

GLANMIRE

# Area News

*Wishing all our readers a very Happy Christmas & Peaceful New Year*

6000 FREE

**CHRISTMAS OPENING HOURS**

MON 24 <sup>TH</sup>	OPEN
TUES 25 <sup>TH</sup>	CLOSED
WED 26 <sup>TH</sup>	CLOSED
THURS 27 <sup>TH</sup>	CLOSED
FRI 28 <sup>TH</sup>	CLOSED
SAT 29 <sup>TH</sup>	OPEN
MON 31 <sup>ST</sup>	OPEN
TUES 1 <sup>ST</sup>	CLOSED

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## 12 Days of Christmas

Day	On the 1st Day of Christmas my true love gave to me	Was	Now
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9	12 Month Pool Only Membership - <b>SUPER SAVER</b>	€270	€230
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**GLANMIRE**  
**Area News**



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*Wishing all our readers a very Happy Christmas & Peaceful New Year*



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SECOND  
THIRD

Georgia Power  
Amy Harrington  
Ava Mulqueen

St. Joseph's N.S  
Upper Glanmire  
New Inn

### AGES 8 - 10

FIRST  
SECOND  
THIRD

Ronnie Og Hennessy  
Aoife Considine  
Gabriella Cronin

St. Joseph's N.S  
St. Joseph's N.S  
Gaelscoil Ui Drisceoil

### AGES 11 - 13

FIRST  
SECOND  
THIRD

Brian Galvin  
Emily Hearne  
Gabriella Cronin

St. Joseph's N.S  
Gaelscoil Ui Drisceoil  
Brooklodge N.S

### AGES 14 - 17

FIRST  
SECOND  
THIRD

Matthew O'Connell  
Joanna Lukowik  
Terrence De Jesus

Colaiste An Chroi Naofa  
Colaiste An Chroi Naofa  
Colaiste An Chroi Naofa

### SPECIAL CATEGORY

#### UNDER 7

FIRST  
SECOND

Alicja Susek  
Deimantas

St. Joseph's N.S  
Scoil Mhuire Knockraha

### AGES 8 - 10

FIRST  
SECOND  
THIRD

Kelsey Harrington  
Henry Forde  
Patrick Malone

St. Joseph's N.S  
New Inn  
St. Joseph's N.S

### AGES 11 - 13

FIRST  
SECOND  
THIRD

Luke Nolan  
Joe Cronin  
Aaron Burke

Cara Junior School  
St. Joseph's N.S  
Cara Junior School

### AGES 14 - 17

FIRST  
SECOND

Grace Hegarty  
Nik Azfar Harraz

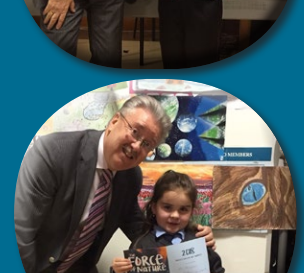
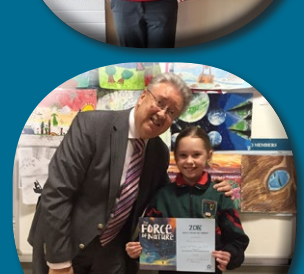
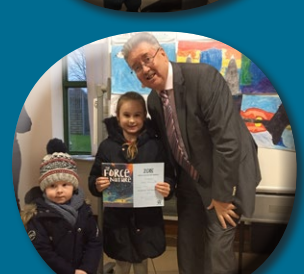
Colaiste An Chroi Naofa  
Scoil Treist

### AGES 18+

FIRST

Julian De Ward

Scoil Treist







# Glanmire

& District Credit Union Ltd



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

### An Tréimhse Sásta Agus Brónach



The happy and sad period of the year is here and the most disagreeable month; November, has eventually passed by. However it is that special month when we remember our loved ones who have departed from us and this was exemplified by the large numbers who participated at the blessing of graves ceremonies which were held at the various parish burial grounds during the month. It is a sorrowful occasion but it brings great comfort to many at such a mournful time.

All burial grounds in the parish are presented in excellent condition and this is courtesy of those who attend to their upkeep on a voluntary basis, and the encouragement and support they receive from Cork County Council staff is also acknowledged. It should be noted that approved gravediggers' are employed by undertakers' and therefore are not County Council employees. Their work descriptive is self-explanatory; accordingly they do not attend to the upkeep of burial grounds. However during the celebration of Mass at St. Joseph's Cemetery in July; the "council workers", with the added advice that "they are not here tonight", received plaudits for maintenance and prayers were also offered for them. Let's face it; "even" the good Lord would have known who the rightful beneficiaries should have been so no doubt

He duly took stock of the situation! This matter is brought to attention for the sake of clarification for those who raised the issue subsequently either in a sincere or mischievous fashion. Incidentally, it is wholeheartedly agreed that the gravediggers' in question are extremely courteous and are ever so obliging. Grave digging and back-filling are much different from past times as the mini digger has replaced the barrow, pick and shovel and the back-filling is not actioned now until mourners have left. The previous practice was upsetting

and the sound of stones and earth falling on the coffin of loved ones showed a lack of consideration. Death is a sensitive subject and should be treated in a delicate, caring and supportive manner with utmost respect shown at all times. The common disrespectful practice observed, especially when interments are taking place, is that of walking on graves and with a little thought this could be so easily avoided. It should also be noted that dogs, except guide dogs accompanying persons with visual impairment, are not permitted in burial grounds.

And so December has arrived and Christmastime is nigh but the November sadness continues for many, especially for those who lost a loved one within the past year. It is the time when the sense of loss through death is intensified to a greater degree and we remember with a heavy heart those who are not with us now to share the festive season. It is difficult, very difficult and it highlights the importance of cherishing and enjoying the company of those still in our lives, and that's what keeps us going. Those unique and wonderful happy memories which we experienced help us along the way and it does get a little easier over time, however there is always the grief that lives with us forever.

Memories are wonderful, they will last for eternity and we never know what tomorrow will bring. There was only one Christmas, the rest are anniversaries, and all are occasions when a person can endure the heartbreak of homesickness even when at home. Christmas is also a joyous period when many may be overcome with emotional feelings of love and affection for those they cherish. People are so considerate, kind and helpful but of course such outpouring should not be confined to the festive period. It is a magical time for children whose innocence and radiant smiles display a sense of wonder and enormous happiness, and they are full of excitement and anticipation. They should enjoy now while being sheltered from; heartache, grief and the countless other difficulties of life which lie ahead. It is customary to exchange presents at Christmastime and twentieth century nov-

elist Oren Arnold suggested the following; to your enemy: Forgiveness, to an opponent: Tolerance, to a friend: Your Heart, to a customer: Service, to all: Charity, to every child: Good Example, and to yourself: Respect. A meaningful custom around here and beyond was to give the Postman, the Milkman and the Breadman a "Christmas Box" and while the latter two traditional services are sadly now surplus to requirements we still have the postal service so let's not forget this time-honoured practice. The term "Christmas Box" is derived from a custom in past times whereby the gentry gave presents to their servants at Christmas in small boxes. Incidentally, St. Stephen's Day, which commemorates the first Christian martyr, is called Boxing Day in some countries and the reason here is that in bygone day's Donation Boxes were left in churches and the money therein was divided among the poor when opened on December 26th.

There are many Christmas symbols; the red berry holly is one and the Christian meaning is that it sprang from the footsteps of Christ as He walked the earth. The prickly pointed leaves is said to represent the crown of thorns He wore while on the cross with the red berries symbolising the blood He shed. Ivy is another and it's Christian meaning is that it has to cling to something in order to support itself as it grows and this acts as a reminder that one must cling to God for support in life. There is also the Christmas candle. In bygone days, and to an extent nowadays, it was positioned on the interior sill of a front window of the home and was first lit, usually by the youngest child, on Christmas Eve. The candle was not extinguished before midnight and if there was a "Mary" in the home; she was the person to do so, otherwise another person was nominated. The Christian meaning is that it is a symbol of welcome to Mary & Joseph as they travelled looking for shelter on that night long ago, and the lighted candle served as a beacon for the lonely and homeless wayfarers as well.

It also indicated a safe place for priests to celebrate mass because this was prohibited during penal times. The candle remained in place

until January 6th, as did the home decorations and in fact it was considered bad luck if they were removed before then. In bygone times there was a hive of activity in Glounthaune church on the days leading up to Christmas Day. The "Bean an Tí" of many homes in close proximity to the church brushed, dusted, washed and polished the interior and then beautified the altars with an impressive floral arrangement. The crib was erected in less than twenty minutes because it only entailed carrying the figures from storage at "The Loft" as it was known, the room above the sacristy, and placing them on the one-stepped marble floor at the right-hand side altar. Two nuns from Carrigrohilly Convent made an annual visit to the crib on foot because they were attracted by its simplicity. There was no vigil mass in those days and the first on Christmas Day was at eight am and the second mass was at eleven thirty am.

