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PUBLIC MEETING
Monday 9 July 8:30 pm
Riverstown Community Centre

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Community Games Organiser
Michael Burns
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Official opening of Glanmire Parish Centre

Glanmire Parish Centre was officially opened on 25-May-2018.
The centre was opened by Canon Donal Linehan who spoke eloquently on the night on the importance of parish community. The newly opened centre was then blessed by Bishop John Buckley.

Some years ago the Dooley family donated some land to the parish. This generous gift was the cornerstone on which the project became a financial reality. One of the meeting rooms has been named the John Dooley room in remembrance and very grateful appreciation.

The other meeting room has been named the Pat Kelliher room and this is again in grateful appreciation for the time and expertise donated by another parishioner, Pat Kelliher; the parish benefited from Pat’s many years in the construction industry.

The centre is a wonderful and flexible space and will add greatly to the parish community.

At the official opening many of the main participants spoke of their role in the project and it was obvious it was a very large but very worthwhile project.

At the official opening many of the main participants spoke of their role in the project and it was obvious it was a very large but very worthwhile project.

Remembrance mass at Rathcooney

The annual remembrance mass will be held at Rathcooney cemetery on the first Tuesday in July; 3rd July 2018, at 7:30pm.

Papal mass in August

Glanmire parish will run buses to the Papal Mass on Sunday 26th August. This will cost €50 which includes a meal. To secure your place drop your name and a €20 deposit into the parish office.

Parish Masses & Services

Vigil Mass:
6:00pm St. Joseph’s Church

Sunday:
9:00am St. Joseph’s Church
10:00am St. Michael’s Church
10:30am St. Joseph’s Church
12 noon St. Joseph’s Church

Confessions:
First Sat, 9:30– 10:00am
St Joseph’s Church
Or by prior arrangement

Weekday Masses:
Mon-Fri 10:00am
St. Joseph’s Church

Friday 9:20am
St. Michael’s Church

Adoration:
Monday 8:30–9:30pm
St. Joseph’s Church

Thursday 10:00–12 noon
St. Michael’s Church

Friday 10:00am-10:00pm
St. Joseph’s Church

Bogus Tradesmen

Dear Editor

May I through your newsletter alert the public to an issue that has been brought to my attention at my monthly clinics. That is the problem of bogus tradesmen calling uninvited to peoples homes. They visit your home on the pretext that your gutters need repairing or cleaning, your roof tiles are loose or you need your driveway fixed or replaced. They usually tell you that they are in the area and have done work for people in your district often giving the name of a well known person that they have completed work for.

Do not engage these people to do work for you. They are very pushy to get on to your property and you will finish up paying them a lot of money usually for poor work with no comeback.

Genuine tradesmen do not call unsolicited door to door looking for work. If you have any concerns about these people contact the Gardaí at Glanmire on 021 4821002 or me on 086 0263046. If possible get a Reg number of a vehicle and pass on and we can tell you if you should be aware.

It is always better to check out all tradesmen or other unknown visitors to your home before you make any deal to do work.

Only engage tradesmen that are known to you or that are genuine and may have done work for friends of you whom you can check out.

Yours in community

Cllr Ger Keohane
What If This Happened To You At The Chiropractor?

Do you suffer from health problems or painful joints? Have you thought of trying chiropractic but were a bit nervous because of what you heard? If you answered yes, this could be the most eye-opening article you’ll ever read.

It’s true, something definitely could happen to you if you visit a chiropractor, and I’ll get to that in a minute.

My name is Dr. Eric Kelly. I’m a chiropractor in Glanmire and the owner of Glanmire Chiropractic Clinic and I’m here to set the record straight on chiropractic.

“Does Chiropractic Really Work?”
Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers… like Usain Bolt, Tiger Woods, Serena Williams and Padraig Harrington receive Chiropractic Care. These professional athletes have the money to hire any kind of doctors they want, yet they choose to have a chiropractor on their team.

In fact, the U.S. government is so convinced chiropractic works they’ve been paying for it through the Medicare system for 30 years.

Isn’t Chiropractic Just For Back Pain?
Chiropractic works great for all kinds of pain at our office we’ve helped patients with a wide range of problems.

We help conditions like...
- Headaches and Migraines
- Asthma and Allergies
- Numbness in the Arms and Legs
- Carpal Tunnel Syndrome
- Athletic Injuries
- Car Accidents
- Shoulder, Hip And Knee Pain
- And much more

There’s an endless list of health problems chiropractic can help with including high blood pressure, neuropathy and chronic fatigue.

How Much Does Chiropractic Cost?
It’s impossible to know for sure what you’ll need to get rid of your nagging health problem until one of us examines you. That’s why for 14 days only, €60 will get you all the services Dr. Valverde and I normally charge new patients up to €205 for!

What does this offer include? Everything we normally do in our new patient evaluation.

Take a look at what you will receive:
- An in-depth consultation about your health where we will listen… really listen.
- A complete nerve, muscle and spinal exam to find “the cause” of your problem.
- A full set of specialized x-rays to look for misalignments, bad posture, and joint degeneration… (NOTE: These would normally cost you up to €195).
- A thorough analysis of your exam and x-ray findings so we can map out your plan to better health.

We will answer all your most probing questions about chiropractic and what it can do for you. The appointment will not take long at all and you won’t be sitting in the waiting room for long – no more than 15 minutes.

To take me up on this special offer, you must call 021-4824450 before July 13th.

