

Congratulations Councillor Ger Keohane

Chairman for the Glanmire/Cobh Municipal area



Congratulations to Cllr. Ger Keohane on being selected as the Chairman for the Glanmire/Cobh Municipal area for the coming year, Cllr Keohane takes over from the previous Chairman Cllr. Pádraig O'Sullivan (right).

We wish Ger all the best on the year ahead and we have no doubt that he will continue to work tirelessly for the people and communities that he represents. Cllr Keohane is always available and can be contacted on **086 0263046** or gerkeohane68@gmail.com



Community Association AGM
10 September 8:00pm
Glanmire Community Centre

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GLANMIRE HERITAGE SOCIETY

Heritage Week 2018



Riverstown House was the seat of Dr. Jemmet Browne, Church of Ireland Bishop of Cork, who rebuilt it in 1745. One of its many attractions is the decorate plasterwork in the Francini Room created by the famous Italian stuccodores, the Francini Brothers Paul and Phillip.

If you have not yet visited this famous local house, during Heritage Week this year there will be two opportunities to do so. Wednesday afternoon August 22nd for a guided tour and Friday evening 24th August when Glanmire Heritage Society hold a Musical Evening's entertainment there. See details on Programme for Heritage Week 2018.

Programme of events for National Heritage Week 2018

Tuesday 21st August at Riverstown Community Centre

2.00 – 5.00pm Heritage Photographic Exhibition
Knitting & Crochet Exhibitions

7.30 – 9.30pm **Musical Evening at St. Mary & All Saints Church, Glanmire**

highlighting local talent – music, song, dance, poetry, storytelling

Wednesday 22nd August

2.00 – 5.00 pm Heritage Photographic Exhibition

2.30 pm Meet at Glanmire Library for a Guided Tour of **Riverstown House**. (€5 per head)

Thursday 23rd August at Riverstown Community Centre

2.00 – 5.00 pm Heritage Photographic Exhibition

2.30 p.m. A talk about Mary Elmes from Cork who was awarded a medal in 1944 by the State of Israel for saving the lives of Jewish children from Nazi concentration camps.

Friday 24th August at Riverstown Community Centre

2.00 – 5.00 pm Heritage Photographic Exhibition

8.00- 10.00 pm **Musical Evening at Historic Riverstown House**

A variety show featuring well-known local artistes.

KNOCKRAHA HERITAGE SOCIETY

Sing-Sing Open to the Public on Sunday 19th of August

With the arrival of autumn, with the days getting shorter, we are again approaching National Heritage Week, which this year is from August 18th-26th. This is a National event run by the National Heritage Council. It is to give people a better understanding of our history and heritage. Over 3,000 events will be held nationally. In Knockraha we have two historic sites which are recognised nationally and which people are coming to from all over the country and from abroad to see.

Sing-Sing is a vault in Kilquane Cemetery built around 500 A.D. by monks as part of a monastery. It is an underground structure measuring 5m x 3m x 2.5m with a solid iron door. It became the official prison of the Cork No.1 Brigade during the War of Independence. During the course of the War, up to 100 people were kept there as prisoners such as Black n' Tans, auxilleries and spies, at least of which 20 were executed and were buried in an area known locally as the 'Rea.

TV3 made a documentary on it a few years ago and that was again shown recently on television. It is also of interest to those interested in the supernatural. Many of the prisoners had supernatural experiences and the Cork Supernatural Club recently put some audio equipment in there. It showed up some strong ERF signals which would suggest the presence of spirits.

There will also be an exhibition of the equipment used by the Knockraha Company for the making of hand grenades which were distributed nationally and proved very useful in the War. These molds, owned by Knockraha, were recently shown on the television program National Treasures with John Creedon and due to the television program have had huge exposure. At the present time they are on exhibition at the National Museum in Castlebar where they have been seen by thou-

sands. We hope to have them back for the exhibition. Willie Fitzgerald will give lectures during the evening on how they made the grenades and answer any questions that will be asked. The proceedings get underway at 12 noon in Kilquane graveyard which is a mile from Knockraha on the Water-grasshill side.

There will be an organised lecture and tour every hour beginning at 12 with the last tour starting at 6. Also on exhibition will be weaponry used by the Knockraha Company including a revolver and a maxim machine gun that was used in the First World War. And courtesy of our ladies committee there will be light refreshments for everyone attending.



A group who recently travelled from Armagh to view Sing-Sing Prison, Liberty Hall and saw how grenades were made. They are pictured getting a lecture on Sing-Sing Prison.



If you're suffering from nerve problems in the arms and legs, you'll want to read....

How Patients Are Living Without **Numbness, Tingling, or Sharp Pains**

Numbness, tingling, and pain is an extremely annoying problem. It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other doctors and they claim all the tests indicate you should feel fine.

If You Do Nothing Else, Read This:

More than 20 million people suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, Chiropractor at Glanmire Chiropractic Clinic. We've been helping people with neuropathy and nerve problems for more than 12 years.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves.

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The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves

By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

Numerous people who suffer with numbness, tingling or sharp pains have chosen chiropractic's effectiveness in helping nerve conditions.

What these patients know is that you could soon be enjoying life...without those aggravating nerve problems.

Could This Be Your Solution?

It's time for you to find out if chiropractic will be your neuropathy solution.

For 14 days only, €40 will get you all the services Dr. Aynara Valverde and I normally charge new patients up to €115 for!

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- We will answer your most probing questions about nerve problems and how chiropractic can help.

Until August 17th, 2018 you can get everything I've listed here for only €40. The normal price for this type of evaluation



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Sincerely,
Dr Eric Kelly, D.C.

P.S. Remember, you only have until August 17th to reserve an appointment at this significant discount. Why suffer for years in misery?

That's no way to live, not when there could be an easy solution to your problem.

P.P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt – and the pain just won't go away!

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

DOWN MEMORY LANE

SCHOOL TRIP



Glounthaune Youth Club organised a trip to Dublin for the fifth and sixth class pupils of the four parish schools over forty seven years ago; April 27th.1971.

It was free of charge on condition that the pupils participated in a sponsored walk. The pupils subsequently wrote an essay on their trip and the medal winners' of each school were; Bernadette Mc Carthy, Knockraha who won the overall award, Eileen Fitzgerald, Brooklodge, Marie O'Sullivan, Little Island and Padraig Lucey, Glounthaune. The following is Bernadette's essay: "Two lads from Glounthaune Youth Club came to the school some time ago. They said they were organising an educational tour to Dublin and were arranging a sponsored walk to raise money so that we would not have to pay ourselves. We thought that was very generous of them.

We all walked on March 26th and we were very tired but we did not mind. The tour was only for fifth and sixth class pupils of the parish schools. The morning of the tour arrived; we were all excited. We got to Kent Station in Cork by bus and it was about 8.10 when we arrived. We then boarded the train and picked our seats. The teachers and some members from the youth club told us different things on the way to Dublin. We arrived at Heuston Station at 11.10 and that was the end of our journey by train until going home.

