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Mark O' Dowd, Winner of Expo 2015, European Union Contest Young Scientist (EUCYS), is congratulated by Mr Fitzgibbons, Deputy Chief Executive Cork ETB, Mr Dan O' Sullivan, Science teacher and Mr Pat McKelvey, Principal, GCC

Full story see page 15

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GACA NEWS



Joe Coleman celebrating his 90th birthday with his family at the Sars Pavilion, Glanmire.

Iris Wilkins McCarthy with Michael Magner of Fitzgeralds Vienna Woods Hotel where she celebrated a Glitz & Glam themed Birthday Bash on Oct. 10th



New Gardai Station in Glanmire great news for local community

Fine Gael Councillor Sinead Sheppard today (Wednesday) welcomed news that Glanmire is set to benefit from a new Gardai station, as part of An Garda Síochána's Building and Refurbishment Programme 2016 - 2021.

"This is wonderful news for community of Glanmire, and for the members of An Garda Síochána who are stationed there. Conditions in the station are inadequate and make the daily job of policing more difficult for members of staff.

"This new station will cost €3 million to complete and once finished, will be a fit-for-purpose

facility for staff, visitors, victims and suspects," Councillor Sheppard said.

"This investment is in addition to €5.3 million provided to An Garda Síochána for the purchase of 260 new vehicles between now and the end of the year.

"Furthermore, a new Garda recruitment campaign to be announced shortly, under which 600 new Gardaí will be recruited in 2016. These 600 will bring to 1,150 the total number of Gardaí recruited since the Government reopened the Garda Training College in Templemore in September 2014. nd underscores the Government's commitment effective policing and to continuous seamless recruitment into the future," the Councillor added.



"Mary Nott, Chairperson of Glanmire Bowls, who was on the winning team at the Blackrock Annual Tournament in the Woodlands Hotel in Adare. Well done, Mary" From MaryCrowley

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NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS

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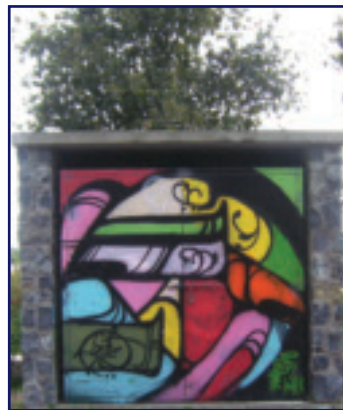
TIDY TOWNS: Eight hundred and sixty two centres, an increase of thirteen on last year, entered the 2015 competition. Letterkenny, Co. Donegal with three hundred and twenty three marks was the national award winner for the first time, thus becoming the third town in Donegal to win the prestigious award since the event commenced in 1958. The competition is divided per population categories and Glounthaune was entered in Category "B" which relates to a population range of plus two hundred to one thousand. Each centre is assessed under eight criteria with a total allocation of four hundred and fifty marks. Glounthaune, adjudicated on July 14th, was awarded two hundred and seventy six marks which is an increase of ten on last year. Those involved must be extremely pleased, and significantly the additional marks are reflected in seven of the eight criteria, whilst the same mark as last year, thirty two of the fifty on offer, was awarded in the "Residential Streets and Housing Areas" section. Just one mark is precious in this competition as the communities of the National Award runners-up trio; Clonegal, Co. Carlow, Listowel, Co. Kerry and Westport, Co. Mayo know very well because that was the thin margin which separated their towns from Letterkenny. The increase of ten on last year is admirable because apart from the 2014 blip, when there was a drop of 6.39% on the 2013 figure, there has been a percentage increase on marks obtained each year since the 2008 competition. In the overall national award; Glounthaune along with eleven other centres was placed three hundred and sixtieth, and was forty ninth of the ninety six Cork County entrants. There were three hundred national entrants in Category "B" and Glounthaune along with Moyvane, Co. Kerry, Ballynacargy, Co. Westmeath and Belmont, Co. Offaly was placed one hundred and nineteenth, forty six marks more than first placed Clonegal, Co. Carlow. Thirty nine Cork centres were entered in Category "B" and Glounthaune, awarded forty one marks less than top entrant Rosscarbery, was in eighteenth position. Cork County is subdivided into three regions and Glounthaune was placed third of the twelve Cork South entrants, twenty eight marks fewer than first placed participant Innishannon. The Regional Award was won by Listowel, Co. Kerry, securing forty six marks more than Glounthaune which has that remarkable achievement of a unique three in a row Regional Award success in those glory years of '67, '68 and '69. It is remembered with pride. The following is a synopsis of the adjudicator's report and a breakdown of marks awarded under the various headings. Community Involvement & Planning 42/60: The adjudicator acknowledged the committee's engagement with the relevant agencies and businesses which provide support and assistance to develop various projects. The involvement with the school "which is important in creating awareness to the wider community" was noted and the report commends the school on its green flag status.

Built Environment & Streetscape

35/50: "Great Colour", "Bright and Colourful", and "Welcoming Colour" were the descriptions bestowed by the adjudicator on local business premises; The Post Office, Flower Power, Fitzpatrick's Shop, The Great O' Neill and The Rising Tide. The report mentions that "crossing the landscaped bridge into the old village of Glounthaune was delightful". The floral display at the Community Centre was admired, as was the presentation of the church and car park, as well as the playground amenity; "so splendid in such a tranquil setting". The adjudicator adversely referenced the green open space adjacent to the quay wall at the western end of the village, traditionally known locally as "The Bank", and felt that "a landscaped ground bed would be more enhancing here instead of the landscaped containers; also the plastic pot at the bridge is not in keeping with the stone of the bridge". The use of Irish language in signage was praised.

Landscaping & Open Spaces 36/50: The adjudicator remarked that the planting of long stretches of hedging, trees and landscaped beds complement the Glounthaune setting and comments that; "planting of year round seasonal plants that bring colour are more effective and more cost saving. Ground planting where possible should be considered. Containers and hanging baskets bring that extra colour where needed. The use of uniform containers is advisable". **Wildlife Habitats and Natural Amenities 31/50:** The report recognises that the newly landscaped areas are all planted with wildlife in mind. It refers to the "menace" of the Japanese knotweed but confirms that; "it can be eradicated if professionally treated as you are doing". The adjudicator enquires if events are organised "to celebrate the wildlife wonders of the village" and remarks that "the children's playground is situated in superb surroundings with nature lurking around every corner. Hosting an event in this area with children and parents would create an awareness of your wonderful wildlife habitats and natural amenities".

Sustainable Waste and Resource Management 15/50: The adjudicator advises that this category causes problems for some groups but "you are achieving good results in all areas by working with the school which has knowledge in waste management as part of their green school status". The report is approval of workshops and refers to the one held at Glounthaune on water and energy but points out that; "unless the advice is implemented and tangible results are evident there is no way of knowing if waste is been reduced". **Tidiness & Litter Control 55/90:** Participation in Cork County Council's litter campaign was noted as was the effort on creating awareness by involving schools as well as the wider community, and "the results are tangible". The "clean-up" team that tackled coastal boundary was also praised. Negatives included graffiti on the "Eircom" building and also the weed growth at the base of the wall at the station. **Residential Streets & Housing Areas 32/50:** The adjudicator admired the array of well-presented



houses and commended the residents on the very high standard. Landscaping, neat colourful gardens, hanging baskets and the planted containers here were all favourably referred to. **Approach Roads, Streets & Lanes 30/50:** The report refers to the approach roads which "were well-presented with good landscaping at village signs and nicely trimmed grass verges giving a good first impression on entering the village. The entrance road by the station has the superb Godwit statue towering over the road on a fine stone plinth". "Colourful landscaping" as well as "long stretches of hedging" were praised but "the herbicide spraying of beech hedging was not admired". The adjudicator suggested that gates on the approach roads should, if possible, be painted a uniform colour and also remarked that "the bridge is a lovely feature with appropriate landscaping as you enter the old village".

COMMENT: An adjudicator's report is interesting and informative as it gives an independent appraisal of an area, and it also identifies issues which perhaps may have been completely overlooked. In order to obtain an increase of marks in future competitions it is necessary to address such matters, therefore sections of this year's report should in effect be treated as a "snag list" for the 2016 competition. Efforts should be made to rectify as many as possible of the items which received unfavourable comment, and any suggestions offered should be taken on board. The least number of marks awarded per category was 30% which was relative to "Sustainable Waste & Resource Management", and this was also the lowest section last year when 2% less was awarded. It is therefore an area where a splendid opportunity exists to increase marks as there is a significant differential of 70% involved. Another category where marks may be gained is under "Tidiness & Litter Control" as a somewhat disappointing 61% was awarded. The adjudicator quite rightly pointed out that controlling and combating litter has to be a community effort and should not be left to the committee alone to address. There was reference to graffiti on an "Eircom" building which may have resulted in a loss of marks, although the building referenced is probably that at the "Old Road" which pertains to the main sewer. **Graffiti vandalism,** especially on some beautiful stone walls, is dreadful but should that pictured on this building be similarly classified? Would suggest that

it adds colour to what was a rather dull structure? Indeed an artist could also pay a visit to Craigs Field and apply a professional touch to the five gym units which mar the landscape in their present yellow state, and when viewed from the village or the passing trains bear a resemblance to the ancient petrol pumps at filling stations in bygone days! It is of course an adjudicator's prerogative to deduct marks where it is seen fit, however some reports include comments of a very sensitive nature; for example on the condition of private dwellings and gardens. The existing state of that highlighted could be due to complicated personal reasons, or perhaps because of the associated costs involved, or even illness, or maybe just a case of non-co-operation, etc. However such remarks, generated in the absence of any background knowledge, could result in embarrassment, guilt, hurt, conflict or alienation. Anyway, the community would be very well aware of the issues raised and does not have to rely on an adjudicator's observation. Then this negative aspect is frequently intensified by a flippant remark such as; "a pity the splendid building looked unoccupied". This is not a definitive statement and adjudicators should refrain from making such comments as there is a doubt in existence, which is another example of a complete absence of diplomacy. It is interesting to note that the herbicide spraying of beech hedging was criticised, and this begs the question; is there an expectation to hoe the three thousand which are planted on the approach roads?!

Neighbourhood Watch!: The parishioners residing along the meandering border were on high alert recently but the noisy neighbours failed in their attempt to finally secure back-to-back county titles. However such a feat is difficult to accomplish and since the competition commenced in 1887 only six clubs, plus divisional side Imokilly, have achieved this unique achievement. These clubs are classified as the "Elite 6" and Erins Own, proudly a member of this prestigious group is still the last club to secure back-to-back titles. Meanwhile it appears that the famous pony is into the routine of only partaking in biennial processions from the grotto, but may be now worried that 2016 could also be a rest period!

SLÁN ANOIS ©

THIS CHRISTMAS

"I'M GETTING MY ACT TOGETHER EARLY"

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Christmas really is about giving...not stretching the family finances. As the big day looms, many families are deep in preparations for the Christmas holidays and through it is a time of joy, it puts a lot of pressure on hard pressed parents trying to give their families a holiday to remember.

