

St. Patrick's Day Festival of Winners in Upper Glanmire



Sunday March 17th 2019 will be a day for winners in Upper Glanmire. Donal O'Connell, the overall winner of the Over 60s Talent Competition is this year's Grand Marshal of the Upper Glanmire Community Association's 2019 St Patrick's Day Parade & Festival. He will be joined on the day by members of the Glanmire Ladies

team, winners of the Junior All Ireland Football Championship and by members of the White's Cross Junior B Hurling team, winners of the club's first County title. As Grand Marshal Donal will lead a fun filled family friendly Parade of: Pipers from The Cork City Fire Brigade Pipe Band, local groups, clubs, businesses and associations

along with floats, fire engine, motor cycles, vintage cars, tractors. After the parade a host of activities, including traditional Irish Music & Irish Dancing, a Magic Show, Bouncing Castles, Sumo Wrestlers and a Bucking Rodeo Bull will take place in the Sports Hall with refreshments for all ages available. "Corks Best Kept

Secret" is how Neil Prendeville of Red Fm referred to the Upper Glanmire Parade & Festival from listener feed back to his radio show. The Community in Upper Glanmire are excited and proud to organise our seventh safe, fun filled, family friendly Parade & Festival.

...cont. pg 4

Annual Gap of Dunloe walk in aid of Cancer research

For further details see page 20

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St. Patrick's Day Festival of Winners in Upper Glanmire

Barry's Coaches are again sponsoring the Park & Ride from the supervised car parks at both the Whites Cross & Brian Dillon's GAA Pitches & Alan Loftus Transport are again sponsoring the Reviewing Stand. Local Groups, Clubs, Schools, Associations, and Businesses are invited to participate in our Parade & Festival. (participation is Free). This year's MC for the Reviewing Stand & later in the Sports Hall is local mum Shin Hayes, model, singer and creator of the very popular Fashion & Lifestyle blog page "Shin Hayes-Thinking Out Loud" We wish to thank our large team of volunteers, sponsors, local Gardai, local GAA Clubs, Glanmire Macra & Glanmire Branch St

Johns Ambulance who make it possible to stage this annual Community Event. If you or your group wish to participate in the Parade (starting 3.00pm @ the Sports Hall) please confirm your participation by texting any of the numbers below or contact the e-mail address at the bottom of this page on or before Thursday March 14th. This will help the organisers ensure the Parade is run in a safe and efficient manner. If you or your group are new participants in The Parade or Festival or if you are available to volunteer please contact, Rob 086-8355330, Jerry 087-9816481 or Denis 086-8110116, or email: rkenny73@gmail.com or PM the Upper Glanmire Community Association Facebook page.

Councillor Ger Keohane Monthly Update

Please be careful it has been brought to my attention that unregistered tradesmen are ripping off vulnerable people in the Glanmire Area, doing such work as house maintenance, garden work, concreting/ paving and tarmacadam work.

Cllr Ger Keohane is appealing to the people of Glanmire to get together and not let this proposed apartment block to go ahead at Riverstown.



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The Truth About Back Pain

Don't Even Think Of Taking Another Pain Pill Until You Read This

Do You Have Any of the Following Conditions?

- Lower Back Pain
- Muscle spasm or strains
- Bulging lumbar discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain

Having back and leg pain can bring life to a standstill.

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.



Is back pain keeping you from enjoying what you love to do?

You've got too many dreams left undone to let back pain slow you down. Too many special moments waiting to be experienced.

Life is too short to let pain slow you down.

Pain is your body's warning sign telling you something is wrong. Sure, you can numb the pain if you take enough aspirin, paracetamol or some other pain pill.

But if you mask the pain, it can prevent your back from healing – maybe even damage it further.

Not to mention many of the pain medications available are quite addictive and can have devastating side effects.

Could This Be The Solution To Your Back Pain?

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past 12 years since the doors opened, there has been hundreds of people with back pain leave the office pain free. Because I've seen it with my own eyes, I strongly believe...

Back pain is NOT "just a part of life" and something you have to live with.

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, Emmitt Smith, Tony Robbins, Joe Montana, Padraig Harrington, Gov. Arnold Schwarzenegger and Mel Gibson receive chiropractic care. These professional athletes have the money to hire any kind of doctor they want, yet they choose to have a chiropractor on their team.

Here's what some of the top medical researchers had to say about chiropractic...

"Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months." – *British Medical Journal*

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." – *Stanley Bigos, MD, Professor of Orthopaedic Surgery*

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

Have A Professional Evaluation of Your Back For Only €40

For 14 days only, I'm running a very special offer where you can find out how much this amazing treatment can help your back pain.

What does this offer include? Everything I normally do in my new patient evaluation for only €40.

Here's what you'll get...

An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case. A complete neuromuscular examination,



Find peace and comfort in knowing your back is healed without drugs or surgery.

and a thorough analysis of your exam and findings so we can start mapping out your plan to being pain free.

You'll get to see everything first hand and find out if this amazing treatment will be *your* back pain solution, like it has been for so many other patients.

The normal price for this type of evaluation is up to €70, so you're saving a considerable amount by taking me up on this offer.

Chiropractic very well could be the answer you've been looking for.

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 behind the Monkey Maze in Glanmire, next to the AIB bank.

Tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation.

I 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. How many years can your body handle taking pills?

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

VILLAGE ENHANCEMENT

Glounthaune Tidy Towns / Community Association have received funding of Eur 62,500.00 from Cork County Council under the Village Enhancement Scheme. Approved works under the scheme include the likes of walkways, planters, street furniture and tree planting etc. therefore public lighting, footpaths and such do not qualify. The proposed projects and estimated costs are as follows:

placing of ten planters between the Bus Shelter and Fitzpatrick's Shop Eur 10,000; erect seven townland carved stone markers on the roadside between Kilcoolishal and Killahora Eur 10,000; roadside park enhancement west of the Bus Shelter, to include three benches, Eur 8,000; erect a sculpture with a Cork harbor wildlife theme at a yet to be identified location Eur 10,000; a Japanese Bridge to span the Ashbourne Pond linking the Walkway to the Centenary Garden Eur 12,000; erect wading birds silhouette sculptures / murals at the Harper's Island entrance wall Eur 5,000; erect a Map of Glounthaune in a display case at a yet to be identified location Eur 2,000; Stonewall repairs with emphasis on that along the L3004 Eur 5,500; erect a young people's free exchange library in a traditional phone box at a village location Eur 5,000.

