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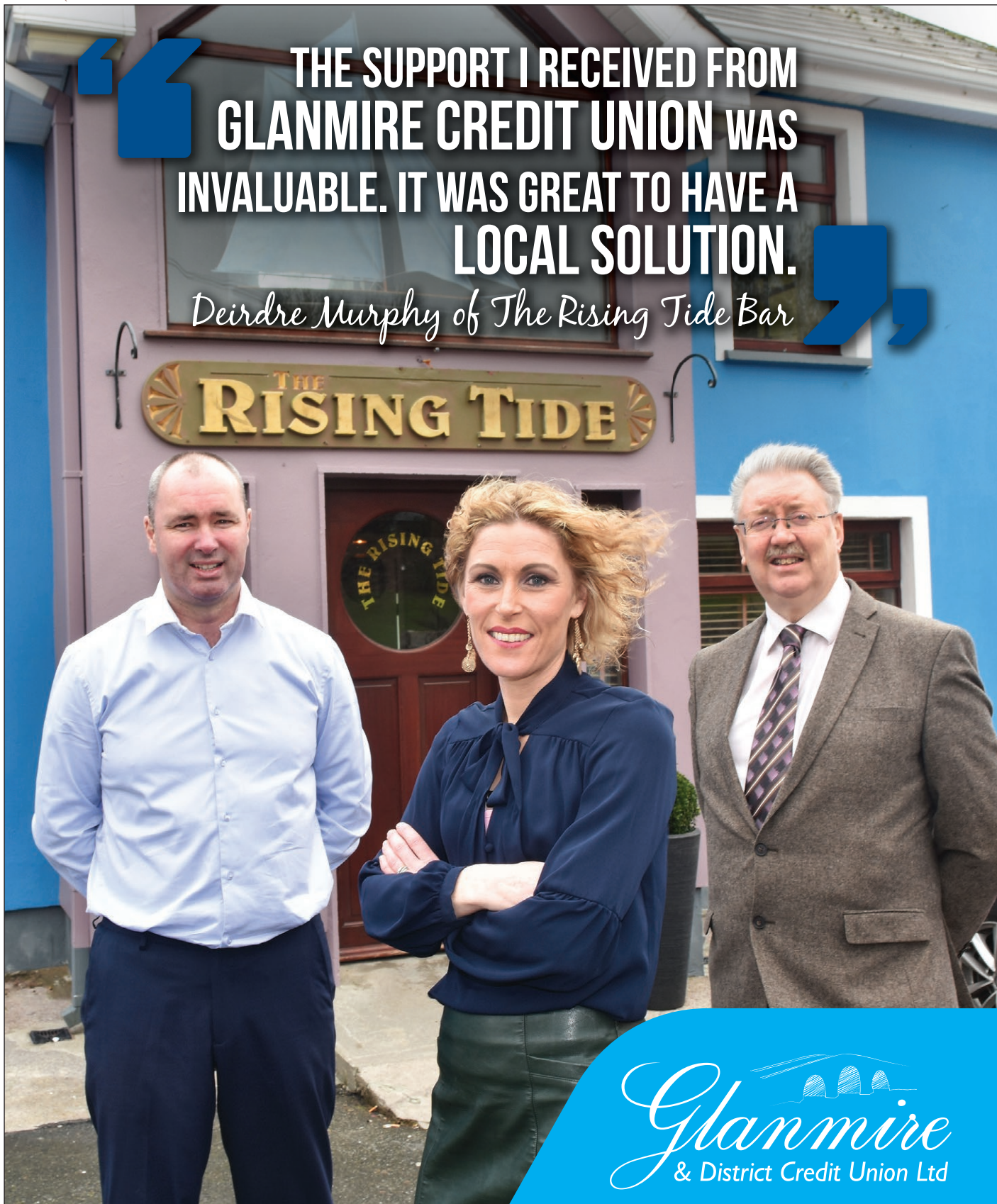
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# Why Haven't People With *Shoulder Pain* Been Told These Facts?

If you're over the age of 30 and have rotator cuff problems, frozen shoulder, or arthritis, there is hope.

A local doctor is helping patients increase shoulder strength, improve motion, and eliminate shoulder pain. Finally, you can be pain free again even if you've got the most excruciating shoulder pain you have ever felt

Does your shoulder pain build up when you move it wrong or is it a sudden sharp pain shooting from your neck into your arm?

Do you have difficulty just washing your hair or even scratching your back? Have you had to give up golf because of your shoulder pain?

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

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past 12 years since we've opened the doors, my team and I have seen hundreds of people with shoulder pain; frozen shoulder and rotator cuff problems leave the office pain free.

Pain is your body's warning sign telling you to take it easy. If you mask the pain with pills, you are likely to do things that can prevent your shoulder from healing – maybe even damage it further. Not to mention many of the pain medications available are quite addicting and have drastic side effects.

If you are suffering from any of these problems, this shoulder treatment protocol may completely eliminate all the pain.

## Pain Pills Could Be Making Your Shoulder Worse

If you're taking pain pills for your shoulder, you are likely making your problem worse. Pain pills, even over-the-counter medications, just mask the problem, and don't fix your shoulder.

## Why Surgery May Not Be Your Only Option.

We certainly can't say for sure until we meet you, but surgery may not be your only option. If you go through with surgery, you're looking at time off from work, weeks to months of rehab, and quite a bit of expense. Why not exhaust all natural, non-invasive options before considering more drastic measures?

## Do You Have Any of the Following Conditions?

- Frozen Shoulder – one of the worst maladies known to man (and women!)
- Adhesive capsulitis
- Rotator cuff injuries
- Arthritis
- Bursitis
- Tendonitis
- Muscle weakness
- Sharp, radiating pain
- Numbness and tingling

## Shoulder Pain Is Not Just 'Old Age'

No question... if you are having shoulder pain then something is wrong. It's not normal ageing to hurt all the time. Pain in your shoulder isn't just a 'sign of old age', if that was true all 360 joints in your body would hurt since you're whole body is the same age.

Pain is your body's warning sign telling you something is wrong. Finding the problem and fixing it has got to be a top priority!

## Have A Doctor Evaluate Your Shoulder For Only €40

For 14 days only you will get this offer for just €40, and here's what you'll get...

- An in-depth consultation about your shoulder where we will listen...really listen.
- A complete nerve, muscle and spinal exam to find the "cause" of your problem.
- A thorough analysis of your exam and any imaging you have available, so we can fix the problem. We will answer all your most probing question about our "pain free shoulder evaluation" and what it can do for you.

The appointment will not take long at all and you won't be sitting in a waiting room all day either.

To take me up on this special offer, you must call 021-4824450 for our Glanmire Clinic or 021-4292445 for our Douglas location before May 17<sup>th</sup>, 2019.

**Phone 021-4824450-Glanmire  
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Call and tell the receptionist you'd like to come in for the Special Shoulder Evaluation before May 17<sup>th</sup>, 2019.



Look, you have very little to risk and a lot to gain. Call today and we can get started with your consultation, and exam as soon as there's an opening in the schedule. Our offices are called Glanmire Chiropractic Clinic, Eastcliffe Hse (next to AIB) and Koru Chiropractic Clinic, Ardfallen Medical Centre (Above Iceland on Douglas Road)

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

## P.S. Why Suffer With Years Of Misery?

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

### A LOOK BACK

The "Níl Aon Gleanntán Mar Do Gleanntán Féin" column has been published in the Area News unbroken since it first hit the High Street all of sixteen years ago; this very month of May in 2003. The December 2019 edition, le cúnamh Dē, will be the bicentenary publication which is also of course the year-end of the Glounthaune Village bicentenary milestone. Incidentally the impressive Fitzpatrick's Shop sponsored celebratory banner displayed at the village entrance whets the appetite for the super "Village Fest Day" that lies ahead, and it also highlights the precious historical cornerstone of our neighbourhood. This is an opportune time to have a look back on the varied articles published during the past sixteen years and three randomly chosen ones are referenced here, while others will be included in some future editions.

**The May 2003 Article** was the first and it contained a report of a sponsored walk organised by "The Rising Thaunies". This was an ad hoc social group with "headquarters" at the O'Neill family business premises; "The Rising Tide Restaurant".



