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Area News



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GLANMIRE HERITAGE SOCIETY

Programme of events for National Heritage Week 2019

Tuesday 20th August at Riverstown Community Centre

- 2.00 – 5.00 pm Heritage Exhibition / Maps
Knitting and Crochet Exhibitions
- 3.00 – 5.00pm 'Past Times' by Liam O'hUigín
- 7.30 – 9.30pm Musical Evening at St. Mary & All Saints Church, Glanmire showcasing local talent – music, song, dance, poetry, storytelling

Wednesday 21st August

- 7.00 – 9.00 pm Heritage Photographic Exhibition & Maps at Riverstown Community Centre
- 7.00 – 9.00pm Heritage Walk from the John O'Callaghan Park at 7 p.m. followed by refreshments at Riverstown Community Centre. Guide Mr John O'Callaghan

Thursday 22nd August at Riverstown Community Centre

- 7.00 – 9.00 pm Heritage Photographic Exhibition / Maps in R.1.
- 7.00 – 9.00 pm 'Industry in Glanmire 1750-1930' in R.4 – Speaker Dr. Colin Rynne, Department of Archaeology, U.C.C.

Friday 23rd August

- 8.00- 10.00 pm Musical Evening at historic Riverstown House

Heritage Week in Knockraha

The Knockraha History group will again have an open history day in Kilquane Knockraha on Sunday 25th August from 12-6pm as part of National Heritage Week.

On display will be artifacts from the War of Independence such as military equipment and molds for making hand grenades which were shown recently on television. Lectures will be given during the afternoon and Sing-Sing prison will be open. This

is where British military were held while their fate was being decided. It is recognised as one of the most haunted places in Ireland and is getting great attention by ghost-hunters.

Conducted tours of Sing-Sing will take place every hour. Books on the War of Independence will be available and the ladies committee will provide refreshments.

Queries to Jim on 087-986 4177.

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Rainbow Club Cork Centre for Autism

Fundraising drive for the Rainbow Club for Children with Autism in Ryan's Super Valu, Glanmire on the 28th and 29th June. Supporting Children & Parents living with Autism in Cork and County.



Natalie Ward and her son Ryan



Collette Hyde, Lauren Hyde, Aisling Henerby and Gillian Bourke

Neuromuscular Therapy



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Neuromuscular Therapy is a physical or manual therapy that treats the symptoms of pain and dysfunction primarily in the soft tissue in the body and to restore the normal function of the muscles, ligaments, tendons and affected joints. Neuromuscular Therapy is taught in Ireland in the National Training Centre in Dublin under the guidance of internationally acclaimed anatomy expert John Sharkey. The courses are taught at various locations around Ireland including UCC's Mardyke Arena.

Recently opened in Mayfield Sports Complex Oakfield Physical Therapy and therapist Adrian White are offering the service of

pain treatment through the discipline of Neuro-muscular Therapy. Primarily a Neuromuscular Therapist will assess the client by way of a full postural and range of motion assessment. This in conjunction with the client's lifestyle, work environment and historical injuries amongst other factors will all be considered to attempt ascertain the possible causes and best treatment strategy for whatever issues the client might be experiencing.



Much of the time an accumulation of issues may have accrued before the dysfunction manifests by way of pain or discomfort. Clients may have been aware for some time that

Riverstown National School Quiz Team



Members of the under 11 Riverstown National School quiz team who were victorious in the local heat for the Credit Union National Schools Quiz. Went on to win the Cork County heats and narrowly missed out, finishing third, in the national finals in Dublin. Being presented with vouchers from Glanmire & District CU Ltd to honour their achievement. Photo from left: Eamonn Kearney - teacher, Chris Smith - Manager CU, Lydia Scott, Aoife Considine, Cormac Fennessy, Ben Murphy, Frank Linehan - Director CU



Louise Oppermann presenting Joe Hyde with the cheque for money raised from the bag packing

they have not been moving as freely as before or have been carrying a little niggles that they were hoping would improve over time only for this to develop into something bigger or more painful. Tight muscles can cause a postural issue that might cause an individual to make an adjustment in their body mechanics in order to compensate for this dysfunction. This adjustment may go unnoticed for a considerable period of time but can manifest elsewhere in the body by way of pain along what are known as the Kinetic Chains.

