

Glanmire GAA Tribute to Oliver Brennan



On Saturday, 28th April 2018, Glanmire Football club lost one of its most diligent and dedicated stalwarts, as our club President, Oliver Brennan, passed onto his eternal reward.

Son of the legendary Cork Hurler "Micka" Brennan, it was inevitable that Oliver would grow up with a fondness of our Gaelic Games, and from a young age he represented his parish Clubs, Glanmire and Sarsfields. And while Oliver had a passion for both codes, it was Football that would become his preference, and so a relationship with Glanmire Football Club would blossom and form a legacy that would span many decades.

Oliver, or Ollie, as his friends knew him, represented Glanmire in multiple roles during his time with the club. He served as a selector with many teams in the club, winning various honours with teams from juvenile level all the way to adult level. He was a selector with the under 14 team which won the County championship in 1968, and Glanmire, Captained by John Egan, were victorious over Beara. From that day onwards, Oliver and John would go to share a strong friendship to this day, and even became selectors together, and were part of the management team who won the Junior East Cork League in 2007.

Not only did he dedicate time on the pitch, Ollie also gave immense commitment to the club at administrative level as well. Oliver was a member of the Glanmire executive committee for countless years, and held a number of officerships during his time on the committee. He holds the distinction of being the first ever Secretary of Glanmire and Sars Juvenile clubs. He also spent many years as the Glanmire delegate for the East Cork Board, travelling all around East Cork to arrange fixtures and represent the club in all discussions, and was widely respected and highly regarded amongst fellow delegates and officers within the division. Oliver always strongly and passionately stood up for his beliefs on how the game should be played and administered, and never left a meeting without his two cents being offered. His greatest accolade at Administrative level was in November 2015, when so many years of service and hard work were officially recognised as he was elected as president of Glanmire GAA. An honour and position he was so proud to receive with the utmost humility.

Perhaps though, the defining part of Oliver's legacy will be his passion and graft for the grounds of Glanmire GAA that he treated so precious as his second home. ... continued page 4

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...continued from page 1

Glanmire GAA Tribute to Oliver Brennan

Oliver, as well as predeceased club stalwarts and close friends Mick Barry and Mick O'Leary, was part of a committee which secured the club grounds at "the Pike" which would go on to become the home of Glanmire GAA. As long as he was able to, Ollie would more than likely be found casting an eye over the club grounds at Sallybrook, ensuring that the pitch was in pristine condition for any matches or trainings that were due to take place. No job was too big or small, whether the pitch was to be lined, or a patch of sod was to be filled, Oliver would take responsibility to ensure each task was completed. It must not have been easy for OI to see the damage and destruction caused to the premises by the storms and floods in 2012, but he worked tirelessly alongside the committee to ensure that the pitches were restored to their previous state, and also helped to see that the grounds would prosper to further potential. The grounds of Sallybrook, which today cater for so many of our Parishes children and so many teams, are a testament to the hard work and perseverance which Oliver dedicated much of his life to.

In fact, it was his love of the Club which so strongly was reflected in his personality. One could be forgiven that Oliver may seem sometimes abrupt in his approach regarding football matters, but it was only us that knew him so well that knew this was merely Oliver protectively speaking about the Club and Grounds he was so proud to represent. A funny anecdote sums up Oliver's protective love of Glanmire; in late 2015, Oliver was doing some work at the club pavilion in Sallybrook, and noticed a lady taking photos of the grounds from a distance. Fearing that there may be some sinister motives for these photos to be taken, Oliver questioned the lady as to why she was taking photos of the pitch. She merely replied saying that she was planning on painting a picture of the club at another club officials request. Little did Oliver know at the time, that the lady in question was local Artist Carol Breen, and she was in fact painting a picture of the club that would be presented to Ollie himself to commemorate his election as Club President at the upcoming AGM! Oliver was moved to tears by the gesture, and the picture now hangs proudly in his front hall at his home.

While Glanmire may have been a huge part of his life, it would be very wrong to say that the club was his priority. Oliver's first love was always his family. He was a loving husband to his wife Aileen and beloved son Michael, and worked diligently for many years in Beamish and Crawford to ensure that Aileen and Michael never wanted for anything. A family man of the highest order, Oliver gave his all to ensure that his family were looked after, and his pride and care for them never ceased.

With that said, while Aileen and Mick were always his primary concern, you could not help but feel as if Oliver regarded you as family if you were one of the truly lucky ones who worked at his side for the cause of Glanmire GAA. Ollie would always welcome you into his home warmly and generously and would always be willing to offer his friendship to you for hours on end. If there were ever any worries that would weigh one down, Oliver would always go out of his way and be willing to help as much as he could. In our last conversations with Oliver before his passing, his only concerns were the aspects of our lives, and never did he yearn for sympathy and dwell on the cards he was dealt, such was the selfless nature that Oliver always preserved.

We here at Glanmire GAA, much like Aileen, Mick and Oliver extended Family at this time, are at a tremendous loss with Oliver's passing. But at the same time, we feel so lucky for having the pleasure and honour of sharing a part of Oliver's life, and knowing and caring for such an honourable gentleman.

Ar Deis de go raibh a adam dilis.



Children at Glanmire



Annie and Grace Carroll from Knockraha enjoying Library time



Robyn and Harry O'Brien O'Neill



Noah and Jack Foley, enjoying Library time!

Directors Cut

IS IT APATHY OR WHAT IS IT-----??

There was a public meeting in the Community Hall in Glanmire on the 12 February 2018. On the agenda was anti social Behaviour (A.S.B) in Glanmire as well as the usual discussion items. The hall was packed. On perusing the attendance sheet after I could not help but notice very few people there from the newer estates, Crawford Woods, Marwood, Fernwood, Coppervale. Are they not Glanmire addresses. ? Anyway that is for another day.

In order to protect the children playground which was built by the people of Glanmire (and not Cork County Council as some people think) it was agreed that volunteers would be asked to help. For some time the people of Meadowbrook had complained that A.S.B in the park was causing them grief and something had to be done. With the list of volunteers in place we agreed to start patrolling the area from the following weekend. Nine people volunteered to help. Seven of these are over 60 and the other 2 are over 40. We have been observing the goings -on since that weekend. Most weeks very little happens and people come and go. But a few weekends the alcohol has arrived. Not all bring the bags but they all seem to know there is some refreshments on the way. Usually large mineral bottles with different types of alcohol. These young teenagers were recognised by by one of the volunteers as second year students in local schools. On the fourth weekend when Glanmire and Sars were playing games locally and our under 10 team won the Cork Community Games chess competition and we also had winners in the handwriting and art sections in the Community Games other kids had a different agenda. That Saturday 3 young teenagers were arrested for A.S.B. It was sickening to see these 3 kids being taken away in a Garda car.

That indicates the good and bad of a weekend in Glanmire For this patrolling to continue we need help. Especially from young parents who will recognise the young people from the local area. How about a proper youth centre with table tennis and pool tables (see picture on left from a Limerick Hall) Why don't you come to the next public meeting to make your views known. Maybe you can help.

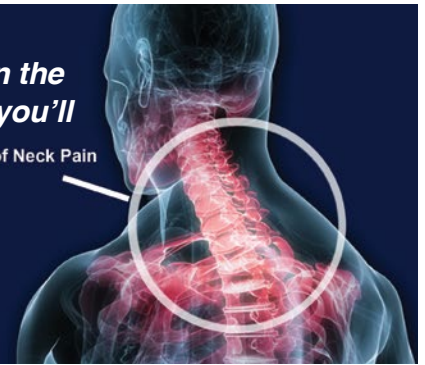
Michael Burns--- Director



If you're over the age of 30 and suffer from neck pain, tingling in the arms, or headaches, this could be the most eye-opening article you'll

Why Haven't People With Neck Pain Been

Area of Neck Pain



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

GLOUNTHAUNE RAILWAY STATION

Signage at the station shows Platform 1 and Platform 2 but there is no indication regarding which to utilise for the Cork bound, the Cobh bound or the Middleton bound trains. Yet there are ten signs showing that it is in fact Glounthaune Station!