Rising Tide Restaurant

The walk generated over eight hundred euro and the proceeds were donated to the Special Olympic World Summer Games which were held in Ireland that year. In fact it was the first time that the event was held outside the USA and over seven thousand athletes representing one hundred and fifty countries competed. National delegations were hosted in one hundred and seventy seven towns, villages and cities in the lead up to the games. Croke Park served as the central stadium for the opening and closing ceremonies although competitions did not take place there. Nelson Mandela performed the official opening and stated; "fewer things in life could have given me

greater pleasure or brought me more honour". Returning to the walk; the Village was the starting point and the route took in North Esk, Little Island and back to the Village. The participants, note that some donned fancy dress, are pictured outside "The Rising Tide" and the photo is also a poignant reminder of the untimely death of Gerry Hayes who passed away just three years later at the young age of forty eight. Good-natured Gerry was well known throughout the parish and beyond and the generosity he offered to everybody was only eclipsed by his generosity in death as his final legacy was that of donating his organs. Ar dheis Dē go raibh a anam.

**The November 2003 Article** included a piece reproduced from the December 3rd. 1970 publication of the "Catholic Weekly", New South Wales, Australia which was written by Frank Hyde OAM MBE. Frank was a famous rugby league player, coach and broadcaster and he also recorded three albums in the seventies. He recounted a tour group visit to Ireland; "Tralee welcomed us with a drizzle, or was it a gentle Irish mist? However the weather did not detract from the scenery as we proceeded to tour the Ring of Kerry.

Rugged craggy outcrops giving way to peat bogs already dug to five and six feet, and the beautiful though fearsome bays which hold the secrets of many a stealthy landing all combined to cement a lasting memory. The next day provided flashes of sunshine to garnish the breathtaking beauty of the Lakes of Killarney and from the snow-capped mountains down to the water's edge the words of the song; "Forty Shades of Green" proved no exaggeration. On the way to Cork it was a must to stop at Blarney Castle and after kissing the famous stone we now have a certificate to prove that we have been; "sent forth with the gift of eloquence". Cork and its environs have a special place for me as it was in Glounthaune, a little village on the river Lee, that my father first saw the light of day. I viewed the house in which he was born and then attended mass at the Sacred Heart Church in which he was christened. The pilgrimage was completed and we were off through

Waterford and over the Wicklow mountains to Dublin". A response from a Clair Murphy of Oatley, New South Wales was published the following week; "Today I picked up a copy of the "Catholic Weekly" and discovered that it is indeed a small world. Glancing through the sports section my attention was drawn to; "Ireland Revisited". Frank Hyde's description of his pilgrimage to his father's birthplace aroused the pangs of homesickness. I was born in Little Island, which is about two miles from Glounthaune, and the Church of the Sacred Heart was my parish church also. It was there I was baptised, received first Holy Communion, confirmed, married and my two eldest children were baptised in the same church. During winter we walked the two miles to mass but in the summer we took the "mass path" through the fields with many reminders from my mother to; "mind the cows", "watch the trains" and "stay away from the water". My parents were married in Blarney and moved to Little Island shortly after where they resided for about twenty four years before departing for Australia. I hope to make Mr. Hyde's pilgrimage someday also".

### The January 2004 Article

referenced a fire that destroyed Inchera House, North Esk fifty years previous; September 9th. 1954 and the following day's "Cork Examiner" carried a report; "Inchera House, Glanmire, one of the finest residence in the country was destroyed in a £20,000.00 fire yesterday. Firemen fought the outbreak for twelve hours but they were unable to save the main building from destruction. Very high winds and the lack of an adjacent supply of water hampered all their efforts and in addition the magnificent two-storey building was well ablaze when the first contingent of firemen arrived. When the firemen withdrew last night only the single storey west wing and the servants' quarters in the basement below the main building remained intact. The ceiling, floors and roof of the main building and the big windows on the southern side were destroyed as was all the furniture from the second storey of the house. The present owner of Inchera House, Mr. Benjamin Banner, a former British naval officer,

was in residence yesterday when the fire was detected. His home, which actually stands on Little Island, had a commanding view of the River Lee looking towards Cork and Lough Mahon. It was formerly the home of the late Charles F. Murphy, Managing Director of Laidlaw's Brewery and his daughter Miss Evelyn Murphy visited the location yesterday.

Cork Fire Brigade was first on the scene having arrived at eleven thirty which was just one hour after the outbreak was first discovered. They were hampered by the distance from the blaze to their source of water supply which came mainly from the River Lee and a hydrant at the North Esk level crossing. To increase this latter source the supply was cut off from Little Island and directed to fight the flames. The Cobh Brigade arrived at about two thirty p.m. and under Fire Chief Jeremiah O'Leary took over the city section. Mr. John Higgins, Fire Officer for Cork County was also at the scene. The outbreak was discovered in the left wing of the house at ten thirty a.m. by Mr. Lynn Taylor who was a workman on the estate. By then the upper storey was well alight as Lieutenant Commander Banner and his manager Mr. Albert Deegan helped Taylor to salvage furniture from the ground floor.

Neighbourly help was on hand when Mr. John H.S. Dring of Factory Hill arrived at the scene with workmen Denis Mc Auliffe and Michael Mc Henry. They succeeded in bringing out the most valuable pieces but later had the chagrin of seeing two armchairs which they had brought on to the lawn caught by sparks and burned out. When a section of the Cork Brigade arrived on the scene they found the residential area practically consumed by flames and the roof and internal flooring collapsed. They immediately concentrated on attending to prevent the spread of the blaze to the adjoining kitchens, servants' quarters, store rooms and to the stabling and out offices which were imperiled by flying sparks. A tank in the yard provided a minor source of water but the major supply from the river and hydrant was situated about a half mile from the outbreak".

SLÁN ANOIS ©



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# Lorraine O'NEILL



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## Gardening with Charlie Wilkins



Charlie Wilkins

### SPRING'S FRESHNESS

The longest and severest of winters eventually come to a welcome end. Spring arrives, bringing with it an increase in temperature, light intensity, and longed-for hope. It brings radiant days filled with a medley of scents released from early shrubs and emerging perennials. These garden scents are vital, for in the pinched, penury-stricken days of late winter many believe that spring is not always 'just around the corner' to lift their flagging spirits or egg them on. For these people the cold endures, life remains stagnant, and no birds sing in the gardens of their mind. However, a whiff of an evocative flower fragrance, can often raise one's spirit and bring about an appreciation for what may seem aeons away and utterly lost. No wonder aromatherapy has gained such favour in today's busy world!

Yet for generations past, scented flowers and aromatic leaves were strewn on manor floors and church pew seats to not alone elevate the spirits but to cleanse stale air of mustiness and odour. Sometimes they were burned to purify the atmosphere (particularly in damp, cold rooms) or fashioned into pomanders before being inserted between clothes and household linen. Indeed today, muslin-filled bags of

lavender are still put beneath pillows to advance the approach of sleep and foster night-long rest.

Although we cannot have every form of fragrant plant growing in our gardens, there are enough reliable hardy kinds to afford us pleasure during most seasons. One group I wish to promote today is the old-fashioned biennial wallflower and many of its longer lasting relations. Biennial wallflowers were, (and still are), raised from seed sold as Cheiranthus and the perennial forms were distributed as Erysimum. Thankfully, both are now sold under the Erysimum label. And yet for all my praise of scent in wallflowers the best variety, the most floriferous and longest lived, is that sold as Erysimum 'Bowles Mauve' named after E.A. Bowles owner of Myddleton House near Enfield in the UK. This grey-leaved bushy wallflower, packed with violet flower spikes loves to live its entire four to five-year life in light, sun-drenched soil which drains easily in winter. During all of this time it will produce a nonstop succession of flowering spikes (which do not set seed) so if you have room for only one plant this is the one to choose. Noted for its nine-month flowering, my own plant of evergreen 'Bowles Mauve' has been in full bud and partial bloom since



Erysimum

last December, despite the long cold winter. As I write, the promise of 'best is yet to come' is very evident.

Left to its own devices, this garden-worthy wallflower would in time become woody and leggy but the way to extend its lifespan and keep it short-jointed and bushy is to cut it back hard towards mid-summer. By August, it will have recovered and go on to flowering size before autumn grows old. An established plant will measure as much as thirty inches across with a similar height. Cheap as plants go, this variety is easily sourced and most garden centres will have stock on the benches during May. Add sharp grit to heavy soil before planting and choose as sunny a spot as possible. Totally hardy, this plant is reliable, easy-to-manage, and it uplifts during the duller months of the year. Try a plant in a pot on the balcony or terrace and be delighted all year.

### THE GARDEN IN MAY

**SOFT RAIN;** The whole garden is singing a hymn of praise and thankfulness for not alone the milder conditions, but a gentle washing with soft rain. Cold rain benefits neither man nor beast. Searing winds from the north and east prevailed for much of April leaving vegetation coated with frost and wind-blown dust. Fumes from the busy roadway coated many of the early spring flowers in the front garden before the arrival of the refreshing rain. How comforting it was to wake in the dark hours to hear the quiet welcoming patter of rain and to know that clogged foliage was being washed clean and thirsty roots were having their fill. Always brightest after rain, the morning garden shone with new life and abounding gladness.

