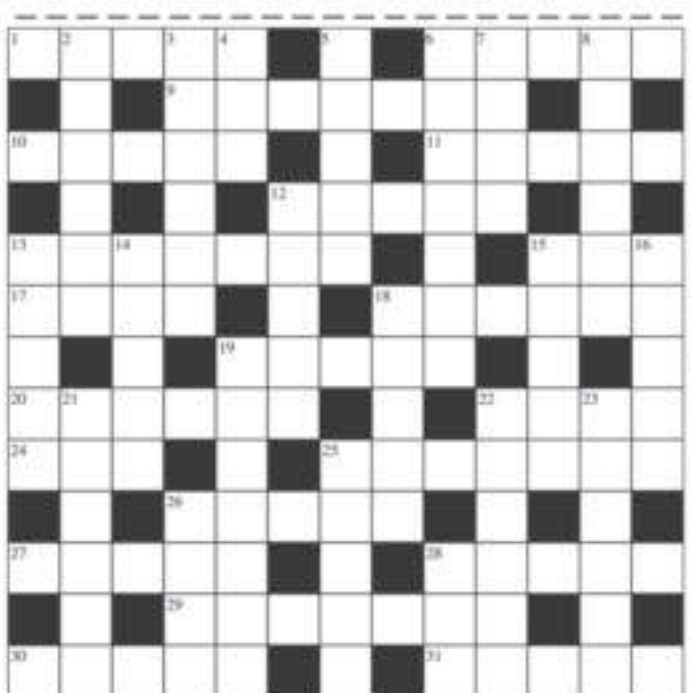
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Across

1. Complaint, belly pain (5)
6. Stringed instrument (5)
9. Santa's country (7)
10. Clean thoroughly (5)
11. Arm joint (5)
12. Concur (5)
13. Takes up large area (7)
15. Apple seed (3)
17. Part of foot (4)
18. Look for (6)
19. Noise (5)
20. Half asleep (6)
22. Ones in cards (4)
24. Snake-like fish (3)
25. Shine brightly (7)
26. Ceasing hostilities (5)
27. Davis, Nimmo (5)
28. Gets oil from well (5)
29. Type of ant (7)
30. Horse (5)
31. More strange (5)

Down

2. Cooking instructions (6)
3. Opposite of singular (6)
4. Organ of hearing (3)
5. Pennants (5)
6. Belittled (7)
7. Not working (4)
8. Type of bomb (6)
12. Mixture of metals (5)
13. Variety of colour (5)
14. Drive away (5)
15. Injure with a thorn (5)
16. Period one goes through (5)
18. Game bird (5)
19. Smiled in satisfied manner (7)
21. Give in (6)
22. Debated (6)
23. Pass (6)
25. Imp (5)
26. --- a ---, chat (4)
28. Please turn over (3)



Crossword Winner

Jean O'Connor, 2 Ballytrasna Park, Little Island. Enjoy your voucher for BEVA CAFE P: 021 4858002

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

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23 OAKFIELD CLOSE, GLANMIRE - UNDER OFFER

Superb three bed detached bungalow set within the hugely popular Oakfield estate. In excellent interior condition, the property is ready to live in and features solid wood flooring and tiling. The most appealing feature has to be the setting within a quiet cul-de-sac with south facing private rear gardens that are not overlooked. All amenities such as schools, shops and sporting facilities are within walking distance. This home has a lot to offer and would make an ideal home for owner occupiers, trade-downers and investors alike. C.950 sq. ft.



19 COURTLANDS, SILVERSPRINGS.

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57 THE PADDOCKS, GLYNTOWN, GLANMIRE - UNDER OFFER

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