We have all been guilty at some point of overspending during this holiday season. It is easy to get caught up in panic buying and overspending which may result in many families becoming financially stretched beyond their means, or having to borrow – in some cases from moneylenders.

But this doesn't have to be the case says Our Lady Crowned Credit Union who recently launched their Christmas campaign. The campaign urges the public to avoid borrowing beyond their means to avoid a sack full of debt in the New Year.

In December 2014, the Irish League of Credit Unions found that 60% of Irish Consumers believed there is nothing nicer than a proper Irish Christmas and on average planned to spend €600 at Christmas – those in Munster were planning on spending €592. 51% of Irish consumers expected to borrow money to get through the Christmas period – borrowing on average €417 per person. For some people however it can take up to 9 months to recover from overspending at Christmas and this is why Our Lady Crowned Credit Union want to advise people to be sensible and think hard about what they are spending their money on.

Loretto Dennehy-McCarthy Manager at Our Lady Crowned Credit Union Ltd spoke about their 12 tips to get through Christmas 2015. "We all need to remember that Christmas really is about giving.....not overstretching the family finances. People can be savvy when it comes to shopping at this time of year. For example, starting early to avoid getting caught up in 'panic buying' can really help keep costs low and provide the family member sufficient time to search for the best deal. Online can be great for locating some great value but keep an eye on the mail, courier or delivery costs.

Loretto added: "Setting a Christmas spending budget is more important now than ever, as is writing a list. This will allow people to keep a tight rein on the Christmas shopping costs. Staff at Our Lady Crowned Credit Union are happy to sit down with you at any stage and talk to you about a savings plan or a loan. Loretto concluded "if you have to borrow for Christmas be sensible. Borrow where the interest is right.....not on your doorstep.

Our Lady Crowned Credit Union

Twelve Tips to Get through Christmas 2015

- Budget, Budget, Budget.**
Plan how much you can afford to spend - and stick to it.
Go to our online budget planner at www.olccu.ie
And follow the link for an easy to use version, or call to our office to collect a hard copy.
- Make a list.**
Decide what you're going to buy in advance. Decide in the store and you'll spend more!
- Pay with cash where possible.**
Avoid loans, credit cards, store cards, catalogues and money lenders – they'll cost you more.
- If you borrow be sensible.**
Borrow where the interest is right.....not on your doorstep!
- Compare prices.**
Before you buy, compare online and between shops. You'll be amazed at the difference.
- Use trustworthy vendors.**
Buy from reputable websites and check they guarantee delivery before Christmas.
- Check for Sales.**
Many shops will have sales before Christmas. Ask around, and maybe you could get those presents for even less!
- Interest Free Deals.**
Look for interest-free deals when buying furniture or electrical goods - but make sure to compare prices.
- Christmas Clubs.**
Joining a Christmas club or opening a credit union savings account will help you now - it will also get you into the habit for next year.
- Read the Small Print**
If you borrow or enter into a buy-now-pay-later deal, be careful. Some lenders will penalise you for paying it back early or, if you do not pay it within the interest free period, you could be subject to hefty interest payments.
- Under pressure?**
Talk to us first. Suffering from debt stress?
Already owe money lenders?
Call into Our Lady Crowned Credit Union to discuss your options.
- Friends and Family are priceless.**
It's easy to say but it's still true - the best gift at Christmas is being together - and that costs nothing. Many families do Kris Kringle or Secret Santa gifts. Some families only give gifts to children. There are many ways of saving money without taking away the magic.

Our Lady Crowned Credit Union Ltd.

Main Office: 11c Silversprings Road, Mayfield, Cork Sub Office: Wallingtown, Little Island, Co. Cork

Tel: 021-4504923, E-mail: info@olccu.ie, online: www.olccu.ie



Charlie Wilkins

THE ROYAL SEASON

This year, autumn has lived up to its title 'the royal season' for it was mild and pleasant in the main and wore a coat of many colours. It prepares us for winter in the fall of leaves, a cooling of the air, and a shortening of daylight. And now that we are officially into winter, it is often, regrettably, associated with melancholy and nostalgia. But winter can also be welcomed as one of our most rewarding seasons. The blowsy exuberance of summer is certainly gone, but texture, shape and form emerge as if an artist had suddenly uncovered a forgotten charcoal sketch beneath a current painting.

For the gardener, winter it can be a treasured period, a time of surrender, of lengthening shadows and quiet reflection, broken only by the scream of high winds as they move through tree canopies and shriek about chimney pots. The light too, is changing. Every day now the sun rises lower in the sky east of the church spire across the road from 'Villa Marie'. Its arc above the nearby houses gets lower and lower, until a point is reached in early December where it fails to light a sizeable portion of my garden, and those of our neighbours. This is normal, and the gradual withdrawal of light tells me yet again, that the whole pulse of life is slowing down, folding in on itself. Everything seems to carry the peculiar beauty of picturesque decline, and the garden instinctively knows that in just a few weeks it will be at its midnight point; the winter solstice.

On a more positive note, it is the season of compensation. Short days and terrifying weather may soon keep us confined indoors for long periods at a time, but there are occasions when you are very likely to be tempted to get out and about. One of these occasions is the annual opening of D.J. Murphy's Christmas decorated home at Bride View Cottages, Killumney, Co. Cork. Here, for the past seventeen years, a quirky cottage and its garden is transformed each

November and December with substantial Christmas floral exhibits with a view to raising badly-needed funds for worthy charities.

The informality at this annual event is quite unique. Unlike stately homes where you shuffle around rooms of pomp, portraiture, and roped off rugs, one can sit, lounge, or adjourn to any room you fancy. The visitors; gardeners, flower arrangers, home decorators, (and the inquisitive) who come to see this annual spectacle will get the chance to view everything at leisure, partake in seasonal refreshments and purchase arrangements from a display especially created in one of the many fine courtyard buildings adjoining the cottage. And if that's not enough there will be choirs in the kitchen every night to entertain (the Enniskeane/Ballineen choir appear regularly, so too the Gospel Choir from Cork City). Finally, to add to the nightly festivities you will get the chance to partake in a monster raffle with very worthwhile prizes.

'Bride Park Cottage' is open from Thursday to Sunday on November 19th, 20th, 21st and 22nd and again on the weekend Thursday to Sunday November 26th, 27th, 28th and 29th. Thursday and Friday times of opening are 6pm to 10pm whilst the Saturday and Sunday times are noon to 8pm. Admission is €10 (which includes refreshments) and all the proceeds will be shared between Co Action West Cork Clonakilty, Bantry, Dunmanway, Castletownbere, Skibbereen and Ataxia (Frederic) Bandon.

All in all, a visit would be a wonderful experience and a great evening out. My notions about this particular event may indeed be fanciful but is this not the season for fancies?

THE NOVEMBER GARDEN

LEAVES; A bone of contention for those who do not garden the arrival of autumn leaves into their garden can be distressing. However, you can do nothing about leaves which blow in to your property (from any direction) infuriating as it may be. The same applies to shrub and tree roots. You cannot lop the roots of your neighbour's plants even if your secret wish is that it will kill whatever the roots belong to. To argue



Winter light comes in through the open shutters of Bride Park Cottage and it brightens a bowl of glistening red cherries overflowing in a glass bowl. They lie there, fattening in their waxy skins along with floral arrangements of every design and size.

that roots are trespassing is a non-runner for the roots of trees and bushes have their own rights, and whilst you can do whatever you like with your plot of ground (right up to the sky in theory) you can't infringe on the rights of living roots (or wildlife and insects). Instead of cursing the leaves why not look at how magnificently the trees grow, and learn to love and enjoy the extra amenity of your area.

TREES; Employ an expert if you intend to get garden trees reduced in their canopies. Some may need total removal following recent storms. Tree surgery is a more or less unregulated profession and anyone with a ladder, a rope and a saw, can call himself an Arborist. For a list of professional tree contractors and consultants, look up the 'Golden Pages'. Beware preservation orders and conservation area regulations. Check with local planning before undertaking any work apart from light pruning. If a tree is dead, dying or dangerous it can be felled without permission but it is advisable to check beforehand with your local council. Not all trees can be pruned at this time of year. Much depends on species, variety, and age. Seek advice first is my recommendation. **LAWNS;** During mild and dry weather, improve soil aeration and drainage on the lawn by removing plugs of soil with a hollow-tined aerator. These two-pronged hand-held aerators are not cheap to buy

(current price 80 euro) but at least they're fairly easy to source. Three pronged and four pronged models do not seem to work as well. With your feet, push the tool into the ground at roughly six inch intervals, and as you progress, plugs of soil will be removed and ejected. When finished, you sweep up or collect the plugs for use in the compost heap. Refill the holes by brushing in a mixture of two-to-one of coarse sand and potting compost. Small areas done with regularity soon complete even the largest lawn. **FREESIAS;** If you are one of those people who use the cold greenhouse in winter as nothing more than a store for the bicycle and a place to air the washing, would you not consider filling a few pots with freesias for blooming during January and February? They're absolutely no bother to bring into the flowering stage. These old-fashioned bulbs are back into fashion and whilst you won't get them in all garden outlets, be assured that Mr. Middleton of Mary Street Dublin can supply you with all you need. These make excellent cut flowers, come in a variety of vibrant colours and they're deliciously scented. Stood in glass vase and displayed in the home they'll cheer when all is dark and grey whilst clearing the house of musty, winter odours!

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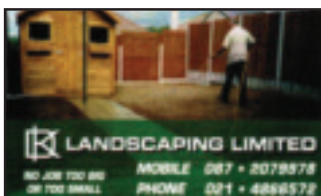
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Sars U12c County Champions

Congratulations to our U12c team who were crowned County Champions after a wonderful victory against a very strong Kilbree / Kilmeen side. The Sars girls were two points down at half time but turned the game around in the second half to win by 3-3 to 1-5. It has been a year of epic comebacks for this very young team, most of whom are still U11. It was a great reward for a year of hard training and dedication. A very inspirational panel of players. We are so very proud of them !!!! Well done girls !!!!

Centra Trip To Croke Park !

40 lucky players from our U10 / U9 panels got the once in a life-time chance to take part in the ultimate behind the scenes day out in Croke Park thanks to prize winner Nessa ! Our girls got to take part in an on-pitch skills training session with inter-county stars including Henry Shefflin, Conor Lehane, Alan Cadogan and Pat Donnellan amongst others.

The girls had a great time on the behind the scenes stadium tour where they got to visit the players lounge, dressing rooms and trophy presentation areas . This was followed by great fun in the play zone. A wonderful day was had by all. Special thanks to Ken Jordan of Grandons Centra, Sallybrook.

Minor / U16s

Unfortunately our U16s lost out to Ballygarvan after a replay ending their championship campaign, however a league play off against the Glen keeps them still in competition & actively training.

After a recent impressive win over Kilbrittain in the championship, our minors travel to Milford/ Ballyhea to try and secure a place in the county Semi Final. Emma Caseys' welcomed return after a five month injury break will strengthen the panel and hopefully our chances of retaining the title again for 2015.



Croke Park



Croke Park



Sars U12c County Champions 2015



Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.



Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Lotto Results Wednesday 14/10/2015: No winner this week numbers drawn were 1,8,10 & 12, €30 to Ryan Dennehy, Ronan Power & Airling & Niamh Cremin, Next weeks Jackpot is €1,780

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

Senior Hurling Championship Semi-Final Replay 03/10/2015 Erins Own 1-14 Sarsfields 4-15 An evening meeting under lights was chosen to decide the semi-final replay of the senior hurling championship, from the start Sars were off to a dream start with a goal & two points on the scoreboard in the first eight minutes, it took Erins Own ten minutes to notch up their first point from an Eoghan Murphy free, Kieran Hero Murphy hit two points from play & Eoghan adding another two from frees, both sides were hurling well with Shane Murphy & Cormac Dooley solid in defence,

Sars hit another four points to leave the difference at the break of a goal & a point Sars 1-06 Erins Own 0-05, straight after the break Erins Own looked to be in good form with a Mark Collins point, But Sars goaled soon after, Kieran Murphy added another point for Erins Own & three points from frees from Eoghan Murphy narrowed the gap to three points but goals when games & that's what Sars got a third mid ways in the second half at this stage the gap widened to seven points, both sides continued to exchange points with Eoghan Murphy hitting two from play, a life line then came when Eoghan Murphy netted from a penalty in the 24th minute & points from Alan Bowen & Andrew Power brought the gap back to four points but Sars continued to notch up points & sealed their victory in the 31st minute with a fourth goal to put the game beyond reach from Erins Own & to put them into another county final were they seek a fifth title since '08 a remarkable achievement for any club, Shane & Kilian Murphy, Cormac Dooley, Sean Kelly & Robbie O Flynn played well on the night for Erins Own.

Pat O'Callaghan PRO
Erins Own H & F Club
Tel: 087-6431807
Email: pro.erinsown.cork@gaa.ie
Web: www.erinsowngaa.ie



Erins Own Medical officer Greg Twomey on duty at this years Colman Dillon Tourinament



Colman Dillon Tourinament 2015 which was a great success this year



Senior Hurling Team Photo That Played Sars in the SHC Replay

Children who participated in the Summer Reading Scheme in Glanmire Library.



Above: Josh, Shauna and Jack Hegarty (Summer Reading Scheme Glanmire Library)

Below: Grace Browne-Murphy with her Summer Reading Certificate.





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Glanmire Youth Project salutes Youth Achievement

Well done to all 15 young people who received Leadership & Child Protection training certificates at the Glanmire Youth Project in Riverstown on Thursday 22nd Oct. It is so encouraging to see young people progress up from new members, to senior members and in no time to become leaders in their own youth club. On the night recognition was also given to the member who participated wholeheartedly in this years Summer Program making it a wonderful success - a film of the Summer Activities was shown along with a short film from the long standing House of Rock.

On Saturday 24th October a group of young people from the project will travel to Dublin to receive Citizenship Awards for the Trojan work of preparing for the official opening earlier in the year of the new Glanmire Youth

Project premises in Riverstown.

Dermot O'Connell from the Glanmire Youth Project Management group thanked and congratulated all the recipients of awards and certificates. Dermot went on to expressed his hope and confidence that with the help of all the volunteer leaders and Staff that the doors of this wonderful new Foróige Youth Club building would be always open to the young people of Glanmire.

The new leaders will help with the music group, art work, soccer group, the youth club in the pike, Big Brother Big Sister, Friday night Drop In, Summer Camps etc.

We are very fortunate to have 2 Youth Workers and a Drug Task Force worker full time in Glanmire operating out of the Foróige premises in Riverstown.

Le gach dea-ghuái, Tim Murphy



Tom and Niamh O'Sullivan with their Reading Certificates.



Fatima Mugaddas and Muhammad Masood



Deanna Cruz Coleman taking part in the Summer Reading



Alison Browne Summer Reading Scheme



WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Camogie in Caherlag

White's Cross Under 10 Camogie team took on Erins Own recently in a great game that saw first class performances from both teams. The White's Cross girls played outstanding and showed great skill and team work and ended up victorious on the day, which went down very well as in our previous two encounters we had been the losing side. Well done to all the girls and thanks so much to Erins Own for having us and providing refreshments after the game. Well done also to the White's Cross Under 7 girls who played their first Camogie match against Erin's Own on the same Saturday morning, also in Caherlag. It was great to have 14 travelling and a huge effort was put in by all. Against a slightly older team who have had a few games under their belt already, we really got stuck in as was evidenced by the few injuries picked up but everyone bravely continued on and it was fantastic to see the passing we have worked on in training. We defended well for much of the game but finished strongly and after a few near misses Maggie O Shea scored a fine goal our efforts deserved. Thanks to all parents for their support and Erin's Own for putting on a fine spread for everyone after the game. Bring on our next challenge!

Tournament in Ballyhooley

White's Cross were delighted to be invited to compete in the Philly Leahy memorial hurling blitz at Ballyhooley during October. Firstly our compliments

to the hosts on putting on a great blitz, providing a welcome for all participants and supporters on what was a lovely morning for hurling by the Blackwater. There were 6 teams participating - 2 from the locals Ballycastle, Killavullen, Kilara Og, Tallow and ourselves. The teams were divided into 2 groups, and so White's Cross faced Ballycastle Green and Kilara Og in rapid succession. In the first game we had an excellent win against Ballycastle Green. Eolan Dill, Senan Ryan, Peter Twomey and Ethan Ryan were solid in defence. Patrick O'Hara was excellent at midfield, ably supported by Adrian Buckley and they set the platform for our forwards Conor Docherty, Stephen Whooley, Ollie Shanahan and Brendan Quain. Aaron Wallace was reliable as ever in goal and pulled off some great saves. In the second match we had a narrow loss to Kilara Og in a match which was in the melting pot all through. However Patrick O'Hara suffered a nasty injury and had to retire and ultimately we came up just short. Still this saw us progress to the shield final versus Ballycastle Blue. We had to chop and change for this game, with Patrick playing part of the game in goal and saw us swapping backs and forwards as required! However to their great credit the lads came out on top by 2 points. What was most pleasing was that each game represented a different challenge and the team stepped up to each. Captain Conor Docherty accepted the Philly Leahy Memorial Shield in a fit-

ting season finale. This was indeed our final outing for the under 13/14 groups for this year and we would like to thank parents for all the encouragement and support during the year. Most of all well done to the players themselves who lined out in up to 30 matches across U13/14, many of those at a step up in grade from last year, and who represented their club, teams and families with great distinction. Well done to all and roll on 2016!

Dual Stars

On a lovely Autumn evening White's Cross GAA grounds was once again filled with activity, as our Under 5, 6, 7 and 8 year olds took on Carraig na bhFear. Following on from some excellent football games between the two clubs played at Carraig two weeks previous, this time things were mixed up a little with mini games of hurling and football played across the age-groups. For those playing the two games for the 5 and 6 year olds this was their first time ever playing a hurling match so the nerves were noticeable beforehand... and that was just their coaches!

However they need not have feared because once the whistle was blown to commence the games all involved applied themselves with great endeavour, and provided excellent entertainment for the very proud family members and others watching. The ground hurling played was end to end stuff and there was plenty timber tested by these

youngsters in the hurling matches - the clash of the ash might have been heard at times back in Carraig! Having played two periods of hurling each game then reverted over to football, where once again there was plenty to cheer about for all those supporting both clubs.

Elsewhere the under 7s and 8s also had very competitive games with their opponents with the teams evenly matched. These lads had little time to recover from the night's exertions because they were back on duty the following morning as they took part in yet another Rebel Og Monster Blitz. These Monster Blitzes were run regularly throughout the summer for this cohort and gave our young stars regular and competitive fixtures in both codes every second Saturday throughout the summer months and into October - the final set of blitzes was played in mid-October.

On that final morning White's Cross were represented by two teams at Na Piarasigh grounds, and both teams ended up playing teams from Na Piarasigh, Donoughmore and Brian Dillons. Each of the six matches illustrated clearly how each of these young players has developed as a result of the regular training and games programme in 2015. The skill levels on show were a treat to watch and the hurling was fast and furious. The medals received at the end of the morning were a justified reward for each of the lads involved.



Conor Docherty, captain of White's Cross, accepts the Philly Leahy Memorial Shield in Ballyhooley.



The White's Cross Under 8 hurlers try to intimidate their opponents with their version of the Haka at their recent Monster Og Blitz in Na Piarasigh grounds!



Congratulations to the White's Cross Under 16 footballers who captured a league title recently by defeating Grenagh in the final - here Ronan Quain is pictured making his captain's speech.



The White's Cross and Erin's Own Under 10 Camogie sides pictured after their recent match at Caherlag

BALANCE AWARENESS WEEK AT EAST CORK PHYSIOTHERAPY CLINIC

The aim of Balance Awareness Week is to increase the awareness of vestibular disorders by helping people to recognise the symptoms. People are often of the belief that they suffer from a condition called "vertigo" which is in fact a symptom, not a diagnosis! People go undiagnosed for years, incorrectly thinking that their only choice is to live with it!

Vestibular disorders affect balance and often produce disabling symptoms that include vertigo, dizziness, balance problems and difficulty concentrating. These life altering symptoms can deeply inhibit a person's ability to perform basic day-to-day tasks, and are compounded by their invisibility to others, making it difficult to understand that a person with vestibular dysfunction is probably struggling to remain orientated and functional.

THE PROBLEM

35% of adults aged 40 years and older experience vestibular symptoms at some point in their lives. Dizziness is the number 1 reason people go to A & E. The symptoms can be mild and short lived or can have a more serious impact on one's daily activities to the point of being debilitating.

THE SYMPTOMS

- Mild dizziness or unsteadiness, to violent vertigo and falls.
- A sense of exaggerated motion with certain head movements or positions.

- Trouble reading, focusing or watching motion.
- Feeling unsettled in busy environments like traffic or supermarkets, or in lifts or escalators.
- Unsteadiness, especially in the dark or on uneven surfaces
- Nausea, poor concentration, headaches, fatigue.
- Depression, loss of self-confidence.
- Decreased social interaction and activity levels.

THE CAUSES

Most dizziness and balance problems come from a disturbance of the vestibular system which includes the part of the inner ear and brain that process sensory information involved with controlling balance and eye movements.

Vestibular problems can occur due to:

- Ear infections
- Aging
- Head trauma (car accidents, falls, impact sports, brain injuries)
- Disease
- Medication
- Unexplained causes

Balance problems can also arise from trouble with our feet, neck and eyes. This is because our balance is a complex

interaction between three systems:

- Vestibular system
- Vision
- Proprioception (information from our feet, muscles and joints about our body's position)

TREATMENT

Like any condition, an accurate diagnosis is most important. Functional vestibular testing using infra-red goggles is essential to identify the root cause of the problem. This can objectively identify which parts of the vestibular system are functioning normally and which are not.