It has been referenced in this column numerous times in the past, as has the more important issue relative to Platform 2. Access and egress is by means of footbridge only which of course is a problem for wheelchair users, those with mobility difficulties, and a parent with small children has to experience the trial of being obliged to negotiate the bridge while carrying a buggy. Hand rails were installed recently which will be of assistance to the infirm but the problem for the wheelchair user remains, as does the parent predicament because the rails have reduced the width of the steps and this exacerbates the task. The footbridge was very rarely used in past times because it was possible to cross at the western end of the platforms which were then sloped downward to rail track level. Sleepers were permanently positioned between the tracks thus forming a level-surfaced crossing. This facilitated easy movement from one platform to the other so the problem being experienced today did not exist. This was pre "Health & Safety" days but is the present scenario compliant with such? Glounthaune was one of the stations where it was planned to have a lift installed during the "Celtic Tiger" years but the associated funds exhausted. However ample funds were available for the construction of the five million thirty metre span Tivoli overbridge at Lower Glanmire Road to service a few houses that were already accessible, and funds were also available for the provision of lifts at the Middleton and Carrigwohill stations. But, no worries, Irish Rail has devised a solution to the problem at Glounthaune! Those unable to access the Cork bound trains at Platform 2 have the facility to travel via Cobh or Middleton from the accessible Platform 1, and commuters journeying from Cobh or Middleton may travel via Cork to disembark at Glounthaune! If travel on the last trains is involved they must just simply overnight at Cork and board the first train the following

morning - there is probably an attractive all-in package on offer! Little Island Station does not have a lift but commuters are not affected as there is access and egress for each platform from the northern car park side and the southern footpath side. There are no lifts at Fota, Carrigaloe or Rushbrooke stations either, and Cobh is not affected by the absence of one as disembarkation and boarding is via the same platform which runs adjacent to the roadway. In fact Irish Rail received planning permission in March to construct a wheelchair accessible ramp between the pedestrian entrance and the station platform. Is that a priority, also bearing in mind the cost, considering that access is already in place? A very significant figure of Eur 100,000.00 is reported to be the estimated cost of installing a lift at Glounthaune Station? It is interesting to note that the EU "Passenger Rights Regulation" stipulates; "passengers with reduced mobility can travel in a way that is comparable to other citizens. Railway companies and station managers have to establish non-discriminatory access rules for the transport of disabled persons and persons with reduced mobility, including the elderly". This regulation is in force since 2007 yet eleven years later the present scenario exists at Glounthaune station. This glaring omission and the apparent lack of concern should be immediately addressed and it is not an issue for consideration away down the line!

PAST PUPILS REUNION

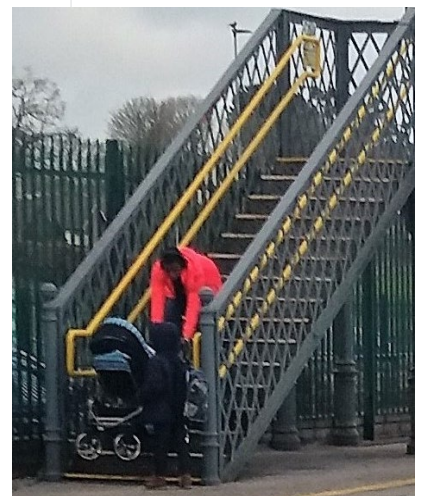
Past pupils of the "Old School" in Glounthaune Village had a nostalgic reunion at a function held at the "Great O'Neill" public house on Friday April 13th. The school closed in June 1981 and the schoolhouse is the present day Community Centre. The village is of 1819 vintage so it pre-dates the Great Famine by some twenty six years, and next year is the bicentenary. The "Quay Church" was built on the site sixteen years previous to this and the 1803 date stone is featured on the western facing wall of the now Community Centre building. The church was decommissioned in 1898 and was replaced by the present-day Sacred Heart church. The first school, built in 1825, also stood on the site and this was a two storey structure with girls' classes upstairs. Inspectors' of the day regularly complained of the noise that emanated from the upper floor

and also referred to "showers" of dust coming down through the many holes. Their reports also frequently highlighted the necessity of a new school; "the school-room is regularly overcrowded and is also in a very bad condition". In 1898 it was decided to proceed with plans to demolish the school, later the church, and build a new school on the site. An inspector's report dated September 13th.1900 advised that; "the manager is taking steps to have a suitable new building erected immediately". Another report issued by school inspector W. Bartley on October 9th.1901 referenced joyful news; "the school is held in the new school-room today. The new house is well furnished, commodious and cheerful but I am sorry to say that the floor is not kept as clean as it should be and there will be no excuse for any untidiness in future. Also the ventilation of the room should be attended to at playtime and the pupils should be evenly distributed over the desks and should always sit in lines". Interestingly, the plaque on the western facing wall of the building shows; "New Glanmire National Schools 1901" even though the parish was known as Glounthaune as far back as 1880 at least and the reason for this is probably due to the fact that there were several other schools in the parish at the time. A unique and warm comradeship existed between school pupils, their families, and village residents down through the years and many pupils enjoyed

their lunch-break at various homes in the village. They handed in their billy can of cocoa each morning to have it heated on the range for the twelve noon to twelve thirty breaks. There could be as many as fifteen pupils sitting / standing around the kitchen table and they were always reminded to; "eat-up every bit of your lunch and drink-up all your cocoa", and importantly; they each said the mandatory; "Thank You" on leaving. The comradeship did not end when the school closed in 1981 as pupils and their families kept in touch with the "Village People". These memories and many, many more were re-kindled at the reunion function and the replica classroom provided an excellent setting for interaction. The exhibits included; desks of the day, a blackboard, a school bell, an abacus, wall maps, record books extending back to the year the school opened, vari-

ous charts and there was a glowing fire. Every classroom has a muinteoir and this position was performed by Geraldine O'Neill with great panache, and her relaxed presentation was a major factor in the success of the evening. The phrase; "once a teacher, always a teacher" comes to mind! Indeed Geraldine also played a pivotal role in the advance preparation for the event and she sourced many of the items on display. Additionally, the enticing and delicious food served on the evening was courtesy of Fitzpatrick's Shop. Margaret Donnelly was the appropriate "Guest of Honour" and those at the reunion would recall the numerous occasions they ran "across the road" to Donnelly's Shop. Past pupils present represented five decades of schooling; the thirties, forties, fifties, sixties and seventies' and "golden" pupils present included Bernie Cashman, Maire Twohig, Jim Jeffers, Colman Dillon and Tadg Dillon. Photographs of past times were very much admired and there were many humorous contributions on the night. "Remember when" and "what about the time" were frequently used terms in general conversation. The event presented an opportunity to renew old friendships and share old memories and it was a tremendous success in that regard. The common bond was visible and the spirit of "Memory Lane" lives on. Mile buiochas do gach einne.

SLÁN ANOIS ©





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THOUGHTS RICH AND RARE

This is the weather the cuckoo likes, and so do I. The days are long, and life seems that little bit easier. Shadows are short in June and the church spire, which, since early autumn has acted like a slim sundial genome, no longer casts a thin stiletto image across the lawn and driveway. The box balls too have minuscule shadows and they huddle in under the evergreen foliage as if sheltering from the bright sun. Even the stately Tsuga at the gate, never one to hide its magnificence beneath a tub, now casts a shadow barely larger than its slender width.

The tulips of course have finished their showy conversation with the forget-me-nots, and the daffodils with their graceless yellowed leaves are about as handsome as the brown bulbs sold by the ton during autumn. The tulips I treat like annuals, planting them at the very end of November and confining them to the compost bin during late May! My reasoning is simple; what goes down as plump bulbs before winter usually come up as five little pieces, each of which must be grown on for a similar number of years before they reach flowering size again. Now if I can buy a dozen or two new tulips for the price of a gin and tonic, why should I gamble tempting undersized offsets to bloom for a second year? No, a new autumn, new bulbs.

