



# GLANMIRE Area News



www.glanmireareanews.ie | newsglanmire@gmail.com | 086 8294713 | July 2019

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# Sen. COLM BURKE



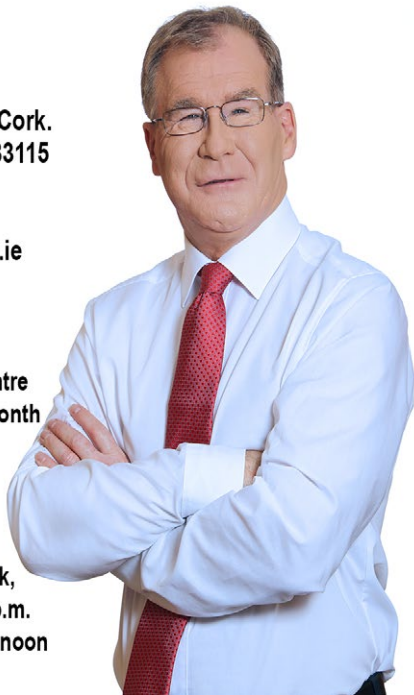
## Advice Clinic Glanmire Community Centre Saturday 20 July

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

Email: colm.burke@oir.ie

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

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



## GLANMIRE YOUTH CLUB

Glanmire Youth Club would like to thank all the businesses in Glanmire and surrounding areas, who gave Spot Prizes for our Easter Raffle.  
Trabolgan  
Ballyhasse Lakes  
West Cork Secret  
Fota Island Adventure  
Glen Resource Centre  
The Planet  
Vibrance  
Vanilla Hair Design  
GHS Hairdressers  
Shirleys  
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Pharmacy Plus  
Phelans Pharmacy  
Winnie Hannon  
Connections  
Balance Cafe  
Hair For Men  
Porcelaine  
Lucianos

Monkey Maze  
Mc. Donalds Commons road  
Apache Pizza Glanmire  
Sheehans Butchers Glanmire  
Riverstown Inn  
Cafe Creme  
O' Connor Motor Factors  
Prestige Hair Design

We would like to thank Glanmire Credit Union and AIB Bank Glanmire for their donation to the Youth Club. We would like to thank Super Valu Glanmire for their donation of Easter Eggs to the Club. We would also like to thank Dunnes Stores Ballyvolane and Lidl Glanmire for our recent Bag Pack and their continued support to the Club. This support helps our Youth Club to continue operating.

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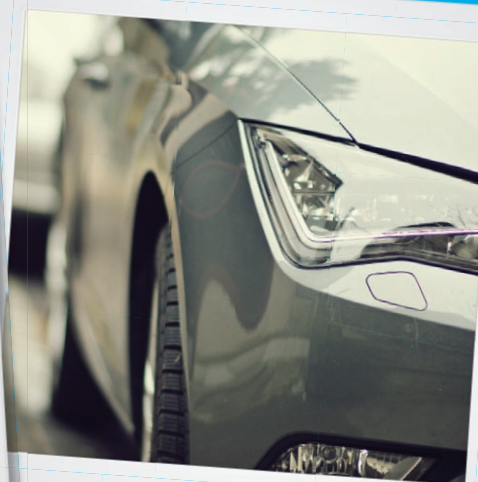


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## Why Haven't Fibromyalgia Sufferers Been Told These Facts?

Do you feel like every drop of energy is drained from your body and most days you just hurt all over?

Does going to the bathroom feel like a ten-mile hike?

Even after numerous tests with your doctor, do they say "we can't find anything wrong?"

You are not alone. Six million Americans suffer from the effects of fibromyalgia. But the sad fact is most of them have been told they're crazy, lazy, or just depressed.

### Do You Have Any Of The Following Symptoms?

- Aching all over
- Disturbed sleep
- Tender points in the neck, spine, shoulders and hips
- Recurring headaches
- Fatigue and Stiffness

### "You've Been Everywhere, Tried Everything, And You're Still Suffering"

Maybe your doctor doesn't even think fibromyalgia is a real disease, but you know it is. You suffer with it every day.

**One fibromyalgia patient said it like this...**  
*"I am so tired of the guilt of not being able to keep my house the way I like or fix dinner for my husband all the time. With the girls and the meds and pain I can barely just get that done, let alone clean and cook dinner most days."*

#### Another said...

*"For people who take good health for granted, it's hard to imagine a condition that makes simple tasks great tests of will and determination."*

Fibromyalgia is often called the invisible disease. You look fine on the surface, but underneath you're often exhausted and in excruciating pain.

My name is Dr. Eric Kelly, Chiropractor at Glanmire Chiropractic Clinic. Over the past 14 years since we've opened the doors Dr. O'Keefe and I have used gentle treatments to help hundreds of fibromyalgia patients feel better and live healthier, more joyful lives.

The more patients I helped get better, the more I realized that...

### No Woman Should Have To Suffer The Way You Do.

I've made it my mission in practice to help those suffering with chronic pain like you.

Because of this, I'm running a special offer for women suffering from fibromyalgia.

For 15 days only, €40 will get you all the services I normally charge new patients €120.

#### What does this offer include?

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

I'll provide answers to all your most probing questions about fibromyalgia like...  
 ...the best nutritional supplements proven to help with fibromyalgia.  
 ...which position, mattress, and pillow you should use for a good night's rest.  
 ...the foods that can help you and which ones can make you worse.  
 ...how to exercise the right way so you aren't making your pain worse.

The offer is only good until July 10<sup>th</sup> 2019. The appointment will not take long at all. And you won't be sitting in a waiting room all day either.

### Finally, A Proven Solution For Fibromyalgia Pain

There are numerous benefits of chiropractic with fibromyalgia patients.

We've asked our patients to indicate drug or alternative treatments that best relieved their pain.

Most patients tell us that changes in lifestyle worked better than drugs and agree that Chiropractic treatment is one of the most

Just how effective is chiropractic in relieving fibromyalgia symptoms?

Typical results show that after just a few chiropractic treatments, fibromyalgia patients suffered from less pain and fatigue, and actually enjoyed better sleep.

### For Many Women, There Is Hope. You Just Need The Right Plan.

Imagine how great you could feel without your constant fatigue and nagging pains.

Imagine waking up each morning, jumping out of bed, and enjoying the day...no more waking up and feeling like you got hit by a truck.

Imagine not having to take handfuls of pain pills that haven't helped and can have side effects.

Imagine what it would be like to finally have hope again.

To have a doctor finally tell you what's wrong and what you can do to help yourself feel better.

By working together, we can customize a treatment plan just for you. And best of all, there will be...

### No Harmful Drugs, No Uncertain Procedures, And No Intimidation.

A woman knows her own body.

Internally you can sense that certain areas of your body aren't as they should be. Healing those areas will give you more energy, less pain, and a better life!

**Phone Glanmire 021-4824450**

Call anytime between the hours of 7:30 am and 6:00 pm Monday through Thursday and Friday between 7:30 and 12pm. Tell the receptionist you'd like to come in for the Special Fibromyalgia Evaluation before July 10<sup>th</sup> 2019. Our office is located at Eastcliffe House, Glanmire, (Next door to A.I.B Bank)

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. What Will Your Fibromyalgia Pain Feel Like 1 Month From Today?

One of the biggest myths about pain is that it goes away all by itself, without any treatment. Let's face it, if the pain hasn't gone away by now, it's not likely to disappear on its own.

