

Glanmire Area News 6,000 FREE

Also available at outlets in Mayfield, Upper Glanmire, Whites Cross, Watergrasshill, Glounthaune, Little Island, Carrigtwohill, Lisgoold, Carrignavar, Whitechurch & Knockraha.

THE DIFFERENCE IS WE DELIVER

Issue 1- January 2016

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

Great Success for Glanmire Ladies Football Club in 2015.

Glanmire Ladies Football teams had a record number of achievements in 2015, winning 5 county titles plus a number of East Cork league and championships.

The club now has a number of girls ranging from U6 up to adult teams. This is a great achievement in a club which was founded in the year 2000. The hard work of the under age mentors, coaches and parents is paying dividends in developing Glanmire into one of the most successful ladies football clubs in Cork. This year the girls won a total of 13 trophies and contested the All-Ireland Feile final in U14. The U12 team had a clean sweep in winning the East Cork Championship and League in addition to an historic County title victory. This was all

the more special because earlier in the day the same group of girls won the u12 Camogie County Final. The minor team also had a clean sweep winning the East Cork and County Feile along with the County U14 Championship. Five of these girls, Abbie O'Mahony, Niamh McAllen, Shauna Murphy, Ellen Baker and Kayla O'Connor were represented on the Cork U14 team and were successful in winning Munster and All-Ireland titles. The U16 girls won the East Cork League and Championship and were runners up in the County final. Kate Hannon represented the club on the Cork Ladies U16 football team. Our Junior ladies recorded a County League victory

and East Cork League, which paves the way for the younger girls to follow suit in the years ahead. Our U6 and U8 girls played in a number of blitzes during the year and the U10 girls won the East Cork tournament. The work being put in by the mentors in these age groups is so important to the future development of our young players. The future looks very bright for Glanmire Ladies Football and success can only be achieved and maintained by having the continued support of all involved and new members are always welcome. Upcoming events for the club include a 4 Mile Fun Run on Sunday 24th January 2016 and the Victory social dinner dance on Friday 5th February 2016 in the Vienna Woods Hotel.



THINKING OF
**SELLING
RENTING
OR BUYING**
YOUR HOME?

*Click or Call
We do it All!*

Sales • Letting
Buying Advice

JOE ORGAN
AUCTIONEERS

M: 086 6013222
T: 021 2428620

e: joeorganauctioneers@gmail.com
www.joeorganauctioneers.ie

Your Local Auctioneer in Glanmire



CRASH REPAIRS LTD.



*Let us take the stress
out of that "Tip"*

Tel: 021 4824564

Mob: 087 1351427

www.acrcrashrepairs.com



We work for all Insurance companies as well as private individuals

Sallybrook, Glanmire, Cork.

educogym

CORK'S NUMBER ONE.

www.educogymcork.ie



Unit 22, Penrose Wharf,
Penrose Quay, Cork.
Tel: 021 450 5355
penrosewharf@educogym.com

Unit 1, Brooklodge Business Park,
Glanmire, Co. Cork.
Tel: 021 486 6920
glanmire@educogym.com

**Fastest gym in
the WORLD to date
for results in 20
minute sessions.**

iKIDS
FUN & FITNESS
Unit 4b, Glanmire Ind. Est.,
CLASSES CAMPS PARTIES GROUPS
Do you have a child aged 5 - 13 that you would like to see more active?
CLASSES TUE / WED / THUR
Age 5-7 4:30 - 5:30
Age 8+ 5:30 - 7:00 or 7:00 - 8:30
Find us on Facebook Contact: 086 0851996
www.interactivekids.ie

WELL ESTABLISHED SUCCESSFUL BUSINESS
EXCELLENT FEEDBACK SUCCESSFUL BUSINESS
COMPETITIVE PRICES WELL ESTABLISHED
HIGH QUALITY SERVICE EXCELLENT CUSTOMER SERVICE

OVER 30 YEARS OF EXPERIENCE
DESIGN SERVICES ALTERATION

- WEDDING DRESSES •
- BRIDESMAID DRESSES •
- EVENING GOWNS •
- SUITS • UNIFORMS •
- CURTAINS AND MORE...

NOW ALSO OFFERING CUSTOM EMBROIDERY

2c Crestfield Centre,
Glanmire
(above the post office)
Phone: 0871926628
www.cork-alterations.ie

INTERIOR SERVICES
M&A
CLOTHING DESIGN

Kathleen Lynch TD 

If I can be of assistance to you in any way, please contact me

Telephone: 021 439 9930
Email: kathleen.lynch@oir.ie
Monday-Friday ~ 9:00am-5:00pm

CONSTITUENCY OFFICE:
1st Floor, Heron House,
Blackpool Retail Park, Blackpool, Cork

Tan 'n' Tone
TANNING / VIBRO-PLATES / BEAUTY TREATMENTS / WEIGHT LOSS

TEL 021 4820588

Unit 26,
Crestfield Shopping Centre
(Opposite SuperValu) Glanmire

Sole Distributor of UK No.1
Chocolate Banana Slimming Tablets
Follow us on Facebook. www.tanandtone.ie - www.chocolatebanana.ie

Commercial Sunbeds all re-tubed

Have a Wonderful 2016
(Year of the Monkey)
Thanks for your support in 2015



Foireann camogaíochta Cholaiste an Phi-arsaigh a tháinig le chéile chun traenáil a dhéanamh linn na laethanta saoire !!!

DARA MURPHY TD

Securing the Recovery

Wishing you, your family, friends and loved ones good health and happiness for 2016, from Dara Murphy, Europe Minister and your local TD for Glanmire



The Glanmire Youth Initiative works with over 300 young people, aged between 12 and 24. I recently met with the dedicated team behind this local initiative and unveiled a plaque to acknowledge the contribution of the service to the local community.



I'm pictured here with members of Glanmire Football Club at a gathering to mark the club's receipt of funding under the Sport Capital Grant Programme

Constituency Office:

Camden House,
Camden Quay, Cork
Monday to Friday
9.30am to 5.30pm
Telephone: 021-4559353
Email: dara.murphy@oir.ie

FINE GAEL



Stability, Growth, Jobs



www.glanmireareacork.com



GACA NEWS

Glanmire Community Association Monthly Meeting January 11th 8.30 pm at the Community Centre

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



"Members of Glanmire Active Retirement Association who were received at Aras an Uachtarain by President Michael D. Higgins and his wife Sabina on 26th November 2015".

GLANMIRE INDOOR BOWLS

Community Centre,
Riverstown

Wed nights 7.30 to 9.30 p.m.
Over 18s, Male and Female, welcome.

Contact 021-4821333

ROOMS TO RENT

Community Centre

Riverstown Cross, Glanmire

Suitable for all meeting.

Children parties and indoor

sports Reasonable rates

Booking Contact

021 4821333

Glanmire Heritage Society News

Glanmire Heritage Society are pleased to announce that their project which involved the re-recording of gravestones in the Old Rathcooney Graveyard is now complete, and all the information gleaned from research work there over the past 2 years is now available for viewing on www.historicgraves.com

When one accesses this website, it is possible to view memorial photographs, read the inscriptions thereon, see where a particular grave is located within the graveyard, and see how many people are commemorated. The earliest date inscribed on a tombstone is 1688.

Glanmire Heritage Society wishes to acknowledge the help given by SECAD in providing the services of an archaeologist, training for our committee and volunteers, and giving us a

worker under their Tús scheme. Thanks also to the Heritage Council for providing some grant aid.

Frances Hedigan, PRO Glanmire Heritage Society

Pictured below are members of the Glanmire Heritage Society who were involved in the Old Rathcooney Graveyard project: Rian Harty, Finbarr Harty, Mary Crowley, Frances Hedigan, John J. O'Callaghan, Marie Lynch, Rosarii Buckley, Mary Roche and Maria O'Keeffe. Other members not included in the picture who also helped were Josephine Brady, Ann Holland and Marie Spillane.

(1) Picture of the Old Rathcooney Graveyard

(2) Picture of the members of Glanmire Heritage Society



Riverstown Cabs

SERVING THE LOCAL
COMMUNITY SINCE 1997

SAME LOCAL DRIVERS

SAME LOW FARES

SAME TELEPHONE NUMBER

021 48 22 111

diffusion wear

Winter Sale NOW ON

5 Old Court, Riverstown.

Tel: 4822844 www.diffusionwear.com

Open 6 Days & Late til 8pm Thurs/Fri

Garreth Fitzgerald **CRASH REPAIRS**

- Panel Beating • Spray Painting
- All Bodywork • Low Bake Oven
- Insurance Claims Handled
- Chassis Alignment



Unit 2, Pat Dwyer's Ind. Estate,
Glanmire, Co. Cork
Contact Garreth Fitzgerald 086 3787758

Quality dental care
in a relaxed friendly
environment.

hazelwood
dental practice

Josephine Griffin BDS
Margot Murphy B.Dent.Sc.
Marina Fuller B.D.S.NUI.
Jennifer Mellerick (Hygienist)

*Serving the
Glanmire
Community since
1992.*



Full range of dental treatments
for a healthy smile.

**SPECIAL OFFER ON TOOTH
WHITENING FOR JANUARY**

New Patients Welcome

Opening Hours: Mon – Fri 8.30am – 6pm
Late evenings Mon & Tuesday - Saturday mornings by appointment.

Glanmire Shopping Centre, Phone: 021 4866583
Website: www.hazelwooddentalpractice.com

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

PLANNING: The August 2015 edition of Area News reported on a grant of permission to O' Mahony Developments Ltd. for the construction of thirty two semi-detached and eight detached dwelling houses per a phase one development at Johnstown, Killahora. Two third party appeals were lodged with An Bord Pleanála on June 11th and these were upheld. The following is a summary of the Board's decision, dated September 28th, 2015. Firstly, it should be noted that the key overall message of the Department's guidelines for Planning Authorities on "Sustainable Residential Development in Urban Areas" is that new development should contribute to compact towns and villages, and sets out the importance of the sequential approach, and provides that residential schemes should cater for effective connectivity. The Board considered that the site at Killahora is located at a significant distance and in a detached location relative to Glounthaune village, and that the distance of over one kilometre to amenities would constitute poor connectivity to the village and to community activities. Also, the proposed development would result in an isolated car-dependent living environment that would fail to provide for the orderly expansion of the village, having regard also to the undeveloped nature of residentially-zoned lands which are considerably closer to the village core. Furthermore, the provision of a footpath for a distance in excess of one kilometre, and having an access at a point where the speed limit is 80 km/h, would not surmount this, and proximity to the railway station would not ameliorate such matters either. Accordingly the Board considered that the proposed development would be contrary to the above-mentioned guidelines. It also did not consider it appropriate that land zoned for residential development should have an access at a location where there is fast moving traffic as this would interfere with the safety and free-flow of traffic. This would endanger public safety by reason of traffic hazard and the obstruction of road-users, which would arise from traffic-turning movements generated by the proposed development of forty houses. There was concern that the proposed roads/junction layout would not inherently provide for a low-speed traffic environment, and the reliance on traffic control measures, including ramps and platforms on a sloping site in an attempt to overcome this was noted. The Board considered that the proposed boundary treatments, which included new walls and timber-panel and paladin fencing, with retaining walls/railings planned for the present sod-and-stone ditch on the southern boundary, would seriously compromise the stated intention of retaining the mature trees. The proposal was regarded as deficient in giving any meaningful consideration to the distinctive and historic boundary features, and that it also failed to appropriately respect the existing character of the site. The Board considered that the

proposed development would result in serious injury to the visual amenities of the area, including subject site, and that it would risk the loss of its principle features of character and would therefore be contrary to the proper planning and sustainable development of the area. The use of paladin fencing was regarded as being inappropriate for residential development, particularly in the semi-rural location of Glounthaune; including the low-key manner in which the area has developed over time and also because it is adjacent to the Metropolitan Green Belt. There was also concern that the proximity of the proposed works to site boundaries would result in damage to the roots of mature trees. The 2011 Local Area Plan for Glounthaune requires that no one proposal for residential development shall be larger than 40 housing units, and that any new development shall be sympathetic to the character of the village. The Board considered that the proposed design approach would in effect become the first element of a 126-house scheme, and did not constitute a single 40-house one in the context of the specific provisions of the Local Area Plan, in terms of the rationale for protecting the character of a village from the impact of large residential developments. The scheme was also regarded as not being separable in practical terms from the overall plan for the lands, and that considered in isolation the subject layout would compromise the potential for the future development of the remainder of the lands to be carried out in accordance with the intended small-grain development pattern, as set out in the Guidelines and the Local Area Plan. The proposed development would fail to integrate with the character and pattern of development in Glounthaune village and would contravene the provisions and objectives of the Local Area Plan and Guidelines. The Board was also of the view that the proposed development had been subjected to an inadequate site analysis and this resulted in a poor design concept that is unimaginative in its form, scale and layout, and is effectively grid-like in pattern and fails to appropriately cluster residential units around usable green space. The Board was concerned that the proposed internal road and junction layout would be car-dominated and that it would not provide an environment appropriately designed for pedestrians. The development would inadequately reflect the character and setting of the subject site and would fail to contribute positively to the character and identity of Glounthaune village; it would therefore contravene the current Local Area Plan. The Board accepted that the site is subject to a residential zoning objective which has not changed substantially since planning was granted for a larger residential development on the site in January 2008. However, a significant level of national planning policy guidance has been published since then and the Board in arriving at its decision had regard to such which included; "Sustainable Residential Development