Chiropractic very well could be the answer you’ve been looking for.

What if This Happened To You Too?
With our “Chiropractic Evaluation” we’ll be able find the problem and then correct it.

Think of how you’ll feel in just a few short weeks. See and feel your life change for the better.

Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

As you begin to see motion returning to your joints, you’re preventing and reducing chances of disability and a crippling future.

When you call between the hours of 7:30-12:00 and 3:15-6:00 pm Monday through Thursday and Friday 7:30-12:00 and tell the receptionist you’d like to come in for the Special Chiropractic Evaluation before July 13th.

Call today and we can get started with your consultation, exam and x-rays as soon as there’s an opening in the schedule. Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliff House, Glanmire (next door to AIB).

Sincerely, Dr. Eric Kelly, D.C.

P.S. You’ve got enough people trying to waste your time with risky treatments that you don’t really want or might not need. We are not those people.

What we are offering here is something quite different.

What if you got better? What if it happened to you at the chiropractor?

I encourage you to call today and start living a healthier, more joyful life. Call 021-4824450 today!

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Housing Development at Glounthaune

O’ Mahony Developments Limited lodged a planning application with An Bord Pleanála on March 16th, 2018 for permission to construct one hundred and seventy-four residential units on a site at Johnstown, Glounthaune, Co. Cork. The development to include; one hundred and sixty-four dwelling houses comprising of a mix of two, three and four-bed detached, semi-detached and terraced / town houses, and a mix of ten one bedroom / two bedroom apartments in a three-storey block with a creche and doctor’s surgery at ground floor level. Landscaping and amenity areas provided to include amenity walls, one multi-use games area and three local play areas. All associated infrastructure and services to include footpaths and cycleways, a service road L3004 public road connecting to the rail station and village centre, a pedestrian crossing linking the footpath network to the railway bicycle and car parking as well as a new link / distributor road connecting the existing L3004 road with the adjoining lands to the north-west.

Seven prescribed bodies which included An Taisce, The Heritage Council and C.I.E. as well as thirty three interested parties, including local residents, BirdWatch Ireland and Glounthaune Tidy Towns offered observations and presented submissions to An Bord Pleanála. Such included the following summarised issues:

(a) many objected to the proposal to provide a link road through the development to the existing housing estate at “The Woods”. Concern was expressed that this would require the provision of existing traffic hazards within the latter development, as well as noise, which would alter its character as a self-contained community suitable for families with children. It would also give rise to congestion and traffic conflicts within the estate and its entrance which were not adequately addressed in the transport assessment submitted with the application.

(b) An excessive amount of housing is proposed and it would breach the limit of forty houses for each development set down in the Local Area Plan, and would likely contribute to a breach of the overall limit of four hundred additional houses in the village.

(c) The density, design and layout of the development would be out of keeping with the low density rural character of Glounthaune and as such would be obtrusive and contrary to the guidelines for the village set out in the Local Area Plan. In particular the proposed metal railings on the stone boundary walls would be out of keeping with the character of the area, while the internal ap-

pears of much of the development to be dominated by private parking, unlike the rest of the village. The hedges and walls at the front of the site are of value in terms of amenity and natural heritage. The layout of the development should have a spine road with cul-de-sacs as specified in the urban residential guidelines. Three storey buildings would be alien to the village and that proposed would spoil the eastern approaches. (d) The site is isolated from the village and would be a car dependent form of development.

(e) The development should include adequate schools or sports facilities in the village to support the development. Part of the site should be designated to provide social infrastructure supported by development in the village. (f) The development should include bungalows to cater for elderly and disabled residents.

(g) The development would impinge into the amenity provided by the Wetland Centre at Harper’s Island and the parking there.

(h) The public road in front of the site is a through traffic route and additional accesses to it would not be safe. The proposed footpath and cycleway would interfere with existing parking in front of commercial premises in the village and the beach roadway. The cycle lane would not be safe due to conflicts with parked cars and the absence of safe crossings. Bus stops and parking should be provided near the station.

Cork County Council is the planning authority and the following is a synopsis of its Chief Executive’s submission “A Grant of Permission” for the development and suggested sixty five conditions, none of which would significantly alter the proposed development. He acknowledged that the density would exceed the “Medium B” range specified in the Local Area Plan but that this is justified by the housing shortage and proximity to the railway station, and the latter also justifies higher density as per the Urban Residential Guidelines; “so the density of the proposed development is acceptable”. He pointed out that the site is one of the key undesignated sites within the village and that the building of one hundred and seventy four units would make a significant contribution to the provision of housing four hundred houses in the district as per the Local Area Plan. The proposals to provide footpaths, a cycleway and a pedestrian crossing at the train station, as well as facilitating the link road across the site as per the objective of the Local Area Plan would ensure proper connectivity in the less than two metres at the pinch point near Harper’s Island Bridge. The footpath on the north-

ern side shall be two metres wide therefore the two lane carriageway between the cycle lanes and the footpath shall each be three deci-

metal two five metres in width. This reduces the width of the present day carriageway by one decimal five meters.

(d) Proposals for street names, house numbering scheme and associated signage shall be submitted to, and agreed in writing, with the planning authority prior to commencement of the development. The names shall be based on local his-

torical or topographical features, or other alternatives acceptable to the planning authority.

(e) All service cables shall be located underground and all existing over ground cables shall be relocated underground. The developer shall provide ducting within the proposed plan to facilitate the provision of broadband.