During spring (every year) the colour blue can lift me to an ecstatic high. Any shade is welcome in the garden; lavender blue and pale sky blue, ultra-marine or royal blue. Many appear fleetingly in those few square yards of the back garden which boast deep rich soil and gentle shade. They sing out here with a clarity you just wouldn't get in an open front border! Whims, fancies and passions engulf and pass, but the colour blue will be found a constant in any keen gardener's palette. It is the colour of infinity, of transparency, of the intellect, and now that June is upon us, there is hardly a day when the garden

is not awash with blue. Now, everything I read and watch on television becomes tolerable.

Despite the atrocious winter and late spring there's a lot of blue around even as I write. It started to creep in during the snowy period in March with a trickle of anemone blanda, then by way of scilla and muscari to crocus and pulmonaria. By the middle of May it was a flood, and even as the tulips faded away they will leave behind a foil of knee-deep forget-me-nots mixed through with tall bearded iris strutting their stuff whilst looking down their noses at the shier omphaloides and stubble-leaved brunnera 'Jack Frost' which light up the shade.

I will opt always for these blue flowers, whether or not they have other merits. My favourites run to thousands but take campanulas as one prime example. Campanula persicifolia, the peach-leaved bell-flower comes into bloom this month and it will go on producing flush after flush or enchanting blooms on wiry stems-if you have the patience to go out and remove the faded blooms regularly. These blue campanulas (they're also available in white and duck-egg blue) need only to have their basal rosettes divided every second or third year in order to last indefinitely. Have a look for one of these this weekend at your local garden centre and for less than the price of a gallon of petrol, bring home something that will last a hell of a lot longer. Mix a blue and a white form and you'll find that their children will arrive in a combination of these two colours to delight you for a decade or more.

When it comes to thoughtful presents for women, it must be disappointing to be presented with a bunch of tight-budded, long-stemmed, scentless tea-roses that florists sell on special occasions during the year- especially if they like roses! These hybrids can't define a time, shape a memory, or remind you of a joyous occasion for they have no worthwhile



perfume, no appealing texture, and no marked longevity.

So, when it comes to 'proper' roses you will certainly not have lived until you seen the glorious 'Charles de Mills' (or 'Falstaff Climbing') and buried you face in the likes of 'Chapeau de Napoleon' with its delicate scent said to combine tea with sauterne and fresh strawberries!

Rose breeders know this, and their customers keep on insisting on roses that have a good resistance to disease, a tidy and distinct shape, and continuous (repeat) flowering. Having a clean, fruity fragrance is another distinct advantage eagerly sought by the keen and knowledgeable.

For several decades now, Englishman David Austin has been introducing new rose varieties with all these desirable qualities; wonderful petal-filled flowers reminiscent of the old varieties but with improved fragrances, disease resistance, and compact size. Despite many of today's modern roses having a fragrant perfume they never really equal those of David Austin's 'English Roses' (as they are known) for his combine all the charm and fragrance of old roses with the colour range and repeat flowering characteristics of the modern strains. If you intend planting new roses this year, look to the David Austin range and delight in any you bring home. Caption for attachment; A charming study of David Austin's rose 'Gertrude Jekyll' with its delicious perfume and wonderful colouring. This was photographed in the garden of Noel O' Keeffe in Carrigtwohill.

IN THE JUNE GARDEN

CONTAINERS; Half my time spent in the garden is devoted to container gardening. I love everything about it; the immediacy with which you can create new effects and the intensity with which you can care for your treasures. And yes, their dependency on you, for water, for being put in the right place, for feeding and tidying. From mid-month through to late August I will feed these on a ten-day basis (oft times fortnightly) and if you do similar, you'll almost see them smile as they shower in the blue-tinted nectar of Miracle Gro (for example). Try it and see for yourself.

SEED PODS; Cut the seed pods from lupins and delphiniums as soon as the flowers fade and they'll respond by giving a second display in late July and through August. O.K., so these won't be as showy as their fore-runners, but in

look more delectable.

PULMONARIAS; Several of the earliest-flowering perennials such as leopard's bane (*Doronicum*) and lungwort (*Pulmonaria officinalis*) are now finished blooming and it is the optimum time to give them an annual trim, cutting growth right down to soil level with shears or secateurs. This rather drastic pruning removes old and battered foliage, copious seeds and faded flower heads. Within a month, neat clumps of new foliage will have formed and how fresh and attractive it will look!

With pulmonarias, this hard pruning has a further advantage. Most of us grow these shade-loving perennials for their distinctive foliage, and there are many named forms with

attractive mottling and patterning over their leaves. If left un-pruned, the flowers often set seed, but the resulting seedlings springing up all around may not, by any means, offer such attractive leaves. Pruning off the flower heads prevents self-seeding so if all you want is your attractive clump of 'Sissinghurst White' with no poor relations muscling in, that is how to maintain their purity. Very congested clumps can be lifted and divided now but transplants must be kept watered until they have become established.

GRANNY'S BONNETS; There was a time when Columbine (*Aquilegia*, *Granny's Bonnets*, and *Bishops Hat* as they were commonly called) grew in every garden. Now they seem to have fallen from grace for no other reason than their freedom at producing and setting seed. If you want to preserve your stock of named varieties then remove the seed heads as soon as flowering ceases. (see pulmonarias above)



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Máire Nic Shuibhne (1872-1942)

Micheál Ó Súilleabháin

Duine de na mná ba ghníomhaí agus ba chonspóidí a d'oibrigh ar feadh a saoil ar son chúis na poblachta ba ea Máire Nic Shuibhne. Deirfiúr le Traolach, Ard mhéara Chorcaí a fuair bás ar stailc ocrais ba ea í. Chuaigh John Mc Swiney go Sasana sna 1860idí ar thóir oibre. Bhuaile sé le Mary Wilkinson, Sasanach mná agus phósadar. Saolaíodh Máire in 1872, an chéad pháiste de sheachtar. Chaith Máire a luath-óige i Sasana agus d'fhill an teaghlach ar Chorcaigh nuair a bhí sí sé bliana d'aois. Fuair sí a cuid oideachais i gColáiste San Aingeal. Cháiligh sí mar mhúinteoir i Sasana agus chaith sí roinnt blianta ag múineadh ann. D'fhill sí ar Chorcaigh don dara huair in 1904. Fuair sí obair mar mhúinteoir i gColáiste San Aingeal agus chaith sí roinnt blianta ag múineadh ann.

Sna blianta ag tús an chéid bhí suim i gcearta na mban ag méadú. Bhí na sufraigéidí gníomhach i Sasana agus in Éirinn, chomh maith. Chuir Máire suim sa ghluaiseacht. Ansin méadaíodh suim i saoirse na hÉireann. Bunaíodh Óglaigh na hÉireann agus Cumann na mBan. Bhí Máire ina ball den Chumann. De dheasca Éirí Amach 1916, gabhadh Máire maidin amháin nuair a bhí sí ag múineadh sa scoil. Tógadh go príosún Chorcaí í. Bhí brú ar an scoil mar gheall ar thuairimí Mháire agus ba é an toradh ná gur briseadh Máire as a post. Mar thoradh ar an gcor san, thosaigh sí féin agus a deirfiúr, Annie, a scoil féin ag 4 Belgrave Place. Thug sí Scoil Íte uirthi. Bhí an scoil bunaithe ar an bhfealsúnacht a bhain le Scoil Éanna an Phiarsaigh. Ba í an aidhm ná ard-chaighdeán oideachais a chur ar fáil. Cuireadh béim ar nithe Gaelacha, ar an

olltoghchán 1918. Nuair a bunaíodh an Chéad Dáil in Eanáir 1919, ceapdh Máire mar fheidhmeannach ar son Rialtas Shinn Féin i gCorcaigh.

I Lúnasa 1920, gabhadh Traolach agus tógadh go Príosún Brixton i Sasana é. Chuaigh sé ar stailc ocrais mar níor aithin sé ceart Rialtas na Breataine é a ghabháil. De réir mar a lean an stailc ocrais, chaith Máire agus bean Thraolaigh, Muriel, na laethanta cois leapa leis. D'eagraigh Máire róta idir



í féin Annie agus Muriel. Léadh Máire scríbhinní Thomas a Kempis, Imitation of Christ, dó. Labhair sí gach lá leis na meáin chumarsáide agus thug sí eolas dóibh ar a shláinte. Nuair a fuair Traolach bás i nDeireadh Fómhair 1920, chreid Máire go raibh dualgas uirthi an aisling a bhí aige maidir le Poblacht na hÉireann a bhaint amach a chur chun cinn.