Above: A Four Star Pint !
Left: Niamh & Bart

in Urban Areas", the "Urban Design Manual - a Best Practice Guide" and the "Design Manual for Urban Roads and Streets".

STRICTLY ERINS OWN: If proof of the claim that the GAA is not a sporting organisation but actually a community one; then there was tangible evidence to support this view at the Radisson Hotel on Saturday November 7th, 2015. There is a role for active Community Associations' in parish life but invariably it is the GAA clubs that fill the prevalent vacuum when it comes to social gatherings. There were plus eight hundred and twenty from the parish and beyond at the Erins Own club function and the fact that it was a GAA organised event had no relevance whatsoever for some of those present. Indeed, it is possible that they were never even at the Caherlag grounds, and perhaps their sport preference would be that of another code. So what? They recognised the event as a significant parish social occasion, they met neighbours, they enjoyed the evening's entertainment, and they supported the venture by their valued presence. This was community spirit and it was achieved by means of a function hosted by the local GAA club. Funds generated were directed towards the construction costs of a hurling wall at the Caherlag grounds, and with a playing area of artificial grass it will be fit for use in all weather conditions. The event was launched on October 1st and Chairman Tom Aherne had this to say: "This is shaping up to be a fantastic fundraiser for the club and will ultimately benefit every child in the parish. There is a very positive vibe building around the event; from the enthusiasm of the dancers, to the generosity of the sponsors, and the energy of the committee. The engagement of the community will ensure that this is a fantastic success on November 7th." How right he was, but the shattering news that surfaced later was that Tom would not be a dance participant because of a pulled hamstring - an injury that was not heard of in his playing days. Anne O' Keeffe was definitely one who would take the floor and remarked; "I'm a bit excited, but a bit nervous as well. I am dying to see who my partner is. Dying to see the dance that I am going to have, so I can't wait - bring it on". Anne was not available for comment when it later transpired that Diarmuid Cunningham was her partner. Her daughter Niamh

was also looking forward to the event; "I'd like something fast, something fun and something that you can have a bit of a laugh with". Perhaps she meant; "somebody" as her partner was later revealed to be one Michael "Bart" Leahy. There was a tremendous atmosphere on the night and one of the four judges was Gina, of "Gina, Dale Haze & The Champions" fame, a pop group formed in 1973. They were called "The Musketeers" a year earlier and with Gina as lead singer played at the marquee rear of The Elm Tree for the 1972 Glounthaune Community Association Festival. It was interesting that four of the dance participants attended their first disco at Rockgrove, whilst the first venue for others included; Knockraha Hall, John Barleycorn, and City Hall but P.J. Linehan's; "At the Crossroads" was the ultimate, and yes, it is the same P.J. who wore "that" shirt on the night. Dave O' Mahony was ecstatic because; "it was something I always wanted to do"; accordingly there is now one goal less on his bucket list. Marian Murphy and Liam O' Connell are remembered for the rose shenanigan at the launch and naturally this aroused great expectancy for their performance of "Surprise Waltz", but on the night this was rather low-key by comparison. The winning dance routine was decided by a combination of factors; the quality of the dance as decided by the judges, points based on the amount the couple raised through sponsorship and the audience by purchasing vote tokens. Now, Niamh & Bart would probably have been the victors if the competition was judged by a clapometer. Their dynamic performance of "Twist" concluded with Bart on his bended knee playfully offering a ring, but alas the response was a negative shake of the head. Niamh was more than likely conscious of the fact that the Halloween Barm-Brack was only cut the week previous. The worthy winning couple was Trisha Murphy & Emmet Guest, who ticked all the right boxes and sporting a nautical style gave an energetic presentation of "Swing". However there were no losers on the night, because each of the participants contributed handsomely to one of the most successful social functions ever held in the parish. Bye the way, the Radisson Hotel is a superb four star amenity on our doorstep, but oh the price of the pint, and served in a plastic tumbler!!! SLÁN ANOIS ©



THE "WOULDN'T MISS THIS FOR THE WORLD" LOAN

GLANMIRE & DISTRICT Credit Union PERSONAL LOANS

WHETHER YOU'RE LOOKING FOR THE "WIN OR LOSE" TRAVEL LOAN OR THE "LOYAL SUPPORTER, HOME AND AWAY" TRAVEL LOAN COME IN AND TALK TO US or phone us on (021) 4821799

WE LOOK AT THINGS DIFFERENTLY
Loans are subject to approval. Terms and conditions apply.
Glanmire & District Credit Union Limited is regulated by the Central Bank of Ireland.


glanmirecu.ie

GCC RAISES AWARENESS OF HOMELESSNESS AND POVERTY AT CHRISTMAS TIME

On Friday December 4th last, a group of students along with some staff members of GCC decided to give up the heat and comfort of their homes for one night, and battle the wintry elements and sleep out in the First Year courtyard. The aim of the sleep out was to raise awareness among the whole school community, of the importance of shelter and a place to call home, especially at Christmas. As we hear on the radio, see on television and read in newspapers, homelessness and lack of shelter is becoming a major problem in Ireland. With no mobile phones just a sense of humour and a sleeping bag, the sleep out started at 8pm on Friday evening and continued until 8am on Saturday morning. Mr. Padraic Kelleher and Ms. Siobhan Quinn the organisers of the sleep out, would like to thank the staff members (Katherine Foley, SNA, Mr Tadhg O' Herlihy) and all the students who participated in the sleep out.

Article: Ms Siobhán Quinn, Chaplain



Students of GCC raise awareness of the plight of the homeless at Christmas time by organising a sleepout



Charlie Wilkins

THE WINTER JASMINE

The heartbeat of the garden has slowed to alpha pace. Its eyes are drowsy. The extravagance of summer has long become a distant memory. In some places, the ground is totally sodden, but it waits, subdued and hidden until conditions improve. Temporarily humbled by the pervasive strength of winter it bides each day in the knowledge that winter cannot remain strong beyond its time and not too much remains.

The wind, which never really ceased through all of last year remains cold even when temperatures climb to almost double figures. It blows in from over ten miles of open countryside to whistle down through this high altitude garden, dulling my enthusiasm for activity and deadening the ache for a chance to be up and doing. When it sometimes dies to a breeze, odd little jobs are willingly sought, although nothing excessive or demanding is ever undertaken at this special Christmas time. Harder and more difficult work is laid aside for brighter days. The early New Year may provide some welcome distractions (snow perhaps or some bright, dry crisp days) for I have grown uneasy behind steamed-up windows and look forward to being out again in my own special place.

And yet, even on the wettest and dullest days of winter there is always something in the garden (or so it seems) to lift my spirits! With no weeding, staking, or planting to be done I can take time to peruse whatever plucky plants are attempting to flower. Behind the bungalow on this dreadfully wet afternoon I can see a few miniature posies of Viburnum, some delicate hardy cyclamen, and most captivating of all, an early Lenten rose. Peeping further into the gloom my gaze settles in a nearby garden where a specimen of winter Jasmine is flowering unnoticed and most likely forgotten. The sight has me seething with envy! It grows, totally neglected, up against a cold, shady wall facing into the east light with a determination that equals the biting winds that blow in from that quarter. Here's a shrub of perfectly mounded proportions which every Glanmire garden should boast, for it covers itself (in summer with tiny

THE WINTER JASMINE

green leaves) at this particular time of year, with masses of star-shaped butter yellow blooms. I grew it to perfection once, but why, oh why, did I ever tear it out? Was it because of familiarity, or too easily sourced and inexpensive? It's hard now to understand how I could tear out such a totally obliging, reliable plant.

But even given my glaring omission, why don't I see Jasmine nudiflorum more often? In another six weeks or so every square yard of what passes for a garden will have foaming Forsythia to boast of, but from November to March not a jasmine do I see, bar my neighbours.

I used to love the way it spilled and arched forward from its planting station in the carport at 'Villa Marie', how it rooted of its own accord if allowed dip into the soil, and how it bloomed from November right through to spring. During the shortest, dullest days the slightest rise in temperature would tempt its red-tinted buds to open to whatever insects were out on the wing. And they were produced in such numbers that when a hard frost put an end to the display a new crop was always ready to replace those lost. This year, frosts are few and far apart.

The one attribute this plant loses out on is perfume. A blade of grass, a snowflake, an autumn leaf has more scent than nudiflorum, but even so, do not despise the ordinariness of this winter wonder. It is a dependable standby, an easy-to-please, grow-anywhere 'climber' of modest drooping nature. Use it as a tightly clipped feature around your porch or allow it to cascade as a golden waterfall in whichever part of the garden you choose.

Try it in formal fashion (up the walls and around the windows of houses) if you so desire, or grow it in a sprawling tangle like I did! Either way it is beautiful and it needs absolutely nothing. No special diet, no sprays, not even sunshine.

For all that, it needs one little bit of important cultural attention. When the long, whippy growths of this most obliging plant have finished blooming in March it should be cut back really hard so that fresh shoots are immediately encouraged. These will be the ones to carry the blooms the following winter and spring. As you reduce its bulk, look for shoots which (as already outlined) have layered into the ground. Give a few to friends, then, the chances are I'll see a lot more of it as I travel



THE WINTER JASMINE

around Glanmire and Riverstown!

THE JANUARY GARDEN

It was warm enough one afternoon of late for a short stroll around the garden, and in one of my favourite stopping places I paused to look lazily at hordes of winter gnats dancing and twirling and tumbling in the low-angle sunlight above a musty-damp evergreen hedge. Abundant everywhere in winter, males form dense mating swarms rising and falling in unison until they eventually are obliged to rest among the spindly branches and sheltering evergreen leaves. The dance and choreographic display resumes at intervals and certainly for as long as the weak daylight remains. Their resulting larvae feed on decaying foliage whilst the adults opt for little more than nectar and plant juices. Related species which are hard to identify properly include midges and mosquitoes, and these will bite (man and animal) even in winter, rising lumps and hives on those who are unfortunate enough to be attacked.