(f) The construction of the development shall be managed with an appropriate Construction Management Plan to include; details of on-site parking facilities for site workers during the course of construction; details of timing and routing of construction traffic to obviate queuing of construction traffic on the adjoining road network; measures to prevent the spillage or deposit of clay rubble or other debris on the public road; details of appropriate mitigation measures for noise, dust and vibration and monitoring of such levels, which shall be suf-
cient to avoid disturbance of birds – but no mention of people!!

(g) Site development and building works shall only commence between the hours of 0700 and 1900 Mondays’ to Fridays’ and between 0800 and 1400 hours on Saturdays. Works on Sundays’ and public holi-
days’ is not permissible. Incidentally, Glounthaune Community Association 

& Glounthaune Sustainable Development hosted a joint public meeting in May which was billed as “Development in Glounthaune – What Lies Ahead?” Updates on significant proposed housing devel-

opments were outlined and concerns were raised about envisaged associated traffic issues. The choice of the Church Centre venue for the meeting was rather ironic in so far that its location contributes hugely to the traffic and car parking chaos at the Glousta- 

wheres fourteen were in fact lost! And there was no “What Lies Ahead?” public meeting called back then!

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NO SUCH THING AS A MAINTENANCE FREE GARDEN

There are only two kinds of garden-yours and other people's. The problem that you are responsible for is the real one. It has your imprint, your choice of plants and total input in every respect, up to and including that chore they call 'maintenance'. However, the more I garden and the more I visit gardens, the more convinced I become that there is no such thing as a garden which is 'maintenance free'. Being multi-dimensional, maintenance really does matter, and the slow process of managing takes time and effort, even for those with tiny plots, who we may sometimes envy.

Maintenance, or the lack of it, is highly visible. It shows and it cannot be hidden. It is not confined to plants alone or how often the grass is cut. The way a garden is presented, I feel, counts in the end far more than an expensive layout or the choicest of plants ever could. Within the boundaries of your property, tidiness and the way it is dwelled on and other hard landscaped areas is vital if you want to create a memorable first impression for visitors. Don't think for a moment that visitors won't notice your entrance gates whatever condition they may be in, whether you have a house nameplate, or even the way the drive is paved. They will. It extends to the décor of the property along with any outhouses. That's apart, as I have said, from any lack of maintenance to trees, shrubs, and border plants, the quality of the lawn or how it is edged. In gardens of course, it is much more likely to take particular interest in your plant content and how it is managed and maintained.

But all gardeners I feel really do try to set high standards (and most succeed) and this is what makes going to other people's gardens so enjoyable! You can make comparisons, find inspiration, and notice how things can be done, or shouldn't be done. There's an absurd enjoyment in comparing someone else's plants (and garden surrounds) to your own, and of not being obliged to understand why the lawn or flower beds had been set in a style and fashion after your own. The best thing of all about garden visiting is that your own garden is never really looked at so much as it does when you've just got back from looking at someone else's!

Don't ever be downhearted by failures, they happen to everyone and they're rarely permanent. Try that rose again, or the wisteria, daphne or bed of daffodils. Always look ahead, never backwards. Forward planners and forestallers of disaster will always have the best borders as the seasons come and go like the tides. When their work is finished, they wash their hands and pray, for the glory of the garden that it may not pass away too quickly.

This meticulous small front garden may look easy to maintain but just the opposite is the case. It takes time and effort to have the tiny borders trimmed, the potted shrubs and flowers kept in pristine condition and the entrance gate and boundary wall kept in pristine condition and the entrance (gate and boundary wall) looking as if they were attended to on a daily basis. Your garden's visual surroundings does attract attention from visitors!
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Green fees available for €5.

If you never played before and wish to try pitch and putt we also have clubs available at the club house.

New Members and Green Fees welcome.

Sen. COLM BURKE

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Daniel Florence O'Leary (1801-1854)


Shocraigh sé féin, a bhean agus a muirear síos ar raoine, ‘El Chocho’. Ar mhaithe llena shláinte agus chun cóir leighis a fháil, thaidistil Daniel Florence in 1852 go dtí an Eoraip. Bhual sé le lianna comhairlocha i roinnt tórra agus duradh leis na rith fadh lenna shláinte. Thapáigh sé an deis arís chuain a thabhairt ar Chorcaigh. Fad is a bhí sé ann, bhronn sé a bhallúchán de phlándaid, d’eanlaithe agus de mhianraí ar Choláiste na Banríon.

Fad is a lean Cogá Napoleon san Eoraip, bhí ann a-éileamh ar bhia. Am maith ba ea é a deo chun aonad na mhuintir Laoghaire Tháinig rannáin de Red Hussars Veiniséala. In na Breataine i Londain le haghaidh é mar Dhara Leifteáin ag Léigiún Daniel dul isteach san arm. Earcaíodh cúpla bliain ina dhiaidh, bhí coibhín áiteach Daniel a díobh ar an gcaol. Ar an gcéad bhliain mhothú mar thaidhleoir in Chorcaigh. Bhí deichniúr páistí sa Burke a raibh a muintir ag gabháil don rannáin de Red Hussars Veiniséala.

