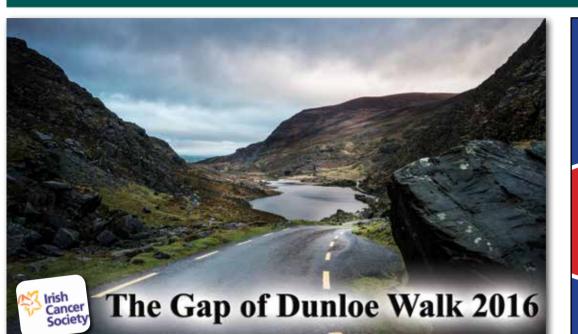


Available: Mayfield | Upper Glanmire | Whitescross | Watergrasshill Glouthaune | Little Island | Carrigtwohill | Lisgoold | Carrignavar | Whitechurch | Knockraha



On April 2nd, this year, a bit later than usual, we will be going on our walk through the Gap of Dunloe. This a walk we have been doing for the last ten years, in aid of Cancer Research.

The story is: On Saturday April 2, at 8.30 am we will be leaving by coach to Killarney and on to Kate Kearney's cottage. Next we will be able to have a coffee or tea and a most delicious

Our college works in unity with following bodies

scone, before setting off for the 11km walk through the Gap of Dunloe; an easy enough walk for anyone who is reasonably fit. At Lord Brandon's cottage time for lunch, and at 2 o'clock Tadgh will be ready to take us across the lakes in his boats to Muckross. Hopefully the azaleas and rhodondendrons will be flowering and we get a chance to enjoy those beautiful shrubs. Finally the coach will take us back to Hazelwood where we would/should

Photo: David Ahern Facebook: david AHERN photography

be back by 6.30. Some of us tend to round off the day with dinner in the Brook Inn, but that can be decided at a later stage.

The cost of this is 40 Euro per person. I will have sponsor cards available, but this is not something you have to do.

For more information and to book please ring me at 087 2785721.

Look forward to hearing from you, Liz Dwyer

Gaelscoil

Uí Drisceoil



Gaelscoil Uí Drisceoil, Gleann Maghair are delighted to announce their 2016 Golf Classic on Friday 27th May in Cork Golf Club, Little Island, to aid the installation of a Sensory Garden for the benefit of all the children in the school. See page 11



New Minds Fitness | New Minds Beauty

The difference is we deliver



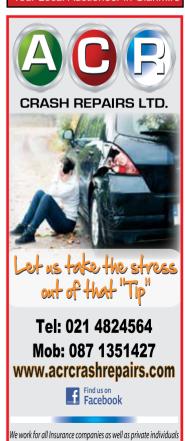


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Irla Dunlea

Graphic Designer





Monday	9.45am 10.00am 6.00pm 7.00pm 7.00pm 8.00pm	Aerobics & Floor, Inter/Adv Aqua Tone Water Aerobics Spinning Total Tone Aqua Tone – Water Aerobics non swimmers welcome Cross-fit Step
Tuesday	7.00am 9.45 am 2.00 pm	Tabata Spinning Step & Floor, General level Adult Swimming Lessons
	6.00pm 8.40pm	Kettlebells Adult Fitness Lane Training
Wed	9.45am 10.00am 6.00pm 7.00pm	Tight & Tone, Advanced Aqua Tone Kettlebells / Toning Cross-fit (Ladies Only all fitness levels)
Thurs	11.00am 6.00pm 8.40pm	Line Dancing Cardio tone Adult fitness Lane Swimming
Friday	7.00am 9.00am 9.45am 6.00pm 7.30pm	Tabata Spinning Aqua Tone 20/20/20 Step, Floor, Toning Kettlebells Cycle Cross-fit
Saturday	9.30am	Cycle Cross –fit



3



MEMBERSHIP AVAILABLE ONLINE FOR AS LITTLE AS €30 PER MONTH

ROOKIE LIFEGUARD EASTER CAMP. FOR CHILDREN AGE 8 – 14 Years Week 1: 21st, March – 24th, March, Week 2: 29th March – 4th, April Time 11.00am – 2pm cost €50 per child. Candidates must be able to Swim 25 metres front crawl/ backs crawl/ breast stroke Tread water for 1 minute.

For further information contact: Mayfield Sports Complex, Old Youghal Road, Mayfield. (021) 4505 284 or (021) 4506 232

Log on to Mayfieldsportscomplex.ie



GLANMIRE VILLAGE TIDY TOWNS NEWS

We will enter the Village in the Tidy Towns com-As we all know the crying baby gets the bottle so we as a com-

petition again this year. Our small group of volunteers are hard at work already but we desperately need more hands-on people, also someone with I.T. Skills to keep our Facebook page up to date.

We are regularly in contact with the local Council office regarding improvements needed in and around the village. They have promised to give as much help as money permits bearing in mind that their annual allocation of funds has been cut year on year since the recession. munity need to work together as many communities do to ensure our area gets its fair share of what's available.

Our thanks to Pat Stacey and his team of TUS workers who did a brilliant job cleaning the footpaths after the leaves and the flooding this winter. Their work makes a great difference to the whole area.

As usual we need more hands-on volunteers, also someone with I.T. skills. If willing, contact Nicole at the

Community Centre or phone 086 867 9189.

2016 Riverstown Rising

Baile Roisin/Riverstown is shortly about to take part in the Rising!

The Rising we are referring to is The Rising to the Birds!.....

As a follow up to the recent article you may have read, Riverstown Tidy Towns Group, with the kind support of Sponsorship from Messrs E I Lilly, (whom you might remember the workers volunteered a full day on gardening projects as part of their company's CSR Corporate Social Responsibility-Global Volunteer Day), and Michael of Super Pack Glanmire Fruit & Vegetable Store, Hazelwood, we are about to get under way......

Soon with the help of Pat Stacey and his Team of lads from Tus you'll see The installation of Bird Tables as earlier promised to greet our little 'feathered friends' in John O Callaghan Park.

To really put us in the spirit for their welcome, Michael himself has come up with a suggestion of a little competition for the students of the Local National Schools here to name the homes in the 'Theme of the Year' we are remembering, that of 1916. Michael has kindly offered to sponsor some small prizes for the winning entries, as well as supplying

A couple of bags of bird seed to start us off. . .

Entries can be placed into the box @ SUPER PACK Glanmire Fruit & Vegetable Store,or can be sent to : gacacork@gmail.com for Attention of Nicole or per Facebook: Glanmire Area Community Association following a draw to decide winner/s some small prizes will be given out.

Following this those names chosen to name the little tables, we will put onto the bird tables themselves in John O Callaghan Park later on.

Finally, we are appealing to you to help continue the effort of looking after 'our feathered friends'...by keeping these Tables stocked up...With Small Bags of Bird Seed which can be purchased @ Michael's Place SUPER PACK Hazelwood for just 1.50 euro! The rest is a Walk in the Park!

Good Luck...

FOR MORE ON GLANMIRE AREA INFORMATION

Travel & Local News Updates visit www.glanmireareanews.com

or contact Glanmire Area Community Association

Old Schoolhouse, Riverstown, Glanmire, Co. Cork. Tel: +353 (0)21 482 1333

NEWS & EVENTS

Glounthaune Community Association sponsor Ireland's shortest St. Patrick's Day

Parade 17th March each year. All the usual fun of the fair -

It's a great mornings entertainment for all the family. Kick-Off 10:30am

- Marching Groups
- Vintage Cars/Old Tractors/Motor Bikes
- Large Marguee
- Entertainment The Dust Busters Light
- Orchestra (20 piece) Singers and Dancers
- Food and Refreshments Stalls
- Face Painting

Office Administrator: thegcacork@gmail.com Phone: 021 - 4510470

Office Hours: Mon-Thur 10:00am -2:00pm Fri 10:00am - 1:30pm www.facebook.com/GCACORK

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

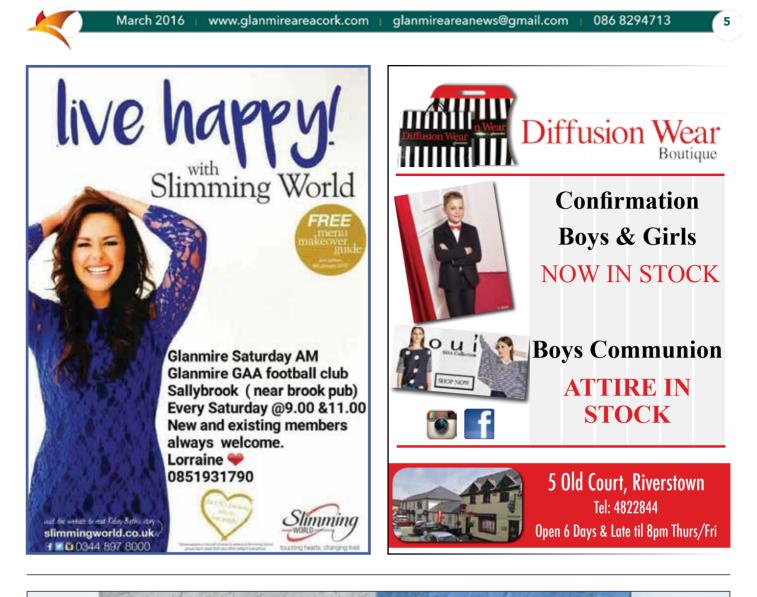
GLANMIRE INDOOR BOWLS Community Centre, Riverstown

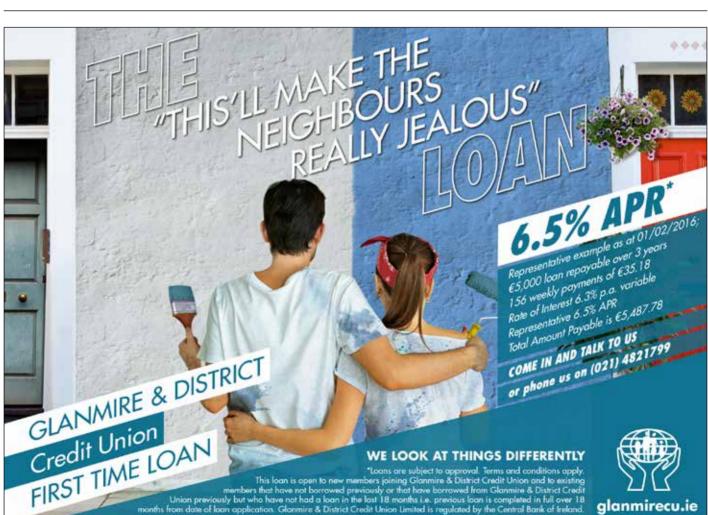
Wednesday Nights 7.30pm to 9.30pm

Over 18s, Males and Females welcome

Contact: 021 - 4821333







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

DOWN MEMORY LANE

THE SMALL FIELD: Over fifty years ago, February 1966, the residents of Glounthaune Village formed an association for the purpose of beautifying the village and the approach roads to such an extent that it could compete favourably in the Tidy Towns Competition. The approach roads extended to Dorgan's Cottage, The Dry Bridge and Fitzpatrick's Shop. It was an instant success story and the well merited awards secured in the competition back then are well documented. However, the residents were distracted just a few months later when a "For Sale" sign was erected at "The Small Field", which

COLLISION: Thirty eight years have elapsed since that horrific collision between a bus and a truck at Glounthaune. This occurred on Friday March 31st.1978 on the main N25 Waterford - Cork road, just a short distance east of where the former Waterman Arms Squash Courts was located. The bus was the 09.30 hrs. express ex Waterford which was bound for Cork with thirty four passengers on board, whilst the truck was transporting a grain cargo to the Irish Distillers plant at Midleton. Five people, including the

truck driver lost their lives and more than twenty people were injured, many as a result of being catapulted from the fifty five seater bus.