Nearby, on a west-facing ivy-clad wall, large pregnant blue-bottles are sunning themselves on the variegated leaves, having supped on the dark juicy berries. Is this where these dipterous creatures overwinter? It makes me wonder. The small, round, unfamiliar sun, flat as a sovereign thrown on a grey silk table-cloth, continued to shine from a denim-blue sky and in a moment of relaxation I could have sworn it was April. Closer still, a shoot of fuchsia, a scrap of campanula and a late rose bloom. Things are still growing but underground, the activity is reaching hectic proportions. Winter may indeed be a contemplative season full of mystery and silent growth, but those dramatic (if fleeting) observations from the bleakness of the ground and the emptiness of the trees raised my hopes and

inner spirits! Like all gardeners I tire of tasting the monotony of grey skies, endless rainfall and barren, sodden soil. Still, the equinox has now passed and I rejoice in the knowledge that light and warmth will soon be filling more and more of each passing day. My enthusiasm rekindled, I move inside.

CAMELLIAS; The most joyous flowering of the next few months will be from camellias, and already, the blush pink and shell white blooms of a pot-grown Sasanqua 'Lucinda' are giving a welcome mid-winter lift. To think that two years ago this was almost 'thrown at me' at a well-known garden centre (because it was such a slow seller) beggars belief. In another area, the very lovely single red Sasanqua Camellia 'Yuletide' will soon be in bloom adding to the general post Christmas garden scene. If searching for one of these, try Hillside in Glounthaune!

CONIFERS; A prolonged spell of biting east winds can desiccate the foliage of all plants but in particular young conifers, after which they die. Thousands die under such conditions every year. Normally, these winds arrive in late January and on into spring but it would be good husbandry if not common sense to protect newly-planted stock long before then. A screen of clear polythene, or better still a length of Mypex fixed to a ring of canes around each specimen will prevent this kind of damage. The same principle can be used to protect new evergreen hedges. Mypex is sold at garden centres where it is used extensively to shelter and protect young plants in open beds from drying winds and extreme cold. Let's hope the exercise will prove pointless (it may after continue to be a mild winter and spring) but don't run the risk of squandering a season (or good plants) for the sake of a modicum of easily completed work.

FOUR SEASONS TREE & GARDEN SERVICES

ALL KINDS OF TREES EXPERTLY FELLED & PRUNED



TREES REMOVED, ROOTS DESTROYED

ROLL ON LAWNS, DECKING

ALL TYPES OF TREES SHAPED

TOPPED & PRUNED

- Gardens Rotovated, Shaped & Designed
- Overgrown Gardens Restored
- Mulch & Top Soil Supplied
- Hedges Trimmed
- Shrubs Re-shaped
- All Rubbish Removed



WOOD CHIP AVAILABLE

INSURED ARBORIST

Unit 10 Mayfield Industrial Estate

OFFICE 021 4503209

PAT 087 7420866

For a Prompt Response!

Whitebay Christmas Day Swim in aid of Cork Simon Community.

Cómhghairdeas to all the hardy swimmers who took the plunge in aid of Cork Simon Community and to all our wonderful supporters and helpers on the day who made the event so enjoyable. It was our 22nd Whitebay Swim in aid of cork Simon. Onshore winds and driving rain did not deter the group of over 80 swimmers who took to the waves like ducks to water. Refreshments were enjoyed by the driftwood bonfire as laughter, banter and friendship filled the air. All age groups from primary school children right up to the young at heart were full of glee having completed the challenge. No one even complained about the weather! Congrats to a great community with such big hearts for making it possible. The organisers and Cork Simon wish to thank all participants and supporters and anyone who helped in any way. A special thanks to miracle worker Willie Cunningham for being on duty early and looking after us, and to people who were roped in at the last minute to help in the worst weather conditions we have had in the 22 years. Mother Nature has bestowed wonderful weather on us most years. Presentation of Cheque proceeds of swim will take place in Healy's Bar Rostellan at a later date. Please lodge all sponsorship money to Simon Swim account. AIB A/C No. 19154051 or Aghada post office. enquiries Cork Simon Community Fundraising office. 0214321051 or kerry.macmahon@corksmon.ie - we would appreciate if any funds raised or donations could be lodged as soon as possible making our work as organisers easier and providing valuable funds to cork simon community to aid Corks homeless people. G.o raibh mile mile maith agaibh.

Pat Geaney

Lawn Mower Sales
& Service
OPEN 6 DAYS

Mon. - Thurs.
9.00a.m. - 8.00p.m.
Fri. & Sat.
9.00a.m. - 6.00p.m.

Your Lawn Mower Man 52
weeks of the year.

www.thelawnmowerman.ie



021-4822465

Brooklodge,
Glanmire, Co. Cork.



**We provide a wide
range of Services**

- Grass Cutting & Hedge cutting
- Shrubs & Trees Supplied & Planted
- Maintenance & Clean-ups
- Power Washing Gutters & Drain Cleaning
- Lawns Laid -
- Fencing (Timber & Concrete)
- Patio & Decking

Free Quotations

Contact Declan

M: 087-2079978

P: 021-4866572

GARDENING

Lawns & gardens cut.
Overgrown gardens
cleared. Houses, out-
houses & yards cleaned

REASONABLE RATES.

PHONE J.J

AT (021) 4822458

POWER WASHING

Facia, Soffit, Gutters,
Paths, Drives, Houses.

All aspects of

Powerwashing.

Also Window Cleaning

Phone: Tom 086 0655959

Have you Spent Half your Life on Diets?



Would you like to enjoy food at Christmas and every other occasion? Would you like a life without counting calories, points or syns?

Would you like to stop struggling to lose weight? Have you spent what feels like "forever" on a diet?

My name is Catherine Hassett and I am a Reactive Eating Specialist. If you have been dieting for years, if you eat when you are not hungry, if you eat to feel better, if you find it impossible to break habits; then you are a Reactive Eater and diets will NEVER work for you.

Do you know someone in your life that seems to be able to eat what they want and never gain weight? They can say "no" to chocolate and cakes, they can leave food on their plate and they don't think about food all the time? This is a Natural Eater.

Have you ever questioned why with all the diets, slimming groups and weight loss products available and more people dieting, we are still a nation with a growing obesity issue?

WHY? Because many of us that gain weight are Reactive Eaters and just changing behaviour, is not enough. However, when we gain weight, we automatically go to dieting as the solution; but for Reactive Eaters it is not the solution; the solution needs much more than just behaviour modification.

WHAT IS the solution? HAPPY SHAPE is the solution; it is the alternative to diets. You will learn how to FREE yourself from diets, from the extra weight you carry, the counting, the guilt, the self punishment, the weighing scales. I will free you from REACTIVE EATING and teach you how to become a NATURAL EATER.

HAPPY SHAPE has been created by me, for you. I am an Accredited Practitioner Coach, with additional qualifications in Cognitive Behavioural Therapy techniques, Strategic Intervention and Women's Stress AND I have nearly 20 years personal experience of Reactive Eating.

And NOW my HAPPY SHAPE Classes are coming to Glanmire. Classes are starting in January and will be held in the Riverstown Community Ctr, from 7.30pm to 9.00pm, on Thursdays. Classes are €10 and Registration is €20. If you would like further information, would like to register, or have any questions, follow my facebook page, HAPPY SHAPE Groups or call/text me on 0871770804. Contact me now; I am delighted to help in any way I can: don't start 2016 with yet ANOTHER diet. Become a part of HAPPY SHAPE - The Alternative to dieting.



Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

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 erinsowngaclub@gmail.com or phone or text Michael on 086 8699145 or Kieran on 087 7787759

Reardans
Senior
Hurling
Team of the
year 2015.



Jackie Brady receiving her prize at this years Erins Own Christmas draw from Sean Power in the Great O'Neil bar Glounthaune on Sunday the 20-12-2015



Erins Own Secretary Jamie Murphy presenting Ned Stack with his prize at the Erins Own Christmas Draw in the Great O'Neil Bar Glounthaune on Sunday the 20-12-2015

Erins Own Christmas Draw Results 2015

Full list of 50 winners available
at the club.



East Cork Junior A Football Team who were defeted by Fr.O'Neills in the final on Saturday the 19-12-2015


Children at Glanmire Library.



Ben and Finn Ahern Sallybrook go



Liam and Diarmuid agus Dad Jerry



AM LEAK DETECTION

FREE WATER LEAK DETECTION*


- MAINS WATER LEAKS
- CENTRAL HEATING LEAKS
- UNDERFLOOR WATER LEAKS
- ROOF LEAKS
- CHIMNEY CRACKS
- MISSING WALL & ROOF INSULATION

*Subject to insurance policy

LEAK DETECTION & DAMAGE RESTORATION

• 021 4866133 • 086 2604782

www.leaks.ie



Are you pregnant ?

Would you like to prepare for becoming a parent?

Why not attend an Information Afternoon entitled "Preparation for Parenthood" delivered by experienced Public Health Nurses in your area.

If you are interested, please contact : Public Health Nurses - Riverstown Health Centre, Glanmire, Co. Cork - Tel 021 4822307



CORK HARBOUR CYCLE



Sun 6th March 2016

— FUNDRAISING LEISURE CYCLE FOR ALL TO ENJOY —
— A BEAUTIFUL 40Km WATERFRONT CYCLE —

For Registration & Sponsor Card

Email corkcycle@gmail.com Phone 021 4806425



AFRICA DIRECT
A VOLUNTARY ORGANISATION



WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Fight Night!

The GAA clubs of White's Cross and Carraig na bhFear have a rich history of rivalry and this will be taken to a whole new level with their 'Fight Night' at the Radisson Blu Hotel in Little Island on Friday, February 5th 2016. This event will involve members of the two clubs fighting for the honour and glory of their own club against the old rival in a series of boxing fights. Not for the first time here in Ireland we are going to see neighbours fight because of a field...! This time, thankfully, however it's not going to be over the same field – in this instance both Clubs are seeking to buy land adjoining their current grounds and thus have come together for this joint fundraiser.

On the GAA playing fields Carraig na bhFear and White's Cross GAA clubs continue to grow and prosper, and both clubs have significant development plans for their playing facilities, each seeking to purchase adjoining grounds to cater for the ever-increasing numbers of teams they are fielding. In order to meet the significant costs associated with the purchase and development of lands in both clubs, they

have decided to join forces for this novel fundraising event. Training of fighters commenced in early November and it's shaping up to be another humdinger of a battle between the two clubs, which will no doubt spark some story-telling around previous duels between the Clubs forty years and more ago! Be sure to mark Friday February 5th, 2016 in the diary – having detoxed your way through January you will have earned a night out again! In the meantime keep an eye on communications from the two clubs to see how the training of the boxers is progressing. A Facebook page has been set up at W. Cross & C. na Bhfear GAA Fight Night.

Christmas Draw Winners

Canada, no less, was the destination of this year's first prize of 600 euro in the White's Cross GAA Christmas Raffle! Young Ciarán Aiken was the winner of this cash prize, very generously sponsored once again by the Stirrup Bar - Ciarán and his brother Joe had been two vital members of the Club's underage teams before their family relocated to Canada in 2014.

It came as a great surprise to the man on the microphone, our Club Chairperson Pat O Callaghan, when Eileen Hennessy pulled the winning ticket and handed it to him as Ciarán is his grandchild! We had a winner much closer to home for the second prize, with Seamus McCarthy (Rathcooney) scooping the 250 euro prize kindly sponsored by Unique Fitout. Details of the entire list of 61 winners are posted on the Club's website and are also displayed in public places locally. Thanks to everyone who supported the draw - our sponsors, our sellers and of course our buyers - míle buíochas le cách.

