



GLANMIRE Area News



www.glanmireareanews.ie | newsglanmire@gmail.com | 086 8294713 | November 2018

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

**6000
FREE**

Table Quiz in the Fir Tree Bar Watergrasshill Friday, November 16th @ 8:30pm



Pieta House Promotion

Tables of 4, €10 per person

Two Manchester United Home Game tickets will be auctioned on the night

Finger food, raffle and plenty of spot prizes!!

All proceeds will go to the Pieta House charity

Please support

Castle Bar Fun Race Night

A Fun Race Night was held in The Castle Bar Glanmire on 5th October in aid of Marymount.

The night was a huge success and the final amount raised was €4,710

The family of the late Michael O Leary, Barrymore Gardens, Glanmire would like to thank all those who supported the night, bought horses, gave donations and donated spot prizes.

A big thank you to Ronan Murphy who supplied the venue and the food for the night.



Ronan Murphy The Castle, Mary O Leary, Clare Lynch, Bryan O Leary

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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."

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.

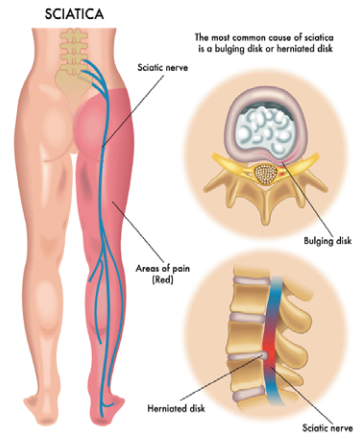
As you begin to see motion returning to your joints, you're preventing and reducing chances of disability and a crippling future.

The Single Most Important Solution To Your Sciatica and Back Pain

It's time for you to find out if chiropractic will be your sciatic and back pain solution. For 14 days only, €40 will get you all the services we normally charge new patients €295 for!

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

- An in-depth consultation about your health and well-being where we will listen, really listen to the details of your case.



- A complete neuromuscular examination.
- A thorough analysis of your exam and any MRI or X-ray imaging you may have so we can start mapping out your plan to being pain free.
- 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 November 9th.

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.

P.S. You've got too many dreams left undone. Too many special moments waiting to be experienced. Life is too short to let pain slow you down.

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

THE TIDYTOWNS COMPETITION

The primary focus of the competition is to encourage communities to improve their local environment and make their area a better place to live, work and visit. The Department of the Environment, Community and Local Government supported by SuperValu, sponsors for the past twenty seven years, organises the competition and emphasises the importance of participating rather than winning as the very act of taking part brings benefit to the community. The inaugural competition was in 1958, exactly sixty years ago, and Glenties, County Donegal was the winner of the overall National Award. One mark is precious in the competition and this year it was that thin margin which separated winners Listowel, on three hundred and thirty nine marks, from Ballincollig and Glaslough Co. Monaghan. Each centre is adjudicated under eight criteria and a total of four hundred and fifty marks are on offer. There are eight population categories and Glounthaune was entered in Category "B" which relates to a population range of plus two hundred to one thousand. The unannounced adjudication took place on July 9th and Glounthaune earned three hundred and ten marks which is an increase of fifteen on last year. This is a splendid achievement and the fact that additional marks were reflected in each of the eight criteria is notable.

The "Sustainability – Doing More with Less" was the problematic section once again even though there was a six per cent increase of marks on last year; thirty eight per cent was awarded this year. It is therefore an obvious category to target going forward as there are significant marks to be gained. The further overall increase of marks is all the more admirable because apart from the 2014 blip when there was a drop of six decimal four per cent on the previous year's figure; Glounthaune has obtained a percentage increase of marks each year since the 2008 competition. In the overall National Award; Glounthaune, along with nine other centres was placed one hundred and seventy seventh of the eight hundred and eighty three entrants. That is a whopping climb of one hundred positions on last year and an additional thirteen centres entered this year's competition. Ninety three centres from Cork County participated, five more than last year, with Glounthaune and Ballinadee in thirty first position having been awarded twenty eight marks fewer than first placed

Ballincollig. Three hundred and thirty two centres were entered nationwide in Category "B" and Glounthaune, along with Broadford, Co. Kerry and Ballycumber, Co. Offaly, was placed fifty fourth with the winner Glaslough on three hundred and thirty eight marks. Forty Cork County centres participated in Category "B" and Glounthaune with twenty two marks fewer than first placed Rosscarbery was placed thirteenth. Cork County is subdivided into three regions and Glounthaune, one of twelve Cork South entrants in Category "B", was second to Inishannon which is similar to last year but the gap has been reduced by seven marks; it is now fifteen. In conjunction with the Tidy Towns Competition; there is also a "Waters & Communities Award" which recognises communities who are taking positive steps in raising awareness and appreciation for their local water body; such as Cleanups, Development of Amenity Areas, Bird Boxes, Habitat Surveys, Control of Evasive Species, etc. Fifty nine centres nationwide entered last year but only a total of twenty nine participated this year. There is an assessment under five criteria with a total of one hundred marks on offer and entrants compete in their relevant region. Glounthaune was one of four, which is two more than last year that participated in the South & Mid-West Region and with seventy six marks won the one thousand euro prizemoney. UL Kayak Club Riverpath Volunteers, an entry by Limerick City Tidy Towns, was second with five marks fewer and Abbey Tidy Towns, Galway was the overall winner with eighty marks. But back to the main competition; the following is a synopsis of the adjudicator's report and a breakdown of marks awarded under the various sections.

Community Planning & Involvement 46/60: The adjudicator remarked; "there is a strong sense of heritage and the numerous ways it is honoured from the 1916 Garden of Remembrance to the Tribute for all who worked on the railway in the area". The working relationship with the schools was admired and; "is invaluable and ensures a future for Tidy Towns in the village".

Streetscape & Public Places 40/50: The Church, its grounds and associated buildings, the Community Centre and Car Park were commended as was the painting of "The Rising Tide" and the presentation of premises including the Post Office, the Hair Salon, and the Beauty Salon. The Human Sundial Explanatory plaque received

"pride of place".

Green Spaces & Landscaping 42/50: The adjudicator remarked that the new seating at Craig's Field, together with well-maintained green areas, enhances the enjoyment of the beautiful natural amenity significantly, and the shrubs and flower bed to the roadside boundary railings of the railway line were admired. "Container planting throughout the village is colourful, profuse, numerous and strategically placed to maximise visual amenity; hedgerow, flower beds and shrubberies are noteworthy". The entrances from approach roads were described as; "an excellent introduction to Glounthaune".

Nature & Biodiversity 38/50: The Harper's Island Wetland Centre was acknowledged as a wonderful amenity benefiting the local, national and international community. Craig's Field and playground as well as the information panels on wildlife and wild birds in the estuary were illustrated as being; "excellent in design, maintenance and accessibility". The success on tackling the problem of invasive species and the emphasis on wild flower local to the area was praised.

Sustainability – Doing More with Less 19/50: The partnership agreement with SEAI on an Energy Master Plan for the area was warmly embraced. Initiatives involving recycling and re-use area were noted.

Tidiness & Litter Control 59/90: The adjudicator offered congratulations on the Cork County Council litter challenge success and remarked; "participation in the Coast-watch Clean-up twice yearly is beneficial to the community and also the wildlife. Litter awareness signage coupled with regular patrols both within the village and approach roads is laudable".

Residential Streets & Housing Areas 34/50: The Highlands Residents Group was praised for organising the "Getting to Know You" initiative which was described as; "an excellent way of creating a more cohesive community". Green areas within residential estates received favourable comment and the adjudicator remarked that; "the small riverside residential area is charming and the flower displays were quite stunning. The Highlands residential estate offers a very attractive presentation in a discreet manner from the main thoroughfare with its lovely gardens and roadside boundary walls which were heavily planted in many instances. Improvements to the laneway from the estate to the school have been favourably noted".

Approach Roads, Streets & Lanes 32/50: The adjudicator considered the road and footpath surfaces throughout the main thoroughfare to be; "quite good", and that road signage, including finger post signs were being well maintained. The condition of approach roads and grassed verges received favourable comment but the adjudicator was not impressed with the condition of the service pole and wirescape at "The Bridge", remarking that it "looked particularly bad".

Comment: It is always prudent to keep an eye on happenings at the other side of the meandering border and in this respect it is noted that Sallybrook was awarded three hundred and four marks and that Glanmire / Riverstown was not entered? Knockraha, north of the New Line soft border, secured a commendable two hundred and eighty five marks while eastern neighbours Carrigwohill received two hundred and ninety marks. It is disappointing that Little Island was not entered this year either moreover when one reflects on its strong first entry in 2013 when two hundred and twenty three marks were earned and there was an increase of eight in 2014.



FIVE GENERATIONS.

Mary-Rose Waterman and clan enjoyed a remarkable celebration recently with the arrival of a fifth generation newborn baby. The rare family picture features all generations; Great Great Grandmother Mary-Rose is surrounded by Baby Freya, Mum Emma, Grandad Chris and Great Grandmother Nora. The Pope included the christening ceremony on his busy Irish schedule but insisted on a low key presence and the photo confirms that his wish to remain in the background was honoured! Comhghairdeas a thabhairt duit go léir.

SLÁN ANOIS ©



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Gardening

with Charlie Wilkins



Charlie Wilkins

FLOWERS FOR A LOST GENERATION

The common poppy (*Papaver rhoeas*) is seldom grown in the ornamental garden for there are far more substantial and delicate forms now available- for those who like old fashioned cottage flowers! And yet the common poppy has become a world-wide symbol of remembrance for those who fought and died in the First and Second World Wars. Perhaps they are not worn as freely in this country as in those of our nearest neighbours, but we should not forget that many Irish went to fight for both causes, never to return. Thankfully we remember then at this dead-end time of the year.