Duine liteartha, oílte ba ea Daniel Florence cé nach eol duinn cá bhfuair sé a chuid oideachas féin a bhaint leis sin, bhí sé in ann dul i dtaithí ar chuid oideachas. Chuir a mhac, Pantheon Náisiúnta i Caracas i ngar d’áit Conradh síochána a shíniú do stát nua. Bhí an Uachtarán ar Veiniséala dhá uair, iníon an Ginearál Anzoátegui. D'fille sé an deis arís chun an deis arís chuán a bhunú mar thaidhleoir.

Shocraigh sé féin, a bhean agus a muirear síos ar raoine, ‘El Chocho’. Ar mhaithe llena shláinte agus chun cóir leighis a fháil, thaidistil Daniel Florence in 1852 go dtí an Eoraip. Bhual sé le lianna comhairlocha i roinnt tórra agus duradh leis na rith fadh lenna shláinte. Thapáigh sé an deis arís chuain a thabhairt ar Chorcaigh. Fad is a bhí sé ann, bhronn sé a bhallúchán de phlándaid, d’eanlaithe agus de mhianraí ar Choláiste na Banríon.

Tá an t-alt seo le Claire O’Leary amach mar thaidhleoir.

Gluais:
eachtraíthe = adventurers
ceannaí ime = butter merchant
le hoidhréacht = legacy
tubaiste i ndán = disaster in store
earcaidhodh = recruited
thionlaic sé = he accompanied
taidhleoir = diplomat
dea-chaidreamh = good relations
muirear = family
sibhíni = siblings
lianna comhairleacha = consultant doctors
thapáigh sé an deis = he seized the opportunity
rith folá = haemorrhage
buanna = abilities
Welcome to AIB Glanmire
https://aib.ie/branches/cork/glanmire
We recognise that your time is precious so at AIB Glanmire we offer experienced staff who will be available to discuss your individual banking needs.

Whether you are thinking of changing your car, buying your first home or wish to save for a rainy day, we are here to talk things through and provide useful and informative advice. We offer a full range of banking facilities including:

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- **Customer Financial Planning Advisors**
  A financial review is a great way to take a fresh look at your finances and plan for the journey ahead. The review is free, confidential with no obligation and takes approximately 45-60 minutes to complete.

Our free financial planning service helps you work out your future goals and come up with a realistic way to achieve them. Our expert advisors can discuss and understand your Life Insurance, Investments and Retirement Planning needs.

- **AIB GAA Home Insurance** supporting your local GAA clubs in Glanmire. AIB will give €50 to your nominated GAA club when you purchase a new Home Insurance policy with us. So while you protect your home, you can also help support your nominated GAA Club. https://aib.ie/our-products/insurance/home-insurance/gaa-home-insurance

Our AIB Glanmire team (Emma, Patrycja, Tara, Ollie, Ross & myself) look forward to your meeting with you.

Donn Horgan, Manager AIB Glanmire
donn.p.horgan@aib.ie

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**BBQ at the Brook Inn**
Friday June 8th
Iris Wilkins McCarthy brings her pick of photographs from around Mayfield. If you would like your photos featured on Mayfield Eye please send to iriswilkinsmccarthy@gmail.com

Official opening of Scoil Mhuire agus Eoin

Minister Michael Creed TD who deputised for Minister Simon Coveney, Arch Bishop Patrick Coveney, Cllr. Tony Fitzgerald Lord Mayor, Regina O Sullivan Principal and Rev. Fr. Michael Keohane PP Our Lady Crowned Church with some of the pupils.

Tesco Paul Street donating a generous contribution to Mayfield St Luke's Tidy Towns through their Community Blue Token scheme.

Congratulations to Graduation Class 2018 from Mayfield Community School

Well done to our U11 footballers who put in a tremendous effort at Páirc Uí Rinn in the semi finals of the John Kerins Shield

Another great night for Mayfield GAA Youth Development U9 footballers in action against Fermoy

The Rock with Luke and Jake

Mayfield GAA U8 Team
Fo-comortaisi Oireachtas Rince Na Mumhan
Members of the Mary McCarthy School of Dance from Mayfield and Glanmire who took part in the recent Fo-comortaisi Oireachtas Rince Na Mumhan in the Brandon Hotel, Tralee in June. The school won over 200 prizes at the event.

Fr. Colin Doocey - Silver Jubilee Celebrations

Jack recently moved to the National Rehabilitation Hospital in Dun Laoghaire, where he will work with experts in the field of spinal rehabilitation - Jack is determined to re-gain all that is physically possible for his injury.

Mayfield Community School cheque presentation for the Jack O’Driscoll fund. The Community of Mayfield is unrivalled. €17,000 euro from 1 event is Going straight to the Fund.
DOES CORK NEED A NEW HOSPITAL?

Over the past 20 years, there has been a lot of speculation re the need for a new Hospital for Cork. This is based on several factors. There are currently two acute public Hospitals in Cork City; Cork University Hospital and the Mercy University Hospital. The South Infirmary Victoria Hospital is mainly an elective hospital with acute Ear Nose and Throat services.

There are two Accident and Emergency (ED) in the Cork University Hospital and the Mercy Hospital. These are supported by the Mercy Urgent Care Centre in St. Marys Health Campus. 20 years ago, there were four acute public hospitals in Cork, Cork University Hospital, the Mercy Hospital, the North infirmary and the South Infirmary. The Acute Hospital Planning Forum identified a need for a new elective Hospital for Cork.

As healthcare moved to more specialisation an acute Emergency Department needed to have the full back up of multiple medical specialties. There are now two emergency departments in Cork as more Healthcare is elective. However, there are ongoing challenges with cancellations of elective surgery and day case procedures.