If assessment indicates that Vestibular Rehabilitation is appropriate for you, therapy can include:

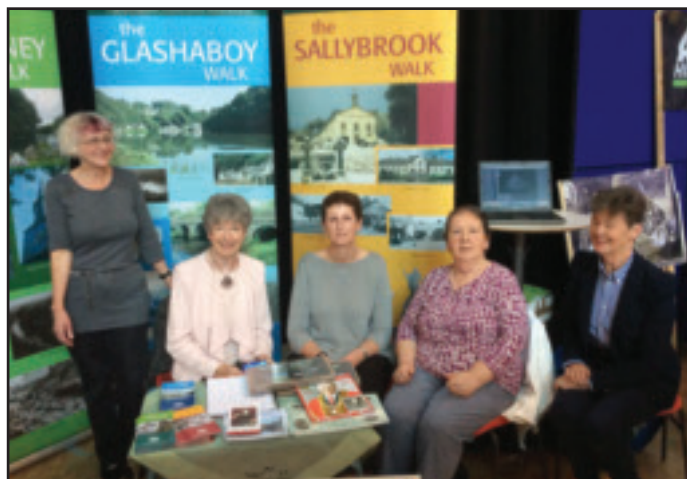
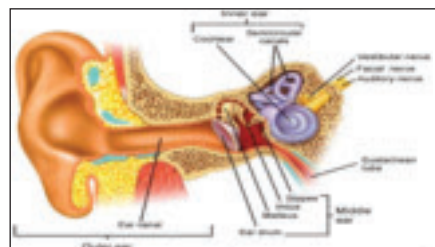
- A manoeuvre that eliminates a common cause of vertigo from the inner ear called B.P.P.V. (benign paroxysmal positional vertigo)
- Specific exercises which stimulate the brain to adapt to the abnormality.
- Training of alternate orientation strategies.

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Above photo's taken at the 'Celebrating Cork Past' Exhibition at the City Hall are the Glanmire Heritage Committee

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Above:

Mark O' Dowd Winner of the Fitzgerald Vienna Woods Community, Business and Sports Award is presented with his award by Ms Roisin Healy, Sales and Marketing Manager of Fitzgerald's Vienna Woods Hotel in the company of his parents Liam and Carol, his grandmother Mary O' Dowd, Mr Mckelvey, principal, GCC, Deputy County Mayor Cllr Anthony Barry, Deputy Lord Mayor Henry Cremin and his friends.



Above Right:

Glanmire Community College transition year student, Mark O' Dowd Winner of the Fitzgerald Vienna Woods Community, Business and Sports Award is presented with his award by Ms Roisin Healy, Sales and Marketing Manager of Fitzgerald's Vienna Woods Hotel in the company of his parents Liam and Carol, his grandmother Mary O' Dowd and Mr Mckelvey, principal, GCC.




Above Right Lower:

Glanmire Community College transition year student, Mark O' Dowd Winner of the Fitzgerald Vienna Woods Community, Business and Sports Award is presented with his award by Ms Roisin Healy, Sales and Marketing Manager of Fitzgerald's Vienna Woods Hotel in the company of his parents Liam and Carol, his grandmother Mary O' Dowd, Mr Mckelvey, principal, GCC, Deputy County Mayor Cllr Anthony Barry and Deputy Lord Mayor Henry Cremin.



Mayfield Community School students Conor Morrissey and Courtney Carroll with Brian Kennedy at the recent Ireland v Germany game match.



**Glanmire
Community College
Open Night**

**Thursday, November
5th, 2015, – 9 pm**

Principal's Address: 8.30 pm

Closing date for Applications: Nov. 13th, 2015

**GLANMIRE COMMUNITY COLLEGE WELCOMES
HOME A EUROPEAN UNION YOUNG SCIENTIST
WINNER (From Page 1)**

On Friday last, September 25th, there was great excitement at Glanmire Community College as Principal Pat McKelvey, Cork ETB Deputy Chief Executive John Fitzgibbons, teachers and his fellow students welcomed Mark O' Dowd back to the college. Mark, a Transition Year student at GCC won the Expo Milan 2015 Prize at the EU Young Scientists Competition (EUCYS) in Milan last week. Expo 2015 is based around the theme of "Feeding the Planet-Energy for Life" and the EUCYS invited 18 projects around this theme to take part in a one-off exhibition at this year's contest. Mark was one of the youngest of the 173 contestants, from 39 countries taking part in this year's EUCYS in Milan from the 17th – 22nd September.

After 4 days of judging the best student scientists in Europe, China, Russia and the United States of America, it was announced on Monday last, in Milan, that Mark was 1 of 3 Cork students who had won awards at the EU Young Scientists Competition (EUCYS). Mark's project discovered that it is possible to improve crop yields by damaging crop seeds, under the principle that what does not kill you makes you stronger. He found that there was an increase in crop yields when they were rolled and perforated at seed stage. His prize was a laptop and the opportunity to take part in the closing ceremony of Expo 2015 in Milan in October.

As Mark and Mr O'Sullivan entered the ceremony the song "To dream the impossible dream" was sung by the school choir. Mr Pat McKelvey, Principal, stated the song was very appropriate for the occasion as one of the things that all the students should do, was to look at their own potential and gifts and to explore them. It is so easy to take the shortcut out of fear of not succeeding. Mark is a role model.

Mr Dan O' Sullivan, Mark's Teacher and Mentor throughout the project introduced Mark as a "Class Act EU Champion and Young Scientist". He stated that what sets Mark apart is his huge work ethic. The EU Young Scientist Winner took centre stage and inspired his Transition Year Group and the First Years classes, with the details of his project. Mark emphasised the importance of study and working towards exams, but also stated that they

should look past the books and look around and ask themselves "if there is a problem I can solve or a solution I can find to make someone's life easier, then they should pursue it". He finished by saying that "the Expo 2015 EU Young Scientist Competition has been a great experience and journey."

Finally, Mr John Fitzgibbons congratulated Mark and stated that the Cork ETB sent two projects to Milan and how proud he is that both projects won awards. He stated that "Mark's project could make a significant impact on feeding the population of the world". He addressed the student body by stating "the challenge to you is to do what Mark has done. Dream what you want to do and follow it through. All your dreams are possible if you work hard for it".

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You may have noticed some changes to our facilities in Sallybrook over the past while.

The development committee put together a scope of work some time ago and at the time, it seemed like this was only something that was going to be put on paper. As the plan evolved on paper and planning permission was obtained for the works, the enthusiasm among members grew and soon the wheels were in motion. Of course nothing can be done without a few bob and a decision was made to ask parents to contribute towards the works. We can safely say that the contributions were made without question and eventually work began. The work scope consisted of the following

- Build a wall and dugouts at pitch 1
- Erect safety fencing on top of the wall and also along the riv-

erside on pitch 1

- Construct a tarmac wheel-chair access pathway and erect a safety rail along this.
- Install training quality flood-lights on pitch 2
- Erect boundary fencing on pitch 2
- Install a gym
- Replace existing generator with a new one capable of lighting both pitches.
- Erect a digital scoreboard on pitch 1.

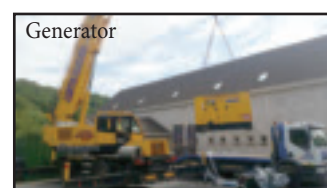
This type of work cannot be done without drive and enthusiasm and it was with the efforts of club stalwart Oliver Brennan ably assisted by Con Leddy, Niall Mc Carthy and the concrete expertise of John Murray that made this possible. The club would especially like to thank John Loftus for his time to deliver the new generator and making his crane available to lift it into position. Special thanks also to Vincy Barry and Fintan McGinty.



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Generator



Handrail

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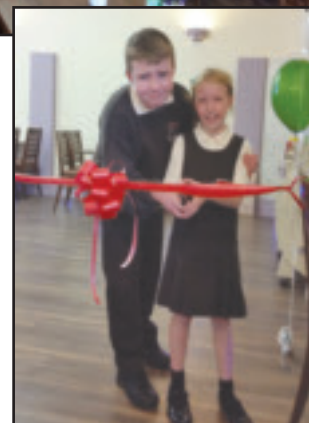


Right: Ben and Ava McCarthy cutting the ribbon to open Café Beva's new facilities

Above: Café Beva have recently extended their seating area.

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Environmental consequences of burning of garden waste and household waste

All Hallow's Eve is approaching and households participate in this festival by preparing witches, wizards and goblins, glowing lanterns and tricks or treats. However, something more sinister is slowly creeping into the time-old tradition of lighting bonfires to celebrate Halloween, reports Dr. Mary Stack of the Environmental Awareness & Research Unit of Cork County Council.

Where traditionally wood and straw were used for bonfires, there is now increasing evidence that individuals are using Halloween as an opportunity to dispose of waste illegally. Do not use this festive time to dispose of waste illegally. Remember, Backyard Burning is illegal and may result in prosecution.

Bonfire smoke causes problems for asthmatics, bronchitis sufferers, people with heart conditions and children. This is well-documented by the Environmental Protection Agency. Burning plastic or painted materials not only creates an unpleasant smell but also produces a range of poisonous compounds.

The EPA reports that tyres in particular are frequently burnt on bonfires, even though they produce



toxic fumes, releasing dioxins into the air damaging our health and the environment. Burning waste material contributes to over 50 per cent of all dioxin emissions in Ireland (EPA www.epa.ie).

Other sources of smoke increase in the autumn time when home-owners start cutting back hedges and clearing vegetation in their gardens. Due to the lovely fine spell in October, Dr. Mary Stack wishes to remind the public on the law relating to the practice of burning of vegetation.

Burning garden waste produces smoke, especially if it is damp and smouldering.

Smoke prevents your neighbours from enjoying their gardens, opening

windows or hanging washing out, and reduces visibility in the neighbourhood and on roads.

As many home-owners now grow their own vegetables in their gardens in a sustainable manner, they do not wish to be exposed to air pollutants from their neighbours unauthorised activity of backyard burning.

Untidy areas in the garden are often used as a refuge by wildlife and as hibernation zones. By burning these areas, you are impacting on your gardens biodiversity and these safe zones for over-wintering animals.

Dr. Stack says there are lots of alternatives available to the public to allow for the safe disposal of their garden waste. Our recycling centres accept the garden waste for a low fee. Garden shredders will reduce the volume of garden waste and provide you with mulch. Save you leaf mould for improving the soil in flower and vegetables beds.

Kitchen green waste may be composted and food waste can be collected by your waste service provider or try a green cone food digester or wormery. You can also drop off food waste to your local

recycling centre which is a new service offered by the Council. Backyard burning of household waste is an outdated and anti-social practice. Dr. Stack brings your attention to regulations prohibiting [see below advert] and making it an explicit offence to dispose of waste by uncontrolled burning, including such disposal within the curtilage of a dwelling. The smoke, smuts, and smell from unlawful bonfires should be reported to your local authority for investigation.

The Environmental Awareness Unit provides guide notes and booklets on composting and these are available on the Council's website to assist the public – www.corkcoco.ie.



Burning YOUR Waste is Polluting YOUR Environment



It's time to change your habits and start disposing of your waste in a safe manner.

Make the change yourself before a fine makes you change your mind.