Neuromuscular Therapy can help with many of these issues through the various techniques, in-depth knowledge of the anatomy and skills developed through the detailed training received. A Neuromuscular Therapist will focus on the cause of the pain.

Our bodies although the most important vehicle we will ever travel in are often the ones we neglect the most. Many is-



Adrian White

issues associated with aging can be helped or even avoided altogether with the correct intervention. A phrase a Neuromuscular Therapy student will repeatedly hear is that a "Tight muscle can lead to a stuck joint and that a stuck joint can lead to a tight muscle". This might be a bit of a chicken or the egg situation but with investigation and intervention these issues can be greatly helped. Oakfield Neuromuscular Therapy is now open at Mayfield Sports Complex.

Call or text for appointment
087-2021853



What If This Happened To You At The Chiropractor?

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

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

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

"Does Chiropractic Really Work?"

Chiropractic has been around for over a hundred years and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers... like Tiger Woods, Emmitt Smith, Tony Robbins, Joe Montana, Lance Armstrong, Gov. Arnold Schwarzenegger and Mel Gibson. These professional athletes have the money to hire any kind of doctors they want, yet they choose to have a chiropractor on their team.

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

In addition to that, here's what some of our patients have to say about chiropractic...

Isn't Chiropractic Just For Back Pain?

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

We help conditions like...

- Headaches and Migraines
- Asthma and Allergies
- Numbness in the Arms and Legs
- Carpal Tunnel Syndrome
- Athletic Injuries
- Car Accidents
- Shoulder, Hip and Knee Pain
- And much more

There's an endless list of health problems chiropractic can help with including high blood pressure, neuropathy and chronic fatigue.

How Much Does Chiropractic Cost?

It's impossible to know for sure what you'll need to get rid of your nagging health problem until I've examined you. That's why for 14 days only, €40 will get you all the services I normally charge new patients €120 for!

What does this offer include? Everything I normally do in my new patient evaluation. Take a look at what you will receive:

- An in-depth consultation about your health where I 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 findings so we can map out your plan to better health.

I'll answer all your most probing questions about chiropractic and what it can do for you. The appointment will not take long at all and you won't be sitting in the waiting room for long – no more than 15 minutes.

To take me up on this special offer, you must call Glanmire on 021-4824450 before August 1st, 2019.

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

What If This Happened To You Too?

With my "Chiropractic Evaluation" we'll be able find the problem and then correct it.

Think of how you'll feel in just a few short weeks. See and feel your life change for the better.

Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

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

When you call between the hours of 7:30 am and 6:00 pm Monday through Friday, and Friday between 7:30-12pm. Tell the receptionist you'd like to come in for the Special Chiropractic Evaluation before August 1st, 2019.

Call today and we can get started with your consultation, exam and findings as soon as there's an opening in the schedule. Our office is called Glanmire Chiropractic Clinic located at Eastcliffe House, Glanmire (Next to A.I.B Bank).

Sincerely, Dr. Eric Kelly, D.C.

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

What I'm offering here is something quite different.

What if you got better? What if it happened to you at the chiropractor?

I encourage you to call today and start living a healthier, more joyful life. Call Glanmire on 021-4824450 today!