First our lunch; we were all looking forward to it. We were having it in the CIE club. We got on the bus and started to go. The conductor told us many interesting things on the way. We were very hungry by the time we got there. We all went into the CIE club and were seated but we nearly dropped dead when we saw the little bit of food. We got one slice of ham, a few rings of carrots which were hard, a spoonful of peas and a spoonful of potatoes. It

was all cold and we nearly got sick but we found out afterwards that there was an electricity failure. We were glad when we got out because it was so disgusting. We all got into the bus and headed for the museum. We saw many interesting things. The first items we saw when we got inside were some Celtic Crosses' and here is a list of some of other things; pottery of 3000 - 2000 b.c. We saw a quern for corn, beads and food vessels. We saw three skeletons which were creepy, an early iron age amber necklace, a three faced stone head, bronze beaded necklace, spear butts, old clothes, old keys, horse shoes, bells, the Tara Brooch, Cross of Cong, gold and silver brooches, wall tapestry of the Pearse brothers, Joseph Mary Plunkett, Eamonn Ceannt and his bagpipes which the Irish Republic got back in 1966, biscuits which were given to the prisoners in 1916 and burnt cartridges. We were going up to the gallery when we were called back to go to Trinity College. We saw the Book of Kells which had all different colours and a Gospel written on it. All the different colours looked so pretty. We were not long there. Also in Trinity College was Ireland's oldest Harp; it was made of wood and looked very nice. There was a big dungeon in the middle of Trinity College which was for students who did not pass their exams. They were put down there and had to live on bread and water. It looked very frightening.

When we came out of Trinity College we went to the Zoo and we were all looking forward to it. The driver first drove around the Park and we saw wild deer, the house of the American Ambassador and Áras an Uachtaráin. There was a lovely lawn up to the door and there were fir trees around it. Then we went into the Zoo. There were so many things to see that we did not know where to start.

Here is a list of the animals; kangaroos, mangabays, ring-tailed llamas, drill which is better known as a dog-faced monkey. He was the funniest monkey I ever saw; his hind quarters were the colour of the rainbow and looked very nice. We were all laughing as it was so funny. There were many different monkeys; lion-tailed, squirrel, spider and white nosed guenon. There was puma ostrich, zebra, llama, kalkan, emu, buffalo, and deomeary. There were a number of snakes which did not look very nice. There were two alligators; one was not so big but the other was very

big and there was not a stir out of it. There were a few small turtles in a pond, parrots, camels, giraffes, deer and peacocks. There was a small elephant which was very nice and there were pheasants, seals and swans. There were two polar bears, one Himalayan bear, flamingos, birds of prey and chimpanzees. We were in the zoo for two and a half hours and we liked every moment of it.

When we came out of the zoo we went to the CIE club again for our tea. We did not like that because we were afraid that it might be cold again. But it was far from cold; it was very hot and very nice. We ate so much that we were hardly able to move. Our day was finished about six and we went to the station. The train was not as nice as the one up; it was very stuffy but we were so tired that we did not notice it that much. I don't know how the Youth Club organised it. They had so much to do. They must have a lot of intelligence. I think it was a wonderful idea. I don't know how they thought of it all. I really do thank them and I think all the other children thank them too. We all enjoyed ourselves very much thanks to the Youth Club. P.S. We went to Woolworth's Shop before Trinity College and we bought things for our teachers and for our families. It was a pity that we did not have more money".

THE VILLAGE FAIR

The June 1993 local newsletter reported on the Village Fair which was held in exceptionally wet weather conditions on Sunday May 16th. 1993. John Joe Donnelly performed the official opening and stated that he saw the Community Association as a thriving voluntary body where those involved worked hard and willingly gave of their spare time on a voluntary basis. He said he was very proud of their achievements and he thanked them for what they had done. He wished them well in the years ahead.

There were six categories for the Fun Dog Show and the following were prizewinners: Miriam Tuttle, Sarah Horgan, Paul and Alan Lane, Sylvia Nitzsche, Ann and Patrick Lee, Tony Roche, Bridie Fitzgerald, Tim Cahalane, Carmel O' Sullivan, John O' Flynn, Colin Murphy and Helen O' Sullivan. Valerie Cuddy was the commentator, Molly Mullally was ring steward and the guest judge was John Clifford of RTE. The Zoo was constructed with a series of pal-

lets which formed eight adequately sized pens for the guest animals and Danny Herlihy was Zookeeper on the day. The animals included a young brown coloured baby calf courtesy of Lily Twomey. Mary Murnane lent her prized donkey and a wonderfully coloured cock. She also supplied four brown hens - two eggs were laid during the afternoon! The Mc Hugh family provided their family rabbit and hamster and Maureen Cuddy had her pet donkey on display. Tom Sinnott, ably assisted by Ciara Earley and Catriona Hussey, ran a popular equestrian event and ponies were provided by David & Grace Gibbons.

The musical performances included the Community Choir under the baton of Ita Mc Mahon. The choir members were; Mary Barry, Marie Barrett, Noelle Doyle, Sheila Healy, Maire Keegan, Marie Kelly, Colette Leo, Mary O' Connor, Ann O' Neill, Myra Finnegan, Veronica O' Mahony, Pauline Walsh, Sheila Tarrant, Gobnait O' Flynn, Michael Burke, Paddy Gough, Mike Byrne, Joe Hughes, Liam Moroney, Tom Hallahan, Ailbe Ryan, Jim Mc Carthy, John O' Flynn, Rita Casey, Marion Canning, Helen Mc Cormick, Eileen Byrne, Jill Doyle, Tom Seacy and guitarist Cathal O' Connell. Music of another sort; jazz and blues was provided by Paul Soden and David O' Connell.

Mary Ryng and her young guitarists of Glounthaune N.S. gave a recital. Members of the group were; Ciona O' Donoghue, Fiona Keegan, Mary Leahy, Aoife Ryng, Lisa Curran and Emer Aherne. The Glounthaune N.S. Instrumental Group under the direction of Mary Ryng also performed and the group members were; Emer Aherne, Lorna Twomey, Michelle Glavin, Diarmuid Griffin, Philip Cremin, Aoife Mc Mahon, Aoife Scully, Nicola Murphy, Stephen Herlihy, Ann Redmond, Margaret Farrell, Lisa Curran, Jean Mc Donald, Philip Crimmins, Eimear Tarrant, Briona Ryng, Eimear Howley, Aoife Ryng, Fiona Keegan, Cliona O' Donoghue, Gillian O' Leary, Niamh O' Connell, Orla Waterman and Emma Hickey. The musical talent of the rock group "Alaist-are", comprising of Vladimir Murphy - Mulcahy on guitar, Rory O' Sullivan on drums, vocalist Martin Purcell and Trevor O' Mahony on bass guitar, was very much enjoyed by the younger audience. The foregoing summary of some events gives a flavour of the happenings at the Glounthaune Village Fair held twenty five years ago.

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Gardening

with Charlie Wilkins



Charlie Wilkins

AUGUST, A MONTH OF DEPARTURES

The mid-summer equinox has passed, the evenings are slowly drawing in and the move to autumn is increasingly evident. Yet the period from late July through to September has far more warmth and sunshine than is popularly allowed it, and I find it profoundly senescent. It may be sweet smelling of decadence and filled with departures, but for all the slowing and ageing of growth, the gardening season I can assure you, is far from over. As stated recently, August marks the traditional beginning of autumn and a change in the way flowering plants behave. They seem to sense the shortening days and try their utmost to produce as much seed as possible in the hope that their offspring will next year be as bountiful as ever.