PEACE MARCH: The Glounthaune Newsletter of twenty years ago, March 1996, reported on a Peace March that took place from the National School to "The Tree" which was organised by the Glounthaune Community Association. It advised that the purpose of the march was to afford the people an opportunity to demand that the IRA reinstate the cease fire and to demonstrate by their participation that the IRA did not represent them when committing acts of violence or murder. QUOTE: The weather on the day was atrocious but in spite of this a large crowd of over one hundred people congregated at the school and marched to the car park near the church. We wish to thank everyone who braved the elements on that day. Fr. Colin Doocey, C.C. Glounthaune and Rev. Peter Anderson, Rector of Glanmire and Cobh recited prayers for peace. The Chairman of Glounthaune Community Association then addressed the gathering and as a symbol of peace attached a white ribbon to "The Tree". The local Brownies also attached a symbol in the form of a Dove of Peace. William Cuddy, President of the Cork Chamber of Commerce, was among those who participated in the demonstration. Everybody wore a white "Peace Ribbon" on their lapel, and as a constant reminder to the men of violence that they are not acting on your behalf; we ask everyone to continue to wear these ribbons until peace is restored. On the following Sunday, February 25th., the Lord Mayor of Cork organised a Peace Rally in Cork City and amongst the large gathering of tens of thousands of people were a sizeable number of residents from the Glounthaune area. UNQUOTE. By the way, has the Community Association, or indeed any other body, organised parish events to commemorate the centenary of the Easter Rising?

ST. STEPHEN'S HOSPITAL: The hospital, situated in the townland of Sarsfields Court on lands with a total area of approx. one hundred and fifteen acres, is predominantly a mental health facility today. Its history relates back to the fifties when it was one of three regional sanatoria built in an effort to eradicate

is that open tract of land opposite the present-day Community Centre building. It was then owned by CIE, who in fact still owns sections of up to twenty feet at the northern and western boundary wall. A public auction at Barry's of Academy Street was advertised for Friday July 8th.1966 at 3.30 p.m. A meeting of the village residents was held in "The Snug" at Donnelly's Bar and some of those present were of the view that a village resident, the late Matt O'Sullivan, who was a Ballydehob native, intended to bid for the ground. The fact that his household was the only one not represented at the meeting also gave credence to this. Naturally that was disappointing news as there was an expectation that nobody would bid against an association representing local residents, and accordingly the "Small Field" would be purchased for the fifty pound reserve sum. It was decided to bid; "as much as seventy anyway" and in an effort to dissuade Mr.O'Sullivan from bidding it was also decided to meet him in advance. A deputation discussed the situation with him on Thursday July 7th. but without success as his firm decision to bid against his fellow village residents was emphatic and final. Mr. O'Sullivan was in attendance on auction day, as was his solicitor who offered bids on his behalf. The Association withdrew when the bidding reached one hundred pounds, which was thirty in excess of its guideline. Solicitor Pat O'Shea then offered bids on behalf of the late J.J.Donnelly and his final one was seven hundred pounds. The "Small Field" was purchased by Mr.O'Sullivan for seven hundred and twenty pounds which equated to a rate of approx. three thousand, eight hundred and forty pounds per acre! Incidentally, there was a story circulating in fairly recent times pertaining to the future of this infamous parcel of land - has anybody heard anything?!



ing Cork. A total staff of two hundred was to be employed on a phased basis and the estimated wages and salaries for the first year of operation was forty thousand pounds. While several Government Ministers held the Health portfolio between 1945 and 1955, Dr. Noel Browne, who himself suffered the loss of almost his entire family as victims of tuberculosis, is credited with the success of the T.B. eradication programme. He had the distinction of being one

the dreadful tuberculosis epidemic. T.B. is a contagious disease regarded with some stigma and was the cancer of its day. It effected people of all ages and social background and thousands and thousands of people died with entire families wiped out. The Little Island Newsletter of almost twenty two years ago, August 1994, contained an article from John G. O'Driscoll and the following is a synopsis of same. The land where the hospital stands was owned by the Hall family and was obtained by compulsory purchase order. Mr. Hall was a solicitor by profession. Their one storey mansion residence, with an orchard at the rear, was located where the main hospital building now stands - Unit eight. There was a front lodge at the main entrance to the estate where the O'Mahony family resided; Tim was a Little Island native. This entrance is presently used as the access road to the former resident doctor's houses, which are just below Units three and four and are now in private ownership. A rear entrance, in the form of a laneway, ran from the point just south of the Boiler House and progressed along the front of what was to become the now former Administration Building - Unit nine. There were two small farmhouses towards the end of the laneway which were respectively occupied by the Hayes and Hegarty families. The old black iron entrance gate of the estate, on the northern side of the present hospital entrance, can still be visible today. Work on the preparation of the site for the hospital commenced in late 1950 and a Dublin firm; Halls' was the Drainage and Sewage contractor. The contract for the building of the hospital was signed on May 23rd.1952 by the then Minister of Health, Dr. James Ryan. John Sisk & Son Ltd., Cork, who had just completed the construction of the other two sanatoria at Blanchardstown and Galway, was awarded the contract and building commenced almost immediately. A number of the contractor's tradesmen lived in the city and they were transported to site daily by Canny's Bus Hire of Anglesea Street. The hospital, built at a cost of five million pounds, was officially opened on Wednesday May 18th.1955 by the then Minister of Health, Mr. Tom F. O'Higgins and it was blessed by Most Rev. Dr. Con Lucev, Bishop of Cork & Ross. The total bed complement was four hundred and fifty of which one hundred and seventy five were set aside for hospitals in counties adjoinof a few deputies to be appointed Minister on his very first day in the Dāil. He devoted his young life to the destruction of T.B. and promoted in a practical way the building and up-grading of hospital facilities, as well as the introduction on a wide-scale basis of the revolutionary development of BCG vaccination. This combination led to a dramatic reduction in T.B. deaths. Many in the community and in far distant lands beyond have memories of St. Stephen's Hospital and its impressive location, which is three hundred feet above sea level, with a spectacular view overlooking the valley of the Glashaboy River as it finds its way to flow into the River Lee.

THE FOUR STAR PINT: The January issue referred to the price of a pint at The Radisson Blu Hotel, Little Island and also the fact that it was served in a plastic tumbler at the "Strictly Erins Own" function. The General Manager of the hotel, Mr. Shane Fitzpatrick, responded per "Letter to the Editor" in last month's edition. This was very much appreciated moreover when one considers Mr. Fitzpatrick's position at the busy four star establishment and yet he took time to pen same. This highlights attention to detail and it also offers evidence that local community affairs are of interest and of importance to the hotel. However, Mr. Fitzpatrick's letter only dealt with the secondary item raised; the pint in the plastic tumbler and he failed to address the primary issue; the price of a pint. Don't wish to come across in an Enda-like fashion here but this scribe recently met a man in a local pub who related how he had just tendered a ten euro note for a pint of lager and he received five euro, seventy change, whereas the change he receives at the Radisson for a similar transaction is one euro, ten less. He wondered why and was profoundly confused. Now, "The Foreign Correspondent", a past pupil of the former Academy in the village, and one who attained a much coveted place in the High Grade Sums Class there, could not offer him an explanation simply because "he" never encountered a discrepancy in a mathematical equation! Though confused; the man quipped that the pub was a Change for the better!



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



Pupils from the Children's House Montessori, Whitechurch, Co. Cork after the school was awarded the Cork County Council Environmental Sustainability Award which was presented by the Mayor Cllr. John Paul O'Shea. Photo: Billy macGill



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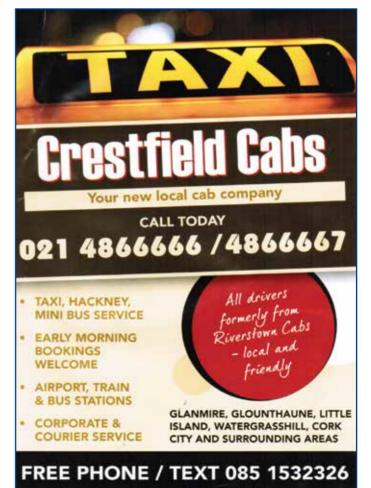
"AIB Build A Bank Challenge."



We are Transition Year Students in Scoil Mhuire College Cork; Sandra Dinan, Rebecca O' Shaughnessy, Olivia Binks, Rebecca Healy, Jane Touhy and Isabel Hinds. We were chosen in our school to take part in the, "AIB Build A Bank Challenge." In this challenge, we have to act as a link between the students in the school and AIB. We will be entering a competition later on in the year, competing with other schools in Munster

The judges are looking for "banks" who encourage and teach students about banking and who get involved with the community. We chose the name, "Superbank," as we wanted to encourage people to be superheroes in the community as well as in school. On Wednesday the 13th January, we went to Glanmire and helped tidy up the village with Tidy Towns. It was a great experience and we loved helping out. We would like to thank Ann O'Brien and the rest of the committee for letting us participate.

On Tuesday the 16th February, Olivia Binks and Sandra Dinan presented a talk to the parish in the Church. We talked about the environment and how we can improve our impact on it as a community. It was an amazing experience and a great turn-out. We would like to thank Peter Falvey and the Glanmire Parish for making the night possible and letting us take part.





GOING FOR GREEN

My garden is about to celebrate yet another birthday! I have gardened here in Mavfield since it was surrounded by cattle-filled green fields, and I suppose celebration is the right word. Undoubtedly I have killed far more plants than I have retained, and therefore the casualties outnumber the successes. I can, however, look back with thankfulness on the value of what I call 'my long-term view'. This involves paying particular attention to one or two simple and basic rules.