Active Parents, Active Children, Active Community

With the new year upon us, and the excesses of Christmas behind us, it's typically a time where a lot of people make efforts to shed a bit of weight. White's Cross GAA is again playing its role in supporting the people in our community to get out and exercise regularly, with our call to action! We are calling on families, young and old alike, to get out into the fresh air and suggest that our club grounds is the ideal starting place. Our walkway

running the perimeter of our main field at White's Cross has been in use since July 2013 – if you have not visited it yet, please feel free to pop by and stretch the legs – one lap equals 574 metres / 628 yards. For those looking for a longer circuit walking the perimeter of both our pitches is 754 metres / 825 yards. For those looking to add variety to their exercise circuit the outdoor gym equipment will provide just that – with a rower, chin-up bars, cross-trainer, a stepper and bicycle among the equipment installed there can be real variety to the work-out. For those happy to walk the roads, our active community poster marks out three routes from the club grounds that vary in length from 3 kilometres (1.9 miles) to 4.4 kilometres (2.7 miles). The poster can be viewed on the noticeboard at the club grounds or on the club website – as well as marking and measuring your routes it also outlines various other activity tips for the family.

Athbhliain faoi shéan is faoi mhaise daoibh go léir ó Cumann Luth Chleas Gael Crosaire an Fhaoitigh



The GAA players of White's Cross and Carraig na bhFear have wintered well this year, completing three months of training ahead of the big Fight Night between the two clubs in the Radisson Blu Hotel on February 5th next. Tickets are now available for sale from members in both clubs

FIGHT NIGHT

The GAA clubs of White's Cross and Carraig na bhFear have a rich history of rivalry and this will be taken to a whole new level with their 'Fight Night' at the Radisson Blu Hotel in Little Island on Friday, February 5th 2016.




The Chairpersons of White's Cross and Carraig na bhFear, Pat O Callaghan and Danjoe Foley, are pictured along with a boxer from each club Conal Smith and Timmy Geaney – mark Friday, February 5th as Fight Night in the diary!



Michael Hennessy (Stirrup Bar), Dermot Whooley (Club President), Eileen Hennessy (Stirrup Bar) and Pat O Callaghan (Club Chairperson) pictured before the commencement of the Christmas Draw. Thanks to the Hennessy family for their continued sponsorship of the first prize – a very generous 600 euro.

Happy New year to all our customers.



Crestfield Cabs

Your new local cab company

CALL TODAY

021 4866666 / 4866667

- TAXI, HACKNEY, MINI BUS SERVICE
- EARLY MORNING BOOKINGS WELCOME
- AIRPORT, TRAIN & BUS STATIONS
- CORPORATE & COURIER SERVICE

All drivers formerly from Riverstown Cabs – local and friendly

GLANMIRE, GLOUNTHAUNE, LITTLE ISLAND, WATERGRASSHILL, CORK CITY AND SURROUNDING AREAS

FREE PHONE / TEXT 085 1532326

Cllr Ger KEOHANE

Cork North Central Independent candidate
Glanmire

Ger was elected into Cork City Council in the 2014 Local Elections. Ger is 47, has lived in Glanmire for over twenty years. He is married and has four children. Ger grew up in the Gardiners Hill/Dillons Cross area. He attended St Patrick's National school on Gardiners Hill and Mayfield Community Secondary School. A keen sportsman, Ger is a life long member of Brian Dillons Hurling & Football GAA Club and has won many honours with his club during his playing career. He has also played with Old Christians Rugby Club.

In his roll to date as an elected Cork County Councillor Ger is very active dealing with issues such as housing, flood prevention, campaigning to save the Ballyvolane Bog, road resurfacing, derelict sites, housing estates taken in charge, securing amenity and capital grants for sporting and community organisations to name but a few. Ger will get the job done and will fight for what is right.

Ger became unemployed due to the recession in 2008 and knows first hand the hardship that the austerity measures imposed by the Governments responsible has on people, especially families on middle to low incomes, single parents, the elderly and people who had to bare the brunt because of other people's mistakes and greed. Ger knows the hardship of trying to raise a young family on a very low income.

As an Independent Cork County Councillor and a Cork North Central Candidate for the next General Election, Ger will continue in his role to stand up for the most vulnerable in our society, fight for what the people of Cork North Central deserve and to give voters a voice in Dáil Éireann.

Contact details:

086 0263046

Email: gerkeohane68@gmail.com



Teddy McCarthy function in his honour to celebrating his All Ireland Double in 1990.



Teddy McCarthy with family members, Phil Jenkinson, Sinead McCarthy, Cian McCarthy, Brenda Gray, Pat and Denis McCarthy, at Sarsfield's Pavilion for function in his honour, celebrating his All Ireland Double in 1990. - Picture: Mike English.



Tadhg Murphy, Chairman Sarsfield's Hurling Club, making a presentation to Teddy McCarthy to mark the 25 th. Anniversary of his All Ireland Double win in 1990. Included are Frank Murphy, Cork County Secretary and Denis Hurley, President Sarsfield's GAA. - Picture: Mike English.



Above: Members of present Sar's senior hurling team celebrate with Teddy McCarthy at function to honour the 25 th. Anniversary of his All Ireland Hurling and Football wins in 1990.



Sarsfield's ladies at the function to celebrate the 25 th. anniversary of Teddy McCarthy's All Ireland hurling and football double in 1990. Included are Patricia Holland, Margaret Barry, Anne Walsh, Nora O'Sullivan, Mary Roche, Pat Murphy and Eleanor Kelleher. Picture: Mike English

Sarsfields Camogie Notes

U12 County and Imokilly Medals Presentation

The club were very proud to host an afternoon of medal presentations to our victorious U12a and U12c teams who won their respective County Camogie titles in recent weeks. Joining them were the Imokilly winning U13 teams from 2014 and 2015 for a joint medal presentation celebration. It was wonderful to see such a large crowd gathered to celebrate with our talented young players. A big thank you to club legends Emer Fennell, Claire Holland and Edel Lonergan for presenting the medals and to everyone who worked so hard behind the scenes to make this such a lovely occasion!

Sars Senior Team win Vienna Woods December Sports Award

The club were delighted to win the Vienna Woods December Sports Award in recognition of the Senior B team winning the county camogie title. It was a great achievement to win the title in their first year after promotion from the Intermediate ranks. Captain Claire Holland and representatives from the camogie club were on hand to celebrate the award. Sincere thanks to the Vienna Woods hotel for this award

U10 Street Leagues

The finals of the u10 Street

Leagues were held recently under lights on Sars main pitch. In all, three finals were played and all games were hard fought tight battles. There was high levels of skill and commitment on show from all the girls. It was great to see 50 players at this level in action on the main pitch being cheered on by a large crowd of supporters on the night. Edel Lonegran and Chloe Casey were on hand to present the medals to the girls. Congrats to all. Sars abú go deo.

Cork Camogie Dinner Dance

It was great to see so many of our players in attendance at the Cork Camogie Dinner Dance recently. Well done to all. You are an inspiration to all our players!

Happy Christmas and Thank You!

On behalf of everyone involved in Sars Camogie, we would like to wish you and yours a very Happy Christmas and all the best for 2016. We really appreciate all of the support from family and friends. Thanks to our camogie coaches who give so much of their time. A big thank you to Sarsfields Hurling Club and to all of our sponsors, in particular to Ryans Supervalu. Finally, to all our players, well done on another great year. Enjoy Christmas and see you all for training in the New Year!



U13 IMokilly Winners 2015



U12 A TEAM



Sars Cork Players



U10 Street Leagues



Erin Kelleher, Amy Cashman, Aisling O'Connell and Gaby Cashman representing Upper Glanmire NS at the Allianz Sciath na Scol Sports Quiz at Rochestown Park Hotel. - Picture: Mike English

Area News now online

www.glanmireareacork.com

SUPPORT LOCAL BUSINESS



Mayfield Community School NEWS

Web - www.mayfieldcommunityschool or follow us on twitter



Mick Young congratulating his former student Bibly Mosa on his recent graduation from CIT

STUDENTS BECOME THE TEACHERS FOR MAYFIELD INTERGENERATIONAL PROJECT

Students from Mayfield Community School have swapped their school bag for teachers hats under a new project that was launched this month. The Mayfield Junior Leaders Programme is collaboration between Mayfield Community School, Foróige and St. Josephs Community Association and will see young people teach retired members of the community about computers and the internet.

Speaking about this the project Principal of Mayfield Community School Kieran Golden said "we are delighted that this initiative will be rolled out for the 7th successive year in the community. The project will see twelve of our Transition Year students partner with retired people from the area to teach them basic IT skills such as email,

search engines and other practical skills."

Earlier in the month the problem of computer literacy amongst the elderly was thrown into the national spotlight with the controversial restrictions that Bank of Ireland announced aimed at reducing contact with staff in branches forcing customers to conduct transactions online.

In concluding remarks Mr. Golden said "One of the problems with the explosion of the popularity of the online world has been that people who aren't comfortable with computers have been left behind. We hope that this project will go some way to helping those in the Mayfield Community to bridge that gap whilst allowing our students to develop and improve their leadership skills."

MAYFIELD COMMUNITY SCHOOL TO "TRY" ITS HAND AT RUGBY

Fresh from the excitement of the Rugby World Cup a little piece of history was made in Mayfield Community School this week with the inaugural training session of the school's new rugby team. Munster Rugby has selected the school for its prestigious "Emerging Schools Programme" which will see two development officers in hold weekly training sessions in the school for the coming months.

Commenting on the development Principal of Mayfield Community School Kieran Golden said "This is a truly fantastic opportunity for students interested in playing rugby to develop their skills whilst giving more experienced players the opportunity of showcasing their ability to coaches from Munster Rugby. Numbers at training have been increasing every week and it is hoped that we will be ready to field our first team in competitive action in an under 15 rugby blitz before Christmas."

Mayfield Community School which has had huge success on the soccer and GAA world down the years is hosting the training sessions on its purpose built sports complex and is not the first Cork school to try its hand at different sporting codes in recent years.

In concluding remarks Mr. Golden said "Sport is vital to a healthy balance in life, and students who participate in sport can typically do better academically. Our students are sports crazy and have always showed this with their successes on the sporting field throughout the year. We are naturally delighted to now be partnering with Munster to ensure that young people in the Mayfield and surrounding areas can mix playing rugby with their studies in a local school setting"

Pictured : James Morrissey and Alan O'Keeffe pictured at the first training session of Mayfield Community School's new Rugby team



GLANMIRE COLLAGE NEWS



Youghal Community radio awards Night

-- Chloe Dennehy of Riverstown Demesne, Glanmire was recently honoured with an award for being the youngest entertainer by the East Cork Music Awards, Chloe asked for a violin for her 5th birthday, took up music lessons and is now at the age of 13, well on her way to carving out a musical career for herself. Chloe has passed all of her music exams with Distinctions, she is now on Grade 5 for her violin, but this is only one of the instruments that Chloe plays. Chloe bought herself a mandolin and taught herself how to play it, she is also studying cello with the County School of Music and is currently on Grade 4.

Chloe is of course the eldest

daughter of local musician Finbarr Dennehy who comes from a musical family himself and is very well known on the social dancing scene around the country. Chloe has spent most of her holidays travelling to a lot of gigs and playing onstage with him. Chloe has built up quite a repertoire and a large fan base of her own who are following her progress..

Mom Maura is a West Cork lady who has been known to join Finbarr onstage on a few occasions and is featured singing on one of his albums, so music is in Chloe's genes

Chloe is a 2nd year student in Glanmire Community College where music is naturally one of her chosen subjects



Chloe Dennehy



Colm Dowling who won a National Award after getting one of the top ten highest results in higher level Junior Cert Metal Work exam this year

CONOR KIELY IS A QUERCUS TALENTED STUDENT



Last November 26th, 2015 Conor Kiely a Leaving Cert student of Glanmire Community College was the recipient of a significant award. He was awarded a Quercus Talented Student Entrance Scholarship by UCC. This award is given to students at the start of their undergraduate programme in recognition of exceptional Leaving Certificate results.