The first indications now (of the changing season) are the early morning cobwebs strung from every shrub and perennial, a chilling of the air, and a dampness which creeps up from the soil alerting the gardener to quite a few new, yet oddly familiar scents. Fruit and ripeness are the key elements to this powerful mixture of plenty and decay, but there are fond memories of a thrilling summer left in the fragrance of roses, late lilies, marigolds, chocolate

cosmos, phlox in white and pink, agapanthus in blue, and the sugar-sweet aroma which comes from recovering lawns and freshly-cut grass.

I may love these smells, many with their subtle, musky, rotting aromatic exhalation, but I much prefer to contemplate and indeed work among my autumnal 'evening' plants, rather than retire and sulk with those past their best!

To make the most of these 'evening plants' the trick is to ensure there are plenty to enjoy, for they will endow the garden with a twilight glow and lingering fragrance. I have often mentioned that when red and orange flowers with their green foliage are all too readily swallowed up by the gloom, pale blues and white glow with a striking yet subtle illumination.

A white garden is an exciting place to wander through on warm August evening especially when a full moon is due. Nothing of consequence beats the many varieties of white mophead hydrangeas for evening impact and the generous billowing clouds of Madame Emile Mouillere are outstanding for sustaining pools of brightness well into the night. The same can be said about the rather drooping

'Annabel' whose creamy blooms are as large as sticks of candy floss and equally as soft. White forms of phlox paniculata have a similar capacity to illuminate summer evenings.

Look for paniculate 'Pinky Winky' in particular, for it pleases willingly even under difficult conditions. This opens in a green shade then over the weeks turns creamy white, pure white, then pink and rose coloured. Prune hard in late February and the resulting shoots will bloom from July to November. Superb is too small a word for it.



Hydrangea paniculata 'Pinky Winky' shows the emerging shade of pink on the lilac-shaped blooms. Frost cannot damage this hydrangea for it flowers on wood made in the current year following pruning in early spring.

IN THE AUGUST GARDEN

August sunshine can turn the garden into a virtual cabinet of curiosities, with shadows that deceive the eye, and light shafts that can play funny tricks even during the mid-day hours. So now is the time to cultivate an eye for detail, a love of the unusual, a collector's mentality for weird shapes, odd fluttering here and there, even sudden burst of short-lived golden colour. If you garden with grasses, you'll have these golden treasures I speak of, and be able to rely heavily on shape and pattern for all of autumn and on into winter. Some of my favourites include the Japanese golden Hakone (hakone-chloa), golden oat grass (Stipa gigantea) and Miscanthus 'flamingo'. The interest in these, grows partly I think, from the fact they're such easy, no-trouble plants which add enormously to a garden setting, and partly because of our growing appreciation of line and colour as an enhancement of the beauty of flowers. We do not want too many of course, and they need to be very, very carefully placed, and yet... do try some!

YOU MUST GET THIS SALVIA! Would you make room to squeeze in yet another choice perennial into your sun-filled border? If you

can, then look for one of the Mexican salvias (S. microphylla and varieties) which produce slender shoots of vibrant flowers from June to the end of autumn. During this time, they require very little in the way of moisture, staking, feeding or any other kind of maintenance. It can safely be said that they won't stop flowering until the days shorten considerably, and even then, they'll struggle on and on with determination. 'Hot Lips' is a fairly new introduction which for me has come through the past few winters unscathed. To help it settle, I gave it a warm position and plenty of grit about its root system at planting time. Even before the recent hot spell, it began to bloom in earnest and this will continue as outlined. Be advised that at autumn's end (into November) one should not cut down the stems for winter. As with penstemons and outdoor fuchsias, leave well alone until spring and when new growth is noticed, cut back the plants to about nine inches.

A WELL-REMEMBERED SCENT Of all the garden scents, the one that reminds me most of my childhood is perennial phlox! At its best just now following heavy showers, I delight still in its soft peppery smell. Phlox insist on plenty of water right through to flowering and if left

short for any reason will bloom regardless, but in a tired, limp kind of way before drooping to expose dreadfully poor stems, browned and unpleasant in every respect. Give them their moisture requirements and they'll reward you with a long succession of huge powder puff flowers in pleasing, clean colours, over foliage which remains green and turgid. Help them along by foliar feeding now and again. RAMBLING ROSES NEED ATTENTION. From mid-August, that floriferous, almost invasive display from rambler roses will be over for another year, and it will be time to take them to task over their bullish behaviour. Strong new shoots will trust up from below soil level (and become entwined with the older growth) vying for position in what can easily become quite a solid tangle of thorny shoots. Before it reaches this impossible situation remove the shoots that carried the blooms this year, cutting away the oldest and thickest from as low down the plant as you can manage. Secateurs may not be man enough for some of the woodier stems so use loppers to make an easy meal of them. Once a few of these have been removed you'll get a better picture of what is going on and be left with a balanced plant with well-placed shoots that will carry another fine display of quality bloom next summer.



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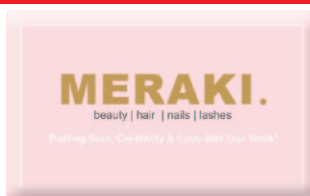
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Glanmire Men's Shed

On April 16th last an informal meeting took place at Glanmire Community Centre with a view to setting up a men's shed in the Glanmire area. The enthusiasm shown at this meeting was tremendous. All the men present readily agreed that a local men's shed would indeed be a positive step forward for the area. Going forward it would be a great asset in the Glanmire area.

At present fortnightly meetings are held in the Community Centre at 10.30 am on Monday mornings. From September onwards weekly meetings will take place.

A 40 Ft. container has been donated to the shed and the members are actively seeking a location on which to site it. Some sites already viewed were deemed unsuitable.

Representations have been made to the Cork County Council and the HSE seeking a suitable location. The shed members await a favourable reply and suggestions from both public bodies. The presence and functioning of a local shed at a suitable location would be of immense benefit to senior men in the area and to the area generally.

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Tomás Ó Ríordáin

Micheál Ó Súilleabháin

Baineadh geit as mórán nuair a chualadar an scéal go raibh Tomás Ó Ríordáin imithe ar shlí na fírinne. Cé go raibh sé éirithe as obair go hoifigiúil le tamall, bhí sé lúfar, aiclí agus gníomhach i gcónaí. San alt seo ba mhaith liom féachaint siar ar ghnéithe dá shaol.