Here are my top suggestions, all of which improve with age. They are prefaced by a straightforward bit of advice for which designers would charge the most outlandish sums. First, plant plenty of evergreen box (Buxus) and use it as the backbone for your garden. It survives hot summers, cold winters, excess rain, high winds, cats and thunderstorms. Best of all, it can be clipped into flat squares, well-spaced pillars, obese balls, or any geometric pattern you want. These can be extremely expensive in garden outlets but there is no need to buy big bushes, for small specimens set about a foot apart are really fast at making up ground. Too many owners are impatient but in times of penury it pays to take the really long view!

My other suggestion is to maintain your lawn at all costs. It will be your best

winter feature and look good all summer given just a modicum of maintenance. Cutting needs to start this month if not

already begun. If you rake the lawn first you will not only pull under

out any harmful debris that may have hidden away overwinter, but this will also encourage the stems to stand up straight so they are shortened by the mower. The first cut should be on a high setting so that it just trims back some of the really long stems. Then, gradually reduce the height of cut in subsequent mowing, which will gradually increase from once a month to once and even twice a week.

After the first cut, it's worth checking over for the presence of moss. During the prolonged cold winter this plant got just the right conditions to encourage strong growth, while the grass

itself remained dormant. There are several different causes that encourage the return of moss to a lawn – high rainfall, poor drainage, heavy shade, a compacted surface and

underfeeding all have an effect. You can do nothing about the weather but try to alleviate as many of the others as is possible. Cure the moss problem with Sulphate of Iron mixed with water at the rate of a standard tea-cup to 2 gallons of water. All garden centres sell this product. Do not exceed the stated dose or the grass will blacken. Apply (when the grass is dry) via a sprayer or watering can. After a few days the moss will turn dark brown and can be raked off. Recycle this debris through the municipal system as it will take an awful long time to rot down if placed on your own domestic compost heap.

Feeding should follow as it will thicken the sward, improve its colour and encourage the growth of fine, rather than coarse, grasses. There are a great number of lawn foods on the market but this year I'm again using the brand sold as Evolution. However, any of the 'weed and feed' preparations will also give good results.

Weed control will have to wait until warmer conditions arrive (Mid to late April) but in the meantime try to source the selective lawn weed-killer sold as D50 for it makes short work of broad range of weeds including clover, dandelion, dock, creeping buttercup and many more. Cheap at around €15 per litre this amount will do a very large area of grassland. Cut the area regularly and trim the edges to finish.



IN THE MARCH GARDEN

LOSS OF A TREE

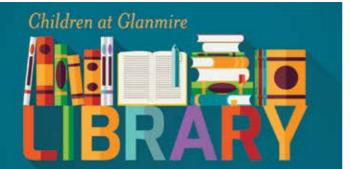
There will be no gathering of leaves from the lawn next autumn, no orange and yellow foliage to admire in the high canopy, and no stars to observe through the black, naked branches throughout winter. I have recently suffered the anguish of losing a favourite tree from the garden, a long-standing friend whose branches I looked through during early winter to see the approach of Orion, and on which I could observe the pink buds each May as spring melted into summer. I have seen the very last midsummer sun rise through its stout branches and already I mourn the loss of never again seeing fireworks weave coloured sparklers through its massive naked canopy on New Year's Eve. So much for decades of growth.

Despite the continuing wet and cold, some work can be undertaken on the likes of evergreen ivy growing on house and boundary walls. By now, it is probably looking a little tatty and the worse for wear and tear. Fresh new foliage can be encouraged by trimming off the old leaves with a shears. Don't be afraid to cut back really hard if the need arises! Once trimmed, the exposed shoots can be swept with a stiff brush to remove dirt, dust and old leaves. Although the ivy will look rather sparse for a few weeks afterwards, new growth will soon develop with a freshness and colour that only new foliage can provide. Check as you proceed that the ivy is not beginning to invade gutters or down pipes, or worse still, into the roof tiles!

MOVING PLANTS

Don't be nervous in attempting to lift and move established plants even after the dormant season of November to March comes to an end. As long as you soak the root area beforehand and take as large a root-ball as possible all will be fine. The big trick is in not allowing this to fall apart during the lifting and re-positioning. Have an extra-large hole dug in the newly-chosen position, and that enough enriched soil to finish backfilling is available. Water to finish and repeat should a warm dry spell arrive.

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Sophia Dill (Summer Reading Scheme at Glanmire Library)



Shane Hourigan with his sister taking part in the Summer Reading Scheme at Glanmire Library



Lidia and Ignacy Pusiecznik (Summer Reading Scheme at Glanmire Library)



Mark & Laura Roche at the St Brigid's Cross-Making Workshop in Glanmire Library



Niamh & Kate Fennessy, Isabel Kidney & Cormac Fennessy with their St Brigid's Crosses (Glanmire Library)



Aisling Sreenan, Aoife Hanley, Anna & Michael Sreenan at the St Brigid's Cross-Making Workshop in Glanmire Library.



AT (021) 4822458

Also Window Cleaning Phone: Tom 086 0655959

Erins Own Hurling & Football Club Caherlag, Glounthaune, Cork. (Puc Fada)

Lotto Results: For Wednesday the 17/02/2016 no winner this week, Numbers drawn were 3,8,19 & 21, €30 to Gavin Cunningham, Raymond 0 Connor & Brendan Murphy, Next weeks Jackpot is €1,910, you can know play Erins Own club lotto on line on our website, Thanks to all those who support our Lotto

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



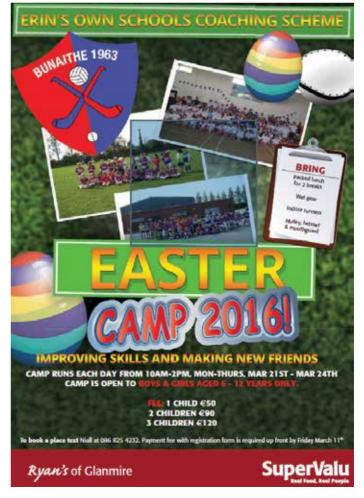
Great turn out for the third week in a row for the Ladies Juniors, Minors and u16s who completed another 5k this evening.



Senior Hurling Manager for 2016 Martin Bowen, Pictured with his coach Pa Kearney, Selectors Sean Cloghessy & Dave O Mahony, Logistics Timmy Lambe.

Easter Camp 2016

Improving Skills & Making New Friends Easter Camp 2016, The Camp runs each day from 10am to 2pm From Monday March the 21st to Thursday March the 24th, The Camp is open to both Boys & Girls aged 6 to 12 years only, Contact Niall McIntyre for details @ 086-8254232





ROGHA EIREANN

CORCAIGH



Congrats to a great community with such big hearts for making the annual Christmas Day swim at Whitebay in aid of Cork Simon Community possible and so enjoyable!! The organisers and Cork Simon wish to thank all participants and supporters and anyone who helped in any way. Presentation of Cheque (proceeds of swim) will take place in Healys Bar, Rostellan as soon as possible as funds are still coming in. Traditional music, songs and refreshments on the night, all welcome agus fáilte. Please lodge all sponsorship money to Simon Swim account at

any AIB Bank - A/C No.19154051 or Aghada post office. You may also donate on-line at "corksimon.ie". Enquiries to Cork Simon Community Fundraising office.021-4321051 or email kerry. macmahon@corksimon.ie.

We would appreciate if any outstanding 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 Cork's homeless people. Every cent goes directly to Cork Simon Community. Go raibh míle míle maith agaibh go léir.



Annual East Cork and District Sports Awards, Midleton Park Hotel. Picture: Gerard Bonus

Guest speaker Marty Morrissey presenting the Community Award to Sean Coleman with his mother Fidelma, Philip Gavin, MD Talbot Collections; Tom Coleman, Amy Horgan Sales and Marketing Manager, Midleton Park Patrick Shields, GM Midleton Park Hotel and Joanne O' Donoghue, Wedding and Events Coordinator Midleton Park Hotel.

HAPPY SHAPE ReShape Body. Mind & Life

Sick and Tired of Dieting? Ready for Something that Works?

My HAPPY SHAPE courses offer bundles of positive help to enable you to:

Gain control of your eating. Put an end to yo-yo dieting. Stop feeling unhappy, helpless, hopeless, self conscious, lonely, anxious, or sad because of your body shape.

11

- Change your body shape in a healthy way without dieting or weight loss supplements or meal replacements. Free your mind of incessant thoughts about food, calories and weighing scales.
- Enjoy eating in social situations.
 - Achieve a healthy relationship with food and eating.
- Learn new ways of coping with difficult and challenging situations in your life that don't involve food.
- Eat without experiencing negative emotions like shame and guilt.
- Set goals and achieve them.

Learn how to control your thoughts, feelings and behaviours.

Learn how to make positive changes that can reshape your entire life.

My approach will take you far beyond anything you have tried before; I believe successful weight loss is about much more than just what you eat. If you are very serious about making real changes to your life for the better and you are completely committed to doing what it takes; then apply to take part in one of my courses.

Applications are now being taken for a NEW 7 Week Course soon to start in Carrigtwohill. The MORNING course will start on Wednesday, March 8th. From 10.15 to 11.45, venue TBC. Places are limited on each course and reserved for those that are completely committed to changing their lives for the better. Call/ text me on 0871770804 to apply. Course fee; €90 for 7 weeks. Deposit €40 paid to secure place and balance at first class. Catherine Hassett (APC)

Cogar, má tá suim agat sa ghailf



Following on from our hugely successful event last year, we have again had a tremendous response from businesses in the area and from friends of the school and would like to thank Irwins Pharmacy for kindly sponsoring the event again this year.

A team of 3, including dinner back in the Club House, is €200.00.

To submit a team or find out further information please call Ken on 087 691 7935 or e-mail cairde.gailf@yahoo.com for tee times or sponsorship.

Míle Buíochas

Title sponsor: Irwin's Pharmacy Main sponsors: DNG Murphy Condon, Absolute Security Systems, Réaltaí, SK Construction, Southern Signs.





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White's Cross GAA News whitescross.gaa.ie



FIGHT NIGHT VOLUNTEERS AND MORE

versus Carraig na bhFear Fight Night.