An mhí dár gcionn, Samhain 1920, fuair Máire cuireadh ó ghrúpa i Meiriceá a bhí ag iarraidh coimisiún a bhunú chun na coinníollacha in Éirinn a scrúdú. Bhí Muriel, baintreach a dearthár, Traolach, ina teannta nuair a thug sí aghaidh ar Mheiriceá. Thug an bheirt acu cuntas cruinn ar choinníollacha in Éirinn. Léirigh Máire na buanna a bhí aici mar chainteoir. Óráidí den scoth ba ea í. Thug sí camchuairt ar na príomh-chathracha i Meiriceá agus, go minic, labhair sí le sluaite os cionn 10,000 duine. D'fhan sí i Meiriceá go dtí Lúnasa 1921 agus is féidir a rá gur éirigh thar barr leis an turas.

Mheas sí go raibh dualgas uirthi an phoblacht a fógraíodh in 1916 agus arís in 1919 a chosaint i gcónaí. Nuair a tháinig sos cogaidh i gCogadh na Saoirse in Iúil 1921 agus nuair a vótáil an Dáil chun glacadh leis an gConradh Angla-Éireannach roinnt míonna ina dhiaidh, bhí an-díomá uirthi. Níorbh é an Dara Dáil a ghlac leis, mar, go hoifigiúil, bhí ar Pharlaimint an Deiscirt, a bunaíodh faoin Acht a rith Parlaimint na

Breataine in 1920, teacht le chéile chun vótáil ar an gComhaontú Angla-Éireannach, cé gurbh iad na baill chéanna a bhí sa Dara Dáil na teachtaí a rinne an vótáil. Ar an ábhar san, níor ghlac Máire riamh le Comhaontú Angla-Éireannach 1921 ná leis na socrúithe a lean é, Saorstát Éireann agus socrú de Valera sna 1930-idí, Bunreacht 1937 san áireamh. Dar le Máire, bhí gach rud a bhain leis an Saorstát neamhdhlisteanach agus dá bhrí sin, níor thug sí aitheantas dó. D'fhéach sí ar an Dara Dáil, a toghadh in 1921 agus nár scoireadh riamh, dar léi, mar rialtas dlisteanach an Stáit go lá a báis. Toisc gur dhiúltaigh sí glacadh leis an Saorstát, dhiúltaigh sí glacadh le cabhair airgeadais ón Stát do Scoil Íte. Chruthaigh sé seo deacrachtaí móra airgeadais don scoil ach ceist phrionsabail ba ea é. Nuair a shocraigh de Valera scarúint le Sinn Féin in 1926 chun Fianna Fáil a bhunú, bhí feall déanta aige, dar léi. Nuair a bhain de Valera cumhacht amach in 1932, thosaigh sé ag déanamh athruithe sa Chomhaontú Angla-Éireannach. Bhí Bunreacht 1937 mar bhuaic-chéim ach dhiúltaigh Máire don Bhunreacht nua mar bhí páirt fós ag Rí na Breataine i rialú na tíre ann agus níor bhain sé ach le 26 Chontae. An t-aon uair gur éirigh le de Valera agus Máire aontú ar ábhar éigin ba ea nuair a d'fhógair an rialtas neodracht na tíre sa Dara Cogadh Domhanda in 1939. De réir a chéile, bhris Máire le Cumann na mBan agus le Sinn Féin. Ní raibh sí riamh sásta comhréiteach a dhéanamh.

Fuair Máire bás ar an 8 Márta 1942. Bhí saol an-ghníomhach caite aici. D'fhulaing sí go mór ar son na rudaí ar chreid sé iontu. Choimeád sí an creideamh go dtí an deireadh. Cé go raibh a cuid prionsabal ró-dheacair do mhórán, sheas sí an fód agus bhí sí lán-dáiríre faoi gach seasamh a thóg sí.



teanga agus ar an stair. Chreid Máire gur cheart do gach bean na buanna a bhí aici a fhorbairt.

Toisc go raibh Máire chomh gníomhach i gcúrsaí polaitíochta, bhíodh sí as láthair ón scoil go minic. D'oibrigh sí go dícheallach ar son na bpríosúnach Éireannach i Sasana agus sa Bhreatain Bheag, a bhí i ngéibheann. Bhí sí gníomhach i gCumann na mBan agus d'eagraigh siad ceolchoirmeacha agus rincí chun airgead a bhailiú do na príosúnaigh agus dá gcleithiúnaithe. In 1918, bhí sí an-ghníomhach i bhfeachtas Chumann na mBan in aghaidh an choinscríofa. D'oibrigh sí ar son a dearthár, Traolach, in

Gluais:

ba ghníomhaí = most active

ba chonspóidí = most controversial

de dheasca = as a result of

camchuairt = tour

óráidí den scoth = superb orator

Acht a rith Parlaimint na Breataine =

An Act passed by the British Parliament

cleithiúnaithe = dependents

buaic-chéim = climax

feall = treachery

dlisteanach agus neamhdhlisteanach =

legitimate and non-legitimate

aitheantas = recognition

comhréiteach = compromise



GLANMIRE CHAMBER OF COMMERCE



The Glanmire Chamber of Commerce wish to congratulate member Shirley Feeney of Shirley's Beauty Salon on her recent award in the Network Cork Business Women of the Year Awards in the Fota Resort.

Shirley first opened her salon in an upstairs unit in Crestfield Centre in 1998 working Monday to Saturday 9:00am-6:00pm including 3 late nights until 8:00pm for many years. Just a week later after her opening she found out I was expecting her first child. She worked right up to the day she went in to have her son and was back to work two weeks after his birth. Shirley credits her family and community support at that early stage to allow her to commit so much to the business. Then in 2002 after hard work and growth Shirleys moved to their current downstairs unit in Crestfield Shopping Centre in Glanmire and the business continued to grow and grow! When asked about the beginnings, Shirley said

"I didn't think I would last the year, when I first opened up, as in the beginning I would only have maybe one client every few days and it was like that for a while and then I suppose you persevere and eventually you start to build a clientele. Once a client came in the door it was up to me to give the best possible treatment along with an enjoyable experience and hopefully they would return to the salon for their future treatments. Hard work, dedication and help from people who you love. I guess I still love what I do, which it's an honour to say this and I still love working in the beauty industry and upskilling and retraining all the time; that's the key. Also to have a great team behind me, supporting and loving what we do."

Since then, Shirley has invested everything back into her business, her staff always retrain in every area of the beauty industry with the new and up and coming, whether it be products or treatments, the key to staying motivated is to up-skill at every opportunity and enjoy each experience that it brings. Since April 2017, they have



Megan, Shirley, Kiera, Jenny, Magella, Catriona, Chloe and Roslyn pictured at award ceremony

invested in the Nordlys System; it's one of the best laser platforms on the market and it can treat over 24 skin concerns, such as acne, acne scarring, pigmentation, lesions, rosacea, lines and wrinkles, stretch marks, the treatment and removal of warts, verrucae, nail fungal and so much more. They are Ireland's first clinic to have the Frax 1550, this machine has only ever been used by dermatologists in the UK. Not only that but they have also undergone major renovations from floor to ceiling, They now have 6 treatment rooms, a tanning room, 3 nail desks, a staff kitchen/storage area and a spacious reception area.

May Chamber Meeting



Ken Grandon



May meeting of Chamber held at Grandon Car Sales



John Moran



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



Lord Mayor Cllr. Tony Fitzgerald with pupils from Scoil Mhuire agus Eoin in City Hall this morning as part of 'My Healthy City' project.



Frances Wilkins who celebrated her birthday recently



Mayfield Ladies Club members at the Over 60's Semi Final



Mayfield ladies who took part in the Darkness into Light Walk

Annual Pool Tournament

Mayfield GAA raised funds for Cope Foundation from their Annual Pool Tournament. Adrian Greene and Colm Bond from Mayfield GAA with some of the soccer team, their trainers and Terence McSweeney, Cope Foundation Physical Activities and Sports Manager.