Healthcare planning needs to deal with the increasing needs of the population with the increasing number of elderly in our society and the increased number of day cases and complex care that is delivered. Over the next 20 years, the number of people over 80 is going to double in Ireland. We are struggling as a society to cope with planning for this challenge in terms of Community Care, Long-term elderly care and acute Hospital Planning.

The Mercy Hospital and South Infirmary Victoria Hospital have provided valuable services to the people of Cork over the past century. However, they are old buildings with multiple add-ons over the years and struggle to cope with the modern complexity of modern healthcare.

The argument for a standalone purpose built elective hospital are that it would avoid the cancellation of planned surgery when there is an overflow of acute patients and it would also allow the Health Services to plan for more elective and day case surgery. The other attraction is that some of the services that are currently being provided in an overcrowded Cork University Hospital site can be transferred to the new elective Hospital.

There have been many suggested locations for the new elective Hospital; The Glanmire area, Blarney, the Docklands and Curraheen areas are all be considered as possible locations. Whichever location is chosen it needs to consider the needs of patients in terms of access, road and transport network, the regional balance of Cork and how the new hospital will work with the existing healthcare infrastructure.

White’s Cross GAA News

The final score was 0-10 to 0-09.

They followed up this win six days later with an impressive victory over west Cork side Gabriel Rangers in the second round of the county junior B hurling championship on a score of 2-17 to 0-05. As the score line suggests, this was a completely dominant showing from the winners. There were no fewer than eight different scorers from play on the day which will have pleased the management as the side had become reliant on Conor Buckley to get the bulk of the scores. While Conor contributed handsomely in this game also, he was ably assisted by the likes Ruairí, Eoin and Seán Murnane and Seán Twomey.

The hurlers continued their winning ways by beating St Vincent’s in a keenly contested league game three days after the Gabriel Rangers victory. The first half was expectedly sluggish from a team playing their third game in ten days and St Vincent’s could have been further ahead at half time.

An fantastic goal by Seamus Quinlan put White’s Cross level just after half time while an Edwin Buckley goal shortly after put a completely different complexion on the game as White’s Cross now had four point lead with only five second half minutes gone. The remainder of the half saw both sides play out a cracking game with a final burst of scores from Aaron Kent. Donncha Murnane and Edwin Buckley saw White’s Cross win on a scoreline of 2-15 to 1-13.

Football

The junior A footballers played their first competitive game in two full months when they played Brian Dillons in a football league game. The feature of a tight first half was the point scoring from play of full forward James Murphy. His first half tally was the difference between the sides as White’s Cross lead on a scoreline of 0-08 to 0-04. White’s
Cross really opened up on the resumption. James Murphy continued his good form into the second half kicking another few points from play. Fiachra O’Connell with two points, frees from John Gaffney and a smashing goal from Ruairí Murnane ensured White’s Cross run out convincing eleven-point winners on a scoreline of 1-16 to 0-08.

In the championship, an improved second half performance made certain of this victory and ensured White’s Cross bounced back from their opening round defeat to Douglas beating Na Piarsaigh on a scoreline of 1-12 to 0-09. They flew out of the traps and had three points on the board inside the opening five minutes. Some over elaboration and sloppy play allowed Na Piarsaigh to remain in the game and ensure that it was a tighter contest than what it should have been.

A coolly finished goal by James Murphy proved to be the turning point and put six points between the sides; 1-08 to 0-05 after 40 minutes. Further points from the likes of Sam Heffernan and Kilian Ryan with three points sealed the victory.

White’s Cross representatives on Cork teams

A number of White’s Cross underage stars have played with Cork teams recently. Conor Docherty has been a regular on the Cork under 16 football panel. He recently played a full game against Dublin which saw Cork win by 4 points; not a very common occurrence of late it has to be said. At under 14 level, Ethan Ryan is also a member of the county football team. He was active recently in a tournament played at CIT grounds where he played against Clare, Limerick and Tipperary.

In hurling, Eddie Coughlan played with the Cork primary school team against Tipperary in a game that was played at Semple Stadium in Thurles. Eddie has been in great form for the club’s under 14 hurlers and was rewarded with a call up to the county team. Hopefully the lads will have many more days playing with Cork and other White’s Cross players will follow suit.

Underage Action

There was plenty of underage action over the last month also. The under 14 hurlers continued their impressive run of form with two victories in the league. This team has been putting up massive scores getting 3-15 against Shamrocks and 6-10 against Erin’s Own which go along way to ensuring victory.

These scores may overshadow the defensive side of the team where Pj O’Donovan has been a revelation in goal while Charlie Browne, Seamus Hennessy and Ruairí Quinlan have put in massive performances in front of him.

The under 12 footballers have also been on a good run recently. A 4-10 to 3-12 victory over Shamrocks was particularly notable as they showed great character to hang on for victory when playing their third game in 6 days.

Upper Glanmire ICA

- At the end of June, Guild members and their friends will be heading to Kilkenny for the annual Outing.
- Our summer walks have resumed for the 7th year!
- We now have 28 registered members, and new members are always welcome to join us in September.

July pattern

(Jenefer O’ Dowd)

**Knitted flower**

- Using 3 1/4 needles and thumb method, cast on 66 sts
- 1st Row: * knit 1, cast off 9 sts, rep from --* to end. 12 sts.
- Break off yarn, run yarn through rem sts, draw up and fasten off.