Saolaíodh Tomás sa Ghrianach atá tuairim is leath slí idir Corcaigh agus Mala mar a raibh teach tábhairne ag a mhuintir. D'fhás sé aníos sa pharóiste sin agus chuir sé suim sa spórt óna óige. D'fhreastail sé ar an mbunscoil áitiúil agus d'imir sé iománaíocht leis an gcumann áitiúil. Nuair a bhí



an bhunscoil curtha de aige, thug sé aghaidh ar Chathair Chorcaí agus ar an Mainistir Thuaidh. Chaith sé tamall ann agus ansin, chun tabhairt faoin ngairm a bhí uaidh ina shaol, d'aistrigh sé go scoil eile. Ó na fichidí go tús na seascaidí, bhí Coláistí Ullmhúcháin scaipithe ar fud na tíre. Cineál meánscoile a bhí ann agus d'ullmhaigh siad daoine óga ó na Gaeltachtaí chun tabhairt faoi chúrsaí bunmhúinteoireachta. Bhí seacht gcinn díobh sa tír agus ceann acu san i mBaile Bhuirne. Cé go raibh na scoileanna seo dírithe ar dháltaí Gaeltachta, bhí cead ag daltaí lasmuigh den Ghaeltacht freastal orthu dá mbeadh caighdeán Gaeilge ard go leor acu. D'éirigh le Tomás áit a bhaint amach sa Choláiste Ullmhúchán i mBaile Bhuirne i gcomhlúadar daltaí ó na Gaeltachtaí. Ina dhiaidh sin, thug sé aghaidh ar Choláiste Phádraig i mBaile Átha Cliath, ceann de na coláistí oiliúna do bhunmhúinteoirí. Cháiligh sé mar bhunmhúinteoir ann ag deireadh na gcaoidí.

Ag an am seo, bhí Scoil na nÓg díreach bunaithe i nGleann Maghair. I dtús báire, 1958, bhí idir bhuachaillí agus chailíní ag freastal ar an scoil chónaithe nua. Scoil chónaithe do dháltaí idir 9 mbliana agus 13 bliana a bhí ann arbh í an Ghaeilge an teanga foghlama agus cumarsáide ann. Tumoideachas a tugadh air níos déanaí. Coincheap nua go leor a bhí i scoileanna den chineál seo in Éirinn. In 1959, rinneadh cinneadh go n-osclofaí scoil den chineál seo i dTrá Bholgan in Oirthear Chorcaí do bhuachaillí amháin agus go leanfadh an scoil i nGleann Maghair ag freastal ar chailíní. Bhí coláistí samhraidh ar bun le tamall de bhlianta i dTrá Bholgan á rith ag Gaedhealachas

Teoranta. Thosaigh Tomás ag múineadh mar bhunmhúinteoir ann in 1960 agus in éineacht le Fionnbarra Ó Ceallaigh ó Chúil Aodha, bhaineadar cáil amach don scoil. Thagadh daltaí ó cheann ceann na tíre chun an t-oideachas lán-Ghaeilge den scoth a bhí ar fáil ann a bhlaiseadh. Bhí an obair dian, uaireanta an chloig an-fhada; B'annamh sna laethanta úd a théadh na daltaí abhaile agus dá bhrí sin, d'fhéadfaí féachaint ar an scoil mar bhaile ó bhaile.

Cuireadh deireadh leis an nGaeilge éigeantach don státseirbhís agus do na scrúduithe stáit in 1973 agus ag an am céanna, fuair Gaedhealachas Teoranta cead meánscoil lán-Ghaeilge a oscailt. Dá dheasca, tógadh cinneadh an scoil i dTrá Bholgan a dhúnadh agus an dá Scoil na nÓg a nascadh. Mar sin, ceapadh Tomás mar Ard mháistir ar an scoil chónasctha.

Is féidir linn a rá gurbh é Tomás thar aon duine eile a mhúnlaigh agus a leag síos an t-ard-chaighdeán a bhain agus a bhaineann fós le Scoil na nÓg. Theastaigh uaidh grá don Ghaeilge agus don traidisiún a chothú agus a fhorbairt. Bhí curaclam leathan ar fáil. Bhí ábhair mar ealaín, ceol, Laidin, Fraincis ar fáil do na daltaí óga. Ag an am, bhí sé seo eisceachtúil ach tá sé coitianta inniu. Tógadh daltaí ar thurasanna oideachasúla, bhí raidhse spóirt ar fáil dóibh. Bhí leisce ar go leor de na daoine óga teacht ann ach faoi dheireadh na bliana, bhí leisce orthu imeacht. Fuaireadar an deis chun, ár dteanga dhúchais a shealbhú go nádúrtha agus d'fhan an cumas sa teanga a fuaireadar leo i gcónaí ina dhiaidh sin. Múscloíodh dúil sa léann iontu. Bhí foghlaim i gceist



ach bhí spórt, chomh maith. Gach oíche Shathairn, cuireadh Tomás scannán nua ar fáil. Athraíodh an halla staidéir go dtí pictiúrlann agus Tomás mar theicneoir i mbun na ríleanna móra a bhí coitianta an uair úd.

Nuair a bhí ar Thomás éirí as an múinteoireacht go foirmeálta roinnt blianta ó shin, choinnigh sé a chuid suime san oideachas. Bhí sé ina ghrianghrafadóir den scoth. Ba bhreá leis an taisteal, chomh maith agus nuair a d'fhilleadh sé óna chuid taistil, bhíodh na céadta pictiúr glactha aige. Ba bhreá leis dul ar ais go dtí an seomra ranga agus labhairt faoi na háiteanna a bhí taistealta aige agus na pictiúir aige chun a chuid cainte a léiriú. Gach samhraidh, bhíodh sé i gceannas ar Choláiste Samhraidh i nGleann Maghair agus lean a chuid suime ann i ndiaidh dó éirí as an múinteoireacht go hoifigiúil. Bhí sé



beartaithe aige a bheith páirteach sa chúrsa arís an samhraidh seo. Fairior, ní raibh sé sin i ndán dó.

Bhí an-suim ag Tomás i gcónaí sa spórt. Nuair a d'aistrigh an teaghlach go Druipseach ón nGrianach, d'imir sé ar fhoireann iománaíochta Inis Carra agus bhuaigh sé bonn i gCraobh Lár-Chorcaí leis an bhfoireann i lár na seascaidí. Bhí suim aige sa lúthchleasaíocht, chomh maith, agus ba mhinic a d'fheictí é ag traenáil ar na bóithre. Bhí an-suim aige sa stair, leis, agus ba bhreá leis pointí staire a léiriú le scéal nuair a bhíodh sé ag iarraidh pointe a shoiléiriú sa seomra ranga. Chuir sé an-suim san ealaín agus bhí an-chur amach aige ar na healaíontóirí claisiceacha Éireannacha ar nós Jack B. Yeats, ach go háirithe.

Ag a Aifreann Éagnairce i Séipéal Naomh Iosaf i nGleann Maghair, labhair a iníon Cliona ar ghnéithe dá shaol agus ar an dúil a bhí aige sa cheol, san ealaín, sa taisteal agus mar sin. Thug an Sagart Paróiste, an tAthair Newman ard-mholadh do Thomás agus luaigh sé an chabhair agus an spreagadh a thugadh sé dó lena chuid Gaeilge. Mhol sé an dea-ullmhúchán a fhaigheann na daltaí i Scoil na nÓg do na sacraimintí a léirigh go raibh oideachas Críostaí den scoth á chur ar fáil i Scoil na nÓg. Tá an oidhreacht a d'fhág Tomás ina dhiaidh fós slán.

Nuair a smaoinimid ar shaol Thomáis mar oideachasóir, cuirtear focail Shéamais Uí Aodha agus é ag cur síos ar an oide scoile i gcuimhne dhúinn:

"Uasal ceird an oide:
Mar rí ar imeall trá,
Chuir ar tonn na soithigh
'S sheol go hoscailt bá."