Worn on dark November mornings on coat and jacket lapels, red poppies may look incongruously bright and out of place, but they carry a weight of meaning. Their petals neither sway with the wind, nor exude a milky sap, for they're made of cheap silk and florist's wire. In the coming days we will watch on television, artificial wreaths being placed on war memorials across Europe. At the Annual Festival of Remembrance in London's Albert Hall many thousands of poppy petals will flutter down on the silent gathering as they remember and grieve the dead of two world wars.

Among the millions of brave soldiers who died in the First World War, was a young medical doctor called John Mc Rea and it was this Canadian national who became responsible for the adoption of the Corn poppy as a symbol of remembrance for those who never came home. John Mc Rea had observed this vivid and blood-red poppy growing in profusion among the graves of the fallen who were buried immediately outside the field hospital at Ypres where he served, and he remembered the Greek legend of how the poppy was created by the God of Sleep. He

wrote a poem called "In Flanders Fields", the closing lines of which end with; "If ye break faith with us who die, we shall not sleep, though poppies grow in Flanders fields". This young doctor died of pneumonia in 1918 and one of his last wishes was that the wild Corn poppies of Flanders be strewn on his grave. His tombstone lies in France. Since his death, a wreath of poppies is placed on his grave every November. In nearby fields, the red Flanders poppy continues to bloom in great profusion every summer. Their buds bow their heads and their petals are short lived just like the lives of those who died. "Lest we forget" they seem to be saying in unison as they sway in the warm breezes, "lest we forget".



The common poppy is botanically known as *Papaver rhoeas*. On the Continent, it is sometimes called the Flanders poppy because it initially flourished and grew near Ypres, France, where the dead of the First World War fell. Today, the common poppy is an annual found on the roadside and in cultivated fields.

St. LUKE'S LITTLE SUMMER

On Thursday October 18th we celebrated a gloriously sunny day named after and called, St. Luke's Day. In some parts of the country it is also known as 'St. Luke's Little

Summer' for the weather can sometimes be as golden (as it was) during most of glorious autumn. However, in less favoured areas frost can be expected this month and preparations must be made for the protection of tender and semi-tender subjects, and certainly before month's end.

THE ARRIVAL OF FROST

As autumn turns more and more towards the end of the year, all that we await is the arrival of frost, a secret blessing for vegetable growers and ornamental gardeners. It adds a wonderful nutty flavour to parsnips and Brussels sprouts, whilst Swede turnips turn a more butter yellow and increase in texture. When it arrives, notice its elegant appearance, how it adorns and transforms the garden and copes with ripening and rotting, and the conversion of the debris and detritus of one year, to a medium which can be used the next. Nature never fails to impress us, even in times of storm, tempest, and increasing climate change.

SCENT

Soon it will be winter and already we are entering the season of compensation. Short days and terrifying weather may keep us confined for long periods at a time, but when benign days tempt you out to stretch your legs, there are compensations to be found just about everywhere. The pleasures of a drifting perfume such as Winter-Sweet (*Chimonanthus praecox*) and Sarcococca (*Christmas Box*) are sublime in many ways and these will surely lift your spirits during When Daphne 'Jacqueline Postil' bursts forth in a pink and white froth during December, the experience of its perfume will remain with you until June when the Regale lilies once again take centre stage. This daphne is truly the most powerfully scented.

THE GARDEN IN NOVEMBER

The Poinsettias are arriving! A real favourite at Christmas, Poinsettias offer a burst of red, white, or pink and green bracts (leaves) that can last to Easter given some minimal attention. Here are a few helpful guidelines;

* The Poinsettia detests cold. Ideally, it should be kept at a room temperature of around 55F. Even when transporting it from the shop make sure it's wrapped and safe from chilling winds and cold rain. Never buy from shops who keep these outside on the pavement.

* Avoid getting the leaves wet as they can develop unsightly pock marks later on in winter.

* Choosing correctly can mean the difference between a week of colour and four months of colour. When selecting your choice, check the tiny yellow flowers in the centre of the

plant for these indicate freshness. Make sure these are green/yellow and fresh looking. Do not purchase specimens which have browned florets or where these have been removed.

* Never place a Poinsettia outdoors, for it will not survive sudden drops in temperature. As well, water from the bottom (stand the plant in a saucer of water) and only give moisture when the plant begins to droop a little. Too much water is as bad as none at all. Feed to prolong the coloured leaves using any brand of liquid food.

* Buy now whilst the best specimens are available in good numbers. It does not have to be Christmas in order to buy a Poinsettia. As outlined, they'll give up to four months of colour with a modicum of care!

Safeguard ornamental pots! Unlike almost everything else, water expands as it

freezes. The change in its structure can affect ornamental containers in two ways. First, the moisture which has soaked into the porous material of terra-cotta (for example) expands to form ice and then it causes fragments to chip and break off thus weakening its structure. Secondly, the expanding moisture content in the compost can create powerful stress fractures in the walls of the pot, and if these have already been weakened, they split readily and become useless.

Conventional pots with tapering sides are less likely to crack than waisted containers or those which are narrow at the top. When compost freezes in a tapered pot the whole bulk tends to slip upwards, easing the pressure on the container. This is why sloping sides are suggested for garden pools; the frozen pool-water simply rises up ever so slightly, easing in the process the pressure on the sides. In turn, this prevents cracking.



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Charlotte Despard

Micheál Ó Súilleabháin

I mblianta deireanacha an 19ú Céad agus ag tús an 20ú Céad, thosaigh mná a bheith níos gníomhaí sa saol poiblí. Ní raibh an vóta faighte fós ag mná ach bhí iarrachtaí ar siúl chun athruithe a thabhairt i gcrích. Bhain go leor de na mná a bhí gníomhach sa saol poiblí ag an am seo leis an meán nó uasal aicme ach bhíodar dírithe ar an ionannas agus rinneadar iarrachta chun an saol a fheabhsú don phobal i gcoitinne.

Duine de na mná seo ba ea Charlotte Despard nó Charlotte French. Saolaíodh Charlotte French in 1844 i Ripple Vale, Kent i Sasana. Bhí ceathrar deirfiúracha aici agus deartháir amháin, John. Le himeacht aimsire bheadh baint ag an



Charlotte Despard

mbeirt acu le cúrsaí in Éirinn. Bhí eastát ag muintir Charlotte agus oifigeach cábhlaigh ba ea a hathair a fuair bás nuair a bhí Charlotte 15 bliana d'aois in 1859. Bhí an-bhaint ag muintir French le hÉirinn. Thánadar go hÉirinn in aimsir na Normannach agus bhí tailte acu i Loch Garman agus i Ros Comáin. Bhí gaolta acu fós in Éirinn sa 19ú Céad. Bhí saol fada ag Charlotte. Bhí sí 95 bliain nuair a fuair sí bás. D'imigh a deartháir, John, isteach i gcabhlach na Breataine agus ina dhiaidh sin in arm na Breataine. Ceapadh é ina Ard-Cheannfort ar Fhórsa Sluaíochta na Breataine sa Fhrainc idir 1914 agus 1918. Ceapadh é ina Thiarna Leifteanant ar Éirinn in 1918 agus d'fhan sé i seirbhís in Éirinn go dtí 1922, nuair a d'fhág fórsaí na Breataine i ndiaidh bhunú an tSaorstáit. Bhí tuairimí éagsúla ag Charlotte agus John maidir le hÉirinn, áfach.

Bhí muintir French rathúil. Phós Charlotte Maximilian Despard, duine a bhí go maith as, chomh maith. Teaghlach Angla-Eireannach ba ea na Despards a raibh eastát acu i gContae Laoise ón 17ú Céad. Bhíodar pósta idir 1870 agus 1890 nuair a fuair Maximilian bás. Bhí roinnt mhaith airgid fágtha ag Charlotte mar oidhreacht agus bhí sí go maith as. Bhí roinnt úrscéalta foilsithe aici, chomh maith. Bhí coinsias sóisialta ag Charlotte agus thug an t-ioncann rialta a bhí aici ó

dhíbhinní deis di iarrachtaí a dhéanamh chun na coinníollacha sóisialta a chonaic sí ina timpeall i Londain a fheabhsú. Fuair sí teach ar cíos i Battersea agus chuir sí clínic ar siúl a chuir cóir leighis ar fáil do dhaoine a mhair sna slumaí. Chuir sí bia ar fáil ar phraghas réasúnta. Is féidir a rá go ndearna sí iarracht seirbhís shóisialta a chur ar fáil toisc nach raibh an stát ag déanamh amhlaidh.

Thosaigh sí ag dul go dtí na tithe oibre mar 'chuaireoir' chun scrúdú a dhéanamh ar na coinníollacha a d'fhulaing na bochtáin iontu. Toghadh í mar Chaomhnóir ar Bhord Lambeth. Thug sí cuairt ar Cheanada chun iniúchadh a dhéanamh ar an saol a bhí ag buachaillí óga a cuireadh ann mar phrintisigh faoi scéim a thionscnaigh eagraíocht Barnardos. Fuair sí amach go raibh sé an-deacair do dhuine aonair athrú bunúsach a dhéanamh iar chúrsaí sóisialta, áfach. Bhí an sóisialachas ag teacht chun cinn sa Bhreatain sna 1890-idí. Roghnaigh Charlotte dul isteach sa SDF, An Chónaidhm Sóisialach Daonlathach. Ghlac sí páirt ghníomhach i ngluaiseacht na sufraigeidí, chomh maith.