There are other planned projects which will be funded by existing approved grant offers and these include; the installation of a new Bird-hide at Harper's Island courtesy of a four thousand euro grant from the Little Island Industrial Development Company (LIIDC). The Tidy Towns 2019 project list also includes; unified district signage, two traffic calming speed digital display signs, one additional heritage/biodiversity sign, planting of beech hedging fronting the low wall opposite the railway car park west of Johnstown, unified wild life theme artwork on the roadside utility boxes and additional aeration of Ashbourne Pond. Well, the overall foregoing planned undertaking is impressive and the projected costs reflect the large scale works involved. It is pleasing to note that district signage will be erected

and let's hope that this will include traditional local place names such as; "The Forge Cross", "The Back Road", "The Priest Hill", "Windsor Hill", "Rougrane Hill", "The Caherlag Road", "The Moan Cross", "The Moan Road" etc. A surprising aspect is the almost complete exclusion of projects for Glounthaune Village and especially on this it's bicentenary year. Perhaps the village will be allocated a couple that are listed under "a yet to be identified location" however expansive "highway and byway" areas are specified but alas not the village. This is very strange.



The Rising Tide

THE RISING TIDE

The premises re-opened Saturday February 16th. with Kieran & Deirdre Murphy at the helm. Kieran, Deirdre, their children Sophie and Peter reside at the edge of the Glounthaune - Glanmire infamous meandering border. Kieran is originally from Caherlag and is no stranger to the village as his first schooling was at the famed Academy, the present day Community Centre building, and he then attended Scoil Náisiúnta An Chroí Naofa when it opened in 1981. An exceptional long-serving custodian with Erins Own he is probably the club's only player to hold all three county senior hurling championship medals.

Deirdre who hails from Glanmire is steeped in Sars tradition and her uncle Teddy (Mc Carthy) is known nationwide and beyond for his unmatched achievement on winning All-Ireland senior hurling and football medals in the same year. This feat will never be equaled. Deirdre played camogie with Sars and won numerous titles from underage to Junior and her brother Garry plays with Sars and was a member of their senior county winning panels. Deirdre starred in the "Strictly Sarsfields" presentation held at the Clayton Hotel Silver Springs last

October and her Elvis performance with Kieran, a different one, was superb. Saturday August 21st. 2004 was a red-letter day for Kieran & Deirdre; the happy couple were married some sixteen hundred miles away and the wedding ceremony at Lanzarote was performed by Rev. Fr. Javier Sanchez, a hurler of note with the local junior hurling team! Deirdre's sister Michelle (Corcoran) & Christine Mullins were bridesmaids; Jamie Murphy was Bestman and Peter Kelly Groomsman. Kieran, much to the delight of the giggling guests, had a bit of a struggle placing the wedding ring but he was eventually successful!

The affable postman is also known as "The Post" which is derived from the fact that his late grandfather Tom was also a postman and affectionately known as "Tom The Post". He was the longest serving postman at Glounthaune and retired in 1970 following forty nine years' service. His principal delivery area was Little Island which was a non-industrial neighbourhood for the greater part of his lengthy work period. He also covered Rockgrove which surprisingly included the Good family farmhouse as well as three houses further north which were located on the Caherlag Road. Houses west of these, which include the Caherlag and Rougrane homes, were served by the Glanmire postman, hence the origin of the oft-discussed topic; is the address Glanmire or Glounthaune! When Tom commenced employment his weekly wage was in the region of twelve shillings and it is interesting to note that under the post office archaic system he was still classified as a "temporary postman" when he retired! A function in his honour was held at the YMS Hall Ballyverry in May 1970 and there was a large gathering of family and friends present. He was presented with a wallet of notes and his wife Addie was the recipient of a cutlery set.

Tom was a hurler of note as were his two brothers James and Bertie and they were probably the first to be struck down by the Sars bug. The Glounthaune club Leaside did not field underage teams so Sars stalwarts John Canavan and Mack Ahern enticed the trio to the Riverstown club in the twenties, which

at the time would have been less than thirty years in existence. Little did the three brave explorers realise that their schoolboy exuberance would dramatically transform the geographical contour of the Glounthaune parish for evermore; it probably led to the initiation of the infamous "Meandering Border"! The Murphy's played in all grades for Sars and won East Cork Junior medals with the club in the thirties. There was a unique occasion at the Copperalley Grounds, Youghal in 1933 when the three brothers played for a Cork selection against a Kilkenny selection in a senior hurling tournament. Was that the last, or indeed the only instance that three brothers played together on a Cork senior hurling side? Tom was captain of the victorious Cork team and the treasured trophy is proudly displayed in the Murphy household at Caherlag - the Jim & Pat (Kieran's parents) Sars one that is! Jim is secretary of the Sars club while his other son Jamie is secretary of the Erins Own club and there is one daughter in the family; Niamh (O'Callaghan). Jim played underage with Little Island and Erins Own before he defected across the meandering border to Sars.

The general view at the time was because he wished to continue the Murphy-Sars link but in a press article some time back Jim stated the obvious; "the pressure came on and I transferred to Sars". It is noteworthy that Jim later married Pat Canavan, a long time Sars stalwart and star camogie player whose family name is synonymous with the club! Jim won a Fé 16 East Cork "B" hurling championship medal with Erins Own in 1965 which was the year the club affiliated to the GAA. Meetings were held at venues on a rotating basis back then until a decision was taken to hold all club meetings at "Donnelly's Bar", the present-day "Rising Tide". Kieran and Deirdre can expect many impromptu meetings at their recently decorated warm welcoming premises and the agenda will not be confined to sport, or indeed any one sport. An appropriate wish for their apt named "Rising Tide" enterprise is that Irish toast; "May the winds of fortune sail you, and may you sail a gentle sea."

SLÁN ANOIS ©



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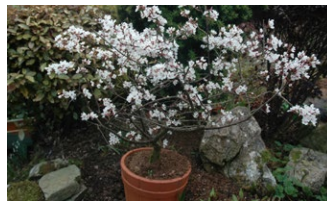
No flower is as mysteriously winsome as the cherry, but then spring flowers have always touched a soft streak in human nature! If I were in Japan now, the plum, peach, and cherry trees would be flowering in due season, even though bitter winds and vicious scuds of snow often mingle with the falling petals. The East's spectacular season of blossom begins in early March as the plum tree buds rupture and open. They flower in adversity; their beauty is fleeting, and it fills the heart of Easterners with sadness so short is their peak of perfection. Thereafter comes the season of peach blossom, followed in turn by the cherry which in China and Japan commands the highest admiration and affection. In both countries expeditions to the mountains are organised so that city workers can observe this spectacular spring phenomenon first hand. Informal tea stalls are opened for visitors and the equivalent of our 'queen cakes' are served with green tea on bamboo tables whilst paper lanterns (suitably decorated with cherry drawings) float away on the evening breeze.

I have never been to Japan but comparison to the veneration of blossom shown in these far-flung countries to our view of cherry trees is rather dismal. We have used the

variety 'Kanzan' (in particular) as street 'furniture' and these live out their dusty lives in (Ballyphehane) suburbia devoid of proper attention and refinement. Their rather gangling habits bore us and their colours we exclaim, are far too garish. It's hardly their fault, for there was no real thought or advice ever given about their positioning or needs, and for our sins they are now seen much the same in their vices and virtues; one superb show of flower (if the weather holds) then dullness for the remainder of the summer. The planners I argue, failed to choose the better forms!