Suaimhneas síoraí dó agus Solas na bhFlaitheas go raibh aige.

Gluais:

curtha de aige = completed

coláistí ullmhúcháin = preparatory colleges

coláistí oiliúna = training colleges

cinneadh = decision

múscloíodh dúil = interest was awakened

Aifreann éagnairce = requiem Mass



BUSINESS & COMMUNITY

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- 1 CUSTOMER SERVICE EXCELLENCE AWARD
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- 3 MEN IN BUSINESS AWARD
- 4 WOMEN IN BUSINESS AWARD
- 5 GLANMIRE BUSINESS OF THE YEAR
- 6 GLANMIRE AMBASSADOR OF THE YEAR AWARD
- 7 SOCIAL COMMUNITY AWARD
- 8 SPORTS AWARD
- 9 NEW BUSINESS AWARD

Awards will be presented at a Gala Dinner on Friday 16th November 2018
Closing date for nominations 10th October 2018

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TEAR OFF NOMINATION FORM

Nominations can be dropped into a special box in the AIB, Glanmire or e-mailed to: glanmirechamberawards@gmail.com

Name of person/business to be nominated - **PLEASE USE BLOCK CAPITALS:**

1. Customer Service Excellence Award - NAME:

2. Best place to Eat/Drink Award - NAME:

3. Men in Business Award - NAME:

4. Women in Business Award - NAME:

5. Glanmire Business of the Year - NAME:

6. Glanmire Ambassador of the Year Award - NAME:

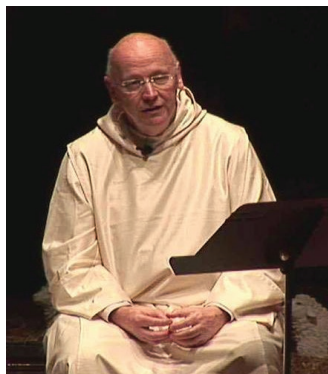
7. Social Community Award - NAME:

8. Sports Award - NAME:

9. New Business Award - NAME:

Nominated by - NAME: Mobile: E-Mail:





Fr. Laurence Freeman will speak on the topic of 'Expanding our Capacity to Love' in Our Lady Crowned on Thurs. Aug. 23rd @ 7pm. ALL WELCOME



Lord Mayor Mick Finn was joined by MAYFIELD MAN Roy Keane, Michael O'Flynn and John Caufield to announce details of the Liam Miller Benefit Match.



Brian Dillons players, mentors and parents on the way to Fitzgerald Stadium in Killarney



Abbie O Mahony (far right), going from strength to strength as a Cork Ladies Minor (Football) and a future Republic of Ireland International Ladies player following in the footsteps of her Mum, Caroline (née Nagle) O Mahony who was a distinguished Ladies International player in recent years.



Cúl Camp coaches Laura Lotty, Daniel Lucey, Daniel Fitzgerald, Ruairi O'Mahony, Alan O'Regan, Jamie Lotty & Christian Murphy



Cúl Camp Tony Hegarty with junior assistants Evan Obrien and TJ Lotty



Team Mullery



Mayfield GAA Golf Classic



The Mayfield GAA Jack O'Driscoll Fundraising Committee at Curraheen Park Greyhound Track





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

HAYFEVER

This year has been a bad year for Hayfever sufferers in Ireland.

Hay fever is a common condition that is estimated to affect around 20% of people. Hay fever is more likely if there is a family history of allergies, particularly asthma or eczema.

Hay fever, also called allergic rhinitis, causes cold-like signs and symptoms, such as a runny nose, itchy eyes, congestion, sneezing and sinus pressure. But unlike a cold, hay fever isn't caused by a virus. Hay fever is caused by an allergic response to outdoor or indoor allergens, such as pollen, dust mites or tiny flecks of skin and saliva shed by cats, dogs and other animals with fur or feathers (pet dander).

Hay fever signs and symptoms can include: Runny nose and

nasal congestion; Watery, itchy, red eyes (allergic conjunctivitis); Sneezing and coughing. Itchy nose, roof of mouth or throat Swollen, blue-colored skin under the eyes (allergic shiners), Postnasal drip, fatigue, seasonal factors

Treatment for hayfever

Antihistamine tablets or nasal sprays

Antihistamines treat hay fever by blocking the action of the chemical histamine, which the body releases when it thinks it is under attack from an allergen. This prevents the symptoms of the allergic reaction from occurring. Antihistamines are usually effective at treating itching, sneezing and watery eyes, but they may not help a blocked nose.

Nasal decongestants

Hay fever can cause a blocked nose. A decongestant, in the form of a nasal spray, can relieve this. Decongestants reduce the swelling of the blood vessels in your nose, which opens your nasal pas-

sage and makes breathing easier.

Eye drops are available OTC to treat the hay fever symptoms that affect your eyes, such as redness, itchiness and watering (allergic conjunctivitis). These drops contain antihistamine to reduce the inflammation in your eyes, which will relieve the symptoms.

Alternative therapies

Some alternative therapies, such as acupuncture, homeopathy and herbal remedies, claim to relieve or prevent hay fever symptoms. However, the lack of evidence supporting their effectiveness means that more research is needed before they can be recommended.

Your pharmacist can advise you on the different products to choose from as many are available OTC.

Prevention

Avoid cutting grass, playing or walking in grassy areas, and

camping.

Wear wraparound sunglasses to stop pollen getting in your eyes when you are outdoors.

Change your clothes and take a shower after being outdoors to remove the pollen on your body. Try to stay indoors when the pollen count is high (over 50).

Keep windows and doors shut in the house. If it gets too warm, draw the curtains to keep out the sun and keep the temperature down.

Do not keep fresh flowers in the house.

Damp dust regularly, with a wet cloth. Keep pets out of the house during the hay fever season. If your pet does come indoors, wash it regularly to remove any pollen from its fur.

Do not smoke or let other people smoke in your house. Smoking and breathing in other people's smoke will irritate the lining of your nose, eyes, throat and airways, and can make your symptoms worse.



White's Cross GAA News

whitescrossgaa.ie



Group photo of the attendees at the this year's Cul Camp

Cul Camp

White's Cross GAA once again held a most successful Cúl Camp this summer for boys and girls between 5 and 13 years of age. One hundred and twenty five children attended the week long camp, guided by a team of 25 coaches and assistants – hopefully it has furthered their interest in the games of Gaelic Football and Hurling / Camogie. Running such a Camp is obviously no easy task, and to do so requires the support of many people. Cúl Camp Coordinator Conor Kelleher has been doing this task for 16 years. It is a testament to his organisational skills and drive that the camp continues to be so popular and successful. There are numerous other parties that make the camp what it is. The coaches and assistants are enthusiastic and diligent and ensure that the participants enjoy the experience. Members of the adult and juvenile commit-

tee are about to lend a hand when needed throughout the week and to help organising the event. Thanks also to Cork senior hurler Mark Coleman and his manager John Meyler who visited the camp during the week. Both shared their knowledge willingly with their young audience and stayed on to sign autographs/take photos answer any questions. Finally, thank you to all of the participants who came, had fun, learned some skills and behaved impeccably throughout the week!