Ó 1910 anall bhí ceist an Rialtais Dúchais d'Éirinn ag dul chun cinn agus chuir Charlotte suim ann. Theastaigh uathí go dtabharfaí vótaí do mhná mar chuid d'aon bhillle a thabharfaí faoi bhráid na parlaiminte. D'imigh sí ar chamchuaire timpeall na hÉireann ag labhairt ar son an Rialtais Dúchais agus ar son vótaí do mhná mar chuid de. Ba é Seán Réamoinn ceannaire Pháirtí Parlaiminteach na hÉireann ag an am agus chuir sé in aghaidh vótaí do mhná ag an am seo ar an ábhar go gcuirfeadh sé moill ar Rialtas Dúchais.

Bhí Charlotte fós ina cónaí i Sasana ach bhí an tsuim a bhí aici in Éirinn ag méadú. Ina haigine féin bean Éireannach ba ea í. In 1921, d'aistrigh sí a háit chónaithe go hÉirinn. Bhí a deartháir, An Tiarna John French, ina Leasrí ag an am seo le linn ré na nDúchrónach, Domhnach na Fola agus mór-eachtraí Chogadh na Saoirse. Bhí deighilt an-mhór idir Charlotte agus John maidir le polasaí na Breataine in Éirinn.

Ba chás le Charlotte staid na ndaoine a bhí as obair in Éirinn. In 1924, cheannaigh sí roinnt páirceanna ar imeall Bhaile Átha Cliath. Thosaigh sí monarcha chun subh a dhéanamh ó na torthaí a bhí ag fás sa talamh a cheannaigh sí. Chruthaigh an tionscnamh roinnt fostaíochta ach níor éirigh leis an ngnó agus dhún an mhonarcha tar éis trí bliana. Bhí an cumannachas ag teacht chun cinn san Eoraip sna fichidí agus tríochaidí. Chuir sí suim ann. Mheas sí go mbeadh slánú na hÉireann le fáil ann. Thug sí cuairt ar an Rúis in 1930 agus bhí sí an-tógtha leis an gcóras sóisialta a chonaic sí ann. Nuair a chónaigh sí i Sasana, d'iompaigh sí ina Caitliceach agus ní fhaca sí aon choimhlint idir an Cumannachas agus an Caitliceachas. Níor aontaigh an Eaglais Chaitliceach in Éirinn lena tuairimí, áfach. Cheannaigh

Charlotte teach i Sráid Eccles i mBaile Átha Cliath. Chuir sí fúithi ann agus bunaíodh Coláiste na nOibrithe ann chomh maith le ceannáras Chairde an Aontais Shóivéadaigh. Níor thaitin sé seo le go leor daoine agus rinneadh ionsaí ar an teach. Fad is a bhí sí ina cónaí i mBaile Átha Cliath, théadh sí ar cuairt go Sasana gach bliain agus labhair sí ag ollchruinnithe in aghaidh an fhaisteachais.

Bhí Charlotte 90 bliain d'aois nuair a shocraigh sí aistriú go Béal Feirste. Bhí an cúlú eacnamaíochta ag cur as go mór ann sna blianta seo agus cheap sí go bhféadfadh sí cabhrú leis na bochtáin ann. Chuir sí fúithi i gcathair Bhéal Feirste i dtús báire agus ansin d'aistrigh sí go Whitehead a bhí thart ar 20 míle lasmuigh den chathair. Lean sí ag cabhrú le dea-chúiseanna le deontais airgid. Ach i míonna deiridh a saoil, bhí a cuid airgid ídithe agus rinneadh féimheach di. I Samhain 1939 fuair Charlotte bás. Bhí sí 95 bliain. Tógadh a corp ó Whitehead go hEaglais Naomh Iósaf ar Bhóthar Haddington i mBaile Átha Cliath. Cuireadh í i Reilig Ghlas Naíon. Bhí saol thar a bheith gníomhach caite aici. Cara na mbochtán ba ea í a rinne mórán maitheasa ina saol fada.



Charlotte ag labhairt ag slógadh frith-fhaisteach i Londain in 1933

Gluais:

ionannas = equality

mar oidhreacht = as an inheritance

caomhnóir = guardian

ar chamchuaire = on a tour

iniúchadh = investigation

ollchruinnithe = large meetings

rinneadh féimheach di = she was made bankrupt



BUSINESS & COMMUNITY

Awards

16th NOVEMBER 2018

AT THE VIENNA WOODS HOTEL

**Tickets €50 are currently on sale from
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Cafe Beva and Dave Moran Office Supplies.**



**TICKETS
€50**

**THE SHORTLIST FOR THE
2018 GLANMIRE CHAMBER OF COMMERCE AWARDS HAVE BEEN RELEASED.
THE WINNERS WILL BE ANNOUNCED AT THE GALA AWARDS DINNER ON
FRIDAY, NOVEMBER 16TH IN THE VIENNA WOODS HOTEL.**

- SHORTLIST -

1. CUSTOMER SERVICE EXCELLENCE AWARD

- AIB Glanmire
- Dave Moran (DMOS)
- Glanmire Credit Union

2. BEST PLACE TO EAT/DRINK AWARD

- Balance Deli-Cafe
- Café Beva
- The Brook Inn

3. MEN IN BUSINESS AWARD

- Cathal O'Shea - Glanmire Opticians
- Keith O'Hourihane - Pharmacy First Plus
- Michael Magner - Vienna Woods Hotel

4. WOMEN IN BUSINESS AWARD

- Christine O'Leary - Brooklyn Barbers
- Colette O'Sullivan - Porcelain
- Shirley Feeney - Shirleys Beauty Clinic

5. GLANMIRE BUSINESS OF THE YEAR AWARD

- Educogym
- Glanmire Opticians
- SuperValu

6. GLANMIRE AMBASSADOR OF THE YEAR AWARD

- Liam Ryan - SuperValu
- Mums of Glanmire
- Pat Stacey - TUS

7. SOCIAL COMMUNITY AWARD

- Darkness Into Light - Glanmire
- Glanmire Community First Responders
- Sallybrook Tidy Towns

8. SPORT AWARD

- Glanmire/Sarsfields Ladies Feile Teams
- Glanmire Basketball Club
- Mary McCarthy School of Irish Dancing

9. NEW BUSINESS AWARD

- Sonatina Music Academy
- Prestige Hair Design
- Herbalife Nutrition Glanmire

**SPECIAL RECOGNITION AWARD
WILL BE ANNOUNCED ON THE NIGHT**

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Dr. John Sheehan

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

ASTHMA

With schools back and weather getting cooler it is likely that asthma symptoms are going to be more pronounced. Asthma is a condition in which your airways narrow and swell and produce extra mucus. This can make breathing difficult and trigger coughing, wheezing and shortness of breath. For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack. Asthma can't be cured, but its symptoms can be controlled. About 1 in 8 children will have asthma but most people will resolve when they get older. Because asthma often changes over time, it's important that you work with your

doctor to track your signs and symptoms and adjust treatment as needed.

Asthma symptoms vary from person to person. You may have infrequent asthma attacks, have symptoms only at certain times such as when exercising, or have symptoms all the time.

Asthma signs and symptoms include shortness of breath, cough or chest tightness

A whistling or wheezing sound when exhaling Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu.

Signs that your asthma is probably worsening include: Increasing difficulty breathing (measurable with a peak flow meter, a device used to check how well your lungs are working).

For some people, asthma signs and symptoms flare up in certain situations such as exercise, pollen, dust or fumes. Respiratory infections, such as the common cold can frequently trigger attacks.

Severe asthma attacks can be life-threatening. Patients or parents of children with asthma should know what to do when your signs and symptoms worsen and when you need emergency treatment.

Signs of an asthma emergency include: Rapid worsening of shortness of breath or wheezing, No improvement even after using a quick-relief inhaler, such as salbutamol (Ventolin) and shortness of breath when you are doing minimal physical activity Risk factors for asthma include; having another al-

lergic condition, such as atopic dermatitis or allergic rhinitis (hay fever); Being overweight, smoking or exposure to second hand smokes.

Treatment of asthma includes reducing the risk factors or triggers for asthma. There are a variety of inhalers that can be used. The inhalers can generally be divided into two groups; Relievers and Preventers. The challenge is to realise that the most people need both but that you will get immediate relief from the preventer inhaler but that both are equally important in the management of asthma. Proper treatment makes a big difference in preventing both short-term and long-term complications caused by asthma. Finally it is important to get vaccinated for influenza and pneumonia.

Upper Glanmire ICA

Update on Guild activities

• Our Summer Walks are now a distant memory as our thoughts turn to Crafts. We will also be taking a stall at the Glanmire Craft Fair in Supervalu on the 2nd December this year, so please call and say 'hi'.

• At our Guild meeting in September we had ladies from the Paco shop in Middleton, and our own members modelled the clothes on the night.

• In October, we had 2 ladies from Debenhams who explained to us the work of the Personal Shopper.



Eileen Duming and her sister Theresa from Debenhams



Eileen Duming and her sister Theresa from Debenhams

November Recipe:

Carrot Cake

(Breda Casey)

Ingredients

4 eggs
275 mls sunflower oil
1 tsp vanilla essence
375 g brown sugar
250g wholemeal flour
1 tsp salt
2 tsp cinnamon
250g grated carrot
90g chopped walnuts

- Preheat the oven to 150° C
- Grease and line a large cake tin.

- Combine eggs, oil, vanilla and sugar in a large bowl. Add the flour, salt and cinnamon. Beat well until the mixture is smooth.

- Add the grated carrots and walnuts. Stir well. Pour the mixture into the tin and bake for 1 hour at 150°.

Test with skewer or needle to make sure it is cooked right through.

Leave to cook completely before you ice.