The events of Friday, February 5th 2016 at the Radisson Blu Hotel, Little Island, will be talked about for a long time in the communities of Carraig na bhFear and White's Cross as Fight Night 2016 proved to be a fantastic night for the 30 participants and the 700 plus spectators in attendance. The energy and adrenalin, both inside and outside the ring, was an absolute joy to experience. As the dust finally settles on what proved to be an electric Fight Night the organising sub-committee, made up of members of White's Cross GAA and Carraig na bhFear GAA, would like to express our deep appreciation of the valuable contributions made by so many people. With both Clubs endeavouring to raise money to buy additional grounds adjoining their respective current facilities, this was first and foremost a fundraiser. In this regard we are hugely grateful to so many who gave their time voluntarily to this project.

Most importantly, we want to express our sincere gratitude to all the boxers, who took to the ring on the night. All had been committed to the endeavour over the past three months and their efforts were energising for all involved in the organisation of this event. As well as the 30 boxers on show on the night there were another 15 that participated in the training over the past three months. Not alone did these men and women train hard for the event but they also secured sponsorship and sold tickets. Moreover they contributed each week to the cost of the training - all ensuring that we could minimise the financial outlay on the event. We also thank the families of the boxers, who were left holding the fort at home while our boxers skipped about the place at training a couple of nights a week and more! In particular congratulations and best wishes to Kathleen Murphy, wife of boxer Olly Murphy, who gave birth to the couple's fourth child the day before Fight Night.

We thank our excellent Master of Ceremonies Eoin Nash who ensured the audience was kept informed and entertained throughout the night. Eoin had also given great guidance in the planning of the event in the lead up to it. Thanks to Paul Sherlock who did outstanding work behind the scenes to ensure the boxers were lined up and ready ahead of each fight - between Paul and Eoin we had a continuous and seamless flow of entertainment for the night - well done lads. Thanks to the six members of Carraig na bhFear and White's Cross GAA who acted as runners to Paul and Foin.

Thanks to our doctors on duty for Fight Night - Dr. Dan Crowley and Dr. Aidan Hegarty fortunately they were not called into action but we are very grateful to them for offering their services nonetheless.

Thanks to our referee and judges from St. Finbarrs club - Trevor Olden, Mikey Olden and Anthony O Neill - they went about their job in a most professional manner. Thanks to our ringgirls who added greatly to the pageantry of the occasion - thanks to Aoibhne McElhinney Caoimhe McElhinney, Shauna McElhinney, Ciara Cashman and Maeve McCarthy. Thanks to the group of over 20 that sold raffle tickets on the night and those who manned the doors throughout the event. Thanks to photographer, John Cooke, who has provided us with over 250 photos - capturing great memories of a fantastic night. We would also like to acknowledge the inputs of Eoin Barry (Watergrasshill

Thomas for giving us the use of their ring free of charge.

A conservative estimate would put the figure at over 120 individuals who worked on this event in a voluntary capacity - naturally enough there were many people that double and triple-jobbed (and more) on the project! The fact that we received all this assistance without any charge has meant that we could minimise our expenses in hosting the event and thereby maximise the profits from the fundraiser. This spirit of goodwill to both our Clubs and its members by all of

these persons is gratefully appreciated. Equally we would hope that the event itself lacked nothing for this reliance on voluntary effort we hope all those present would agree it was



GAA), Mick O Neill (Aghada GAA), Victor Lane (Newmarket) and Tim Brosnan (Meelin), who having previously hosted an equivalent event, were able to give us great guidance on its organisation. Thanks also to journalist Mary White for her assistance.

The vast majority of the tickets for Fight Night were sold ahead of the night itself - on top of the 30 boxers who were each selling tickets, there were over 40 others from the two Clubs who went door to door in our respective communities over the past few weeks. You did us a great service – thank you – the politicians out canvasing ahead of the General Election would do well to have you on their teams knocking on doors! Thanks also to those who secured sponsorship for us in the programme – a 156 page programme doesn't just compile itself!

Thanks to those who, headed up by Pat O Callaghan, disassembled the ring at Team Thomas on the Thursday night, erected it in the Radisson on Friday afternoon, disassembled it in the Radisson Saturday morning and reassembled it in Team Thomas on Saturday afternoon - mighty work lads! Thanks to Team

run in a most professional manner.

There were others involved too who were paid for their services (they have to earn a crust!) but a number of these nonetheless should be thanked because they were hugely cooperative and ultimately represented excellent value for the money paid.

We thank Luke and Hamish Thomas from Cork Boxing Academy based at Team Thomas Fitness Centre for the outstanding training they provided at their top-class facility - and it only down the road from both Clubs! We wish Luke well with his new start-up – Cork Boxing Academy – boxers training under him will go places! We thank the Radisson Blu Hotel for their support particularly on the day of the event - it really proved the ideal venue. We thank Liam Barry and his team at Fermoy Print, who showed great patience and tolerance as we stretched agreed deadlines tighter and tighter to maximise the return from the programme. We thank our DJ Ian Hendrick - he was spot on with the walk-in songs for each of the boxers indeed lan came and met with us ahead of the night to ensure that everyone knew what they

it all... Colm O Reilly and Kevir draw verdict in Fight 15 at the Wh GAA versus Carraig na bhFear Fight Night.

were

at in relation to the music. We thank Ted Dunne for providing the lighting at a very competitive price - it certainly ensured that the ring was the centre of attention for the night. We thank our videographer Joe Dolphin of Dolphin Studios, who did a first class job of recording each of the fights - note the DVD is available for sale for 15 euro.

We thank all our sponsors and all those who placed advertisements in the programme and indeed others who donated money anonymously. The programme was absolutely bulging on the night! We would ask you to support these businesses where possible - let's keep our business local. Thanks also to those who put forward spot prizes for the night in particular thanks to John O Flynn GM at Fota Hotel and Resort who organised the two night break at the Muckross Park Hotel and Michael Magner of Fitzgerald's Vienna Woods Hotel who lined up the two night break at the Woodlands Hotel. Thanks also to the Glanmire Area News, the Evening Echo and the Avondhu each of these publications gave excellent coverage of the event in advance.

Ag a deireadh míle buíochas do gach duine a cheannaigh ticéidí don oíche – na daoine a bhí ann ar an oíche agus iadsan nach raibh ann a cheannaigh iad chun tacaíocht a thabhairt do na clubanna. The fact that you turned up in the Radisson in your hundreds to support the boxers did justice to their efforts in training we take it from the rapturous applause given to our boxers that you enjoyed yourselves! Le fíor buíochas díobh go léir ó Sean C Burke, Barry Casey, Danjoe Foley, Conor Kelleher, Dermot O' Driscoll, Nicky Pike & Liam Spillane.







Liz Walsh Lyons, Marketing Manager, Maldron Hotel presents the joint North City and District Sports Star Award to Brendan O'Connell, Rockmount Soccer Club, Joe Kennedy, General Manager, Maldron Hotel presents an Award to Kenneth Hoey, Rockmount AFC in the presence of Deputy Lord Mayor, Cllr. Mick Nugent and Onoir OíBrien, Red FM at a function in the Maldron Hotel, Cork. Picture John Tarrant



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



Attending the Cork Breakthrough Cancer Ball recently left to right John McCarthy, Joe Organ, Gerard Guildea, Con Spillane.



At the Wine & Craft Beers Tasting in aid of 80th Cork Scouts in the Vienna Woods Hotel on 12th February, sponsored by Classic Drinks, were: Esther Wall, Judith Kelleher and Deirdre Mulcahy, Glounthaune, with Stephen Dwyer, Classic Drinks. Little Island

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Cumann Iománaíochta na Sáirséalaigh

Senior & Junior County Winners Medal Presentation Evening

Our Senior & Junior Teams were recently presented with their County winners medals in a wonderful evening of celebrations in Vienna Woods. It was a great way to celebrate the achievements of 2015 and we wish all the players the very best for this season.

Best wishes to Jenny Murphy and Ellen Murphy, Captain and Vice Captain respectively for 2016 of Sars Senior A Camogie Team.

Strength and Conditioning Workshop

Orlagh Farmer from Midleton, Cork Ladies Senior Footballer and winner of 5 All Ireland winners medals gave a superb strength and conditioning workshop in Sars to a large group of trainers. As a club we will be incorporating all of these techniques into our training sessions. It's a great way of improving players performance and reducing the risk of injury

Sars Camogie AGM

The camogie club AGM took place with a large crowd in attendance. We would like to wish everyone who is taking a role in the running of the club and coaching teams all the very best for the coming year.

Buddy System

Our Senior, Junior, Minor and U16 are taking part in our new "Buddy System". Its a system where players from the above teams come along to help and support our underage teams at training. It's great fun and the underage players and the coaches really appreciate that the players are taking time out of their busy schedules to come along and help and encourage our stars of the future

Code of Ethics Course

Our coaches took part in a Code of Ethics course recently. Well done to all involved and especially to Traolach O'Callaghan for delivering a wonderful interactive event. The Underage Code of Behaviour is a very important part of our club's past, present and future. Give Respect. Get Respect.

Other News

Congrats to Chloe Casey & Ciara Cashman on winning the Purcell Cup with CIT.

Well done to Clare Mullins who has been selected for this years Cork U16A panel and also to Edel Kelleher who has been selected for the U16B panel. Well done girls. We are very proud of you !



Sars Camogie Senior and Junior Players

Sars Camogie





Orlagh Farmer

Sars Camogie Senior and Junior Selectors



Glanmire CAA Report

EAST CORK GAA DRAWS

GLEANN MAGHAIR

The Draws for the East Cork Football Championships took place in early January. In the Junior A Championship, we were drawn against Ballinacurra, who were runners up in the 2015 Junior B County Final. The match is provisionally fixed for the weekend of March 26/27th.

In the Under 21 Championship, Glanmire will face Castlelyons in the semi final, which will be played on March 5th. Having lost our previous 2 East Cork Finals in 2014 and 2015, the team will be hoping to go one better and bring home our first title since 2010.

Both matches are due to be played in Sallybrook assuming that there is no neutral pitch available. For exact fixture confirmations, please visit www.glanmiregaa.ie.

BRYAN MURPHY NAMED AS CAPTAIN

Our veteran defender Bryan Murphy will lead the Intermediate panel into battle for the 2016 season. Timmy Leahy will be vice captain for the year. No doubt Bryan and Timmy will lead by example and represent the club with diligence for every Game. We wish the very best of luck to them and the panel for 2016.

RESULTS

The Intermediates haven't got off to the ideal start in the league, with 2 losses so far. On Sunday February 7th, Youghal visited the Pike for our first league encounter. While Glanmire dominated proceedings for the majority of the game, Youghal made the most of their purple patch and dispatched 2 quick goals to seal victory in a game that was played in dire conditions. The final score was Glanmire 1-5 Youghal 2-5

The team travelled to Togher on Friday February 12th to take on St. Finbarrs. The city outfit proved to be a formidable opposition, and Glanmire seemed to have very little answers for a team who were merciless in front of goal. The Barr's went on to win by 1-16 to 1-5. Not a night to remember for the team, but hopefully some lessons learned.