The Canon was the celebrant of the first and in the sacristy prior to mass he gave each of the altar boys a present of one shilling. A timber rail extended from pillar to pillar in the church back then and this prevented aisle to nave access. Also, the aisle on the right was dedicated to women and that on the left to men, while the pews in the nave were unisex! The 1917 Code of Canon Law stipulated that it was obligatory for women to cover their heads in church and in this respect there were curious contrasting styles evident at the Christmas day masses! Modest new headscarves were on display at the aisle on the right whereas stylish new hats and, if you don't mind, black mantilla veils were exhibited, by the women that is, at the prestigious nave! A collection for the parish clergy was held at each mass and the names of those who contributed, as well as the amount of their donation was announced from the altar the following Sunday. Who would win the gold and who would end up at the bottom of the list? The speculation and suspense over the Christmas period was intense – simple times!

**Nollaig Shona Agus Athbhliain Faoi Mhaise Daoibh Go Léir.**

SLÁN ANOIS ©





# What If This Happened To You At The Chiropractor?

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

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

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

## "Does Chiropractic Really Work?"

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

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

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Chiropractic works great for all kinds of pain at our office we've helped patients with a wide range of problems.

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- Numbness in the Arms and Legs
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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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Call today and we can get started with your consultation, exam and findings 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. (next door to AIB)

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

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

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# Gardening

## with Charlie Wilkins



Charlie Wilkins

## THE HIPPEASTRUM

Every corner of the garden is in retreat! The glare is feeble, and the colour has drained from everything apart from some frosted hydrangea blooms and chrome yellow phormiums; pale beacons among the expanding brown and green. They remind me of streetlamps in fog. A watery light, shines through the small, measured window panes of the garden studio illuminating a jug with a single Rinjssvelds 'Early Sensation' daffodil-a reminder more than decoration that spring will soon be on the way even though the winter solstice is still a fortnight and more away. This variety blooms in early December and a huge number can be seen at Blarney Castle from about this week through to early spring.

I peep out and watch for signs of movement through each pane in turn. Nothing moves in the persistent drizzle, nothing stirs anywhere!

In desperation I reflect on the only urgency over the coming days; the removal of fallen and decaying leaves from gutters, drains and pond along with potting a pair of Hippeastrum bulbs (Amaryllis) sourced from Aldi across the road. Why do so many fail to bring these into bloom the year after purchase? All succeed following purchase, few repeat the spectacle. These oversized bulbs are usually found in garden outlets in the run-up to Christmas; huge fattened things, some as large as swede turnips (and weighing almost as much) either stuffed into ridiculously small pots containing just a fist-full of compost, or displayed heaped together, one on top of another in spacious brown wicker baskets.

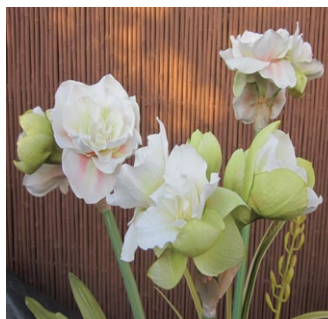
Much of the failure rate has to do with heat (the lack of it) for it they are to be flowered during early January and later adequate

temperatures and perfect light must be provided from the outset. However, if you are prepared to wait until April for those mighty trumpet-shaped blooms, (three, four and even five to a stem), then they can be stood on a bright windowsill and allowed to perform in their own good time.

Hippeastrums, unlike the majority of bulbs, begin their cycle of growth by flowering. A stout naked stem (or stems) rises from the neck of the bulb to two feet and more, terminating eventually in a group of buds which open to reveal several trumpet-shaped blooms of massive proportions. The whole spectacle is wonderfully impressive. Later, the long strappy leaves arrive, and it is then that watering and feeding must commence and be diligently maintained right through to late summer. Towards July, watering can be restricted so that the leaves yellow and die away naturally and the bulb goes into a state of rest for all of September and October.

As soon as mid-November arrives, the tips of fresh young foliage will once again be noticed emerging from the neck of the half-buried bulb, and the cycle of growth and flowering can begin all over again. However, some re-potting will be needed for the compost (now in its second season) will contain very little by way of nutrients.

If the old compost is gently teased away from around the base of the bulb using an old biro or pencil as a scraper, the exercise will only take minutes. Top up with fresh "Seed and Potting" compost (allow the top one third of the bulb to remain uncovered) water to settle, and replace into its bright, warm position. Don't water again until active growth commences for the main danger to successful blooming



Hippeastrum/Amaryllis can produce a number of stout stems each one capable of bearing a cluster of buds which open to reveal huge trumpet-shaped blooms in extremely pleasing colours of red, pink or white.

will be from overwatering. Too much too soon would end in a sorry mush. Success will surely follow.

### A VERY REFRESHING THOUGHT.

HOUSE PLANTS not only lift your spirits and your environment, they also purify the air by filtering out chemicals. And by raising humidity levels, they help to counteract the drying effects of central heating and reduce dust-a very refreshing thought. Create a welcoming and restful environment and brighten up wintry rooms instantly with a few stylishly places plants.

Slipper orchids with their striking single flowers will add a hint of the exotic while for texture and colour choose Streptocarpus (Cape primrose) whose delicate purple blooms (many other colours are available) contrast dramatically with its large, roughly textured leaves. For a lush display look for the glossy deep-veined leaves of alocasia which look particularly good in smooth terracotta pots.

with organic materials. Good specimens can be found at 'Hillside Nurseries'

\*\*\*As Christmas and yet another New Year approach I hope it will bring readers, as it has brought me, another satisfying period in their busy lives. My plants have thought me that life is a continuous circle, one of growing, maturing, and eventually one of rest. Gardening has also given me bountiful days of fun, health, and immense knowledge of how things evolve. It has given me innumerable gardening friends none of whom I would change for even the most desirable of ornamental plants. Best of all, it has given me laughter and tears and pictures of almost incredible beauty, unlike any I have ever seen on canvas or board. Won't you join me then, on this page, for another few seasons? A Happy Christmas, and Joyous New Year, to all readers.



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## THE DECEMBER GARDEN

**WONDERS OF FROST** The first severe frosts have arrived in the far south. Due to extreme wetness it froze the ground instantly rupturing weed and plant roots in the process, and those that were not killed by its dramatic arrival, will now suffer a slow death from fungal disorders which normally follow. Of stealth-like nature, frost neither rises from the ground nor falls from the air yet its presence and formation can be detected in the stillness of the evening air and by the intense cold which precedes it. Like steam on a cold kitchen mirror, frost condenses and distils during the hours of darkness, to disappear like a bad odour once the morning sun rises. It burns with the intensity of lightening, yet it moves about in the darkness like a meandering stream pooling at times to form vast lakes which can chill down into the subsoil. At other times, its shallow tendrils reach out to strike in one

area leaving an adjoining plot unscathed! Predicting where it is likely to strike hardest is impossible so newcomers to gardening should note that it will sometimes lurk in shady corners long after sunrise, and low-lying areas will always be worst hit.

**HELLEBORES** Between now and early spring is the ideal time to buy container-grown hellebores! Because they start flowering as early as the beginning of January you can choose plants in full bloom especially those with attractive colours. Double flowered hybrids are rather special (even in monetary terms) and worth seeking out as are varieties of H. 'Blackthorn Group'. Provided the ground is neither frozen nor waterlogged planting can take place after some enriching of the proposed site. Hellebores grow particularly well in partial shade and are good on limestone and chalk provided they're kept well mulched

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# Christmas Opening Hours 2018

## MAYFIELD OFFICE

<b>MONDAY 17 DEC.</b>		<b>10.00am – 4.30 pm</b>
<b>TUESDAY 18 DEC.</b>		<b>10.00am – 4.30 pm</b>
<b>WEDNESDAY 19 DEC.</b>		<b>CLOSED</b>
<b>THURSDAY 20 DEC.</b>		<b>10.00am – 4.30 pm</b>
<b>FRIDAY 21 DEC.</b>		<b>10.00am – 5.30 pm</b>
<b>SATURDAY 22 DEC.</b>		<b>9.15am – 12.45 pm</b>
<b>MONDAY 24 DEC.</b>	Christmas Eve	<b>CLOSED</b>
<b>TUESDAY 25 DEC.</b>	Christmas Day	<b>CLOSED</b>
<b>WEDNESDAY 26 DEC.</b>	St. Stephens Day	<b>CLOSED</b>
<b>THURSDAY 27 DEC.</b>		<b>CLOSED</b>
<b>FRIDAY 28 DEC.</b>		<b>10.00am – 5.30 pm</b>
<b>SATURDAY 29 DEC.</b>		<b>9.15am – 12.45 pm</b>
<b>MONDAY 31 DEC.</b>	New Years Eve	<b>10.00am – 4.30 pm</b>
<b>TUESDAY 1 JAN.</b>	New Years Day	<b>CLOSED</b>
<b>WEDNESDAY 2 JAN.</b>		<b>CLOSED</b>

## LITTLE ISLAND OFFICE

<b>FRIDAY 21 DEC.</b>	<b>9.30am – 12noon</b>
<b>FRIDAY 28 DEC.</b>	<b>9.30am – 12noon</b>

**NORMAL OPENING HOURS RESUME ON  
THURSDAY 3RD JANUARY 2019**





# An Nollaig sa Litríocht

Micheál Ó Súilleabháin

Nuair a labhraítear faoin Nollaig le blianta beaga anuas, is é a ritheann le formhór an phobail ná ceiliúradh ina gcaitear an t-uafás airgid, ina mbíonn bia, deoch, ceiliúradh riachtanach.