Icing

250g cream cheese
125g butter
1tsp vanilla essence
250g icing sugar
Walnuts to decorate

• Beat the cheese and butter until smooth. Add the icing sugar, vanilla and mix in. Spread over cold cake. Sprinkle walnuts if you wish.



Breda Casey's delicious Carrot Cake



Little Island NS



Little Island Team

Sciath na Scol

Well done to our boys football team for qualifying for the Sciath na Scol football final. They played Bartlemy NS in the semi-finals. It was a very tough game but the boys put in an outstanding performance and fought extremely hard to gain their place in the final. We are all extremely proud of their achievement in getting this far and wish them the best of luck!

The venue and date for the final has yet to be confirmed.

Thank you to all the supporters who came along to all of our matches and we hope to see you at the final. Thank you to our sponsors NRG Xpress for sponsoring our gear!

Space Week

As part of Space Week 6th Class decided to work in groups to research our solar system and to recreate it from papier-mâché. First we covered balloons in pa-

pier-mâché to make the planets, then we covered the balloons in two layers of white paint and then we used pictures of the planets to paint them.

Around Europe in 30 Days

We are an active school and encourage our children to be active as much as possible. This month each class in running laps around the school each day. Our goal is to travel around Europe in 30 days. So far we have "visited" London, Paris, Pisa and Budapest!

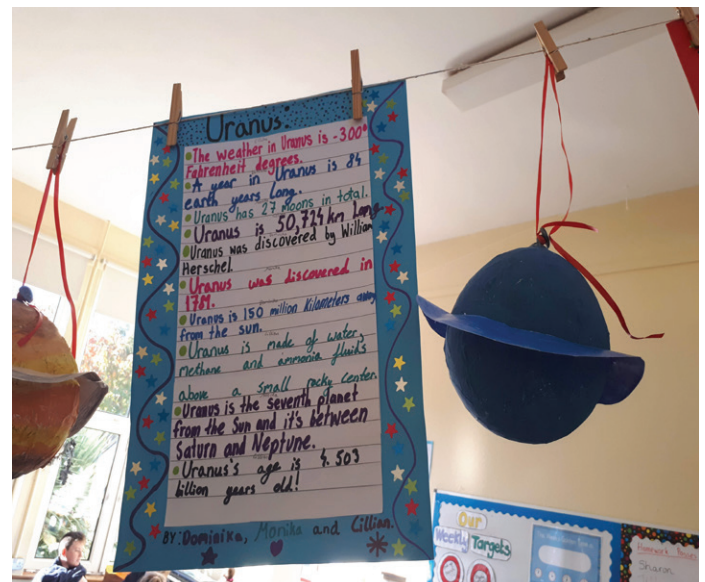
School Calendars

Our Parents Association are organising our fa-

mous school calendars at the moment. They will be available for the end of November. Thank you to all of our sponsors for continuing to support our school.

Basketball

Mark Scannell is back again this year coaching our children. We are really lucky to have such a high quality coach available to us. The children have a lot of fun learning the key skills which are transferrable to lots of sports.



Space Week



Around Europe in 30 days



Ger Keohane MCC



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Keep Calm and Vote Keohane

mob: 086 026 3046

email: gerkeohane68@gmail.com

JOHN MAHER



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GLANMIRE HERITAGE SOCIETY



GLANMIRE HERITAGE SOCIETY

the SALLYBROOK WALK



On duty at the Cork Past Exhibition in the City Hall



Glanmire Christmas Craft Market

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Sunday 2nd December

11am - 4pm

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- Craft
- Ceramics
- Crochet and Knitting
- Decoupage
- Gifts
- Personalised Goods
- Skin Care



Raffle on the day all proceeds go to Alisha's Rainbow Gift



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

Mayfield Community School Gradam Awards

Darragh O'Leary was the keynote speaker at Gradam 2018 in Mayfield Community School. Darragh is a past pupil of the school and a celebrated choreographer of different stage productions both in London and elsewhere. Most notably, Darragh choreographed some of the opening ceremony at the London Olympics 2012.



Darragh is pictured here with his parents, Pat & Irene and Catherine Mahon Buckley





Our Lady Crowned Church Finbar Wright Concert

The Finbar Wright Concert was a tremendous success. An enormous attendance really enjoyed a wonderful evening of Finbar at his very best.



Andrew Lane receiving his Silver Medal for Musical Theatre with his teacher Ms Palva Moore Andrew is a pupil of Cada Performing Arts



Kick around with Roy - The Mayfield man entertained the boys & girls in Corrib Lawn/Ballinderry Park on his trip home to Cork recently for the Liam Miller Tribute



MUSIC on the HILL

There will be a series of three concerts in St Mary and All Saints' Church, Glanmire on Fridays, November 16, January 18 and March 1 at 8 p.m.

Taking part on November 16 are the award-winning Glaslinn Choir from Bandon and string and wind ensembles from the Cork ETB School of Music based in Glanmire and Ballincollig.

The concert will take just over one hour.

Expect a great evening's entertainment.

There will be a retiring collection in aid of the upkeep of this church. Give what you can.



Linda Bryan holding the Whitten Haslam Cup

St Mary & All Saints' Church, Glanmire



Friday, 16th November, 2018
8pm

Concert Featuring:

The Glaslinn Choir, Bandon

Wind & String Ensembles from Glanmire

Retiring Collection in aid of St Mary &
All Saints' Church, Glanmire



Glaslinn Choir in New Ross, May 2018 where they won the Whitten Haslam Cup for Sacred Music



Wills and Enduring Powers of Attorney. What are they and what do they do?

No one likes to think about the inevitable. Death however is an unavoidable consequence of life, and like taxes, it is one of the few certainties we face. Investing in good medical care and not taking too many needless risks generally helps prolong our time in this earth. While it is no use whatsoever in keeping you alive, a will can at least give effect to your wishes when you are gone. An enduring power of attorney won't assist in keeping you alive either, but will give you the knowledge that if cease to be able to make decisions in respect of your affairs someone you trust can make them for you.

What is a will?

Simply put a will is a document that complies with certain legal formalities. It sets out the wishes of a person as to what is to happen when they die. Where no will exists the law provides for what happens to your assets. In most instances this means that your spouse or civil partner is entitled to your entire estate if you do not have children. If you leave behind a spouse and children then two thirds goes to your significant other and the remaining third goes to your children. Beyond that the estate passes to your next of kin, and if after exhaustive efforts no next of kin can be located, it will go to the State.

Many people think that if they do not have a will the State will get a large proportion of your possessions. This is largely incorrect, except for the fact a will can allow a person to do a certain amount of tax planning. While gifts and inheritances made between spouses and civil partners are exempt from tax a cohabitant or partner is treated as a stranger for the purposes of tax. This can have dramatic

consequences. The recent budget provided that a son/daughter can inherit up to €320,000 tax free, a parent, brother, sister, niece, nephew, and grandchild up to €32,500 tax free and anyone else only €16,250 tax free. Beyond these tax free thresholds, 33% of the value of the gift will be taxed. A will can allow you to distribute your estate in as efficient a manner as possible. There are also exemptions and reliefs available for some circumstances such as agricultural relief and business relief. You may also be able to reduce the tax burden by taking out an insurance policy.

The most difficult part in preparing a will can be deciding on who receives what. The law provides that where you have a spouse and no children then your spouse is entitled to half of your estate but where you have children then your spouse is entitled to one third. Children are not automatically entitled to anything, but a child may apply to court if one fails in their moral duty to provide for that child in some circumstances.

If you have young children it is important that your will contains directions for how you wish to have them cared for. This will normally mean appointing guardians and trustees to ensure your assets are be used to provide for the maintenance of your children. In every case you will need to appoint an executor who will see to it your wishes are given effect to.

Enduring Powers of Attorney

An Enduring Power of Attorney (EPA) is a legal document which allows you to choose to appoint a specific individual (usually a close family member) to

This Will is made by me A.N. Other of 1 The Rise, Monaleen Upper in the County of Cork.
A.N. Other is the fictional name we have given to the testator, or person who has expressed his wishes in this Will.

IF my spouse M.Y. Other survives me by thirty days I give the whole of my estate to her and appoint her my Executrix. If M.Y. Other does not survive me by thirty days the following provisions shall apply:
30 days is to clarify any legal uncertainty as to who died first in (and which will is relevant) in an accident

APPOINTMENT OF EXECUTORS, TRUSTEES AND GUARDIANS
I APPOINT my sister Fidelma Bloggs and brother Eddie Other of Glentrasna, Kilcooshil, Co. Galway to be the Executors of this my Will.
Here the executor will administer the estate in the event of the testators spouse predeceasing him.

I APPOINT my sister Fidelma Bloggs and brother Eddie Other of Glentrasna, Kilcooshil, Co. Galway to be trustees of this my Will and appoint them trustees for the purposes of the Settled Land Acts, Land and Conveyances Reform Act 2009 and Section 57 of the Succession Act 1965.
Trustees are appointed in the case of children who are not able to manage their own affairs. Trustees have wide ranging powers to deal with property and money for the benefit of the children.

I APPOINT Eddie Other and his wife Annie Other of Glentrasna, Kilcooshil, Co. Galway as Guardians of my minor children.
The Guardian's role in a trust will is to look after the children should the worst happen both the parents. Thought should be given as to the environment and values in which the children should be raised.

I GIVE, DEVISE AND BEQUEATH the whole of my estate to my Trustees upon Trust either to retain or sell it on the following Trusts:
 To pay my debts, funeral and testamentary expenses;
 To pay the capital and any income arising from it to any one or more of my children for such estates and in such shares and at such times as my Trustees in their discretion think fit without obligation to make payments to or for the benefit of all my children or to require equality among those to whom payments are made and when all my children have attained the age of 18 years or have died under that age to divide what remains of the capital and accrued income equally among my children then living without regard to payments already made to those children and if any child of mine has died before me or during the subsistence of these trusts leaving children then those children shall take equally the share which their parent would otherwise have taken. and **I DECLARE** that no advancement within the meaning of Section 63 of the Succession Act 1965 shall be brought into account in the distribution of my estate.