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

THE SCHOOL COLLECTION



Glounthaune Village School

In 1937 the Irish Folklore Commission, in collaboration with the Department of Education and the INTO, initiated a programme in which schoolchildren were encouraged to collect and document folklore and local history. Subjects included; folktales and legends, oral history, topographical information, riddles and proverbs, games and pastimes, trades and crafts. Between 1937 and 1939 approximately seven hundred and forty thousand pages were compiled by pupils attending five thousand primary schools and their contributions are generally referred to as; "Bailiúchán Na Scol" or "The Schools' Collection". The archive material is held in trust for the people of Ireland at the National Folklore Collection, University College Dublin. Glounthaune was one of the schools that participated, Pádraig Ó Dagháin (Dinan) was the principal, and the pupils submissions were compiled during the period November 10th. to December 20th. 1938. The following random selection gives a flavour of the times and sadly whilst some listed in the overall contributions are gone to their eternal reward; Margaret Donnelly, of "Donnelly's Pub" fame, who celebrated her ninety second birthday at "The Rising Tide" recently, resides in Little Island and another, Tess Grandon is a resident in Oxford, England. Tess departed our shores circa 1959 following her marriage to Boherbue native Joe Cahill, a popular barman at "The Elm Tree" back then. The Grandon link in our locality today includes the family names Grandon, Aherne and O'Connor.

"THE LOCAL FORGE" was contributed by twelve year old Margaret Fitzgerald, Harpers Island and the information was supplied by her father Patrick, aged fifty. QUOTE: "There are

four forges in this parish. The smiths' names are John Long who has his forge at Annmount, Michael Long who has his forge at Pigeon Hill, John Mc Namara who has his forge at Caherlag, and Mrs. Long who employs a smith to work her forge at Brooklodge. The Long families have been smiths' for generations. The four forges are situated at cross-roads. The forges are roofed with slates. The smiths' usually light one fire but when they are shoeing wheels they light two fires. The bellows is made from timber and leather and has a large timber handle which is worked up and down. It has an air valve at the side and a metal pipe at the end through which the air is to fan the fire. The implements the smith uses are; the anvil, vice, sledge, chisel, hammer, punch and drill. The smith shoes horses and asses. He makes gates, hooks, part irons and other small instruments. The smiths were always looked upon as being strong. The shoeing of wheels is done in the open air. The water in which the iron is cooled makes a good drink for a broken winded horse". UNQUOTE.

"FUNNY STORY" was written by twelve and a half year old Tess Grandon of Killahora. Fifty nine year old John Grandon, who was a native of the Midleton district and resided in the Glounthaune area all his life, told her the story. QUOTE: "Long ago an old man of about eighty years was working on the road breaking stones. Going to his work one morning he found a purse-full of sovereigns on the road. He returned home as quickly as he could and told his wife the joyful news. His wife told him, for his life, not to say a word about it. "But Kate" says he, "someone might come looking for it and what will we do then". "I will fix that" says Kate, "sit down there my good man and take a rest after your hard work". After a while Kate said to him, "John me boy you'll have to go to school tomorrow". "Yerra Kate aghra is it mad you are getting - what business have I to school at this hour of my age". "John" says she,

"go, you'll have to go whether you like it or not". Next morning she sent him off and when he arrived at the school he told the master how his wife made him come to learn something. All the children were making game of him so he went home again. She sent him to work again as usual next morning and every morning for a month after. One day he was working away hard about two miles from his house when a Lord and his servants came along and on seeing the old man on the roadside; the Lord stopped and spoke to him. "My good man" says he, "the last day I passed along here I lost a large sum of money, did you hear if anybody found it". "Begor your Honour I found it myself" says the old man. "Well" said the Lord, "you are an honest man and I will reward you well". "I gave the money to my wife" said the old man, "so if you will come home with me I will give it to you". When they arrived at the house the old man said "Kate this is the gentleman that lost the money". "What money are you talking about you fool", said Kate. "The money I found on the road" said the husband. "My poor man" says she, "you are losing your senses. When did you give me any money". "Whist Kate girl don't you remember the day before I went to school". When the Lord heard this he got angry and he up with his stick and gave the old man a good beating for making a fool of him and says he, "'tis many a long day since an old rake like you went to school". So they lived happy ever after. UNQUOTE.

"LOCAL TOWNLAND" was eleven year old Margaret Donnelly's contribution and John O'Brien, aged fifty eight, of Little Island was her source of information. QUOTE: I live in the village of Glounthaune, townland of Lackenroe, in the parish of Glounthaune and in the Barony of Barrymore. There are two hundred and sixty people in this townland, and fifty four families. There are six families named Murphy which is the commonest name in the townland. Most of the houses in this

townland are slated. I did not hear how the townland got its name. There are about twelve very old people in this townland. There is one very old man who can speak Irish. He can tell stories in Irish. He is Mr. William Murphy of Annmount. The houses were more numerous in former times. There are some of them now in ruins. Most of the people in this townland emigrated to America and other places in former times. I did not hear of any song or old saying connected with this townland. The tidal waters of the river Lee comes in behind the village and forms a kind of harbour when the tide is in. UNQUOTE.