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

### ON YER BIKE

An Tostal was inaugurated in 1953 as a celebration of Irish culture with an emphasis on attracting tourists to visit the country during the off-season. It was marked by a series of regional parades, arts and sporting events. The Festival of Kerry and Rose of Tralee grew out of An Tostal and many towns began a clean-up plan which subsequently inspired the creation of the National Tidy Towns Competition. Locally the late Sean Murray created an enclosed timber log seat utilising an existing water tank as its base. This "Tostal Seat", which was embellished with rambling roses, was located between the "Small Steps" and "The Arch". An Tostal continued until 1958 and Drumshambo, Co. Leitrim has the distinction of being the only place that still organises it on an annual basis. An Tostal promoted sport extensively, cycling in particular, and it sponsored the then four day Tour of Ireland cycle race. It was known as the "Tostal Tour" and the event continued until 1957. When the race was revived in 1965 it was named "The Raleigh Dunlop Tour of Ireland" and it became the "Nissan Classic" from 1985 to 1992 which of course was the golden age of Irish cycling when Sean Kelly and Stephen Roche were at the height of their success in the European circuit. Kelly dominated; winning four of those eight races whereas surprisingly Roche was never victorious. They popularised cycling in Ireland to the extent that it is today; let it be competitive or as a leisure activity. However let's not forget the significant contribution of Charlie Haughey who in July 1987 promoted the sport on the Tour De France podium in Paris albeit with a little help from Stephen Roche. Perhaps that great-hearted gesture ignited new-found boxing enthusiast Lord Stepaside Ross to act like a star-struck teenage boy in the presence of a supermodel at Dublin airport recently? However to his credit he was bashful enough to allow Katie the honour of carrying the belts. But, back on yer bike. Cork City Council and Cork County Council commissioned Aecom to prepare a cycling network plan for the Cork City Metropolitan Area and surrounding towns. The objective of the project was to provide a clear plan for the future development of the cycling network within the metropolitan area in order to encourage greater use of cycling for trips to

work, school, recreation and leisure. Development of the plan was driven by a need to respond to national targets for sustainable transport. A steering group was established to oversee development of the Cycle Network Plan with presentation from Transport Infrastructure and the planning departments of Cork City and Cork County Councils. This steering group collaborated closely with Aecom in developing the network proposals. The Plan was updated in January 2017 to incorporate comments and suggestions received during the public consultation process that was undertaken in 2016. The Inter Urban Cycle Network is one of three categorised in the plan which links the towns and city across rural areas and it also includes elements of the National Cycle Network. A segregated cycle path from Dunkettle to Carrigtohill utilising the old N25 is one of the key Inter-Urban routes. This is also part of a more long term and wider cycle network which in time may link Cork City to Midleton and possibly beyond to Youghal. Cork County Council is presently processing the design and the plans are subject to National Transport Authority approval. The draft plan will be advertised when finalised and site notices will be erected outlining the consultation process which will give stakeholders an opportunity to offer their views on the proposals. There are many "pinch points" along the route; most notably at "The Island Gate", Little Island Junction, and adjacent to the Church, "Fitzpatrick's Shop", and "The Elm Tree". The authority is indicating that in the main it will run at the northern side of the carriageway and that the "Old Road" (Ashbourne Walkway) will be utilised. Would it not be more practicable at the southern side, at least from "The Island Gate", thus availing of the wide shoulder as far as "Dorgan's Cottage" and onwards to the "Old Road" at its east? It is difficult to envisage the layout adjacent to Little Island Junction and also at Glounthaune Church but with a planned reduction carriageway to six metres further on from the Church; it would not be necessary to route the cycle path so close to "Fitzpatrick's Shop" but rather across at the southern side. This would also mean that the "Old Road" (Ashbourne Walkway) would not be utilised thus allowing it continue to act as a safe and pleasant walkway. There is a wide shoulder at the southern side to accommodate

the cycle path from Fitzpatrick's Shop to the Station and this would link with that already planned from the Harper's Creek Development at Killahora to the Station, which is one of the planning conditions and significantly the southern side of the carriageway is specified. The second of the three categorised in the Cycle Network Plan is the "Urban Cycle Network" which consists of "Primary", "Secondary" and "Feeder" routes. "Primary" are main cycle arteries that cross the urban area and carry most cycle traffic. There is one planned within Glounthaune which is to run from Glounthaune School, along the "Back Road" and onwards to the Station connecting with the aforementioned "Inter Urban" route. "Ballynaron Grove" is the name applied to the road and its width of approx. five decimal five metres is too narrow to provide dedicated cycle lanes. Accordingly a mixed street environment with associated traffic calming measures and reduced speed limits is planned. Such a layout is suitable in low traffic environments where cyclists share the road space with motorists. "Secondary" link principal cycle routes and zones and there are two planned for Glounthaune; one from the "Forge Cross" to "Johnstown Close" via the "Back Road" and called the "Glounthaune Road". This roadway is also too narrow to provide dedicated cycle lanes so that as described above would be provided. The second, called "The Highlands Road", is planned from "Ballynaron Grove" to link up with the "Inter Urban Route" at Glounthaune Church. Again, as above, a mixed street approach is proposed because of the restricted road width. "Feeder Routes", there are none planned for Glounthaune, are those within local zones and / or connections from zones to network levels above "Primary" and "Secondary". The "Green Network" is the third category in the Cycle Plan and this is developed predominantly for tourist, recreational and leisure purposes but it may also carry elements of the Utility Cycle Network. Employment areas are the priority in terms of access accordingly the first phase of the project is expected to be the Dunkettle to Little Island stretch. So, the foregoing is the plan and those utilising a bicycle for commuting and / or leisure purposes will be pleased. However, only limited facilities exist in our area for those on the shank's mare mode. It is rather ironic that there are no footpaths on

the two roads where the "Secondary" cycle routes are planned. And there is no footpath from the Bus Stop at Glounthaune westwards to Dunkettle on the proposed Inter-Urban Route except the inadequate section at Little Island Junction!

### POSTERGATE

Well the elections are over for another while. There were some local issues but the positioning of a poster was the big one! The background to this is that Glounthaune Community Association signed-up to a Poster Free Zone and the various political parties respected this. However one poster of three images was erected west of "Dorgan's Cottage" and the GCA was outraged. Social media rather than direct contact with the candidates was initiated and this caused a furor. Local councillor Padraig O' Sullivan, who was portrayed with John Paul Reilly and Billy Kelleher on the poster, also made this point and furthermore advised that the poster was compliant relative to location as it was outside the 60 km speed limit zone. GCA maintained that the defined poster free area was between the Dry Bridge replicas at the east and west. In actual fact the poster was positioned just a stone's throw from the replica at the western side. The local reaction was intense with GCA declaring; "Wow - we got some reaction to this post in a few hours". It is fair to say that apart from a couple of posts all were extremely negative towards the GCA, or to put it bluntly; the Association was ridiculed. Padraig removed the poster as a gesture of goodwill really and the GCA posted an acknowledgement and expressed appreciation, advising; "we have also been in contact with Padraig directly". But despite numerous posts of demands for a public apology to him; none was issued. The foregoing shenanigans could be classified as "a storm in a teacup", or perhaps to borrow a phrase from past times; the Community Association simply "got its knickers in a twist"!