The testator may wish to make other bequests to other people and organisations. Sometimes people leave items of sentimental value to people who would value them. People have different wishes, and each will is different. A word of warning though; a will should never be torn or damaged. It should be stored carefully. O'Hanlon & O'Dowd will store your will in their fireproof safe for no extra cost should you require.

In witness I have hereunto signed my name this 20th day of March 2019:
A.N. Other

SIGNED by the said Testator as and for his last Will and Testament in our presence, both of us being present at the same time and then signed by us in the presence of the Testator. The Will having been printed on three sheets of paper which said sheets of paper were in the room at the time of the execution of the Will, this Will having been printed on the front side only of three sheets of A4 paper.

*Michael O'Dowd
Solicitor
Glanmire
Co. Cork* *M.V. Cavan
Solicitor
Glanmire
Co. Cork*

Callouts:
 - If you are married your spouse is entitled to a "legal right share", that is 1/2 if there are no children or 1/3 if there are. This applies even if there is no reference to it in the will.
 - If you make no will your spouse is only entitled to 2/3 of your estate and your children will share what remains.
 - Civil Partners have similar rights succession rights to married people under the Civil Partnership Act in 2010
 - This will instructs the trustees to deal with the property of the parents as they see fit, and when the youngest child reaches 18 what remains in the estate is divided equally between them. In general terms a parent can extend the life of the trust until the youngest child is 21, any further taxation issues can arise.
 - It is vitally important that your will is witnessed properly. Many home-made or "DIY" wills fail for this reason. Some testators have also made the error of having their will witnessed by a beneficiary or a spouse of a beneficiary, which means in law that gift will be disregarded.

look after your personal and financial affairs in the event that for any reason you lose your mental capacity in the future. It bears many similarities to a will in some ways; the chief one being that it must be prepared in a particular legal format by a person while they are sound mind. It differs in that it does not give anything away; it simply enables your appointed person ("or attorney") to make decisions on your behalf. In preparing the EPA you must appoint two notice parties

Before the EPA can have any legal effect it must be registered in the offices of the High Court, and before it will be registered there are a number of checks and balances to protect the individual. The first one is that when preparing the EPA two people close to you were notified; they will be notified a second time. When preparing your EPA your Doctor and Solicitor confirmed you were in a position to execute such a document, they will be once more called upon to confirm you have now reached a stage where the EPA must be registered.

When the EPA is registered the Attorney will have the powers to act in accordance with the document you executed. As mentioned earlier this can include powers to make personal care decisions such as where and with whom you should live, and/or financial decisions in respect of your property.

Given its nature an EPA is a slightly more complex document to prepare than a will, but with the right advice it is a straightforward process. The benefit of having an EPA however is that you can choose a person who will look after your care and financial wellbeing. The alternative is often that the Courts will be left to make these decisions.

O'Dowd Solicitors are running an information evening on Wills and Enduring Powers of Attorneys at 7.00 PM on Thursday the 29th November 2018 at Fitzgeralds Vienna Woods Hotel. Tickets €10 from 021 4824426, info@odowd.ie or online at www.odowd.ie Refreshments provided on the night.



Sarsfields Camogie Notes

Senior / Junior News

Congrats to our Senior team on their recent win in the Summer Cup semi final v Enniskeane in Riverstown. It was a highly competitive game with Sars emerging winners by a single point. Sars await the winners of Ballincollig and Eire Og in the other semi final. Details of the final will be announced shortly.

Minor

Well done to our Minor team who won a hard fought championship game vs Ballincollig in Riverstown followed by another victory in Kildorrery against Charleville. This led to a quarter final fixture vs Newcestown in Riverstown. Both team put in excellent performances in a game that flowed from end to end. Newcestown won the game by the narrowest of margins with the winning point scored in the last couple of minutes.



Sars Minor Team

Hard luck to our girls who gave it everything

U16

Our U16 team had a great win against Charleville in Riverstown in their championship quarter final. Sars absorbed a lot of early pressure from the visitors before converting a number of goal and point scoring chances to win the game. They now face Ballinora in the County semi final. Best of luck girls

U14

Congratulations to the Sars 14 panel who were crowned County Champions to go with their Feile All Ireland title. Sars secured a comfortable win against Aghabullogue in the championship final. This exceptional panel of players are also scheduled to play their league semi final fixture shortly vs Inniscarra.

U12

Hard luck to the Sars u12 (white) camogie team who lost out to Ballinhassig in their county semi final. It was a great effort from our girls and a fantastic achievement to get to the semi-final.

Well done to our u12(2) Sarsfields team who won their county final against Midleton in a very sporting and competitive match at Castle Road. It was a tough game with great skill and determination shown by both teams. Great work being done by both clubs in getting their teams to the final.

Another incredible day for the Sars girls in the U12C County Final vs Grenagh and the Sars girls playing in the U12A County Final vs Newcestown recently in Castle Road. The girls put in magnificent performances in both



Sars U14a County Champions



Sars U12 (2) Team



Sars U12c County Champions



Sars-U12a County Champions



Sars U9 Blitz

games to become county champions. It was the icing on the cake for an unbelievable year for the U12 players. Well done to the girls, the coaches and everyone involved. Sars Abu

Underage News

Well done to our Sars U9s who fielded 2 teams in a Go Game Blitz in St. Finbarrs recently. Each team had 3 games against The Barrs, Tracton, Blarney, Killeagh & Fr O'Neills. The girls played some fantastic camogie with great determination & effort put in by all.

Well done also to the Sars U8 girls who hosted a blitz recently in Bucklearys. Great skill on display from all teams involved and thanks to Midleton, Inniscarra, Ballygarvan, St. Finbarrs for attending.



White's Cross GAA News

The last month has been an extremely busy one on the underage front. Not only that, it has been the most successful month, in underage terms, in White's Cross GAA history with three of our teams being involved in the finals/semi-finals of various competitions; and we have the trophies to prove it! Our under 8s played in the biggest venue of all, Pairc Ui Chaoimh, while the future all-stars boys and girls have moved indoors to continue their training over the winter months.

White's Cross

Final: Beat Courcy Rovers 5-16 to 0-06 on 29th September 2018 @ Minane Bridge

Under 14 football Championship

This under 14 team has certainly deserved a championship medal after their efforts this year. The team has a 100% record in the football league and only one defeat in hurling all year. They were very unlucky in their hurling championship first round when

Under 14 Football Championship -Path to Victory

First Round: Beat Shamrocks 3-12 to 3-11 on 01st September 2018 @ White's Cross

Quarter final: Beat Tracton 4-15 to 3-04 on 16th September 2018 @ Minane Bridge

Semi-Final: Beat Lee Gaels 6-10 to 2-07 on 23rd September 2018 @ White's Cross

Final: Beat Clondrohid 1-18 to 0-06 on 13th October 2018 @ Ballincollig

Under 12 football League

The under 12 competition is league only. White's Cross finished top of their league. The side lost narrowly in their opening game going under to Tracton by two points despite scoring five goals on the evening. However, this was the only blot on their copybook. Victories followed in their remaining games over Aghinagh, Aghada (4-12 v 1-01), Brian Dillons (3-13 v 1-05), St Vincents (2-10 v 0-03), Lee Gaels (4-11 to 1-05) Macroom (7-12 v 2-01), Shamrocks (4-11 v 3-13) Cill Na Martha (5-11 v 4-09) and Ballinhassig (5-11 to 3-04). These victories saw the team get a home tie versus Brian Dillons in the semi-final. This was a relatively one-sided affair as the team won comfortably. The final versus Shamrocks, however, was anything

Quaine and Mark O'Keeffe were also immense at keeping Shamrocks at bay. This meant that we hung for a two point win at the end of an enthralling contest. Well done to all players and coaches Sean Murnane, Simon Buckley, Nick Harden, Brian O'Connor and Marion Delaney.

Under 14 Football League-Knockout -Path to Victory

Semi-Final: Beat Brian Dillons 5-11 to 0-04 on 07th October 2018 @ White's Cross

Final: Beat Shamrocks 1-07 to 1-05 on 21st October 2018 @ Ballincollig

Under 8 Football Blitz

A strong White's Cross contingent played in the Under 8 Football Monster Blitz Finals in Pairc ui Chaoimh recently. It was a well organised event with 192 teams and 87 clubs competing all through the day in one hour slots. Our group contained three competitive fixtures against Ballyduff Upper, Argideen Rangers and Banteer Lyre. The team put in three top class performances in their games with some great goals scored and skills shown by the White's Cross crew. At the end of the blitz players received well-deserved medals sponsored by Rebel Óg Coaching.

It was great to see our players walk up the hallowed steps and line up to get medals from Cork player Ruairi Deane. This was a great fun way for the players to finish off a very successful Under 8 Football Year. Well done to all the players for their efforts and to coaches Micheál Crowley and Anthony Kelleher who have put in a lot of time and energy into this squad this year.

boys are continuing their practice at home such has been the level of improvement since we commenced hurling in July. They followed this game with another outing in Brian Dillons. It was great to see them put in another fantastic performance on the evening and the squad look forward to return matches against both sides soon.