Underage Matters

There were a number of underage blitzes throughout the last month. On Saturday 23rd of June A the club held its first under 8 home Hurling Blitz of the year with three neighbouring clubs –Whitechurch, Carraig Na Bhfear and Watergrasshill - Our green army went out in sweltering heat of 23 degrees and put in an outstand-

ing performance in all off their games much to the delight of the coaches. The large attendance present on the day were treated to a feast of quality hurling. Every game was keenly and sportingly contested and there was no shortage of goals from all participating teams.

The under 8 camogie team have been involved in a series of blitzes. They have travelled to Blackrock, Na Piarasigh and have also had a home blitz. The team have been training hard on Thursday and Friday evenings and the work that they have put was clearly evident on the field with all players showing great skill and contributing scores to the their team's success.

The under 12 and 14 teams will be taking the break for July and August as many of the players will be on holiday. Both teams finished off a first half of the season with victories. The under 12 foot-

ball team played Glenville in the community tournament. Trailing by ten points at one stage, they showed the battling qualities that they have become renowned for and won the game by five points. The under 14 footballers remained undefeated and stay top of their football league following their victory over Castleyons. This team have been putting big scores on the board all year and this game was no different as they ran out 7-16 to 1-04 winners.

The minor hurlers have restarted their season after the exam break. First up was a narrow loss narrowly in a high scoring encounter to Mayfield – this was a cracking game with and the lads were unlucky to lose out on a scoreline of 3-14- to 2-15. However, they had more luck next time out when beating Diarmuid O Murchus on a scoreline of 6-07 to 1-04.



White's Cross under 8 hurlers who took part in a recent blitz held in White's Cross GAA grounds



Cork senior hurler Mark Coleman gives his advice to a captive audience at the Cul Camp

Club Fundraiser

A very enjoyable fundraiser took place in the Stirrup Bar on Friday 6th of June last. A 1980s disco was belted out in the car park and glorious weather afforded the opportunity to have an outdoor BBQ. Well done to the many organisers of the event such as Marion Delaney, Anne Reid, Margaret Wallace, Siobhán Kelleher, Evelina Morley and all others involved in the organisation and setting up of the event. Congratulations also to Mary Kelleher who had the best dressed 1980's style outfit – as judged by adjudicating panel!!



The coaches and assistants who worked eagerly to ensure that the 2018 White's Cross GAA Cul Camp was enjoyed by participants

County Championship

At the time of writing the club are involved in the final stages of the county hurling championship. Victories over Gabriel Rangers and Lough Rovers meant the team qualified for a county quarter final against one of the competition favourites – Belgooly. This was an engrossing battle throughout. White's Cross were the better team for most of the game but had to withstand a strong fightback from the men from the south-east in the second half. White's Cross, who had lead



Enjoying a well deserved ice cream on the final day of Cul Camp 2018!

by seven points at one stage, saw their lead wiped out as Belgooly tied the game at 1-12 each with only five minutes remaining. Our lads showed real character and self belief at this point to turn the tide. Three outstanding long distance points in this period from Conor Buckley and Eoin Murnane saw White's Cross over the line on a score of 1-15 to 1-12. This result set up a semi-final date with near neighbours Rathpeacon. The standard of hurling dropped a notch for this match but once again it was the character of the team that defined the result. Again also, there was a late flurry of points from Cormac O'Flynn and the aforementioned Eoin Murnane and Conor Buckley that this rescued what was looking like a defeat to level the game at 0-10 each. This competition will be completed by the end of July/ start of August. Hopefully in the next edition there will be some more positive results to report from this competition.

Upper Glanmire ICA

• 22 members from our guild including some of our friends and neighbours enjoyed a great day during our Summer Outing to Kilkenny on the 30th June. We also had a really excellent meal in the Walter Raleigh Hotel in Youghal on the way home.

• We are now well into our Summer Walks, and we have added Monkstown and Carrigaline/ Crosshaven to our annual favourites.

August Recipe: Jenefer's Mini Biscuit cakes

Ingredients
250g milk or dark choc
100g butter

1 tablespoon golden syrup/honey
5 tablespoons cream or milk
400g (choc) digestive biscuits
Mini marshmallows
white chocolate

Method

• Melt choc with butter
• Add g.syrup and cream
• Allow to cool a little, add crushed biscuits and marshmallows. Mix v. Well.
• Transfer to lined tin, and drizzle some melted white choc over mixture.
• Allow to set overnight.
• Cut into little squares, and place on pretty queen cake cases.



Jenefer O'Dowd's Mini Biscuits



Betty Burke, Mary O'leary and Deirdre Moore at the Gardens in Ardfinin



Maureen Burke and Betty Burke in the Walter Raleigh Youghal



Our Guild members on our Outing to Kilkenny in June



New Inn School

This school year has been an extremely enjoyable and busy year. Highlights have included: painting murals, local trails – exploring the history of Glanmire, walks through the local woods, maths trails, baking classes, computer classes, cake sales, science week, seachtain na gaeilge, bike in the school day, construction day, grandparents day, school trips, spelling bee competition, sciath na Scol Final, 5k run, drama & dance, concerts, easter egg hunt, table tennis competitions, basketball, camogie and hurling blitzes, graduation ceremony, sports day, Chinese classes, New Inn's Got Talent Competition, numerous visits from guest speakers and even chicks hatching in school!

Photos of these events are on the school website: www.newinnglanmire.scoilnet.ie Comhghairdeas Luke O'Connor, our very talented athlete from 2nd class. Luke won a gold medal in the County Final at Cork City Sports Athletics Competition. The school community are extremely proud of Luke's achievements.

We would like to wish our outgoing 6th class students all the best and look forward to meeting our new Junior Infants along with all out other pupils on the 31st August. We hope you have a lovely summer holiday and would like to sincerely thank you for your continued support and co-operation.



Over the Hill Cycling Club



There was great excitement last Saturday morning as members gathered at the Kenmare Bay Hotel for the club Ring Of Kerry cycle. Cyclists were split into three groups for the 170km route.

The climb to Moll's Gap and the quick descent to Killarney blew the cobwebs away. Steady progress was made to Killorglin into a stiff headwind. The first stop of the day was in Glenbeigh to take on some water. The weather took a turn for the worse in Cahirciveen when the rains came and temperatures dropped. After a quick bite to eat, the road to Waterville was shortened.

The rain cleared as he climb to Coomakista was tackled. The descent to Derrynane was a welcome respite before

tackling the lumpy approach to Sneem. There was a short stop in Sneem to refuel for the final 30km to Kenmare. Wind assistance ensured Kenmare was reached in quick time, with all cyclists completing the route safely. The showers laid on by the Kenmare Bay Hotel were very welcome after a tough day in the saddle.

Credit to Donal Scannell for organising the trip, and to Ger Tobin and his trusty



lieutenant Mick O'Leary for supporting the cyclists.

Members are eagerly following Donncha Cuttriss' progress in the Trans Am Bike race. The Trans Am Bike Race began on June 2nd at 6AM PST. The race is self supported and covers 6,800km from Astoria to Yorktown.