The Quercus Talented Students' Programme seeks motivated students who can demonstrate high intellectual achievement, yet want to challenge themselves further by undertaking a university degree programme. As a talented student within the programme, Conor will benefit from a wide range of academic, financial, personal, and other supports. He will begin the programme with a one-to-one meeting with the Director of the Quercus Programme. This meeting will involve an assessment of the student's needs, following which an individual programme plan will be developed and agreed for the forth-

coming year. Individual programme plans will endeavour to ensure that participation in the Talented Students Programme will lead to a broadening of students' full spectrum of talents. Quercus Entrance Scholarships of €2,000, are offered on the basis of results in the Irish Leaving Certificate Examination or equivalent. The Scholarships are tenable only in University College Cork, for the First Year of a full-time primary degree programme. Mr Pat Mc Kelvey, Principal of GCC attended the award ceremony at UCC to celebrate the success of a GCC scholarship winner. Conor is studying Medicine at UCC. This award is a significant achievement, first and foremost for Conor and his family, but also for Mr Mc Kelvey, Principal, Ms Gertie Cahill and Mr Seanie McGrath, Deputy Principals and the teaching staff. The management and staff of GCC wish Conor personal fulfilment, happiness and success as he faces the challenges and opportunities that lie ahead.



Colm Dowling with his proud family and his Metalwork teacher Mr Paddy McHugh at the award presentation in Clonmel

COLM DOWLING IS PLACED IN THE TOP TEN NATIONWIDE FOR HIS METALWORK PROJECT

Congratulations to Colm Dowling (Transition Year) who received a certificate at the annual Engineering Teachers Association Awards in Clonmel Park Hotel, on Saturday 21st November, 2015. Colm was

placed in the top 10 students nationwide (6th out of 6,401) for his Junior Certificate Higher level Metalwork Project, June, 2015. The staff and management of Glanmire Community College and the Metalwork Department would like to congratulate Colm and his teacher Mr Paddy McHugh on this amazing achievement

Cholaiste an Phiarsaigh

Foireann chispheile Cholaiste an Phiarsaigh a bhuaigh Chraobh Chomortas an Deiscirt fé 19 A a bhí ar siúl i Halla Neptune le déanaí . Mór chomhghairdeas leo.



Shane Kesting, Píobaire . Thug sé cuirt orainn I gColaiste an Phiarsaigh le déanaí. Sheinn sé píosaí traidisiúnta agus mhinigh sé conas a oibríonn na píobaí uileann - Buíochas ó chroí leis .

Youghal Motorcycle Trials Club Christmas Fancy Dress



Members of the Youghal Motorcycle Trials Club at their Christmas Fancy Dress event at Vernon Mount to raise funds for the Terry O'Toole Trust. Terry was killed last year in a fall from a horse, leaving a young family.

ADVERTISE IN THE AREA NEWS

Advert enquiries to Mick 086-8294713
news@graphicprism.ie
john@graphicprism.ie

YOUR LOCAL OPTICIAN

WYLEY MCGRATH

**DROP IN AND SEE OUR EXTENSIVE
 RANGE & EXPERT SERVICES**

Crestfield Centre, Glanmire, Co. Cork
 P: 021 4823 008 &
 M: 086 8318511

FREE SIGHT TEST

with Medical Card and PRSI

• Sight Testing • Spectacles • Contact Lenses
 GLANMIRE - MIDLETON - COBH



O'Halloran taking part in the Youghal Motorcycle Trials Club Christmas Fancy Dress event at Vernon Mount to raise funds for the Terry O'Toole Trust. Terry was killed last year in a fall from a horse, leaving a young family. Photo: Billy macGill

Sports Awards - Business and Community Awards; Sarsfield Camogie Club, Sports Award lunch held in Fitzgeralds' Vienna Woods Hotel, Sponsors.



(Seated) Deputy County Mayor Cllr. Deirdre Forde; Gillian O'Callaghan, Club Chairperson; Roisin Healy, Sales & Marketing Manager, Fitzgeralds' Vienna Woods Hotel, Sponsors presenting the Award to Claire Holland, Team Captain; Marie Kearney, Club President & Secretary of Ard Comhairle and Deputy Lord Mayor of Cork Cllr. Mick Nugent; (standing) John O'Regan, PRO Sarsfield; Maria Dinan, Club Treasurer/Registrar; Denis Hurley, President Sarsfield Hurling Club; Madge Fogarty, Vice Chairperson Glanmire Community Association and Eithne Allen, Club Secretary. Pictures: Gerard Bonus.



Claire Holland – Team Captain and Róisín Healy, Sales & Marketing Manager, Fitzgeralds' Vienna Woods Hotel, Sponsors chatting over the Senior League Championship Cup.



Denis Hurley, President Sarsfield Hurling Club; Deputy County Mayor Cllr. Deirdre Forde; Finbarr McCarthy, 96fm Sport and Deputy Lord Mayor of Cork Cllr. Mick Nugent



Eithne Allen, Club Secretary; Mary Newman McCarthy, Evening Echo Camogie Correspondent; Ellen Murphy, Player & Cork Intermediate panellist and Emer Fennell, Player of the Match.



Denis Kelleher Sarsfield and Glanmire; Róisín Healy, Sales & Marketing Manager, Fitzgeralds' Vienna Woods Hotel, Sponsors and Con Allen.



Jenny Murphy, Vice-Captain; Claire Holland, Team Captain and Bryan O'Leary - Senior Coach/Manager.



Madge Fogarty, Vice Chairperson Glanmire Community Association; Maeve McCarthy, player and Claire Holland, Team Captain.

TRADES & SERVICES

GLANMIRE GAS

Registered
Gas Installer



BOILER SERVICES

- Service • Repair • Replace

086 8655132
or 021 4508336

Email: barryaoleary@gmail.com

FREE Quotations on
Boiler Zoning

OIL BOILER SERVICE

Carried Out
Quickly and Efficiently
Service Agreement
or Call-Out Basis.

Available for Domestic or
Commercial Boilers

GLANMIRE HEATING SERVICES LTD.

Riverstown Bridge
GLANMIRE
Phone 4821990

PAT SMITH ELECTRICAL

Industrial, Commercial,
Domestic, Computer
Wiring. Frost Heaters,
NO JOB TOO SMALL
087 2379301
021-4300495

Plumber / Registered

Gas Installer

No Call out Charge

Call John

085 7624343

Your local registered
electrician in
Glanmire

- Quick response
- Reasonable Rates



alantricity
electrician

Contact Alan Dowling

087 9674718



Leaking flat roof?

One of the longest established roofing firms in the country can provide you with an excellent service to fix that troublesome flat roof for a lot less than you thought. Act now before another hard winter sets in. Skill-Man Asphalt for all asphalt, torch on and pvc flat roof systems.

Contact Tony on 087 2632209

Glyntown Fuels
Turf - coal - fire-
wood

Free delivery -
0876289666



Kelly Window Cleaning
Professional Services & Fully Insured
Windows Cleaning, Exterior Doors,
(INCLUDING FRAMES)
Cleaning of Fascia & Soffit Gutters & Gutters Emptied
All Brush Cleaned not Power Washed For Lasting Results!!!
Power Washing of Drives and Footpaths also Available
www.kellywindowcleaning.ie
info@kellywindowcleaning.ie
Tel: 021 4642126 or 087 9542828
For Appointment



Feel Good Yoga
Saturday 10am Fun Introduction to Yoga
Wednesday 7pm Core Yoga
Thursday 7.30am Fun Beginner Yoga
Beginners Welcome
Booking Essential
Contact Lorraine on 085 7838002
or Feel Good Yoga Cork

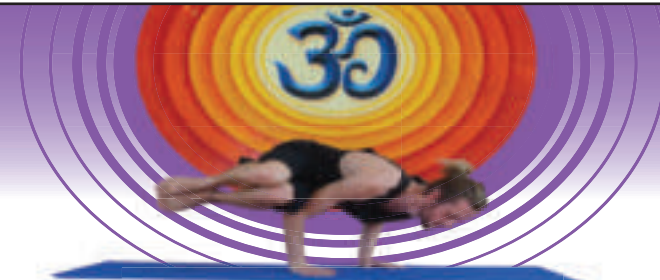
Area News now

online at

www.glanmireareacork.com

& SUPPORT LOCAL

BUSINESS



Santosh Yoga Cork
FOR HEALTH & WELL-BEING

Monday (Beginners), Tuesday (Hatha Flow) – Watergrasshill @ 7.30pm
Wednesday (Hatha Flow) @ 7.15pm – Brooklodge Community Center
Thursday (Hatha Flow) – Glanmire GAA Hall @ 7.30pm
Friday – Brooklodge Community Center @ 7.30pm

All levels welcome, for more info contact Ian
085 1803829
www.santoshayogacork.com



Cake Diva
A little bliss in every bite

Ola Bakinson
72, Main Street
Midleton, Co.Cork
0899595267

cake_diva@outlook.com



CIARAN LOONEY
HEATING & PLUMBING
COMPETE BATHROOM FITOUTS
TILING - PLUMBING - ELECTRICAL

Mobile: 086 3557235 - www.clplumbing.ie

Glanmire Macra NEWS

Glanmire Macra 'Model Members'

Glanmire Macra were delighted to be able to support the Upper Glanmire Community Association in their 'Forty Shades of Fashion: Part 2' Fashion Show. Seven members of the club, Tomás Cuffe, Jennifer Barry, Liz Daly-O Dowd, Patrick Healy, Karen Cashman, Sarah O Connell and Karen Cashman, modelled in the show.

A huge range of clothing shops showcased their fabulous Autumn/Winter 2015 collections, from kids to grandparents and everything in between. Women's stores included Verso, Fran & Jane Boutique, Paco, Jacques Vert and Vanilla in Fermoy with everything from casual wear to evening glam. The men were not forgotten either with formal and casual wear on show from Jack&Jones, Tony's Menswear and Penneys. Local businesses were also given a chance to shine- Eva May Vintage and McCarthy's Sportsworld of Glanmire both showed a fantastic and varied array of clothes. It was a glamorous night filled with glitz and sparkle, and well done to everyone involved!

Sporting Spirit in Glanmire Macra

Glanmire Macra were able to field both a ladies' and men's team in the Seandún final of 5-a side Indoor Soccer in Whitechurch Sports Complex. Both teams played very well, with the boys narrowly missing on the title against Carrigaline, and the ladies being beaten by a strong Knockraha team. Well done to all members who played- it was great to see some new faces on the teams!

Glanmire Macra Speak Up!

Jenny Murphy represented Glanmire and Seandún in the National Semi-final of Impromptu Public Speaking in the Carrigaline Court Hotel. Jenny was up against from very stiff competition from all over the country, and she represented her club and her region very well. Speaking excellently on some very interesting topics, Jenny was successful in progressing to the National Finals later in the year.

Two senior debating teams were fielded for the Seandún semi-final of the competition in O Shea's Bar in Waterfall. Glanmire A was made up of Jennifer Barry, Patrick Healy, Sarah O Connell and Dónal O Callaghan, while Glanmire B consisted of Karen Cashman, Jenny Murphy, Tanya O Sullivan and Bertie Cuffe. The luck of the draw meant that the two Glanmire teams debated with each other for a place in the final. The motion- that this house would make gambling illegal- was proposed by Glanmire B and was carried. Carrigaline Macra and Knockraha Macra were in the other semi-final, debating the very topical motion, that this house would abolish the water charges. Knockraha Macra were opposing the motion and they defeated it successfully. Congratulations to all four teams.

Glanmire Macra Welding Winners!

Glanmire Macra were well prepared for welding this year, having held a club welding workshop on Monday 2nd of November, hosted by Tomás Cuffe. They subsequently entered four welders into the competition, including one lady. Tomas Cuffe, Dónal O Callaghan, Patrick Healy and Tanya O Sullivan were the four entries, competing with welders from all over the Seandún region.