Cé go bhfuil an ghné spioradálta fós ann, tá sé éirithe níos deacra aon spás a fháil chun breith Chríost a cheiliúradh. Má fhéachann duine timpeall sna siopaí, feictear dó go mbíonn na hearraí Nollag ar na seilfeanna roimh Oíche Shamhna. Tá na hearraí ag éirí níos soifisticiúla agus níos daoire agus de dheasca na bhfógraí mealltacha a thaispeántar ar an teilifís agus ar líne, cruthaítear éileamh a chuireann in iúl don saol go gcaithfear na hearraí seo a cheannach



Crann na Nollag

más mian le duine tairbhe cheart a bhaint as an gceiliúradh. Tá an saol ag éirí níos éadoimhne, mar is eol dúinn, cé go bhfuil daoine agus grúpaí ann a dhéanann a ndícheall teacht i gcabhair ar dhaoine atá ar an ngannchuid. Bíonn grúpaí carthanachta gníomhach ag bailiú airgid ar na sráideanna chun teacht i gcabhair ar na daoine is boichte sa séasúr beannaithe. Inniu, ceannaíonn daoine maisiúcháin de gach cineál chun na tithe a mhaisiú agus is geall le comórtas idir comharsana na soilse aibhléise a lastar laistigh agus lasmuigh de na tithe.

Is mór idir saol an lae inniu agus an saol in Éirinn faoi mar a fheictear é i litríocht na Gaeilge. Thart ar chéad bliain ó shin, scríobh Peig Sayers scéal a beatha. Déanann sí cursíos ar an Nollaig sa Daingean ina hóige. Bhí sí in aimsir i dtigh Uí Chorráin agus i ag obair timpeall an tí agus ag tabhairt aire do na páistí óga sa tigh. Déanann sí cursíos ar thuras go dtí an Séipéal leis na páistí Séamaisín agus Eibhlín:

'Rugas ar láimh orthu. Bhuaileamar sjar. Bhí an oíche dorcha, ach má bhí féin, chíféa fríd ar an sráid ag lochrann na gcoinnle go léir sna fuinneoga. Nuair a chuamar don séipéal, moladh le Rí na Naomh! b'álainn an radharc é, lampaí solais ar lasadh agus an altóir déanta suas fé bhrat coinnle ar dearglasadh.

Bhí an Crib ag taobh den altóir, agus chuirfeadh sé Flaitheas Dé i gcúimhne don té is daille dár mhair riamh. Bhí na Mná Rialta ag seinnt duanta binne diaga. Is ar mo chroí a bhí an gliondar agus an t-aobhneas bheith ag éisteacht leis an gceol sin, mar nár chuala riamh roimhe a leithéid.'

Nuair a bhí na páistí imithe a chodladh, bhí Peig i dteannta mhuintir an tí, Neil agus Séamas agus d'aithris sí "Fáilte an Linbh losa" dóibh:

"Seacht gcéad déag fáilte  
Naon n-uaire is fiche  
Roimh Mac Dé na Glóire  
Is na Maighdine Muire,  
A thuirling 'na broinn ghloimhar  
'Na Dhia is 'na Dhuine,  
Is gurb í Oíche Nollag Móire  
Rugadh Rí ceart na Rithe."

D'aithris Peig ocht véarsa den dán agus fuair sí leathchoróin ó Shéamas mar "bronnantas beag Nollag duit."

D'fhás Pádraig Ó Siochrú aníos i gcomharsanacht an Daingin. D'úsáid sé an t-ainm cleith 'An Seabhac' ina chuid leabhar. Scríobh sé roinnt mhaith leabhar, ina measc 'Jimín'. Buachaill óg ba ea Jimín agus bhíodh sé i dtíobhlóid go minic. Déanann sé cursíos ar an Nollaig trí shuíle Jimín.

"Chuaigh Mam agus Daid go dtí an Daingean cúpla lá roimh Nollaig, í féin agus Daid, agus thugadar an capall leo agus cliabh agus bosca sa chairt. Faid a bhíodar sa Daingean chuas féin go dtí an Gleann Domhain agus an scian mhór agam, agus téadáinín agus thugas abhaile liom tor mór cuilinn, agus fuairas eadhneán i bhfothrach na Cille".

Nuair a chuaigh Jimín abhaile, lean sé ar aghaidh leis an scéal: "Fuairas féin casúr agus tairní beaga agus bhí Cáit(a dheirfiúr) ag síneadh eadhneáin agus cuilinn chugam. Chuireamar timpeall na bhfuinnog é agus ar bharr an drosair agus os cionn na tíne. Bhíodh sé deacair é a cheangal in áit ná bíodh adhmaid agus chaithinn tairní móra a thiomáint san fhalla. Thitheadh scaipeanna móra den mhoirtéal anuas uaireanta".

Nuair a tháinig an oíche, lean Jimín ar aghaidh leis an scéal:

"Oíche Nollag bhí an-shaol againn. Fuairas féin agus Cáit dhá thornap mhóra agus bhaimeamar a leath díobh, agus chuireamar poll síos iontu chun na coinnle a chur ina sheasamh iontu. Ansin shamar craobha beaga cuilinn i ngach tornap acu, agus chuir Cáit páipéar timpeall orthu. Bhíodar go gleoite, a dhuine, agus lasamar iad sular tháinig an oíche in aon chor"

Ina leabhar béaloidis, 'The Year in Ireland', déanann Kevin Danaher cursíos ar roinnt de na nósanna a bhain leis an Nollaig céad bliain nó níos mó ó shin. "Ó thosach na hAidbhinte, dúirt daoine cráifeacha paidreacha breise. Ghríostaí páistí chun breis Ar nAithreacha a rá. Roinnt laethanta roimh an bhféasta, ghlantaí an teach agus clós na feirme.

Thugadh na fir aire do na botháin sa chlós agus chuiridís aol ar an teach cónaithe istigh agus amuigh. Ghlanadh na mná an teach ar an taobh istigh agus ghlanaidís gréithe agus troscán, chomh maith. Go luath roimh an Nollaig, d'imíodh roinnt den teaghlach go dtí an baile mór. Bhíodh Margadh Mór ar siúl ann.

Thugadaidís im agus uibheacha, cearca, géanna agus turcaithe leo go dtí an baile agus d'úsáididís an t-airgead a fuairadar chun earraí na Nollag a cheannach. Cheannaídis feoil, torthaí tirime, spíosraí, siúcra agus tae, tobac, uisce beatha, milseáin agus bréagáin do na páistí. Thugadh muintir na tuaithe bronnantas dá ngaolta agus dá gcairde sna bailte móra: bágún, cearca, uibheacha agus prátaí agus thugadh muintir an bhaile 'earraí an bhaile mhóir' dá ngaolta faoin tuath.

I mórán áiteanna lastaí trí choinneal in onóir an Teaghlach Naofa. I gCorcaigh in 1842, dúirt Mr and Mrs Hall, a bhí ar chamchuaire timpeall na tíre chun nósanna a thabhairt faoi deara, gur lasadh coinneal trí chraobh ar Oíche Nollag 'in onóir na Tríonóide Naofa, gan dabht, agus tá an nós ann go lasann an té is óige sa teach an choinneal agus fágtar ar lasadh go dtí meánoíche í'. Is mór idir ceiliúradh na Nollag inniu agus anallód. Nollaig faoi shéan is faoi mhaise do gach éinne.



Mainséar na Nollag

## Gluais:

an ghné spioradálta = spiritual aspect

ar an ngannchuid = in need

in aimsir = in service

gliondar = delight

cuileann agus eadhneán = holly and ivy

ar chamchuaire = on tour





**GLANMIRE**  
CHAMBER OF  
COMMERCE

# BUSINESS & COMMUNITY *Awards 2018* **Congratulations to all the winners...**



Join us for the lighting of the  
Glanmire Christmas tree on  
**Thursday, December 6th at  
6pm. Kids entertainment  
from 5.30pm.**



**Customer Service Award:**  
Glanmire Credit Union



**Best Place for Food and Drink Award:**  
Balance Cafe



**Men in Business Award:**  
Cathal O'Shea, Glanmire Opticians



**Women In Business Award:**  
Shirley Feeney, Shirley's Beauty Salon



**Special Recognition Award:**  
Dermot O'Connell



**Business Of The Year Award:**  
SuperValu



**Ambassador of Glanmire Award:**  
Mums of Glanmire



**New Business Award:**  
Sonatina Music Academy



**Social Community Award:**  
Darkness Into Light



**Sports Award:**  
Sarsfields Ladies Feile Team



**The Glanmire Chamber of  
Commerce Committee**





## Dr. John Sheehan

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

## SAD

As the winter takes hold in Ireland there are longer periods of darkness and this can sometimes be associated with low mood. The exact cause of SAD isn't fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days.