"LOCAL FAIRS" was written by twelve year old Kitty Fenton of Killacloyne and she received the information from her father Denis Fenton, aged forty five years. QUOTE: The local fairs held in this part of County Cork are in Midleton, Cloyne and Watergrasshill. They are held in a special field adjoining the town. Buyers still transact business also at farm houses. There is a toll paid when entering the fair fields. The toll is paid to the Town Clerk and is twopence per head for cattle, a penny per head for sheep, sixpence per head for horses and twopence per head for pigs. When bargains are made the parties strike hands and the seller returns something to the buyer for luck. When cattle are sold the buyer clips a piece of hair with a scissors off the side of the animal. When selling a horse the halter is given away. The special fair of the year is held in Killeagh. This is a horse fair. Formerly a horse fair was held at Bartlemy near Fermoy. It was a famous fair in olden times and was noted for faction fights when the men were drunk after the fair. UNQUOTE.

A further selection will be published in the September issue.

SLÁN ANOIS ©



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Gardening with Charlie Wilkins



Charlie Wilkins

WELCOME THE ROYAL SEASON

Autumn is truly a royal season for it dons a coat of many colours. It may hold fragments of the other seasons in its transformative arms, but it also encompasses a distinctive change of personality from either spring or summer. Between now and late November, the trembling leaves on shrubs and trees will slowly turn from summer green to shades of rich yellow, red and brown before the dance of surrender disrobes them for winter. Many gardeners complain about how tired their gardens begin to look in August- and this is long before the naked beauty of branches can be seen! They may blame the fickle weather or the odd few days of hot sun which dries everything to a crisp, but had they chosen wisely from the vast multitude of late perennials which went on sale early during spring, they would now be enjoying an injection of new life into tired beds and borders.

A new and different drama is now about to begin and already the heads of rich blue flowers of the agapanthus look the perfect accompaniment alongside the citric-yellow trumpets of hemerocallis, rusty heleniums, and the vivid potentilla Gibson's Scarlet. Beauty is once again softening the departure of a dismal summer, but it is not to these that I look to for fond remembrance but the true icons of autumn-the Nerines.

In bloom, Nerines look the part. The Americans would say they have 'attitude'. Everyone should have the hardy form known as 'bowdenii' for from early September (even late August) to dismal November these can carry umbels of bright if rather crude, knicker-pink flowers atop stems which rise to just a tad over two feet. They increase with vulgarity, make excellent cut blooms and last for ages in water.



A fine clump of Nerine blooms stand proud of the cooling soil in an autumnal setting. Naked of foliage (this arrives later during winter) the bulbs are easy to cultivate, be utterly reliable, and fast to increase in numbers. No September garden should be without these true icons of autumn.

The drawback with nerines is the ugliness of their leaves- untidy growths far more tasking to the gardener than those on daffodils or other spring bulbs. These look dirty and squalid long before they die (in recent years they even persist through winter) but you can, without detriment to their well-being and for the sake of appearances,

cut everything away from late July onwards. I will insist on you undertaking this chore for a number of reasons not least that of tidiness.

As outlined, August can be a debilitating and blowsy time of the year (whether it is wet or dry) and I don't like flowers or shrubs which make me feel that I too, am going to seed! I may be moving on like everyone else, but I'm far from calling it a day just yet! For this reason, the most welcome plants in the early autumn garden will always be those which bring a fresh vitality with them-and my nerines top the list in pink and white. Of course, white and pink flowers have always been particularly soothing on humid, early autumn days. They have a calmness about them which can act like a cool hand on a fevered brow. Nerines fit the bill handsomely and the longer they continue to increase in size and numbers I shall delight in them.

