




**GLANMIRE**  
**Area News**



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Available: Mayfield | Upper Glanmire | White's Cross | Watergrasshill  
Glounthaune | Little Island | Carrigtwohill | Lisgould | Carrignavar | Whitechurch | Knockraha





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

**Invitation to attend Community AGM**  
**All sub-committees will submit their annual reports**  
**Public representatives will be in attendance for Q&A session**

OUR LADY CROWNED PARISH  
PRESENTS

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**Sunday**  
**Oct 14th, 2018**  
7.30pm  
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## Talk, listen and move forward with mediation

It is quite normal for parties to see things differently, and as a result disagree. But it's how they deal with their differing opinions which will decide if the outcome is positive or negative. Sometimes disputes are due to a breakdown in communication. On other occasions it can be the tone used which creates the negative effect.

Difference of opinion, breakdown in communication and conflict are not confined to individuals and can also occur in groups or organisations. And this is where mediation comes in – one of its fundamental tools, as a method of resolving disputes, is to assist people communicate with each other.

However, mediation is applicable in many areas – disputes between neighbours, in the area of marital breakdown, contractual disputes, and work place, to name but a few. Mediation focuses on the way forward, not on establishing fault. And it's not necessarily a standalone process but very often works in tandem with other areas of conflict resolution, such as the legal process.

### Talk and be heard

In addressing conflict, mediation seeks to provide an environment where those involved can talk to the mediator and each other in a way that allows them to be heard. One of the objectives of a mediator is to encourage people who are in disagreement, to find a way to resolve their differences by developing an appreciation for each other's perspective, thereby allowing them to apply a solution(s) that proves to be more accommodating for all concerned.

The growth of mediation as a viable alternative to resolving conflict, is in part due to the fact that the process can be engaged in quickly. This can offset

a lot of the frustration that often arises when people find themselves engaged in a long drawn out procedure, an experience which frequently leaves them feeling somewhat detached from the affair.

### Less expensive than court

Mediation is generally a much less expensive alternative than court proceedings for example, particularly as the parties share the cost. Another advantage of mediation is that, although the parties attend on a voluntary basis, it is nonetheless a confidential process, where they are obliged to keep matters confidential. This tends to encourage people to participate more fully.

Only in the most serious of cases may the contents of mediation be disclosed to a Court. For example, that could include a situation where material pertaining to the safety of children arises, or where actual or threatened criminal acts become known.

Otherwise the confidentiality of mediation is absolute and cannot be used by either party in litigation.

However, if any person has a concern about the confidentiality of mediation, they should make them known to the mediator, and/or seek legal advice on the matter.

### David Howard is a

certified mediator and runs **Demos Mediation**.

He works in various areas such as workplace, and family mediation.

Previously, for nearly 20 years, he worked in the area of Family Law.

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# Are You Living With Sciatica Or Back Pain... When There Is A Non-Invasive, Drugless Solution?

Having back and sciatic pain is a miserable – even crippling – condition.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.

You may have a condition called "Sciatica" if you're suffering from any of these annoying conditions. Sciatica is a compression of the sciatic nerve, usually by an L4 or L5 disc herniations.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your back or sciatica hurts and the pain just won't go away!

## Do You Have Any of the Following?

- Sharp pains in the back of the leg
- Lower Back Pain
- Herniated/bulging discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain
- Muscle spasm, sprains & strains

Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated with chiropractic adjustments.

## "What's The Chance This Will Work For Me?"

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers like Tiger Woods, Venus Williams, Pádraig Harrington, Bradley Wiggins, Gisele Bündchen and Madonna.

These professionals have the money to hire any kind of doctors they want, and they choose to have a chiropractor on their team.

## Here's what just one of our patients had to say:

**"I can't believe how much I have improved and can tolerate more treatments and exercises. My quality of life is so much better and I get a full night sleep now. It has taught me how to rest, look after my back and sit up straight. At the same time, I have freedom from pain and a lot more movement."**  
M.S.

This means in just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

## Feel the Improvement – and Say "Yes" to Life Again

With my "Back Pain And Sciatica Evaluation" we'll be able find the problem and then correct it.

Think of how you'll feel in just a few short weeks.

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

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

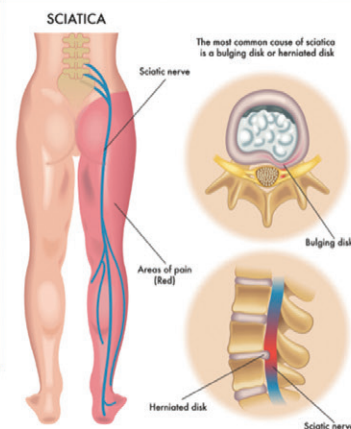
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- A complete neuromuscular examination.
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- We will provide answers to your questions, like...

...which position, mattress, and pillow you should use for a good night's rest.

...how to exercise the right way so you aren't making your pain worse.

## Don't Let Your Sciatica Get Worse

Untreated, sciatica can lead to a loss of muscle strength and muscle size that may be irreversible. Eventually, there can be problems with gait.

Sciatica can be successfully treated. You can recover. Healthy, pain-free living should be yours.

Call today and I can get started with your consultation and exam as soon as there's an opening in the schedule.

Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, Glanmire. (Over the bridge next to AIB Glanmire)

To avail of this offer just tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation before September 14<sup>th</sup>.

We look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

*Sincerely,*  
**Dr. Eric Kelly, D.C.**

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

### HOUSING DEVELOPMENT AT GLOUNTHAUNE



Grant of permission for the construction of one hundred and seventy four residential units on a site at Johnstown / Killahora townlands was detailed in the July issue. Planning permission for another scheme of forty dwellings at Lackenroe townland was lodged by Bluescape Limited on July 4th. last year and this development constitutes the first phase of a two hundred and forty house residential estate. The land is east of the Glounthaune to Knockraha road on a stretch between Annmount Estate and the Forge Cross and access to the development is via a signalised junction at the Cois Chuain housing estate entrance. The provision of a pedestrian access to the Killahora Road at Upper Annmount and an upgrade of a section of the Knockraha Road adjacent to the development access are also incorporated.

Cork County Council granted conditional planning on October 17th. 2017 and this resulted in nine third party appeals to An Bord Pleanála. Ten observations were also submitted which included that from the Johnstown Residents Association, Lackenroe Residents Group and Glounthaune Tidy Towns. Appellants and observers submissions included the following summarised issues; overdevelopment, connectivity, planning activities on the site itself and others in Glounthaune, traffic / access, impact on residential amenity, sensitive landscape, water infrastructure, scenic routes, an eis / nis requirement, design, ecological issues, lack of infrastructure supporting the development and protected structures not referenced in the application. The applicant's response included the following summarised remarks; the signalised junction and various traffic calming measures, including the provision of raised surfaces, will provide a safe pedestrian environment and enhance pedestrian and cycle connections

between the northern side of Glounthaune village and the village centre; the site is ideally located to allow school children to safely cross the Knockraha Road at the traffic signal controlled junction and access the local school via the Cois Chuain housing estate; the development provides for a pedestrian access to the northern Killahora Road at Upper Annmount which will provide a convenient pedestrian / cycle route between the existing dwellings on that road and the existing local primary school and village centre; under potential future phases of the development to the east and south east additional pedestrian / cycle links between subject lands and the village centre will be provided which will promote sustainable travel patterns in the future; the conditions and contributions imposed in the grant of permission will result in necessary upgrades and maintenance of the surrounding road network and this will improve the road network for all current and future residents in Glounthaune; the development will result in an upgrade of the existing storm water network which will be beneficial to existing and future residents in Glounthaune; the development has been carefully designed to ensure that it will not have a negative impact on the residential amenities of adjacent properties; a comprehensive Landscape Masterplan details the landscaping measures and boundary treatments to be adopted.