And so, as May arrives and temperatures continue to improve all thoughts of winter are forgotten. From every part of the spectrum flowers are arriving. Day by day their numbers swell and for the first time the borders are beginning to look properly furnished. I can now finally indulge myself to the full in the presence of well-loved, welcoming plants from late frosts.

**THE ORANGE;** Today, let's consider the packaging of an orange! This delicious

drink and health-food all rolled into one, is a textbook example of good packaging. The peel is neat, well-constructed, thin, yet ample enough to protect the contents within. Once removed it yields the juice and fruit willingly, is easily disposed of and is fully biodegradable. Orange peel is aesthetically pleasing; an honest and aromatic advertisement for its contents, and it adds nothing to the cost of the product. Could anything be possibly better? Well in my book, 'yes!' Garden bulbs which I repeatedly urge upon readers and gardeners are also neat, wonderfully packaged, well-constructed, and willingly produce their content in season, all without fuss or demand. Summer bulbs are in the shops now so invest in a few and enjoy their blooms from late June to the end of summer. Choose from begonias, dahlias, gladioli etc. Some are tuberous but all perform in the fashion of true bulbs.

**POPPIES;** The fortunes of plants continue to soar and plunge in a way that would make the troika experts dizzy! Take Oriental poppies. Ten years ago, they were scarcely to be found outside old cottage gardens, or even properties belonging to the keen and adventurous. Gardeners were overwhelmed by their exuberant but short-lived flowers, the way they lay face down in mud after rain, and the

tendency for their stems to swan-neck if they were not staked. Their big blowsy colour-hither flowers with petals like coloured wrinkled tissue paper seemed larger than life and out of proportion with modern small gardens full of well-behaved perennials and neat dwarf conifers. However, times change and now, new introductions are much better behaved and more elegantly proportioned especially the likes of 'Karine' which grows charmingly erect and has smooth pale salmon pink blooms during June and July. Another, called 'Effendi' has similar very large pink-salmon blooms in mid-summer does not flop or get unruly following a few drinks of summer rain. They both however, have an ephemeral time in the stage spotlight, but then, many others have just as brief a showing.

**CARNATIONS;** Try a few Dianthus (carnations) as we enter May and delight in their blue/grey foliage, the exceptional scent of most varieties, and their balanced, tidy sizes. Many will remember the wonderfully reliable 'Doris' in pink, with its scent of cloves, so too Mrs Sinkins in fluffy white, but whilst these are still popular and easily sourced, new varieties (in purple pots mind you) are now in all garden centres awaiting new homes. Try a few in rockeries and borders or even in suitably coloured, glazed pots for use on the deck or patio this summer.



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# CORK CITY'S BOUNDARY IS CHANGING ON MAY 31ST 2019

**In January 2019, legislation was passed which finalised the extension of the Cork City boundary.**

As a resident or business in areas including Ballincollig, Blarney, Tower, Glanmire, Douglas, Donnybrook, Grange, Frankfield, Rochestown and Togher, your local authority will change from Cork County Council to Cork City Council on May 31st 2019.

- Citizens are to experience no service delivery changes.
- Both Councils have planned for a seamless transfer of business services.
- There will be no change to Community funding.

- If you live in the transition area, your vote should have transferred automatically to Cork City Council but look at [www.checktheregister.ie](http://www.checktheregister.ie) to confirm. Polling cards will issue as normal to advise you of your polling station for the upcoming elections on May 24th 2019.
- Every customer and business that has a direct relationship with Cork County Council will be contacted individually over the coming months and advised of the business transfer arrangements.



**85,000**  
Citizens



**62,567**  
Voters



Circa 400  
Council Services

## QUESTIONS / QUERIES

If you have a query about how the boundary extension could affect you, please contact us during office hours at:

### BOUNDARY EXTENSION INFORMATION LINES

**Cork County Council: 021 428 5054**

**Cork City Council: 021 492 4444**

Frequently asked questions are online at:  
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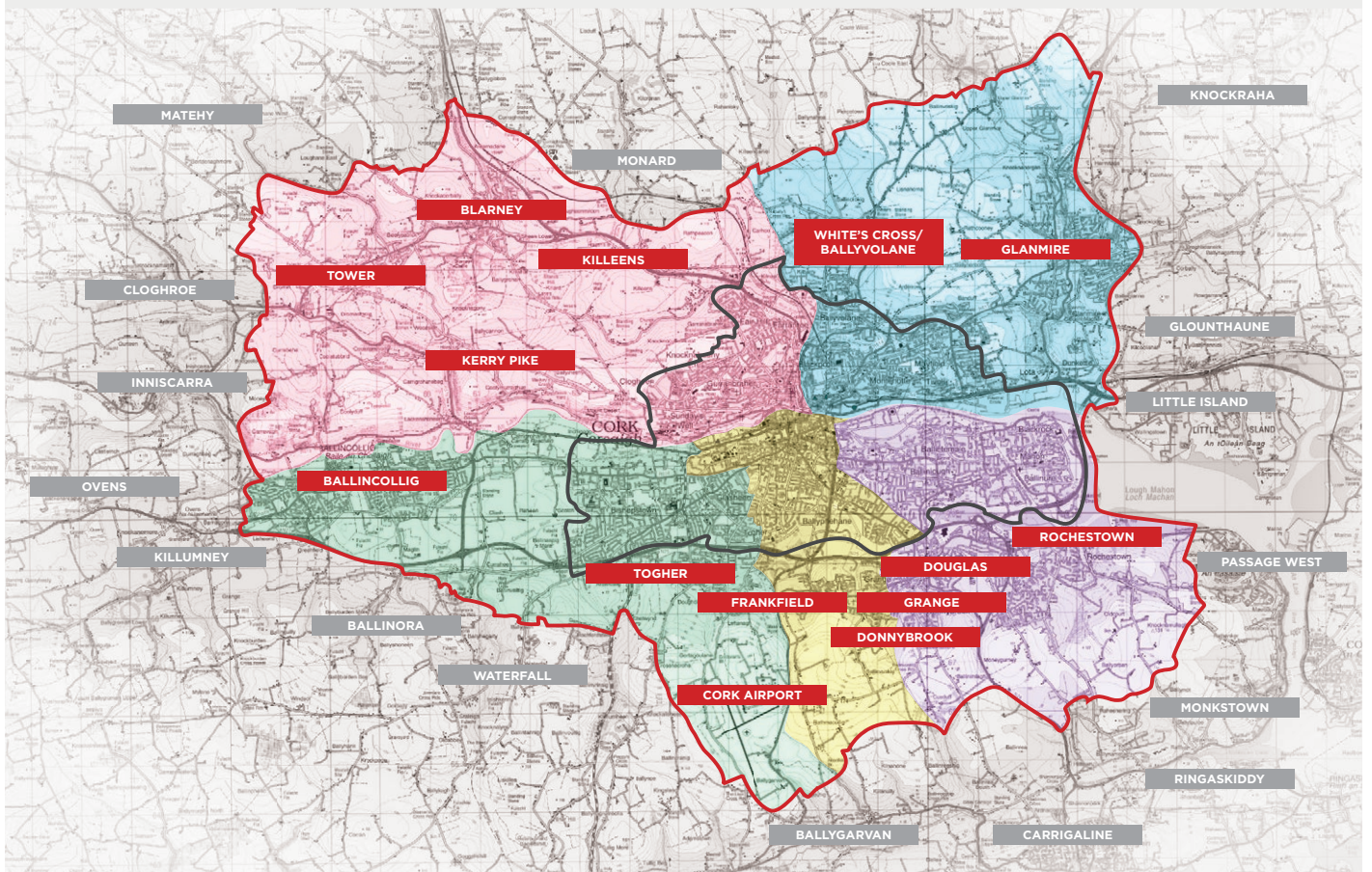
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Micheál Ó Súilleabháin

Thar na blianta, de dheasca imeachtaí na staire, tháinig mórán grúpaí ón iasacht go hÉirinn. Ugónaigh ba ea ceann de na grúpaí sin. Mhair na hÚgónaigh sa Fhrainc. Nuair a scaip an reifirméisean san Eoraip sa 16ú Céad, chuir grúpa sa Fhrainc suim sa Chailvéineachas nó Preispitéireachas. Deintear amach go raibh thart ar 10% de phobal na Fraince a chuaigh leis an bhfoirm leasaithe agus ba iad seo na hÚgónaigh. Tharla aighneas mór idir na hÚgónaigh agus an pobal Caitliceach ar tugadh Cogai an Reiligiúin air idir 1562 agus 1598. Shinigh an Rí Anraí IV conradh leis na hÚgónaigh in 1598 a thug cearta dóibh. Ba é seo Forógra Nantes. Ach i réimeas Louis XIV, cuireadh Forógra Fontainebleau i bhfeidhm in 1685 a chuir deireadh leis an aitheantas oifigiúil a bhí ag na hÚgónaigh. Dá dheasca, ní raibh de rogha ag na hÚgónaigh ach iompú ina gCaitlicigh nó imeacht as an tír mar theifigh. D'imigh siad go dtí tíortha a bhí faoi smacht Protastúnach ar fud na hEorpa nó go coilíneachtaí na Breataine i Meiriceá Thuaidh.