To say that they need sandy soil, plenty of sun and intelligent watering is not enough. We get less than our fair share of these in Glanmire. My advice is to plant them shallowly (allow their tops to peep above the soil) in sun or out, for whilst heat and light may seem to be 'de rigueur', the bulbs planted in semi-shade in my garden seem to flower better than those out in full sun.

THE AUGUST GARDEN

Some people get depressed as August progresses. The holiday end is in sight, schools re-open and its back to normal for the great majority, gardeners included. However, there's nothing wistful or melancholy about this time of the year for it is still full of gentle sound and wonder, substance and fruitfulness. Think not of shortening days and the declining year, but rather seize the colour, light, and perfume of whatever number of warm evenings we may get before all is cleansed colourless by winter frosts! Everywhere now, wasps make their sour drone as they skulk around deck and patio waiting for sweet food to all but drop into their open mouths. In the greenhouse, they chase fat bunches of Black Hamburg grapes, their opalescent bloom making the fruit look as if someone had suddenly breathed upon them.

There is such pleasure to be had from garden fruit and vegetables at this time of the year that I wonder why

grapes, plums, pears and peaches are not more grown. Perhaps we are spoiled by supermarket displays; the array, presentation, uniformity, even price, all lead us away from garden cultivation and the (mistakenly) presumed 'hard work' involved.

AUTUMN JOY; In August, you wouldn't spare Sedum 'Autumn Joy' a second glance for the plants are still green and their fat and fleshy leaves are still infilling the garden border. But soon, and almost overnight, they become an essential star of the autumn border as their flat corymbs of star-shaped, pink flowers arrive totally un-announced, to be admired by all (butterflies included) for weeks and weeks. Later still these will turn from deep pink to bronze and then to copper. In shade I grow Sedum spectabile variegatum, a variety with delicate shades of cream and pale green but a constant watch must be kept for all-green leaves and snails. These latter are stood upon whilst the green leaves are diligently removed to avoid the whole plant reverting. Good plants of these are now available in

most all garden centres.

SEATING; Put in some extra seats in the garden this autumn. Put in as many as possible and try to have them in timber rather than metal. Sales are ongoing and bargains are there for those who seek. I learnt to garden by looking as much as by doing, and now I like to see people sitting and enjoying their plants. It's important just to look. Promise yourself to take time next year to see other people's gardens and to gain inspiration from them. If I hadn't done this over the years, I wouldn't have met the great number of people I now refer to as gardening friends.

How nice to sit and think awhile of little things to make us smile

Of happy things we did in fun long ago when we were young

To think of people who were kind and left a ray of light behind

People who were nice to know, when we were young long ago

So, come and sit with me awhile, we'll think of things to make us smile.



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GLANMIRE LADIES FOOTBALL CLUB



Junior Team

Junior

Well done to our Junior team who won their league final, Ballinora were great opponents and it was a great game. Captain Ciara was delighted lifting the cup on behalf of her team mates and was great to see lots of younger girls down to watch the game on the evening.



Junior Captain Ciara



Sandra, Siofra and Annaliese
Cork U21

Well done to Siofra, Sandra, Annaliese and Ava who played with the Cork u21's and won their Munster final.



Glanmire twins Sorcha and Merissa
with their biggest fans, Mom and Dad

We would like to extend our best wish and congrats to our longest running football players Avril.

Bucklearys Grounds

Well done and thanks to all the Parents, coaches and supporters who helped with painting, cleaning and upgrading the toilet facilities and the development of the changing rooms at the Bucklearys grounds, June/July was the perfect time to get the work done.



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William Martin Murphy (1845-1919)

Micheál Ó Súilleabháin

I súile an phobail, beidh ainm William Martin Murphy luaite i gcónaí le Frithdhúnadh 1913 i mBaile Átha Cliath. Bhí aighneas mór ag an am idir James Larkin, ceannaire an cheardchumainn, ITGWU, agus William Martin Murphy, cathaoirleach ar an Dublin United Tramways Company. Mhair an t-aighneas sé mhí agus scaip sé go dtí tionscail ar fud Bhaile Átha Cliath. Faoin am ar chríochnaigh sé, bhí lucht oibre Bhaile Átha Cliath scríosta. D'fhág an t-aighneas atmaisféar nimhneach ina dhiaidh. Cuireadh an míléan ar Murphy. Ach bhí i bhfad níos mó ag baint leis ná an t-aighneas seo.