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**22<sup>nd</sup> – 26<sup>th</sup> July**

**29<sup>th</sup> July – 02<sup>nd</sup> August**

**2:30pm Monday-Friday**

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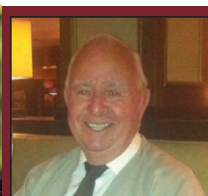
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## Gardening with Charlie Wilkins



Charlie Wilkins

### JUST VEGETATING

The satisfaction of a well-ordered vegetable garden, for me, outweighs the pleasures of a decorative one. I like formality, so the sight of disciplined rows appeals to me, so too, the solidity of a single crop. But then, I have always held a deep admiration for people who grow their own food. It's more pleasurable I think and certainly more admirable. Best of all about the growth of the GIY movement (grow it Yourself) is the implied appeal of taste. A head of fresh green 'Susan' lettuce has a mouth-full and more of crunchiness and when you add a glowing vine of 'Gardener's Delight' or 'Sweet 100' tomatoes sliced physically into a dish with basil you have the basics for a wonderful meal. Mix these with 'White Lisbon' scallions (onions) and a few slices of sweetened beetroot and you'll have a tea-time June salad to remember. In Glanmire we add celery, hard-boiled egg, cucumber, slices of ham, fresh peas from the pod, and herb dressing, but even if these were never added, those rudimentary ingredients are a pleasure in themselves.

From this you will gather that those of us who have merely flower gardens are well and truly outshone by those gardeners who grow fruit and vegetables. When our roses, Princess Alstromerias, and bearded iris have finished their dance in the spotlight, kitchen gardeners will still be harvesting salad crops and new potatoes for supper and putting warm stewed gooseberries (or blackcurrants!) into bowls for a memorable pudding!

And yet, the move to vegetable growing is slow enough (but increasing) aided and abetted I should add, by a writer whose accolades include the Garden Writer of the Year (three times);

the Lifetime Achievement Award of the Garden Writer's Guild; and the Royal Horticultural Society's Veitch Memorial Medal for horticulture. I refer to none other than vegetable expert Joy Larcom. Her book 'Just Vegetating' - a Memoir, is a must for beginner and enthusiast. The fact that it has been 'on the shelves' for six years now detracts nothing from its wonder. From unusual cabbages to Chinese ways of growing garlic, truffle orchards to herb conferences, and tomato breeders to 'slugduggery', Joy's writings reflect her wide-ranging interests and enthusiasm. And whatever the subject they're always engaging. 'Just Vegetating' opens a window on the world she has inhabited all her life. She may be one obsessed with vegetables, but she possesses the gift of being able to impart her enthusiasm on others and that has distinguished her life's work.

The book is worth sourcing for it contains a wealth of valuable tips and ideas for you and your way of life in the vegetable garden. For example, do you really know how to make the most of polytunnels, how to store root crops, apply green manures and correct soil compaction? Read why 'oldies' garden, how to discover the



Ingredients for a memorable salad! A head of fresh green 'Susan' lettuce has a mouth-full and more of crunchiness but when you add a glowing vine of 'Gardener's Delight' tomatoes to a dish with spring onions, basil and peppers you have the full choir for a wonderful meal!

### THE JULY GARDEN

**WISHFUL THINKING;** If summers were consistently longer and hotter (and winters milder) we would be able to grow gigantic pelargoniums and 'ice plants' like the sheets you see outside gardens in Jersey and Guernsey. Or if, as looks more likely, more rain comes with increased warmth but little sunshine, we should invest in some extra tree ferns and Canary Island palms! It might also be possible to pot up oleander, hibiscus, bananas and Gloriosa superba 'Rothschildiana' in sunny borders! Even now, believe it or not, there is a gentle demand for these.

Today I have a story familiar I'm sure to many. It concerns poor Annabel! This excellent white hydrangea with its fresh, pale green leaves and enormous heads of bloom (so becoming near to blue flowers) has been tossed about so savagely in recent heavy downpours that I feel she will never be the same again. Having radiated a mood of expansive prodigality for her opening weeks she now hangs limply her dinner-plate sized blooms. Most of her slim stems, bent over by the sheer weight of water held in the individual florets which make up the super-sized heads, have been her downfall, and even with support she will never look

vagaries of seed sowing, and even how to pickle.

All in all, 'Just Vegetating' is a delightful informative read. She now lives in West Cork and gardens there as happily as in any of the many destinations she has visited. Published by Frances Lincoln Limited.

#### DELIGHTFUL DAHLIAS

The feeding of dahlias should be careful especially when using granular fertilisers. Keep it away from the plant's stems. If using a liquid feed based on seaweed, put it on at every watering but only at half strength. This gives great results. Dahlias are gross feeders and when it comes to drink, only hydrangeas have more of a lip! Water copiously during dry spells and follow with a mulch (of lawn clippings or garden compost) laid loosely beneath their leaf spread. The mulch will help to conserve ground reserves but don't overdo the application. Two to three inches of loosely applied clippings at a time will give best results. Watch for slugs and snails in misty damp weather especially as darkness approaches.

#### WHITETHORN MAGNIFICENCE

Whitethorn and Blackthorn were magnificent this year and only never better seen than when you fly into Knock International Airport, Shannon or Cork Airports. You certainly won't see the patchwork of green fields embroidered with white margins when you arrive through Dublin. Whitethorn and Blackthorn are sometimes difficult to identify, both flowering at around the same time. But what a cruel tree the Blackthorn! This was traditionally used to create the 'Crown of Thorns' during the trial of Jesus. And even today, when laying Blackthorn the strongest of gloves will not save you from vicious wounds as the thorns strike through.

skywards again. My hard pruning (this hydrangea is cut back to a foot or so during early spring) does little to alleviate the problem, but it does encourage larger blooms on shorter stems. To leave it un-pruned would mean that Annabel would soar to eight or nine feet. Sheep wire used as a crutch made a big difference in the past, always arranged around the plant before rain. This stiff, heavy duty, four-inch mesh wire, supported at each corner by stout bamboo, means the plant can grow through thus giving welcome support. In the past, this method has been ideal for containing my loose-framed lady. How could I have neglected her!



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## GLANMIRE LADIES FOOTBALL CLUB

Well done Sandra Dinan, Annaliese Murphy, Ava Carey and Siofra Deane who have been selected to the cork u21 team.

Congrats to Caoimhe Richmond and her Cork u14 team mates who have reached the all Ireland final.

Congrats to the u8 and u10 teams who had a fantastic day at their recent blitz. well done to all the coaches, refs, committee and parents who helped out on the day.

Congrats to Laura Scannell (football) and Jane OBrien (Camogie) who received young players of the year awards in ST Joseph's NS, Riverstown.

Also to Amy Gray (Football) and Neveah OConnell (Camogie) who received the senior players awards.

Well done to Orlaith Walsh who was selected to the primary games football team, Orlaith played at half time at the Cork v Limerick Munster football semi final on June 1st.

Well done to all our girls who received awards in GCC and Colaiste before finishing up for the summer.

Training will continue for the summer and as always

new members are welcome.

If your daughter would like to play football our club development officer Mark can be contacted on 086 8685489



u10 teams



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u8 teams



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## William Dargan, Tógálaí Iarnród

Micheál Ó Súilleabháin

Le blianta beaga anuas, cloistear go leor faoi scéimeanna móra tógála in Éirinn, mar shampla, Ospidéal na Leanaí agus Leathanbhandá don Tuath. Dealraíonn sé go bhfuil sé do-dhéanta, geall leis, scéim ar bith a thosnú go pointiúil nó a chur i gcrích don phraghas a bhí leagtha síos sa chonradh. Bhí fear in Éirinn, áfach, nach mór dhá chéad bliain ó shin a bhí in ann scéim ollmhór tógála, thart ar mhíle míle d'iarnróid a leagadh síos ar fud na tíre ar fad agus é a dhéanamh laistigh den am agus den airgead a bhí luaite sa chonradh. Ba é sin William Dargan, tógálaí, a rinne a chion féin ar son na tíre.