STATUTORY INSTRUMENTS:
S.I No.286 of 2009

WASTE MANAGEMENT (PROHIBITION
OF WASTE DISPOSAL BY BURNING)
REGULATIONS 2009

"... these Regulations include the prohibition
of the disposal of waste by burning and the
prevention of environmental pollution
by such disposal."

Cork County Council, Environmental Awareness & Research Unit } Tel: 021 4532700
Cork County Council, Waste Enforcement Unit }

BACKYARD BURNING

A number of people still rely on burning as a traditional form of waste management. This is no longer acceptable as it poses a threat to our environment and human health.

The following practices are examples of backyard burning:

- Burning waste in a barrel or exposed heap (bonfire) in a yard or garden
- Burning in a purchased ready made "home incinerator" *
- Burning commercial waste on a business premises or farmyard
- Burning waste on a building site

All of these are illegal under the *Waste Management (Prohibition of Waste Disposal by Burning) Regulations 2009*.

The above burning activities are also legislated for by the Waste Management Acts 1996 to 2011 and the Air Pollution Act 1987. The Waste Management legislation makes it an offence to:

Dispose of waste in a manner that is likely to cause Environmental Pollution.

Cork County Council (Storage, Presentation and Collection of Household and Commercial Waste) Bye-Laws 2014 require Householders to be able to prove how they dispose of their waste. Provision is made for an on-the-spot fine of €75 for breaches of the Bye-Laws.

The Air Pollution Legislation makes it an offence to:

Cause or permit emissions (including smoke and odours) from your premises in a manner that will cause a nuisance.

People are also advised that the causing of a nuisance may give rise to a civil action against the person causing the nuisance.

Cork County Council has brought successful prosecutions for these activities under the Air Pollution and Waste Management legislation and will continue to do so in the future.



CORK COUNTY COUNCIL
COMHAIRLE CONTAE CHORCAI

Daoine Gan Dídean - Nuala Ní Loingsigh



Duine gan Dídean thar lear



Duine gan Dídean.

"Níl aon tinteán mar do thinteán féin". Nach fíor an seanfhocal seo! An bhfuil aon rud níos taitneamhaí ná suí síos cois tine agus do scíth a ligean tar éis lá oibre. Is iontach an suaimhneas é a bheith sa bhaile, go breá compórdach, gan cíos cás ná cathú ort. Nach méanar dóibh siúd a bhfuil a leithéid d'adh orthu. Nach minic seandaoine nach mbogfadh óna dtigh féin, is cuma cé chomh bunúsach is atá sé. Bímid go léir níos sásta agus níos socraithe inár dtigh féin. Is fíor a rá go bhfuil ár saol suaimhneach toisc go bhfuil baile againn agus dídean agus tigh compórdach againn.

Caithfidh mé a rá gur breá liom a bheith cois tine nó i leaba chompórdach agus é ag steal-ladh báistí amuigh. Is amhlaidh a bhím níos seascaire agus níos teolaí toisc na drochamimsire amuigh agus mé a bheith slán, sábháilte, compórdach istigh. Níl aon dabht ná gur deacair pléisiúr níos fearr a shamhlú. Ach cad faoi dhaoine gan dídean? Cén compord atá acu san?

Sa lá 'tá inniu ann tá an-chuid cainte faoi dhaoine gan dídean nó faoi dhaoine nach fios dóibh an mbeidh leaba acu aon oíche. Tá na daoine seo ag brath ar óstáin mar chéim phráinneach – seomra amháin le teaghlach

ann. Níl áis chócaireachta acu, níl spás dá gcuid giuirléidí, le ceathrar (beirt thuismitheoirí agus beirt leanaí) istigh ann. Is ann a dhéanfaidh na páistí a gcuid obair bhaile, gan príobháideachas ag aon duine sa teaghlach. Ní baile é seo, bíodh, gan dabht, go bhfuil sé níos fearr ná a bheith amuigh ar an tsráid.

Cad ina thaobh go bhfuil an méid sin daoine gan dídean? Le roinnt blianta anuas níor thóg na comhairlí cathrach nó na comhairlí contae tigh ar bith. Tá an-chuid tithe folamh mar go bhfuil daoine saibhre tar éis iad a cheannach saor agus ag súil go n-ardóidh an praghas – rud atá tar éis tarlú, dar ndóigh., i mBaile Átha Cliath, go mór mhór. Tá daoine ar liúntas cíosa ach ní leor é. Tá an cíos níos daoire agus níl aon athrú ar an liúntas agus dá bharr sin tá daoine caite amach ar an mbóthar. Chomh maith leis sin, ní ghlacann ach 1% le liúntas cíosa.

Tá 3,285 duine agus 657 teaghlach ina measc sin gan dídean (cúpla mí ó shin). Tá 90,000 duine ar liosta feithimh do thigh ón gComhairle Cathrach nó ón gComhairle Contae. Is scannal é seo gan aon dabht agus fiú sa cháinfhaisnéis ní raibh ach geallúint go soláthródh Nama méid

áirithe árasán nó tithe faoi 2020. Deireann an tAthair Peter Mc Verry gur géarchéim é seo. Deireann sé dá mbeadh baol orainn ón ngalar crúb 's béal go bhfógrófaí "práinn" ach, de réir dealraimh, níl saol daoine chomh tábhachtach leis na beithigh. Tá tithíocht ag teastáil láithreach. Gan dabht, tá gá le plean fadtéarmach ach caithfear gníomhú anois ar son na ndaoine atá ag fulaingt.

Rud eile de, tá roinnt mhaith tithe na Comhairle Cathrach nó na Comhairle Contae folamh mar go bhfuil gá iad a dheisiú. Níl, nó ní raibh, airgead ag na comhairlí chun an obair a dhéanamh. Molann Clann Shiomóin, a thugann aire do 6,000 duine gur cheart do na comhairlí comhoibriú leo san nó le heagraíochtaí dá sórt chun na tithe folmha a dheisiú níos tapúla, mar, de ghnáth, tógann sé míonna nó blianta an obair a dhéanamh. Chabhródh sé seo beagáinín.

Cén dochar a deintear do dhaoine gan dídean? Cuireann sé isteach ar a sláinte fhisiciúil agus ar a meon aigne. Cuireann sé isteach ar pháistí mar nach bhfuil saol socair acu ina dtigh féin. Gan trácht ar na fadhbanna thuas, ní fios cad iad na fadhbanna atá á gcruthú againn don chéad ghlúin eile. Iarrann Clann Shiomóin orainn an scéim a mhol siad siúd a mholadh don rialtas trí litreacha a scríobh go dtí ár dTeachtaí Dála.

Ag éisteacht leis na scéalta seo go léir, goilleann sé ar a lán againn agus braithimid nach féidir linn faic a dhéanamh. Ach is féidir rud a dhéanamh – tacú le Clann Shiomóin, Focus, Ciste Peter Mc Verry srl. – litir a scríobh go dtí ár dTeachtaí Dála mar atá luaite thuas, cabhrú le heagraíocht dheonach de shaghas ar bith.

D'inis an tAthair Peter Mc Verry

scéal álainn faoi dhaoine ag lorg déirce ar an tsráid agus conas meas a thaispeáint dóibh. Luaigh sé gurb é ceann de na rudaí is mó a ghoileann ar dhaoine bochta ná an drochmheas atá orthu. "Bhí bean agus a mac óg ag siúl na sráide agus tháingadar ar fhear ag lorg déirce. Thug an bhean dhá euro don bhuachaill óg agus bheannaigh sí don fhear déirce agus dúirt sí: 'tá rus éigin ag mo mhac duit'. Ghlac sé leis an dá euro agus dúirt sé: 'tá rud éigin agamse dó siúd, chomh maith'. Thóg sé barra seacláide as a phóca agus thug don leanbh é. Ba é an tábhacht a bhí aige ná meas a léiriú. Beannaigh don duine fiú muna dtugann tú pingin dó/di.

Tá ard-mholadh tuillte ag daoine cosúil leis an Athair Mc Verry, Focus Ireland, Cumann Naomh Uinseann de Pól, Clann Shiomóin agus daoine nach iad. Is dócha gur féidir linn go léir rud éigin a dhéanamh. Dúirt an Pápa Eoin Pól 11, atá anois ina naomh: "Níl aon duine dá shuibhre nach féidir leis glacadh le cabhair. Níl éinne chomh bocht nach féidir leis cúnamh a thabhairt".

Gluais:

gan cíos cás ná cathú = no worry
dídean = shelter
seascair, teolaí = comfortable
ag brath = depending
práinneach = urgent
liúntas cíosa = rent allowance
tiarna talún = landlord
liosta feithimh = waiting list
soláthróidh = will provide
baol = danger
galar crúb 's béal = foot and mouth disease
go bhfógrófaí = would be declared
práinn = emergency
goilleann sé = it affects

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Ciara Murphy and Grace Ni Loinsigh
Glanmire enjoying uachtar reoite at Yummie



Máire Ní Chathsaigh , cruit . le daltaí Choláiste an Phiarsaigh



Máire Ní Chathsaigh , cruit . le daltaí Choláiste an Phiarsaigh



Daltaí sa dara bhliain a bhí ainmnithe mar scoth scoláirí



Christín Ní Fhloinn Mór chomhghairdeas léi . 10 A sa Teastas Soisearach le déanaí



An Gradam "Imreoir Camógaíochta na bliana " á mbronnadh ag Gillian Grimes ar Meabh Ní Mhaoláin



Gradam "Scoth Scoláire bl4" á bhronnadh ag an bPríomhoide ar Eimear Ní Bhruadair

Daltaí a bhí ainmnithe mar scothscoláirí sa chéad bhliain 2014/2015



ABOVE: Christín Ní Fhloinn Mór chomhghairdeas léi . 10 A sa Teastas Soisearach le déanaí .JPG

TRADES & SERVICES

Glounthaune / Glanmire Meals on Wheels:
Cooks urgently required for Mondays Wednesdays 3 hours every 6 weeks.
Drivers required for Glanmire, Brooklodge, Riverstown area for Mondays, Wednesdays and Saturdays 1/1.5 hours every 5 weeks.
Contact Pauline Walsh 4353557 or Mary Finn 4353893

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Thursday (Hatha Flow) – Glanmire GAA Hall @ 7.30pm
Friday – Brooklodge Community Center @ 7.30pm

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Glanmire Macra NEWS

Glanmire Macra raise €5,000 for Youth Suicide Prevention

The month marked the end of Glanmire Macra's long-running fundraising campaign for Youth Suicide Prevention Ireland when the club proudly presented a cheque for €5,267 euro to one of the directors of Youth Suicide Prevention Ireland, Tony Philpott. The campaign consisted of a number of events including two Community Cake Sales and their 5km Fun Run/Walk in May. The highlight of the campaign was when six of their members took to the skies in a 10,000 foot SkyDive for the charity in Co. Offaly. On receipt of the cheque, Tony Philpott commended the overwhelming support the campaign received from the community of Glanmire and the surrounding areas. Glanmire Macra would like to extend a huge word of thanks to all individuals and businesses in Glanmire who contributed to the campaign, without whom it would not have been possible.