The submissions and inspector's report were considered at a Bord Pleanála meeting held on May 17th. 2018 and permission was granted for thirty one dwellings subject to twenty five conditions. In the interest of protecting the residential amenities of adjoining properties, having regard to the significant height differences involved; permission was refused for dwellings numbered thirty two to forty. This portion of the site shall be utilised for the provision of single storey dwellings and with no attic accommodation and maximum ridge heights of five decimal five metres. Bluescape subsequently lodged a planning application to Cork County Council for the construction of seven single storey dwellings on July 23rd. 2018.

The Bord agreed that the development was in accordance with the proper planning and sustainable development of the area having regard to zoning of lands, the provisions of the 2017 Cobh Municipal District Local Area Plan, the nature, layout and scale of the development and the pattern of existing development in the vicinity.

The Bord considered that subject to compliance with conditions the development would not seriously injure the amenities in the area or of property in the vicinity, and it would not be prejudicial to public health or lead to a risk of flooding, and would conform to the provisions of the Local Area Plan. The conditions applied include the following: details of the materials, colours and textures of all the external finishes to the dwellings shall be submitted to, and agreed in writing with, the Planning Authority prior to commencement of development. All roofs shall be blue black or slate grey in colour, including ridge tiles. The area of public open spaces shall be reserved for such use and shall be levelled, contoured, soiled, seeded and landscaped. The work shall be completed before any of the dwellings are made available for occupation and shall be maintained as public open spaces by the developer until taken in charge by the local authority. When the estate is taken in charge; the open spaces shall be vested in the planning authority as public open spaces.

Proposals for an estate / street name, house numbering scheme and associated signage shall be submitted to, and agreed with the Planning Authority before the development commences. The proposed name(s) shall be based on local historical or topographical features or other alternatives acceptable to the planning authority. Site development and building works shall be carried out only between the hours of eight am and seven pm Mondays' to Fridays', nine am to two pm on Saturdays' and not at all on Sundays' and public holidays. All service cables associated with the development shall be located underground. Ducting shall be provided by the developer to facilitate provision of broadband infrastructure within the development. Public lighting shall be provided in accordance with a scheme

and shall include lighting along the pedestrian walkway from the Estate road to the local Killahora road at Upper Annmount. Such lighting shall be provided prior to the making available of any house for occupation. The boundary on both sides of the walkway shall consist of a one decimal eight metre high solid block wall, capped and rendered on both sides.

The developer shall pay a financial contribution to the Planning Authority in respect of public infrastructure and facilities benefiting development that is provided, or intended to be provided in the area of the Planning Authority. The developer shall pay to the Planning Authority a financial contribution in respect of the Cobh / Midleton – Blarney suburban rail project. Prior to the commencement of development; the developer shall lodge with the Planning Authority a cash deposit, an insurance bond or other security to secure the provision and satisfactory completion of roads, footpaths, water mains, drains, open spaces and other services required in connection with the development. The developer shall pay the sum of eighty thousand euro to the Local Authority in respect of works proposed to be carried out for the provision of traffic calming north and south of the development access. The developer shall pay the sum of twenty thousand euro to the Planning Authority for the provision of the upgrading of the Storm Sewer that crosses under the rail line.

Incidentally, it is interesting to observe that the speed limit on the section of road between the Church and the Forge Cross has been recently reduced to fifty km. It is also noteworthy that a condition on both this development and that at Johnstown / Killahora stipulates that proposals for an estate / street name(s) shall be submitted to the Planning Authority for approval and that same shall be based on local historical or topographical features, or other alternatives acceptable to the Planning Authority - should not the local community have an input in this regard?

SLÁN ANOIS ©





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# Gardening

## with Charlie Wilkins



Charlie Wilkins

### A LATE SUMMER ACHE

Sometimes, I think that summer is simply an aberration, a divergence, a distraction from the norm, a rarity even. In recent years it has disappointed in many respects, and we lived out our gardening lives in low light levels and unseasonal temperatures. Winter seemed habitual, a fact of life. That is, until this year when nature put on a supreme effort and changed the dismal monochrome of winter weather to fancy dress hue. And so it remained up to very recent days.

Now the garden may be showing the earliest signs of the cooler, subtler days of autumn, but there's still much to admire in the line of hot colours and gentle movement. The Orb spider is once again busy criss-crossing shrubs and plants with inescapable webs, whilst the scented phlox, potted lilies, and roses continue to release their perfume along with honeysuckle, which now has berries as well as flowers. All these, individually and collectively, define a time and shape life-long memories. And yet, all is not as it seems.

Last month, in a walled garden in Glanmire, the scented blooms of a large lime tree were at their most floriferous

but around its base lay bees in the dozens, some intoxicated it would seem, many already dead and withering in the high humidity. More were being taken by birds and marauding wasps, and whilst the bumble bee outnumbered honey bees by ten to one, the sight was one of great sadness.

All lime trees (*Tilia* species) are extremely attractive to bees when they come into flower, but for bumble bees the lime tree known as *Tilia petiolaris*, can be a fatal attraction. Lime tree flower nectar consists of a mixture of sugars, but in the case of 'petiolaris' a significant quantity of a sugar called mannose is also present. The bees are unable to metabolise this sugar fully and it becomes irreversibly bound to the digestive enzymes in their gut. The available enzymes soon become used up, making the digestion of other sugars impossible and so the bee dies of sugar starvation, even though its stomach may be full.

Fortunately, *T. petiolaris* flowers in late July and early August, when bumble bee colonies are at peak strength and so the colonies are better able to survive the loss of those foraging among the branches.

Humans can digest mannose so there is no danger from eating honey produced from lime nectar. The pendent silver lime tree blossoms may still be hanging heavy due to the weighty crawling of foraging bumble bees, but the sooner flowering ceases, the better for all these important, furry pollinators. Varroa mite has decimated honey-bee stocks in recent years so every single bee, honey or bumble, is valued for their ability in pollinating crops of every kind.



Lime trees on the avenue at Blarney Castle. Many were damaged in storm Ophelia last winter, but replacements are planned. In Germany, these are better known as Linden trees. Bees love these for the nectar they produce when in bloom during August.

### THE SEPTEMBER GARDEN

**AUTUMN;** The mood of autumn is evident already in the foliage of trees shrubs and all plant life. The shortening hours of daylight have crept in unannounced, marking yet again the ebb and flow of the seasons and of life itself. But while the dance of surrender may be obvious to those who observe these subtle changes, there are still two good months of gardening activity to be enjoyed. The garden can once again become 'a cabinet of curiosities' for shadows will increasingly deceive the eye and light play funny tricks even during a high September noontime.

Now's the season in which to have an eye for detail, a love of the unusual, a collector's mentality for weird shapes, odd movements, and unexpected and sudden bursts of short-lived golden colour. If you garden with grasses and late perennials (rudbeckia, heleniums, aconitum, etc) you'll have these golden treasures I speak of and be able to rely heavily on shape and pattern for all of autumn through to November.