The main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly, which may affect the production of melatonin – melatonin is a hormone that makes you feel sleepy; in people with SAD, the body may produce it in higher than normal levels. A lack of sunlight may lead to lower serotonin levels, which is linked to feelings of depression.

SAD usually starts in young adulthood and is more common in women than men. Some people with SAD have mild symptoms

and feel out of sorts or irritable. Others have worse symptoms that interfere with relationships and work.

Because the lack of enough daylight during wintertime is related to SAD, it's less often found in countries where there's plenty of sunshine year-round.

It's also possible that some people are more vulnerable to SAD as a result of their genes, as some cases appear to run in families.

Symptoms of SAD can include: a persistent low mood, a loss of pleasure or interest in normal everyday activities; irritability; feeling lethargic (lacking in energy) and sleepy during the day. Sleeping for longer than normal and finding it hard to get up in the morning, and gaining weight are other symptoms. For some people, these symptoms can be severe and have a significant impact on their day-to-day activities.

Treatments for SAD

A range of treatments are available for SAD. Your GP will recommend the most suitable treatment programme for you.

The main treatments are: lifestyle measures – including getting as much natural sunlight as possible, exercising regularly and managing your stress levels. Talking therapies – such as cognitive behavioural therapy (CBT) or counselling are useful.

antidepressant medication – such as selective serotonin reuptake inhibitors (SSRIs)

Natural or "full spectrum" light can have an antidepressant effect.

A full-spectrum bright light shines indirectly into your eyes. You sit about 2 feet away from a bright light – about 20 times brighter than normal room lighting. The therapy starts with one 10- to 15-minute session per day. Then the times increase to 30 to 45 minutes a day, depending on your response.

Some people with SAD re-

cover within days of using light therapy. Others take much longer.

People who respond to light therapy are encouraged to continue it until they can be out in the sunshine again in the springtime. While side effects are minimal, be cautious if you have sensitive skin or a history of bipolar disorder. Spend some time outside every day, even when it's cloudy. The effects of daylight still help.

Many doctors recommend that people with SAD get outside early in the morning to get more natural light. If this is impossible because of the dark winter months, antidepressant medications or light therapy (phototherapy) may help.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

## Upper Glanmire ICA

### Update on Guild activities

- Two of our members Rita Cloghessy and Pauline O Callaghan travelled to Donegal for the National Winter Conference on the 3rd November.
- For our November meeting we had a speaker from

Repak who gave us information and hints on managing our recycling.

- For our December meeting, we will have a Kris Kingle again this year, where everyone will bring along a wrapped item.



Our November competition: my favourite brooch

### December Recipe:

#### Sweet Pastry for mince pies

(Eileen Sculley)

#### Ingredients

- 8 oz plain flour
- 5 oz margarine
- 2 oz icing sugar
- 2 oz ground almonds
- 1 egg and some water.

#### Method

Sieve flour and icing sugar and add gr. almonds. Work in marg. Add beaten egg and water. Knead into a ball, cover with cling film and put in fridge for a few hours.



Theresa from Repak, giving a talk at our November meeting



Ann Cashman's Mince pies





**Cork  
County Council**  
Comhairle Contae Chorcaí

MAYOR OF THE COUNTY OF CORK,  
**CLLR PATRICK GERARD  
MURPHY**

WISHES THE PEOPLE OF CORK

***A Very Merry  
Christmas***







## Ger Keohane MCC



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**Keep Calm and Vote Keohane**

mob: 086 026 3046

email: gerkeohane68@gmail.com

## JOHN MAHER



**REPRESENTING YOUR COMMUNITY**

086 194 2285

john.maher@votelabour.ie

@jmaher0

@johnmahercork

**LABOUR**

## Sen. COLM BURKE



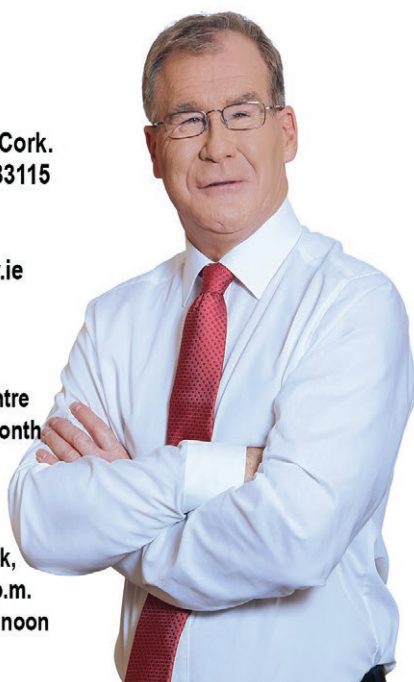
**Wishing you and your family  
a Happy Christmas and a Peaceful New Year**

Washington House,  
33, Washington Street, Cork.  
021 4824577 or 01 6183115  
Mb no 087 2592839

Email: colm.burke@oir.ie

Advice Centre,  
Glanmire Community Centre  
Third Saturday of each month  
12.30p.m. – 1.30p.m.

90A, Shandon Street, Cork,  
Fridays 11.30a.m. – 1.30 p.m.  
Saturdays 10.00a.m. – 12 noon



## Sean O'Sullivan

Independent  
Cork City North East Ward  
(including Glanmire and Mayfield)



Any issues

**CONTACT: SEAN O'SULLIVAN 086 860 9924**

Independent Candidate for 2019 Elections





## Choláiste an Phiarasaigh



Tomás Ó Riordáin

Nuair a d'éag Tomás Ó Riordáin, iar-phríomhoide Scoil na nÓg go tobann i mí Lúnasa seo a d'imigh tharainn chaill Coláiste an Phiarasaigh cara dílis. Tháinig an scéal duairc aniar aduaidh orainn chun na fírinne a rá. Is cinnte gur bhain an scéal stangadh asainn. Bhí ár gcara ar lár. Bhí Tomás i gcónaí sásta teacht i gcabhair orainn nuair a bhí grianghrafadóir de dhíth orainn agus nuair a bhí cara de dhíth orainn. Ní bhíodh drogall riamh air freastal orainn. D'fhiafraimis de agus bhíodh sé ag an ocaid gan teip. Níor loic sé riamh orainn. Ba mhinic a chaith sé cúpla uair an chloig i mbun ghrianghrafadóireachta chun teacht i gcabhair orainn. Ina dhiaidh sin chaith sé an t-uafás ama ag priontáil agus ag cur barr feabhais ar a chuid oibre. Is léiriú iontach é an beart ollmhór grianghrafanna atá in ár seilbh anois den saothar ildánach a chruthaigh sé. Beimid buíoch de de shíor. Braithfidimid uainn é. Táimid na daltaí, na tuismitheoirí agus múinteoirí Choláiste an Phiarasaigh páirtech lena theaghlach ina dtríoblóid. Is danaid dúinn a bhás. Suaimhneas síoraí dá anam uasal agus leaba i measc na naomh go raibh aige. Solas na bhflaitheas dá anam geanúil.

### Ceolchoirm

Thug "The Doolan Quartet" cuairt ar Choláiste an Phiarasaigh ar an aonú lá déag de mhí Dheireadh

Fómhair. Is grúpa nua iad "The Doolan Quartet" agus is mic léinn lánaimséartha ó scoil Cheoil Chorcaí iad na ceoltóirí úd mar a bhfuil David McElroy, Rachael Masterson, Martha Campbell agus Grace Coughlan. Bíonn ceathrar ceoltóirí i gceathairéad gan amhras. Is iad na huirlisí a chasann siad ná an veidhlín (I agus II), an víola agus an dordveidhlín. Sheinn siad ceol aoibhinn clasaiceach giotáí ar nós Death and the Maiden, píosa ceoil a chum Franz Schubert.



The Doolan Quartet

D'eagraigh an roinn ceoil an cheolchoirm seo agus d'fhreastail gach dalta a dhéanann staidéar ar an gceol sa scoil ar an gceolchoirm iontach seo, ní nach ionadh. Chuir na ceoltóirí fáilte is fiche roimh cheisteanna agus mhínigh siad cúlra gach aon phíosa ceoil a sheinneadar le linn na ceolchoirme. Baineadh an-sult as an gceol ach go háirithe agus tráthnóna fíor-thaithneamhach a bhí ann i ndáiríre fíre.



Seachtain Eolaíochta



Clubanna aéitiucla



Clubanna aéitiucla



Daltaí bl 4







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)



"An Evening with Cork Sporting Stars" in aid of The Jack O'Driscoll Fund



Martin O'Neill and Roy Keane with Jack O'Driscoll watching the International Irish squad in training



Ruairí O'Mahony, Darragh O'Donovan Alex Foley, Conor McDonagh who represented Mayfield GAA at the GAA Youth Forum in Croke Park



Mayfield Sports Complex was well represented at Cork Airport run



Nathan Keegan has recently boxed and won for Ireland while competing in an International match against Wales



Mayfield Mens Shed Will be showcasing and selling their .... at the Christmas Fair in Mayfield Community School on 5th December



Steve Devine & Pat Roche at the Cork Wine & Craft Beer Fair



Mayfield Community School U19 soccer team who beat Schull 2-1



Mayfield Community School First year students who received a Certificate for 95% plus attendance during our the first term.