FIXTURES

As previously mentioned, The Under 21's and Juniors play on March 5th and 26th respectively, and fixtures will be confirmed closer to the date.

The Intermediate Football Championship first round against Kinsale has been provisionally fixed for May 7th in Ballygarvan. At time of printing, the Intermediates will play Bandon in Sallybrook, check next months edition for a match report.

The Juvenile County Leagues will commence in February, the February and March fixtures are as follows:

Premier 2 Minor Football League:

20th February at 4pm in Pike: Glanmire v Mallow 5th March at 3pm in Ovens: Eire Og v Glanmire 20th March at 3pm in Pike: Glanmire v Midleton

Premier 1 U16 Football League:

27th February at 3pm in Ovens: Eire Og v Glanmire 12th March at 3pm in Pike: Glanmire v St. Michaels

Premier 2A U15 Football League:

21st February at 3pm in Ovens: Eire Og v Glanmire 5th March at 3pm in Pike: Glanmire v Na Piarsaigh 20th of March in Passage: Passage West v Glanmire

Premier 1 U14 Football League: 27th February at 3pm in Pike: Glanmire v Inniscarra

12 March at 3pm in Ovens: Eire Og v Glanmire 26 March at 3pm in Douglas: Douglas v Glanmire

Premier C3 U14 Football League:

21st February at 3pm in Pike: Glanmire V Inniscarra 13th March at 3pm in Bishopstown: Bishopstown v Glanmire 28th March at 3pm in Pike: Glanmire v Ballincollig

Premier 1 U13 Football League:

21st February at 3pm in Douglas: Douglas v Glanmire 5th March at 3pm in Pike: Glanmire v Midleton 19th March at 3pm in Trabeg: Nemo Rangers v Glanmire

Premier C3 U13 Football League:

20th February at 12pm in Douglas: Douglas v Glanmire 6th March at 3pm in Pike: Glanmire v Nemo Rangers 20th March at 3pm in Carrigaline: Carrigaline v Glanmire

Premier 2 U12 Football League:

12th March at 1pm in Bishopstown: Bishopstown v Glanmire 19th March at 1pm in Pike: Glanmire v Midleton 26th March at 1pm in Pike: Glanmire v Inniscarra

Premier C3 U12 Football League:

13th March at 3pm in Douglas: Douglas v Glanmire 20th March at 2pm in Inniscarra: Inniscarra v Glanmire 27th March at 3pm in Trabeg: Nemo Rangers v Glanmire



Congratulations to Denis Hurley

We would like to extend our congratulations to the President of Sarsfields Hurling Club Denis Hurley, who was chosen as the recipient of the GAA Presidents award for 2016 for his outstanding contribution to the GAA in the locality and Cork. He will be presented with his award at a Banquet in Croke Park on Friday March 11th. That's all for now, check back again next month for the latest club news.

Is Mise Le Meas Donal O' Spileain Oifigeacht Piobliochta, Cumann Peil Ghleann Maghair.





Western Kenya is an ideal location to see the magnificence of Africa and work with a humble, dignified community recovering from extreme poverty. With funds from Irish Aid the local Kenyan Good Shepherd Sisters have built a training centre and accommodation on a ten acre farm outside the town of Kitale where they support the community of Kipsongo slum. Africa Direct brings a group of 8 volunteers every summer for 2 weeks. Last years volunteer group ranged in age from 20s to 60s and enjoyed the good food and accommodation while helping there.

Back in 2008 the Kipsongo community of refugees was decimated by 30 years of poverty. People lived in one room "paper houses", a frame of branches covered in waste plastic. Children scavenged and begged and at an early age found sleeping on the streets with a bottle of glue more attractive than sharing one bed in a "paper house". Women and men had no hope and no dignity left till the Kenyan Good Shepherd Sisters arrived to change all this with the help of funds from Africa Direct. The community built themselves two room mud houses with funds from Africa Direct. Training in crafts and farming has generated income. A pre-school also funded by Irish Aid and daily meals ensures health and a future for the children.

Thirty six women now share 11 acres to

teers helped them work. Unlike packed city slums, Kipsongo slum does have space and we worked with the women to start vegetable patches around their mud houses. The Sisters farm has a variety to beat Old McDonalds with the expected cattle, pigs, hens and a range of vegetables, but also the unexpected Tilapia fish ponds, geese, guinea pigs and banana trees. The fresh food and good cooking by young novices meant wholesome meals every day. The accommodation built in 2013 is unequalled for volunteers anywhere.

The cost is €1670 for 2 weeks, a little more if you are fundraising your costs. Staying on the farm means we save on accommodation so we can deliver €900 of this into projects. You will present the funds you raise while you are there. Mixing and working with the community is more fun than productive, it's those funds you bring that makes the difference. Mud houses which helped change their lives, preventing disease, attractive so children don't move to the streets, cost €200 each. The women of Kipsongo have regained their dignity. They will show you their houses and sing in beautiful harmonies to show their appreciation.

Africa Direct is a small all voluntary Cork based charity. We need eight volunteers for a group for 2 weeks in June. For more information phone 021 4806425 or email africadirect@gmail.com



Rise like a Phoenix

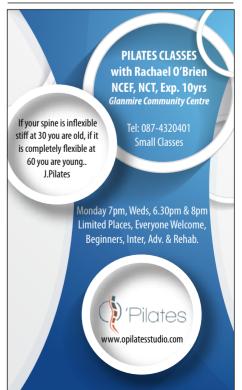
Formula One Racing, Surely everyone has heard of the famous sport by now. But what's F1 in Schools? F1 in Schools is an internationally recognized competition which gives secondary school students the chance to build a 1:20 scale version of a Formula One car.

We are Phoenix Racing, a team representing Colaiste an Phiarsaigh competing in this years Senior competition. Our team consists of Team Manager and Tech guy, Aidan, Finance and Marketing Manager, Saoirse, Manufacturing and Design Engineer, TJ, Manufacturing and Testing Engineer, Niall, Design and Graphic Engineer, Max and Testing and Analyzing Manager, Con.

With the Regional Finals in late February, our team are busier than ever. Between manufacturing the car with University of Limerick, completing the pit display for our presentation on the day and making sure our portfolio has record of our every move throughout the competition, there's absolutely no rest until the big day.

One of the biggest tasks for this round of the competition is gathering sponsors to support our team. The overall cost of the competition is considerably large and sponsorship is vital to fuel our progression. The list of sponsors generous enough to aid us includes EMC, MacB, Jodie's Café and Keen House, to name but a few. We have been very grateful to the support offered from these companies and we look forward to their continued support as we further our team in the competition.

If you have any queries or are interested in sponsoring our team, do not hesitate to contact us through email: info@phoenixracing.ie or follow us on twitter @PhoenixRacingIE



March 2016 | www.glanmireareacork.com | glanmireareanews@gmail.com | 086 8294713





Easter Set Dancing Céilí UPPER GLANMIRE HALL

WEDNESDAY 23RD MARCH 2016

Admission €10 (Tea is served) Music Ger Murphy + Ken Cottor Dancing 9pm Onwards



Profile: Daniel Spillane

PRO of Glanmire Football Club Age 21+

Where are you living: Favourite Singer: Person you most admire: People who irritates you:

Favourite Tv programme: Favourite Song: Favourite Movie: Last book you read: Proudest Moment: Favourite Drink: Favourite Restaurant: Hopes for Future: Favourite place: Fondest Memory:

Watergrasshill Noel Gallagher/Oasis Daniel O'Donnell Eoghan Young, Paul Breen, James Flinter, all Cowboys **Breaking Bad** Don't look back in Anger, Oasis Django Unchained Tomas O'Se Getting my Masters from UCC Jack and Coke **Roosters in Douglas** Glanmire for the county **Old Trafford** Being in Old Trafford to see United beat Arsenal 8-2

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Watergrasshill Goes Back to the 80's

Watergrasshill went Back to the 80's recently when Watergrasshill Utd organized an 80's Night in the Fir Tree Bar Watergrasshill. It was a night of 80's Music, Dance, Dress and Nostalgia with appearances by the Ghostbusters, Superman, rock band KISS, bosco and many more! Over 100 people attended and supported this event and enjoyed the great entertainment on offer and the various spot prizes for best dressed couple and the raffle. Local singer and Voice of Ireland contestant Kelsey Hoare performed live on the night also and it went down a treat with everyone present. The organizers of the event would like to express their sincere gratitude and appreciation to everyone who attended and supported the event on the night. We would also like to thank all local businesses for their donations and spot prizes : Claire's Hair & Barber Shop, Terry's Hair Salon in DH3, DH3 Watergrasshill, Centra Watregrasshill, Johnny's Food Market and Restaurant, Mc-Carthy's Commercials, Moynihans Pharmacy Watergrasshill, McHugh & Co. Accountants and Tax Advisors and Gina Carroll. Finally, a big thank you to the staff of The Fir Tree Bar Watergrasshill for their professionalism and hospitality on the night!









Glanmire Ladies Annual awards night

Glanmire ladies swapped the football boots for high heels last Friday in Vienna Woods where we had our annual awards night. With 13 trophies to show for our years work, we had a record crowd of 200 people on the night. With presentations from U8 to senior level, all went home happy after dancing the night away.

Presentations were made to Cork girls Kayla O Connor, Ellen Baker, Abbie O Mahony, Niamh McAllen, Shauna Murphy and Kate Hannon.



Glanmire under6, under8 and under10 teams.

The award for player of the year was divided into 2 categories, Jess Twomey was chosen from the U14s and Ellen Twomey and Ava Carey were joint winners in the Senior group. Eamonn O Connor, Sandra Kelleher and Sheila Walsh also received presentations for the enormous work put in during the year at various events.

Congratulations to Kate Hannon on her selection on the Cork minor panel for 2016. Thanks



Glanmire under12 team.

to all who made 2015 a great year and we look forward to the year ahead with much enthusiasm.

We have joined the Twitter and Facebook worlds and will be updating all news, results and any club related activities all year round.

Our Facebook page is: Glanmire LadiesFootball. Our Twitter page is: Glanmire Ladies GAA (@Glanmireladies)



Glanmire under14 team.





Glanmire Ladies GAA



Helena and Terry McCarthy with Mike and Ger Barry.



Sandra kelleher, Dave Carey and Sheila Walsh.



Ava Carey (JOINT SENIOR PLAYER OF THE YEAR) and Amy Turpin & Ellen Twomey (JOINT SENIOR PLAYER OF THE YEAR) and Amy Turpin.