There is a neglected group of cherries that are much more biddable than 'Kanzan' and their likes. Where garden space is limited *Prunus incisa* should be the cherry of choice. Its blossom comes early, the colour is spectacular and even the leaves are interesting. *Incisa* never grows very large which means that it will take kindly to pot culture, and in the open garden not brood all summer. It's often found as a shrub rather than a small tree. In Japan like to pot it up for bonsai, perhaps because its outline of zigzag twiggy branches with neat rough-edged leaves looks interesting even while resting between blossom and autumn colour.

The small specimen that I grow



Potted Spring Cherry

(illustrated) is easy to maintain and it flowers profusely despite my lavishing it with my most abundant commodity; neglect! It is pruned annually after flowering (and pinched like fuchsias once or twice during summer to promote short-jointed growths) and restrict its size. All forms of *incisa* do best in free-draining soil that retains some moisture because the species grows naturally on wooded mountain slopes where the rain drains off fast and furious. Specimens kept in semi-shade will have the advantage of protection from hard frosts and the pale blooms will look far better against the darker background. Autumn colour also arrives early, changing from mid-green to yellow before developing red to purple hues. The only drawback to growing these cherries is the perceived shortness of flowering. Hillside in Glounthaune can offer a number or varieties.

THE MARCH GARDEN

INCREASING DAYLIGHT; The spring equinox is almost upon us (March 20th) a time when day and night are of equal length. Once it is reached, the hours of daylight quickly begin to exceed those of darkness, and people everywhere rejoice. Gardeners reckon (quite correctly) that light reveals the world to us. Body and soul crave it. It sets our biological clocks and it triggers the sensation of colour in our mind's eye. More than that, light feeds us by supplying the total energy needs for plants to grow and mature. It shines for all excepting those denied the gift of sight. For these, light may never illuminate their world, but it does permeate their inner vision and continues to be the amazing tool that it is; a carrier of beauty, a giver of life.

CUT FLOWER FOOD; Have you ever wondered about the contents of those small packets of 'plant food' that come with cut flower bouquets? Do you use it or dump it? I suggest you treasure the contents of the packs in future for they really help prolong the life of the flowers in question. Cut flowers always start to deteriorate when placed in water. The lowest (cut) portion of their stems starts to break

down first, and when they reach this stage, they are unable to take up water (gerberas are the most likely to break down in plain tap water). The contents of cut-flower food packets slow the rotting process as well as fertilising. The food element is sugar but because this also increases bacterial activity the addition of a weak crystalline powdered bleach and an acidic component that slightly changes the acid/lime content of the water is added. The concoction is fine for cut flowers but is of no use should you decide to sprinkle it around the open garden. Some advocate using lemonade or aspirin in the vase water. The former causes bacterial problems and the latter, whilst effective is costly.

PRUNING ROSES; Old rose bushes, really old bushes, should be cut back extremely hard then mulched with manure or garden compost. These organic materials will add life to the soil especially on rose beds (perennial beds also) where artificial fertilizers such as Rose-plus has been used for year after year. By all means continue with Rose-plus for it is ideal but do get some organic material onto the rose bed also.

ANEMONES in all their many forms are also known as 'windflowers' and

although autumn is the only time for setting the likes of *anemone blanda*, the *Coronaria* varieties 'St.Bridgid' and 'De Caen' can be planted now and all through March. *Anemone* corms look very unpromising, being quite small, dry and often wrinkled, so soak in tepid water overnight before planting to help them swell. Plant them any which way, for they have neither top nor bottom, in warm and sheltered sunny spots, placing them about 3" deep and 5" apart. Flowers will form in summer, but dallying will delay the onset of blooms. There is only one important point to remember. The *coronaria* anemones (other varieties too) only open their rays of petals in full sunshine, so they are not for a shady place. I have had a better return from these over the years than many other bulbs, so put them in positions they'll appreciate. They'll reward you yearly for a decade and more.

BEGONIAS; Garden centres now have good stocks of begonia on offer and planting them now in a heated propagator will encourage early growth and early flowers. It is worth picking the tubers carefully, ensuring each is firm to the touch and showing no signs of rot or damage. Pot them individually using any fresh seed or potting compost and keep frost free.

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GLANMIRE LADIES FOOTBALL CLUB

Glanmire walk/run 2019

Well done and thanks to all our walkers, runners and sponsors for our run. Big well done to our committee who once again pulled off a successful fundraiser for our girls. A big thanks to Race Coordinator Ger Scannell and his race committee for organising every aspect of the race/walk. Thanks to race announcer/chip man John Kennedy who was fantastic on the morning, it really couldn't have been done without him. Also to all who made the effort to make/bake/serve Tea, sandwiches and cakes, the feed back has been wonderful again this year.

1st male: John Meade

2nd male: Sosnowski Wieslaw

3rd male: Jack McGrath

1st woman: Keeley Tideswell

2nd woman: Susan McGrath

3rd woman: Pamela Morrissey



McGrath Family at the run



Family and friends taking to our walk

Glanmire All Ireland winners dinner dance

Our All Ireland winners donned the glad rags for their recent dinner dance in Vienna Woods Hotel, a lovely occasion to celebrate in style with family and friends. On the night, organisers Amy and Nicole spoke about how this night was such



Niamh and Jane McAllen with Cousin Ellen Murphy

a milestone in the history of the club and the all Ireland win will now see them play in the intermediate league, they hope to see another history making year this year. On the night a number of speakers spoke of the pride that everyone in the community had for them and wish us well for 2019. A number of awards were presented voted on by the players themselves named as minor players of the



Some of the girls with Marty Morrissey at our dinner dance

year were Niamh McAllen and Ellen Baker, Senior players player was Ellen Murphy. The club also gave out a players players award the minor award went to Niamh McAllen, senior to Lucy Cashman.

The highlight of the evening was when our Special guess was revealed, GAA presenter and former dancing with the stars celebrity Marty Morrissey. Marty danced across the dance floor on entering the ballroom too our girls who were dancing at the time. After making his way to the stage, Marty presented the girls with their Munster & All Ireland medals and photos from their journey over the 2018 season, Marty took time to speak to speak and take photos with all the guesses including his friend and our president Brian who exchanged banter and stories of playing football in UCC in their youth. After the presentation guessed took photos with Marty, And the night was

danced away.

We would like to to thank Vienna Woods Hotel and Ronan Murphy from The Castle.