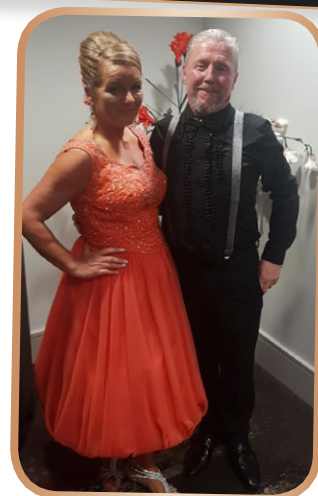


## Technique Hair & Beauty

Photos from the Mad Hatters Tea Party held in the Salon to raise funds for Breast Cancer Awareness



Congratulations to Mrs. Catherine Tobin who won the amazing hamper in aid of Breast Cancer Awareness. Presented by Miriam Ray Salon Manager



The Mayfield Eye Iris Wilkins McCarthy & her dance partner Nigel Sarl who recently competed in the Strictly Sarsfield Event in Silver-springs Hotel

## Mayfield GAA Club

Presentation of Certificates to cap a great season for the u7, u8, and u9 teams at Mayfield GAA Club. Intermediate hurling keeper Richie O'Keeffe presenting the awards



Mayfield Ladies GAA who Won the East Cork U14 Ladies Championship



Mayfield Ladies Walking Group



Harpers Hair Design handing a Cheque over to Ellen from Cork ARC Cancer Support House for €5905.37 which was raised when the girls and their families and friends climbed Carrantuohill





## KNOW YOUR AREA - CHRISTMAS HERITAGE QUIZ



1. In what year was Sarsfields Hurling Club founded? \_\_\_\_\_
2. Where is / was Broad Lane? \_\_\_\_\_
3. In what year did the old Riverstown N.S. cease to operate as a National School? \_\_\_\_\_
4. Name the river flowing at the side of Glanmire GAA football pitch? \_\_\_\_\_
5. What area used to be called The Rookery? \_\_\_\_\_
6. What local building was once known as Riversdale? \_\_\_\_\_
7. Name the river that flows through Riverstown House grounds \_\_\_\_\_
8. Name the Italian stuccodores whose work can be seen in Riverstown House. \_\_\_\_\_
9. Give the location of Riverstown Lace School c. 1907. \_\_\_\_\_
10. Where in the area is a sand quarry known as Johnny Morgans? \_\_\_\_\_
11. What was the previous name for Glen Mervyn? \_\_\_\_\_
12. Where was the local dance hall known as "The Chute"? \_\_\_\_\_
13. Who was the first Chairman of the Community Association? \_\_\_\_\_
14. Name one of the songs composed by Denny Lane? \_\_\_\_\_
15. Which former President of Ireland had family connections with Park Farm in Rathcooney? \_\_\_\_\_
16. Where is Weaver's Square? \_\_\_\_\_
17. Why was it called Weaver's Square? \_\_\_\_\_
18. Name the Irish Patriot (1830-1872) buried in the old Rathcooney graveyard? \_\_\_\_\_
19. What is the correct name for the Protestant Church in Glanmire? \_\_\_\_\_
20. What famous lady was married in Glanmire's Church of Ireland in Nov. 1805? \_\_\_\_\_
21. Give an old name for Brooklodge. \_\_\_\_\_
22. What well-known lady – a Duchess- lived in Glanmire House? \_\_\_\_\_
23. When was St. Michael's Church in Upper Glanmire rededicated? \_\_\_\_\_
24. Where is the Coach Road? \_\_\_\_\_
25. When was the Glanmire Bypass officially opened? \_\_\_\_\_
26. In what year was the building housing the Community Centre built? \_\_\_\_\_
27. When was Dunkettle Railway Station opened? \_\_\_\_\_
28. Where is Still Hill? \_\_\_\_\_
29. Where was the local Turnpike situated? \_\_\_\_\_
30. Name the noted water-colourist who had associations with Dunkathel House and Bachelor's Hall. \_\_\_\_\_



Some of the answers can be found in our three Walks – The Glashaboy Walk, The Sallybrook Walk and The Rathcooney Walk, which are available from the Secretary at the Community Centre.



Entries marked 'Christmas Heritage Quiz' to be addressed to Glanmire Heritage Society at Glanmire Community Centre, Riverstown, on or before 31st January 2019. A €30 book token will be awarded to the first correct entry. The Judge's decision is final.

Name: \_\_\_\_\_ Telephone No. \_\_\_\_\_

Address: \_\_\_\_\_





## GLANMIRE LADIES FOOTBALL CLUB



Glanmire Junior Team

Glanmire Ladies was formed in 2000 by a number of people including Barbara Buckley, Genievieve Garde, Angela Fitzgerald, Linda McElhiney, Roseann O Callaghan and Brian Lotty our club president.

The club started from humble beginnings with only a few teams competing. This however has grown massively over the years and we can now boast almost 400 members.



Shauna Murphy

Our first success at A level came with a very strong U12 team in 2011 when we were crowned Cork

champions, this was followed by success at the All-Ireland community games level and from that point the club grew from strength to strength.

Great credit must be given to the coaches at this time that had a vision to look forward with a 10 year plan. People such as Tim Murphy, Dave Carey, John McAllen, John Cashman and many others worked hard in the early years to build a sustainable club. This was shown in the last number of years when we went to the All-Ireland Feile finals on 3 occasions winning the competition in 2017 in Cavan. We have now become the strongest juvenile club in Cork regularly winning at 'A' county level and supplying many players to various Cork teams including 2 captains this year. Last year, 2017 was an extra special year annexing 17 trophies.

Most recently we traveled to Coventry, England, to compete in the All Ireland

junior quarter final V Roger Casements, traveling with a playing panel of 30 and a team of 30 supporters, thankfully the trip was a success and Glanmire came out winners on a score line of 1-01 to 5-21.

Before taking to England much needed funds were to be raised, and we have had lots of people to thank for giving time and money for these funds including and not limited to, all the junior panel and team management, Paul Dinan of usedcarfinance. ie, Sean and Linda Murphy



Captains Glanmire Amy Turpin and Rodger Casement Maori Mulvenna with referees

of SLM decorators and especially SUPERVALU Glanmire.

Their were also unsung heroes of the junior campaign more so on the Coventry trip, thanks to Winifred Hannon who fed, watered and looked after the girls and management, Michael Hannon for organizing hotel and travel arrangements and Brian Lotty for organizing club gear, Dave Marah for traveling to help with the social media, well done and thanks to supporters including our boys Matthew, Conor, Cillian,



Andrew and Chulainn, and a massive thanks to our committee who worked day and night to insure the trip was a success.

Both Brian and chairman Michael spoke about how proud they are of all the girls creating history once again this year by reaching the all Ireland stages. They also thanked the management for their efforts and successes so far and wished the team well for their trip to their all Ireland semi-final.



Glanmire Chairman and President welcomed by Rodger Casements President

We progressed to the All Ireland semi final and over came Trillick of Tyrone in a hard fought contest and now the club is facing Tourlestrane of Sligo on December 9th at a venue to be confirmed in the All Ireland Final  
Congratulations to all associated with the team

## Garreth Fitzgerald CRASH REPAIRS

- Panel Beating • Spray Painting
- All Bodywork • Low Bake Oven
- Insurance Claims Handled
- Chassis Alignment



Unit 2, Pat Dwyer's Ind. Estate,  
Glanmire, Co. Cork  
Contact Garreth Fitzgerald  
086 3787758

**Sponsoring this page on behalf of the Glanmire Ladies Football Club**





## Sarsfields Camogie Notes



U16 Premier County Champions

### Senior / Junior News

Congrats to our Senior team on reaching the Summer Cup Final v Eire Og in Ovens. Details of the match will be published next month. The panel will take a well earned break after the final ahead of their return to training in January

### U16

Well done to our U16A team who won their County Semi-Final v Balinora in Riverstown by 3-11 to 1-3 in early November. A fantastic win against one of the favourites for the championship. They followed that performance with a historic win vs Aghabullogue in the Premier County Final



U16 Premier Cup Presentation

in Ballinlough. It was a highly competitive match with great performances all round but Sars proved too strong for their determined opposition, winning by a margin of 5 points in the end. It's the first time the competition has been played at Premier grade so Sars take pride of place as the first club name to be engraved on the cup. Well done to the girls and all involved for the hard work all year. The league campaign

continues over the coming weeks so best wishes for the upcoming games.

### U14

Huge congrats also to our U14 girls who were crowned U14A League Champions in Castle Road.



U16 Captain Ella Woods

A very good performance in difficult conditions against a very strong Aghabullogue side. Evie Twomey received the player of the match award while Ella O'Brien captained the side. The final score was 3-5 to 0-5. It caps off a fabulous year for this panel of players who won the All Ireland Feile title, the U14A championship along with the U14A League. Well done to the girls and everyone involved.

### Underage News

Our U6's & U7's demonstrated great skills recently in Sars in what was for many their first blitz. The girls showed their competitive nature & battling



U14 League Champions



U14 League Champions

qualities in closely contested matches. The future of Sars Camogie looks good!!