William Dargan

Saolaíodh William Dargan i gCeatharlach sa bhliain 1799. Tionóntaí feirme ba ea a mhuintir ar eastát Iarla Chúl an tSúdaire. Dealraíonn sé gur fhreastail sé ar scoil scairte agus go raibh bua ar leith aige sna matamaitic agus sa chuntasaíocht. Tar éis dó an scoil a fhágáil, chaith sé tamall ag cabhrú ar fheirm a athar agus ansin, thosaigh sé ag obair in oifig suirbhéara i gCeatharlach. De dheasca na cabhrach a fuair sé ó phátrúin, John Alexander, muilleoir agus Sir Henry Parnell, Teachta Parlaiminte, fuair sé post leis an innealltóir cáiliúil, Thomas Telford, ar an mbóthar a bhí á thógáil idir Holyhead agus Londain. Chaith Dargan cúig bliana ag obair ann. Bhí Telford chomh sásta leis an obair a rinne Dargan dó gur iarr sé air suirbhé a dhéanamh ar bhóthar nua a bhí le tógáil idir Ráth Éanaigh agus Cill Fhionntain i mBaile Átha Cliath agus a bheith i gceannas ar an tógáil. Fuair Dargan an-mholadh as feabhas na tógála. I rith na 1820idí, fuair sé conarthaí chun scéimeanna tógála a dhéanamh ar fud na tíre. Choinnigh sé nasc le Telford, chomh maith, nuair a rinne sé obair ar an gcanáil idir Learpholl agus Birmingham agus mar thógálaí ar chanáil Middlewich.

Thóg Dargan céim mhór chun tosaigh ina ghairm in 1831, nuair a roghnaíodh é chun iarnród idir Baile Átha Cliath agus Dún Laoghaire a thógáil. Toisc go

raibh roinnt de na húinéirí talún glan in aghaidh cuid dá n-eastáit a chur ar fáil don iarnród, bhí ar Dargan tolláin, túir, céanna agus droichid a thógáil. Thug sé seo deis dó a scileanna tógála a léiriú. Bhí foireann oibre mór aige agus nuair a bhí aighneas faoi chúrsaí airgid, réitigh Dargan é nuair a d'íoc sé an fhoireann de réir an méid oibre a rinne gach duine. Bhí dúshlán mhóra ag baint le tógáil an iarnróid toisc go raibh sé in aice na farraige. Ach críochnaíodh é in 1834. Bhí cáil ar Dargan i ndiaidh na hoibre seo agus iarradh air roinnt línte iarnród a thógáil i dtuaisceart na tíre. Bhí sé lonnaithe i mBéal Feirste go ceann deich mbliana agus thóg sé roinnt iarnród ann.

Bhí baint aige le formhór na bpríomhlínte iarnród a tógadh in Éirinn, ina measc Baile Átha Cliath go Ceatharlach agus Cill Chainnigh, Baile Átha Cliath go Cill Mhantáin agus Inis Córthaidh agus Durlas go Coraigh. Rinne sé tarbhealach deich n-áirse ar an Abhainn Dhubh lasmuigh de Mhala ach phléasc na poblachtaigh é i rith Chogadh na gCarad. Chomh maith leis sin, thóg sé tarbhealach ocht n-áirse ag Coill Chnap lasmuigh de Chorcaigh atá fód in úsáid. Rinne sé tarbhealaigh níos mó, mar shampla, ceann le 11 áirse ag Baile Brigín agus 18 n-áirse thar Abhainn Chamlocha i gContae Ard Mhacha.

Is féidir gaiscí Dargan a mheas sa saol ainnis a bhí ann de dheasca an Ghorta Mhóir idir 1845-1850. Sna blianta seo bhí staid airgeadais mórán de na comhlachtaí iarnróid go hainnis. In ainneoin na ndeacrachtaí a chruthaigh sé seo do Dargan, bhí run daingean aige leanúint ar aghaidh toisc gur thuig sé go raibh na hiarnróid riachtanach chun bia a chuir carthanachtaí ar fáil a sheoladh timpeall na tíre. Fear flaithiúil ba ea é agus tá fianaise ann gur íoc sé pá seachtaine roimh ré d'oibríthe nuair a thosaigh siad ag obair dó.

Faoi am seo, bhí ainm in airde ar Dargan go bhféadfadh sé conarthaí a chur i gcrích in am. Sampla is ea an líne idir An Muileann gCearr agus Gaillimh a tógadh idir 1849 agus 1851. D'fhostaigh sé 9,000 oibrí agus críochnaíodh an líne in Iúil 1851 cúig mhí roimh am. Le cinntiú go ndéanfaí an obair go pointiúil, bhí oifig so-ghluaiste ag Dargan agus chodail sé ann.

Faoi thosach na 1850idí, fear saibhir ba ea Dargan. Theastaigh uaidh an t-airgead a úsáid chun acmhainní na tíre a fhorbairt. Nuair a bhí sé lonnaithe i dtuaisceart na hÉireann, thug sé faoi deara chomh tábhachtach is a bhí an líon mar bhunábhar do líon éadaigh. Cheannaigh sé feirm 2,000 acra gar do Ráth Chormaic i gCorcaigh. Thóg

sé roinnt monarchana lín agus thairg sé conarthaí d'fheirmeoirí chun barraí lín a fhás. Ach bhí leisce orthu dul sa seans, mar cheapadar go ndéanadh an líon dochar don chré. D'éirigh níos fearr le scéimeanna den chineál céanna i mBaile Átha Cliath.

Bhí uailmhian ag Dargan chun ionad saoire a fhorbairt i mBré, Contae Chill Mhantáin. Leag sé amach promanáid, thóg sé folcadáin Thurcacha, sraith tithe, bóithre leathana, margadh agus soilse nua gáis. Rinne sé infheistíocht, chomh maith in óstán 130 leaba gar don stáisiún traenach.

I mBealtaine 1865, bhí Dargan amuigh ag marcaíocht nuair a thit sé den chapall. Gortaíodh go dona é agus níor tháinig sé chuige féin i gceart ina dhiaidh. Cúpla mí ina dhiaidh, dhíol sé a theach cónaithe, Mount Anville, le hOrd an Chroí Ró-Naofa, a d'oscail meánscoil do chailíní ann. Tá an scoil fós ag feidhmiú. Fuair sé bás i bhFeabhra 1867. Cuireadh é i dtuama i gCiorcal Uí Chonaill i Reilig Ghlas Naíon.

Pearsa thábhachtach i stair na hÉireann, a rinne a chion féin chun córas na n-iarnród a fhorbairt in Éirinn, ba ea Dargan. Bhí sár-chaighdeán ag baint lena chuid oibre. Ba bhreá leis go n-éireodh le fiontar in Éirinn. D'íoc sé féin as Mór-Thaispeántas Ealaíne agus Tionscail i mBaile Átha Cliath a bhí ar siúl idir Bealtaine agus Deireadh Fómhair 1853. Ceannródaí i stair na n-iarnród ba ea é.