Deintear amach gur tháinig thart ar 10,000 de na hÚgónaigh go hÉirinn agus lonnaithe siad ar fud na tíre, a bhformór dóibh i mBaile Átha Cliath nó i gCorcaigh nó i gCúil an tSúdaire i gContae Laoise.



Larla na Gaillimhe

Bunaíodh Cúil an tSúdaire in 1666. Ba é Henry Bennett, an Tiarna Arlington a bhunaigh é. Rinne sé iarracht an baile a phlandáil le lonnaitheoirí Sasanacha agus Albanacha. Dhíol sé an talamh le Sir Patrick Trant, duine de lucht leanúna Shéamais 11. Nuair a bhuaigh Liam Oráiste ar Shéamas 11 ag Cath na Bóinne 1690, thóg an ríocht seilbh ar na tailte sin agus tugadh iad d'arlara na Gaillimhe, an Marquis de Ruvigny. Rinne Ruvigny cinneadh dídean a thairiscint do na hÚgónaigh. Faoi 1702, bhí 500 de na hÚgónaigh ag cur fúthu i gCúil an tSúdaire. Chruthaigh siad pobal

fuinniúil ann. Bhunaigh siad scoileanna claisiceacha a chuir oideachas Francach ar fáil do pháistí na ndaoine a bhí go maith as. Bhí 16 de na scoileanna ann ag pointe amháin. Féachadh ar Chúil an tSúdaire mar Pháras Lár na Tíre mar a raibh Fraincis á labhairt ar na sráideanna.

Thug na hÚgónaigh saoir choiche agus gairneoirí ón bhFrainc chun atógáil a dhéanamh ar thithe a scriosadh sna cogai. Bhí rath ar na hearraí olla a rinneadar agus fuair eadar margadh mór dóibh a chuiras don tionscal i Sasana. Dá dheasca, chuir Parlaimint na Breataine cosc iomlán ar easpórtáil earraí olla. Thóg larla na Gaillimhe dhá eaglais agus scoileanna do na lonnaitheoirí. Le himeacht aimsire, bhog na daoine saibhre ó Chúil an tSúdaire agus fágadh lucht gnó mar Blancs, Champs agus Merciers.

Lonnaigh thart ar 300 díobh i gCorcaigh. Faoi 1712, bhí an pobal mar chuid de shaol tráchtála agus sibhialta na cathrach. Thógadar eaglais dóibh féin i Sráid Lumley. Is é seo Sráid an Teampaill Fhrancaigh inniu. In 1733, ceannaíodh teach almsan in aice láimhe agus osclaíodh reilig. Tá athchóiriú déanta ar chuid de i Lána Uí Chiara ag Comhairle Cathrach Chorcaí le cúpla bliain anuas. Bhí go leor scileanna ag na hÚgónaigh agus bhunaigh siad gnóna déantúsaíochta mar líon éadach. Bhí daoine eile ina ngaibhne airgid agus óir. Bhí cearta ag baill d'Eaglais na hÉireann, áfach, nach raibh ag grúpaí mar Úgónaigh agus de réir a chéile, d'iompaigh siad ina nAnglacánaigh mar bhaill d'Eaglais na hÉireann. In 1813, cuireadh deireadh le seirbhísí Úgónacha agus úsáideadh an eaglais le haghaidh seirbhísí Meitidisteacha go dtí 1900. Ina dhiaidh sin, ionad gnó a bhí san eaglais. Idir 1694 agus 1840, bhí 11 bhall den phobal Úgónach ina Méaraí ar Chathair Chorcaí. Ina measc bhí Joseph agus William Lavitt a bhfuil Cé Lavitt ainmnithe astu inniu.

Theastaigh ó ghrúpa a thug 'Friends of the Huguenots' a raibh daoine de shliocht Úgónach ina measc athchóiriú a dhéanamh ar an reilig Úgónach. D'éirigh leo ar deireadh mar cheannaigh Comhairle Cathrach Chorcaí an suíomh, a bhí i seibh phríobháideach agus a raibh cuma thréigthe air, in 2007. Rinneadh athchóiriú ar an reilig. Caomhnáíodh saoirseacht an 18ú céad agus cuireadh geata le Cros Úgónach air sa tsli gur féidir leis an bpobal breathnú isteach ó Lána Uí Chiara. De dheasca tochairte seandálaíochta, fuarthas dhá chónra clúdaithe le luaidhe. Fágadh ann iad agus tá taifead déanta orthu i bpainéil ar an bhfalla. Rinneadh an rud céanna i gcás tuama ardaithe agus tuama teaghlaigh. Tá painéil eolais ar fáil i

mBéarla, i bhFraincis agus i nGaeilge a léiríonn mapa de chathair Chorcaí ó 1759. Is féidir leachtanna mhuintir Hardy agus Madras a fheiceáil ann. Tá soilse ann a lasann suas san oíche sa tsli gur féidir le daoine an reilig a fheiceáil istoiche.

Cé nár tháinig an oiread san de na hÚgónaigh go hÉirinn, bhídea-thionchar acu ar chúrsaí gnó na tíre. Thugadar scileanna nua leo a chabhraigh le geilleagar na tíre. Ceann de na tionscail a bhí an-tábhachtach ar feadh i bhfad ba ea tionscal an lín éadaigh agus ba iad na hÚgónaigh a bhí go mór chun tosaigh ann i dTuaisceart na hÉireann agus i gContae Chorcaí, chomh maith.



Reilig Úgónach Chorcaí



Cuid den Reilig Úgónach, Corcaigh.

### Gluais:

**Úgónaigh = Huguenots**

**Forógra Nantes = Edict of Nantes**

**teifigh = refugees**

**lonnaitheoirí = settlers**

**pobal fuinniúil = a vibrant community**

**teach almsan = almshouse**

**gnóna déantúsaíochta = manufacturing industries**

**athchóiriú = restoration**

**de dheasca = as a result of**

**cuma thréigthe = a deserted appearance**

**tuama ardaithe = raised tomb**

**tuama teaghlaigh = family vault**



**GLANMIRE  
CHAMBER OF  
COMMERCE**

**Keeping Business  
in Glanmire**



## Meeting our Prospective Local Representatives

*L-R: Cllr. Joe Kavanagh, Martin Dorgan, Lorraine O'Neill,  
John Maher, Cllr. Kenneth O'Flynn, Cllr. Ger Keohane,  
Mandy O'Leary Hegarty & Oliver Moran.*

*"Darkness into light" Glanmire Volunteers*



## MembersFocus



**4A Crestfield Centre, Glanmire, Co. Cork**

**Phone: 021 4823008**

**Email: [info@glanmireopticians.ie](mailto:info@glanmireopticians.ie)**

Glanmire Opticians are situated in Crestfield Shopping Centre and have just celebrated their 3rd year since opening in 2016. Cathal O'Shea graduated as an Optician over 10 years ago and has since completed qualifications in Audiology and Paediatric Eyecare. Cathal and his team of Sarah Maher, Tammy Daly and Sarah McCarthy continually strive to offer the best in care and customer service for those suffering with any ocular or hearing problems.

If you are interested in having an eye test or hearing test call into the practice in Crestfield, you may be entitled to a free examination and money towards treatment under your PRSI or Medical Card.





## Dr. John Sheehan

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

According to the HSE, measles is once again on the rise in Ireland. A disease that many of us had experience of during childhood, either directly or in a family member, measles had largely been eradicated for decades thanks to successful vaccination programmes.

Over 41 000 children and adults in the WHO European Region have been infected with measles in the first 6 months of 2018. The total number for this period far exceeds the 12-month totals reported for every other year this decade. Monthly country reports also indicate that at least 37 people have died due to measles so far this year in Europe.

Measles is an acute viral disease. It has been a notifi-

able disease in Ireland since 1948. Measles starts with fever, cough, runny nose and red eyes. It's followed a few days later by a red rash that starts on the head and spreads downwards over the face, neck and body. Measles can cause chest infections, fits, ear infections, swelling of the brain and brain damage. Measles is worst for children under one year of age, pregnant women, and people with poor immunity. Measles virus is highly contagious and spreads through the air through coughing and sneezing.