There was beautiful weather for the Sars Street League Finals on the main pitch in Riverstown. Some great display of camogie from the girls. Well done to all teams. A big thanks to Gillian and the senior girls Chloe, Emma, Maeve & Lucy for presenting the medals.

### Imokilly

Well done to Isabelle O'Sullivan, Liadan Sheppard, Megan Sheehan & Kate Hackett who represent Sars on the U13



U6 U7 Blitz

Imokilly squad recently.

### Strictly Sarsfields

Huge congratulations to everyone involved in Strictly Sarsfields. The club were hoping to raise €50,000, however a few months later & a lot of trojan work from many people, not least of all the 30 dancers, Sars are overwhelmed to announce that an incredible €88,000

was raised!

The club would like to say a sincere thank you to every single person who contributed & supported the various fundraising events leading up to the main event & to those who attended on the night & voted for the dancers.

Sars are hoping to begin



Street Leagues

work on the All Weather Facility in May/June of next year.

### AGM

The Sars Camogie AGM took place on Friday November 16th. It was a very well attended event so

sincere thanks to everyone who attended on the night. Wishing all of the incoming officers, committee members, manager, coaches and players all the very best for the 2019 season.



Imokilly



Crosaire An Fhaoitigh  
C.L.C.G.

# White's Cross GAA News

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

The under 16 footballers displaying their new tops ahead of their county final versus Newmarket.

## County Final Heartbreak

Our under 14 and under 16 footballers were both involved in county finals recently. Unfortunately, defeat was our lot on both occasions. The under 16s lost to Newmarket by 10 points. Though, undoubtedly, Newmarket were deserving winners, with ten minutes remaining only a goal separated the sides. Indeed had some first half goal chances been taken the outcome may have been very different. It took extra time to finally end the challenge of the under 14 footballers.

They went under by four points to Adrigole. They put in a superb performance and showed great character and resilience. Trailing by 16 points at one point, they completely turned the game around and lead by one point with normal time up. Adrigole equalised and an early goal in extra time turned the game decisively in their favour.

The club is extremely proud of the efforts of both of these sides; players and mentors. There were many good days throughout the year and we can, hopefully, look forward to many more good days in the future.

## White's Cross in Munster Hurling Action

December is not the month that most people associate with Munster hurling championship. However, due to delays in other counties finishing their championships, the first week of December is precisely when White's Cross will play Limerick county champions Cappamore in the Munster semi-final. While, we have not been involved in competitive action since September, the team has, nonetheless, been busy

preparing, under the guidance of coach Seamus Kennefick, for this trip into uncharted waters for the club. We wish them every success in their bid for Munster glory!

## Christmas Draw 2018

Tickets for the White's Cross Annual Christmas Draw are now in circulation, and as always offer excellent prizes. This draw is the Club's main annual fund-raising activity and thus we are grateful to all those who buy tickets. You will be hard pressed to find a better value annual raffle this



Captain Brendan Quaine holding the under 14 football league trophy after their recent victory over Lee Gaels

Christmas costing just 2 euro per ticket – with a 600 euro first prize and 60 prizes in total – indeed if you buy 3 tickets you will get better value again with the three-for-a-fiver deal!

It is the wonderful ongoing support of our many sponsors that makes this draw so attractive and the relatively easy-sell that it is. Most people are satisfied to buy a ticket ever before they turn over the front page listing the first 25 prizes

and see the back of the ticket detailing a further set of prizes, giving 60 in total.

We take great pride in the developments we have made to our facilities in Ballinvrisky in recent years. These improvements to the Club's facilities have been done on top of fielding an ever-expanding number of teams in both football and hurling, across all ages and now in both genders! All of this would simply not be possible only for the generous support of our annual fundraising efforts through the Christmas Draw, the Club Lotto and the Cork GAA Clubs' Development Draw.

The draw will take place at the venue of the draw's main sponsor, the Stirrup Bar, on Wednesday December 19th. Thanks to Eileen and Michael Hennessy for their continued generous support.

## Looking for a Christmas Stocking Filler?

Keep in mind that White's Cross GAA operates its own club shop that has been open weekly throughout the year. The shop is selling the entire set of gear in all sizes – zip-tops, rain-jackets, jerseys, shorts, socks, hoodies, hurleys, helmets, gearbags, key-rings and more.

It might just prove the ideal stoking filler and even if you cannot make up your mind you can always play it safe and buy one of our gift vouchers! You can e-mail Teresa at [teresabring@gmail.com](mailto:teresabring@gmail.com) or find us open every Friday evening

between 18.00 and 19.00 in the Upper Glanmire Community Centre during training for the future All-stars.

## Poc Fada

White's Cross GAA will host its annual Poc Fada competition on St. Stephen's Day, starting out at 10:00am from the club grounds in Ballinvrisky. This is a fun filled couple of hours for all ages and genders.

As always there will be various categories of prizes but the top prize will once again will be the John Hickey Memorial Cup. Be sure to come join us for the spraoi agus craic on St. Stephen's Day – an ideal way to work off the excesses of the day before... and to make room to do it all again...!

## Best wishes to Murt and Catherina

White's Cross GAA would like to wish all its players, members, supporters, friends and family the very best wishes for Christmas and New Year. For two club members, the Christmas will be extra special. Murt Kelleher and Catherina Staff will tie the knot on Friday December 21st. We hope that they have a great day's celebrations with their friends and family and long life of happiness together!

## Nollaig faoi shéan is faoi mhaise daoibh go léir ó CLCG Crosaire An Fhaoitigh!

## GLANMIRE BOWLS NEWS

Eileen Buckley (pictured) a member of the Glanmire Bowls Club, was part of a team that won First Prize in the Gleneagle Big Bowls

Competition in November 2018.

WELL DONE, EILEEN!







## Little Island N.S

### Sciath na Scol Final

Our boys' team played Gaelscoil Pheig Sayers in their Sciath na Scol final before the Hallowe'en break. They performed really well and represented our school excellently. They lost out to the better team on the day. We are very proud of our boys, many of whom are only in 4th Class. Thanks to everyone who came along and supported us – beimid ar ais! Thanks to NRG Xpress, Little Island who is our jersey sponsors and who also sponsored special tops for the final.

### Chess Club

Our winter chess club is up and running again. We look forward to playing, taking part in lunchtime leagues and participating in inter-school leagues during the winter.



Chess Club



Sciath na Scol Football Final



NRG Express

### Golf

David Ryan is back again this year coaching golf. He is currently working with 1st and 2nd classes.

### Taekwon-Do Champion

Well done to Kaiden who is Irish Taekwon-do champion for sparring! He won his medal in Limerick recently.

He has been training hard for a few years and is reaping the rewards now.

Congratulations to his coaches and family as well.



Golf



Kaiden

### OUR LADY CROWNED CREDIT UNION

Prizes for recent art competition, picture includes Jason Morrison, Audrey O'Sullivan (Our Lady Crowned Credit Union) and Micheál Rea Principle Scoil Inse Rátha, Little Island



Credit Union Art Competition

## New Inn N.S

It has been an exceptionally enjoyable term at New Inn N.S. Our Junior Infants have settled in extremely well and are thoroughly enjoying their time in their new school. They have already become involved, alongside others classes, in a variety of school activities. We've had a busy term. We've enjoyed trampling through the autumn leaves and exploring the woodland habitat in the woods behind our school. We thoroughly enjoyed Maths Week, Science week and Construction Day. We've loved our weekly sessions of swimming, Chinese and GAA coaching with Finbarr and Paddy. We were delighted to welcome the Lord Mayor Mick Finn to our school.

Looking to the near future, preparations for our annual Christmas Carol Service have already commenced. Each class has been assigned their own Christmas carols, which they will practise over the coming weeks. Pupils will also perform songs from the musical, The Magical Christmas Jigsaw. The concert will take place at

St. Joseph's Church, Glanmire, on the 11th of December

### Table Tennis

Congratulations to our school table tennis teams who travelled to Kinsale recently to represent our school.



Table Tennis



Table Tennis

They did us proud. The girls were the overall winners in their competition. Well done to Mr Power and all the children involved.

### Team Hope Shoebox Appeal

Our school has a long tradition of supporting this fantastic cause and this year was as successful as always.



Shoebox Appeal

The children watched a short video which showed some less fortunate children receiving their shoeboxes last Christmas. It was lovely to see the expression of pure delight on the faces of all the children and this made us all realise just how fortunate we are.

### Glanmire Ladies Football

We were delighted to welcome Mark, Sarah and Ellen, from the very successful Glanmire Ladies Football team, to our school recently with their county and Munster cups. Past pupil Sarah O'Brien, along with our two very talented teachers, Miss Horgan and Iníon Ní hArgáin are currently preparing for the All Ireland Final, with the Glanmire Ladies Football Team. Sixth class organised a cake sale to raise funds for the team. We are very proud of their achievements to date and want to wish them all the best in the All Ireland Final.