Ann Grady/family and Marty



Ellen Baker with Marty



Mary McCarthy and Ger Twomey with Marty

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Micheál Ó Súilleabháin



Seán Pettit

Múinteoir, léachtóir ollscoile, staraí agus scríbhneoir ba ea Seán Pettit, a fuair bás cúpla bliain ó shin. Thuig sé tábhacht na staire áitiúla i saol an phobail. Croiniceoir ar an saol a chaith an gnáth-dhuine sa chathair, ach go háirithe, ba ea é. Ceannródaí i réimse na staire áitiúla trí mheán na siúlóide staire ba ea é. Léirigh sé an grá a bhí aige don ábhar a bhí faoi chaibidil aige go fuinneamhach, nuair a bhí sé sa seomra ranga, sa halla léachta nó ag treorú grúpa ar shráideanna na cathrach. Inniu ta tuiscint ar an stair áitiúil forleathan le cumainn staire i mbailte ar fud na tíre. Ní raibh an scéal amhlaidh i gcónaí. Bhí Seán Pettit ar dhuine díobh san a thuig an tábhacht a bhain le saol an ghnáth-phobail agus leis an duine a bhí ina thionscnóir agus a mhair i measc an phobail áitiúil. Ní bhíodh aon pháirt ag gnáth-dhaoine sna leabhair staire. Chomh fada agus a bhain sé leis na leabhair mhóra staire, ní rabhadar ann.

Chaith Seán Pettit blianta fada ina léachtóir i Roinn an Oideachais i gColáiste na hOllscoile, Corcaigh. Chuir na mílte mac léinn aithne air mar léachtóir. Ba ghnáthach leis na léachtaí a bheith ar siúl go déanach tráthnóna agus bhíodh gach éinne tuirseach, traochta tar éis lá fada ag múineadh agus ag staidéar. Seal marbh na hoíche a bhí ann. Thagadh Seán isteach agus é lán d'fhuinneamh. Aisteoir ar stáitse ba ea é agus bhí sé in ann rólanna éagsúla a ghlacadh. Bhíodh scéalta aige, go rialta, chun pointí a léiriú. Rinne sé an saol a raibh sé ag déanamh cursíos air a athchruthú i bhfocail agus i ngeáitsí. Bhí ar an té ba phatuaire suntas a thabhairt dó. Ba gheall le míorúilt é díograis a spreagadh i mic léinn a bhí tuirseach agus a raibh dearcadh diúltach acu, go minic. Ach rinne sé amhlaidh.

Chreid sé go raibh siúlóid staire an-éifeachtach chun suim an phobail a chothú maidir leis an saol anallód. Thosaíodh sé amach le grúpa beag agus de réir mar a bhí an tsiúlóid ag dul ar aghaidh, bhíodh na huimhreacha ag méadú. Bhíodh daoine a bhí ag dul thar bráid ar a ngnó féin meallta ag an léiriú drámatúil. Dheineadh sé cursíos ar stair na cathrach, ar na pearsana agus ar na carachtair a mhair nó a bhí ag obair ar shráideanna ar leith. Bhí scéal grinn ag baint le gach duine díobh- eolaithe, ceardaithe, scríbhneoirí, daoine a thug cuairt ar an gcathair mar Charles Dickens nó John Wesley. Théadh sé isteach sna lánai thart ar an bPríomhshráid Thuaidh. D'fhan cuairteoir cáiliúil ann thart ar 1601. Ba é siúd Don Juan Del Aguila, an ceannaire Spáinneach, a bhí ar a shlí go Cionn tSáile. Ar an drochuair, tá na lánai go léir dúnta inniu.



Seán Pettit agus Aruba leis an Ardmhéara, An Chomhairleoir Chris O'Leary

Chuir sé 'The Streets of Cork' amach in 1983 agus bhí an méid seo le rá aige ina thaobh: Is é an aidhm atá leis an leabhar ná an phearsantacht a bhaineann leis an bpobal agus leis an gcathair a léiriú. Cuireann gach cathair sainiúlacht, pearsantacht agus spiorad in iúl ar na sráideanna mar a mbíonn na daoine ag maireachtáil, ag obair, ag siúl, ag caint, ag gáire, ag bualadh lena gcairde.' Chuir Seán roinnt leabhar a bhain leis an gcathair i gcló. Ceann eile díobh ba ea 'This City of Cork'. Chuir sé suim i stair eaglasta na cathrach, chomh maith, agus chuir sé leabhair amach ar stair na n-ord a tháinig go dtí an chathair ó na meánaoiseanna i leith mar Dhoiminicigh agus Proinsiasaigh.

Nuair a d'éirigh sé as a phost mar léachtóir, lean sé air ag scríobh, ag labhairt le grúpaí agus ag treorú daoine timpeall ar shiúlóidí staire. Chuir se seó ar siúl san Opera House ar ócáid amháin. Thóg sé an amharclann ar cíos

ar feadh seachtaine agus mheas sé go n-éireodh leis an mór-chostas a bhain leis sin a chlúdach ó na ticéid a dhíolfaí. Chuir sé seó iontach ar siúl ar stair na cathrach léirithe le sleamhnáin agus tráchtairacht iontach. Dar ndóigh, bhí bille mór le clúdach aige ag deireadh na seachtaine. Níor chuir cúrsaí airgid isteach nó amach air. Ba thábhachtaí dó a cheird. Thug sé an-tacaíocht, chomh maith dá bhean, Aruba Coughlan, a raibh scoil damhsa aici sa chathair. Bhí an scoil aici le 52 bliain agus d'éirigh sí as le déanaí. Bhí an méid seo le rá aici faoina fear céile, Seán: 'Bhí sé an-dílis don scoil damhsa a bhí agam. Bhí sé ar dhuine de na fir chéile ba mhó a thug tacaíocht dá bhean agus bhíos féin amhlaidh lena chuid oibre. Buille mór dom ba ea bás Sheáin. Bhraitheamar ar a chéile. Fuair sé bás obann, taom croí. Tá áthas orm nár fhulaing sé. Thóg sé bliain go leith orm teacht chugam féin ina dhiaidh.'

Cúpla bliain sula bhfuair sé bás, d'aithin an Chomhairle Cathrach a shaol agus a shaothar. Bhí an gradam a bronnadh air tuillte aige. Tá oidhreacht shaibhir fágtha ina dhiaidh aige. Tá tábhacht nua ag baint leis an stair áitiúil. Tá cumainn staire bunaithe i gcéin is i gcóngar. Tá gach pobal níos saibhre dá dheasca. Chun tuiscint a bheith againn ar oidhreacht na tíre agus an domhain, caithfidh tosú ag baile agus aithne a chur orainn féin. Tá an próiseas sin ar siúl inniu. Is féidir cuid den chreidiúint a thabhairt do Sheán Pettit. Solas na bhFlaitheas go raibh aige.