The under 16 champions winning side

Under 16 football Championship

The under 16s put-up some massive scores in their championship run amassing an average of 6-15 in each of their games. Their toughest game, no doubt, came in the semi final against Shamrocks. The lead changed hands on numerous times in this encounter with the game eventually swinging in our favour when substitute Robert Docherty scored as good a goal as has been seen in White's Cross pitch for many a year. A well worked move involving several players was buried to the roof of the net by Docherty. The final was less intense as a strong start where a Daniel Kelleher goal gave his side a lead which they would never relinquish. A super penalty save by goalkeeper Aaron Wallace in the third quarter killed off any hopes of a Courcy fightback and ensured that captain Adrian Buckley, scorer of five points from play in the game, would be lifting the trophy on behalf of his team! Well done to all players and to coaches Finbarr Pyne, Damien Horgan, Mark Twomey and Sean Coughlan.

they scored 3-17, yet ended up losing by two points to Erins Own. After a nervous opening half in the first round of the football championship, against Shamrocks, where they appeared to be faltering, the character of the team shone through to get over the line by the narrowest of margins. From then on though the power of the team emerged with three big wins.



The victorious under 14 football team

Under 16 Football Championship -Path to Victory

First Round: Beat Ballincurra 7-15 to 6-03 on 20th August 2018 @ White's Cross

Quarter final: Beat St Vincents 10-10 to 1-06 on 27th August 2018 @ White's Cross

Semi-Final: Beat Shamrocks 4-14 to 4-11 on 19th September 2018 @

Lee Gaels proved to be tough opposition in the semi-final but goals from Brendan Quaine, Robert Docherty, Patrick Harrington, PJ O'Donovan and Riain Harden killed them off. In the final a second quarter avalanche of points where all forwards and midfielders got on the scoresheet ended Clondrohid's challenge and allowed Ethan Ryan, who produced an excellent individual performance in the final, to collect the cup on behalf of his team. Again, well done to all players and coaches Denis Harrington, Martin Kelleher and Pat Casey.

but a comfortable victory. A Shane Buckley goal and points by Sean Delaney, Liam O'Connor, Bobby O'Riordan and Ronan Healy meant that White's Cross lead by 6 points at half time.

Shamrocks came fighting back after half time and our lads had to defend for their lives. And defend they did. Michael Mullins gave an inspirational performance. Aidan Docherty, Oisín O'Connell, Evan



Under 12 football team after their semi-final victory over Brian Dillons



Choláiste an Phiarsaigh <https://issuu.com/colaisteaphairsaigh>



PEIL GHLEANN MAGHAIR

1. PEIL NAGCAILÍNÍ

Deiseal:

Annaliese Ní Mhurchú, Éabha Ní Chiardha agus Síofra Ní Fhionnagáin iarscoláirí na scoile a chabhraigh le Gleann Maghair craobhchomórtas

B'iontach go deo mar a chuir ár dtreoraí scéal an Ghorta Mhóir i láthair agus is cinnte gur bhain gach aon duine an-tairbhe as. Tar éis lóin chuamar trasna an bhaile mhóir go dtí an taispeántas amhara mar a bhfuil Coming



An Turas Staire

na Mumhan a bhuachtaint sa chaid. Tréaslaímid bhuir mbua libh Gleann Maghair agus a cháilíní ach go háirithe.

2. AN TURAS STAIRE

Thug rang staire na hidirbhliana cuairt ar an Ionad Oidhreacht sa Sciobairín ar na mallaibh. Is ann a chonaiceadar ceann de na taispeántais ab fhearr, ba mhealltaí agus ab fhiúntaí faoin nGorta Mór. Dá siúlófá an tír ní bhfaighfeá léiriú níos cuimsí faoin ngorta a tharla in Éirinn i 1847.

Home: Art and The Great Hunger. Is bailiúchán é seo de na se-



The Leave-taking, 2000 saothar de chuid Margaret Lyster Chamberlain (b. 1954)

An Turas Staire

oda ealaíona is áille agus is fiúntaí a léiríonn an saol i rith an Ghorta Mhóir in Éirinn i 1847 atá ar iasacht ó Ireland's

Great Hunger Museum Quinnipiac in Hamden, Connecticut. Ar na hionaid a bhfuil na saothair úd á léiriú in Éirinn tá Ionad Ealaíona Iarthar Chorcaí agus is ann a thugamar ár n-aghaidh an tráthnóna

dabht ach gur bhain gach duine sásamh nach beag as an turas

seo. Bíonn an duine siúlach i ndóthair.

3. TAIGHDE AILSE [CANCER RESEARCH]

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AILSE

sin. Is taispeántas é atá molta ag léirmheastóirí fud faid

na cruinne. Níl a leithéid de bhailiúchán faoin nGorta Mór le fáil in aon áit eile ar domhan agus tá sé dosháraithe dá réir. Is cinnte go raibh an t-ádh linn breathnú ar na saothair seo agus níl aon

tseachtain seo a d'imigh tharainn. Molaimid go hard iad as an saothar oibre iontach seo. Táimid an bhródúil go deo asaibh go léir a dhaltaí, go raibh míle míle maith agaibh as bhuir obair dheonach.

**SALLYBROOK VILLAGE TIDYTOWNS GROUP NEWS**

Con Murphy

It was with great sadness that we had to bid farewell this summer to our dear member and good friend Con Murphy. Con was the backbone of our group from the very outset and contributed so much to our success in the Tidy Towns Competition over the years.

We were privileged to have him as a member of our group and the invaluable advice, help and support which he shared with us right up

to the end.

Con was deeply committed to improving village life for everybody; he tirelessly campaigned to resolve ongoing issues vis a vis blocked drains, inadequate lighting, poor footpaths, weed control and in particular the invasive Japanese knotweed but to mention a few.

Whatever the job, Con was the man and his workmanship can be admired throughout the community from the creation of a 'bug-hotel' out of old pallets to the construction of a wormery built exactly to specification and now resides at Brooklodge N.S., the layout of Kearney's Cross and surrounding area, Con's expertise was limitless!

With his colourful garden and impeccably maintained lawns, Con's

residence was aptly named Headquarters of our tidy towns group! We extend our sympathies to his family, he will be sadly missed.

The following is a synopsis of our results in this year's tidy towns competition.

We gained 3 more points on last year, giving us a total of 304.

We also maintained 3rd position in our Category A Cork (North)

The Adjudication Report can be downloaded from the tidy towns website: www.tidy-towns.ie

AGM

AGM will be held on Monday 12th November next at 7.30 p.m. in the Parish Meeting Room,

Springhill.

We urgently require new members and all are welcome, both young and old. We appeal especially to new residents to come along and get involved in your new community.

As my term as Chairperson is coming to an end, I would like to take this opportunity to thank each and everyone who has helped in any way to the success of the group over the years, there are too many to name here but a sincere thank you for all your support, it is most appreciated.

Fionnuala Flanagan
Chairperson

Results 2018 Tidy Towns Competition

	Maximum Mark	Mark Awarded 2017	Mark Awarded 2018
Community Involvement & Planning:	60	40	40
Built Environment & Streetscape	50	36	37
Landscaping & Open Space	50	41	42
Wildlife, Habitat & Natural Amenities	50	36	36
Sustainable Waste & Resource Management	50	16	16
Tidiness & Litter Control	90	66	67
Residential Streets & Housing Areas	50	31	31
Approach Roads, Streets & Lanes	50	35	35
TOTAL MARK	450	301	304



Glanmire Macra

Club of the Year Final Six for Glanmire



The 2017-18 Top Table of Will Daly, Sarah O Connell, Aisling Walsh, Liz O Daly Dowd, Michael Buckley ready for the Club of the Year interview

Over the October Long Weekend, Glanmire will contest for the coveted Club of the Year (COTY) after navigating to the Final Six in the competition. Last year's Top Table, Sarah O Connell (Chair), Will Daly (Secretary), Liz O Daly Dowd (Treasurer), Michael Buckley and Aisling Walsh (PRO's) travelled up the M8 to the Abbeyleigh Hotel, Co Laois and successfully got through the Semi Final Interview Stage of the competition.

The COTY competition is to celebrate the achievements of the last year. The process started in May this year where the Glanmire officers had to produce their position books to be judged by the Seandún region. These books were judged as well as a regional interview. Fortunately in June this year, Glanmire claimed the Seandún COTY title. That put us through to the National Round of the competition.

The Top Table team then had to fill in a form highlighting all club achievements over the last 12 months. From National Farm Skills to Bowling Titles, Capers Semi Final appearance, 12 new members and almost raised €3000 for charities – to name but a few of our achievements – The Top Table were able to put together an impressive application form. So impressive that Glanmire Macra na Feirme were able to use this information in the semi-final stage to get into the final which takes place in the Clonmel Park Hotel.

Well done to club member Declan O Hara who will also contest the "Best New Member" competition, also taking place in the Clonmel Park Hotel.

Seandún Football for Glanmire Macra

Also Glanmire fielded both a ladies and men's team in the Macra 7-a-side Football Competition. Sean Ahern, Kevin Smiddy, Cathal Cashman, Declan O Hara, Dara Barron, Michael Buckley, Donal O Callaghan, Rebecca Hyde, Zara Long, Marika Coterrill, Hannah Haley, Gillian Kenneally, Aisling Walsh, Kate Bulger and Ruth Coppinger made up the respective teams. The ladies team had two games with a winner takes all format. Unfortunately, a late sign in meant Glanmire started their first game minus one goal meaning the 8 goal tally meant a narrow loss to Carrigaline by one point. The ladies dominated their Kinsale coun-



Glanmire Men & Ladies' Footballers

terparts with Marika popping up with several goals again and winning the game 7-4 to Kinsale's 3-1. Alas Kinsale were unable to beat Carrigaline who won the ladies competition outright.