**WASPS;** In these dog-days, wasps and ants can be a common problem as they search for food and work to enlarge their nests. If you can

see an entrance to a wasp or ant nest, dust around the entrance with a powder sold as Kill-Ant or Ant Stop! The pests will get this on their legs and distribute it through the colony, killing all in the process. Indoors, especially in the kitchen, use either powder for best results. Puff the contents around doors, window frames and into cracks and crevasses to give longer-term control of foraging ants.

**DEADHEADING;** Gardens can easily slide into premature decay and regular dead-heading is essential to prevent this. For certain plants, such as the non-repeat flowering roses, the aim is purely cosmetic. But many plants, including dahlias, cosmos, penstemons, and many species of later flowering salvias can be induced to flower indefinitely if none of their spent blooms are allowed ripen seed.

There are rare instances where it is acceptable simply to snap off spent flowers with finger and thumb and this is the case with day-lilies. But, in general, secateurs or a stout pair of scissors are needed. It is essential to trace the

stem of a spent flower back to some definite point, as any bare stalks you leave behind will disfigure the whole plant. This point will be where a new shoot or a fresh flower arises or is likely to arise.

**PHLOX;** It is not generally appreciated that phlox have a second season of flower, shorter stemmed may I add, but still very welcome towards the dewy month of September. Simply pinch out their first heads of bloom as they fade or cut the stems to a lower pair of leaves then give two liquid feeds at fortnightly intervals. The pale blues and lavender blues look best during this second flowering for they give the impression that smoke is in the air along with the first of the autumnal mists. When cut for indoors, the scent of phlox can be slightly rank, though it will still be found ideal for flower arranging.

**GET ESTABLISHED;** Always plant shrubs and perennials in autumn (October or even late September) for the soil will still be warm and they will get well established before the arrival of hard frosts. The weather in spring can be dry above all else, and absolutely freezing which means constant watering if you plant then. Autumn planting is truly best.



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## St. Stephen's Pitch and Putt Club Ladies and Gents Captain Prize



We had our Captains Prize in August. Here are some of the winners. Lady Captain Mary O Riordan presenting prizes to Georgina Harte and Mairead Manning also Gents Captain Jim Manning presenting a prize to John O Riordan. St. Stephens Pitch and Putt Club is situated in the beautiful grounds of St Stephens Hospital, Sarsfieldscourt, Glanmire.

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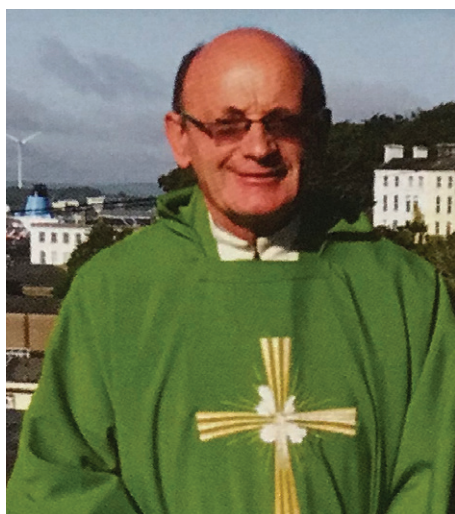




# An tAthair Liam Kelleher

Micheál Ó Súilleabháin

Ceann de na hainmneacha is aithnidiúla i gContae Chorcaí, in Éirinn agus in áiteanna eile i bhfad ó bhaile is ea an tAthair Liam Kelleher. Sagart i nDeoise Chluain Uamha is ea é. Le déanaí cheiliúir sé caoga bliain mar shagart. Faoi láthair tá sé lonnaithe in Ardeaglais Naomh Colmán i bparóiste an Chóibh. Is féidir a rá gur bhain sé cáil amach thar na blianta mar shagart, mar lúthchleasaí é féin agus mar thraenálaí. Tá an bua aige acmhainn spóirt a aithint i ndaoine óga agus é a chothú. Duine lán d'fhuinneamh is ea é agus cé go mbeadh duine eile sna seachtóidí amuigh ar pinsean, níl aon chosúlacht ann go bhfuil sé beartaithe aige an saol a thógaint go bog go luath.



An tAthair Liam Kelleher

Saolaíodh Liam sa Domhnach Mór sa bhliain 1944. Fuair sé a chuid oideachais sa scoil náisiúnta áitiúil agus ina dhiaidh sin i gColáiste Cholmáin i Mainistir Fhear Maighe. Chuaigh sé le sagartóireacht agus rinne sé a chuid staidéir i gColáiste Phádraig, Ceatharlach. Oirníodh ina shagart é i Meitheamh 1968. Ó shin i leith tá sé ag gabháil de ghairm na sagartóireachta. Is fíor a rá, áfach, gur mó an aithne atá air ar fud na tíre mar fhear spóirt. Bhí na lúthchleasa seán-bhunaithe ina pharóiste féin agus

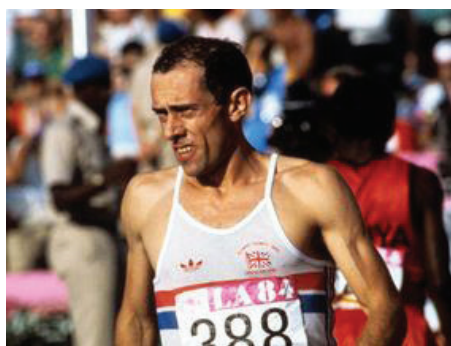


bhíodh sé coitianta sna caogaidí agus sna seascaidí, go háirithe, go mbíodh comórtais lúthchleasaíochta ar siúl i ngach paróiste.

Sna paróistí éagsúla ina ndearna sé seirbhís, chothaigh sé an lúthchleasaíocht. Reathaí ba ea é féin agus spreag sé an óige, ach go háirithe, chun páirt a ghlacadh ann. Chreid sé go raibh buntáistí móra ag baint le spórt, gur fhoghlaim daoine ceachtanna saoil uaidh, gur fhoghlaim siad conas déileáil leis an rath agus leis an teip. Mar shagart, ceann de na

cúraim a bhí air ba ea cuairt a thabhairt ar na scoileanna náisiúnta. Thapaigh sé an deis chun an lúthchleasaíocht a spreagadh. D'eagraigh sé cleachtaí reatha do na daoine óga agus sa tslí seo bhí sé in ann daoine a raibh cumas ag baint leo a aithint. D'fhorbair sé clár traenála oiriúnach dóibh. Ghríosaigh sé iad chun páirt a ghlacadh sna comórtais lúthchleasaíochta. Duine de na lúthchleasaí óga a d'aithin sé ba ea Sonia O' Sullivan agus d'fhorbair sé clár traenála speisialta di sna blianta tosaigh. Ina dhiaidh sin, ghlac Sonia páirt sna comórtais dhomhanda agus sna cluichí oilimpeacha in ar bhuaigh sí bonn airgid.