Congratulations to Mayfield Community School, who won the U14.5 D Football Blitz in Páirc Uí Rinn





Race Night in aid of the Jack O'Driscoll Fund

Hosted by the Mayfield Community School at the Clayton Hotel, Silver Springs



East Cork Talent Show

in aid of Down Syndrome in Midleton Park Hotel

Roisin with Judge Rob Heffernan



Roisin Mulcahy performing in the talent show



World Champion Drummer

Daniel Mulcahy had an evening with the Lord Mayor in The City Hall recently to honour his achievements as the Winner of the Munster, Ulster, All Irelands and the World's solo Drumming Competitions





Dr. John Sheehan
MB, BCH, BAO, DCH, DME, MRCGP, MRCGP, MD

ANXIETY ATTACKS; PANIC ATTACKS

When panic and anxiety symptoms escalate into anxiety attacks and panic attacks, it may be an anxiety disorder. Anxiety disorders include generalized anxiety disorder, social anxiety, and panic disorder. Anxiety attacks and panic attack symptoms can be treated with medication and psychotherapy. A panic attack can happen anywhere, at any time. You may feel terrified and overwhelmed, even though you're not in any danger.

One in 10 adults in the have panic attacks each year. About a third of people have one in their lifetime. It's more common in women than in men and can happen at any age. There isn't a lab test specifically for panic disorder. Your doctor probably will examine you and rule out other health issues.

Panic attacks are common among all anxiety disorders but what sets panic

disorder apart is that panic attacks are unexpected and occur "out of the blue" without an obvious trigger.

A panic attack is a sudden increase in severe fear or discomfort. This discomfort generally reaches its worst peak within a few minutes. During this time four (or more) of the following symptoms are experienced: Pounding heart, palpitations, or accelerated heart rate, sweating, trembling or shaking, shortness of breath, chest pain, nausea, feeling dizzy, unsteady, lightheaded, or faint, chills or heat sensations.

Numbness or tingling sensations. Feelings of unreality or being detached from oneself, fear of losing control or "going crazy" and a fear of dying.

One of the scariest early experiences in panic disorder is having a panic attack and not knowing what is happening to your body. By learning more about panic attacks and panic disorder, you can start to label and identify the experience that you are having. Although the experience of panic attacks is very distressing, hav-

ing a panic attack will not cause you to die or to completely lose control and they do not mean that you are going crazy. Sometimes, just knowing what is going on can help people to feel better. Turning to drugs or alcohol to try to deal with panic disorder in turn can make the symptoms worse.

Treatment Options

Lifestyle changes -- such as cutting back on caffeine, exercising, and deep breathing exercises may help.

There are multiple effective treatment options for panic disorder. These options include both psychological/therapeutic treatments and medical treatments.

Cognitive Behavioural Therapy (CBT) is considered the gold standard of treatment, especially for panic disorder. CBT focuses on educating clients about their disorders, identifying and changing maladaptive thoughts and fears, learning relaxation and other coping strategies, and helping clients face their fears.

Medications have a limited role for anxiety disorders for most people. There is evidence that taking one of these medi-

cations in addition to receiving behavioural therapy (e.g. CBT) can significantly benefit patients with panic disorder.

Mindfulness

Mindfulness involves spending time focusing on the present moment and using a non-judgmental stance (things are not good or bad, they just are). This may sound straightforward, but it can be tricky as our mind often wanders. Try to spend some time each day focusing on a single activity for 10 minutes. For example, focus on the experience of breathing: noticing the physical sensations that you have, the sound of your breath, the feeling of your chest rising and falling as you breathe, the feeling of air entering and leaving your lungs, etc.

The next time you have a panic attack, you can tell yourself "this is anxiety. I have felt this before and I was okay, this will pass in time." Accepting your experience, rather than fighting against it, will likely help your panic symptoms reduce more quickly and will feel easier along the way.



White's Cross GAA News

whitescrossgaa.ie



White's Cross under 5/6 Future All Stars team before their recent game v Grenagh

The month of May was a very quiet one on the playing field for the adult teams with no competitive fixture between April 21st and May 21st. Though the adult teams were idle in terms of matches, the same cannot be said of the juvenile teams had an extremely busy month with all teams seeing action several times recently. Read on for a short report on some of the activity.

Future All Stars (under 5-8)

Heartiest congratulations to our Under 5 & 6 Future All Stars, the majority of whom made their debut for White's Cross on the May Bank Holiday Monday, as they played Erins Own in a series of mini games played in Caherlag. The efforts these young boys and girls have been making in training since the beginning of February showed on the night with their coaches delighted with their efforts.

The Under 8 girls, veterans in comparison to the #FutureAllStars, also played a game against Erins Own - these girls have been improving steadily throughout the year also - well done to all involved. The players were very busy as they followed

up the Erin's Own games with another road trip to Grenagh to play the local team. There were fantastic performances from all our teams in the basking sunshine on the night. On duty were our Under 5 & 6 Future All Stars, consisting of boys and girls teams, while our Under 8 girls also played. Well done to all the players who are really highlighting the good work being done in training with their strong performances. White's Cross look forward to hosting both Grenagh and Erin's Own in the coming weeks for

White's Cross girls under 8 team before their recent game v Erin's Own



rematches.

Under 11s and Under 12s

The under 11 hurling team had one game when they played Donoughmore. They won a cracking contest on a scoreline of 4-07 to 3-08 thanks to very strong performances from the likes of Hugo O'Hara, Eoghan Murnane and Charlie O'Callaghan.

The under 12 footballers had a big win recently against Aghada scoring 4-12 to home side's 1-02. Ronan Healy was the hatrick hero on the evening as he helped himself to a personal tally of 3-04. The other big scorers on the evening were Seán Delaney with 1-03 and Bobby O'Riordan who kicked 0-03. While the scorers naturally grab the attention, this result was built on the outstanding defensive work from the likes of Aidan Docherty and Oisín O'Connell. Any day you only concede 1-02 to strong footballing side like Aghada can be considered a good day's work and provides the basis



Ronan Healy in action against Donoughmore for the under 11 hurlers

for victory which was accomplished in style on the evening.

The under 12 hurlers didn't have much luck on their side as they lost out to Passage on scoreline of 9-03 to 8-04. Craig Hughes was a razor sharp in the full forward line and pounced for four goals when presented with the opportunities. However, a last minute goal from Passage meant the team were denied victory when it seemed they were certain to win. They well learn a lot from this defeat going forward, however. The performances from the likes of the Mullins brothers, Luke and Michael, and Riain Harden provides a lot of optimism for upcoming games.

Under 14s

The under 14 footballers have been very busy recently. They sit proudly at the top of the football league while the were also involved in Féile action when they played Grenagh and Whitechurch on the same day in a blitz style tournament. Whitechurch were first up in our. White's Cross settled into this match quickly with Ethan Ryan prominent at centre-back Patrick Harrington with 3 points.



Luke Kelleher in action for White's Cross during their recent victory over Whitechurch in the under 14 Féile Peil

Robert Docherty and Eddie Coughlan kept the scoreboard ticking over as they tacked on a few points each. At the other end Charlie Browne and Ruairi Quinlan were very solid ensuring Whitechurch were unable to narrow the gap at any point. White's Cross ran out convincing winners on a scoreline 2-08 to 0-01 at full-time.

Up next was a match against Grenagh to decide the group winner. The boys in green made a good start with captain, Luke Kelleher, scoring two early points. PJ O'Donovan curled over a third point and Brendan Quain scored another 3-pointer with a fine finish. However, Grenagh stayed in touch with their own points. The half-time score was 1-3 to the host's 0-3. On the resumption, Grenagh immediately attacked strongly and goalied to level the match. Both teams added a point to leave it level going into the last 5 minutes but then Grenagh added 1-01 to leave a final score 1-04 to 2-05.

The under 14 hurlers got their first two league points of the season when they had a resounding victory over Lee Gaels. The final score was 5-17 to 4-03 points. Brendan Quain was scorer in chief as he netted all five goals. This was far from a one man show, however, as Eddie Coughlan scored some massive long distance points while Seamus Hennessy was outstanding at wing back.