Wm. Martin Murphy

Saolaíodh William Martin Murphy in 1845, bliain an Ghorta Mhóir, gar do Bhaile Chaisleáin Bhéarra in iarthar Chorcaí. Tógáil ba ea a athair, Denis, a bhí go maith as. In 1846, d'aistrigh an teaghlach go Beantraí agus lean an t-athair ar aghaidh leis an obair thógála. Fuair a mháthair bás in 1849. Chuaigh William Martin ar scoil i mBeantraí i dtús báire. Ina dhiaidh sin, cuireadh é go Coláiste Belvedere i mBaile Átha Cliath mar scoláire lae. D'fhan sé i lóistín lasmuigh den scoil. Chabhraigh an tréimhse seo chun tréithe an neamhspleáchais, a léirigh sé ina shaoil oibre ina dhiaidh sin, a mhúnlú. Nuair a chríochnaigh sé sa mheánscoil, thosaigh sé ag déanamh staidéir ar an ailtireacht, ach nuair a bhí 19 mbliana slánaithe aige, fuair a athair bás. D'fhill sé ar Bheantraí chun dul i mbun an ghnó. Laistigh de chúpla bliain, d'aistrigh sé an gnó go Cathair Chorcaí agus ansin, d'aistrigh sé go Baile Átha Cliath. Duine uaillmhianach ba ea William Martin agus bhí sé ag faire ar na rudaí ba nuaí a bhí ag tarlú, go háirithe i gcúrsaí iompair.

Thosaigh a chomhlacht tógála ag tógáil mion-iarnród. Chonaic sé go raibh tramanna ag teacht chun cinn i Meiriceá, le capaill ag tarraing na dtramanna, i dtús báire, agus ina dhiaidh sin, d'oibrigh siad ar shreanganna leictreacha os cionn na sráideanna. Scaip an córas go Londain agus ansin go Baile Átha Cliath. Bhí comhlacht tógála Murphy in ann línte a thógáil go tapaigh agus thosaigh a ghnó ag méadú. Faoi na 1870-idí bhí ollstór Clérys ar Shráid Uí Chonaill agus Ostan an Imperial trasna na sráide uaidh ina sheilbh aige. Fuair a chomhlacht

conradh chun iarnród a leagadh síos idir Drom Dá Liag agus Beantraí in iarthar Chorcaí. Fiontraí ba ea é agus bhí sé i gcónaí ag faire ar dheiseanna chun a ghnó a mhéadú. Thóg sé iarnród i gContae an Chláir, iarnród iarthar an Chláir, agus bhí sé ina chathaoirleach ar an gcomhlacht ann. Scríobh Percy French amhrán magúil faoi. Thóg a chomhlacht iarnróid i Sasana, ar Chósta Oir na hAfraice agus i Buenos Aires san Airgintín. Faoi na 1890idí bhí na trí chomhlacht tramanna i mBaile Átha Cliath nasctha le chéile faoin ainm Dublin United Tramways Company agus bhí Murphy ina chathaoirleach air. De réir dealraimh, fostóir maith ba ea é agus bhí coinníollacha maith ag na hoibrithe. Bhí sé sásta déileáil le ceardchumainn, fiú, go dtí gur tháinig an ITGWU go Baile Átha Cliath.