Glanmire Ladies Football team





## GLANMIRE PARISH NEWS

Website: [www.glanmire-parish.ie](http://www.glanmire-parish.ie)  
Office: 4820654

### Christmas ceremonies in Glanmire

The following ceremonies will be held in Glanmire during December.  
Glanmire parish would like to wish all our parishioners and their families and friends a very happy and peaceful Christmas.

#### Annual Toy Mass

Sunday 9th December

St Joseph's Church Springhill: 12 noon Mass

#### Ecumenical Carol Service

Sunday 16th December

St Joseph's Church Springhill, Glanmire, 7:30pm

#### Penitential services, including surrounding parishes

Penitential services will be held as follows:

Monday, 17th December

St Joseph's Church, Springhill, Glanmire, 7:30pm

Tuesday, 18th December

Church of the Immaculate Conception, Watergrasshill, 7:30pm

Wednesday, 19th December

Sacred Heart Church, Glounthaune, 7:30pm

\*\*\* Due to a parish mission there won't be a penitential service at Church of the Immaculate Conception, Carraig na bhFear.

#### Confessions

Confessions will be held in both churches in Glanmire in the week before Christmas.  
Please check [www.glanmireparish.ie](http://www.glanmireparish.ie) for dates and times for each church

#### Christmas Eve

St Joseph's Church Springhill: Crib ceremony 4:00pm

St Joseph's Church Springhill: Mass at 6.00 pm

St Michael's Church, Upper Glanmire: Mass at 7.30 pm

St Joseph's Church Springhill: Mass at 9.00 pm

#### Christmas Day

St Joseph's Church Springhill: Mass at 9.00 am

St Michael's Church: Mass at 10.00 am

St Joseph's Church Springhill: Mass at 10:30 am

St Joseph's Church Springhill: Mass at 12:00 noon

#### St Stephen's Day

St Joseph's Church Springhill: Mass at 10.00 am

#### Vigil Mass:

6:00pm St. Joseph's Church

Sunday:

9:00am St. Joseph's Church

10:00am St. Michael's Church

10:30am St. Joseph's Church

12 noon St. Joseph's Church

### St. Stephen's Pitch and Putt Club



St. Stephen's Pitch and Putt Club had another victory with Aaron Roche winning the Cork Juvenile Strokeplay. Congratulations and well done.

We also congratulate all the members who won Turkey's this year, and thank all the members who supported and played each weekend in the competitions.

We would like to wish all member's past and present A Happy Christmas and a Peaceful New Year.  
We are looking forward to a great year of pitch and putt in 2019.

Course open all year round. New members welcome.  
Enquiries at clubhouse. Green fees €5.

St. Stephen's Pitch and Putt Club  
Sarsfieldcourt, Glanmire

#### Parish Masses & Services

Fr. John Newman Springhill, Glanmire 087-2485684

Fr. Pat Nugent Springhill, Glanmire 087- 0518239

#### Weekday Masses:

Mon-Fri 10:00am St. Joseph's Church

Thursday 9:20am St. Michael's Church

Friday 9:20am St. Michael's Church

#### Adoration:

Monday 8:30-9:30pm St. Joseph's Church

Thursday 10:00-12 noon St. Michael's Church

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

#### Confessions:

First Sat, 9:30- 10:00am, St Joseph's Church

Or by prior arrangement

### Glanmire Library

#### The Visitor by Zoe Miller

Is he who he says he is? Izzie Mallon is looking forward to celebrating Christmas on a relaxing yoga retreat. At least, that is what she's telling her mother and colleagues. In reality, she will be shutting herself away from the festive season, and the snowstorm that has brought the city to a standstill, in her apartment on Henrietta Square -- the beautiful home she shared with her beloved husband Sam until his tragic death a few months ago -- with only her grief for company. Then, there's a knock at the door -- a stranger, stranded by the bad weather. He tells Izzie that he's Eli Sanders, her husband's long-time friend. Izzie has never met him in person, but feels she owes it to Sam to welcome Eli into her home. Even though her instincts say that she should do otherwise... As Izzie tries to reminisce with Eli about her husband, cracks in his story begin to show. But will she be able to see clearly through her grief before it's too late?

#### Christmas Storytime with Niamh

For children of pre-school age

Glanmire Library

On Saturday 15th December at 11:00am

Contact library at 021-4821627 for more details.

#### Mindful Walking Workshop

Learn to walk your way to mental and physical wellbeing with Coaching Psychologist, Hugh O'Donovan

At Glanmire Library  
Wednesday 5th December  
At 11:00am

This event is free but places are limited.

Bookings on 021 4821627.

#### Christmas Storytime and Sing-along for children with Ber

At Glanmire Library

On Saturday 8th December at 2:30pm

Contact library at 021-4821627 for more details







## Glanmire Macra



Glanmire Ladies Soccer Team

### Glanmire seek Soccer

#### Success

History was made in November when the Irish Rugby team overcome the mighty All Blacks for the second time in two years. Back in 2016, as Ireland beat New Zealand in Chicago, Glanmire's men and ladies lifted the Seandún 5-a-side soccer titles. Alas, neither team were able to retain the title in 2017. So with the good omen of Ireland beating the reigning world champions, both our men's and ladies soccer teams were hoping to win the Seandún round.

Taking place in the Watergrasshill Community Centre, Glanmire members, Will Daly, Dónal O Callaghan, Tomás Cuffe, Tom Neville, Michael Buckley, John Lonergan, Con O Callaghan, Claire Daly, Linda Casey, Zara Long, Kate Bulger, Marika Cotterill, Gillian Kenneally, Hannah Sherman, Aisling Walsh and Meave Maloney came together for the soccer competition.

The men faced competition from Whitechurch, Carrigaline, Kinsale, UCC, Ballincollig and Knockraha in a round robin/knock out competition. With each team guaranteed at least 2 games, Glanmire secured their first victory over

geographical neighbours Whitechurch. Con O Callaghan struck early to give Glanmire a 1-0 lead before Tom Neville securing the victory with a second goal from a free kick.

That victory set up a quarter-final match with UCC. The pace and skill of the students put them in a dominant position and scored two goals in quick succession in the first half. Glanmire attempted to rally in the second half, tightening up at the back with goal keeper Dónal O Callaghan making several fantastic saves to keep hopes alive. Unfortunately for the Glanmire men, they were unable to breach UCC's defence. Hard luck to Glanmire on the loss and well done to Carrigaline on winning it outright.

For the ladies, Glanmire faced competition from Kinsale, Whitechurch and Knockraha. The ladies format was 2 semi-finals and the final, meaning that it was a straight knock out. Facing their rivals from Kinsale, Glanmire ladies were competitive and arguably were unlucky to fall behind. Zara Long equalised before Kinsale clinched victory with a second half goal. Better luck next time to the Glanmire ladies and well done to Knockraha who won the final.

### Glanmire Members Strengthened Bond over Baking and Running Events

Macra na Feirme is a social club like no other. Although traditionally linked to rural Ireland, it has long developed into a multi-layered organisation. Part of its success is due to the fact that it has a variety of

activities that people can enjoy. From taking the stage through performing arts, developing life skills in the agricultural and public speaking sections or keeping fit and active in our sports competition, Macra is a social club that offers something to everyone.

As a club, Glanmire Macra actively engage across all the areas of Macra. Our constant engagement leads to the club bonding



Jennifer Barry, Declan O Hara, Michael Buckley and Kathleen Fitzgearld won the Seandún Round of Senior Debating

together and allows us to build lifelong friendships. It is a testimony to how gelled we are as a club that we are not dependent on just Macra events.



Catherine Kearney, Gillian Kenneally, John Lonergan, Michael Buckley and Will Daly - post race after the Thomas Kent 10k

This past week marks yet another example of our friendship when members came together in not one but two non Macra events. Firstly, Zara Long organised a baking demonstration in association with the Cookery Cottage in Douglas. Here, our members enjoyed an evening of honing their baking skills. They were taught techniques to keep pastries in shape while packing them with flavour. Ten of our members produced the best apple tarts, lemon drizzle cake and cannoli that they could muster.

In a fun-filled evening, members were able to enjoy each others company

while developing a new skill. Thanks to Zara for organising the night!

Later in the week, Glanmire members continued to strengthen their bond by partaking in the Thomas Kent 10k. The benefits of getting regular exercise are well documented and many members are involved in an informal running group. The group is to encourage people to train together to improve their own well-being. As a result, participation in road races, commonly sees members of Glanmire Macra running together.

Members Gillian Kenneally, John Lonergan, Sinead Broadrick, Michael Buckley and Catherine Kearney took part in the Thomas Kent 10k – one of the most popular road races in Cork with almost 600 participants.

Both the baking and running are testimonies to our close ties and willingness to further our relationship outside the mainstream Macra events. Glanmire Macra takes massive pride in its open and inclusive nature, so we are always encouraging people to join us and see what the organisation can offer individuals.

For those who want to get involved, 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 Thornton with the Senior Stock Judging Shield



Glanmire Mens Soccer Team





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### Christmas Opening Hours

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Christmas Day	Closed
Dec 26 to Jan 1	Closed
Reopening Jan 2	9.30 to 6.00

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## Glanmire Adult Drama Club

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Wishing you all a wonderful Christmas and the very  
best for 2019

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## Know Your Rights: Grants for Solar Panels – November 2018

### Question

We're way behind with our mortgage and can't pay our other bills either. We're afraid that the bank will take our home – they keep sending us letters. What can we do?