Another masterpiece of tapestry from Betty Burke

A ‘virus’ scalloped crochet blanket - Mary O’ Connor

Ann Cashman’s beautiful patch work - framed

Jenefer O’Dowd’s knitted flower
Coláiste an Phiarsaigh

Coláiste an Phiarsaigh honoured with the visit of new Ambassador

The teachers and students of Coláiste an Phiarsaigh, Glanmire celebrated a special occasion on Thursday May the 17th. We held our annual ‘Oíche na hArdteiste’ and our guest speaker was a local Glanmire girl, a past pupil, celebrating the 30th anniversary of her own leaving cert in the school and a huge milestone in her career.

Hilda Ó Riain is the new Irish Ambassador to the Slovak Republic and is now living in Bratislava. Before taking up her new position Hilda worked at the Permanent Representation of Ireland to the European Union in Brussels in a number of different roles representing Irish position on EU Foreign and Security Policy.

Hilda whose parents are Dr. Pádraig Ó Riain and Dr. Dagmar Ó Riain-Raedel of UCC hasn’t forgotten her Irish.

Deireann sí faoin bpost nua:

‘Is mór an phribhléid é ionadaitoicht a dheanamh ar son na hÉireann i bPoblacht na Slovaice. Tá caídreamh den scoth idir Éire agus Poblacht na Slovaice agus tá an cáidreamh idir an dá náisiún á measc a bharr na trádála, na turasóireachta agus an mhítheas atá againn ar an gcultúr agus ar chursaí spóirt.’

Aoife Ní Ghóilín, one of three students who received 625 points in 2017 leaving cert, aghaidh i bPoblacht na Slovaice, Hilda Ní Riain

Hilda Ní Riain Ambassador Poblacht na Slovaice ag bronadh duais, Scoth Scoláire Bl.6 2018 ar Annaliese Ní Mhurchú. Aoife Ní Ghóilín, one of three students who received 625 points in 2017 leaving cert, aghaidh i bPoblacht na Slovaice, Hilda Ní Riain

An corn don Ard teist ab fhean 2017 á mbronnadh ag Príonhoide na scoile Mícheál ó Tuama ar Lauren Ní Laighin agus Eabha de Londrus, dEURigh le Lauren agus Eabha 625 pointe a gníomh ‘Son And teis’ annaigh

Maire G. Ni Chiarba, former teacher at Coláiste an Phiarsaigh and former President of the ASTI 2015-16 receiving Honorary Life Membership of the ASTI. Photographed together with President ASTI Ger Curtin and the Vice- President Breda Lynch together with David Briscoe Chair of Cork North ASTI as well as a teacher in Coláiste an Phiarsaigh.

Daltaí na séú bliana ag ceiliúradh le céile ar an oíche.
THE 4 RULES FOR FAT LOSS

Rule 1 - Eat Healthy Foods.
Focus on eating nutrient-dense foods. Lean meats, colourful vegetables and healthy fats should make up the majority of your meals. As well as being full of nutrients these foods generally contain lower calories than processed alternatives.

Rule 2 - Move More.
Take the stairs, park further from work, go for a lunchtime walk etc. Increasing your activity throughout the day will help burn extra calories and improve well-being.

Rule 3 - Train for Strength 2-3 times a week.
Muscle preserv ing exercises will help you look and feel better. Start off slow and aim for 2-3 sessions a week.

Rule 4 - Do some Cardio Training 1-2 times a week.
Some cardio training can be good for your fitness and energy levels. A brisk walk, quick jog or spin class can burn extra few calories and be good for a bit of headspace.

DAVE O CALLAGHAN IS A COACH, FITNESS EXPERT AND WORLD CHAMPION WEIGHTLIFTER OUT OF RIVE FITNESS GLANMIRE. CHECK WWW.DAVEOCALLAGHAN.COM FOR MORE TIPS
Erins Own

Pitch Developments
We have begun a major development of our main pitch at Caherlag. This involves the installation of a drainage system and levelling of the pitch. Works began in the beginning of June and the pitch will be out of commission for twelve months.

Junior Football Championship 2018
Our Junior Football campaign came to an end at the Quarter Final stage of the East Cork Championship. After a strong campaign last year, our footballers lost out to a strong Carrigtwohill team in Castlemartyr on the 10th of June. In a close game, the team who managed to get the first goal were always likely to come out as victors. Carrigtwohill converted a penalty midway through the second half which proved vital. Cathal Lenihan, Cormac Dooley, Maurice O’Carroll and Sean Kelly impressed for Erins Own. Carrigtwohill won out on a score line of 1-09 to 0-8. We’d like to wish them luck for the rest of their campaign.

Senior Hurling League vs Sarsfields - 17/05/2018
We took on our local rivals in the Senior Hurling League in Riverstown and both teams provided a match of high quality. We dominated the match in the first half and went in leading at half time 0-10 to 0-03. Mark Collins and Maurice O’Carroll producing some fine scores. The match was keenly contested during the second half but we had a two goal lead going into the final minutes. Sars finished strongly and scored two goals in the final minutes to now also pay by debit/credit card in our club shop.

Club Shop
Our club shop opens from 10:30-12:00 both Saturday and Sunday mornings and Wednesday evenings from 7-8pm. We stock all Erins Own gear, along with hurleys and helmets. If you need to order something out of these hours, contact Kieran 087-7787759 or Michael 086-8699154. You can share the league points. It was an open free flowing game that finished in a score line of: Erins Own 2-17 Sarsfields 3-14.