Chuir Murphy suim sa pholaitíocht agus in 1875, toghadh é ina Theachta Parlaiminte do Ráth Maoinis i mBaile Átha Cliath. Bhí sé ina bhall de Pháirtí Rialtais Dúchais na hÉireann, a bhí faoi cheannas Parnell ón mbliain sin. Náisiúnaí láidir ba ea é sa chiall a bhí coitianta ag an am. Ní raibh sé i bhfabhar Éire a scarúint go hiomlán ón mBreatain ach chreid sé go raibh saoirse chun ár gcánacha, dleachtanna custaim srl. a ghearradh tábhachtach. Chaill sé a shuíochán ina dhiaidh sin agus cé go ndearna sé cúpla iarracht é a bhuachan ar ais, theip air. Sheas sé i gCiarraí Theas agus i Muigheo Thuaidh ach níor éirigh leis. Nuair a bhí scoilt sa Pháirtí Rialtais Dúchais in 1890, ghlac sé taobh na bhfrith-Parnellites.

Bhí an naimhdeas a d'eascair as an scoilt an-bhinibeach agus mheas Murphy go raibh sé tábhachtach go mbeadh nuachtán láidir aige chun a dhearcadh polaitiúil a chur chun cinn. In éineacht le Tim Healy, thosaigh sé an 'National Press' mar nuachtán laethúil. Ba é an Freemans Journal an nuachtán mór ag an am. Tar éis cúpla bliain nasc an 'National Press' leis an 'Freemans Journal'. Bhí Murphy ina stiúrthóir ar an nuachtán nasctha agus chuir sé roimhe smacht a fháil air. Níor éirigh leis é sin a dhéanamh i rith a shaoil. Ach in 1896, cheannaigh sé 'The Nation', nuachtán Davis agus Duffy. Bhí nuachtán eile i mBaile Átha Cliath, 'The Daily Independent'. Ní raibh gnó ann do gach nuachtán agus in 1900, bhí an Independent á leachtú. Cheannaigh Murphy é agus nasc sé an Daily Nation leis. Chaith sé mórán airgid chun nuachtán nua-aimseartha a dhéanamh den Independent. D'éirigh leis agus laistigh de chúpla bliain, bhí an Weekly Independent, Evening Herald agus Sunday Independent aige, chomh maith. Cheannaigh sé meaisín nua agus bhunaigh sé córas dáilte nua, a chinntigh go mbeadh an nuachtán ar fáil ar fud na tíre in am. Mhéadaigh díolaíocht an Independent go 100,000 cóip in aghaidh an lae. De dheasca an nuachtáin, bhí tionchar ag Murphy ar mhórán rudaí. Sna blianta tosaigh, bhí baint dhíreach aige le bainistiú an nuachtáin.

In 1909, tháinig James Larkin go Baile Átha Cliath agus thosaigh sé an ITGWU. Rinne sé iarracht an ceardchumann

a eagrú timpeall Bhaile Átha Cliath agus timpeall na tíre. Cé gur dhéileáil Murphy le ceardchumainn roimhe seo, níor thaitin modhanna Larkin leis. Chreid Larkin sa Siondacadachas, is é sin stailceanna a úsáid chun réabhlóid shóisialta a chur i gcrích. Bhí an stailc bháuil mar chuid de straitéis Larkin. Chiallaigh sé sin, má bhí aighneas idir an ceardchumann agus fostóir, rinne an ceardchumann iarracht comhlachtaí eile a bhí ag trádáil leis an gcomhlacht a tharraingt isteach sa scéal. Chun dúshlán mhodhanna Larkin a thabhairt, thosaigh Murphy Cónaidhm na bhFostóirí chun na fostóirí a aontú in aghaidh an cheardchumainn. In 1913, nuair a thosaigh Larkin stailc sna Tramanna, tarraingíodh suas le 400 fostóir isteach san aighneas agus dhiúltaigh siad bail den ITGWU a fhóstu. Lean an t-aighneas ar feadh sé mhí agus bhí droch-éifeacht aige ar na hoibrithe. Bhí orthu filleadh ar an obair agus glacadh le coinníollacha na bhfostóirí. D'fhág Larkin Baile Átha Cliath. Bhí an bua ag Murphy, cé nach raibh sé buan.