Glanmire were delighted to take home both first and second places in the competition, with Tomas Cuffe taking the overall title, and Dónal O Callaghan coming a close runner up. Well done to all participants!

Join Us!

Glanmire Macra's next monthly meeting takes place on Wednesday November 11th at 9pm in Sars Pavilion- everyone is welcome! Drop us a message on Facebook or talk to any of our members to find out more! Glanmire Macra have some great social nights planned for the Christmas Season, with a club dinner being held in Cork City on the 18th of December, and their second annual Twelve Pubs of Christmas on the 29th. Be sure to contact any club member if you would like to come along!



Members of Glanmire Macra modelling at Forty Shades of Fashion.



Jenny Murphy (2nd from left) and supporters who has reached National Finals in Impromptu Public Speaking.



Glanmire A Debating Team



Tomas Cuffe, Dónal O Callaghan, Tanya O Sullivan and Patrick Healy at the Seandún welding finals



Upper Glanmire Community Association

upperglanmirecommunity@gmail.com

Facebook page: Upper Glanmire Community Association



OPEN NOW 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.

MEMBERSHIP RATES

6 Months	= €120
12 Months	= €195
Family (2 adults + 2 over 15's)	= €350

For enquiries call **087 0981940**

CRUNCH FITNESS
Upper Glanmire Sports Hall

JOIN TODAY

Upper Glanmire Community Association

- upperglanmirecommunity@gmail.com

Facebook page:

Upper Glanmire Community Association

Upper Glanmire Community Association 2016

Chairperson: Edward Dawson

Deputy Chairperson: Donal Kelleher

Secretary: Pauline Hyde

PRO: Noel Linnane

UPPER GLANMIRE ICA GUILD

Update on Guild activities

- On December 1st, we enjoyed a Christmas party with a difference! Fiona Sneddy, a local chef came to our Comm. Centre and prepared a beautiful 4 course meal for us, which included salmon terrine, boeuf bourguignon, pork casserole and a pear and almond tart. We had some seasonal music and members enjoyed a slide show of 170 photos from our own archives. It was a most enjoyable evening.
- Our Craft sessions came to a close with some mulled wine, tea and cakes. We will still be busy though with our knitting and crochet over the coming winter evenings!
- On the 6th January, we will be going to the Ambassador Hotel to enjoy a meal as the final part of our festivities. Guild meetings will resume in February.

January recipe: Cheese Cakes. Betty Burke

- (Even though these little cakes are called 'cheese' cakes, there is actually no cheese in them!)
- Ingredients for the Madeira topping
 - 4oz butter
 - 4oz caster sugar
 - 6 oz plain flour
 - 1/2 tsp baking powder
 - 3 eggs
 - Rind and juice of 1/2 lemon
 - Bought Puff pastry for the base
 - Folláin raspberry jam
- Method
 - Prepare Madeira by beating butter and sugar
 - Add all the other ingredients, and mix until smooth
 - Grease 'queen cake' tins
 - Roll out pastry, and cut out circles to fit the tins
 - Put 1/2 tsp of rasp jam
 - Top with madeira mix.
 - Oven 180-200 deg C
 - Sprinkle with icing sugar before serving



Margaret Murphy and Kitty Burke enjoying our Christmas party and also Kay Murphy and Mary O'Sullivan at our Christmas party
Left: Cheese cakes : Betty Burke

Ask Your Pharmacist

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

pharmacyfirstplus 



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

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

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



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

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

Darren Breathnach
Clinician Pharmacist
Email darren@pharmacyfirstplus.ie for more details!

Want to ask your Pharmacist a question?
Email darren@pharmacyfirstplus.ie

pharmacyfirstplus 

Environmental Sustainability Award for the Children's House Montessori



Cllr. John Paul O'Shea Mayor of Cork County Council presenting an Environmental Sustainability Award to Marie Sheehan of the Children's House Montessori, Whitechurch, Co. Cork. Also included are Denis Sheehan, Suzie Heaphy, Dr. Mary Stack (Environmental Department CCC), Ciara Burke and Mary Lynch. Photo: Billy macGill



A Tree With A Difference.....The Christmas Tree at Children's House Montessori, Whitechurch, Co. Cork which is made from toilet roll centres. Photo: Billy macGill



Cllr. John Paul O'Shea Mayor of Cork County Council presenting an Environmental Sustainability Award to Marie Sheehan of the Children's House Montessori, Whitechurch, Co. Cork. Also included are Suzie Heaphy and Dr. Mary Stack (Environmental Department CCC). Photo: Billy macGill



Catherine & Paul O'Connor parents of the late Niamh who lost her life along with her boyfriend and his father in that horrific tragedy in Ballymore presenting a cheque to the INLI for €12,250 Euro proceeds of a table quiz organised by the O'Connor family and extended family. The parents would like to convey a huge thanks to everyone that attended the Table Quiz and those who made donations but could not make the table quiz on the night. The table quiz took place on which would have been Niamh's 21st Birthday and the presentation took place on Monday night December 14th.

A Mayfield Winter Wonderland at Ennismore Meditation Centre, Mayfield, Cork.



Locals Wayne and Chantelle Quilligan and John, Jimmy and Grace McDonagh, giving the thumbs up to A Mayfield Winter Wonderland at the Ennismore Meditation Centre. Picture: David Keane.



Santa Claus arriving at A Mayfield Winter Wonderland at the Ennismore Meditation Centre

Below: Lacey and Libby O'Rourke from Mayfield



Kayleigh Walshe from The Glen, with Robert and Michaela O'Flynn from Mayfield.



Leona McGrath from Rathcooney with her children Donnacha and Clodagh



Deirdre Hunt and Ellie Marah, both Mayfield Arts Centre



Local ladies Mary and Louise O'Callaghan, attending A Mayfield Winter Wonderland



Niamh Casey and Rioghan and Saoirse Moore, all Rathcormac, enjoying A Mayfield Winter Wonderland at the Ennismore Meditation Centre.



Royce Bangura with Christine and Ellen Kelleher, all from The Glen



Irene Casey, Noel Barry, Bridget Mulcahy and Susan O'Donovan, all members of the Voices of Cork Choir, before their performance at A Mayfield Winter Wonderland at the Ennismore Meditation Centre



Local children having fun with Santa Claus



Cllr. John Paul O'Shea Mayor of Cork County Council presented an Environmental Sustainability Award to Marie Sheehan of the Children's House Montessori, Whitechurch, Co. Cork. Also included are Denis Sheehan, Suzie Heaphy, Dr. Mary Stack (Environmental Department CCC), Ciara Burke and Mary Lynch.

Photo: Billy macGill, See Page 24 for more.

Alcohol is the most widely used drug in Ireland

Alcohol is the most widely used drug in Ireland. The government has recently taken steps to reduce the harmful effects of alcohol misuse. As Leo Varadkar stated his intention is to reduce the harmful effects of alcohol in society. We all have a role to play, and our government are taking sensible steps to address the widespread impact of harmful alcohol use. We have been enormously successful in tackling smoking, our leaders deserve praise for taking the next brave step.

We have a problem: Over half of Irish adults drink in a harmful manner. Approximately 20% of 16y old children drink alcohol every week. Alcohol is a contributory factor in half of all suicides in Ireland. Alcohol related injuries help fill our A&E departments, GP surgeries and hospital wards.

Alcohol consumption in Ireland: The key drivers of alcohol consumption are known as the "3As". These are Availability, Affordability and Advertising. It's these issues that the government has recently addressed.

The affordability issue is tackled by increasing the price of "low cost" alcohol; slabs of beer and cheap wine, mainly in supermarkets. The impact on price in restaurants and public houses will be minimal. Affordability is a key issue especially for young people, and increasing price means less alcohol is consumed. Prohibition of price based promotions "happy hours/student nights" is important for college students. Students establish their lifelong alcohol patterns, so addressing consumption in this group is important.

Availability: Restricting availability will decrease impulsive purchases. That's why retailers put chocolate and sweets at the checkout: availability increases purchasing.

Advertising: This is a really important aspect of restricting alcohol misuse. Restricting advertising near schools, playgrounds, public transport and before 9pm on TV, will all combine to remove the glamour and lessen the appeal of alcohol. Safe recommended limits: it is important to remember that

these are a maximum, and not a target! Men should not drink more than 21 units a week, no more than 4 units a day. Women should not drink more than 14 units a week, and no more than 3 units a day. Everyone should have at least 2 alcohol free days each week. Women trying to conceive, and pregnant women, should not drink alcohol. The alcohol free days help the liver to recover from the toxic effect of alcohol.

What is a unit of alcohol; A unit of alcohol is 10g, or a half pint of beer, a pub measure of spirits or a small glass of wine. However many beers and wine are stronger. This means that 3 pints of ordinary beer exceeds the daily recommended intake for a man. A bottle of wine has about 8-10 units of alcohol. Health and alcohol; Drinking excess alcohol is associated with physical, psychological and social harm. Physical harm; Liver and bowel cancer are commoner,

high blood pressure, heart attack, stroke and pancreatitis can all develop. Some cancers are more common in people who drink too much alcohol. Alcohol is calorie rich, and obesity is always a risk. Psychological problems such as anxiety and depression are also more common. The social effects are widespread, damaging to society and very costly, including road accidents, domestic abuse, violence and public disorder. Absenteeism from work is another hidden cost of alcohol misuse.

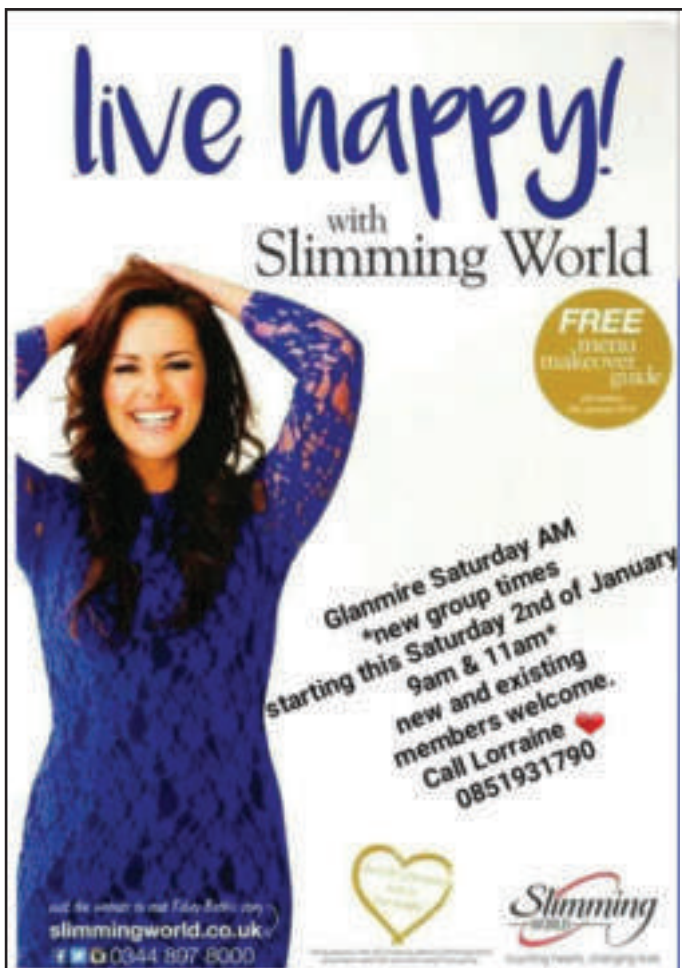
Alcohol use and misuse are issues which we should recognise and address in a constructive effective manner.

Happy Christmas, and looking forward to meeting you again in 2016 !