Members of Glanmire Macra presenting a cheque for €5,267 to Tony Philpott of YSPI

Glanmire Contests for Club of the Year at National Conference

During the October Bank Holiday weekend the National Macra na Feirme annual conference is being hosted by the Muskerry Region in Cork at the Rochestown Park Hotel. The three-night event will kick off on Friday evening and Glanmire Macra members will certainly be kept busy. On Friday evening our Know Your Ag quiz team will compete in the National Finals. Saturday will see the club contesting for the title of National Club of the Year competition for the third year in a row. It is a great honour for the club to have reached this stage of the competition and is once again a testament to the hard work of club officers and club members over the last 12 months. Glanmire have had great success over the past few years where they were awarded runners-up in both 2013 and 2014. We'll certainly be keeping our fingers crossed once again for good news from the judges! Also on Saturday club member Margaret Ambrose will take part in the final stages of the Best New Member competition. Since joining the club just less than 12 months ago Mags has become heavily involved in all areas of Macra and has even picked up a National Title in Capers! On Sunday morning, Patrick Healy will represent the club in the over 23 Beef stockjudging competition having won the Seandun round earlier this month. With bands and DJs on all three nights it's sure to be a great weekend!



Glanmire Macra's 7-a-side Gaelic Football team who reached the national semi-final in Limerick

Competition Success for Glanmire Macra

Glanmire Macra fielded teams in Gaelic football and public speaking this month, with a number of new members included in both teams. In the Seandún round the Public Speaking Team of Tanya of Sullivan, Jennifer Barry and Fiona Crowe spoke excellently but were outdone by Knockraha Macra. Jenny Murphy of Glanmire proudly took home the Impromptu Public Speaking Title, beating 13 other competitors, including Donal O Callaghan, Jennifer Barry, Fiona Crowe and Tanya O Sullivan from Glanmire. Glanmire's men's 7-a-side football team also did very well, reaching the National Semi-Final in Limerick but being narrowly beaten by Westmeath Macra. Well done to all involved!



Fiona Crowe, Jennifer Barry and Tanya O Sullivan who spoke in the Seandún Team Public Speaking final in Carrigaline

Glanmire Macra Jet-Setting around Europe!

The Macra na Feirme annual prize-winners trip took place last weekend from Friday 16th-Sunday 18th October in Madrid, Spain. The event was organised by Macra National Office for members of Macra who won National Titles over the last 12 months. A large contingent from Glanmire Macra travelled on the trip with the club having numerous winners after winning both the Public Speaking and Capers National Titles last year.

Glanmire Gets Fashionable

Members of Glanmire Macra are busy preparing for the Upper Glanmire Forty Shades of Fashion Show (Part 2) which will take place in Upper Glanmire Sports Hall on Friday the 30th of October. Glanmire members Dónal O Callaghan, Tomás Cuffe, Patrick Healy, Sarah O Connell, Karen Cashman, Liz Daly-O Dowd and Jennifer Barry will strut their stuff in styles from various shops across Cork. Tickets are €20 and are a great bargain for what promises to be a great night!



Jenny Murphy, who won the Seandún Impromptu Public Speaking Title



The Glanmire Macra crew who travelled to Madrid on the National Prizewinners trip



Upper Glanmire Community Association

upperglanmirecommunity@gmail.com

Facebook page: Upper Glanmire Community Association



Upper Glanmire Community Association AGM 2015

Upper Glanmire Community Association AGM 2015 will be held in Upper Glanmire Community Centre, Monday November 30th 2015 at 8 pm. All welcome.

Local Agenda 21 Grant Secured for More Community Planting in Upper Glanmire

Many people have commented about the bright wildflower ridge at the top of Ballyphillip Lane. It's been a blaze of yellow and red glory since July and still going (just about) on this wintry October Bank Holiday weekend. To think that only a year ago, that was a barren stretch ripe for fly-tippers and dangerous overnight parking. The locals themselves changed that using the Local Agenda 21 County Council grant secured for the express purpose of planting organic native trees, plants and shrubs in the area.

The community planting has turned out to be more than just improving the look of

the place though. It's brought neighbours like the people in Ballyphillip Lane together to help dig, level, sow and weed. The quiet goodness of people was evident time and again.

So, keep an eye on that ridge. It'll keep changing and getting better as people add more plants. Better still, join in. It'll connect you back to nature and community, and that's always good for the soul.

We're also joining forces with White's Cross GAA to plant across from the pitch with the help of the neighbours in Burke's Lane and around Forde's Cross.

That's not all either. We've secured more Local Agenda 21 funding to plant more verges. Our sights are set now on the front of the Sports Hall. Is there a stretch near you that could do with a low-maintenance wildflower lift? Remember, that's how all this got started. People came forward with ideas and we just ran with them.

Community Clean-Up in Early December

A huge thank you to our fantastic neighbours, especially the stalwarts of White's Cross GAA, who turned out as usual for the road clean-up at the start of October (though some said they were only there for the home-baked goodies in the Community Centre after!).

A wide area was covered from Ballyphillip to Rathcooney to Laherdane, from Buck Leary's to White's Cross and on to Kilcully, Pierce-town, Templemichael and even in as far as the start of Kinvara. The results are evident but these clean-ups need to happen regularly and with ALL hands to the pump. Keep an eye on our Facebook page and the noticeboard for the exact date of the next one at the start of December. The clean-ups are always held on a Saturday, from 10 am-12.30 pm. For more information about this and the Community Planting, contact 086 382 4405.

News & Information:

Check out our page on Facebook for all the latest: Upper Glanmire Community Association. Keep an eye on the Community Association noticeboard outside St. Michael's Church in Upper Glanmire.

Upper Glanmire Community Association has set up a Text Alert Network Database. This network is used to send out texts about community events. The Community Garda is also using it to send texts regarding suspicious activities, recent crimes and crime prevention advice. This service is free as it is sponsored by the Community Association. It is data-protected. Please email your mobile number to: upperglanmirecommunity@gmail.com or contact 086 382 4405.

Join us for Bingo in Upper Glanmire Community Centre every Thursday evening 8-10 pm. Friendly atmosphere with free tea, coffee and biscuits.

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IT'S CRUNCH TIME... GET FIT TODAY!

The new addition to our Sports Complex Centre is now open to the public. Crunch Fitness is a state of the art gym, complete with cardio machines, free weights and resistance machines.

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AGM 2015

Upper Glanmire Community Centre

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UPPER GLANMIRE ICA GUILD

Update on Guild activities

- Our Craft sessions have resumed now, if you would like to learn to crochet or knit, please ring 087 2341187 for details of class times.
- At our October meeting Noel Barry from Ballyvolane was our guest, and gave us a great insight into the life of a bee-keeper, he also brought along some of his honey for tasting.
- In early September, a large group of members went to Cool green and Temple uisce with John O'Callaghan on a tour of local holy wells and standing stones. Members found the lecture most interesting.
- We have been asked to do the Shoe Boxes again this year, members put great effort and work into filling these boxes for children in poorer countries around the world.

November recipe: C.mas mincemeat Odlums Recipe

6 oz soft brown sugar
7 oz sultanas
7 oz raisins
4 oz mixed peel
1oz chopped nuts (opt)
1 tsp mixed spice
1 tsp cinnamon
Pinch of nutmeg
8 oz cooking apple grated
4 oz butter, melted
3 tablespoons brandy/ whiskey
Method
Mix all the dry ingredients tog
Add the grated apple, melted butter and alcohol
Stir well, cover and leave overnight
Transfer to sterilised jars next day
(Will last up to 5/6 months)



Left: Noel Barry giving us a presentation on beekeeping and honey making.

Above: Peggy Murphy and Abina Morley tasting some pure honey.

Top: The Mince pie

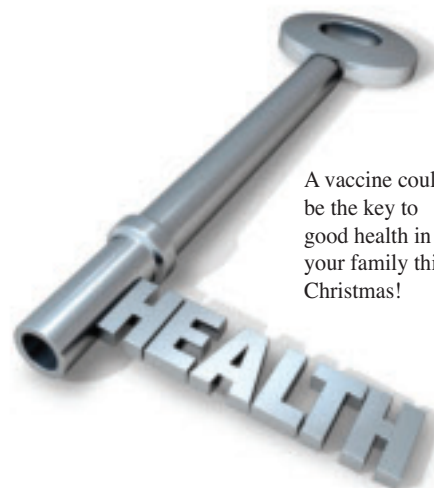
Ask Your Pharmacist

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

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So amongst the madness of back to school traffic, weather as predictable as a dog's form and people running left right and centre, one question I was asked in the last month made me think:



A vaccine could be the key to good health in your family this Christmas!

Can I get my flu vaccine this year?

I was talking to a patient who had been put on new medicines and was worried about not being vaccinated. In my mind the answer was simple – a resounding yes!

There is no reason not to get the vaccine, as if you are in any way unhealthy the flu could be big trouble for your body to handle so by vaccinating with an inactivated vaccine as healthcare professionals in Ireland do then you cannot get the flu from the vaccine but you can get the assurance that you may need.

And for those of you lucky enough to be in the prime of your health! Get vaccinated! You may actually be healthy enough to fight off the nasty effects that come with influenza but be aware, you will still be contagious enough to pass it on to a vulnerable loved one!

If you want to get vaccinated this year contact your local Pharmacy First Plus!

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

Darren Breathnach
Clinician Pharmacist

Email darren@pharmacyfirstplus.ie for more details!

Want to ask your Pharmacist a question?

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Deputy Principal: Eileen Lombard



All Ireland Scholarship for St Patrick's Student

St Patrick's College was delighted to be notified by the All Ireland Scholarship foundation that Leaving Cert 2015 student Linda Pentony has been awarded one of these prestigious scholarships. Linda is currently studying Law & French in UCC and the scholarship will last 4 years. The scholarship will be presented in UL in November and will be presented by JP McManus and champion jockey AP McCoy. Principal Brian Cronin commented that "everyone in St Patrick's feels that Linda is a very worth recipient of this scholarship as she worked hard in her time with us and she will do very well in UCC".



Trip to the Gaeltacht

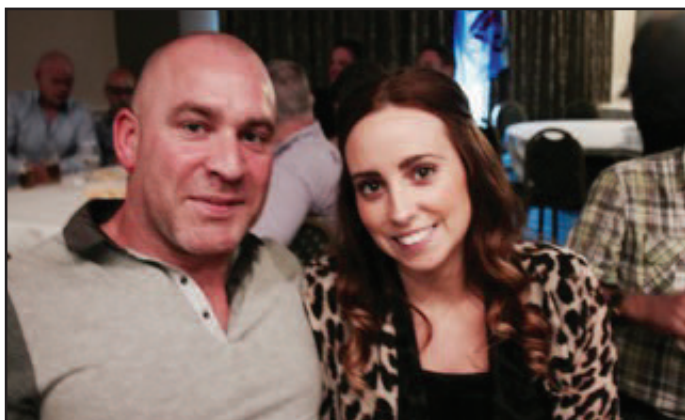
Chuaigh 46 daltaí ó Choláiste Phádraig thíos go Gaeltacht Chorca Dhuibhne ar thuras trí lá (15/10/15 - 17/10/15). D'fhan na cailíní le teaghlaigh lán Gaeilge. D'fhreastail siad ar ranganna agus céilithe. Chomh maith le sin rinne siad turas timpeall Ceann Sleá le seanchaí. Chonaic siad an deilf cailiúil Fungi agus iad ag imeacht. Labhair na daltaí a lán Gaeilge agus bhain siad go léir an taitneamh as an turas. 46 students from 2nd to 6th year recently visited the West Kerry Gaeltacht with their Irish teachers Ms Kelleher, Ms Troy and Ms Ni Riain. The girls stayed for 3 days and as well as classes in Irish, also had a céilí, a trip to the Dingle Aquarium, a boat ride to see the dolphin Fungi and a trip around Sleá Head to see the magical Blasket Islands. St Patrick's is aiming for the prestigious Gaelbharratach this year, which is an Irish speaking flag awarded by Gael Linn in recognition of the school's efforts to promote the Irish language.