Ceapadh an tAthair Liam ina shagart cúnta i dTulach Léis i dtuaisceart Chontae Chorcaí sa bhliain 1977. Paróiste beag a bhí ann agus bhí bagairt ann go ndúnfaí an scoil náisiúnta de dheasca uimhreacha beaga a bheith ag freastal uirthi. Bhí sé ina bhall de thoscaireacht a bhuail leis an Aire Oideachais chun an scoil a choimeád ar oscailt. Chuir an tAire in iúl dóibh go mbeadh an-bhuntaistí ag baint le daltaí a bheith ag freastal ar scoil níos mó. Ach dúirt sé leis an Aire go gcoimeádfai an scoil ar oscailt é ar ais nó ar éigean. Níor dúnadh an scoil. Ansin thug sé faoi ráschúrsa lúthchleasaíochta a fhorbairt sa Tulach Léis. Mheas mórán gur obair in aisce a bhí ann toisc go raibh an áit chomh beag agus chomh hiargúlta. Ach le sár-iarracht ón bpobal, forbraíodh an ráschúrsa. Tugadh cuireadh do mhórainmneacha lúthchleasaíochta na linne go dtí an oscailt oifigiúil, John Walker ón Nua-Shéalainn, Eamonn Coghlan, John Treacy agus Steve Ovett. Thánadar go léir agus bhí slua ollmhór i láthair. Léirigh sé go raibh deacrachtaí ann le sárú seachas a bheith mar bhac ar chúrsaí.



Steve Ovett

Ina dhiaidh sin, bhí an tAthair Liam mar shagart cúnta in Inse i bparóiste Chill lath. Fuair sé amach nach raibh aon chlub lúthchleasaíochta ann. Le cabhair ón bpobal, thosaigh sé Club Glenbow AC. Sa tréimhse seo, chomh maith, bhí dlúthbhaint aige in éineacht le Patrick Mc Carthy le bunú nuachtáin áitiúil, an Imokilly People. Nuachtáin a chlúdaigh nuacht áitiúil le raidhse pictiúr, a thógadh an tAthair Liam ag ócáidí sóisialta agus béim ar spórt a bhí ann. Bhí rath ar an nuachtán go dtí gur tháinig an cúlú eacnamaíochta

agus go raibh titim thubaisteach san fhógraíocht.

Ba é Peil na mBan an chéad ní eile ar thug an tAthair Liam faoi. Nuair a bhí sé ina shagart cúnta sa Teampall Geal, bhí dlúthbhaint aige le bunú Club Peile na mBan. Rockbán a tugadh air, cumasc de logainmneacha, Carraig na bhFear agus An Teampall Geal. Tá an-rath ar an gclub i gcónaí. Bhí an-bhaint aige le Peil na mBan ag leibhéal an chontae, chomh maith. Bhí sé ina roghnóir ar roinnt de na foirne. Tá an-rath ar Pheil na mBan agus ar Chamógaíocht sa chontae le roinnt blianta agus tá a chion féin déanta ag an Athair Liam i gcothú an dá spórt.

Is deacair suimiú a dhéanamh in alt gearr ar shaol chomh gníomhach. Duine uailmhianach, diongbháilte is ea é. Chreid agus creideann sé go láidir sa phobal a bhfuil sé ag freastal air. Creideann sé sna buntáistí a bhaineann le spórt. Feiceann sé gur féidir le spórt carachtar duine a fhorbairt, gur féidir le spórt cabhrú le daoine chun déileáil leis an saol. Tá sé ina scríbhneoir, ina ghrianghrafadóir, ina reathaí, ina ghníomhaí. Ní thuigeann sé an nath 'ní féidir é a dhéanamh'. Chomh maith leis na buanna sin ar fad, tá sé ina shagart den scoth a thugann sár-sheirbhís dá phobal agus a sheasann i gcónaí leo. Gura fada buan é.



An tAthair Liam agus an Mháthair Treasa

## Gluais:

is aithnidiúla = most well known  
lonnaithe = based  
acmhainn = ability  
thapaigh sé an deis = he seized the opportunity  
ar ais nó ar éigean = somehow  
lúthchleasaíocht = athletics  
forbraíodh = it was developed  
obair in aisce = a waste of time  
le sárú = to overcome





**GLANMIRE  
CHAMBER OF  
COMMERCE**

## BUSINESS & COMMUNITY

# Awards

**16th NOVEMBER 2018**

AT THE  
**VIENNA WOODS HOTEL**

### - CATEGORIES -

- 1★ CUSTOMER SERVICE EXCELLENCE AWARD
- 2★ BEST PLACE TO EAT/DRINK AWARD
- 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**

MAIN SPONSOR



Also Proudly Supported by

Vienna Woods, Cork County Council & Glanmire Area News



### TEAR OFF NOMINATION FORM

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



**GLANMIRE  
CHAMBER OF  
COMMERCE**





**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](mailto:iriswilkinsmccarthy@gmail.com)

### St Patrick's College Leaving Cert Results 2018

Huge congratulations to Helen Quill who got 578 points and hopes to go on to Law in UCC. Very well done also to Ciara McAuliffe, Lisa Chervova, Emma Long, Ava Long, Leyla Downey, Sasha Donovan and Ciara Hosford who all achieved high points and will be moving on to UCC and CIT. We are also very proud of our students who intend going to the College of Commerce and other further education colleges in the city.



The "Mayfield Eye" and "The Mouth of the South" attending the 7th Annual Cork Wears Red Lunch



Helen Quill who got 578 points

### Mayfield Community School Leaving Cert Results 2018

Congratulations to all the students who received their results



Colin Faulkner of UK Foyer Projects visited Cork recently to see how Mayfield St Luke's Tidy Towns has worked with Cork Foyer on Local Community Projects in recent months.





## Our Lady Crowned Church



Congratulations to Fr. Colin Doocey who celebrated a beautiful Mass in Our Lady Crowned Church to mark the Silver Jubilee of his ordination to the priesthood. Pictured is Fr. Colin and his mother Marie receiving gifts on behalf of the parish of Our Lady Crowned. Bishop Buckley also attended the Mass



OUR LADY CROWNED PARISH  
PRESENTS

# FINBAR

# WRIGHT

*in Concert*

**Sunday**  
**Oct 14th, 2018**  
7.30pm  
Doors open at 7.00pm

Venue:  
**Our Lady Crowned Church,  
Mayfield**  
Admission €25.00

Proceeds of the concert towards set up of ASD Class  
in St. Michael's Upper Eds  
Tickets available from Parish Office 021 4551276  
Credit Union: Rita Clohessey 021 4501152  
Anne Phelan: 086 2793338

Our Lady Crowned Parish presents Finbar Wright in Concert on Sun. Oct. 14th @ 7.30pm. Tickets now available from the Parish Office (021 4551276), Our Lady Crowned Credit Union



The RSPBANI Branch also acknowledged Mayfield lad Daniel Mulcahy's win in The World Drumming Solo



Well Done Clogkelt Pipe Band on taking 1st place and also winning Best Drum Corp section in Glasgow.

## Mayfield GAA

Right: Congratulations to Mayfield GAA players Nicky Kelly, Dave O'Neill and Shane O'Donovan who won All Ireland Intermediate Hurling medals with Cork vs. Kilkenny in Nowlan Park

Below: Mayfield GAA Club U15 Football County Final Winners



## 21st/71st St Josephs Mayfield Scout Group



GOLD!!! Jamboree 2018 Well done lads, ye were a credit to the troop and went out and achieved an amazing result getting 80%







## Dr. John Sheehan

MB, BCH, BAO, DCH, DME, MRCGP, MD

## LONELINESS

Loneliness is the public health crisis of this generation. It describes a person's lack of personal connections and contact that they want and need.

The importance of personal contact and interaction with others cannot be underestimated. It can affect all ages, it doesn't discriminate between young, old, rich or poor. Groups at risk of loneliness include, the elderly as well as people with cognitive impairment and illnesses such as Dementia, people with mobility issues and physical disabilities, carers, members of the LGBT community and ethnic minorities.