Glanmire under16 and minor teams.



Eamonn O'Connor with Dave Carey.

Jessica Twomey (jr player of the year) with Kate Hannon.





All the proud mammies from the u12 team.

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Glanmíre Macra News



Glanmire and Cork City Macra members at their weekly sports night in Upper Glanmire

Macra na Feirme



The Glanmire novelty act cast who won the Seandún title in the National Talent Competition



Glanmire Members new and not-so-new pictured at the new members night in the Mardyke



Glanmire Macra's male members who competed in the Seandún final of basketball

Glanmire Macra Open Sports Night

Recently Glanmire Macra have teamed up with Cork City Macra for their weekly sports night and the collaboration has proved to be a huge success. This month saw numbers grow to over twenty, with men and women of all ages getting stuck into a range of sports. Glanmire Macra are very fortunate to have the use of the Upper Glanmire Sports Complex, with a large state of the art hall and facilities at their disposal. Sports night is a great way to get started in Macra, as it is casual and non-competitive. It takes place on Tuesdays from 9pm to 10.30pm. If you would like to come along to our sports night why not contact any of our club members, or just pop in on the night.

Glanmire Macra's National Talent Success

Performing arts is one of the most popular and competitive areas of Macra na Feirme, and it's at this time of the year that the National Talent Competition kicks into gear around the country. Seandún held their regional round last weekend in Ringaskiddy, and had huge interest from lots of clubs in the region in many of the different categories offered in the competition. Glanmire Macra entered four different categories- ballad group, novelty act, mastermind and three solo singers. There were also entries from Kinsale Macra, Whitechurch Macra and Carrigaline Macra. Overall it was a great night's entertainment, with very worthy winners in each category. Glanmire Macra were delighted to take home the title in the novelty act category, and will progress to the Cork County round. Congratulations to all participants, and best of luck to all the Seandún representatives in the County round next month!

Glanmire Macra New Members Night

Glanmire Macra are always looking for new members, and last month they organised a free bowling night in the Mardyke to introduce the newcomers to Macra. The night was a great chance for everyone to get to know each other, and also to get away from the competitive side of Macra and to focus on having fun! The club were delighted to have six new members welcomed into the crew on the night, and there's always room for more! Contact the club through facebook or via email glanmiremacra@ gmail.com if you think you'd like to join!

Great night of Impromptu Debating in Seandún

The final speaking competition of the Macra year was held last week in Sars Pavilion. This year six teams took part in the Seandún region, with lots of new members involved. Whitechurch and Carrigaline both fielded two teams each, with Knockraha and Glanmire also taking part.



Glanmire's Impromptu Debating team

Bertie Cuffe of Glanmire Macra was named best speaker on the night. The final saw Carrigaline Macra debate Glanmire Macra on the motion that the legal drinking age should be raised to 21. Glanmire were narrowly defeated by Carrigaline, who will go on to represent Seandún at national level. Well done to all who participated!



GAA Legend Elaine Harte is Grand Marshall for Upper Glanmire 2016 St. Patrick's Day Festival

We are delighted to announce that GAA Goal-keeping Legend Elaine Harte, 8-time All-Ireland Senior Medal Winner and Local Hero is this year's Grand Marshall of the St. Patrick's Day Parade in Upper Glanmire.

Elaine will lead the celebration of the cente-

nary of 1916 in a fun-filled family Parade of local groups, clubs and associations along with floats, fire engines, motorcycles, vintage cars, tractors and pirate ships. Later there's traditional Irish music, Irish dancers, bouncy castles and a

Bucking Rodeo Bull in the Sports Hall, not to mention the full range of refreshments for all ages. See for yourself why the Upper Glanmire St. Patrick's Day Festival is now legendary!

We're proud of our reputation for putting on a well-organised Festival. Again this year, a FREE supervised Park 'n' Ride will operate from both White's Cross GAA and Brian Dillons GAA Grounds. Barry's Coaches are kindly spon-



soring a SECOND bus this year to improve the the Park 'n' Ride service. As before, the Glanmire St. John's Ambulance will attend.

All local businesses, groups, clubs and associations are invited to participate (participation in the Parade is FREE!). If

you wish to participate, contact 086 811 0116 or 086 382 4405.

> Text Alert Network D a t a b a s e : U p p e r Glanmire

Commu-

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



Pat O'Connell, The English Market, Grand Marshal 2015 Parade with Edward Dawson, Chairperson Upper Glanmire Community Association; Pat O'Callaghan, Chairperson White's Cross GAA; Donal Cashman, Chairperson Glanmire Parish Council and Father John Newman, PP Glanmire Parish at the presentation of shamrock by local children, Upper Glanmire 2015



Local children sit entranced at the family entertainment in the Hall after the Parade 2015. LEFT: Piper Michael Mulcahy, followed by the Irish wolfhound Oisin and his handler, leads the Parade past the viewing stand at the Upper Glanmire Parade 2015

Bingo: Join us for Bingo in Upper Glanmire Community Centre every Thursday evening 8-10 pm.

Friendly atmosphere with free tea, coffee and biscuits.

Lá Fhéile Pádraig Sona Daoibh

Upper Glanmire St. Patrick's Day

FREE Supervised Park 'n' Ride from White's Cross GAA and Brian Dillons GAA Grounds

3 pm: Grand Marshall Elaine Harte Starts Parade at Community Centre

Parade Route down and around Ros Ard and back to Sports Hall

After Parade until 7 pm: Family Entertainment in Sports Hall

Traditional Irish Music & Irish Dancing, Bouncy Castles, Sumo Wrestlers, Jousting, Face-Painting, Rodeo Bull, Local History, Full Range of Refreshments, A Host of Local Groups Presenting, and Much Much More!



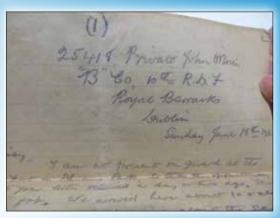
Upper Glanmire ICA Guild

Upper Glanmire ICA Guild

Our Guild meets on the first Tuesday of every month, except January. We have 28 members and new members would be very welcome



Grace Fitzgerald giving us a talk on the 1916 Rising



An original letter written by a soldier in 1916



Jenefer's Apple Puffs

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Contact Brendan: 087-9431039



"HONOUR IN DEFEAT" GCC SENIOR HURLERS

On Saturday, February 6th, Glanmire Community College's senior hurlers bowed out at the semi-final stage of the Under 18.5, Corn Thomáis Mhic Choilm, losing to Abbey CBS of Tipperary. At a damp Ballyagran, where underfoot conditions were less than suitable for free flowing hurling, it took extra time to separate these two committed sides, on a score line of Glanmire CC 0-14 Abbey CBS 2-11. GCC's task had been made that bit more difficult by the loss of their ever reliable centre back, Aidan Hackett (absent through injury), and their free flowing wing-forward, Aaron Myers, who had been wrongly dismissed at the guarter-final stage, having put 10 points on the board.

However, this is not a team that deals in excuses and true to the character and depth within the squad, GCC took the field with a sense of purpose and belief. A belief born out of the hard hours of training put in since their first training as far back as October. GCC chose to play into a strong wind in the first half and found themselves four points in arrears within the first ten minutes, perhaps fortunate not be further behind were it not for some wayward shooting from Abbey CBS. Once the GCC students got to grips with the conditions and physicality of the game they managed to impose themselves better and strong running from D. Walsh, J. O' Connor, H. Wall and J. O' Leary in the forward line were rewarded with frees. duly converted by talisman, Liam Healey. Not to be outdone, GCC's defence were also putting

in a sterling performance, led so assuredly by Lisgoold's Kieran Cashman. After a physical and energy zapping first half GCC went into the break just a point down on a score line of Abbey 1-4 GCC 0-6.

GCC, once again, took longer to settle into the game in the second half, with Abbey scoring their second goal and at one stage leading by 5 points. However, the word 'capitulation' Graham in goal, whom, although disappointed with conceding two goals, is maturing into a very capable goalkeeper and a very exciting prospect for the future. The physicality of this game, along with the high intensity, was something that was commented upon by even the most seasoned of spectators. With the clock ticking dangerously close to full time, GCC a point down, up stepped young Killian Mur-



is not in this particular team's vocabulary and the punishing work rate, along with skilful hurling, of James Kennefick and Connor Crowley in midfield began to open up more opportunities for their forwards. The change in momentum was aided in no small way by the towering performances of Kieran Walsh at full back and Cillian Roche at wing back. With John Kelleher preventing his man from getting the slightest sniff of the ball, corner backs Shane Higgins and Ross Hogan tirelessly cleared their lines, often changing defence into immediate attack. A special mention at this stage for Ben

phy to slot over a sublime effort form 45 yards out on the wing. Extra time beckoned and despite the introduction of fresh legs in the shape of Shane Crowe, Kevin Bowen and T. O'Leary, along with the endless runs of J' O' Connor and L. Healy, the GCC men fell just short.

Schools, along with our education system, are defined by policies. Policies designed to cater for the proper education of the young people in their care and produce citizens of character who will give something back to their communities. In regards to character, this group of young men are the benchmark. They are the embodiment of all the characteristics we hope to nurture in our youth; dedication, work-ethic, respect, teamwork, the list goes on....

Not many are aware of the fact that this is not the first time this year that this team has exerted themselves to such levels on the pitch. They have shown all that is great about sport, about dedication, about comradery, they now put on their uniform, their school jumper, fasten their tie and take their seat in class, humble in the knowledge that they represented their college, their family and most importantly, themselves, with such distinction. It is simply a pleasure and an honour to work with such young men.

To all players on the team preparing for exams in the coming months we wish you the very best of luck. For our senior students, you leave the GAA scene in GCC having done it the greatest of services by acting as role models for it's rising stars and setting the bar in relation to commitment and dedication. We, as a school community, thank you.

GCC Senior Hurling panel 2015/16:

Kieran Cashman, James Kennefick (Joint Captains), Aaron Myers, Ross O'Keefe, Seán Higgins, Jack O'Connor, Aidan Hackett, Tristan O'Leary, Liam Healy, Aaron Lehane, Kieran Walsh, Shane Higgins, Cillian Roche, Ben Graham, Kevin Bowen, Conor Crowley, Paul Moriarty, Shane Crowe, Seán Whelan, Patrick Connolly, Killian Murphy, Ryan Butler, Harry Wall, John Kelleher, Christopher Kelleher, Ger O' Mahony, James O'Farrell, Dylan Walsh, Ross Hogan, James O' Leary, Paul Twohig, Oisin Gahan.

Managers: Seamus Kennefick and Liam Young.