The men's competition saw 5 teams, Glanmire, Knockraha, Kinsale, UCC and Carrigaline. Due to time constraints the men's team was ran off as 1 Quarter Final, 2 Semi's and a Final. Glanmire were drawn against the winners of the Quarter Final between Carrigaline and Knockraha. Eventually the Carrigaliner were victorious and with the extra match sharpness dismantled the Glanmire's men team 4-8 to 3-1. A poor second half showing especially at the back meant that the Football title yet again eluded the Glanmire Men.

Glanmire Members attend AIB Banking Talk

From an agricultural point of view, 2018 will go down as one of the most difficult

years in recent history due to the extreme weather conditions. Earlier in the year, a prolonged cold snap meant most livestock stayed indoors longer than anticipated meaning, more silage was used which came to a cost to farmers. As we moved towards the summer season, the lack of rainfall negatively impacted the agricultural sector's ability to grow produce. Tied with water restrictions, the summer hindered many farmers and the extended drought added further to pressure to farmers who were trying to rebalanced their books after the long winter.

Recognising this the Seandún region coordinated a talk with AIB. AIB have a strong history of supporting Macra na Feirme and when Glanmire's own and

pacted on farmers this past year. The multiply AIB staff empathised that this last year is difficult on farmers particularly in the area of managing cash flow. An eager audience used the opportunity to have their financial questions answered on the night. Coming from an agricultural background, Glanmire Chairperson Séamus Reid noted "that the talk was really informative and the support from AIB could prove vital for farmers coming into the winter".

For those who were unable to make the talk, there is an opportunity to talk to these experts on the night you can avail of their knowledge by calling down to the community banking branch in Little Island which is open from 8am till 6pm.

Success Galore for Glanmire in Agri Competitions

The knowledge based "Know Your Ag" -- a table quiz style competition to test participants knowledge on all things Agricultural.

In Glanmire Macra, we've many members who work directly or indirectly in the agricultural sector and as a result we were able to fill two teams for the competition that took place on home soil in the Stir Up Lounge in Whites' Cross.

Club Chariperson Séamus Reid captained Glanmire's first team and was joined by Kevin Smiddy, Patrick Healy and Tomás Thorton. While the second team was captained by Dónal O Callaghan, member of the winning National Farm Skill Team last year. Dónal was joined by Farm Skill team mate, Cathal Cashman with Declan O Hara and John Lonergan completing the team.



Members enjoy Seandún Banking Evening with AIB Staff



Glanmire First and Second Team enjoy Know Your Ag Success

Facing opposition from Carigaline, Whitechurch and Kinsale, the Glanmire teams had to show all their agricultural nuance in order to regain the Seandún title. When the questions were asked and the marking done, Glanmire's first and second team placed accordingly meaning both will go through to the National Final which will take place at the Macra na Feirme National Conference over the October long weekend. Chairperson, Séamus Reid noted "to have both teams get through to the National Final is a great achievement.. We in Glanmire have always been proud of our strong agricultural knowledge and it was fantastic to win the Seandún title"

Further agricultural success came for Glanmire's Declan O'Hara when he claimed the Seandún round of sheep judging. Joined by fellow Kerry native Tomás Thornton, the pair showcases

their knowledge of sheep stock judging across rams, sheep and market lambs. The pair successfully put the sheep in order of merit and on the day Declan edged his club-mate who came second in the competitive field. Well done to both and best of luck to both who will be doing the National Round of the competition on behalf of the region.

Also Glanmire members Tomás Thornton and Kevin Smiddy took part in the senior beef stock judging. This competition is about examining the quality of livestock and its suitability to produce quality in the Irish market. The technical competition requires the competitors to judge the quality of beef cattle by looking at body structure, meat to fat ratio and overall quality of the animal. The Glanmire pair took first and second in the field with Tomás Thornton pipping his clubmate by a quarter

of a point. He will now join club mate Declan O'Hara (sheep) go through to the National Final taking place in Tipperary during the Macra na Feirme National Conference.

A mention to Glanmire new members Rikki and Molly McCoy who took part in the informal novice stock judging competition. In a bid to development the competition, Seandún Chairperson Paul O'Regan with the aid of his officership done an informal training session in the stock judging and allowed all interested to take part in an unofficial competition. Well done to Rikki and Molly for both taking part.

Later this past week, another agricultural completion took centre stage as Tomás Thornton, Tomás Cuffe and Cathal Cashman took part in the welding competition in CIT. Like all agri competitions, the welding is to boost the technical ability of participants with the view of being used in the farming sector.



Tomás Thornton with the Senior Stock Judging Shield

Again glory went to Glanmire with Tomás Cuffe taking the prize. Well done to Tomás on the win and to all who took part.

Our weekly sports night continues on Tuesday at 9pm in the Upper Glanmire Hall and will continue every Tuesday until the summer. This is a great way to get introduced to Macra. Further details can be found on our Facebook page <https://www.facebook.com/glanmiremacranafeirme/> or contact our secretary Gillian on 087 755 8026.



Tomás Cuffe (top right) beats a large competitive field in the welding competition

St. Stephen's Pitch and Putt Club

St. Stephen's Pitch and Putt Club are having their Turkey Competitions every Saturday and Sunday now until Christmas. All members new and old welcome to play in the club competitions.

The first Turkey winners this year were:

Nett Barry Hickey / Eddie Meaney 34nett

Gross Mary Daly / Neil Ryan 11under

We had a celebration night in The Castle to celebrate all the major wins the club had this season. A great night was had by all.

We had our A.G.M. last October and we welcome our new Committee and wish them a successful year.

Green fees €5 and New Members Welcome. We have a great introductory offer now for New Members. **Phone 085 8566545 for details.**





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Know Your Rights: Grants for Solar Panels – October 2018

Question: I heard that there is a new grant scheme for installing solar panels in your home. How does the scheme work and do I qualify?

Answer: The Solar PV scheme gives grants to install solar photovoltaic (PV) panels and a battery energy storage system at your home. This means you can generate and use renewable electricity in your home and reduce your electricity costs. The Solar PV scheme is a pilot scheme administered by the Sustainable Energy Authority of Ireland (SEAI).

To qualify for a grant you must:

- Be the owner of a home built and occupied before 2011 (or a home constructed after 2011 that was built to the 2008 Building Regulations)
- Use new materials and products that were not already covered under another grant programme
- Use a registered contractor from the SEAI's Renewable Installers Register for Solar PV
- Have the electrical work completed by a Safe Electric Ireland electrician
- Apply to be connected to the electricity distribution system using the ESB Networks NC6 form.

- Have a Building Energy Rating (BER) carried out after the work is completed

- Agree to participate in SEAI research about the scheme

The grant covers materials and labour, unless you are a contractor doing the work in your own home. In this case only the cost of the materials is covered. When the SEAI payment system opens (in October 2018) you can claim your grant online and it will be paid directly into your bank account.

Further Information

Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880. Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm.

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

Glanmire Library

Crochet Group

The next meeting of the Crochet will take place on Thursday 1st November at 10.30am.

New members always welcome!

Knitting Group

The knitting group will meet on Wednesday 14th November at 10.30am.

Bookclub

The bookclub will meet on Thursday 15th November at 10.30am in the library. New members welcome!

Reviews

Milkman by Anna Burns Winner of the Man Booker Prize 2018

Available to order now from the library.

In this unnamed city, to be interesting is dangerous. Middle sister, our protagonist, is busy attempting to keep her mother from discovering her maybe-boyfriend and to keep everyone in the dark about her encounter with Milkman.

But when first brother-in-law sniffs out her

struggle, and rumours start to swell, middle sister becomes 'interesting'. The last thing she ever wanted to be. To be interesting is to be noticed and to be noticed is dangerous.

Milkman is a tale of gossip and hearsay, silence and deliberate deafness. It is the story of inaction with enormous consequences.

A Keeper by Graham Norton

The new book follows the life of Elizabeth Keane, who grew up a small fictional Irish town called Buncarragh but left for New York and never looked back.

The death of her mother Patricia draws her back home to sort out her affairs and while she's there, she finds love letters between Patricia and a mystery man called Edward Foley - who Elizabeth comes to believe could be her long-lost father.

Director's Cut

At my monthly clinics concerns have been raised about the huge volume of cars in the Glanmire Area and the problem of speeding above the speed limits. I appeal to all car drivers who frequent Glanmire to slow down and drive with care. This will result in a safer environment for all road users and pedestrians and may avoid you getting a speeding ticket and possible penalty points.



Take care out there,
happy motoring,
Ger.

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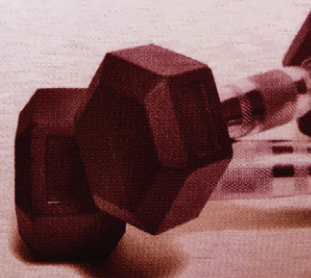
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Knockraha History and Heritage

Knockraha Celebrates 50 Year Since the Community Centre was Completed



The Knockraha Community Centre

The weekend of 18th November is a very important weekend in Knockraha marking the 50th anniversary since the completion of the Community Centre in 1968. There will be a number of events over the weekend to mark the occasion as this centre has played a huge part in the life of Knockraha and is now in constant use. To understand its importance we must go back to its inception.