### Answer

You can contact MABS, the Money Advice and Budgeting Service, to get help under the scheme of aid and advice for borrowers in home mortgage arrears. Contact the MABS Helpline: 0761 07 2000 (9am - 8pm, Mon - Fri) or your local MABS office.

This scheme is part of Abhaile, the national Mortgage Arrears Resolution Service. It provides a range of services to help you to deal with your situation, including financial advice, legal advice and insolvency advice.

Abhaile is coordinated by the Departments of Justice and Equality, and Employment Affairs and Social Protection. It is operated by MABS along with the Insolvency Service of Ireland (ISI), the Legal Aid Board and the Citizens Information Board. Panels of qualified and regulated professionals provide services under Abhaile.

You will qualify for advice and assistance under Abhaile if:

- You are insolvent – this means that you are unable to pay your debts in full as they fall due and
- You are in mortgage arrears on your home and
- You are at risk of losing your

home (for example, if your mortgage lender has initiated repossession proceedings or indicated that they plan to do so; if they have said that they consider you to be non-cooperating; or if they have asked you to consider selling or surrendering your home) and

- The costs of staying in your home are proportionate to your reasonable accommodation needs

You can contact MABS to check if you are eligible for Abhaile (as eligibility is decided case by case). Read more about Abhaile on [mabs.ie](http://mabs.ie).

### 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](http://www.citizensinformation.ie)

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.  
086 0263046  
[gerkeohane68@gmail.com](mailto:gerkeohane68@gmail.com)



Seasonal Greetings and a Wonderful 2019

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Glanmire Shopping Centre  
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## Counselling, Wellbeing & Stress Release –

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We are constantly faced with new life situations and circumstances, many of which seem beyond our control. Whether you are feeling stressed, anxious, depressed, going through a loss, a relationship difficulty, or seeking more work/life balance, our Psychotherapist can provide emotional support. Here you will find a safe non-judgmental listening space, where you can talk openly about the issues that affect your life. Patrick Sheehan, MIAHIP Psychotherapist, Supervisor and CBT Practitioner bases his approach on the inherent capacity of each individual to reach their potential for wholeness and healing.

**Appointments; Patrick Sheehan, MIAHIP,**  
**Mobile 087.1229683**

**Email [ruah06@eircom.net](mailto:ruah06@eircom.net)**

[www.corkwellbeingcounselling.ie](http://www.corkwellbeingcounselling.ie)





## Director's Cut

2018 - A year of transition

The Glanmire Area Community Association wishes all its friends, patrons and all the people of Glanmire a Merry Christmas and a Happy New Year

2018 was an eventful year for the community association.

- we had a big turn around of staff in both the centre and the GACA playing pitches
- we finally settled our long running court case
- we appointed a manager to help with the running of the centre
- we lost 2 directors with another 2 leaving shortly
- we appointed 2 new directors (Bill Tobin and Pat Stacey) and we hope to announce 2 more shortly
- we re - floored the entrance hall in the centre
- we re - carpeted the stairs in the centre
- we carried out a full rent review and implemented its findings
- we welcomed some new tenants to the centre
- we applied for numerous grants throughout the year
- we continued our themed public meetings
- we have started a drama group
- we supported our 10 sub committees
- we liaised with residents, Gardai and council with regard to anti social behavior in the Park
- we submitted opinions on the proposed flood prevention scheme
- Finally, we have all got a year older. unfortunately this didn't coincide with getting a year wiser

Yours in festive spirit

GACA Directors



Our local Glanmire Councillor Ger Keohane has asked Cork County Council and the ESB to initiate actions against the private owner of the old John Barleycorn Hotel site to make safe the dangerous trees on this site, these trees are a cause of concern to residents living near these trees and are a danger to pedestrians and motorists, Cllr Keohane has witnessed tree limbs falling on to the road and footpath and a major concern is that the overhead ESB cables are engulfed now by these trees, this is a major health and safety concern and needs to be addressed immediately. Landowners need to take responsibility.



**Public Meeting of Glanmire Area Community Association to be held on Monday 17/12/18 at 8 pm in Riverstown Community Centre.**

**Glanmire Area Community Association would like to wish all of our friends and neighbours a Happy Christmas and best wishes for 2019.**

## Profile of the Month

### Ivaylo Benov

Master Butcher working at Sheehan's Butchers Glanmire



Born: Bulgaria

Favourite Colour: Blue

Favourite Drink: Milk

Favourite TV programme: Graham Norton Show

Favourite Book: The Bible

Favourite Sport: Rugby

Car: Mercedes

Family: Partner and 2 children

Living in Bandon

Moved to Ireland 5 years ago

What do you like best about Glanmire:

All our customers at Sheehans butchers

Most pleasant and courteous and my fellow work mates

Dislikes: People who are discourteous

Hope for 2019:

Good health and happiness for my own family

and for all the good people of Ireland

Ireland to win the Rugby World Cup in Japan





## Cork Simon Community

### The Whitebay Christmas Day Swim in aid of Cork Simon Community

12 noon sharp  
Christmas Day 2018  
at Whitebay, near Trabolgan, Co. Cork

Bígí Linn agus Fáilte

Sponsorship Cards available from local organisers and  
outlets or Cork Simon Community  
[www.corksion.com](http://www.corksion.com)

Contact details: Fundraising Office 021 4321166 Email: [Fundraising@corksion.com](mailto:Fundraising@corksion.com)  
Charity Number: CHY 9155



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086 3628569

[www.lashandbrow.ie](http://www.lashandbrow.ie)

Email - [joanne@lashandbrow.ie](mailto:joanne@lashandbrow.ie)

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### Christmas cracker - Lilly O'Riordan

#### Community Games 2018-11-20

Great strides were made in 2018  
in the various Community Games  
events

We did very well in swimming, art,  
camogie, girls football, chess, athletics.

Congratulations to all the girls and  
boys that participated and especial-

ly to those who made their names  
on the medal lists.

This years CHRISTMAS CRACKER  
goes to Lilly O'Riordan who won a  
silver all-Ireland medal in University  
of Limerick in August. Unless we  
are mistaken that is the first such  
medal for a javelin competitor from  
Glanmire since Community Games  
commenced 51 years ago



Lilly O'Riordan and Community  
Games organiser Michael Burns





# Notice Board

## GLANMIRE INDOOR BOWLS

Community Centre,  
Riverstown

Wednesday Nights 7.30pm to

9.30pm

Over 18s, Males & Females welcome

Contact: 021 - 4821333

## 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.

MOC

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Up to date vaccines essential.

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## "You Are Not Alone"

For those who are bereaved or affected by suicide.  
The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from individuals who have experienced the loss of a loved one through suicide.

For more information contact  
Collette on 087/1897315 or  
Anthony on 087/6838861

## RAINBOW CASTLES

087 4389803

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Bouncy Castles



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## Grinds

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085 2180 901

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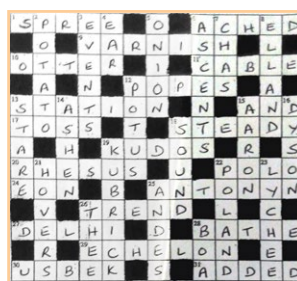
### Across

1. Mr. Claus (5)
6. Scrooge (3)
9. Citrus fruit (7)
10. Wide open (5)
11. Goo (5)
12. Get up (5)
13. Type of sugar (7)
15. Type of antelope (3)
17. Egyptian goddess (4)
18. Concurs (6)
19. Type of golf club (5)
20. Passed tongue over (6)
22. Large mass of ice (4)
24. Small, medium enterprises (3)
25. Anticipate (7)
26. Used for animal bedding (5)
27. Indian ruler (5)
28. Film company (5)
29. Free time (7)
30. God loves a ----- (5)
31. Volunteer (5)

### Down

2. Heavenly beings (6)
3. Themes (6)
4. I am, you --- (3)
5. Sleep noisily (5)
6. Communication (7)
7. Island (4)
8. Type of fur (6)
12. Inquired (5)
13. Young females (5)
14. Irish for water (5)
15. DNA (5)
16. Utilisation (5)
18. Radiant (5)
19. Atmospheric conditions (7)
21. Damage (6)
22. School of thought (6)
23. Provide entertainment (6)
25. Not true (5)
26. Auction (4)
28. Professional (3)

Crossword Winner: Gerry McKernan, Marble Park, Glanmire



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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th December. 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.





**DNG Murphy Condon**  
021 4821786  
AUCTIONEERS, VALUERS & ESTATE AGENTS

*Iris*

*Jean*

*Kevin*

*John*

*Kate*

*Wishing all our customers  
a Happy Christmas and Wonderful New Year*

**DNG**  
DOUGLAS NEWMAN GOOD

**MURPHY CONDON**

**GLANMIRE** 021 - 4821788

**BLACKPOOL** 021 - 4220019