Article: Mr Liam Young

Mayfield Citizens Information Centre Roseville House, Old Youghal Road,

Mayfield

Tel: 0761 07 6880

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Glanmire²Calais

On the 3rd of September 2015 the image of 3 year old Alan Kurdi's lifeless body on a Turkish beach shocked the world. Alan and his family were forced to flee war torn Syria for sanctuary, but this of course involved a perilous journey across the Mediterranean on a vessel not fit for purpose. Alan's death began to open up the world to the wider refugee crisis. That day another 12 people perished along with Alan. Those people lucky enough to survive the journey take refuge in camps with conditions that are an affront to human dignity. The camps have been reduced to a quagmire and there is little food, fresh clothing or shelter. This is in France, a first world country. Sadly Europe

and the rest of the world remain ambivalent towards the plight of these people. Glanmire resident Darren Ward, Senator John Gilroy and Eileen McCarthy of Glanmire Hair Studio agreed that this situation was not acceptable and have got together to form a community response to the crisis and to help alleviate the suffering of these people. Eileen, John and Darren will head to the migrant camp in Calais with much needed aid in May. Glanmire2Calais will be looking for your help in the coming weeks in order to help generate the aid. Any queries to Darren 085-7467764. Also you can follow our Facebook page Glanmire-2Calais.



Glanmire and District Sports, Business and Community Awards Lunch held in Fitzgeralds Vienna Woods Hotel, January Community Award recipient went to Ger Moloney, Administrator of the Mums of Glanmire Facebook Page. Picture: Gerard Bonus.

Madge Fogarty, Vice Chairperson Glanmire Community Association; Deputy Lord Mayor of Cork Cllr. Thomas Gould Niamh Nash, Roisin Healy, Sales & Marketing Manager, Fitzgeralds Vienna Woods Hotel, Sponsors presenting the award to Ger Moloney, Administrator of the Mums of Glanmire Facebook Page; Deputy County Mayor, Cllr. Claire Cullinane, Éabha Moloney-Sheehan, Ava O'Driscoll, Margaret Burke, Alicia Dowling, Aisling McEvoy, Janet Gahan, Ann Marie O'Driscoll, Mick Sheehan and Tessa Moloney-Sheehan.



Scoil Naomh losaf teams who won their respective categories at the Glanmire Credit Union Schools Quiz held in Brooklodge N.S.....

U13 team(L. to R.) - Matthew O'Callaghan, Alex Gray, Tadeas Gubala and Anna Barry



Mayfield CIC is now open Wednesday evenings from 7.30 to 9pm for information, advice and form filling

Know Your Rights - March 2016

Ouestion:

l know that medical treatments available in Ireland can be accessed in other EU countries instead. What if I need a treatment that isn't available in Ireland?

Answer•

If you are entitled to public health services that are available in Ireland, it is possible to access these services in the European Economic Area (EEA) and be repaid the cost under the Cross-Border Healthcare Directive.

If you are a public healthcare patient and need treatment that is not available to you in Ireland, you may be able to use the Treatment Abroad Scheme to get the treatment in another country in the EEA or Switzerland. The Scheme may provide help with travel costs for the patient and a travelling companion, where appropriate.

You must be referred for treatment abroad by ar Irish-based consultant who is treating you as a public patient. You cannot refer yourself or be referred by a GP.

You, and your referring consultant, must complete an application form and include a copy of your referral letter. Your application must be approved by the Health Service Executive (HSE) before you travel or start treatment abroad. You will get a decision on your application by letter, usually within 15 to 20 working days. If your application is not approved, you will be told the reasons and given information on how to appeal the decision

If your application is approved, the HSE will issue a form called S2 (also known as E112). This authorises treatment abroad so that you do not have to make any payment to the healthcare provider. The treatment you have abroad must be in public healthcare under a registered medical practitioner in a recognised hospital or other institution that accepts the form S2. If you don't have the S2 at your appointment, you may be charged and not be refunded. Any treatments or consultations that are not pre-approved will not be covered.

For an application form, contact the Treatment Abroad Scheme Office. You can get the contact details for your area by calling the HSE Infoline on Callsave 1850 24 1850 or online at hse ie/treatmentabroad.

Further Information

Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880

Opening hours are Monday to Friday 10.00am 1.00pm, Monday to Thursday 2pm - 4pm and Wednesday 7.30pm to 9pm.

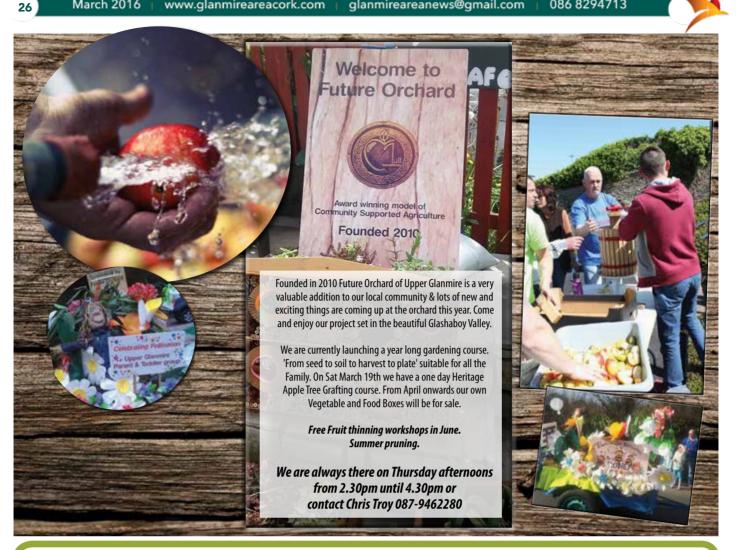
Citizens Information is also available through the Cork City (North) Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at www.citizensinformation.ie





021 482 4426 www.odowd.ie

March 2016



Menopause:

The menopause is a natural part of a womans life, when the ovaries stop producing eggs and less oestrogen. The menopause is strictly the last period, but it can often be uncertain when this occurs. For many women the periods don't abruptly stop, they gradually become less frequent. The average age at which the menopause occurs is 51y, and menopause before 45y is considered early.

What causes the menopause? A natural menopause occurs for most women as the ovaries stop producing eggs, and produce less oestrogen hormone. An early menopause may follow surgical removal of ovaries, pelvic radiotherapy, sometimes early menopause runs in families and sometimes no cause is found.

Symptoms: Most women will notice either longer or shorter cycles, which may persist for several years. Many women

experience hot flushes, lasting several minutes, affecting the head, neck and chest. Sleep disturbance and mood changes are reported by many women. Sweats can be very troublesome, with some women changing the bedclothes as a result. In the longer you gradually lose bone, and osteoporosis can develop. The risk of heart attack or stroke increases after the menopause.

Are tests necessary? Your doctor will usually diagnose the menopause based on your symptoms, and without blood tests. Blood tests are sometimes essential, for example if you had a hysterectomy. However it is sometimes a good age to consider testing for other conditions such as high cholesterol, diabetes and ensuring you are up to date with cervical smear testing.

Is treatment needed? HRT is

available and is very effective in relieving the symptoms of the menopause. In addition HRT can help prevent bone loss and osteoporosis. HRT is especially effective in treating hot flushes, night sweats, mood fluctuations and bladder symptoms. Such treatment is often continued for several years. Discuss the risks and benefits of HRT with your doctor.

What is HRT? HRT contains an oestrogen hormone, replacing the oestrogen which was produced by the ovaries. Oestrogen causes the lining of the womb to build up. Many forms of HRT consist of oestrogen hormone combined with another hormone, progestogen, which will trigger shedding the lining of the womb. When a woman is more than a year after the menopause the HRT can be modified to prevent bleeding. Benefits of HRT: The risks and benefits of HRT vary from person to person, and you should ask your own doctor. Relief from hot flushes and sweating is a benefit of HRT. HRT protects the bones against osteoporosis. It is uncertain

whether HRT helps maintain a healthy heart, and prevent dementia.

Risks of HRT: Some women may have a higher risk of having a DVT (clot in the leg). A DVT is more common in women who smoke, or are overweight. There is a really small increased risk of breast cancer in some women who take HRT, and if you stop HRT the risk gradually returns to normal over several years. The role of HRT in cardiovascular disease, including stroke, is unclear. HRT is not a contraceptive, and your doctor will discuss contraception with you. These are some of the issues your doctor will discuss in detail with you, if you would like to take HRT.

Dr Diarmuid Quinlan Call (021) 482 11 11 for appointments

Monday - Friday 08.00 - 13:00 and 14:00-17.00 Out of hours SouthDoc 1850 335 999





Our Lady Crowned Credit Union Ltd 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

Letter to the Editor

WHAT IS HAPPENING TO COUNTY COUNCIL SERVICES IN GLANMIRE??

POTHOLES EVERYWHERE, TAKING OVER 2 MONTHS TO GET POTHOLES FILLED SO WHAT STARTED AS 3 HOLES ENDS UP AS 9 HOLES!!!!

WHEN DID ANYONE SEE A COUNTY COUNCIL TRUCK? THEY SEEM TO HAVE GONE ON THE MISSING LIST. TREES BEING SLAUGHTERED LEFT RIGHT AND CENTRE AND STILL THE POTHOLES GET BIGGER!!!!

WE CAN'T GET ON TO OUR LOCAL OFFICE ANYMORE ALL CALLS GO THROUGH COBH WHICH LENGTHENS THE TIME TO GET ANYTHING DONE. GLANMIRE HAS THE BIGGEST POPULATION WITH 17,000 PEOPLE AND WE GET THE WORST SERVICE.

WE HAVE LISTS MAKING MORE LISTS OF JOBS THAT NEED TO BE DONE IN GLANMIRE AND NO LIGHT AT THE END OF THE TUNNELL. WE ARE TOLD WE HAVE NO MONEY AND OUR STAFF HAVE BEEN CUT BACK.

BEEN INFORMED THAT THERE ARE NO POTHOLES IN COBH!!!!!

WE NEED TO STAND UP AND SEND IN LETTERS OF COMPLAINT TO padraig.lynch@ corkcoco.ie

ALF COLLINS

Glass & Glazing Window & Door Repair



- Emergency Glazing Repairs
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- Hinges and Locks
- Patio Wheels
- Draught Problems

- Tabletops/Mirrors
- Upgrade your Existing Windows to A-Grade Insulated Glass

Contact 086 4044665 021 4866350

An tEarrach Nuala Ní Loingsigh

Dar lioma, is é an t-earrach an séasúr is deise in Éirinn, go mór mhór, má bhíonn an aimsir tirim. Faoi láthair táimid i lár an earraigh agus, fairíor, níl feabhas ró-mhór ar an aimsir ach fo lá anseo agus ansiúd. Mar sin féin, ní stopann an nádúr ag déanamh a gnó agus, cheana féin, tá lusanna an chroim chinn go flúirseach le feiscint faoi bhláth ar thaobh an bhóthair agus i bhformhór na ngairdíní, chomh maith.