Danny Linehan gets the ball under control during the under 16 hurlers victory over Passage

Under 16s

Our U16 hurlers played Pasage and St Vincents in quick succession recently. This Passage match was a great advert for hurling, pacey skillful and direct. Cian Walsh, Adam Gardner and Eolan Dill were outstanding in defence, while Sean Twomey and Senan Ryan didn't give their opponents an inch. Aaron Wallace was rock steady as always in goal. Conor Docherty and Adrian Buckley shaded a great midfield battle over the hour. Up front Stephen Whooley's pace was too much for the Passage defence & Harry Coughlan scored some superb frees. Sean O'Donnell & Danny Linehan had some great touches. The final score on the evening was Raonuithe Na Gaeil 2-13 Passage 1-09. White's Cross are playing as an amalgamated team with Brian Dillons, and play as Raonaithe na Gael - The Irish Rangers! Na Gaeil also had a superb display a few days after the Pas-

sage game when they travelled to play away against St. Vincents. While we came out on the losing side in this game it was again a great game, teak tough and end to end stuff. We were equally proud of the team effort on both nights and look forward to continuing the season post-exams.

Upper Glanmire ICA

June Recipe: Tiramisu

(There are so many variations on this recipe, here is another one!)

Ingredients

(1) The cake part:
A packet of Trifle sponge cake

(2) The syrup:
500 Mls water
145 grms caster sugar
12-15 grms coffee granules
2 tablespoons brandy or Marsala
--- bring all this syrup slowly to the boil, and let it boil for 5 min without stirring.
Leave it go completely cold.

(3) The cream:
250 grms mascarpone cheese
3 tablespoons of sweetened whipped cream
2 tablespoons from your cold syrup
--- soften your cream cheese by beating with a spoon, add whipped cream and your syrup.
Mix well.



Tiramisu

Method

- Dust a square dish with cocoa
- Cut your sponge cake horizontally and place into dish
- Pour your cold syrup liberally over your cake
- Cover with a layer of cream mixture.
- Repeat once more
- Finally dust with cocoa
- Let it chill for at least 2 hours or overnight.

Ester from Ester's Aromas giving a demo at our April meeting



Our winners on Federation Day
Ann Cashman and Pauline O Callaghan



Our new President Rita Cloghessy and outgoing President Mary Cashman



Glanmire at a Glance

Cork County Mayors Community Awards

At the ceremony Dermot O'Connell, Anthony Lynch, Michael Burns (winner) County Mayor Dermot Hurley, Madge Fogarty, and Cllr. Padraigh O'Sullivan



The Glanmire Active Retirement Group after attending his concert, had a 'meet and greet' with Daniel O'Donnell.

GCC'S FIRST EVER GIRLS' SOCCER TEAM FIND THE WINNING FORMULA

Glanmire Community College's first ever Girls' Soccer team lined out on Friday May 11th, against an experienced side from St. Patrick's College, Cork for the Southern Munster Senior Final.

Back row L-R Kate Cogan, Melicia Vercevic, Ciara Carry, Ellen Whelan, Nadia Condon, Zoe Mitchell, Chloe Galvin, Emily Browne, Rebekah Lee, Saoirse Brady. Front row Amy Gettings, Chloe Atkinson, Ella Woods, Emma Murphy, Lucy Moriarty, Lauren Harrington, Abbie O Mahony, Melanie McGrath.



Riverstown FC girls U14s team winner of the Div 1 league title for 2017/2018 season.



Well done to all of our players who were involved in GCC's recent Cork County Schools win vs St Marys of Middleton. An epic final that went into extra time before GCC emerged as victors.





HOW TO LOSE WEIGHT AND KEEP IT OFF FOR GOOD



The first step is to get to know your story. Look back at past attempts to get fit and learn from old mistakes. They offer great feedback and valuable lessons as to what worked or what didn't. Did you take up jogging every day? Did you join a gym and use the machines without really knowing what you're doing? Did you starve yourself? Odds are you won't be successful if you adopt these approaches again. As they say, if you do what you always did you'll get what you always got.

Now that you know your story, shift your focus to the following three steps to start making progress.

Education: know how to get in shape. Learn what works and what doesn't with regards to training and nutrition. To fast-track your results, get an experienced coach to teach and coach you.

Inspiration: know why you're getting in shape. Maybe you want to regain confidence, feel comfortable in your body or look your best for an important time in your life. These could be the why's that will fuel the fire and keep you showing up.

Support: having others help you along the way. Accountability is key. Find a running buddy, go to a class or boot camp with a friend or join a sport. Something that is enjoyable is easier to stick to. Having a bit of craic along the way is the job too!

If you nail these three steps then you are on your way to keeping the weight off for good and becoming the strongest version of you!

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

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Zumbathon at Mayfield GAA

Well done to Siobhan Lucey and her team of dancers in organizing the Zumbathon at Mayfield GAA club last Weekend as a fundraiser for the Jack O Driscoll fund





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Our Lady Crowned Credit Union

Credit Unions Emerge as Most Highly Regarded Organisation in Ireland

Credit unions have earned the top spot in a national study measuring the highest regarded organisations in Ireland. Our Lady Crowned Credit Union and its sister credit unions were ranked number one out of 100 companies surveyed for the 2018 RepTrak® report. With a score of 82, credit unions not only emerged in first place, but were also well ahead of the average score of 57.5 amongst other financial services organisations.

Over 7,000 members of the public were surveyed for the annual study which examines the emotional connection between people and the different companies and organisations they interact with. Companies were ranked on a Reputation Pulse score from 0-100, based on levels of trust, respect, esteem and admiration. There were 17 different categories of organisations, with credit unions claiming the top spot overall. RepTrak stated that credit unions won for their 'role in providing trusted financial services to local communities and being at the heart of communities in Ireland.'

Commenting on the achievement, Irish League of Credit Unions Head of Marketing and Communications, Paul Bailey, said; "Credit unions are fully committed to their communities, and the needs of the 3.6 million credit union members across the island are always at the heart of everything they do. This award is recognition of the selfless work and tireless commitment of credit unions to the local communities they have served for sixty years now. As credit unions are

owned by their members, the people who save with them and borrow from them, everyone – credit union members, staff and volunteers – should all be proud of this accolade."

Also speaking about the award, Loretto Dennehy-McCarthy, Manager of Our Lady Crowned Credit Union said "We are proud to be part of a movement that is regarded so highly across the country. Our dedicated staff and volunteers genuinely care about what our members want, and this is why we have consistently tailored our services and products to our members' specific needs. We are delighted to celebrate this good news and we would like to say a heartfelt thanks to all our valued members for their continued loyalty."

Loretto continued "Since first opening our doors in 1967, we have forged a strong bond with our members and indeed the wider community not just for our commitment to the provision of member-driven, not-for-profit savings and loan services, but also through our programme of sponsorship and donations to local sporting clubs and youth initiatives. We always stand ready and willing to support and assist those living and working in the local community. I would encourage anyone in the community who feels they could benefit from affordable and straightforward credit, or any of the many services we offer, to drop in for a chat and find out how we can be of help."

For further information please call Our Lady Crowned Credit Union today on 021 4504 923, go online at olccu.ie, email info@olccu.ie or visit either of their offices at 11c Silver-springs Road, Mayfield or Wallingstown, Little Island.



GLANMIRE HERITAGE SOCIETY

Please support our fundraising "bag pack" at Supervalu on Friday 15th and Saturday 16th June 2018, thus enabling Glanmire Heritage Society to continue its efforts to preserve our local heritage. We are currently researching the history of the mills that existed along the Glashboy River in the 19th and 20th centuries. We hope to publish this in the future. Past publications include "Glanmire and environs – People Places Pastimes"; 3 Walk Brochures, ie. Rathcooney, Sallybrook and Glashaboy; "Historic Houses of Glanmire". New members are always welcome to join Glanmire Heritage Society.