Tarbhealach Choill Chnap, Corcaigh

### Gluais:

**le blianta beaga anuas = in recent years**

**scoil scairte = hedge school**

**oifig suirbhéara = surveyor's office**

**tarbhealach = viaduct**

**dúshlán mhóra = big challenges**

**gaiscí = achievements, feats**

**bhí rún daingean aige = he was determined to..**

**acmhainní na tíre = the resources of the country**

**líon éadaigh = linen**





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## SUMMER BBQ at The Castle Glanmire



## MembersFocus

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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

### Mayfield GAA U11 Team who competed in the prestigious John Kerins Memorial Tournament

Adam Brady  
Jack Burke  
Ryan Creen  
Sam Crowley  
Scott Daly  
Jack Doherty  
Jack Duggan  
Ben Foley  
Ryan Harrington  
Ryan Horan  
Jack MacDonagh  
Daniel Murphy  
Luke O'Connor  
Diarmuid O'Donovan  
Emmett O'Donovan  
Eolann O'Donovan  
Fionn O'Maoineigh  
Matthew O'Sullivan  
Nathan Rawley  
Ciarán Sharkey



Mayfield Ladies GAA  
Fundraiser for Mayfield Ladies Gaelic Football Team



Cormac O'Connor of O'Connor Butchers & The Old Bank Cafe who sponsored the Jerseys for the FEILE U14 Team pictured with Club Chairman Sean McCarthy and the FEILE U14 hurling team



Mayfield GAA Juveniles are extremely appreciative of @Supermacs Tivoli who sponsored gearbags for the Feile U14 team. Supermacs have come on board as a Club Sponsor



Our Lady Crowned Church Mayfield  
Group of Mayfield residents with Rev. Fr. Michael Keohane in Lourdes



Cllr John Maher with his sister Amy and his parents Liz and John celebrating his election to Cork City Council

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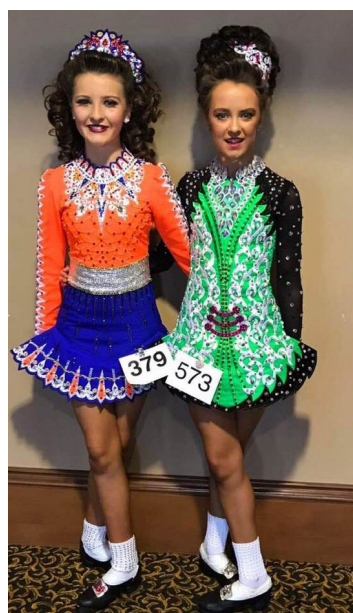
Macra na Feirme

Macra Community Involvement

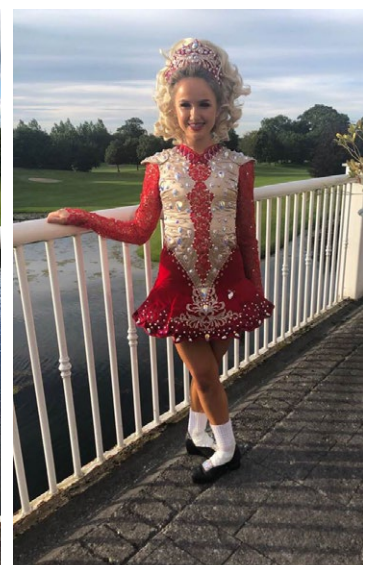




### Mayfield Community School Graduation Class 2019



### Mary McCarthy School of Dance at the Irish Nationals







## Dr. John Sheehan

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

## ATRIAL FIBRILLATION (AF)

Atrial fibrillation (AF) is an abnormal fast irregular heartbeat. A normal heart rate is between 60 and 100 beats a minute (bpm). In AF the heart rate can sometimes be very fast (often between 140 and 180 beats per minute) as well as being irregular.

Many people with AF have no symptoms, especially if their heart rate is not very fast. Possible symptoms include breathlessness, chest pains, dizziness or palpitations.

It is important to diagnose AF because it can cause blood clots to form in the heart that may then travel to your brain and cause a stroke.

In about 1 in 10 cases there is no apparent cause for AF. Conditions that may cause it include high blood pressure (because it puts a strain on heart muscle), angina, heart valve problems, overactive thyroid gland, pneumonia, obesity, lung cancer and

drinking a lot of alcohol.

AF is common, mainly in older people and about 2 in every 100 people develop it.

If your doctor suspects you may have AF because you pulse rate feels irregular or your symptoms suggest it, a heart tracing (ECG) can confirm the diagnosis of AF. Other tests including blood tests and possibly an ultrasound scan of the heart are done to check for underlying causes.

The treatment for AF either controls the heart rate or changes the rhythm back to normal. In addition, because of the risk of blood clots causing stroke, the treatment almost always includes medication to prevent blood clots.

It is important to diagnose and treat AF in order to reduce complications of AF including strokes, heart failure and angina.

Rate control medication usually aims to bring heart rate back to normal (ide-

ally to less than 90 beats per minute) when resting. Beta-blockers (such as atenolol and propranolol), calcium-channel blocker medicine (such as diltiazem and verapamil) and digoxin can be used for this purpose.

Rhythm control treatment means bringing the irregular heartbeat back to a normal regular rhythm. This is called cardioversion. One method of cardioversion is to give your heart an electric shock. Another method is to use a medicine such as amiodarone, to convert the heart rhythm back to a regular beat. Both these methods fail in many cases.

The main complication of AF is the increased risk of having a stroke. This is because AF can interfere with blood flow in the heart, causing a blood clot to form, which can then travel in the blood vessels until it becomes stuck in a smaller blood vessel in the brain. Part of the blood supply to the brain may then be cut off, which causes a stroke. Your doctor can calculate the risk of

stroke by using a set of specific questions. This will help decide what treatments are required. All people except those at the lowest risk will be offered medication to help prevent clots forming. Your risk is calculated with consideration of factors such as presence of heart failure, hypertension, diabetes, previous history of stroke, age and sex of patient. The higher the total points scored the greater the risk. In addition your risk of bleeding needs to be taken into account.

Aspirin is very effective at reducing the risk of a second stroke if you have had a stroke that was not due to AF. However where AF related stroke is concerned, aspirin is much less effective than other treatments. Instead your doctor is likely to recommend an anticoagulant-either warfarin (the traditional option) or one of the newer agents such as dabigatran, apixiban, rivaroxaban or edoxaban. Rarely, surgery is recommended for people who are at high risk of stroke and who cannot take anticoagulants.

## Upper Glanmire ICA

### Update on Guild activities

- Over 20 members and their friends are looking forward to our Annual Outing to the Kildare Village and the Newbridge Centre in mid June.
- Our last Guild meeting until September was held on the 4th June and ended with a little party.
- Our Summer Walks will resume again in June and will continue until mid September. This will be our 9th year of Summer walks!

### July Recipe: Simple Jam Swiss Roll

**Ingredients**  
2 oz caster sugar  
2 eggs  
2 oz self-raising flour  
Jam of your choice

#### Method

- Line a small swiss roll tin with greaseproof paper
- Beat the eggs and sugar until pale and creamy
- Gradually fold in the sieved flour
- Spread evenly onto your tin

- Bake at 180°-200° for about 10min, until golden brown.
- Pop out onto a sheet of greaseproof paper sprinkled with caster sugar, gently remove paper from cake, and cut off all crusts.
- For rolling instructions, check out one of the many YouTube videos
- When cold, unroll and spread completely with jam of your choice.