The only effective way to prevent measles is to get the Measles, Mumps and Rubella (MMR) vaccine. This vaccine requires two doses to be effective. It is typically given to babies aged 12 months, and again when they are in Junior Infants. Adults who have not

## MEASLES

received the vaccine are highly encouraged to contact their GP about getting immunised.

The vaccine was introduced in Ireland 1988. Since then, the number of children who catch these diseases has fallen.

The vaccine contains weakened versions of live measles, mumps and rubella viruses. Because the viruses are weakened, people who have recently had the vaccine cannot infect other people.

Measles, mumps and rubella have serious complications, which is why it is important that your child is vaccinated against them. MMR is the combined vaccine that protects against measles, mumps and rubella. The vaccine triggers the im-

mune system to produce antibodies against measles, mumps and rubella, as though your body had been infected with them. Antibodies are proteins that are produced by the body to neutralise or destroy disease-carrying organisms and toxins.

This also teaches your immune system how to produce the appropriate antibodies quickly.

There is no evidence that the MMR has any link to Autism. Make sure your child is protected with measles, mumps, and rubella (MMR) vaccine. Children should get the MMR injection at 12 months of age and again at 4 to 5 years of age. If you then come into contact with one of the diseases, your immune system will recognise it and immediately produce the antibodies needed to fight it. Get the MMR Vaccine.

## Upper Glanmire ICA

### Update on Guild activities

- We held our AGM on the 2nd April, and Assumpta Cotter is our new President for the coming year. Breda Casey and Mary O'Connor will continue as Guild Treasurer and Secretary.
- Congratulations to Jenefer O'Dowd and Mary O'Connor for their great success in Knitting and crochet at The Federation Competitions on the 7th April.
- A Mass will be held in May in the Community Hall for all our deceased members.



2 beautiful handmade Easter Cards by Jenefer O'Dowd and Eileen Ryan for our April Competition



Upper Glanmire Ceili in aid of Rachel Kelly (Nurture Africa) and St Ann Cahill (Tanzania)



Upper Glanmire Ceili



Upper Glanmire Ceili



Some of the beautiful Easter Crochet displays at Ballypheane Craft Day on the 6th April

# JOHN MAHER

**VOTE  
No. 1**



## REPRESENTING YOUR COMMUNITY

 086 194 2285

 [john.maher@votelabour.ie](mailto:john.maher@votelabour.ie)

 @jmaher0

 @johnmahercork

**LABOUR**

**Sen. COLM BURKE**



**FINE GAEIL**

**Advice Clinic**  
Glanmire Community Centre  
Saturday 18 May

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

**Email: [colm.burke@oir.ie](mailto: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**



# VÓTÁIL MANDY O'LEARY HEGARTY



## FIGHTING FOR YOU

MICK  
NUGENT | 2

**VOTE  
No. 1**

# OLIVER MORAN

## GLANMIRE'S GREEN PARTY REPRESENTATIVE

Email me at [oliver.moran@greenparty.ie](mailto:oliver.moran@greenparty.ie)  
or phone me on 087 965 8549.

Follow me on social media:

 [facebook.com/olivermoran](https://facebook.com/olivermoran)

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CORK CITY NORTH EAST**

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KAVANAGH**

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 [joekavanagh.397](https://twitter.com/joekavanagh.397)

 [@Joekavanaghcork](https://www.facebook.com/Joekavanaghcork)

**VOTE  
No. 1**



## 24th YOUR May INDEPENDENT 2019 CANDIDATE



## SEAN O'SULLIVAN

WORKING FOR THE PEOPLE

Give Glanmire/Mayfield/Blackpool a new fresh voice at Council level in the North East Ward.

**Independent Candidate Sean O'Sullivan** sending an SOS out to all Voters on May 24th.

Former PRO of Glanmire GAA Club  
Chairman and PRO of Glanmire Ladies Basketball Club  
Organiser of Glanmire Over 60s

**contact me: 086 8609924**

As an established and hard working community activist, **Seán O'Sullivan**, provides a much needed independent voice for the residents of Glanmire, Riverstown, Mayfield and Blackpool in the North East Ward.

### Building his Election Campaign on Community Issues:

- ✓ Independent voice for the Elderly and marginalised of our Society
- ✓ Promoting Youth and Student interests
- ✓ Improving Environment  
Bus, Rail and safe Cycle access for all residents
- ✓ Improving our roads and sporting infrastructure
- ✓ Independent voice for SME's  
Indigenous Businesses are our Future
- ✓ Supporting Local Enterprise  
Working Together to build a better future
- ✓ The need for a Health Centre, new Garda Station and Community Centre in Glanmire area and district.

Your Independent Voice in Glanmire, Riverstown, Blackpool, Mayfield and North East Ward

**looking for your No.1 Vote**  
as a new voice of politics  
in Cork City Council



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A one-to-one professional coaching facility with a fully commercial, top-of-the-range, training centre. Exercise in a private, comfortable and confidential setting.



"WE BRING THE  
PERSONAL APPROACH  
TO PERSONAL TRAINING!"  
-Team JLPTC

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@alison\_hennessey



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

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Unit 6c, Crestfield Centre,  
Glanmire

**021 4824426**  
[www.odowd.ie](http://www.odowd.ie)



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)

### Easter Sunday at Our Lady Crowned Church



Mayfield Ladies GAA Academy at their Easter Egg Hunt



Big congratulations to Luke Foley of Mayfield United AFC U12's who was part of the Cork U12 squad that won the Munster Final in Waterford.



Strictly Irish Dancing 2019 was held in Mayfield GAA Club recently and the Winners on the night were Anthony Lotty and Megan Anthony



A big shout out to All Round Beauty for sponsoring of footballs for Mayfield Ladies GAA Minor Team



Mary McCarthy School of Dance competitors at the World Irish Dancing Competition in North Carolina

Brid Lapierre and Mary Keohane from Mayfield at the Upper Glanmire Ceili



## PROFILE: JOE KAVANAGH

**Born:** Cork

**Favourite Colour:** Blue

**Favourite Food:** Pasta and of course home made Shepherds Pie

**Favourite TV Programme:** Most Comedies and Current Affairs Programmes

**Favourite Sport:** Soccer, but I enjoy watching most Sports

**Family:** Married with two sons and a wonderful grandchild.

**Living:** Montenotte

**Likes:** Positive, Friendly and honest people

**Dislikes:** Negativity, dishonesty and deceitfulness.

**What incentivises me :** My Family, achieving for people, Local Community and making a positive difference in people's lives to the very best of my ability.



## LETTER TO THE EDITOR

### Upcoming Council Elections

As a former County Councillor for the Glanmire area, I have decided to put down a few thoughts about the elections. My comments here should not be seen as me endorsing any particular candidate – I am completely retired from politics.

The first thing I will say is that I cannot stress the importance of having local representation. It's a well-worn phrase but having representatives at the Council table is of vital importance to ensure that your area is fully represented – has its say

at Council level – and gets its share of resources.

At my first Council meetings back in 2004, the Public Lighting Engineer proposed public lighting projects. He started calling them out for the us to endorse. The list seemed to me to be heavily skewed towards Blarney – and indeed when I thought about it, in the out-going council three of the four councillors were from that side of the area.

I decided I'd better say something, so I proposed that public lighting was badly needed for the Hazelwood Road. The Engineer nodded and made note. Next, I said

what about Barnavarra Hill and Riverstown Cross? – he nodded – Sallybrook? He nodded again, Marwood to Riverstown? no problem and on it went. After the meeting I asked the engineer if the proposals I made were going ahead. He said that he had a limited budget – there were many public lighting schemes required, it was up to us as councillors to decide – his proposals were just recommendations based on the previous list.

The lighting schemes went ahead. I tell this story merely to point out the importance of having a voice at the table. It was the same when it came to proposals for road maintenance, footpaths

and a range of other services. If we hadn't asked, we wouldn't get them.

Glanmire will be in the City jurisdiction after the elections in May. This will be all new to everyone and no one is quite sure how this will work out. I am optimistic that it will be a good thing for our area but again I think that we need as many councillors from Glanmire at that table representing us.

I am not asking people to vote for any particular candidate – but I am asking you to vote and I am asking you to vote local.

John Gilroy

## St Mary and All Saints' Church

From left the picture shows Rev. Paul Arbuthnot (Rector Cobh and Glanmire Union of Parishes) and Antoinette Baker (Organist St Mary and All Saints' Church) handing over a cheque for €450, proceeds from a concert held in St Mary and All Saints' Church, Glanmire in March, to Geraldine O'Donnell, Glanmire Area St Vincent de Paul. Also in photo are Dorothy Kidney (St Mary

and All Saints' Church) and Hazel Sweetnam (Concert Committee, St Mary and All Saints' Church). The concert which featured the Dundanion Singers, the Hifilutin' Flute Quartet and students of CETBSM (Glanmire and Ballincollig), took place on March 1 in St Mary and All Saints' Church, Glanmire. Look out for more concerts in this venue soon.