While we live in a world dominated by social media platforms people are now lonelier more than ever. Many young people are now who are well connected online are experiencing profound loneliness, due to the lack of real human contact. According to Childline, loneliness is now one of the main reasons they are contacted

by children in Ireland.

Saying that you are lonely can be very difficult for someone to admit to, but it is far more common than people realise. Much of the discussion about loneliness can focus on our elderly members of society and people living in rural areas with a lack of services and amenities, but, people living in urban areas and cities are just as susceptible to suffering the effects of social isolation. With an ageing population loneliness is becoming an increasing problem today. Our population is growing by 20,000 additional older people every year. By 2036 it's estimated that 20% of the population will be aged 65 and older. 1 in 3 over 65s are living alone and that number is only going to rise. In the UK, research has shown that 49% of all older people say that watching the television or pets are their main form of company.

Isolation and loneliness can be particularly catastrophic for ageing citizens, but some are more vulnerable due to frailty, those who may be mentally alert but physically not capable of moving

around without help. Older women frequently report higher levels of loneliness compared to men. Sometimes a person's only contact in the day could be a simple interaction with the postman, GP or a neighbour saying "Hello." For someone living alone these simple interactions can be an extremely important part of their day the negative impacts of loneliness on day to day life is well documented. It can occur from time to time or it can be a persistent and long-term problem for people, as well as affecting people at different times in their life. It is important that loneliness is recognised as being emotionally damaging as well as having negative effects on people's health. It has long been associated with a broad range of adverse mental conditions such as anxiety, depression and substance abuse.

There is a lack of public awareness of what being lonely is and how common it really is. I also wish to encourage people to check in on elderly and vulnerable neighbours to ensure they feel a sense of place in the community.

Studies have shown that participation in formal activities, such as volunteering and attending social clubs, are associated with reduced loneliness in later life. Loneliness in Ireland is increasingly prioritised as a public health issue and interventions are being developed to prevent isolation. Funding is available to local community groups to create facilities to improve the lot of the elderly, including many designed to increase social participation.

**Friendly Call** is one such service that provide excellent support in contacting the elderly and keeping them engaged in society. Friendly Call Cork is a free service providing phone calls 5 days a week and is available to older people or individuals who may feel lonely, isolated and vulnerable. The Friendly Caller will chat to clients about their day and check on how they are feeling, providing friendship, security and helping clients feel safer at home.

**Age Action - 021 206 7399**

**Friendly Call - 021 430 2310**

## Upper Glanmire ICA

### Update on Guild activities

- Our weekly walks have continued now since early June, and the highlight is always the Ballycotton Cliff Walk.

- A group of 15 enjoyed a meal in mid July in Bunnyconnellans in Myrtleville.

- We also enjoyed afternoon tea in our President Rita Cloghessy's Summer home in Guileen. It was during the heatwave, and it was absolutely beautiful down there with the sea,

cliffs, beach and glorious sunshine.

- Of course, we had to go and see Mama Mia! Another brilliant evening!

### September Recipe: Coconut Buns (Eileen Sculley)

3 parts: Base, jam and topping.

#### Ingredients - Pastry Base

8 oz plain flour  
5 oz hard marg  
1 oz icing sugar  
1 egg

#### Filling: Jam or Lemon Curd Topping

2 oz soft marg  
2 oz caster sugar  
6-7 oz dessicated coconut  
1 egg  
**NO FLOUR**

- Fill each patty tin with a circular pastry base
- Put in a teaspoon of filling.
- Spread the topping over the jam.



"Coconut buns" by Eileen Sculley



Visiting our President Rita Cloghessy in Guileen in July



Annual walk on the Cliffs at Ballycotton, Mary Dorgan, Mary Cashman, Mary O'Connor, Ann Cashman and Eileen Sculley



A magical afternoon in Guileen





# White's Cross GAA News

[whitescrossgaa.ie](http://whitescrossgaa.ie)

## White's Cross - County Hurling Champions



Captain Kevin Buckley lifts the county championship trophy

### Junior Hurling County Championship Review

Friday the 27th of July last proved to be a historic night for White's Cross GAA as victory over O'Donovan Rossa ensured that the club landed its very first county championship at any grade. It was a fitting reward for this group of players. Even prior to this victory, this group has been responsible for the club's most successful ever period playing the small ball game. Having only won two divisional championships in sixty years, in 1982 and 1991, 2016 and 2017 saw them win back to back hurling championship titles. Add in consecutive Craobh Rua cup titles and the 2017 city division league meant that this was a golden era for hurling in the club. The one dark spot in this time was a county final defeat at the hands of Killavullen in 2017. Hence, the primary aim



Ed Buckley, Mia Buckley and full-forward Edwin Buckley after the county final victory

at the start of the year was to get back to the final and atone for that defeat. The path to the final did not get off to the best start. Being a small club, the panel of players available was never huge to begin with so when players leave the squad, it puts pressure on an already stretched resource. For one reason or another approximately eight of last year's panel were unavailable when the season began. Their opening game saw a very narrow one-point defeat at the hands of Brian Dillons which ended the possibility of retaining the Craobh Rua title. Their next league game was a tetchy affair against St Finbarrs which ended in more substantial defeat and all of a sudden there was a certain air of doom of gloom over the squad. However, this is a tight bunch of battled-hardened players and they wear the green and white with pride every time they go out. After the St Finbarrs defeat, the players stayed behind in the dressing room for over an hour for a clear-the-air meeting of sorts. Results and per-

formances were well below the standard that the players had set for themselves and it needed to be addressed if fortunes were to be reversed.

The immediate effect of the meeting, in terms of headline results, saw little change in fortune. A heavy defeat to Doneraile in a challenge game and an opening round championship defeat to Rathpeacon were further setbacks. However, on a positive note, the panel was being rejuvenated. New players came on board. Edwin Buckley went back to hurling after a long break; Fiachra O'Connell graduated from the minor ranks and was playing very well at wing back. Fergal Reid (first cousin of Kilkenny's TJ) and Robert McElhinney (nephew of form Cork intermediate players Mark and Declan of Delaney's fame) were also a revelation.

It is hard to identify an exact turning point in the team's quest for glory but a challenge game against Mayfield, a junior A side, on a fine spring evening in Mayfield may have been it. Played ten days before their make or break county championship game against Gabriel Rangers, it was the first time in 2018 where the game didn't end in defeat. This was followed by a ferocious battle with Brian Dillons in the first



Sean Buckley, Liam O'Donovan and Carthach Kelleher (right) - three of White's Cross younger supporters after the match

round of the city division championship; a tie which ended in a monster Kevin Buckley point in 7th minute of injury time to seal a one-point win. This was huge demonstration of heart and courage to pull through and it provided some confidence and momentum ahead of their crucial clash against Gabriel Rangers in Clonakilty on May 26th.

In this game, everything clicked for the White's Cross men. As soon Ruairi Murnane hit over a belter from 60 yards, the writing was on wall for the Ballydehob/Schull outfit. The hurling played that day was as good as it has been for years. Every

player from one to fifteen won their personal battles and moved the ball slickly and confidently around the field. The effects of Seamus Kennefick's work with the team and individuals shone through on the day. This was the complete performance by the team as they ran out comprehensive winners on a score of 2-17 to 0-05. Impressive league victories over St Vincents and Rathpeacon followed and suddenly there was string of games without defeat and confidence was high. Familiar foes Lough Rovers were beaten in the next round which set up a crunch quarter final tie with one of the championship favourites; Belgooly.