Traditional jam swiss roll



Entries for our June Competition 'A home grown rose'



A beautiful ceramic piece from the Meitheal Festival in Ballypheane 30th May





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and arms." CLOSER



Watergrasshill





## Slán Libh

Braithimid uainn daltaí na hArdteistiméireachta a bheidh ag fágaint i mbliana. Tá sé bliana caite acu i gColáiste an Phiarsaigh farainn agus guímid gach rath agus séan orthu pé áit a dtabharfaidh siad a n-aghaidh. Guímid gach rath orthu freisin sna scrúduithe Ardteistiméireachta. Táimid dóchasach áfach go bhfuilid lán réidh do na dúshlán úd a bheidh rompu sa toadhchá. Slán libh.

Thíos: Buachaillí na hArdteistiméireachta a bhí ar na painéil chaide agus iománaíochta 2018 2019.



## Coláiste an Phiarsaigh ar Camchuairt 2018 2019



Daltaí staire an cúigiú agus an tséú bliain ar cuairt i Londain, Shasana.



## An Lá Spóirt 2019



Lúthchleasaíocht: Na Cailíní Ba Thapúla



Lúthchleasaíocht: Na Buachaillí Ba Thapúla



Lúthchleasaíocht: Léim Ard: Buachaillí Bl. 2



Lúthchleasaíocht: Léim Fhada: Cailíní Bl. 5







## Sarsfields Camogie Notes



### ROYAL DUTCH VISIT

Marie Kearney, Sarsfields Camogie Club President regaling the Dutch Royal Couple, King Willem Alexander and Queen Máxima with tales of when she played an exhibition camogie match with UCC in Holland in the 1970's. Sixteen of our u14 panel and a number of officers, mentors & parents were invited to Camden Fort in



Dutch Royal Couple

Crosshaven on Fri 15th June where the Royal Couple met with volunteers from various organisations. The girls played an exhibition game while the Royal Couple chatted with Marie Kearney, Shane Hennessy and two u14s, Liadan Sheppard and Ciara Rice. They spoke about the commitment of players and trainers and how volunteerism is so important.

### FEILE 2019

The curtain has come down on a superb Feile weekend of camogie & hurling. We were honoured to host Carnmore of Galway and hope they enjoyed the weekend as much as we did. Both teams qualified for semi finals on Sunday morning with Carnmore very unlucky to lose out to Eire Og of Cork & Sars getting the better of Gailltír of Waterford. As reigning All Ireland champions and hoping to



Feile 2019

achieve an unbelievable 4-in-a-row of titles, we just fell short & unfortunately lost out by three points. The girls were superb and did us proud, with the game in the balance up to the very end. On a positive note, many of these players are underage again next year!

A huge thank you to our host families who looked after the Carnmore girls for the weekend; anyone who helped in anyway with fund-raising, baking, catering, pitch duty, sponsors & bar staff to mention but a few. To Glanmire Football Club (Conor Burke & Michael Carmody get special mention) for all your assistance in making the Paddy Duggan facilities available to us for our Friday fixtures, we very much appreciate it!

### SCIATH NA SCOL FINAL

Congratulations to Riverstown N.S. boys & girls on their recent Sciath Na Scol victories.

### U13 GARDA BLITZ



Deirdre McCarthy

Congratulations to our fantastic U13 squad who won the prestigious Garda Blitz in Blackrock recently. The girls played brilliantly throughout the day and went on to beat a strong Douglas team in the final. A huge thank you



Senior League Finals 2019

to the Mayfield Gardai for organising this fantastic day & also to Blackrock for hosting. To top off a great day Deirdre McCarthy was awarded the Dominic Rooney Player of the Tournament award.

### SENIOR LEAGUE FINAL

Our seniors had a very successful league campaign reaching the penultimate stage of the competition & narrowly losing out by two points to County Champions, Inniscarra. Championship 1st round v Douglas is on 23rd July in Castle Road.

### WEDDING BELLS

Congratulations to our Senior player & outstanding club stalwart, Jenny Murphy who celebrated her recent marriage to Kevin Cronin. Best wishes to you both for a long & happy future together.

Well done to Sars U10s who played Cobh in Buck Learys. Great Camogie shown by both teams.

Sars U12Cs played Bishopstown in a league match in Bishopstown. The girls gave a great performance and won well.

Well done to Evie, Orlaith and Isabelle who played for Cork u15s in Clare.

Well done to our 3 super U8 teams who were outstanding in their matches against Midleton.



Cork U15s



U10 team



U12 team



U8 team





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## White's Cross GAA News

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



White's Cross junior B footballers who beat Passage in the championship recently

### Feile na nGael

The John West Féile na nGael National under 14 hurling tournament was held in Cork and Kerry over the weekend the 7th – 9th June 2019. White's Cross's GAA club had the honour of hosting Luke O'Tooles from Aughrim in County Wicklow. In total 11 host families generously accommodated 22 guest players for the weekend. Apart from lodgings, the club also put on catering and social events for our visitors from the Garden county. There was food provided for the guests on Friday evening which was warmly welcomed after they had spent the day travelling down and then had to face into two matches in Kilmichael. On Saturday morning after both sides played their final group stage game, there were further refreshments provided for all players, supporters and mentors. On the Saturday evening, a large crowd gathered at the Upper Glanmire Community Centre for a social evening where hot food was served.

All of these games and events obviously did not just fall into place on the weekend itself. A big thank you needs to be given to P.J. Hegarty & Sons for their very generous sponsorship. Weeks of planning went into this event and for this special credit and thanks should be given to those responsible. The underage committee and especially Imelda O'Connell did trojan work in putting together the schedule of events. Simon Buckley, Pat Casey, Nick Harden and George Healy, the team

managers, prepared the team for the competition but also assisted greatly with the logistics of the weekend. And obviously not forgetting all the host families, not already mentioned, who gave of their homes for the weekend. Whilst huge sacrifice is made by the organisers, there are also huge benefits. Over 160 teams from all 32 counties and further afield take part in Europe's largest youth tournament. This tournament fosters a sporting friendship and creates lasting memories for those involved. The 'Spirit of Feile' was alive and well on the weekend in question. Well done to all involved and especially our own club who carried themselves so well over the weekend.

### Junior B Football Championship

The Junior B football team, who had been beaten comprehensively in their opening round championship game against St Finbarr's rebounded in convincing style with three consecutive victories against Douglas and Delaneys in the league and then finally beating Passage by nine points in the championship. The availability of star player Conor Buckley was a huge benefit in these games and he was ably assisted by other distinguished campaigners such as Sean and Pdraig Murnane, Derek O'Connor, Ronan Aherne and Conor Kelleher in goals. However, most satisfying was the contribution of the younger players in those games. Seamus Quinlan, James Royal, Max Philpott, Billy



Luke O'Tooles and White's Cross under 14 hurlers who took part in the 2019 Feile na nGael Competition

continued to follow the club for life. His presence will be missed by all but especially by his mother Sheila, his son Barry and daughter Richella to whom we extend our deepest sympathies. Ar dheis de go raibh a anam uasal.



Richie O'Regan (RIP) taking part in last year's puc fada

O'Hara, Cormac O'Flynn, Colin McCarthy, Fergal Reid, Colin Sisk, Craig O'Connell, Shane Twomey all played their part in the victories. Roll on the next round!