Frances Hedigan PRO

SALLYBROOK VILLAGE TIDY TOWNS

Thanks to Cian O'Coighligh for organizing 1st year to 5th year students of Colaiste An Phiarsaigh who gave us a great head start on the litter challenge. Over 40 students took part in the Neat Street Programme

The litter Challenge dates is as follows

FIRST PERIOD 14TH MAY 18 TO 23rd MAY 2018

SECOND PERIOD 28TH MAY TO 6TH OF JUNE 2018

THIRD PERIOD 11TH JUNE TO 20TH OF JUNE 2018

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SALLYBROOK VILLAGE TO KEARNEY CROSS

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We can gain valuable points in this category and would love to get top marks this year.

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THE INAUGURAL GLANMIRE DARKNESS INTO LIGHT 2018 WAS A HUGE SUCCESS

The Community of Glanmire stood up on the morning of May 12th and was counted for their support of Pieta House. An estimated 2000 people turned up at Glanmire Community College and participated in the Darkness into Light Event 2018.

Glanmire, like many Irish communities, has been hit hard by suicide and May 12th gave people a chance to show solidarity with those bereaved and also raise much needed funds for Pieta House. Pieta House is a non-profit organisation which provides a free, therapeutic approach to people who are in suicidal distress

and those who engage in self-harm.

The event would not have been possible without the generous support of local businesses that provided help in many different ways. GCC and Glanmire Chamber of Commerce would like to thank all the following businesses: Ryan's Supervalu, Balance Cafe, Alan Dowling of Alantricity, Glanmire Ices, St John's Ambulance, Dooley's Garden Centre, Doyle's Transport, John O'Reagan J&J, Woodland Printing, Ted Dunne Lighting Lyons Tea, BWG Distribution, O'Brien Construction, Glanmire Credit Union, Glanmire Opticians,

Graham Keane All Trades, Hegarty Flooring Services, Pharmacy First Plus, McCarthy Sports, Frances Hegarty Accountants, and Jon Moran for their unwavering support and sponsorship without which the event could not have taken place. The Darkness Into Light Committee at Glanmire Community College and Glanmire Chamber of Commerce wants to thank everyone who took part in the event, and everyone who helped to organise it.

Ms Ashling Muldowney, Chairperson of the Inaugural Darkness Into Light 2018 in GCC and Ms Frances Hegarty, Chairperson

for the DIL committee in the Glanmire Chamber of Commerce said they are very proud of GCC's and the Chamber of Commerce role in the Darkness Into Light event and in promoting positive mental health in the school community and the Glanmire area. GCC and the Glanmire Chamber of Commerce also stated that "it was a real honour to stand side by side with all those who participated, as we try to change the world that we live in for the better".



**Sarsfields Camogie Notes**

SARSCork Intermediate Players

Cork News

Well done to Cliona Lynch, Evie Twomey, Katlyn Sheehan and Ella O'Brien who were part of the Cork teams who won their blitzes in Ennis recently, beating Galway in both finals. Well done girls!

The club was sporting three All-Ireland Intermediate Div 2 league medals in the club this month. Congrats to Katie Barry, Maeve McCarthy & Niamh O'Callaghan.

A great achievement for Maeve McCarthy who was nominated for the Intermediate Div 2 Player of the League Award 2018. Congrats Maeve.

Senior / Junior / Minor News

A series of tough games this month for our Senior and Junior teams while our minor team took a break ahead of the Leaving Cert. Our seniors had a full programme with a number of the panel missing due to inter-county commitments, exams and injuries resulting in defeats to Ballincollig, St Catherine's, Inniscarra and Courcey Rovers. Our Junior team had a couple of hard fought matches vs Ballinascorthy and Cobh.

U16 / U14

Our U16 team made a strong start to their league campaign with wins over Ballinora and Youghal. Well done to all involved.

Well done also to our U14A and U14B teams who had wins vs Ballygarvan and Glen Rovers respectively this month.

Our U14A Feile panel are training hard ahead of their All Ireland competition early in June. Thanks to everyone who helped out and contributed to the fundraising events. Special thanks to Ryans Supervalue and Dunnes Stores.

U12/ U11/ U10 / U9

Our younger teams playing schedules are now in full swing with recent trips to Middleton, Ballyvourney, Douglas and Brinny. All of the training is paying off for this dedicated, great bunch of players as the games were really competitive with lots of skill on display. Great credit is due to the players and their trainers

GCC

Well done to all of our players who were involved in GCC's recent Cork County Schools win vs St Marys of Middleton. An epic final that went into extra time before GCC emerged as victors.

Darkness Into Light

Thanks to everyone in the club who volunteered as stewards for this fantastic event. Well done to all our players and families who took part in the walk here in Glanmire and further afield. Great credit is due to the organisers of this very special event.

Little Island National School**Garden**

We have been working on making improvements to our school garden and environment. Pupils, staff, parents, Board of Management and local community are all involved in this project. We have recycled and painted tyres and pallets to make some features. Students have been collecting bottle tops for months and these have been used to form collages of a hot air balloon, a bird and a worm. New plants are being added to the garden as well and some of these are bee friendly in order to help the bee population to survive. Thank you to everyone who has helped along the way. A huge amount of work has gone into it and we are very proud to be in a community where these improvements are respected by the children, teenagers and young adults who have access to our school in the evening and weekends.

stage of the competition having beaten schools that have a much bigger pool to select from. At all times they demonstrated skill and commitment and they represented our school really well. We are all very proud of them.

We met a better team in the semi-final and we wish them luck in the final.

Thank you to all of our supporters, especially the parents who came along, for making it such a memorable occasion. With several hurlers from 3rd class on the panel the future of hurling in our school looks bright!

Cyber Bullying Talk

Our Parents Association organised a talk by Children of the Digital Age for children and parents in our school. Workshops took place during the day for children from 1st to 6th Class and there was a separate workshop in the evening for parents. It was a very informative and useful event and

**Sciath na Scol**

We played Middleton CBS in the Sciath na Scol hurling semi-final recently. Our boys did a fantastic job in qualifying for the knockout

it complements the work we do in SPHE every week. Feedback was very positive from both parents and students.

Confirmation

Our 6th Class made their Confirmation recently





GLANMIRE MONTHLY MACRA NEWS



Glanmire host annual 5k and Bake Sale

We hosted a bake sale on the last Sunday of April with the funds going towards the Irish Pilgrimage Fund. Firstly members, Karen Cashman, Mairead O Driscoll, Aisling Walsh, Kathleen Fitzgerald, Michael Buckley, Will Daly, Dee Walsh, Claire Daly and Muireann Kennedy assisted in the Sunday mass by partaking in some readings and choir singing at St Michael's Church.

After the mass, the congregation were asked to support the cause by buying some freshly baked goods prepared by a number of our members. With tea and coffee being served, it was a relaxed and enjoyable afternoon for all who attended.



While in mid May, we organised our annual 5k fundraiser. This marks the 5th year of the road race and is one of our biggest fundraisers to help cover running cost for the forthcoming year.

With the sun shining last Tuesday evening, Glanmire members were out in force to help out with the big race. Club member Sean Ahern organised the race routing with the help of Will Daly, while over twenty members supported the race by stewarding and registration racers. Fortunately we had an excellent turn out with 125 participants turning up for the event.

The race went off without a hitch as the runners and walkers navi-

gated the course. The fastest male on the day was Sean O Sullivan from Carrignavar in a time of 17.30, while Sharon Rynee from the Killmurphy-Bricken athletics club was the faster male with a time of 19.41.

As a fundraiser we returned a profit of €475. A massive thank you to all that took part.

Glanmire seek Tag Rugby Success

The last competition in the Seandun Macra calendar was the mixed gender 7-a-side Tag Rugby Final. Taking place in Douglas RFC, Sunday 20th May would mark Glanmire's last chance to claim a sporting Seandun title.

Glanmire members, Will Daly, Kate Bugler, Cathal Cashman, Aisling Walsh, Sarah O Connell, Michael Buckley, Maura Fitzgerald, Deirdre Walsh and Tanya O Sullivan turned up full of enthusiasm and hope for the afternoon ahead. Facing competition from Knockraha, Whitechurch and reigning Seandun champions UCC Macra, Glanmire knew that nothing but their best would result in the title. Alas it wasn't to be for Glanmire with the game nearing the end, Whitechurch worked a beautiful move that allowed one of the woman cross the try line. Due to the number of woman on the Whitechurch team they got a point boast, taking the lead 5-4, despite tries from Tanya O Sullivan and Cathal Cashman. Despite being close to the line Glanmire were unable to break the Whitechurch defence ultimately losing the game.