TY students were recently water-skiing in Inniscarra with teachers Ms Troy and Cian O' Brien. Ms Troy is a champion water skier and took the girls through the basics of water skiing, which they thoroughly enjoyed. As part of their induction to TY, Ms McCarthy took the girls on a camping trip to the West Cork Secret in Kilbrittain in September. As well as all these activities, the girls are continuing with their normal academic subjects up to lunchtime with modules such as ECDL, Chinese, Japanese and Gaisce happening in the afternoons.

Homework Club

Homework Club started a number of weeks ago on Mondays for 1st - 3rd years. The homework club is staffed by a teacher from the school and 10 tutors from UCC and runs on Mondays from 3.45 - 5.00pm. The homework club is very popular and 45 girls have signed up, which UCC says is more than any other school. Homework Club will finish in late November with a trip to UCC for the girls who have attended each club. St Patrick's also offers supervised study on Monday, Tuesdays and Thursdays. Contact the school for more information.



Ultan McEvoy and Jessica Varian



Ger and Caroline Varian



Ray Sheehan, Kathleen Lynch, Kevin Condon and Colum Burke.



Ollie O'Neill and Don Murphy.

SALLYBROOK VILLAGE TIDY TOWNS GROUP NEWS

The long awaited National Tidy Towns Results were announced on Monday 28th September with the overall winner Letterkenny on 323 points and Ireland's tidiest village Clonegal, Co. Carlow with 322 points. Our village gained a further six points giving us a total of 290 points and retaining 3rd place in the small village category North Cork, with Coolagown and Kiskeam ahead of us on 319 points and 307 points respectively. A synopsis of our results is as follows:

	Maximum Mark	Mark Awarded 2014	Mark Awarded 2015
Community Involvement & Planning	60	37	38
Built Environment & Street scape	50	32	33
Landscaping & Open Spaces	50	38	39
Wildlife, Habitats & Natural Amenities	50	36	36
Sustainable Waste & Resource Management	50	15	16
Tidiness & Litter Control	90	63	64
Residential Streets & Housing Areas	50	30	30
Approach Roads, Streets & Lanes	50	33	34
TOTAL MARK:	450	284	290

Full details of the Adjudication Report can be found at www.tidy-towns.ie or check out our facebook page at sallybrook village tidy towns group for further information and regular updates on our activities. Thanks to everybody who supported us throughout the season, to our sponsors in the business community and local residents, our local Councillors, SECAD, Cork Co. Council, Fr. John Newman, thanks for your continued support. A special thanks to Michael Carmody /SECAD for keeping the village looking splendid throughout the season and to Alan Kenneally/Hillside Nurseries for his invaluable advice and to Martin Grandon for the use of the water truck. We congratulate our neighbours Glanmire on entering the competition this year and for their achievements.

Anti- Litter Challenge:

This annual event took place during May & June wherein 31 villages were challenged to three rounds with the overall top 6 going forward to a playoff which was won by Ladysbridge. Unfortunately we did not make it to the final but were placed 17th overall with a healthy score of 279.60 points out of 300. A very pleasant awards ceremony was held at The Vertigo Suite, Cork Co. Council where we had the opportunity to showcase pictures of our village in full bloom.

AGM


Our AGM will be held on Tuesday 10th November at 7.30 p.m. in the Parish Meeting Room Springhill.

We urgently require representatives from Richmond, Glenrichmond, Barrymore, Millbrook, Elmgrove and surrounding areas in order to continue our work and would welcome new faces to our Committee at any age as you can see from the pic below!


Fionnuala Flanagan
Secretary

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SALLYBROOK VILLAGE TIDY TOWNS GROUP



ANNUAL GENERAL MEETING

TUESDAY 10TH NOVEMBER 2015 @ 7.30 p.m.

AT

PARISH MEETING ROOM SPRINGHILL

NEW MEMBERS URGENTLY REQUIRED

Please come along



Our new recruit – Chulainn in training!

GLANMIRE HERITAGE SOCIETY OCTOBER 2015



Dmitri String Quartet, Amy Dolan, Sarah McCarthy, Eimear Sugrue and Laura O'Driscoll



Nuala ni Chanainn.jpg



Memorabilia at on show at Sars



Kieran Kelleher, Denis Dooley.

Meningitis and septicaemia can kill within hours. It's a matter of life and death, a race against time...

Meningitis is infection and inflammation of the lining around the brain and spinal cord (the meninges). Septicaemia is blood poisoning caused by the same germs, and is the more life-threatening form of the disease. Bacterial meningitis/septicaemia is caused by a germ that lives harmlessly in the nose and throat of many people. Regrettably sometimes this germ overcomes the immune system and invades the body, causing meningitis/septicaemia. Meningitis/septicaemia can be difficult for parents to recognise, and doctors to diagnose. Trust your instinct; if you think your child is really sick-see a doctor urgently. Do not delay. Meningitis and septicaemia- do you know the symptoms?...take the quiz.....

Qs 1. Meningitis/septicaemia are not common in Ireland.

False; Ireland has the highest rate in Europe, with around 200 cases every year.

Qs 2: Most people make a fully recovery. False; 10% of those with meningitis/septicaemia die, and another 10% have a major disability (limb amputation, brain damage, deaf), while 33% of all survivors have some disability, including psychological. This is a deadly disease.

Qs 3: Only children and babies can get meningitis?

False: People of all ages can get meningitis and septicaemia, but it is more common children under 5y and teenagers.

Qs 4: The childhood meningitis vaccine means your children cannot get meningitis/septicaemia?

False; The childhood vaccines provide excellent protection, but don't prevent all forms. You still need to know the

symptoms.

Qs 5: If a person feels really sick, but doesn't have a rash, they can't have meningitis/septicaemia?

False: The rash is mostly seen with septicaemia, but need not appear until the person is critically ill, and some people never get the rash. Remember, a very ill person needs medical help even if there are only a few spots, a rash that fades or no rash at all.

Qs 6: You always get a stiff neck and bright light hurts?

False: These are actually uncommon in young children, and may not occur in every case. They are symptoms of meningitis, but may not arise in septicaemia: a particularly dangerous situation.

Qs 7: With meningitis/septicaemia you always get worse quickly?

False; many cases of meningitis/septicaemia get much worse very quickly, but some progress more slowly. Slower progression is also more likely if a person is already on an antibiotic: this is a particularly hazardous situation as people often delay seeking further medical advice.

Qs 8. Meningitis is more serious than septicaemia?

False: Both are really serious, but septicaemia is blood poisoning caused by the same germs. Septicaemia is more life threatening.

Qs 9: Meningitis/septicaemia is getting more common.

False: Cases have halved in the past decade, but it still affects around 200 people, of all ages, every year in Ireland.

SYMPTOMS TO WATCH OUT FOR:

Always remember that not everyone gets all the symptoms, and the order in

which symptoms develop is highly variable. Meningitis/septicaemia in young babies are especially challenging for parents to identify and doctors to diagnose. About half of all children are sent home by the doctor first assessing them, as the symptoms of meningitis/septicaemia are common to many common minor illnesses. Above all trust your intuition: If you are not happy, or someone is getting worse, seek medical advice-fast. This is a race against time.

Earlier symptoms may include Limb pain, cold hands and feet, breathing fast, confusion, drowsiness pale skin fever, vomiting, headache and feeling unwell are common. Leg pain, cold hands/feet and a pale/blue colour often occur early & should never be ignored.

Later signs may include rash, neck stiffness, dislike of bright lights and neck stiffness, but don't wait for a stiff neck to develop. The "Tumbler Test" helps to identify this disease.

Further signs in babies: Refusal to feed, irritability, a high pitched or moaning cry, floppy, jerky or stiff body, a bulging soft spot may all indicate meningitis/septicaemia. Remember that fever is often absent in very young babies- Always, always trust your instinct; see urgent medical attention if you suspect meningitis/septicaemia. It's a race against time. A race against time: The germ multiplies rapidly in the body. Symptoms can get rapidly worse in a matter of hours. The key is giving antibiotic by injection as quickly as possible, often by your GP before admission to hospital. Steroid medicine is sometimes

given in the hospital. Tests to check the diagnosis may take a few days. The outlook is determined by how quickly antibiotics are first given.

Meningitis/septicaemia are often difficult to diagnose: Meningitis/septicaemia often very challenging for doctors to diagnose. A person can be well in the morning, develop flu like symptoms by afternoon and be critically ill by evening. Imagine the same scenario, but move the timing by 12 hours..... people have died overnight.

The future.... Prevention is better than cure: Thankfully we have another vaccine available for prevention of meningitis. This is the meningitis B vaccine, which protects against the most common strain of bacterial meningitis. This vaccine will be given to babies born in late 2015 in the UK. I will discuss this important lifesaving vaccine in the next newsletter.

SUMMARY:

Trust your intuition: doctors can get it wrong, especially early in the disease. Limb pain, cold hands/feet, pale or mottled skin are sinister signs. Use the tumbler test on a rash. For more detailed information, and to find out how you can help in the fight against this devastating condition see www.meningitis.org/menb-ireland www.meningitis.org/menb-vaccine Dr. Diarmuid Quinlan BSc (Hons), MRCP, MICGP, DCH, DFFP, Dip Pract Dermatology Kearney's Cross, Sallybrook, Glanmire. (021) 482 11 11



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Christín Ní Fhloinn ó Choláiste an Phiarsaigh a fuair 10 A sa Teastas Soisearach . Comhghairdeas léi.



Joe Coleman viewing memorabilia at Sars, Diring Heritage Week.

**Little Island /Glanmire/Glounthaune Primary Schools:
Junior Infants 2016:**

Closing Date for receipt of applications for enrolment
for Junior Infants for September 2016 is Friday January
22nd 2016. Please contact the relevant school for forms
and details of their Enrolment Policy. Open Nights Jan
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Jan 13th Upper Glanmire.
Jan 14th St. Joseph's, Riverstown.
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Jan 20th Glounthaune NS.

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O'Dowd Solicitors growing in Glanmire.

O'Dowd Solicitors will shortly be celebrating its 6th anniversary in Glanmire. Originally established in October 2009 by Micheal O'Dowd and a business partner, the firm was rebranded as O'Dowd Solicitors in mid 2014.