### Richie O'Regan

The club was saddened to hear of the passing of Richie O'Regan of Ballyphilip who left us after a period of illness recently. Richie was an incredible character and passionate supporter of White's Cross GAA for several decades. He was a formidable presence in goal throughout the 1970s and 1980s and

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## ERIN'S OWN LADIES CLUB



Feile team

### Feile 2019

The John West Feile 2019 was a great success for our Feile team. It was a wonderful weekend for all the girls involved. We played four matches over the weekend. Our first two matches were played against Kildalkey (Meath) and Bishopstown on Friday night 7th of June. We won our match against Kildalkey and lost by a goal to Bishopstown. We were hosts to Ballycastle (Antrim) and played them in Caherlag on Saturday morning, we won this game which qualified us into the Cup Quarter Finals. In the quarter final we played Camross (Laois) which was a very tight and physical game, unfortunately we were

narrowly defeated by a point. In all four matches our girls were a credit to our club, they displayed spectacular skills, team work and had great fun. We are very proud of each and everyone of the girls. We were delighted to be hosting Ballycastle who were a fantastic team and lots of friendships were made on and off the field. On Saturday evening we had a bbq in Caherlag which was a great success and a thoroughly enjoyable evening for all in attendance. Presentations and awards were presented on the night. We would like to thank everyone who helped out in any way to make this weekend such a success.



Ballycastle Antrim



Erins Own Sarah Casey and Hollie Healy with Ballycastle players



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## GLANMIRE LADIES BASKETBALL CLUB

### Achievements

We have reached the end of another successful season for Glanmire Ladies Basketball Club. For our Super League Team, it has been an opportunity to rebuild the squad. The team achieved some exceptional results given they played most of the 2<sup>nd</sup> half of the season without an American/Pro. We are excited about the young talent coming through and look forward to the challenge next season.

We are also very proud to have so many GLBC players selected for Irish teams;  
**Irish Players:** (Senior) Aine McKenna; (U20) Annaliese Murphy & Louise Scannell; (U18) Mia Furlong  
 Comhghairdeas libh cailíní, agus go n-éirí libh.



Sona Field (U12), Allie McCarthy (U13) shortlisted for Cork MVP 2018/2019

The following GLBC players have been selected for Cork Development Squads for their respective age groups.

(U12) Sona Field, Chloe O Driscoll, Eabha Curtin, Aoife Kiely, Roisin Dowling; (U13) Allie Mc Carthy, Aine Murray, Meadhbh O Callaghan, Roisin Murphy;

(U14) Amy O Sullivan; (U15 Munster Academy) Orla Kiely, Abby Furlong, Ruth Patterson; (U16) Caitlin Brosnan, Paula Fernandino.



GLBC Premier Team: League, Championship & Top 4 Winners 18/19

Both our ladies teams competing in local leagues had an exceptional season. Our Premier girls completed the treble by winning league, championship and Top 4 competitions and our Div1 team with a double, winning both league and Top 4. Our U18 team also reached the championship final.



GLBC Div1 Team: League & Top 4 Winners 18/19

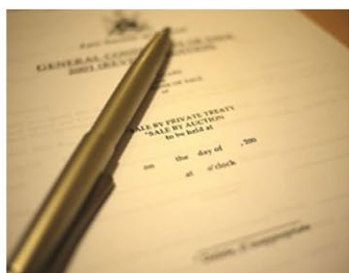
A big congratulations to GLBC players Maura Dillion (Premier) and Laura Fitzpatrick (Div 1) who were awarded Cork Count Board MVP (Most Valuable Player) for the 2018/2019 Season.



Maura Dillion (Premier), Laura Fitzpatrick (Div1) with her son Davin McKeown

We are always looking for volunteers and players to join our club and we will be running coaching courses over the summer break. To get involved, either as a player or coach, please contact us on facebook or email: [glanmirebasketball@gmail.com](mailto:glanmirebasketball@gmail.com)

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## GLANMIRE MONTHLY MACRA NEWS

### Tag Rugby Final for Glanmire Macra



Cathal Cashman, Will Daly, Sarah O Connell, Michael Buckley, Kate Bugler, Dee Walsh, Aisling Walsh, Maura Fitzgerald and Tanya O Sullivan at the Seandún Tag Rugby May 2018

As we come into the middle of June there is no doubt it is the summer season. The days are longer, the masses flock to the beaches in our sporadic burst of heat and there's even less rain. For Macra, this signals one thing – the tag rugby competition.

Essentially the last competition of the Macra calendar, the competition is a 7 side contest where the teams are mixed gender. The rulebook requires at least 2 woman on the pitch at once but teams are awarded more points if there are more woman on the pitch.

A fact that Knockraha Macra took full advantage of against Glanmire in the final. Glanmire were competitive throughout the game but with only 1 sub, the Glanmire team legs clearly began to falter. Using the "accelerator rule", Knockraha Macra were able to get some tries in quick succession.

Captain and club chairperson Seamus Reid got a solitary try for Glanmire which was celebrated with as much celebration as if we had just lifted the Webb Ellis Cup. Seamus Reid notes that "the tag rugby competition is one of the most enjoyable in Macra. Yes it's competitive but it's good natured and a great social outing coming into the summer."

Speaking of a social outing, the Tag Rugby coincided with the Seandún End of Year party. There was much fun and socialising between the clubs in Costigans Bar, where the craic and free pizza were in full flow.

A great night was had by all and well wishes to Knockraha Macra as they represent the region in the National Final in the Tag Rugby Competition.

### Glanmire run Cork City Marathon and Enjoy Social Night

Of course the June bank holiday weekend is of more significance to the people of Cork with the 37th Cork City Marathon.

2019 marks the 3rd consecutive year that Glanmire Macra will have a relay team. It started as members of the club, wanting to improve their general fitness and now marks one of the Glanmire's newest traditions.

What makes this so special, is that the

last 3 year, the three relay teams have differed in personal making it one of the most inclusive and diverse events. Led by Galway native, Ava Ruane, she was joined by Michael Buckley, Nicole Hyland and Marie Hayes

Also a special mention to Gillian Kenneally and Kevin Smiddy who both ran the Half Marathon setting personal bests. Well done to both of them!

Social Officer John Lonergan arranged a meal in Luigi Malone's and night out which was well attended by runners and supporters alike.

Having claimed the Seandún Queen of the Land in February, Glanmire's Dee Walsh was representing the club and region in Athboy Co Meath. Chairperson Seamus Reid organised a contingent of supporters to go up to Meath to support Dee.

Well done to her on representing the club and region so well over the weekend.

### Glanmire Enjoy Cork County Summer Show



Glanmire's Aisling Walsh, Cathal Cashman, Seamus Reid, John Lonergan and Michael Buckley enjoy Cork Summer Show

In the last month, Glanmire Macra members enjoyed the Cork Summer Show. The family themed event is celebrating over 200 years in existing with the first recorded Cork Summer Show. Organised by the Munster Agricultural Society, the show had a variety activities, showcasing the best sheep and cows not to mention some of the finest horses in the country.

Of course like all good agricultural shows, there was an abundance of the tractors, trucks, loaders for the eye to behold. The organiser struck an excellent balance in showing the much loved vintage machinery while also showcasing some of the newest machinery. Of course the machinery was only a part of it. The show had many agricultural based tents, with the latest innovation tent drawing a large crowd. The tent illustrated the current technology developments and advancements that are being used in the agricultural industry.