Murt Kelleher with former player John O'Sullivan after the match

This was a cracking game from start to finish with a standard of hurling that would not be out of place a couple of grades higher. White's Cross dominated long periods and picked of some fantastic scores. Murt Kelleher played a blinder at half back nullifying Belgooly's main threat in the form Cork intermediate player Ruairi O'Dwyer. When the expected second half comeback from Belgooly emerged, the team showed composure and belief to rattle three unanswered points from Conor Buckley and Eoin Murnane to kill off the Belgooly comeback. The same traits were very much evident in the semi-final against Rathpeacon in Blarney. The same two players as well as Cormac O'Flynn popped up with scores at the end of the game. This time it was to salvage a draw after a fairly poor performance. The replay saw the team eek out a victory in a second consecutive underwhelming performance. Local rivalries as in such exists between White's Cross and Rathpeacon will often lead to cagey, tense encounters which the three battles in this championship most certainly were.

However, semi finals are for winning and it was back to Pairc Ui Rinn for the second consecutive year in a county final. This



White's Cross players celebrate after the final whistle is blown in their county final victory over O'Donovan Rossa

time, however, the result was different. Following a similar pattern to games against Belgooly, Rathpeacon and Lough Rovers, it took some late scores to eventually decide the outcome. However, White's Cross were the better team throughout and deserved their victory. It was a proud

occasion to see a club stalwart like Kevin Buckley lift the trophy over his head. Kevin, along with people like Padraig Murnane, John O'Connell and Derek O'Connor (who formed a formidable and ever present full back line in every game this year), have given decades of service to the club and this was a just reward for their efforts.

It was privilege to bring the cup to the Stirrup, Boothouse and Blackman bars over the following days to celebrate with supporters. Such victories deserve to be celebrated and this was done in style and no little class. However, the victory is not the end. Rather, we hope it is a platform that will drive the club to further success in 2018. There are city division leagues and championships in both codes, a Munster competition and many underage competitions that the club will compete and do their utmost to win. Crosaire an Fhaoithigh abú!



Long serving player Padraig Murnane celebrates with club president Dermot Whoolley and the final whistle

### Path to Victory

1st Round - April 21st 2018- Pairc Ui Chaoimh

White's Cross 0-10 Rathpeacon 1-09

2nd Round - May 26th 2018 - Clonakilty

White's Cross 2-17 Gabriel Rangers 0-05

3rd Round - 21st June, Ballinlough

White's Cross 0-14 Lough Rovers 2-05

Quarter Final - 03rd July 2018 Ballinlough

White's Cross 1-15 Belgooly 1-12

Semi Final 13th July 2018 - Blarney

White's Cross 0-10 Rathpeacon 0-10

Semi Final Replay - 22nd July 2018 Ballinlough

White's Cross 0-09 Rathpeacon 0-04

Final - 27th July 2018 Pairc Ui Rinn

White's Cross 0-12 O'Donovan Rossa 0-11

### Backroom Team

Séamus Kennefick - coach  
Chris O'Neill - assistant coach  
Martin Atkinson - selector  
Pat Reid - selector  
Dominic Cahill - selector  
Marion Delaney - first aid

### Championship Scorers

Conor Buckley 1-48  
Kevin Buckley 0-09  
Donncha Murnane 1-06  
Eoin Murnane 0-09  
Edwin Buckley 1-02  
Ruairi Murnane 0-05  
James Cooney 0-02  
Cormac O'Flynn, Murt Kelleher, Sean Murnane, Seamus Quinlan, Sean Twomey and John McElhinney 0-01 each





## Riverstown FC Senior Women



Captain Shannon Carson and Vice Captain Emma Coughlan with Senior Premier League Trophy

Just to let you know Riverstown FC Senior Women won the Cork Premier League for the first time in their history on Monday last August 13th. when they defeated Wilton in the final game of the season in a winner takes all tie at GACA. The League was divided into two Rounds. Round 1 consisted of all 12 teams playing each other once. Riverstown finished with 9 wins, 1 draw and 1 loss (to Wilton), finishing in 2nd place, 5 points behind Wilton.

The League was then divided into 3 Divisions of four teams for Round 2. Division 1 had Wilton, Riverstown, Lakewood Athletic and Douglas Hall with the teams holding their original points from Round 1. Each team had to play each other once which meant that Riverstown had to make up those 5 points in 3 games. Their first game was away to Lakewood Athletic and

remarkably they came from 1-0 down with 20 minutes to play, to win 1-3. That same evening Wilton and Douglas Hall drew 0-0.

The next game was home to Douglas Hall and Riverstown had a convincing 3-0 victory while Wilton and Lakewood Athletic drew 1-1.

So it was all down to the final game between Riverstown and Wilton at GACA, with the visitors only needing a draw.

But Riverstown were not to be denied. They took the lead early through Katie McCarthy but Wilton levelled before the break. The second half saw Riverstown pike on the pressure with wave after wave of attacks but Wilton were defending stoutly and looked like holding on for a draw. Then with just 10 minutes remaining, Emer Gilroy latched on to an Aoife O'Brien free kick to coolly slot home. Wilton then pressed hard and got a number of corners that were defended well by the home side.

Then with time almost up, Riverstown got a corner of their own and Emma Coughlan's kick was met at the far post by Gilroy who made no mistake, to send the large attendance into raptures. The final whistle brought huge emotion from the players, coaches and supporters as history had been made.



Saoirse Carthy, Katie McCarthy, Aoife O'Brien and Emma Coughlan



Riverstown's squad for the season were:

Claire O'Donoghue, Sharon Eager, Saoirse Carthy, Aoife O'Brien, Chloe Ahearne, Angie Carry, Terese Deehan, Maireike Weihrauch, Shannon Carson, Charley Moore, Elaine Walsh, Emer Gilroy, Emma Coughlan, Katie McCarthy, Jess Geasley, Riona Crowley, Ellen Baker, Nicole Cashman, Denise O'Brien, Jill Worley, Sarah Meighan, Amy Quinn, Mary McDonnell, Jess Mehmet, Sophie Barry, Emma Tuthill.

## GLANMIRE U16 RELAY TEAM



Glanmire U16 relay team prepare for National Community Games finals in UL on sat /sun 18/19 August. Lauren Murphy Springmount, Daisy Horan Castlejane Woods, Victory Arikawe Fernwood, and Megan Murphy Springmount

## COMMUNITY GAMES AUGUST 2018



Preparing for finals in UL on August 18 Vladimir Boutenko Willow Gardens - Victory Arakawe Fernwood and Joshua Kolawole Sallybrook





## Ger Keohane MCC



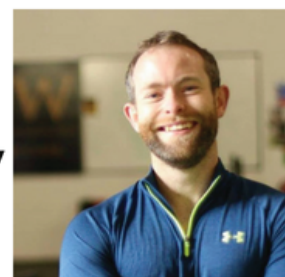
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### Keep Calm and Vote Keohane

mob: 086 026 3046

email: [gerkeohane68@gmail.com](mailto:gerkeohane68@gmail.com)

## RESISTANCE TRAINING CAN HELP YOU GET FIT, STRONG AND FEELING GREAT



Have you heard of resistance training? If you haven't then let me explain what it is, why it's important especially as you get older and how to get started.