## GLANMIRE LADIES FOOTBALL CLUB

### Kieran O'Connor

Glanmire ladies football club are full of kind hearted people who give their time to help not just to their club but by putting effort in to helping friends in need, we saw this by the fundraising efforts when the girls took to doing a bucket collection for a former Cork/Aghada clubman, Kieran O'Connor, who has been diagnosed with Ewing's Sarcoma, a rare form of bone cancer, Kieran will face the possibility of travelling abroad for additional medical expertise which will be extremely difficult and expensive for Kieran, and his young family.

We did a bucket collection at Grandons Sallybrook and Glanmire village to help Kieran out by doing so we raised a whopping €1,820. Big thanks to Ken Grandon in Grandons Toyota Cork allowing us the opportunity to collect for Kieran and his family.

We wish kieran and his family best of luck in his journey to become healthy again.

Donations are still been received by:

[friendsofkieran.com](http://friendsofkieran.com)

### Training back on the pitch

It was Great to see the girls back out on the pitches for March and lovely to see lots of new little footballers starting off with u5/6. Almost

training for you or your daughter. Also check out our Facebook page: Glanmire Ladiesfootball.

### Games/achievements

Well done to the u21s who are in to the county final and will play soon.

Our 2018 Captain Amy Turpin is still picking up trophies/awards, This time Amy has picked up



[friendsofkieran.com](http://friendsofkieran.com)

150/200 girls play over the 2 hours with various ages on a Friday night. New players always welcome, contact club development officer Mark on (086) 868 5489 for club info and times of

"Outstanding Contribution to Sport" from UCC. Well done Amy!

Congrats to the Cork u14 ladies who played



Caoimhe Richmond

and beat Kerry in the Munster final in early April. Big well done to Caoimhe Richmond who has given 100% for club and county, she has enjoyed every moment of playing with Cork.

Congrats to Siofra Finnegan Deane who has been names on the first ever Universities International Aussie Rules Test team. The best of Ireland will take on the best of Great Britain as Irish Universities go Head to Head with National University League All Stars.

## 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**



## GLANMIRE Community Games Report



Art winners

### Art and Handwriting

Community games activities continued into April and 25 boys and girls travelled to Riverstick for the Art and Handwriting competitions on Saturday April 13. We won several gold, silver, and bronze medals and all of the participants enjoyed the day.



Handwriting winners

Due to time pressure we have not the full results to hand but we would like to thank the schools who nominated the boys and



Glanmire u14 Gold Medal Winner

girls who represented us.

All of the gold medal winners will represent Cork and Glanmire in the All Ireland finals in University of Limerick on Saturday May 24.

### Table Tennis

News has just reached us today( 20 April ) that the boys and girls table tennis teams have both won the Munster finals in Tralee this weekend. Both teams are students of Brooklodge National school and they have done Glanmire proud.

As a result both teams will be competing at UL over the weekend of 25/26 May in the All Ireland Finals. Congratulations to the school, teacher Jen Murphy, and to coach Ben Haughton.

It is interesting to note that there was a strong table tennis club in Glanmire in the sixties and seventies.

This win may result in the rebirth of this club.



Glanmire Table Tennis winners



Glanmire Boys Table Tennis Team



Glanmire Table Tennis Teams



### St. Stephen's Pitch and Putt

We are delighted to announce that we now have a defibrillator for the club. A lot of work went into the collection of donations over the past year. We would like to thank all who donated, St. Stephens past and present members, Glanmire Credit Union, Bank of Ireland Glanmire and especially Ryan's Supervalu, Glanmire who are our main sponsors. Photo left to right.

Mary Daly, Louise Opperman, Ryan's Supervalu, Georgina Harte, Des Crowley, Barry Hickey.

Our Open runs from the 8th May to 12th May.

Wed 8th and Thursday 9th Strokeplay Competition. Fri 10th and Sat 11th 3 ball

Scramble Competition. Sunday 12th St. Stephen's Scratch Cup.

All registered members can play in the Open.

(no green fees during the

open)

New members welcome, application forms available in the clubhouse, green fees available. St. Stephens Pitch and Putt Club, Sarsfieldcourt, Glanmire.





## Glanmire Athletics and Community Games

**Childrens Athletics  
Sports Day and Fun Events  
On Sunday 19 May 2019  
at Pike Field**

### **Glanmire Football Club**

Winners will Represent Glanmire

In Community Games Cork Finals

U8-U10-U12-U14 and U16

Mothers Race- Daddies Race

and Toddlers races

Bi Ann Gan Teip

## **Cobh and Glanmire Union of Parishes A Date for Your Diary**

### **The Annual Garden Fête**

will take place on the afternoon of

**Saturday 11th May at 2.30 p.m**

in the grounds of

**St Mary and All Saints Church,  
Church Hill, Glanmire**

Attractions will include

**Live Music by Bobby Seward**

**Super Stalls**

Ice Creams and Minerals

Household Stall

Plant Stall

Cake Stall

Gift Stall

Book Stall

Toy Stall

**Children's Corner**

With face painting and many other activities and attractions

**Delicious Teas**

**Monster Raffle – prizes will include**

**€ 300 Shopping Voucher – sponsored by Ryan's Supervalu,  
Glanmire**

**A Voucher for 4 Green Fees – sponsored by Cork Golf Club  
Super Hamper**

**Beauty Hamper – sponsored by Pharmacy First Plus,  
Glanmire**

**A Voucher for Sunday Lunch for 2 – sponsored by The Barn  
Plus Many More Prizes**

We look forward to welcoming you, your family and  
your friends to what will be a very enjoyable  
community occasion

**VOTE No.1**



# Martin Dorgan

Local Election Candidate | Cork City North East

**“Connecting Communities”**

 **FIANNA Fáil**  
THE REPUBLICAN PARTY

📞 085 114 8623 ✉ [martindorganff@gmail.com](mailto:martindorganff@gmail.com)

📘 [facebook.com/martindorganff](https://facebook.com/martindorganff) 🐦 @martindorganff



## Know Your Rights: European Health Insurance Card - April 2019

### Question

I've just booked my summer holidays for this year and plan to travel around Europe with my partner and my 10-year old son. How do I make sure we have access to public healthcare while travelling?

### Answer

Each member of your family will need a European Health Insurance Card (EHIC). This card allows you to access public healthcare service in another EU or European Economic Area (EEA) state for free, or at a reduced cost. (The EHIC was formerly

known as the E111 form). All member states of the EU are covered by the card, along with Iceland, Liechtenstein, Norway and Switzerland.

The EHIC card is free of charge and you can make an application for yourself, your partner and any dependent children under the age of 16. You have two options to apply:

- If you already have a medical card or Drugs Payment Scheme card, you can apply online for your EHIC at [ehic.ie](http://ehic.ie).
- Or, you can download an application form from [ehic.ie](http://ehic.ie) or get one from your Local Health Office
- You need to provide your name, address, date of

birth and Personal Public Service Number (PPSN).

If your EHIC has expired you can renew it online at [ehic.ie](http://ehic.ie). You will need your old EHIC number and your Personal Public Service (PPS) number. If your details have changed (for example, your address) you will need to contact your Local Health Office to renew the card.

If you have concerns about getting a new or renewed card in time, you can get a Temporary Replacement Certificate, either online or from your Local Health Office.

You may also wish to consider taking out private travel insurance for expenses not covered by the EHIC (such as the costs of repatriation or the expenses of relatives who travel to you if you fall ill abroad).

**Know Your Rights has been compiled by the South Munster 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](http://www.citizensinformation.ie)

## Little Island NS



Camogie Team

Since last month's update the boys and girls in Scoil Inse Rátha, Little Island have worked very hard and have enjoyed The Bake Off, Soccer Matches, hurling and Cork City Sports trials.

First we had the Cork City Sports Trials. It went well for some people. For the younger children they still have next year to get in, but for 6th Class it is unlucky for some who didn't get in as it is their last chance in primary school.

Next we had the FAI soccer for girls and boys. The girls got into the top 6 and the boys got into the top 4. It was a bit unlucky but we did well. Thank you to our coaches.

After that we had the camogie and hurling blitzes. They tried their best, were very close to qualifying but were unlucky in the end.

Last, but not least, we had 5th class's bake sale on April 11th. They did really



Hurling Team

well and made very tasty cakes, cupcakes, cookies and cake pops. We raised a lot of money for our school which was great.