Dr Diarmuid Quinlan, MB, BCh, BAO, BSc (Hons), MRCP, MICGP, DCH, DFFP, Dip Pract Sallybrook, Glanmire. (021) 4821111



WOODVIEW
Family Doctors
EXCELLENCE IN PATIENT CARE



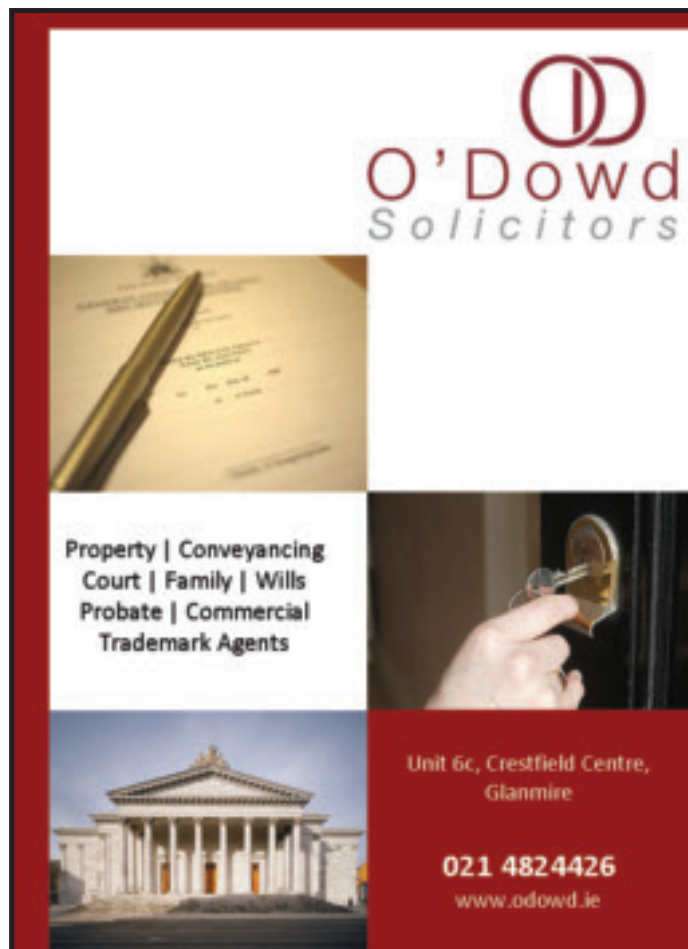
live happy!
with
Slimming World

FREE menu makeover

Glanmire Saturday AM
*new group times
starting this Saturday 2nd of January
9am & 11am*
new and existing
members welcome.
Call Lorraine
0851931790

visit the website to meet Lorraine & join
slimmingworld.co.uk
0344 897 8000

Slimming World



O'Dowd Solicitors

Property | Conveyancing
Court | Family | Wills
Probate | Commercial
Trademark Agents

Unit 6c, Crestfield Centre,
Glanmire

021 4824426
www.odowd.ie

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 con-
tact the relevant school for forms and details of
their Enrolment Policy. Open Nights Jan 2016:
Jan 13th Upper Glanmire.
Jan 14th St. Joseph's, Riverstown.
Jan 19th Brooklodge NS.
Jan 20th Glounthaune NS.



Brian Murphy Motors
086 0528953 (M)
Curbally North
New Line, Glanmire
Email: murpb1970@gmail.com
Free Collection and Delivery
Servicing morning and evening for your convenience
Valeting/Paintwork and Pre-NCT advice available

ALF COLLINS

Glass & Glazing
Window & Door Repair



- Emergency Glazing Repairs
 - Fogged-up Double Glazing
 - Broken Glass
 - Hinges and Locks
 - Patio Wheels
 - Draught Problems
 - Tabletops/Mirrors
 - Upgrade your Existing Windows to A-Grade Insulated Glass
- Contact**
086 4044665
021 4866350

An Athbhliain 2016 Nuala Ní Loingsigh

Is bliain thábhachtach í seo i meon aigne na nGael, céad bliain, cothrom na bliana, ó Éirí Amach 1916. Mar is eol dúinn, ní raibh tacaíocht an phobail acu, ach diaidh ar ndiaidh, nuair a lámhachadh na ceannairí gan trua, gan trócaire, mhúscaíl sé fearg na ndaoine agus d'agraigh formhór na tíre chun saoirse a bhaint amach. Mar a dúirt Yeats "A terrible beauty is born".

Is cuimhin liom an ceil-iúradh in 1966. Bhíos i mBun Tábhairne i scoil chónaithe agus an Ardteist á déanamh agam. Is cuimhin liom na leabhair a bronnadh orainn faoi cheannairí na Cásca, agus ag an am bhí ardmheas agam ar na ceannairí céanna, an Píarsach go mór mhór. Is cuimhin liom na cláracha faisnéise ar an teilifís (rud a bhí nua-aimseartha) ag an am.

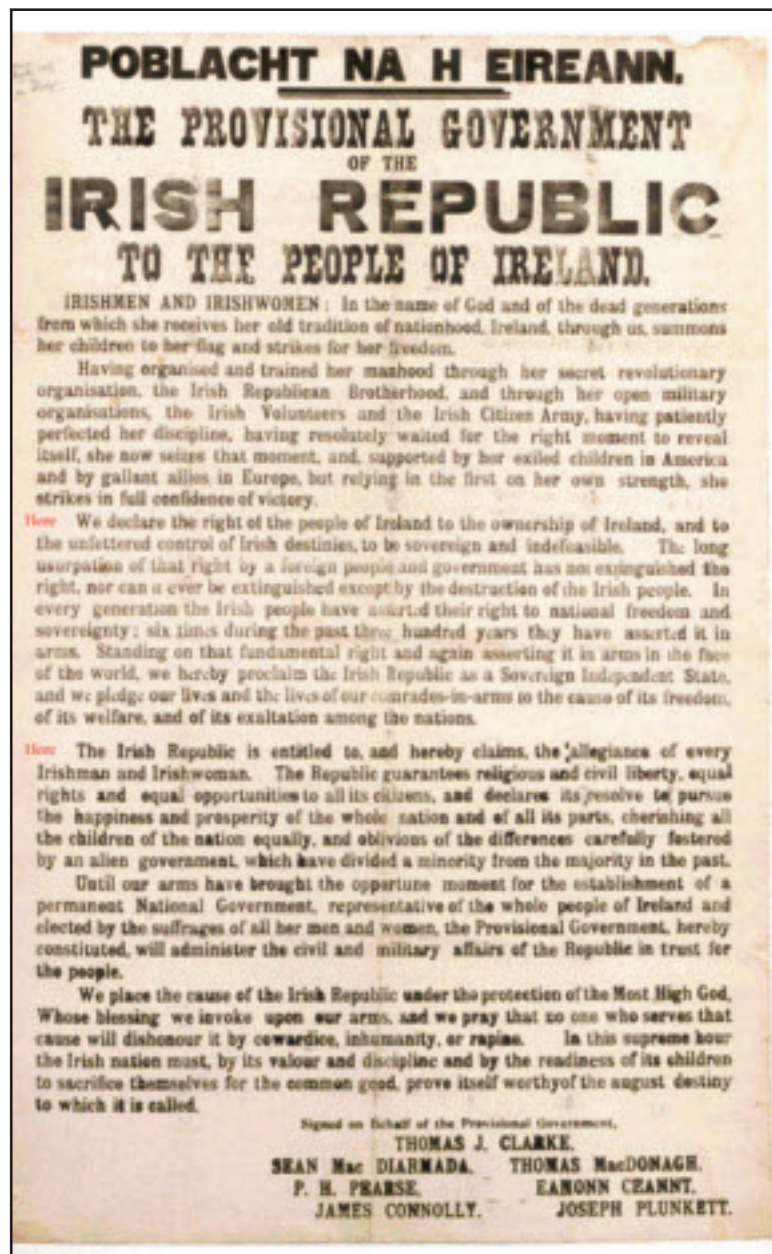
Ba mhór mo mheas ar an bhfís a bhí ag na gluaiseachtaí a bhailigh le chéile don éirí amach. Ag an am ba bheag an aird a thugas ar an bhforéigean nó níor cheistigh mé an taobh sin den scéal. Bhíos an-tógtha leis an haidhmeanna agus bás ar son ár dtíre. Ba mhór mo mheas ar an bPíarsach a chonaic roimh ré éifeacht a íobairtha, is é sin go músclódh sé spiorad an náisiúnachais, rud a tharla. Sa lá atá inniu ann, ní bheinn chomh neamhurchóideach nó soineanta mar gheall air. Anois agus mé ag druidim le deireadh mo shaoil, bheinn ag ceistiú 'arbh fhiú an braon folá?' Tógadh sinn leis an tuairim gurbh fhiú é ach anois, ní bheinn chomh cinnte faoi. Pé scéal é, is ábhar conspóide i gcónaí ceist an fhoréigin. Anois an rud is tábhachtaí dúinn, dar liom, is ea – cad atá foghlamtha againn?

I mo thuairim, b'fhiú an



renaissance cultúrtha, athbheochan na teanga agus bunú Chumann Lúthchleas Gael. D'éirigh leis na gluaiseachtaí seo, mar aon leis an éirí amach, meon na ndaoine a athrú agus meas a bheith acu ar a gcultúr féin. D'fhéadfá a rá go raibh formhór na tíre ag glacadh le Rialtas Dúchais ach ní dócha go raibh spiorad an Ghaelachais múscaílte go dtí sin.

Déarfadh daoine nár éirigh linn na hidéil a bhaint amach, cosúil le hathbheochan na Gaeilge ná féin rialtas don tír ar fad. Mar sin féin, d'éirigh leis an bpoblacht neamhspleáchas a fháil, bíodh nár chomhlíon sé aidhmeanna na réabhlóidithe. Táim den tuairim go bhfuil dul chun cinn déanta againn mar náisiún agus go bhfuilimid mar bhall tábhachtach de na Náisiúin Aontaithe. Is cúis bhróid ár n-arm ar fuaid an domhain agus ár gcabhlach, chomh maith. Is é an díomá is mó a bheadh ormsa ná na fadhbanna atá againn de bharr caimiléireachta, daoine gan dídean 7rl. Tá ábhar machnaimh i bhForógra 1916, le hidéil iontach ann agus níor mhór dúinn go léir é a léamh agus iarracht a dhéanamh na cuspoirí sin a cur chun cinn. Tá béim ar chothromaíocht do gach duine san fhorógra agus níor mhór na haidhmeanna seo



a chur i gcrích in 2016, nó, ar a laghad, céim i dtreo na cothromaíochta a thógaint.

Gluaís:

tacaíocht = support

cothrom na bliana = anniversary

lámhachadh = shot

Bun Tábhairne = Crosshaven

fís = dream

foréigean = violence

íobairt = sacrifice

neamhurchóideach/soineanta = innocent

arbh fhiú? = was it worth?

ábhar conspóide = subject of controversy

neamhspleáchas = independence

cúis bhróid = cause of pride

Forógra 1916 = 1916 Proclamation

cabhlach = navy

caimiléireacht = corruption

ábhar machnaimh = matter to think about

cothromaíocht = equality

a chur i gcrích = to fulfil



Glanmire Ladies Football
4 Mile Fun Run
 (Digital Timing)
Sprint into Spring, Fast into February

When Sunday, 24th January 2016

What time Run starts at 1pm

Where Glanmire, The Pike

Why To support Glanmire Ladies Football

Registration
 In the Pike from 10.00am to 12.00pm on day of run

Adults	€10
U14	€5

Fantastic Prizes will be given in each category
 Run sponsored by Xcel8 Fitness Glanmire - 087 9548605

For further information, contact Shelly 087 4144790, Sandra 087 9117009
 Check out our Glanmire Ladies Football Facebook page for information that updates.