Gluais:

croiniceoir = chronicler

ceannródaí = pioneer

go fuinneamhach = energetically

ar an drochuair = unfortunately

sainiúlacht = identity

tráchtairacht = commentary

gradam = award

dá dheasca = as a result of



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MAIN SPEAKERS: MIKE HOPKINS, EDUCOGYM AND MICHAEL MULCAHY, BUSINESS CORK
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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

Photos from Our Lady Crowned Credit Union AGM which took place on Thursday 31st January 2019



Congratulations to Superintendent Mick Comyn on his promotion to Anglesea Street Garda Station. He has been based here in Mayfield Garda Station over the past five years and is photographed here with Cllr. Joe Kavanagh



**Mayfield United AFC
Presenting Cheque for €1,130 to the Rebel Wheelers
Basketball Club proceeds of their Annual Mahony/
Byrne Cup**



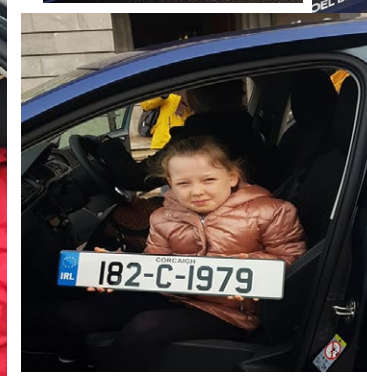
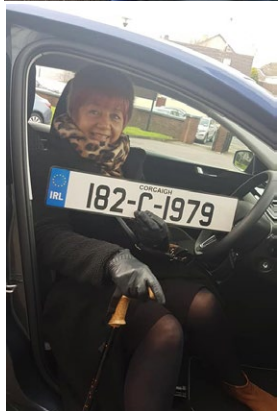
Accepting the cheque is TJ Lotty of Rebel Wheelers with his dad Terry Lotty. Also included are the event organizers Ray O'Mahony & Anthony Lotty along with Mayfield Utd chairman Tadhg O'Neill & club treasurer Bernard O'Neill





The Sacred Skoda

One of the three Skoda cars used by Pope Francis during his visit to Ireland in August 2018 and with a unique Reg number 182-C-1979 referring to the visit of Pope John Paul in 1979 was on show at Our Lady Crowned Church Mayfield on Sunday Feb 3rd and it was an unique opportunity to get a photo with it.



Mayfield Community School students who received 100% Attendance Certs



Mayfield GAA Under Age Coaches Jerry Burke and Neil Crean who attended the Rebol Óg Awards presentation, to receive for the 2nd year in a row, the Silver Accreditation Award in Pairc Uí Rinn.



Dr. John Sheehan

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

SEPSIS

Sepsis is a common time-dependent medical emergency. It can affect a person of any age, from any social background and can strike irrespective of underlying good health or concurrent medical conditions.

Sepsis is a potentially life-threatening condition caused by the body's response to an infection. The body normally releases chemicals into the bloodstream to fight an infection. Sepsis occurs when the body's response to these chemicals is out of balance, triggering changes that can damage multiple organ systems.

There has been a 67% increase in the number of cases of sepsis documented in the cases notes between 2015 and 2016.

Sepsis affects 3.4% of hospital inpatients and con-

tributes to 25% of in-hospital deaths and occupies over 300,000 bed days with an average length of stay of 20 days.

Sepsis is caused by infection and can happen to anyone. Sepsis is most common and most dangerous in: Older adults, Pregnant women, Children younger than 1 and people who have weakened immune systems and chronic conditions, such as diabetes, kidney or lung disease, or cancer.

Internationally, approaches to sepsis management care based on early recognition of sepsis with resuscitation and timely referral to critical care have reported reductions in mortality from severe sepsis/septic shock in the order of 20-30%.

Signs and symptoms of septic shock

Sepsis can progress to septic shock when certain

changes in the circulatory system, the body's cells and how the body uses energy become more abnormal. Septic shock is more likely to cause death than sepsis is.

While any type of infection — bacterial, viral or fungal — can lead to sepsis, the most likely varieties include: Pneumonia, Infection of the digestive system (which includes organs such as the stomach and colon); Infection of the kidney, bladder and other parts of the urinary system and Bloodstream infection (bacteraemia)

Most often, sepsis occurs in people who are hospitalized or who have recently been hospitalized. People in the intensive care unit are especially vulnerable to developing infections, which can then lead to sepsis. If you develop signs and

symptoms of sepsis after surgery or after being hospitalized, seek medical care immediately.

Complications Sepsis ranges from less to more severe. As sepsis worsens, blood flow to vital organs, such as your brain, heart and kidneys, becomes impaired. Sepsis can also cause blood clots to form in your organs and in your arms, legs, fingers and toes — leading to varying degrees of organ failure and tissue death (gangrene).

Early treatment of sepsis, usually with antibiotics and large amounts of intravenous fluids, improves chances for survival.

Most people recover from mild sepsis, but the average mortality rate for septic shock range from 20-30 percent. Also, an episode of severe sepsis may place you at higher risk of future infections.

Upper Glanmire ICA

Update on Guild activities

- We held a very successful Bring and Buy Sale at our February meeting to raise funds for our Guild.

- The Federation Charity for 2019 is Cancer Connect, an organisation which arranges transport for patients attending their chemo sessions in hospital.

- our Craft sessions will re-

sume in March

- We welcome three new members to our Guild in February, Judy Halpin, Marian Barry and Rita Barry.



Maura Bullman and Eileen Ryan attending a recent Guild dinner

March Recipe: coffee buns (Ann Cashman)

Ingredients

6 oz caster sugar
6 oz marg
6 oz s-r flour
3 eggs
1/2 tsp baking powder
1 dessertspoon of Cam/Irel coffee



Our President Rita Cloghessy and Jenefer O'Dowd presenting our Bring and Buy Sale in February

Method

You can use the 'all in one' method for this recipe. Fill 12 muffin cases in the muffin tin. Bake until golden brown.

Allow to cool

Icing

6.8 oz icing sugar
2 oz butter
1 tsp baileys
1 tsp Camp/Irel coffee

Cut out small cones from cakes and fill with icing. Lightly sprinkle with icing sugar.




Ann Cashman's coffee buns



Maura Bullman and Eileen Ryan attending a recent Guild dinner



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Tionscadal OSSP



Sa ghrianghraf thuas tá roinnt daltaí as rang Barra na scoile seo. Bheartaigh an rang tríú bliain, airgead a bhailiú do Chlann Shiomóin. Ba thionscadal é seo faoi bhráid scrúdú an Teastais Shóisearaigh san Oideachas Saoránach Sóisialta Polaitiúil. D'eagraíodar díolachán bhia sa chlós am lóin. Gan amhras, bhí mórán Éireann oibre le déanamh faoi bhráid an díolacháin úd. Cuir i gcás, bhí orthu fógraíocht a dhéanamh. Deineadh é seo go gasta seiftiúil, fud faid na scoile, cúpla babhta. Chuaigh daltaí go dtí na ranganna ag

déanamh fógraí, seachtain roimh ré. Chuireadar fógraí in airde timpeall na háite freisin. Leis sin bhí an bia féin le heagrú agus le réiteach do lá an díolcháin. Ar an lá a bhí beartaithe acu, bhí orthu an bia a chócaráil agus ansin é a dhíol leis na daltaí. Deirimse leat go raibh sciob sceab ar an mbia céanna. Bhí an-éileamh go deo air de réir cosúlachta. Ní bréag a rá go raibh sé an-bhlasta freisin. Dheineadar carn airgid i ndóthair. Tá sé ar na bioráin acu an t-airgead a bhronnadh ar ionadaí Clann Shiomóin in am agus i dtráth. Ár seasamh oraibh a dhaltaí.