Fairíor, cuireann an ghaoth láidir nó stoirm isteach go mór ar na lusanna agus leagtar a gcinn orthu go minic. Mar sin féin, is álainn an radharc é, scata lusanna a fheiscint i bpáirceanna nó le hais an mhótarbhealaigh. Is mó file a spreagadh chun filíochta le teacht an earraigh cosúil le Wordsworth, Robert Browning, Máirtín Ó Di-

reáin, Seán Mac Fheorais agus daoine nach iad. Baineann an séasúr seo le

breith, óige, fás agus borradh. Mar adúirt Robert Browning:

'God is in heaven All's right with the world'. agus 'To be young was very heaven'.

Beirtear éin óga de gach saghas, ainmhithe de gach saghas agus agus fásann agus aibíonn bláthanna, crainn agus plandaí. Spreagtar óg agus aosta le spiorad na hathnuachana agus aiséirí ar gach rud beo.

Ceiliúraimid féilte tábhachtacha cosúil le Naomh Bríd, Lá fhéile Muire na gCoinneall agus Lá le Pádraig, gan dabht.

'Anois teacht an earraigh Beidh an lá ag dul chun síneadh 's tar éis na féile Bríde Ardóidh mé mo sheol'.

Antaine Ó Raiftearaigh a scríobh ina dhán álainn 'Cill Aodáin'.

Ceiliúraimid Lá fhéile Pádraig i ngach ilchríoch, a bhuíochas san dár n-imircigh. Is maith an rud é go dtéann ár n-airí rialtais ar cuairt go dtí an diaspóra ar fuaid



an domhain. Is fiú cuimhneamh ar ár n-imircigh agus ceangal muintearais a chothú idir iad agus sinne sa bhaile. Tugann Ó Direáin pictiúr den 'Earrach Thiar' ina dhán



den ainm céanna. Tá ceithre véarsa agus ceithre íomhá ar an earrach cois cladaigh. Tá 'fear ag glanadh cré', 'fear ag caitheamh feamainne', 'mná i locháin' agus 'toll-bhuillí na maidí rámha'.

Luann Seán Mac Fheorais ina dhán 'Lus an Chroim Chinn'

'Méanar duit, a bhlaithín bhuí an earraigh' ... 'An trom leat do chlogad órga maiseach'.

Pictiúr álainn arís ar lusanna an chroim chinn.

Gan dabht, níos déanaí san earrach tagann na sabhaircíní chugainn agus is iad atá go haoibhinn, scaipithe ar chlathacha faoin tuath nó le hais na habhann. Ní hamháin go bhfuil cuma ghleoite orthu ach tá boladh tait-

neamhach, chomh maith. I dtosach luaigh mé an aimsir, nach féidir brath air agus, go minic, bíonn gach saghas aimsire, ón ngaoth, stoirmeacha, tuilte



agus nithe nach iad. Fós is féidir a bheith ag súil le laethanta breátha, le haer úr agus leoithne bheag gaoithe a chuirfeadh áthas ar an duine is gruama.

Tá cáil ar na laethanta riabhacha, an dá lá dheireanacha de Mhárta agus an chéad lá den Aibreán. 'S é an scéal ná go raibh an bhó riabhach seo i ndireadh a feide leis an droch-aimsir, ach ag druidim le deireadh an Mhárta, bhí a fhios aici nárbh fhada uaithi an tAibreán. Do shéid an ghaoth chomh láidir agus ab fhéidir leis ach fós tháinig an bhó riabhach slán. Bhí sí sásta a bheith slán ag deireadh an Mhárta, ach, mo léan, nár lorg an Márta lá ar iasacht ón Aibreán agus do lean an droch-shíon agus ar an tríú lá d'Aibreán, cailleadh an bhó bhocht riabhach. Tugtar laethanta na riabhacha ar na laethanta ó shin, nuair a bhíonn an donas ar an aimsir.

Go raibh earrach sona agaibh, a léitheoirí, agus tá súil agam go bhfáilteoidh sibh roimh an athbheochan iontach atá soiléir sa nádúr. Téigh ag siúl agus bain taitneamh as faire timpeall ar mhíorúiltí na timpeallachta.

Gluais:

fo lá =odd day mo léan = unfortunately mótarbhealach = motorway spreagadh = inspired breith = birthborradh = growth aibíonn = ripen imircigh = emigrants airí = ministers diaspóra = daoine thar lear ceangal muintearais a chothú = to develop a friendly connection cois cladaigh = by the sea maidí rámha = oars toll-bhuillí = hollow strokes (weak strokes) clogad = helmet sabhaircíní = primroses clathacha = fences

laethanta na riabhacha = last 2 days of March and 1st of April

i ndeireadh a feide = at the end of her tether



Mayfield Community School Serving the Community since 1973

Mayfield Community School News



29

MAYFIELD STUDENTS AWARDED BY UCC FOR ACADEMIC EXCELLENCE



There were proud scenes in Mayfield Community School recently when UCC awarded 2nd Year students in recognition of academic achievement. The students were awarded for excellence in Science, Maths, Languages and English by the University for the 10th year in succession"

Commenting on the awards Principal Kieran Golden said that "the school is exceptionally proud of the students who received their awards. In Mayfield Community School we pride ourselves on academic achievement and I think that today underpins the hard work and commitment shown by our students and staff. These 2nd Year students have worked hard and deserve the awards that they have received from UCC".

"Since 2008 Mayfield Community School and UCC have had a formal link that allows our students to sample and participate in many programmes in the University before they sit their Leaving Cert. This has proven extremely beneficial to our students in the past and has helped them greatly in their career choices".









GLOUNTHAUNE/ **GLANMIRE MEALS ON WHEELS** If you can help please contact: Maria O'Halloran 4353549 or Mary Griffin 4821795

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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



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





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

otice Board

Beech Grove Boarding Kennels

UPPER GLANMIRE HOME AWAY FROM HOME Spacious out-door runs. Personal Supervision.

Dog Grooming

Now Available at Beech Grove For appointment Ring Donal on 087 9097536

Up to date vaccines essential. Tel: 021 4858484 Mobile: 087 2163658.

Visit our new website www. beechgroveboardingkennels.

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

Looking for a great opportunity!

With satisfying rewards, great incentives and even better travel opportunities.

Forward your CV to lia@xrmarketing.com

ANDREW HURLEY TF DISPO Mobile: 086 3840659 - permit No: WCP-CK-09-715-02

Rubbish Removal from Houses / Garages / Gardens etc. Do You Need a Skip for Your Rubbish? No Need! Call Us and We'll Take It Away!

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.



Call out your local Plumber Mark Curtin 086-8246643



Friends of Leukaemia Patients

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 donations 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 limited 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 welcome and bring friend/s. Coffee, teas and scones complementary and kindly donated by the Montenotte Hotel. The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from individuals who have experienced the loss of a loved one through suicide.

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





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March 2016

www.glanmireareacork.com

SEND your entries marked CROSSWORD to Glanmire Area Community Association, Riverstown Cross, Glanmire, to arrive by 20th March. 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.

10. Indian tent (5) 11. Tennis player (5) 12. Humours (5) 13. Decorated (7) 15. Gang (3) 17. Jesus' mother (4) 18. Type of gas (6) 19. Oar (5) 20. Almost (6) 22. Drinks slowly (4) 24. Grade in judo (3) 25. Wrinkled (7) 26. Father's brother (5) 27. Be upright (5) 28. Get up (5) 29. Ant (7) 30. Before (5) 31. ---- Alan Poe (5)



Crossword Winner Margaret Hefferan, Peatlands, Broomfield Village, Midelton Enjoy your voucher for BEVA CAFE P: 021 4858002

6. Thoughtful (7) Unfortunately (4)

12. Clemency (7) 13. Make corrections (5)

15. Zavn ----- (5) 16. Father's brother (5)

19. Slim (7)

25. Ascend (5)

28.Consumed (3)

8. Camelot island (6)

14. Church music provider (5)

18. Version of Elizabeth (5)

21. Church festival (6) 22. Caught in a trap (6)

23. Blood constituent (6)

26. In the direction of (4)

7

086 8294713

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glanmireareanews@gmail.com

CAFE F: 02146330002 While every care is taken in the compiling of this newsletter the publishers 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 Glanmire Area News. The views expressed by contributors to the news are those of indi-viduals and are not the responsibility of the news editor. Individuals writers must verify their article content.



NG

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.

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





3 Bed detached. 2 Bath. C.85.36sgmt/920sgft

Delightful three bed detached residence set within a quiet cul de sac location overlooking a large green area. Located within walking distance to Hazelwood Shopping Centre, schools and bus service to the city centre, this property is ideal for family living. Oakfield is a much sought after residential address within Glanmire. GFCH and PVC double glazed windows.

18 OAKFIELD AVENUE, GLANMIRE

Modern, well maintained, 3 bedroomed detached home situated in a much sought after location. Adjacent shopping centre, schools, bus service and all amenities. It is ideal as a family home for 1st time buyers or a potentially lucrative investment property.

3 BRIARWOOD, BANDUFF

Superb ready to live-in two bedroomed mid terrace townhouse. Recently constructed the property comprises of entrance hallway, Lounge, Kitchen/Dining, Guest WC on ground floor, Two double bedrooms and Bathroom on the first floor. The rear gardens are of a good size and feature a large timber decking area, barna shed and timber enclosed fencing surround. Bright and sunny.

19 HEATHERVUE, GLANMIRE

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

10 HEATHERVUE, GLANMIRE

We at DNG Murphy Condon are delighted to offer this exquisite four bed semidetached residence for sale. Brand new to the market, this home is truly immaculate and is in walk-in condition inside and out with a host of expensive extras and guality interior finishes to include solid wood flooring, solid cherry wood fitted kitchen with fitted appliances. The rear gardens are not overlooked and have a westerly aspect to enjoy the evening sun.

32 OAK DRIVE, RUSHBROOK LINKS, COBH

Bright and spacious detached family home set in the hugely popular residential development at Rushbrooke Links which is just off the main Cork/Cobh road. The property is ideal for family living with generously proportioned living areas and guest wc, en-suite and main bathroom. The bedrooms are generous in size. Gas fired central heating and PVC double glazed windows also feature.



1976



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

€265,000

€235,000

€230,000

€245,000

€140,000

€225,000

32