Reigning champions UCC were seen off by Knockraha, the eventual winners after extra time meaning that Glanmire would face the students for 3rd prize. Although dejected from the initial loss, Glanmire decided to have a lot of fun in the second game.

Will Daly and Michael Buckley linking up with a pre-rehearsed move set the field alight to the glee of both Glanmire and UCC. Despite this, the UCC students remained disciplined and were able to hold us away. Fatigued after our first game's efforts, Glanmire



leaked some easy tries and ultimately lost 5-2 to UCC. Although not the result Glanmire wanted a great day was had by all.

Glanmire seek National Talent Glory

With the sun finally starting to shine across the country over the May Bank Holiday weekend, Glanmire were set to make hay and secure a National Title. Glanmire members Will Daly, Gillian Kenneally, Michael Buckley and Aisling Walsh aimed for Mullingar last Sunday to compete in the final of the National Talent Competition (NTC).

So over the May Bank Holiday weekend Glanmire were competing across two fronts, firstly they contested the contemporary dance which was a mash up of two popular songs. Glanmire put together a sharp dance that impressed the crowd and judges. It was clear that Glanmire had put in a lot of practice and showed off their moves in a well drilled coordinated routine.

Facing stiff competition from Mount Mellick (Laois), Freemount (Avondu - Cork) Kilnaleck (Cavan) and Athboy (Meath) Glanmire knew they had to be at their best and the quadrant gave an outstanding performance to the cheers of the crowd. Glanmire

put in a brilliant performance and claimed the runners up prize behind Mountmellick.

Next up was Glanmire's hilarious GAA comedy parody. The side splinting sketch brought many laughs to the hundreds in the audience. With the week that's in it, Will and Gillian channelled their inner Ed Sheeran in their parody "Drop Back To Junior B" of the famed singer's "Thinking Out Loud" to the rapturous glee of the audience.

Glanmire faced fierce competition from Bantry (Carberry), Ramor (Cavan) and Ballinagore (Westmeath). Each act providing a different take on the category from slap stick, to story telling to social commentary - the comedy acts on show were of the highest order.

Such was the performance of Gillian and Will, that the judges had no choice but to give us first prize in the Novelty Category!

Gillian exclaimed "that the hours of hard work were recognised tonight through our successes in the disco dancing and comedy act. We are delighted to have done our club so proud and especially of the first place finish in the Novelty Act"





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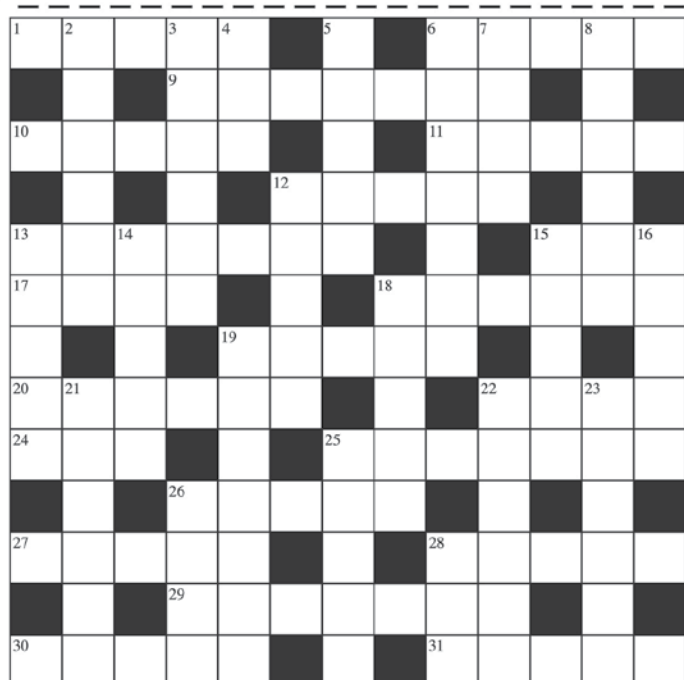
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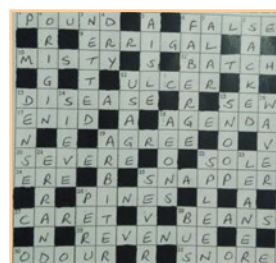
1. Mr. Cowell (5)
6. Vast, huge (5)
9. Trait, facet (7)
10. Proceed smoothly (5)
11. Become liable (5)
12. Used up, exhausted (5)
13. Hidden knowledge (7)
15. Our lovely river (3)
17. + (4)
18. Drive danger away (6)
19. Jeer, scorn (5)
20. Overseas (6)
22. Kerry hunger-striker (4)
24. --- of the Rovers (3)
25. He cuts up meat (7)
26. Games, athletics etc. (5)
27. Part of bicycle (5)
28. Opponent (5)
29. To do with doctors (7)
30. Yields (5)
31. Move smoothly (5)

Down

2. Winner of Eurovision (6)
3. Bids (6)
4. Used for fishing (3)
5. On ladder or stairs (5)
6. Used for coffee or pepper (7)
7. Lease (4)
8. Talent (6)
12. Where one sits in a stadium! (7)
13. Long fighting implement (5)
14. Indian meal (5)
15. Used to walk the dog (5)
16. Tool to trim side of lawn (5)
18. First appearance (5)
19. Specimens (7)
21. La -----, Puccini opera (6)
22. Mayo island (6)
23. Official crier (6)
25. Grey matter (5)
26. Identical (4)
28. Scrap of cloth (3)

Crossword Winner:

Cara McCormack
c/o Dolphins Swimming Club



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40 Carrigwell, Carrignavar T34HX72 €365,000

DNG Murphy Condon proudly presents this spectacular, turnkey, beautiful and well presented 4 bedroom detached property to the market. Located in the highly sought after development of Carrigwell in the heart of Carrignavar village and close to all amenities. The greater Carrignavar area has a massive shortage of good quality housing supply at present, and this property is sure to be top of the astute buyer's list.
BER: B3 BER No.102887973



"Tirano" The Highlands, Glounthaune T45T322 €450,000

DNG Murphy Condon are delighted to present to the market this four bedroom bungalow with detached Garage. The property stands on a mature elevated site and it has magnificent picturesque views of the inner estuary and surrounding countryside, located just a few minutes from the village of Glounthaune. This property offers the astute purchaser a home with potential in a highly sought after location.
BER: C3 BER No.104720693



21 Ashmount, Silversprings T23V9D8 €265,000

This three bedroom home has been given a major uplift with the addition of a storey and a half extension overlooking sunny south facing rear gardens. The result is a natural light filled family space with a stunning kitchen and open plan dining and living areas. The home also offers a cosy lounge room, guest wc and utility with three bedrooms, main bathroom and en-suite on the upper floor.
BER: C1 BER No.111054433



143 Silversprings Lawn, Silversprings T23F9P5 €180,000

While in need of some upgrading and modernisation this three bedroom semi-detached property with garage is located on a generous corner site, giving the potential to extend subject to planning. This property is ideally located in a cul-de-sac setting within this popular development. Easy access to the North Ring road, and a host of local amenities and services.
BER: D2 BER No.107198426



1 The Fairways, Little Island T45NY91 €295,000

DNG Murphy Condon auctioneers are delighted to present this superb detached family home. In excellent interior condition, the property has been recently upgraded to include brand new carpets, refurbished bathrooms, repainted throughout and granite worktops in the kitchen. It is laid out in a very family friendly manner with generous open spaces.
BER: D2 BER No.104334339



Monard, Rathpeacon, Old Mallow Road T23D925 €320,000

A Family living is made easy in this spacious 4/5 bedroom bungalow which commands magnificent views of the surrounding countryside. This home is perfect for everyone, ideal for the growing family or those seeking a property with a granny flat, this home will tick that box also as it can easily be converted into two independent living quarters.
BER: D1 BER No.107198426