Donncha has 5,200km completed at the time of writing, having powered across the flatlands of Kentucky, and is now heading for West Virginia.

Last Wednesday night saw five brave cyclists take to the road for predict your time. Paul, Eleanor, Brian, Jeremy and Pat put in excellent times in wet and windy conditions. Thursday night saw a group head for Glenville and Whites Cross, and back through Knockraha.

Wednesday

evening cycles continue departing Watergrasshill at 7pm. All are welcome. There will also be a club cycle on Thursday evenings for the next few weeks. Club cycles will continue on Saturday and Sundays. Details will be posted on club Facebook page. New members are always welcome. On Sunday mornings, all levels of cyclists are catered for, with the group split into 3 levels. New members are very welcome to turn up and cycle provided they have a racing bike, a helmet, and are over 18. For further information, check out our club Facebook page or contact us by email info@overthehillcc.com.





And On The Third Day - Lunch Time Theatre



Cian Hurley (Shane) Rebecca McCarthy (Lisa)

Showing at The Cork Arts Theatre from August 1-4 as part of the Summer lunchtime - supper season.

Bookings on line at www.corkartstheatre.com

The play explores the aftermath of a tragedy on The River Lee.

Playwright : Derek O Gorman

Director : Philip Anthony McCarthy

Cast : Tony Walsh, Cian Hurley, Rebecca McCarthy, Veronica Henley, David O Donoghue.

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 wellbeing.

Rule 3 - Train for Strength 2-3 times a week.

Muscle preserving 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 an 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

Taekwon-Do, more than just a Martial Arts Class!

What do you imagine when you hear the term martial artist?

Although slightly different for everyone, most people will think of a person who is toned, fit and flexible. This is because classes in Taekwon-Do focus on cardio workouts, core strengthening exercises, flexibility and endurance in addition to the martial art aspect. Classes which last between 50 and 60 minutes encourage participants to work to their own strengths and goals, so whether you want to improve your fitness, learn self-defence, or work towards a black belt, the choice is yours.

What are the benefits for children?

In addition to increased levels of exercise and activity, respect is a central philosophy to Taekwon-Do classes. Children experience a different way of thinking and develop an increased level of respect for themselves and those around them. Taekwon-Do also encourages children to set and achieve personal goals. Instructors help children to work towards these in a positive way, all the time enabling them to understand they have the capability to achieve what they put their mind to. The result is an increase in self-confidence.

What are the benefits for adults?

Work and family life often leave little time to focus on the 'other things'. A traditional Taekwon-Do Class or a TKD fitness class gives you 50/60 mins where you just arrive, as you are. Every minute is put to use and you leave feeling energised and remotivated.

The Glanmire Taekwondo Club

The Glanmire Taekwondo Club has been based in Glanmire for over 17 years. Our team of instructors are internationally recognised, Garda-vetted and first aid qualified. They teach in Brooklodge Business Park, Glanmire in a hall designed for martial arts and fitness classes.



Alan



Amy-Jane



Mike



Timothy

From September 3rd, the team will open their doors to new classes. Contact information is below and you can text, ring, email or facebook message.

Class Type	Overview
TKD Tiggers (4-6 years)	This class focuses on practical life skills in a variety of themes through the application of different Taekwon-Do exercises and games. Classes are 50 minutes long and once per week (Mondays or Thursdays and pending numbers Saturday morning)
Junior Taekwon-Do (7-12 years)	These classes can be once or twice per week and last for 60 minutes (Mondays and/or Thursdays)
Teenage Taekwon-Do (13-16 years)	These classes are once or twice per week and last for 60 minutes (Mondays and/or Thursdays)
Adult Taekwon-Do	These classes are once per week and last for 60 minutes (Wednesdays)
TKD Fitness	The classes use exercises and activities from traditional Taekwon-Do to focus on increased cardio, core-strengthening and toning. These classes are 50 minutes and once or twice per week. 7am classes midweek, evening classes midweek and weekend classes available
Get back to training	These classes are for those who may have done Taekwon-Do in the past and would like to start training again. Our doors are always open and you can call into us in the Club or contact us anytime about coming to the classes

If you would like further information on any of the above contact **Alan** at **0876147161** or by email at **glanmiretkd@gmail.com**. All information is available on facebook at **[/taekwondoglanmire](https://www.facebook.com/taekwondoglanmire)**



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Alison Desmond

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Glanmire Active Retirement

FROM THE ARCHIVES



GLANMIRE GROUP ON A VISIT TO KATE KEARNEY'S COTTAGE ON 22 JUNE 1952 (L to R) Joan Buckley, Olly Hayes, Mrs. O'Sullivan, Lily Long, Nan Crowley, Babe Dwyer, Tessie O'Sullivan, Maggie Boore, Jim O'Leary, Molly Daly, Mrs O'Callaghan, Maudie Kearney, Mrs. O'Riordan, Johnny Dorgan.



Members of Glanmire Active Retirement enjoying their visit to Curraghbeg Nursery, Ovens in June 2018

TRABOLGAN HOLIDAY



SARs Hurling Coach Camp





Sarsfields Camogie Notes



SARS Junior Team

Senior / Junior News

Our senior team kick off their championship campaign vs Mallow late July. They have been training hard every week in preparation including one memorable trip to Inchydouny beach for a fabulous workout in the blazing sunshine. More championship game details in the next report.

Our Junior panel had a great start to their championship campaign with a superb team victory over Glen Rovers by 1-15 to 2-8. Overcoming a two point deficit at half time, our girls put in a spirited & gritty performance to win a tremendous match. The following championship match unfortunately ended in a heavy defeat to Cobh, with the visiting team putting in a very strong performance. The round robin



Niamh O'Callaghan

games continue over the coming weeks.

Cork News

Congratulations to Niamh O'Callaghan who made her full Senior Championship debut vs Dublin in Pairc Ui Rinn at corner back. Cork were too strong for the visitors, running out 4-15 to

2-3. Well done Niamh!

Molly Lynch, Rebecca Morgan and Rionna O Mahony have been selected as part of the Cork U17 Develop-



Rebel Og Award Winners

ment Panel and will be training with the Cork U17 and Cork Minor teams for the summer months. Best of luck girls and well deserved!

Well done to Ciara Irwin, Olivia McAllen, Ella Woods and Saoirse Desmond who were involved with the Cork U16 teams who beat Kilkenny in Callan, Co Kilkenny recently.

Amy McNamara represented Sars on the Cork U15 team in Mallow recently. Worthy recognition for one of our most promising and consistent players. Well done Amy.

Orlaith Mullins, Cliona Lynch & Katlyn Sheehan were involved with the Cork



Sars Imokilly U13

U14 team who won the Munster Championship, defeating Limerick 1-4 to 0-2. A fantastic achievement girls. Well done to all.

Rebel Og Award Winners

Our U14 Feile girls received the Rebel Og award for June along with St Finbarr's U14 Feile hurlers. Well done to all! Thanks to the Clayton Hotel Silver Springs for a lovely event. The Sars Feile winners also got to visit Brooklodge NS and St Josephs NS with the trophies.