Imeachtaí na hIdirbhliana



Cuireadh fáilte Uí Cheallaigh roimh ár gcuariteoirí speisialta ón Airgintín, atá le feiceáil sa ghrianghraf thuas, an mhí seo caite. Tháinig daltaí agus múinteoirí, ó scoil phríobháideach, ar cuairt chugainn agus iad ar a gcamchuairt timpeall na hEorpa. Bhí amhráin agus ceol agus craic ag daltaí na hidirbhliana leo. Chanadar roinnt amhráin agus sheinneadar roinnt poirt dúinn. Rinne daltaí Choláiste an Phiarsaigh amhlaidh agus sa tslí seo bhí an dá chultúr éagsúil á léiriú ar an lá úd. Thugadar leo freisin samplaí den bhia atá coitianta sa tír acu féin. Bhí seans ag ár ndaltaí an bia a bhlaiseadh. Tríd is tríd bhí an-tráthnóna go deo againn leo.

IWish & Davy Group

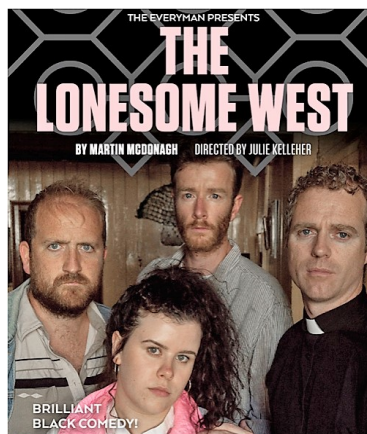


Is tionscnaíocht é **IWish** a spreagann mná staidéar a dhéanamh sna hábhair seo a leanas, mar a bhfuil, teicneolaíocht, matamatic, eolaíocht agus innealtóireacht. Thuas tá cailíní na hidirbhliana ó Choláiste an Phiarsaigh a gcur faoi agallamh agus iad ag freastal ar chomhdháil IWish i Halla na Cathrach.



Tháinig aochaintoir de chuid **Davy Group**, chun na scoile ar chuireadh ó Roinn Gnó na scoile ar na mallaibh, mar a bhfuil David Clifford. Labhair sé leis na daltaí gnó i dtaobh chúrsaí gnó. Thagair sé go mór mór don stocmahargadh áfach. Thug idir mhúinteoirí agus daltaí an-éisteacht dó. Ba léir go raibh fios a ghnó aige. Is cuid lárnach é, an t-ábhar úd, dóibh siúd ar mhian leo tabhairt faoin ngnó faoi bhráid Scrúdú na hArdteistimeireachta.

Comhairle na Mac Léinn 2018 2019



Irish Times Theatre Awards

Is cúis mhór áthais agus riméid dúinne é sa scoil seo, gur ainmnigh The Irish Times, iarscoláire agus iarmhúinteoir de chuid na scoile, Seán Mac Cárthaigh, ar chúl sa lár don ghradam, 'Aisteoir Tacaíochta Is Fear' sa dráma The Lonesome West. Fuair Seán a chuid meán scolaíochta sa scoil seo, agus chaith sé cúpla bliain i mbun teagaisc farainn. Comhghairdeas leat a Sheáin. Ár seasamh ort.



Ger Keohane MCC



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Sean O'Sullivan

Independent

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Any issues

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Independent Candidate for 2019 Elections

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Question: The closing date for applying to college was 1 February. Can I still apply?

Answer : You apply for almost all full-time undergraduate courses through the Central Applications Office (CAO). This includes, for example, university, technical university and institute of technology undergraduate courses such as Higher Certificates at Level 6 and degrees at Levels 7 and 8.

The closing date for 2019 CAO applications was 1 February 2019. However, you can still apply. Late applications are allowed up to 5.15pm on 1 May 2019. There is a

fee to apply for courses through the CAO and late applications are subject to an increased fee. Late online applications cost €60.

You can change the courses you picked or the order of courses on your application from 5 February to 1 March at 5.15pm for a fee of €10. Another Change of Mind facility opens on 5 May and closes on 1 July at 5.15pm and is free of charge.

You must apply to the CAO by 1 February 2019 if you want to be assessed as a mature applicant, or if you want to be considered for the HEAR and/or DARE schemes. There are also some restricted courses which you cannot apply for after 1 February 2019. The CAO

provides a handbook that lists all the courses on offer and gives information on how to apply.

Decisions on offers of places are normally made in August and September, after the results of the Leaving Certificate have come out. You can find a detailed schedule of the offer rounds in the CAO handbook.

It is important to note that there is no central applications body for Post-Leaving Certificate (PLC) courses. Students must apply directly to the individual colleges. You should check the closing date for PLC courses with the individual college.

Know Your Rights has been compiled by the Citizens Information Service which

provides a free and confidential service to the public.

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 Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at www.citizensinformation.ie



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What doesn't challenge you, doesn't change you



Glanmire Men's Shed



Membership is growing steadily and interesting projects are planned for 2019.

The shed members are actively engaged in placing, refurbishing and decorating their fantastic two-roomed premises.

Shed projects:

- * Weekly walk (ongoing),
- * Help with parking for Christmas at Supervalu (great success),
- * Refurbishing and decoration of the Shed at the Scout Centre (ongoing),
- * Plans to have a poly tunnel for men who like light gardening and growing plants, vegetables or fruit in raised beds (bring

explored),

* Bee keeping (at suitable distant location - to be explored).

Aside from the work, a Men's Shed is a place for men to socialize and chat, its not all about the work. The projects we take on are only a medium by which to bring us together to achieve a common goal. And in doing so, we get to feel a great sense of accomplishment as a group and as individuals. While at the same time contributing something valuable to the community or our surroundings.

At present we meet as a group on Monday mornings at 10.30. However, it is planned to have the shed open at other times of the week.

New members of all ages are welcome. For information on location of meetings and activities ring or message:

Martin 0872697076 or Tim 0879573995.

Glanmire Heritage Society

Know your area –

Christmas Heritage Quiz

The winner is Gráinne Kelleher, The Bungalow, Ballyphilip, White's Cross, Cork.

Well done, Gráinne, your book token is on the way.