The firm provides top quality legal services to the people of Glanmire and further afield, and has undergone significant transformation with four new staff members, the introduction of a computerised case management system and a full refurbishment of the firm's offices. O'Dowd Solicitors is now poised for further growth and expansion.

The firm is headed up by Mícheál O'Dowd, whose family has long associations with the Glanmire area. Mícheál specialises in property transactions and advises clients ranging from investors to individuals buying and selling their own homes. He has particular expertise in complex property transactions involving title issues and disputes. Micheal also has substantial experience in advising clients in the area of probate and wills. Outside of private practice he has recently published a book on Cyber Law in Ireland, and regularly lectures on the topic in UCC. Micheal also works as a farmer part time.

In 2014, Deirdre Costello joined the firm as a Solicitor specialising in the area of litigation. Deirdre, who is originally from County Limerick, came to O'Dowd Solicitors directly from one of Munster's most successful litigation practices. Prior to this Deirdre worked for a successful medium sized firm in Dublin and has almost 10 years experience in working in the areas of Personal Injuries litigation, medical negligence, property law, family law and probate and wills. Deirdre also holds a Law Society of Ireland Diploma in Family Law and she is currently commencing a Law Society of Ireland course in the area of Commercial Contracts.

Alan Moore is a newcomer to the firm in 2015. He is an experienced Legal Executive who joined the firm from Dublin where he worked for a high profile and well known Solicitor. Alan spent a number of years in Dublin before returning to his native Cork in July 2015. Alan has an interest and extensive knowledge in the areas of litigation and property law and he offers invaluable support and assistance to both Micheal and Deirdre.

Elaine Lyons joined the firm as a Legal Assistant from a leading Munster Human Resources consultancy. Elaine holds a degree in Law and she is an integral staff member assisting with the large and varied workload of the firm and operational management. Elaine, who is originally from Co. Kerry, moved to Glanmire for the opportunity to work with the firm and is hoping to commence training as a Solicitor in 2016.

Speaking about the changes over the past 18 months Micheál admits that it has been a challenging time, but that the firm can now provide clients with a first rate service comparable to what they would get in any large city centre law firm. On the topic Micheál notes "It is good to see

the results of an extended period of investment and hard work. We now have a team of young yet extremely experienced professionals with a drive to get the best results. As with any business there were challenges in the initial stages, but with perseverance we have worked through these".

The firm is well regarded as one of the leading property and conveyancing firms in Cork County and with the new talent on board the firm is now targeting an increased spectrum of work, particularly in the areas of Family Law, Personal Injuries and litigation.

Deirdre Costello emphasises the importance of choosing wisely when it comes to getting the best representation saying that "all too often clients do not get the attention they deserve. Going to Court can be a difficult and stressful time, and is it not helped if a person feels their solicitor is not 100% committed to getting the best result for them in a timely manner".

She states that while the Personal Injuries Board is now in operation for over 10 years, it has shown time and again that it is not as user friendly as it should be for lay litigants and, more worryingly, that insurance companies are becoming increasingly aggressive both in trying to settle claims quickly and for far less than is appropriate. Deirdre notes that "on several occasions clients have felt almost intimidated into accepting a full and final settlement by insurance company representatives, even before they have completed their course of treatment".

Speaking of the future Micheál says that there is no question but that the improving economy has helped the business, but the biggest turnaround has come from the structural changes made to the firm. Micheál states that "the business is now employing five people, and we expect this number to double within the next 18 to 24 months if current trends continue" He concludes by saying "We are getting very good feedback from clients about the level of service and from our perspective the level of referred business is driving things forward."

To celebrate the firm's birthday, the firm is offering to prepare a will for a single person for €30 or a couple for €50 until the end of October. Further information can be got at www.odowd.ie, phoning 021 4824426 or emailing info@odowd.ie.

Mícheál O'Dowd - Principal
O'Dowd Solicitors, Unit 6c, Crestfield Centre, Glanmire,
Co. Cork
T: 021 4824426 | M: 086 3193138 | F: 021 4824597
E: micheal@odowd.ie | W: www.odowd.ie

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An Naíonra Toddle Inn Now Open

Toddle Inn has been operating a successful Montessori preschool in Castlejane Woods since 2000. We are delighted to announce that in September 2016 we opened "An Naíonra Toddle Inn". The Naíonra is situated in our upstairs classroom, where the teachers introduce the Montessori Method of education through the medium of Irish. We believe that this gives the children attending Toddle Inn the greatest opportunity to explore different languages, while still learning, playing and making new friends.

We are also delighted to announce that last year Toddle Inn took part in the pilot programme of the HSE's Healthy Smart Start Training. It is through this programme that we encourage good hygiene and healthy lifestyle along with encouraging emotional literacy. Toddle Inn is one of the first preschools in Cork to hold this award and be recognised as a "Healthy promoting Preschool".

Our objective at Toddle Inn Montessori Preschool is to help our children reach their full potential, while becoming well balanced individuals able to cope with emotional, social and practical pressures from modern day life.

We are firm believers that the Montessori Method of education provides a range of experiences which will stimulate a child's love of learning and discovery.

Our role is to encourage positive attitudes to help create strong individuals and to give guidance to the children. All our children are treated with respect, given the freedom within the limits of a carefully structured environment and allowed to develop at their own pace.

Toddle Inn recognises that children develop and learn in different ways, at different rates and that all areas of learning and development are equally important and interconnected. Children are active learners and will learn from the environment if it offers the appropriate stimuli to their development.

Our classrooms are cheerful, stimulating and are specifically adapted to suit your child's needs. Each room is bright, spacious and equipped with suitably sized furniture and specifically designed apparatus from which the Montessori Method of teaching is introduced.

Sand/water play facilities are available for the children. Dress up is also popular with each child for make believe and role-play. Child-sized toilet facilities are adjoining the classrooms. Our outdoor area has a large paved area suitable for the wetter day, a grassed area and a vegetable patch. We also have an outdoor musical wall and a safe area for swings and slides.

"Jo Jingles" & "Leapfrogs" classes are run after school as optional extras. Summer camps are run through July & August.

The Elms, Castlejane Woods,
Glanmire, Co. Cork
Kelda Browne - 087 9849652
W: www.Toddle-Inn-Montessori.com
E: keldabrowne@gmail.com

NOTICE BOARD

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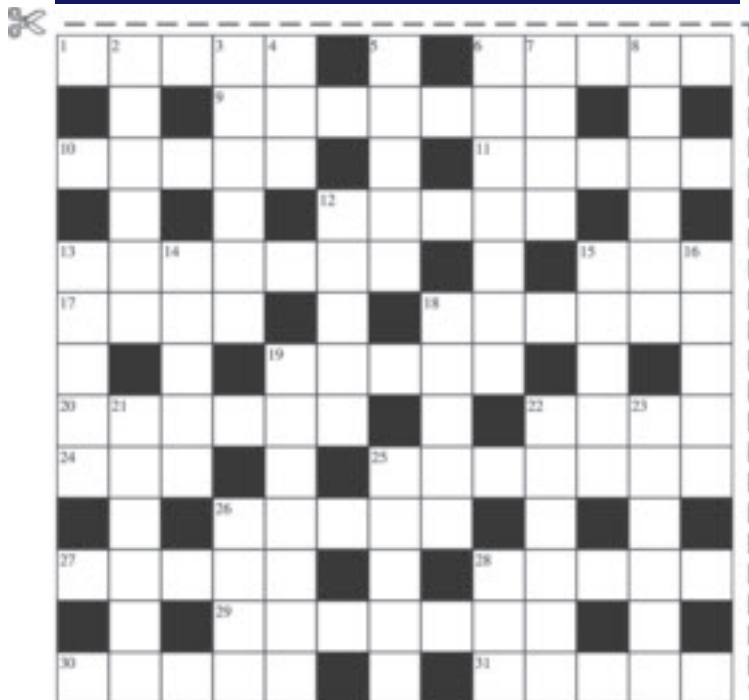
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Across

1. Paulie's game (5)
6. Holy song (5)
9. Baby hare (7)
10. Type of cap (5)
11. Golfing Cup (5)
12. Has written (5)
13. Noise made by leaves (7)
15. Light mist (3)
17. Islamic State (4)
18. Roman author (6)
19. A second time (5)
20. Motor (6)
22. Short for Charles (4)
24. Regret (3)
25. Straight line (7)
26. Type of duck (5)
27. Over, higher (5)
28. Keep away from (5)
29. Repeat (7)
30. Indeed, certainly (5)
31. Rub out (5)

Down

2. Womb (6)
3. Lamb noises (6)
4. Still to come (3)
5. Looks at closely (5)
6. Has to do with (7)
7. Eye infection (4)
8. German song (6)
12. Golf club (5)
13. Large stream (5)
14. Burn slightly (5)
15. Indian city (5)
16. Less good (5)
18. Apple drink (5)
19. Worry (7)
21. Basis of arithmetic (6)
22. Smart (6)
23. Carry-on (6)
25. Koalas, teddies (5)
26. Not good (4)
28. Consumed (3)



Crossword Winner Hazel
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8 Hayville, Sallybrook, Glanmire

Superb four/five bedroom detached family residence on a large corner site set within a quiet cul-de-sac development of 12 only homes. Accommodation includes Lounge, Playroom/Bedroom 5, Kitchen/Dining, Utility, Guest WC, Bedroom 1 with en-suite, Bedroom 2, Bedroom 3 with walk in wardrobe and en-suite, Bedroom 4 and family bathroom. Also featuring a south facing rear garden which is not overlooked and has a patio and timber decking area. GFCH and PVC double glazed windows. Generous family home c. 1,508sq.ft

BER C2 Guide Price €345,000



19 Heathervue, Glanmire

Heathervue is a small development of three & four bedroomed houses located close to Glanmire Village and all its amenities to include Hazelwood Shopping Centre, schools (primary, secondary and crèche) Church a playground, library, city bus service and restaurants. This property comes for sale in good interior condition with West facing rear gardens and is located opposite a large green area. Offering every convenience and ease of access to the city centre, the property comes highly recommended for viewing.

BER C3 Guide Price €230,000



6 Ashgrove View, Ballyvolane

Beautifully maintained detached two storey three bedroom extended residence, on a large corner site. Located within walking distance of Cork City, schools, shops and all amenities. Public bus service passes door.

The property has been recently upgraded with double glazed PVC windows, new kitchen and is fully insulated. Gas fired central heating. Security Alarm. 1,056sq.ft/98sq.mt

BER D1 Guide Price €210,000



11 Palmgrove, Riverstown, Glanmire

Beautifully positioned three bed semi-detached house on corner site in quiet cul-de-sac of 16 only houses built by O'Mahony Developments. OFCH. PVC double glazed windows and low maintenance exterior. Located within walking distance to St. Joseph's National School, Hazelwood Shopping Centre. All social & sporting amenities are on the doorstep and the property is serviced by a main bus route.

BER: D1 Guide Price €230,000

Selling/Valuations/Lettings 021 4821788 & info@dngmurphycondon.ie