Sars Camogie Summer Camp

What a fantastic four days for the Sars Camogie Summer Camp 2018. Thanks to Gavin and all of the wonderful coaches who did such a great job! Thanks to all the organisers and to Sars for the use of the pitch. Special thanks to Roisin and John Murray of Sherry Fitzgerald for the sponsorship. And most of all, a big thank you to all the wonderful girls who turned up to take part in the Summer Camp. You were all brilliant! (thanks to the parents for the dropping and collecting too!)

Imokilly News

Well done to Emma Murphy, Molly Lynch, Rachel O Gorman & Rebecca Morgan who lined out for Imokilly in the U17 divisional blitz in Castle Road this month.

Our Sars (2) U13 team had a hard fought win over Aghada in the Imokilly competition winning out by 7.02 to 5.0 goals. Great credit is due to both teams on a wonderful game of camogie.



SARS Cork Players U17

Community Games

Our community games team narrowly lost out 4.05 to 4.03 to Monaleen from Limerick in UL. It was a super effort from a very young panel of players. Thanks to the players on a great performance and to their parents for traveling up

Underage News

Lots of activity for our U10, U9, U8 and younger teams taking part in a series of matches and blitzes over the last month. The players are a credit to their club, their parents and their coaches, representing Sars all around Cork. Some fantastic games played! Keep it going girls!



SARS Summer Camp



GLANMIRE MONTHLY MACRA NEWS



Glanmire members enjoy Ballyhass Lakes

Glanmire enjoy Activity Day in Ballyhass Lakes

As the sun continues to shine on our fine Irish summer, Glanmire members decided to avail of it by spending the day at Ballyhass lakes, located just outside Mallow. In another beautiful day 16 Glanmire Macra members took part in a variety of activities. First up, members had to swing platform to platform in a last man standing event with Tomas Cuffe proving to be the most monkey-like winning the event. Next up we enjoyed a team bonding event by passing people through and over a net. This was a great example of team building as we had to work together to guide everyone safely through the net to the other side.

With the land activities over and done with, we moved on to the water where we were divided into two teams with the objective to build two floating rafts that could hold all 16 members. This combined teamwork and competition to see who could build the best raft and get to across the lake. Both teams were successful in staying afloat on the water with all 16 members able to comfortably sit on one raft.

Our water adventures weren't finished yet. We aimed for the water park facilities of Ballyhass lakes. On the lake, were giant inflatable that we enjoyed for over an hour. The most enjoyable aspect of it was a "King of the Hill" inspired inflatable where members competed with each other

to knock each other off into the lake to remind top of the hill.

No doubt great enjoyment was had by all members and it fulfilled the purpose of further bonding club mates together. A special mention to Glanmire's Social Officer – Dee Walsh, for organising the day!

Glanmire contest Farm Skills Semi Final



Kevin Smiddy, Declan O'Hara and Ciarán O'Hara representing Glanmire Farm Skills

As July temperatures marked new records, Glanmire Macra were trying to set their own record as they defended their National Farm Skills. The team of Kevin Smiddy, Ciarán and Declan O'Hara were looking to get through the semi-final in order to contest the final at the Tullamore Show. Having won the title last year, Glanmire were hungry to retain the crown.

First up was a tough semi-final, taking place in Dunmanway where the trio faced difficulty competition from Macra clubs from Thurles (North Tipp), Mitchelstown (Avondu) and Ballinadee (Carbery). The contestants had to do an agriculture based quiz followed by pole driving

and fence hanging before completing a difficult obstacle course. Led by Kevin Smiddy, who works in the agri-sales industry took an early headstart in the quiz section before erecting the fence in a fantastic time of 31 minutes. Tomas Cuffe, a member of the 2017 -18 winning Farm Skills team had provided mentoring to the Glanmire trio with Kevin crediting Tomas' "guidance and support as a key factor to their speedy assembly of the fences."

Glanmire incurred slight errors during the tractor portion of the competition but this was not enough to prevent the Glanmire men from progressing to the final. Ciarán O'Hara noted "that we put in a lot of hard work to get through the semi-final and more is to follow if we are to retain the National title. We look forward to improving our technique and representing Glanmire in the final."

O Callaghan Represents Glanmire Macra at Dairy Stock Judging Final

Long serving Glanmire member, Dónal O Callaghan aimed to take home the Ornu Dairy Stock Judging Title in mid-July. Dónal a dairy farmer travelled to Ardcath in Co Meath for the Irish Holstein Friesian Association (IHFA) National Open Day, and final of the Stock Judging competition.

Dónal sought to add to his success in agricultural competitions. Dónal was a member of the Glanmire team that won the National Farm Skills Competition 12 months ago and as a result has a proven pedigree across agricultural competitions. Like all agri based competitions, the idea is to develop the skills of Macra members that they can use in their careers. The

Ornu Dairy Stock Judging is about visually assessing livestock and deem the best quality and justifying it to the judges. Facing competition from across the country Dónal had to judge 6 Old Rose Friesian Cattle as well as 6 Milk Heifers. He had to assess and rank the quality of the cattle before him and highlight his reasoning to the judges. Unfortunately he was unable to bring up the National Title on this occasion. Dónal noted that he "thoroughly enjoyed competing and representing Glanmire and I'm hopeful to go one step further in the not too distant future."

Hard luck to Dónal who lost out to his Cork Rival Alan Toomey from Donoughmore Macra na Feirme. Better luck next time Dónal!

Our summer bowling league will be starting Monday 23rd July for 6 weeks in the Leisureplex Complex for €10. This is a great introduction to Macra and if anyone wants to get involved and find out what we are about. Further information is available us on Facebook <https://www.facebook.com/glanmiremacranafeirme/> or contact our secretary Gillian on 0877558026.



Dónal O Callaghan pictured with Macra President James Healy at the Ornu Dairy Stock Judging Competition 2018



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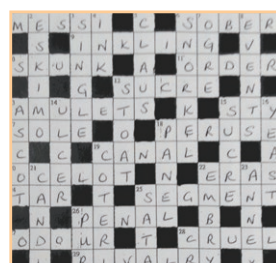
Across

1. CCFC opponents in C.L. (5)
6. Complain noisily (3)
9. Star sign (7)
10. Revere (5)
11. Acquire knowledge (5)
12. Type of savings (5)
13. More naïve (7)
15. Large hole, mine (3)
17. Irish dance (4)
18. See 1 across (6)
19. Type of fish (5)
20. Cut, carved (6)
22. Family (Scottish) (4)
24. Short for Susan (3)
25. Narrow strip of land (7)
26. Worn out (5)
27. Weasel-type animal (5)
28. Bicker (5)
29. JFK (7)
30. Yielded (5)
31. Throw casually (5)

Down

2. Put up with (6)
3. Holy Land (6)
4. One, in cards (3)
5. Earlier, before (5)
6. Sudden, eg strike (7)
7. Weeding implements (4)
8. C.S. Lewis fantasy world (6)
12. Facial Hair (5)
13. 144 (5)
14. Strange (5)
15. Holy song (5)
16. Pair born together (5)
18. German sausage (5)
19. Enticed (7)
21. Sheen (6)
22. Girls Aloud singer (6)
23. Red-haired (6)
25. Silly (5)
26. Japanese rice wine (4)
28. Promotional material (3)

Crossword Winner: Mary Mulcahy, Togher, Co. Cork



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