Resistance training increases muscle strength by making your muscles move against a weight or force. Weights, machines or your own bodyweight can be used to train movements such as squats, lunges and pushups etc

As we get older we start to lose muscle mass due to aging. You can combat this by starting a resistance training program. I have many clients in their 50s and 60s who have taken to strength training superbly and have achieved great results. You are never too old to start.

Tips on getting started.

- For complete beginners, aim to train 2-3 times a week.
- Get direction from a coach. Most gyms offer a free assessment and program to members. Use it!
- Concentrate on technique over heavy weights to build a solid foundation of strength.

Enjoy feeling strong and confident!

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## Sen. COLM BURKE



### Working for You in this Area

### CLINIC IN RIVERSTOWN COMMUNITY CENTRE

Saturday, 22nd Septmber between 12.30 - 1.30p.m

## 66 Cork City & County Organisations to benefit from funding for Local Environmental Initiatives – Burke

€94,874 has been granted to local projects in Cork City & County under the 2018 Local Agenda 21 (LA21) Environmental Partnership Fund. €46,287 of the funding comes from the Environmental Fund Award with the additional €48,587 being matched by Cork City and County Council.

The successful projects to receive funding were announced today by Minister for Communications, Climate Action and Environment, Denis Naughten T.D.. A total of 880 projects across the country will receive funding.

Fine Gael Senator for Cork North Central, Colm Burke, commented "This fund is a vital resource for local environmental initiatives here in Cork. The successful projects led by communities, individuals and

not-for-profit groups will make a real difference in their local areas.

"Projects include the Shandon Community Green Garden, a Children's Sensory Garden, a pilot programme to achieve Ireland's first zero waste farmers market and many other projects that will enhance our local communities and tie in with national environmental policies.

"These projects are small-scale but big on impact. They will showcase and highlight how small changes in the local area can have a significant impact on the environment and that message will be brought to local community's right across the county.

**Senator Colm Burke**  
**087 259 2839**





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## Scoil Mhuire agus Eoin ASD Concert

**Concert to raise funds for ASD class in Scoil Mhuire agus Eoin**

**Our Lady Crowned Parish to host Finbar Wright in concert**

Famed Cork tenor **Finbar Wright** is to perform in

**Our Lady Crowned Church**

this October to raise funds for the setting up of a new

**Autistic Spectrum Disorders (ASD) class**

in local Mayfield primary school,

**Scoil Mhuire Agus Eoin.**

The concert, organised by Our Lady Crowned Church Parish in Mayfield, will take place on

**Sunday, 14 October at 7.30pm**

Tickets, priced at **€25**

are available from the Parish Office at

**021 4551276**

and Our Lady Crowned Credit Union.

## Rounders coming to Glanmire

**Michael**

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**Ellen**

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## SET DANCING

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## Independent Candidate in the Cork Council declares his intention to run in the forthcoming 2019 Local Council Elections



As an Independent candidate in the forthcoming Council elections, Sean O'Sullivan is looking forward to setting out on the campaign trail, calling door-to-door and listening to the issues that affect people in the constituency.

Sean recently launched his election manifesto in Glanmire and spoke passionately about many issues close to his heart that he would like to resolve in his local community.

"Glanmire has for many years been overlooked as a growing satellite town - with a population of over 22,000 - for essential services," he said.

With regards to the promise of a new Garda station for the area, he said that a site had been identified

but unfortunately has never been delivered.

"There's a need for a new community centre, this has been promised but again, never delivered. Also a Health Centre has been overlooked and there should be a focus on infrastructure to cater for heavy traffic demand with the building of 650 houses in Glanmire."

Sean O'Sullivan has been involved in the print and radio media for over thirty years and is a former PRO of Glanmire GAA Club and is PRO of Glanmire Ladies Basketball Club.

He is also PRO and Event Co-Ordinator of the Glanmire Over-60s heat and is involved in sport, business and community life in Glanmire and district for many years.

Sean has in the past been the main organiser of the very successful Fitzgerald's Vienna Woods Hotel Awards scheme where many sportspersons have been awarded for their outstanding achievements in various sporting areas.

On his election literature, Sean says, "let's work together for the sake of our communities and give it a voice at Cork Council level; after all, it's all about the community we live in."

Sean is building his election campaign on community issues such as:

- Independent voice for the elderly

and marginalised in our society.

- Promoting youth and student interests.
- Improving road, bus and rail access systems for all residents.
- Improving our sporting infrastructure.
- Independent voice for SMES - small indigenous businesses are our future.
- Supporting local enterprise - we must work together to build a better future.
- Helping people to get back to work.

He says that the population needs to support the new half hourly bus service.

Sean O'Sullivan, your Independent voice cannot promise, but will work extremely hard for the community.

So give Sean your No. 1 vote or your transfers in Elections in 2019.

In 2014 Mr. O'Sullivan went very close to securing a seat in the present County Council, with the late Claire Cullinane securing the seat.

"My work has already started and I intend to run an intensive campaign in 2019. I will shortly be opening an constituency office in Glanmire and Mayfield," said Mr. O'Sullivan.

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



**Invitation to attend Community AGM  
All sub-committees will submit their annual reports  
Public representatives will be in attendance for Q&A session**

## STRICTLY SARSFIELDS

Sarsfields' hurlers will for one night only, we are assured, swap their hurleys for their dancing shoes on Friday 26 th. October for Strictly Sarsfields.

The organising committee is busy at present preparing for what will be a night to remember at Clayton Silversprings Hotel. Club Chairman, Tadhg Murphy, says there is a very healthy demand for tickets, even at this early stage.

All will be revealed on Friday 31 st. August when the event will be officially launched at the club's pavilion in Rivers-town.

The thirty enthusiastic dancers will learn who their partners will be and the judging panel will also be revealed. Sars are delighted to have the O'Flynn Group on board as the main sponsors of the event. Local businessman, Dan Noonan, of D2K is the co-ordinator with dance instructor, Declan Roche, ensuring that the dancers will be in top form on the night, giving supporters something to cheer about.

Proceeds from the night will go towards the cost of replacing the club's All Weather pitch and perimeter fencing,



costing in the region of € 130,000. First opened in 2003, the pitch has served the club and community well over those 15 years, hosting thousands of girls and boys including those from the local schools. Father time has now dictated that the surface must be replaced. This is a major challenge but Sars are committed to

providing bigger and better facilities for the next generation.

Strictly Sarsfields on 26 th. October is the first step towards the provision of these facilities and the club would appreciate the support of the community in their endeavours.





## Sarsfields Camogie Notes



Sars Senior Team

### Senior / Junior News

Our Senior team kicked off their championship campaign with a convincing win against Mallow in Castle Road. There were some very impressive scores on the night and a strong team performance overall. Sars will play Inniscarra in the next round and will



Sars Seniors

be playing a series of challenge matches and Summer League matches in the interim

Our Junior team continued their round robin series of matches. Our girls have put in some very committed performances against some tough opposition. Well done to all involved.



Niamh O Callaghan

### Cork News

Congratulations to Niamh O Callaghan who was part of the Cork Senior panel who defeated Tipperary in the All Ireland semi final and to Maeve McCarthy and Katie Barry who were part of the Intermediate panel who defeated Galway in their semi final. Sars Camogie will be travelling in numbers to support the girls and their Cork teammates in the final in Croke Park!

Well done to Ella Woods, Ciara Irwin, Saoirse Desmond and Olivia McAllan who played in the All Ireland u16 semi finals vs Tipperary in the Gaelic Grounds, Limerick. Best of luck in the final girls!