After the end of the Second World War, a new movement began to flourish, which Canon Hayes of Bansha had started a few years previously. Muintir na Tire was now being firmly established in many parishes around the country. A very active guild was established in Knockraha which brought many improvements to the parish such as bus services, ESB, road repairs etc. Meetings were held in Knockraha School. Among other activities were lectures and card drives and it was felt that the parish needed a hall for these activities. In these days developments, such as the building of a hall, would have to get the consent of the parish priest, so the officers Moss O' Doherty, Master Daly, Jack Donovan and Con Dennehy went to Glounthaune to seek Canon O' Leary's permission. He listened attentively to the views of the delegation but his response was that, even though they may be building it for lectures, card drives etc., he believed that it would ultimately be used for dances, so therefore he would not give his permission, so that finished the building of the hall at that time. The school continued to be used as a Community Centre. However in 1957 the parish priest withdrew the school for use by organisations. All organisations were effectively put out on the street and only for local publican, Mick O' Donoghue, making his taproom available (which even had to be used by pioneers) many organisations could not keep going. The active organisations in the area started discussing looking for a per-

manent home for their meetings. Jon Hurley, who lived in the village and who was an active member of Muintir na Tire, knew that where he worked in the Brothers of Charity in Lota there was an old nissan hut. They were originally developed for military purposes; they were rounded galvanised structures with a timber floor. The one in Lota was 38 feet by 16. Even though it was rusty it could be bought for £25 and he felt it would do as a centre. So a hall committee consisting of representatives of all the organisations in Knockraha was set up on 9th February 1959.

The committee consisted of:

- Knockraha Hurling Club: Ned Howard, Tadgh Murphy

- NFA: James McAulliffe, Willie Hogan

- Pioneers: Robert McGrath, John Geary

- Macra na Feirme: Michael O' Doherty, Jim Fitzgerald

- Muintir na Tire: Patsy Higgins, Humphrey Collins

Officers were:

- Chairman: Ned Howard

- Secretary: Tadgh Murphy

- Treasurer: Jim Fitzgerald

The committee was to buy and erect the hut in Knockraha. The £25 purchase cost was made up by subscriptions of £10 NFA, £5 Hurling club, £10 Macra branch. The hut was demolished and brought down to Knockraha but it could never again be put together and it was eventually sold in pieces with a profit of £5. After that it was decided to build a proper hall; Mr E.P. McCarthy of Brookville donated the site free but there was an old building which had to be knocked. A fund-raising drive was set up. A card drive and carnival was held. A house-to-house collection was made which brought in around £300. It was hoped that the hall would be built by voluntary labour so the work of clearing the site began on 9th June 1958. The building was designed by Ned Fitzgerald, consulting engineer of Knockraha East. Voluntary labour took us to the top of the windows and no further; paid help had then to be got. The rate for tradesmen was 10 shillings

an hour. Helpers were 3 shillings and 11 pence per hour. A cavity block was 7p, gravel 50p per ton, cement £8 per ton,, slates 8p each. An overdraft of £1200 had to be raised, guaranteed by trustees Con Cremin, Norman Fitzgerald and Jack O' Callaghan. The hall was opened on 11th December 1961 by local Muintir na Tire Chairman Con Cremin. It consisted of a wall, roof with no ceiling, cement floor with no offices or toilets. In 1964 the Macra club gave £100 for putting in a timber floor. The work was done by Cyril O' Donoghue. However even with their best efforts Muintir na Tire could not pay off the debt and the bank manager was being pressed by his head office to get it cleared. At this stage it was gone up to £2000.

In 1967 Muintir na Tire offered the hall to the Macra club for the amount of the debt. The Macra club did not want to buy it but if the hall went they would have nowhere to meet so they had no option but to take it over. Between 1967-1968, with voluntary labour, a ceiling was put in, toilets and offices erected, the meeting room was made comfortable and painted all over. It was opened as the Macra Centre by Joe Rea, National



Con Cremin of Meeleen. As chairman of Knockraha Muintir na Tire, he had the honour of officially opening the Knockraha Community Centre in the 1960s. Con was a great community activist and played a prominent role in the War of Independence being Lieutenant of the Knockraha Company. He was much involved in the operation of Sing-Sing and the making of hand grenades in Knockraha East

President on 30th October 1968. By hard work the Macra club paid off the debt. They set up a Hall Committee to run it which lasted over 20 years and the financial running of it fell back on the Macra club which now was not as strong as before. Some former members of the Macra club organised a 40th birthday party for the club in the Spring of 1997.

At these meetings the trustees of the hall came to the conclusion that Macra would not be able to run it any longer and as there was no suitable organisation to give it to, the only solution was to set up a new Community Council not based on any organisation but on the parish. Experts were called in and eventually Knockraha Community Council was formed and the hall was handed over to them, which guarantees its future for the parish.

The weekend of celebration will kick off on Friday 16th November with a huge ceili in the centre. Music will be supplied by the famous Donal Ring Ceili Band who has been a leader in the field for many years. Donal's daughter currently lives in our community. This is a night not to be missed. Prior to the event tickets can be bought from Michael Bowen or any committee member. The big event is Sunday morning which kicks off with 10am mass in Knockraha for the people who were involved in building the hall with a function in the Community Centre afterwards. Descendants of those who built the hall will be extremely welcome. There will be light refreshments for all with a historical display of the construction of the centre. There will also be an historical display on the Saturday by local organisations. During the lifetime of the hall many important and significant events were held within its 4 walls. In 1963 the meeting to form Erins Own Hurling Club was held in the hall. That club has since blazed a trail of gory winning 3 County Senior Hurling titles and titles in many other grades. Many of its members have worn the red jersey of Cork and represented their county with pride. Names such as Brian Corcoran, Timmy Kelleher, Kieran Murphy and many more became household names. In 1976 a very historical function was held when medals were presented to the surviving members of the Knockraha Volunteers 1916-1921 being given commemoration medals. 25 old IRA members were present to hear their Captain Martin Corry give a rousing address. The hall has been the centre of the Parish during the last century with many different organisations using it for their own events. Every Tuesday night for the Winter and Spring a progressive 45 drive is held, averaging 10 tables. The Community Centre is an integral part of life in Knockraha and we invite the Parish to come and join us in the celebration from 16-18th of November.



Erin's Own Football & Camogie



Congratulations to a fantastic U12 camogie team on winning their county final in Castle Rd on Saturday 6th of October Vs Buttermvant. What a cracker of a game. It was score for score and ended in a draw at full time. Extra time was announced and our girls came out more determined and focused to win by 2 points. Well done to all the management who had the girls we prepared for a strong final. The parents then took the winning team to all corners of the parish in their cars with a lot of horns blowing. It was a great achievement for a brilliant team.

New members are always welcome from U6 in both football and camogie. For more information contact erinsown.cork@lgfa.ie

Some of our U8 girls who took part at the recent All Ireland Blitz held in Passage West. There was over 140 clubs participated in this massive blitz. We played 6 games against clubs from all over Munster. It was a very wet day but this didn't dampen the excitement for the girls.



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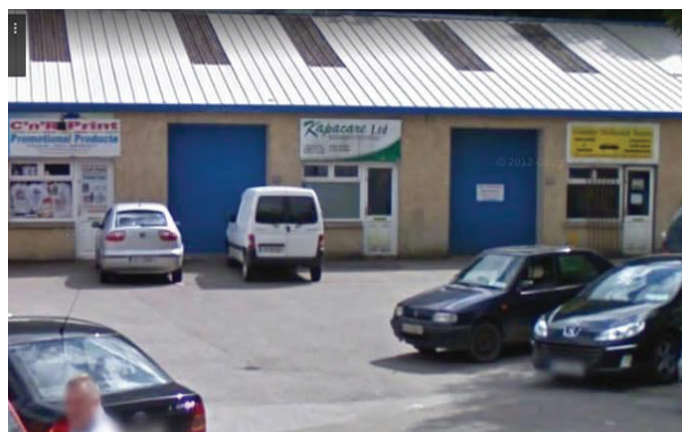


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MIRACLE PRAYER

Dear Heart of Jesus, in the past I have asked You for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within Your own Heart where Your Father sees it. Then, in His merciful eyes it will become Your favour not mine. Amen. Say for three days, promise publication and favour will be granted.

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Across

1. Berlin's river (5)
6. Was in pain (5)
9. Nail polish (7)
10. River animal (5)
11. Thick rope (5)
12. They live in the Vatican (5)
13. Heuston, Kent, etc. (7)
15. Also, too (3)
17. Throw (a Pancake) (4)
18. Balanced, dependable (6)
19. Respect, plaudits (5)
20. Blood type, monkey (6)
22. Sport played on horseback (4)
24. A long time (3)
25. Word with opposite meaning (7)
26. Tendency, fad (5)
27. Indian capital (5)
28. Wash (5)
29. Rank, tier (7)
30. Central Asian person (5)
31. Appended (5)

Down

2. Dinner staple (6)
3. Happenings (6)
4. Organ of hearing (3)
5. Veg to make you cry (5)
6. Climbs (7)
7. Short for Charles (4)
8. Road, home of Leeds United (6)
12. Donald Trump (5)
13. Look at for a long time (5)
14. Pale faced (5)
15. Ramsey, Lennon (5)
16. Type of vacuum cleaner (5)
18. Noise (5)
19. Stanley, film director (7)
21. Stays in one place in the air (6)
22. Country, capital Warsaw (6)
23. Small fruit (6)
25. S. American mountains (5)
26. Old version of 'you' (4)
28. Large snake (3)

Crossword Winner: M O Gorman, Silversprings Court, Tivoli, Cork City



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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th November. 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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3 Copper Valley Vue, Glanmire T45NP23 €300,000
BER: C1 BER No.111324125



13 Silverheights Avenue, Silversprings T23R2T9 €225,000
BER: C2 BER No.111503173



25 Brookville Estate, Glanmire T45EH51 €285,000
BER: D1 BER No.111419156



109 Elmgrove, Sallybrook, Glanmire T45XW44 €250,000
BER: C3 BER No.111080123



20 Hazelwood Way, Glanmire T45X821 €235,000
BER: C3 BER No.107304800



29 Castlewood, Little Island T45TD85 €249,950
BER: C3 BER No.11130852



5 Silverheights Road, Mayfield T23E0W6 €250,000
BER: C3 BER No.1110873478