Rebel Club Camps
Back Again This Summer!
Carrigtwohill Graduates Celebrate Hurling Success
€50 per child
Spot Prizes Including:
- Signed jerseys
- Medals
- Bottles
- And more...
Registration
To secure your place, please visit our website: erinsown.ie
Inclusions: Meals, School & Ages
Registration to take place from the first morning

National Community Games
3 medals for Glanmire swimmers at National Community Games Final!
Glanmire had its most successful year yet at the National Community Games swimming finals which were held in the in University of Limerick on the weekend of 26th and 27th May.
On the day, all 10 of Glanmire’s talented group of swimmers representing Cork, made it out of their heats and into the national finals in their individual events. Further success went to Isabel Kidney and Sean O’Connell who both won Silver in the girls u12 50m breaststroke and boys u14 50m breaststroke respectively and to Jamie Murphy who took home bronze in the u12 50m breaststroke. Well done to all 3 swimmers on achieving such fantastic results at such a high level!
Congratulations to all of our Glanmire Swimmers who represented Cork on the day namely – Faye Foley, Anna Kelleher, Isabel Kidney, Orna Higgins, Siofra Higgins, Jamie Murphy, Shauna Murphy, Evie O’Connell, Seán O’Connell and Tom O’Connell and especial congratulations is due to our medal winners - Isabel, Sean and Jamie on their great performances – you made Glanmire proud!!!

Michael Burns—Director

Isabel Kidney silver medallist girls U12 50m Breaststroke
Jamie Murphy Bronze medallist in Boys U12 50m Breaststroke

Girls u 13, 4 * 25m front crawl relay team clockwise from left Evie O’Connell, Faye Foley, Shauna Murphy and Isabel Kidney

Rebel Club Camp 2018
The Erins Own Camp takes place from the 16th-19th of July. Contact Robbie to secure your place: 0861551045

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Cork City Sports

Our boys and girls took part in the Cork City Sports in CIT recently. Once again they represented our school really well and they kept up our long and proud successful tradition in this event. There was success in individual sprints and team relays. Congratulations to Sharon on winning the county title for the second year in a row! They are pictured here with their trophies.

Muintir na Tire Garden Competition

During the year our staff and students have transformed our school garden. It was a normal garden with bushes and trees but now it has been transformed into a colourful setting with everything from pumpkins to garlic. We entered the Muintir na Tire competition and the judges visited at the start of June. They were very impressed and we will attend the awards ceremony at the end of June.

Active Schools Week:

We held an Active Schools Week in June to go along with our Sports Day. Children were given active homework and were encouraged to take (at least) the recommended minimum of 60 minutes activity every day. We had great fun with golf with Dave Ryan, basketball with Mark Scannell, Ninja training, Superstars, soccer leagues, croquet, various races and much more. Well done all the participants and organisers!

Graduation:

Our 6th Class had their graduation ceremony this month. We are very sad to see them leave us but we are very proud of the young people they have grown into. We had a lovely event where we celebrated their time with us. Thank you for the memories and we are sure we will hear many great things from them in the future.

Muintir na Tire Garden Competition

The 42nd Over 60s Talent Competition Final took place in City Hall, Cork sponsored by the Evening Echo, Lennox Hearing Care Clinic and Ryan’s SuperValu. Glanmire, Grange, Togher & Killmallock.

The Winner is Donal O’Connell representing Sarsfields Club sang “Winter World Of Love”, proceeds from the competitions go to the Irish Heart Foundation.

Little Island National School

Our boys and girls took part in the Cork City Sports in CIT recently. Once again they represented our school really well and they kept up our long and proud successful tradition in this event. There was success in individual sprints and team relays. Congratulations to Sharon on winning the county title for the second year in a row! They are pictured here with their trophies.

Engineering in a Box:

Engineering in a Box is a programme where primary school children are introduced to engineering. Dornan Engineering has sponsored this for our school for the last few years. They completed a 10 week programme with our 6th Class recently. It was very educational and our students loved it. We really appreciate Dornan Engineering’s support in this.
A wonderful achievement by our U14 Feile team who were crowned joint Feile Camogie U14A All Ireland champions in Galway on the 10th of June. The competition was intense with all of the participating teams extremely well prepared for the games. Sars won their three group games with victories over Shamrocks of Galway, Gailltir of Waterford and hosts Davitts from Galway. St Brigids were the opposition in the quarter final that ended with a Sars win of 2-4 to 1-2. Our girls marched on to the semi final vs Carnmore where Sars ran out winners by 3 points in a very tight and physical game. The final featured Kilrush from Wexford and it proved to be an epic battle. The match ended level after full time so ten minutes of extra time was played. Both teams gave it everything and they still could not be separated with the final score ending Sars 1-5, Kilrush 1-5. The All Ireland title was shared by the two clubs in accordance with Feile rules and it was the best and fairest result as neither of the teams deserved to lose.

Sincere thanks to everyone involved in the Feile campaign. Thanks to our host club, Davitts who showed such wonderful hospitality. Thanks to all of the sponsors and everyone who helped to make this such a wonderful experience. Well done to the selectors and above all, congratulations to the wonderful panel of players. What an achievement.

We are delighted that the Sars U14 Feile Panel were recently announced as the joint recipients of the Rebel Og Award for June, along with the St Finbarr’s U14 Feile hurlers.