Amy McNamara

Amy McNamara represented Sarsfields on the Cork U15 team in the All Ireland Series in Dublin. Well done Amy.

### Sars Movie Night

The Sars Camogie Movie Night was a tremendous success. The weather was

another wonderful social event.

### Underage News

Our Sars U10's had a memorable experience playing in Pairc Ui Chaoimh recently at half time at the All Ireland intercounty championship camogie matches. The girls put on a great display and got to meet lots of celebrities on the night including Anna Geary!

Loads of activity for our U12, U10, U9, U8 and younger teams who took part in a se-



Sars U8 Team

kind and as the sun went down, The Lion King started on the large screen. Lots of families were in attendance with an assortment of deck chairs, bean bags, blankets, burgers, sweets, crisps,

ries of matches and blitzes over the last month. Playing conditions were challenging in the record breaking heat but our girls showed great fitness, skill and deter-



Sars U10 Team

popcorn, fizzy drinks, cakes, teas and coffees. Well done to everyone involved in organising the movie night and to all the people who came along and supported

mination and put in some great performances. Well done to the girls and their wonderful coaches.



Movie Night





## GLANMIRE MONTHLY MACRA NEWS



Glanmire's Top Table enjoy Officer Training (L to R) Kevin Smiddy, Gillian Kenneally, Seamus Reid, Aisling Walsh and Michael Buckley

### Glanmire Top Table ready for New Year after Officer Training

As the Limerick hurlers defeated Galway to end a 45 year wait for All Ireland glory, Glanmire's Top Table took to NUI Galway for Officer Training. Seamus Reid, Gillian Kenneally, Kevin Smiddy, Aisling Walsh and Michael Buckley attended the insightful and useful training ran by the national branch of Macra na Feirme with over 150 club officers partaking. It involved hints, tips and advice for new and old club officers to fulfil their role to the highest possible level.

The day was broken up into individual training sessions for the treasurer, secretary, PRO and chairperson positions. Each member of Glanmire took part in the various sessions learning more about the responsibility and resources available for Macra na Feirme members. This included but is not limited to using MIAMI (the Macra na Feirme affiliation tool), creating relevant content for social media and traditional media through press releases and a well taken photo.

This year there was an additional focus on Child Safety and Safeguarding. As Macra na Feirme caters for youths who are 17 years old this was a highly insightful session. The guidance given by the National Organisation is a massive reassurance to club members when dealing with such an

important area.

Club Chairperson Seamus Reid put it "child protection is something we have to be more aware as an organisation and credit to the National team who prepared an excellent course on it. Knowing the support available are massive if we ever need to access them."

One of the best pieces of advice given to the club officers in the room was to leave the organisation in a better place than it was when we took office. This advice ended what was a great training day and leaves the members of Glanmire better prepared for the year ahead.



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

### Glanmire seek Two in a Row National Farm Skill Titles

The Tullamore Show & FBD National Livestock marked Ireland's largest one day agricultural exhibition. Every year, it attracts the best breeders of cattle, sheep, and equine from all over the country. From a Macra na Feirme point of view, The Tullamore showcases the best young farmers as they contest the coveted FBD Farm Skills Title. Glan-

mire trio Kevin Smiddy and brothers Declan and Ciaran O'Hara quest for the Two in a Row as clubmates Cathal Cashman, Donal O'Callaghan and Tomas Cuffe are the reigning title holders.

Glanmire faced stiff competition from some local and national rivals. Facing Glanmire were clubs from Thurles (North Tipp), Mitchelstown (Avonduff) and Ballinadee (Carbery). Also the Glanmire trio faced competition from the Leinster duo of Portlaoise (Laois) and Moynalty (Meath).

The farm skills competition involves an agricultural based theory test followed by practical skills of fence building, gate hanging and driving skills. The driving element involved the stacking of bales as well as showing off your ability to reverse a tractor in the specially designed course. Contestants have to do so as quickly as possible while adhering to the best safety practice. Ciaran O'Hara, who originally comes from an agricultural background in Co Kerry was a commending voice for Glanmire in this section.

Following this, the Glanmire trio had to answer the tricky question section. Team captain and - Kevin Smiddy, who is a sales rep in the agri-industry proved to have a lot of first-hand knowledge of the various farm products which greatly aided the team in this section.

Then there was a race to the finish with the fence and gate hanging. This section tested speed, accuracy and teamwork. 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 in their strong showing in this section"

And as the dust settled, Glanmire succeeded in winning the Two in a Row. Declan O'Hara couldn't hold back his delight saying "it's great to be part of a team and club that who

were so supportive. Following the success of last year, we weren't sure could the feat be repeated but the guys (Tomas, Donal and Cathal) kept encourage us and training us and we are delighted to bring the title back to Glanmire. Thanks too to Gallaghers Fencing and Barrett Agri who gave us equipment.

Alas the efforts of the team were only good enough for xxx position. A dejected Declan O'Hara said, "it's disappointing to come this far and not come away with the win. Credit to the winners - fully deserved, they were the best team today. Thanks to all those who supported us especially our clubmates Tomas, Donal and Cathal as previous holders. Without the support we wouldn't have made it this far. Thanks too to Gallaghers Fencing and Barrett Agri who gave us equipment."



Dónal O'Callaghan  
Rose Escort 2018

### Dónal O'Callaghan to take part in International Rose of Tralee Festival

Former Chairperson and Club President Dónal O'Callaghan is spreading his Macra wings as he too part in the International Rose of Tralee festival as an Escort. The Rose of Tralee is celebrating its 59th birthday this year and it is a celebration of young women with Irish ancestry from around the globe. As an Escort, Dónal put forward his finest foot to ensure his Rose has an enjoyable festival and he had an excellent Rose of Tralee Experience.





# Notice Board

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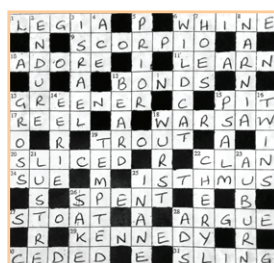
### Across

1. Type of mild curry (5)
6. Slightly fat (3)
9. One who has escaped (7)
10. Droops, sags (5)
11. Smart, fashionable (5)
12. Secret hoard (5)
13. Large dishes (7)
15. Humanlike creature (3)
17. Egyptian goddess (4)
18. Sticky sweet (6)
19. Iberian country (5)
20. Happenings (6)
22. Short for Peter (4)
24. Went quickly (3)
25. Long yellow fruit (7)
26. Miss Markle (5)
27. Not noisy (5)
28. Say definitely (5)
29. Student (7)
30. Collision (5)
31. Used a keyboard (5)

### Down

2. Hateful, horrible (6)
3. Units of measurement (6)
4. Donkey (3)
5. Serves (meals) (5)
6. Superannuation (7)
7. A wife of Jacob (4)
8. Adult, ripe (6)
12. Photos (5)
13. Large striped cat (5)
14. Mature (5)
15. Regularly, many times (5)
16. Yields (5)
18. Giant, colossal (5)
19. Elongate (7)
21. One who estimates worth (6)
22. Larder (6)
23. Gossip (6)
25. Nobleman (5)
26. Untidiness (4)
28. Was on a chair or stool (3)

Crossword Winner: Joanne van Wyk, Leamlara, Co. Cork



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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th August. The prize is a meal in BEVA CAFE which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your email and your address.





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