We are really happy with all of our children and are proud of all of them.

Monica and Dominika (6th Class)



Bake Sale



## Sarsfields Camogie Notes



Well done to our U10s/ U9s who played against Valley Rovers



Great turn out for the family bingo, big thank you to all volunteers



Our U12's welcomed Enniskeane, Aghabullogue & Éire Óg to the pitch in Riverstown recently.



U12 C Challenge match in the Tankfield playing Brian Dillons



Congratulations to Evie Twomey, Isabel Kelly, Orlaith Mullins, Tara Elliott, Eilis Hegarty & Ella O'Brien who were all selected for the Cork U15 Development Panel for 2019. Well done girls.



In the aftermath of local woman, Kitty McCarthy's funeral, her sister-in-law, Nell McCarthy, then President of the Camogie Association, urged her niece Breda & close friends, Mary Canavan, Eleanor Brennan & Phil Crowley to re-form a Camogie Club in the parish. They canvassed the area to secure recruits and a fledgling club was established. Roll on 50 years to 2019, and with well over 400 members, we are celebrating our BIG 50!!! Plenty reasons to celebrate!

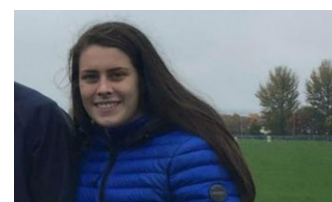
### Medal Presentation/ Awards For 2018

Sarsfields Camogie Club celebrated an exceptionally successful year with an abundance of trophies on

display at their recent medal presentation & awards evening. In fact it was a record year for the club annexing the three major underage county premier titles – U12, U14 & U16. Throw into the equation, a Cork & National Feile Division 1 titles (acquiring three in a row: 2016, 2017 & 2018); U16A & U14A league trophies, U14 Summer League, U15A Imokilly & two further U12 county titles at A1 & C3 grades.



On the strength of the impressive U14 Feile success, both the Rebel Og & Glanmire Business Chamber honoured the clubs achievements with special awards which were also on display.



Congratulations to Molly Lynch, our goalkeeping custodian who is part of the Cork Minor panel for 2019. Well done Molly & the best of luck for the campaign ahead





## Seaimpíní Chorcaí sa Chamógaíocht Fé 16½ B Sóisir 2019



Comhghairdeas leis an bhfoireann camógaíochta ó na múinteoirí, ón mBord Bainistíochta agus ó Chumann na dTuismitheoirí. Is sibhse a rinne an gaisce éachtach. Tréaslaimid bhur mbua iontach libh. Coláiste an Phiarsaigh, 5-7 le 1-10 ag Mainistir na Corann. An Painéal fara Iníon Ní Lead-er agus Iníon Ní Riordáin: Eimear Ní Chorbhuí, Leah Ní Ogáin, Siomha Ní Aodh, Fay Ní Lonnargáin, Hannah Ní Mhuirthile, Áine Ní Mhaoláin Ní Catháin, Vivinne Ní Glíosaín, Kim Ní Mhóráin, Ellen Ní Bhrádaigh, Emma Ní Ghiolla Phádraigh, Cáit Ní Eathirín, Orla Ní Mhaoláin, Selena Ní Riordáin, Aisling Nic Carthaigh, Ciara Ní Bhrádaigh, Clodagh Ní Donnabháin, Caoimhe Ní Shuilleabháin, Alex Ní Riordáin, Liadan Nic Aodha, Kira Voronins, Abby Ní Fhoghlú, Sibeal Ní Cheallaigh, Evie Ní Thuama, Yvonne, Abbernethy, Gráinne Ní Fhinn, Aoife Ní Gearailt.

### Meitheal 2018 2019



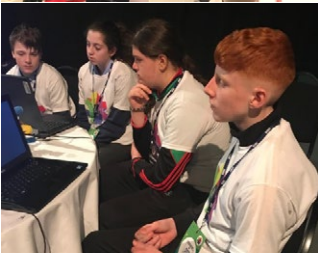
Na baill den ghrúpa Meitheal 2018 2019 agus iad ar chúrsa traenála sa Charraig Dhubh, faoi bhráid a ndualgaisí don scoilbhliain 2018-2019.

### Geansaithe Nua



Ba mhaith linn ár mbuíochas ó chroí a ghabháil le Grandons - Toyota, Sruthán na Saileach, Gleann Maghair, a bhronn geansaithe spóirt nua ar an scoil.

### TechFéile 2019



Ar ndaltaí uailmhianacha, ildánacha i mbun taispeántais ag an ócáid sa Ghailimh a eagraíodh do ghaelscoileanna.

### Lá Reitreo



Ghlac daltaí an cúigiú bliain agus múinteoirí na scoile páirt i Lá Reitreo sa scoil ar na mallaibh. Tosaíodh ar maidin le seisiún ceoil agus bhí seans ag gach aon duine rince a dhéanamh. Tar éis sosa bhí taispeántas caranna den seanré. Roinn na tiománaithe a saineolas linn go fial flaithiúil. Lean an ceol agus an rince um thráthnóna. Bhí an feisteas agus an ceol ag teacht go diail ar fad leis an ré ar ndóigh, a bhuíochas san do na daltaí.

### Turas Staire & Turas Eiceolaíochta



**Thuas:** Ba é an Breatimeacht a bhí á phlé ag ár ndaltaí, le Chris Heaton Harris MP, i Teach na dTeachtaí, i Londain Shasana ar a dturas staire ann dóibh. Bhí camchuairt phríobháideach de Theach na dTeachtaí eagraithe dúinn faoi bhráid na cuairte. **Deiseal:** daltaí an tríú bliain, ag baint taitnimh as an lá eiceolaíochta a eagraíodh i bhFóite faoina mbráid.





# Community Supports Glanmire CFRs



**TOP LEFT:** Joe Organ of Joe Organ Auctioneers, Glanmire, kindly sponsored the mobile phone and the monthly billing costs required by Glanmire Community First Responder group. Pictured at the presentation were, seated left to right: Frances Duggan (training coordinator), Dan Fitzpatrick, Joe Organ (sponsor), Gerard Doyle (CFR group coordinator), Ashling Doyle (vice-chairperson), Ann-Marie O'Sullivan (treasurer); standing left to right: Alan Daly, Paul O'Sullivan (fundraising manager), Tom Doherty (Garda Vetting Officer / PRO), and John Sreenan. (Photo: Tomas Tyner)



**TOP RIGHT:** Noel O'Riordan (third from right), store manager, Ryan's SuperValu, Glanmire, presents a set of first responder soft shell jackets to Gerard Doyle, coordinator, Glanmire Community First Responders group. Included, left to right, are responders Louise Oppermann (PR executive with the Ryan's SuperValu group), Frances Duggan, Ashling Doyle, Cynthia Kelleher, and John Ryan.



**ABOVE:** Nova Telecom, Carrigtohill, were delighted to avail of the opportunity to fund Automated External Defibrillator (AED) consumables for the Glanmire Community First Responder group. Speaking on the occasion, Ann-Marie Fleming (general manager Nova Broadband) said: "Glanmire CFR provide a vital service which will cover an area where our staff and families are based. We are comforted by their presence and availability." Pictured at the sponsorship cheque presentation were, left to right: Ann-Marie Fleming (general manager Nova Broadband), Gerard Doyle (CFR group coordinator), and Ann-Marie O'Sullivan (CFR group treasurer). (Photo: Tomas Tyner)

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## ERIN'S OWN LADIES CLUB

### U10 Football

Our U10 team started back training in February. Weather conditions have been good so the girls are enjoying the sessions. We played Watergrasshill in a challenge match out in Glenville recently. Both teams were well matched

Watergrasshill x 2, Middleton and Killeagh x 2. A big thank you to Watergrasshill for organizing an excellent blitz, the girls really enjoyed it and had great fun.

Well done to Ella Collins and Kiera Mulcahy who played at the Eileen Carmody Bliz



Camogie Team

with plenty of skill and courage shown by both sides. The league is fast approaching with the first games due at the end of April. Looking forward to an entertaining season with this fantastic bunch of girls. New members are always welcome.

### U12 Camogie

There was a fantastic turn out for Erins Own's first U12 Camogie Blitz of the year. We had 23 players and were able to field two teams. Between both teams we played

with the U14 Cork Camogie team on Sunday the 14th of April in The Limerick Institute of Technology. The club are super proud of our two talented girls !!!!

Congratulations to U16 Camogie Player, Camogie Player, Grainne Guest on winning the divisional cup on Saturday the 23rd of March with Imokilly Camogie. Well done Grainne keep up the hard work we are so proud of you.