Glanmire Heritage Society extends thanks to all who entered.

GLANMIRE BOWLS CLUB

We have entered the Local and National competitions for the first time since our Club was established. We played very well and got

through to the 3rd round in some of the competitions.

We are playing in the Local Clubs Competitions at present, and there is a lovely social side to these games as we travel from Club to Club and meet new people.

We have succeeded in getting one new member and we have a promise of another one or two. This would enable us to enter teams for the League, which would be another step forward for the Club.

Mary Nott, Chairperson

Annual Gap of Dunloe walk in aid of Cancer research

Our annual walk through the Gap of Dunloe, in aid of Cancer Research.

Yes we will be going again, on the Saturday, 30th of March this year. Those who have walked with us before, will know the format.

However for the newcomers : We depart by coach from the library in Hazelwood, by 8.30 on the dot, heading for Killarney and Kate Kearney's. They will have tea, coffee and scones available for those want them, at the cost of €3.

Then we start walking by 10.45 at the latest. The walk is a roadwalk, 11km, which will take you up to 2 and a half hours, and head for Lord Brandons cottage. Not difficult, more than possible for anyone even vaguely fit.

Lunch in the form of sandwiches, soup, teas and coffees are available to buy here, but you may bring your own, if you so wish. At 2 o'clock, Tadgh will be ready with his boats to bring us across the lakes to Muckross House, this takes a little more than an hour.

Here you will have a wee bit of time to enjoy the gardens, have a cup of tea, go shopping or whatever. We will go back to our coach, by 4.30.

This will bring us back by 6.30 to the library. Some of us like to round off the day by having a meal somewhere local, not yet decided where, but we will let you know on the coach. I am really looking forward to our walk again.

All this is in aid of Cancer Research and so we will ask you for a minimum of €50, per person, which will cover the coach and the boats.

To book, you can text me your name or you can ring me for more information.

I would love you to pay me beforehand as I find it difficult to collect on the coach.

Liz Dwyer, 0872785721



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Glanmire Community Games

Glanmire swimmers clean-up at Cork heat of Community Games.

Glanmire sent 10 swimmers to the Cork heat of the Community games swimming event on sat 26th Jan in Leisureworld in CIT and all 10 swimmers came home with medals – a fantastic achievement!

All ages were represented on the day with Kevin Murphy and Tom O'Connell leading us out in the u10 category and winning gold and silver respectively.

The girls u10 matched the boys with Orna Higgins taking gold in the 25m backstroke and Gabriela Sech bringing home a silver medal in the 25m freestyle.

The girls u12 fielded a very strong trio, with all 3 coming first in their individual events - Evie O'Connell in the 50m backcrawl, Shauna Murphy in the 50m Breaststroke and Antonia Sech in the 50m Freestyle.

This super trio were later joined by Isabel Kidney to

make up a powerful u13 girls 25m freestyle relay team who romped home to take gold medal in a super fast time.

In the u14 age group the two Glanmire swimmers both had podium finishes with Isabel Kidney coming first in the 50m breaststroke and Jamie Murphy (brother to Shauna and Kevin) brought home a bronze in the 50m Breast.

Seán O'Connell completed the O'Connell family 3 medal haul by bringing home gold in the u16 50m butterfly.

A tremendous result and great to see all age groups and categories so well represented. All gold medal winners will go on to represent Cork in the All Community Games finals in the University on Limerick on 25th and 26th May next.

We wish them all the best of luck and are hopeful of more medals returning Glanmire side!!

Launch of the Glanmire over 60s 6 March Sars Pavilion at 8pm (Musicians and Singers welcome)



Mr. Chris Smith, CEO Glanmire Credit Union presenting a cheque to Sean O'Sullivan, Organiser of Glanmire Heat of the Over 60s with Paddy O'Brien, Over 60s Organiser; Deputy Lord Mayor, Cllr. Joe Kavanagh; Current winner of the Over 60s Donal O'Connell; Noel O'Riordan, Ryan's Super Valu and Ann Holland, Ladies Committee.





GLANMIRE MONTHLY MACRA NEWS



Glanmire Senior Debaters - Kathleen Fitzgerald, Kate Bulger, Jennifer Barry and Micheal Buckley

Glanmire Debaters face Donoughmore Macra in Brexit Argument

There isn't a day that goes by where the topic of Brexit doesn't hit our headlines. Whether or not you agree with Brexit, there is no doubt that everyone has an opinion on it. Over the weekend the Glanmire debaters took on Cork rivals Donoughmore Macra on the topic of Brexit.

Led by Kathleen Fitzgerald, Glanmire had to oppose the motion that the "UK should have a second referendum on Brexit". As opposition Glanmire had to convince the audience that the motion should not stand. Glanmire had their work cut out bearing in mind how topical the motion is and how many people do not want Brexit to incur.



Declan O'Hara, Jennifer Barry and Michael Buckley partake in the Impromptu Debating Final

Kathleen Fitzgerald open the debate with gusto outlining that a second remote disrespects the 17 million plus people who voted to leave the EU. Arguing the UK's history of being a once great empire sat in the psyche of their people and that they had a true desire to be an independent nation once more.

Followed by Kate Bulger who gave a passionate argument about a second vote being undemocratic, outlining that the UK electorate have already mandated the Parliament only 2 and a half years ago and to have a second vote now would undermine that mandate.

Donoughmore Macra were not having any of it and counter-argued that the People have the opportunity to change their mind and therefore should be entitled to have a second remote.

It was the responsibility of Jennifer Barry and Michael Buckley to cement Glanmire arguments by refuting their opposition. Jennifer argued the social unrest that would be caused if a second referendum that would happen. Using Northern Ireland as an example where social chaos may ensue. Michael argued that logistically the time needed for a second referendum isn't long enough. That for the UK to have a second referendum, they would have to extend Article 50 which would require all EU27 members to agree.



Kevin Smiddy, Gillian Kenneally and Patrick Healy ready to take on Knockraha in the Impromptu Debating Competition

Despite the strong arguments, Glanmire were unable to beat Donoughmore albeit on a split decision. Tom Carroll of Donoughmore Macra proved to be vital and winning "Best Speaker" on the night.

Well done to Donoughmore Macra and Freemount Macra, who beat Awbeg in the second debate on the night.

Glanmire get Two Bites at Reigning Impromptu Debating Champions Knockraha

Even more debating took place this month in the form of the Impromptu Debating competition. This competition is the last of the speaking competitions. It is not only a test of participants' ability to come up with an argument but also the ability to deliver the content in a persuasive fashion.

In comparison to Senior Debating where competitors have two weeks to prepare, Impromptu Debating gives competitors only 30 minutes to come up with their arguments.