Emma Casey also represented Sars on the Cork Junior Camogie team this month. Well done Emma.

U14B
Our second U14 team had a great championship win 4-3 to 2-2 away to Millstreet in what was a fantastic match. There was great character and skill shown by our girls in a very hard and competitive game.

Feile Skills Competition
Congratulations to Cliona Lynch who finished in 2nd place in the Cork County Skills final. Cliona finished second to Aislinn Casey from Dungourney so it was a very productive day for Imokilly camogie players!

Cork News
Sars were represented at the Cork vs Waterford Senior Munster championship game in Thurles by Ciara Rice, St Josephs N.S. & Sinead Hurley, Brooklodge N.S. who represented their schools in the Primary Games at half time.

Emma Casey also represented Sars on the Cork Junior Camogie team this month. Well done Emma.

We are delighted that the Sars U14 Feile Panel were recently announced as the joint recipients of the Rebel Og Award for June, along with the St Finbarr’s U14 Feile hurlers.

It was a particularly busy month for all of our younger underage teams with a flurry of matches home and away to opposition including Courcey Rovers, St Finbarrs, Tracton, Fr O’Neill’s & Blarney to name only a few. It would be impossible to give details of all of the matches here but all details are available on our Sars Camogie Facebook page. It is fantastic to see the girls playing in such numbers and to such a high standard. It is a great credit to the girls, their trainers and their parents. The level of skill and competitiveness is very impressive and they are all improving month on month. Keep it going girls!

Sciath Na Scol
Congratulations to the boys and girls from St Joseph’s Riverstown who won the H3 and C1 sections of the Sciath Na Scol. Congratulations also to the Sars players that were part of SNCN (Glounthaune) team that were successful in the H1 section. Amazing achievements by all! Well done to all the coaches who have been instrumental in their development.
Feirme is not a running organisation, Glanmire members have found much enjoyment out of partaking in various running events.

The Cork City Marathon is no different with 8 different members coming together to run the relay, half and full marathon with additional members taking part with other organisation. The relay team was made up of Kate Bulger, Michael and Patrick Buckley, Tómas Thornton and Karen Cashman. In the case of the relay team, it is great to see people who know each other because of Glanmire Macra come together outside the organisation to form a team.

Relay captain Karen Cashman explained; “since last year there has been an increase in members taking part in running. Often people are doing smaller races and may not have the time or fitness to do a full or half marathon so the relay offers a great opportunity to take part in the marathon.”

Well done to Kevin Smiddy and Gillian Kenneally who completed their first half marathons – doing so in less than two and half hours. Both had undergone much training including multiply 10 mile races to prepare for the day. Gillian exclaimed her delight “at running the Cork City Marathon – it was a goal of mine I set out earlier in the year and (I’m) thrilled to have finished it”.

A special mention to Sean Ahern who ran the full marathon, doing so in under four and a half hours. This is the third marathon that he has done. Sean is one of the driving forces behind Glanmire Macra willing to take positions on the club’s Top Table. As a general rule, people often do two years in a position before moving on. With Chairperson Sarah O’Connell, Secretary Will Daly and Treasurer Liz O Dowd Daly all having completed two years – there was an expected reshuffle of the Top Table.

The election process was presided over by former Glanmire Chairperson, Bertie Cuffe. First up, long serving member Seamus Reid was elected as Chairperson. Seamus a native of Glanmire has been involved in the club for over 7 years. Upon election, Seamus said “I’m delighted to have been elected as Chair and I hope to continue to work with club members to promote the best for Glanmire Macra.” Seamus was then joined by Gillian Kenneally as Secretary and Kevin Smiddy as Treasurer. Last year’s joint PRO’s Aislingforgh Walsh and Michael Buckley had one year done and were successfully elected for a second year, providing some stability to the relatively new committee.

A word of thanks to Will, Liz and Sarah for their hard work and dedication over the last two years. Sarah summed her time as Chairperson as “one of the most enjoyable times of her life” and expressed her “delight at being involved with such a great organisation!”

Thanks again to Sarah, Will and Liz for everything and best of luck to the new team.
SEND your entries marked CROSSWORD to “Aitinn” Sarfields Court Glanmire, to arrive by 18th July. The prize is a meal in BEV A CAFE which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your email and your address.

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Across
1. Lionel plays soccer (5)
6. Not drunk (5)
9. Notion, slight idea (7)
10. Smelly animal (5)
11. Command (5)
12. Bolivian city (5)
13. Charms (7)
15. Pig house (3)
17. Flat fish (4)
18. Ponder, look over (6)
19. Man-made river (5)
20. Large cat (6)
22. Periods of time (4)
24. Used on roads (3)
26. Punishing (5)
27. Smell (5)
29. Competition (7)
30. Native American tent (5)
31. Austrian song (5)

Down
2. Inuit (6)
3. Not married (6)
4. Used in writing (3)
5. Santa ‘surname’ (5)
6. Underwater swim tube (7)
7. Monster (4)
8. Happenings (6)
10. Type of weasel (5)
12. English racecourse (5)
14. Open sore on skin (5)
15. Bolivian city (5)
16. Raising agent (5)
17. Part of door (5)
18. Clique (7)
21. Type of light (5)
22. Foetus (6)
23. Addition to a building (6)
25. Devil (5)
26. Unadulterated (4)
28. Weep (3)

Crossword Winner: Cora Daly, Whites Cross, Co. Cork

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BER: C1 BER No.100574128

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