Glanmire Ladies Football U 14 Girls Successful Year



County, Munster and All-Ireland success for local Glanmire U14 ladies footballers. Photographed here with the trophies are (L-R) Niamh Mc Allen, Kayla O'Connor, Shauna Murphy (Front) Abbie O'Mahony and Ellen Baker. These girls were part of the teams that won East Cork and County Feile, County U14 (A) Runner up in All-Ireland Feile, Winner of U14 Munster Ladies Football Championship and Winner of All-Ireland U14 Blitz Runner up In All-Ireland U14 Championship.

GLANMIRE COMMUNITY COLLEGE HAMPER APPEAL FOR ST VINCENT DE PAUL



Chaplain Ms Siobhán Quinn, Mr Padraic Kelleher, Ms Michelle Mc Mahon and TY students presenting the food hampers to members of the local Glanmire branch of St Vincent De Paul.

Religion teacher Mr Padraic Kelleher and Chaplain Ms Siobhán Quinn organised the food hamper appeal with the assistance of teachers from the Religion Department. Staff and students in the college have been very generous again this year in bringing in non-perishable food items for hampers for St Vincent de Paul in the local area. Glanmire locals and Businesses were also asked to support this venture by bringing any donations into the main school office any time during the school day. Notices were placed in the parish bulletins. As always, the St Vincent de Paul food hamper appeal was very well supported, the hampers will mean a lot to families in the area who are struggling this Christmas.

NOTICE BOARD

GLOUNTHAUNE/ GLANMIRE MEALS ON WHEELS

If you can help please contact:
Maria O'Halloran 4353549 or
Mary Griffin 4821795

Acupuncture & Hypnotherapy Clinic

DuoHealth c/o Tan &
Tone Unit 2g Crestfield
Glanmire.

Area's Treated e.g. Smoking,
Weight Loss, Stress, IBS,
Anxiety, Depression, Sinus
Fertility, Back/Knee pain etc.

See full list on -

www.duohealth.ie Contact
David on Mob 086 3529164 All
Major Insurance Companies
Covered + Garda/Esb Staff

M.A.B.S. CORK MONEY ADVICE & BUDGETING SERVICE

Cork M.A.B.S.
Unit 12, Penrose Wharf, Penrose
Quay, Cork.
Tel: (021) 4552080.
A FREE & CONFIDENTIAL
SERVICE

LEGION OF MARY

The Glanmire
group need your
help.
Active members:
Weekly meeting
10.30am Wed.
and some active work.
Auxiliaries: These say a short
prayer each day for the
success of The Legion



**COUNTRY LANE
BOARDING KENNELS**
LEAMLARA CO. CORK
087-2033090 & 087-2390183
Heated Kennels with Outdoor
Runs. Dogs Walked Daily
All Vaccinations Essential

Chiropodist

Glanmire Medical Centre
Home visits also available

FOR APPOINTMENTS

Phone (021) 4866745
Mobile (086) 3693204

Frances Nolan
NCC, LCCH, M.I.CH.POD.ORG
Gift Vouchers Available



UPPER GLANMIRE HOME
AWAY FROM HOME
Spacious out-door runs. Personal
Supervision.
Up to date vaccines essential.

Tel: 021 4858484
Mobile: 087 2163658.
Visit our new website
www.beechgroveboardingkennels.com

Dog Grooming
Now Available at Beech Grove
For appointment Ring
Mary on 087 3100451



Post-Natal Depression Support

Unable to Cope since the birth
of your baby? Need to Talk to
someone who understands?
Please Ring Tel.: 4922083

Visit : www.pnd.ie

HELPERS NEEDED TRAINING
PROVIDED

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

For all your Plumbing & Heating Needs & Oil Boiler Service



Call out your local Plumber
Mark Curtin
086-8246643

Left: Congratulations
to Noel Carey from
Willow Gardens,
Glanmire, who recently
brought home two
gold medals form The
Provinces Irish Indoor
Rowing Competition
which took place in
University Limerick".

Friends of Leukaemia Patients Cork Established since 1985. Voluntary group registered charity number 15959.

We are a non profit organisation
composed mainly of family and
friends of leukaemia patients all
working on a voluntary capacity
having experienced a loved one
diagnosed with this illness .
One hundred per cent of dona-
tions made to our charity goes
directly to helping patients and
their families in the Munster
Area .

Also providing Home from
Home accommodation in close

proximity to St James Hospital
Dublin. This facility is made
available free of charge to
patients and carer who have lim-
ited financial resources under
going a bone marrow transplant.
If you would like to organise a
fundraising event or make a
donation to our charity
We would love to hear from
you .
Please contact Imelda Reynolds
for further information :
Phone 021 4823625
email friendsolp@gmail.com
www.friends-of-leukaemia-patients-cork.com

You Are Not Alone"

We will hold a coffee
morning for those
who are bereaved or
affected by suicide in the
Montenotte Hotel Cork
on the first Tuesday of
every month. All wel-
come and bring friend/s.
Coffee, teas and scones
complementary and
kindly donated by the

Montenotte Hotel.

The coming together of
those similarly bereaved
can offer the opportu-
nity to gain strenght and
understanding from indi-
viduals who have experi-
enced the loss of a loved
one through suicide.
For more informa-
tion contact Collette on
087/1897315 or Anthony
on 087/6838861

ADVERT Mick 086-8294713 - E-mail details to - news@graphicprism.ie - www.graphicprism.ie

— Chimney and Stove Cleaning —
Power Sweep and Vacuum - Fully insured
Tel: 087 9911017
www.chimneycleaningglanmire.ie
info@chimneycleaningcork.ie



Alfat World of Technologies
 PC and Laptop repairs.
 Fast Mobile Phone Unlock and repairs.
Addy ENGINEER

 Contact: 0864055502
 0896677324
alfatech500@gmail.com

Set Dancing
 Wednesday Nights
 8.30 pm @ the
 Community Centre
 Upper Glanmire
 All Welcome

NoBillsTV.ie
Free TV
SAORVIEW Combi Pack
 Over 100 channels

Only €199
 We repair Sky systems
 Call James 021 487 2817
 Call or text 087 269 1215

St John Ambulance Public First Aid Course

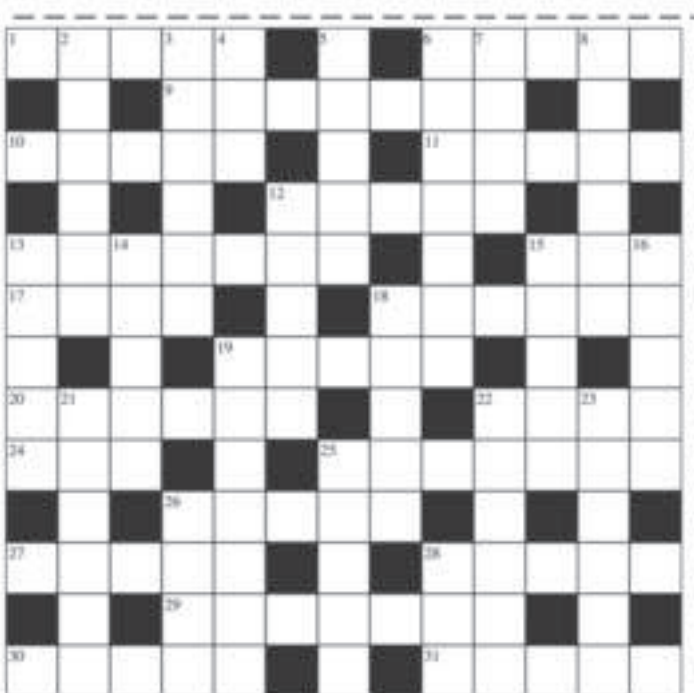
A First Aid Course for Adult Members of the public (over 18 years of age) will take place at St John Ambulance Brigade, Unit 5D Glanmire Industrial Estate, Sallybrook, Glanmire, commencing on Monday 8 February 2016. This course will run for 7 weeks from 7.30-9.30pm each night. The course costs €100 which includes the price of the First Aid Manual and all Course Materials. Members of the public will be taught how to perform CPR (Cardio Pulmonary Resuscitation), Use of an AED (Automated External Defibrillator), how to treat Wounds and Bleeding, Burns, Fractures, Medical Emergencies such as Diabetes, Asthma and Epilepsy and Everyday Mishaps in Children. Anyone interested in participating on the course, please call 086-0699086 or e-mail glanmire@stjohnambulance.ie



HOUSE DE CLUTTERING

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

Joe Organ Auctioneers
 Telephone 086 6013222 - 021 2428620
 email joorganauktioners@gmail.com
<http://joorganauktioners.ie>
 Office 2B Crestfield Centre, Glanmire.



Across

1. Goes with ivy (5)
6. Popular Italian food (5)
9. Donegal mountain (7)
10. They live in prides (5)
11. Worker with no rights (5)
12. Three score (5)
13. Baby hare (7)
15. Female under-garment (3)
17. Common metal (4)
18. Weeping (6)
19. Concur (5)
20. Write in code (6)
22. Entrance (4)
24. Regret (3)
25. Type of ant (7)
26. Facial hair (5)
27. Type of bed (5)
28. Ignoring others needs (5)
29. Not artificial (7)
30. Not sloping (5)
31. Prepared (5)

Down

2. He wanted more! (6)
3. Around Easter time (6)
4. Abbreviation of 'years' (3)
5. A finger (5)
6. Grassland (7)
7. Friend (4)
8. Pub, inn (6)
12. Reed (5)
13. Large body organ (5)
14. Use it for talking (5)
15. Coloured spot on Asian face (5)
16. Precious stone (5)
18. Yielded (5)
19. Gland in body (7)
21. Marriageable (6)
22. Sealed glass vial (6)
23. Scratched an itch (6)
25. Type of fish (5)
26. Annoyance (4)
28. Level score in golf (3)



Crossword Winner Karin Haussmann, Willow Gardens, Brooklodge, Glanmire, Enjoy your voucher for BEVA CAFE P: 021 4858002

While every care is taken in the compiling of this newsletter the publishers Graphic Prism Ltd. cannot accept responsibility for any errors or omissions. Services provided are between advertisers and clients, we do not accept responsibility for work / services carried out. Adverts created & designed for the news letter are the property of Graphic Prism Ltd. The views expressed by contributors to the news are those of individuals and are not the responsibility of the news editor. Individuals writers must verify their article content.

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



Glanmire 4821788
Blackpool 4220019

Due to a successive period in house sales we urgently require (for pre approved mortgage & cash clients) a number of three & four bedroomed semi detached and detached homes in the Glanmire and surrounding areas including Watergrasshill, Glounthaune, Little Island, Knockraha, Carrigtwohill, Mayfield and Ballyvolane.

**Selling/Valuations/
Lettings 021 4821788 &
info@dngmurphycon-
don.ie**

Are you looking to sell or rent property???
We would be delighted to carry out an appraisal of your property. Please call us locally at 021/4821788 or call in to our offices in the Hazelwood Shopping Centre.

HAPPY NEW YEAR FOR 2016



Iris McCarthy, Jean Shanahan, Kevin Condon, Kate Kearney, John Wiseman, Katherine Murphy.

Our Lady Crowned Credit Union Ltd

Thinking of buying a new car in 2016?

For great loan rates make sure and talk to us first



9.9% APR. Representative example as at 20/12/2015; €10,000 loan repayable over 3 years 156 weekly payments of €73.69. Rate of interest 9.5% p.a. variable. Representative 9.9% APR. Total amount repayable is €11,495.52.
Loans are subject to approval. Terms and conditions apply. Our Lady Crowned Credit Union Ltd. is regulated by the Central Bank of Ireland.

Main Office: 11c Silversprings Road, Mayfield, Cork. Sub Office: Wallingstown, Little Island, Co. Cork.
Tel: 021-4504923, E-mail: info@olccu.ie, online: www.olccu.ie