Few are better at this in Seandún than Knockraha Macra who were seeking their 4th consecutive title in the competition. In their way of glory was not one but two Glanmire teams. Patrick Healy, Gillian Kenneally and Kevin Smiddy made up the first Glanmire team to take on the reigning champions. The Glanmire trio had to propose the difficult motion that "third level students should be forced to stay in Ireland for three years after they finish their degree"

Credit to Glanmire who done their best to sway the judges but the

Knockraha trio of Siobhan Kelleher, Emily and Darren Cremin emphasised that no person should be "forced" to do anything. As a result, Knockraha made it through to the final to face the second Glanmire team.

Facing Glanmire's Michael Buckley, Jennifer Barry and Declan O'Hara, Knockraha this time proposed the motion that "Household refuse disposal should be free of charge". In a lively debate that ebbed and flowed, Glanmire put forward the case that by not charging for waste that they was a risk to our environment, our economy and the future as a whole.

The Glanmire team looked well placed until Siobhan Kelleher used her experience to give an evocative closing speech. With all said and done it came to a split decision from the judges with Knockraha edging the contest. A massive congratulations to them and Siobhan Kelleher who won the "Best Speaker" Award on the night.

Basketball Aspirations for Glanmire



Glanmire Men and Ladies Basketball Teams

Earlier this month the Seandún round of the basketball took place. This particular competition has always eluded Glanmire Macra but the 2019 version were willing to give it yet another go.

Glanmire had both a ladies and men's team. For the ladies, Glanmire had to face Carrigaline and Knockraha in a league format. Glanmire's team consisted of Zara Long, Gillian Kenneally, Kate Bugler, Sarah O'Connell, Orlaith Dineen, Aisling Walsh and Dee Walsh. In the first game against Carrigaline, Glanmire used their number advantage against the 4 person Carrigaline to their advantage beating them 34 - 12 with Zara Long with 18 points.

Alas there were unable to overcome Knockraha losing 14-4 who then went on to dispatch Carrigaline to lift the title. For the men a similar format took place between rivals Whitechurch and Carrigaline. Captained by club chairperson Seamus Reid and joined by Will Daly, Michael Buckley, John Lonergan, Donal and Con O'Callaghan, Glanmire faced reigning champions Whitechurch.

The Whitechurch team have dominated this competition for years and that experience shown against Glanmire defeating the men's team 10-0. Glanmire bounced back with a 11-4 victory against Carrigaline but they too fell to the might of Whitechurch who retained the basketball title. Well done to Whitechurch and Carrigaline!

Glanmire Pursue Seandún Volleyball Title



Glanmire Volleyballers Celebrate Seandún Success

Also this month, Glanmire seeking glory in the Seandún Round of Volleyball. The Volleyball competition is the penultimate sports competition in the Macra calendar. The structure of the competition is a mixed gender team of 6, 3 men and 3 women. Glanmire had one team with rolling subs throughout the tournament. Representing the club was Will Daly, Gillian Kenneally, Seamus Reid, Nicole Hyland, Donal O'Callaghan, Zara Long, Kevin Smiddy, Tanya O'Sullivan and John Lonergan.

First up was a semi-final against neighbour rivals Whitechurch. The format of volleyball is first to 11 wins a set. With 2 sets needed to win the match. With this in mind, Glanmire overcome their rivals with Glanmire captain Zara Long securing some vital points.

Glanmire faced Kinsale in the final who overcame Knockraha in their semi-final. Kinsale are the reigning volleyball champions having beaten Glanmire in the final 12 months previously. The recent rivalry between the clubs meant that the final was played at a highly competitive level. In a tight first set, Glanmire edged it and immediately looked to finish the game. Club chairperson Seamus Reid got the match point to secure the victory 2-0. Seamus said that "it was great to win the game and take the Seandún title for the second time in 3 years. We hope to represent the region with pride in the forthcoming National Final in Killkenny"

Well done to Glanmire who won out the tournament and best of luck in April.

Also we would like to remind people that our weekly sports night returns this Tuesday 9th and will be on every Tuesday at 9 pm. Our sports take place in the Upper Glanmire Hall.

Sport night provides a great informal way to find what Glanmire Macra is all about. The cost is €4 and everyone is welcome to come. If anyone is looking for further information on Glanmire Macra, find us on Facebook <https://www.facebook.com/glanmiremacrafeirme/> or contact our secretary Gillian on 0877558026.



Notice Board

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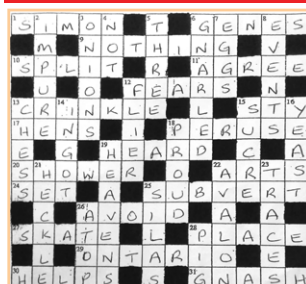
Across

1. S. American mountains (5)
6. Throws away (3)
9. Stinging plants (7)
10. Living place (5)
11. Paris River (5)
12. Photos (5)
13. Many (7)
15. Type of mushroom (3)
17. Cow shed (4)
18. On land (6)
19. Equine animal (5)
20. Went off course (6)
22. Old social network (4)
24. Make a mistake (3)
25. Main group of cyclists (7)
26. Is wide open (5)
27. Manmade river (5)
28. Weird (5)
29. In the perfect world (7)
30. Thoughts (5)
31. Leg joints (5)

Down

2. Not any person (6)
3. Put up with (6)
4. Observe (3)
5. A wasp will do this (5)
6. Hate, think little of (7)
7. Employs (4)
8. Wonder about (6)
12. Hood - scarf hybrid (5)
13. Verhead (5)
14. Command (5)
15. Celestial object (5)
16. Evita surname (5)
18. Donkies, fools (5)
19. Signs of an event about to occur (7)
21. Message (6)
22. One of Henry VIII's Annes (6)
23. To do with cattle (6)
25. Part of a bicycle (5)
26. Greek mother earth goddess (4)
28. Large deer (3)

Crossword Winner: Sarah Cronin-Falvey, Ballinhassig, Co. Cork



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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th March. 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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5 Silverheights Road, Mayfield €250,000
BER: D2 BER No.111532107



7 Springmount Road, Glanmire €285,000
BER: C3 BER No.110873478



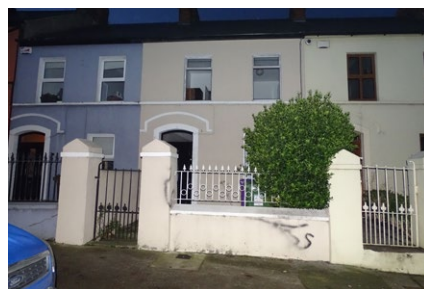
25 Brookville Estate, Glanmire T45EH51 €285,000
BER: D1 BER No.111419156



10 Crestfield Downs, Glanmire €220,000
BER: D2 BER No.101292522



15 Edenbrook Lawn, Glanmire €220,000
BER: D2 BER No.111858437



10 St. John's Terrace, Old Youghal Road €160,000
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Apartment 5 Templehill House, Ballintemple €220,000
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