Cork Captain Ella Collins V Kilkenny Captain

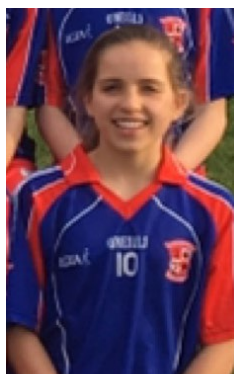


Cork Camogie Player Kiera Mulcahy



Grainne Guest

U14 Player Edith O'Donnell has been busy promoting our club nationally with



Edith O'Donnell



"Odds On" photograph by Edith O'Donnell

her photograph "Odds On". Edith became the National Winner of the Senior Category in Ireland's National School Photography Awards representing her school, Scoil Naisiunta an Chroí Naofa, Glounthaune. Well done Edith you could be lined up for the PRO job next year !!

We held our first G4M&O training session on the 2nd of April last. It was a

very cold and bitter night on the astro in Erin's Own. 36 amazing ladies turned up to what was a fantastic night of comradery, sport with many friendships made. Most of these ladies never even kicked a ball before let alone played our beautiful game. It was all about coming out to train, supporting each other and have plenty of laughs on the way. We have been training every Tuesday night since with fantastic numbers at training sessions and everyone is having a great fun. If you would like to join

or want more information please contact [erinsown.cork@lgfa.ie](mailto:erinsown.cork@lgfa.ie)

New members always welcome.



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# White's Cross GAA News

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

## Back to School!

Members of White's Cross GAA were delighted to pay a visit to Upper Glanmire NS recently. We were there to celebrate with them our Club's successes in 2018 and to acknowledge their fantastic support. It is fitting that we visited the School given that so many of our players were and are pupils there. The School has shaped us greatly sporting-wise but otherwise too—míle buíochas leo. An overview of those associated with each of our four winning teams from last year shows just how intertwined White's Cross GAA Club and Upper Glanmire National School are.

All bar two of last year's victorious Under 12 squad either are or were pupils of the school.

Better than that, all bar one of our Under 14 squad that did the championship and league double in 2018 attended school there.

Our victorious Under 16 squad called Raonaithe na Gael is an amalgamation of White's Cross & Brian Dillons. Eighteen members of this panel, that won the Rebel Óg East division championship and contested the County Final, were

past pupils of Upper Glanmire National School.

The White's Cross Junior Hurling squad that made history in 2018 by winning our first ever County title had no less than 25 players who had, in a past life, attended school in Upper Glanmire. On top of that one of the selectors, Martin Atkinson had also attended school there – Martin is so old that he never had the pleasure of being schooled at the 'new school'!

We had representatives from each of these teams in attendance on the day – for some it was their first time setting a foot inside the doors of the school in many a long year!



Current White's Cross underage members boys showing their colours.

Míle buíochas to the School Principal Mr. Patrick O Connell for the céad míle fáilte given to our troops today, but also for the ongoing support he has illustrated for what we are trying to do at White's Cross GAA – ár mbuíochas le Pádraig agus a bhfoireann uile.



White's Cross players with Upper Glanmire pupils during their recent visit to their old school.



White's Cross GAA underage members and current Upper Glanmire pupils posing with the Junior Hurling championship trophy from 2018



Junior hurler Murt Kelleher with his nephews Jack, Tom and Luke (also a member of the victorious under 14 squad)



Seamus Quinlan, Adrian Buckley, Brendan Quain and Ciaran Aitken pose with some of the trophies won in 2018 prior to visiting Upper Glanmire National school recently.



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## GLANMIRE MONTHLY MACRA NEWS



Glanmire Members enjoy the Mr Personality Festivities

### Glanmire Members enjoy Mr Personality Festival

It is often said that Macra na Feirme has something for everyone to enjoy. Despite having its roots in rural Ireland, Macra proves to be one of the most diverse and inclusive entities out there.

One of the reasons for that is its competitions across six pillars of the organisation. From sports competitions showing off our athletic prowess to the performing arts category showcasing our stage skills. But the competitions are only a part of the organisations success. Macra na Feirme prides itself in being a social organisation, in getting young people together.

The importance of social inclusion and interaction is of significant. Too often people are too busy and fail to make time for meeting friends and enjoying each other's company. Macra has recognised this and as a result as include "social" as one of the six pillars of the organisation.

In doing so, the "social" aspect is as significant as its roots in agriculture, its life skills in public



Mr Personality Group Shot

speaking and the giving back pillar of community involvement.

Between dinner dances, quizzes, balls and general engagements Macra undoubtedly covers the social side.



Mr Personality Group Shot



Mr Personality Group Shot

This past weekend was yet another example of that, when Glanmire members flocked to the Marble City of Kilkenny to enjoy a social

However the weekend was not about winners and losers, it was about strengthening existing relationships and forging new ones. The coming together and thoroughly enjoying each other's company highlights why Macra na Feirme really has something for everyone to enjoy.

Linking the social and sports pillar together, , our weekly sports night continues on Tuesday at 9pm in the Upper Glanmire Hall.

This is a great way to get introduced to Macra and get to know people in a fun environment whilst getting some exercise. Remember our sports night is **free of charge** for first timers and all are welcome.

Further details can be found on our Facebook page <https://www.facebook.com/glanmiremacranafeirme/> or contact our secretary Gillian on 087 755 8026.

weekend together and amongst Macra clubs up and down the country.

Taking place in Kilkenny was the Mr Personality Festival, a celebration of young men and their commitment to Macra. Glanmire of the Seandún Region were represented by Jamie Flannery of Carrigaline Macra.

Although when John Martin Carroll of Causeway Macra from Kerry Macra won the crown, a number of the Glanmire – Kerry contingent happily celebrated his success.



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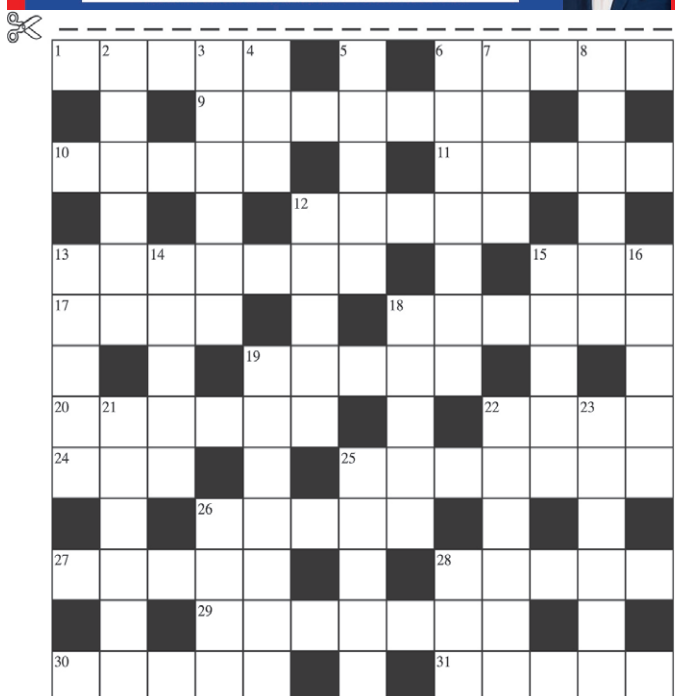
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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th May. The prize is a meal in BEVA CAFE which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your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

### Across

1. Redbreast (5)
6. Paces (3)
9. Lack of noise (7)
10. Cow house (5)
11. Pale faced (5)
12. Small annoying insects (5)
13. Transgressing (7)
15. Everyone (3)
17. ---- Blyton (4)
18. Rebuttal (6)
19. Curse (5)
20. Arm joints (6)
22. Shut forcibly (4)
24. Version of 'no' (3)
25. French tourist area (7)
26. Biblical baddie (5)
27. Yearn to possess (5)
28. Type of boat (5)
29. Grand National course (7)
30. Banal, overused (5)
31. Stage whisper (5)

### Down

2. Get, achieve (6)
3. Land surrounded by water (6)
4. Zero (3)
5. Human ---- (5)
6. Disperse (7)
7. ---- of the d'Urbervilles (4)
8. Spanish dish (6)
12. Chews on a bone (5)
13. Number of deadly sins (5)
14. Not in my backyard (5)
15. Passageway in church (5)
16. Peruvian animal (5)
18. Goliath's nemesis (5)
19. Term of endearment (7)
21. Work, childbirth (6)
22. Moves furtively (6)
23. Mr. Schwarzenegger (6)
25. Course, trajectory (5)
26. Raise the temperature (4)
28. Smaller than an ocean (3)

Crossword Winner: John Linehan, Frankfield, Cork City



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14 Ros Ard, Upper Glanmire €350,000  
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