Of course being an agricultural based show it was a natural draw of Macra members. Continuing their now annual tradition, the Seandún regional committee organised an Inter County Event for members to enjoy. It also puts Macra front of mind of the wider community. Despite being agricultural based, Macra is opened to everyone and

anyone. Taking place at a family themed event it's a great opportunity to showcase the benefits of the organisation.

In order to aid with the promotion, the region namely Chairperson Paul O Regan and National Council Representative, Eilis Ahern organised a competitive yet fun obstacle course style event. A mixture of running, throwing and balancing activities faced Seandún members Carrigaline and Glanmire as well as regional neighbours Charleville from Avondú.

Led by Chairperson Seamus Reid, the Glanmire trio was completed by Cathal Cashman and Michael Buckley. The trio each had to run through the course 3 times, collecting jigsaw pieces and putting together the puzzle. In order to be named the winners, Glanmire would have to have the quickest time against the other two clubs.

Opting to be the pace setters, Glanmire were first out with a respectable 17 minutes 15 seconds. Next up were regional rivals, Carrigaline who narrowly were slower than Glanmire posting a time of 17 minutes 22 seconds. That result guaranteed second place for Glanmire with Charleville Macra to go.

The North Cork club were lasted up and blitz through the obstacle course with a time of 14 minutes 27 seconds claiming the €70 prize for their club. Glanmire as runners up, got €30 for their efforts. Seamus Reid points out "winning or losing wasn't what today was about. It was about having fun and socialising with clubs across the county and promoting Macra as a social club."

Well done to Glanmire. Glanmire Macra are having an end of year party in the Woodford Bar, Cork City and would like to extend an invitation to anyone who may be interested in getting involved with Macra.

### Glanmire Macra host AGM and Elect New Committee for the Forthcoming Year

June both marks the end and the beginning for Glanmire Macra. The end of the Macra year is marked with the club's Annual General Meeting. A meeting that is greatly significant to the club as it provides us an opportunity to celebrate our success for the past 12 months.

Glanmire claimed regional titles in volleyball and senior debating. The former was narrowly lost the year previous to rivals Kinsale but it was a fantastic achievement to reclaim the title. While the Senior Debating Crown had alluded Glanmire for the last number of years. Led by the charismatic Kathleen Fitzgerald, the Glanmire team beat the students of UCC before seeing reigning champions Carrigaline in the final.

Glanmire also enjoyed success across the agricultural section this past year. Kerry natives Tomás Thornton and Declan O Hara secured the Seandún



Glanmire celebrate Club of the Year Success

Beef and Sheep Stock Judging titles, while our Know Your Ag team retained the title in 2018-19.

Declan O Hara also featured in Glanmire's successful drama group, alongside Tomás Cuffe and Kate Bugler in their production of "Wittegenstein in the West. The trio went on to the National Final.

Club secretary Gillian Kenneally secured two titles. The first in the National Talent Competition in the Mastermind category. Gillian went on to the National Final and did excellently in the final. All going well she'll do the same in August when she represents the club as the Seandún Miss Macra. Earlier in the summer, Dee Walsh had the honour of representing the club as the Miss Blue Jeans Champion from the region in Athboy Co Meath.

Of course, the club's success continued at the end of year when outgoing PRO's Michael Buckley and Aisling Walsh won the PRO of The Year Reward for the second year running. Without doubt, the icing on Glanmire's year was being crowned the "Club of the Year" in the Seandún region.

Club Chairperson Seamus Reid expressed with delight "to be named club of the year in the Seandún region is a fantastic achievement. It wouldn't be possible without the hard work and dedication of all our club members. Undoubtedly we wouldn't be where we are without them and we look forward to representing the region in the National Rounds of the competition."

A mention to the new Committee for the forthcoming year - Seamus Reid, Gillian Kenneally, Kevin Smiddy were all re-elected as Chair, Secretary and Treasurer respectively. While Alison O Connell and Muireann Kennedy completed the Top Table by taking over the PRO's roles. Well done to everyone else who got elected and well wishes for the year ahead. GlanmireAbú.



Michael Buckley, Kate Bugler, Jennifer Barry and Kathleen Fitzgerald presented with the Seandún Debating Final Shield by Seandún Chair Paul O Regan





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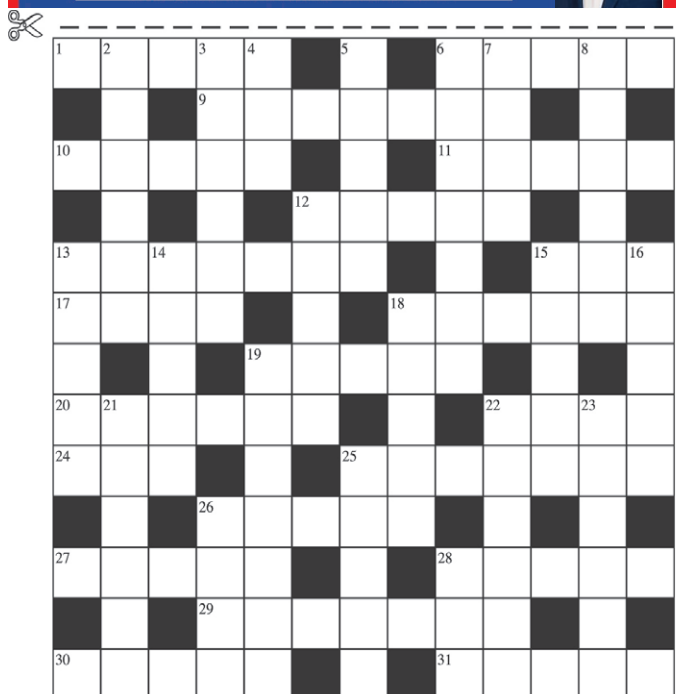
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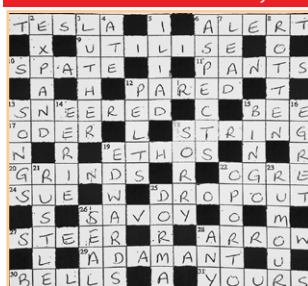
### Across

1. Our #1 boxer (5)
6. Desolate, uninviting (3)
9. Monk's bare patch (7)
10. Irish for knife (5)
11. Gets money for work (5)
12. Car body type (5)
13. Flag, banner (7)
15. Used for chopping (3)
17. ---- O'Brien, Irish writer (4)
18. Shake when cold (6)
19. Road taken on a journey (5)
20. Accustomed (6)
22. Italian river (4)
24. Consume (3)
25. Repeat dose of vaccine (7)
26. Shy, fearful (5)
27. Small seat (5)
28. Female relatives (5)
29. Brew, effervesce (7)
30. Self-satisfied (5)
31. Periods of 365 days (5)

### Down

2. Go up (6)
3. ----- 90, glory days in Irish soccer (6)
4. A long time (3)
5. Remnants of a fire (5)
6. Inhale and exhale (7)
7. Not fat (4)
8. Extension to a building (6)
12. Hybrid of a scarf and hood (5)
13. Weird, strange (5)
14. Animal nose (5)
15. Prevent, ward off (5)
16. Mistake (5)
18. Was an election candidate (5)
19. Condemned, censured (7)
21. Chat (6)
22. Clever (6)
23. Tidier (6)
25. A habitat (5)
26. Food made with soya beans(4)
28. Some (3)

### Crossword Winner: Rory Burke, Montenotte, Cork city



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**13 The Fairways, Little Island €335,000**  
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