Bhí cáil Murphy, i súile na n-oibrithe, bunaithe ar a sheasamh in 1913. Bhí an ghráin acu air. Tharraing seasamh an Independent faoi Éirí Amach 1916 droch-cháil air, chomh maith. Chuir an nuachtán go láidir in aghaidh an Éirí Amach agus mhol sé don rialtas a bheith dian ar na ceannairí. Duine ba ea é a raibh buanna agus lochtanna air ar nós mórán eile. Fuair sé bás c'ead bliain ó shin i Meitheamh 1919.



Ceann de thramanna Bhaile Átha Cliath

Gluais:

frithdhúnadh = lockout

atmaisféar nimhneach = poisonous atmosphere

ailtireacht = architecture

á leachtú = being liquidated

siondacadachas = syndicalism

stailc bháuil = sympathetic strike

dúshlán a thabhairt = take up a challenge

Cónaidhm na bhFostóirí = Employers' Federation



Glanmire Chamber of Commerce members at the installation: Alan Dowling, Joe Organ, Gail Dowling and Chris Smith.

BRANDING GLANMIRE NEW ROAD SIGNS NOW IN PLACE



Our brand new road signs were installed at all locations on Friday, 21st June.

The signs were commissioned by Glanmire Chamber of Commerce and very kindly sponsored by Cork County Council, who funded the entire project.

The purpose of the signs is to create a distinctive brand for the Glanmire area.

Two of the larger signs are positioned at the main points of entry – on the approach from the city and on the northern approach, just off the motorway exit. A further four, smaller signs, identify each of the townlands: Riverstown, Hazlewood, Brooklodge and Sallybrook.

The Chamber wishes to thank the following for their assistance in bringing the project to fruition: Cllr. Pdraig O'Sullivan for liaising with the Council; Frank Dowling for designing the signs and Signiatec for manufacturing and installing the signs.



GLANMIRE
CHAMBER OF
COMMERCE

**Keeping Business
in Glanmire**

Members Focus

Grandons Toyota is a family run business serving the people of Glanmire since 1975. We are conveniently located just off Exit 18 on the M8 in Sallybrook. We are Main Dealers for TOYOTA CARS and LIGHT COMMERCIAL VEHICLES and always have a fantastic range of USED CARS in stock. We are your local one-stop-shop for all your motoring needs. Our aim is to deliver superior customer service to our customers, here in Glanmire and across Cork city and county.

Our **Car Service** Department offers a collect/deliver service and opens from 8am – 5.30 on weekdays and we service all makes and models at competitive rates. We are delighted to announce our new service called **TOYOTA DAILY RENTAL**: a **daily Vehicle Hire** at competitive rates. Download the app – Toyota Daily Rental and we will take it from there!

Our Fantastic offers on the New Generation Toyota Range continue for 192!
Always open on www.grandons.ie Call us on **021-4858300** or call in, we're always delighted to welcome you.





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

Canon Donal Linehan RIP

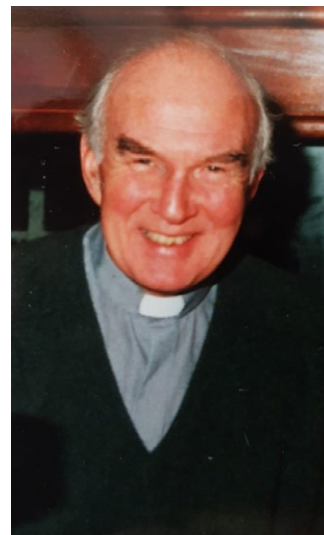
On Friday 19th July 2019 Canon Donal Linehan peacefully returned to the Lord in Marymount Hospice. He will always be remembered in Our Lady Crowned Parish Mayfield as Fr. Donal who served as both curate and parish priest from 1982-1998. After that he served as parish priest of Ballinora from 1998-2012.

Fr. Donal made a profound contribution to the parish and the local community. He was a man of vision and applied that vision in the establishment of numerous community and parish initiatives. Many of the community development projects which he established continue to knit the community together. Fr. Donal had a vision to empower people themselves to shape their own community and parish.

Fr. Donal was quietly spoken but firm in his vision and in his faith. He was gentle, humble and kind. He had a strong faith in God and great faith in people and the dignity of people. He shared his gifts and great intelligence with people and saw his life as a service to God and to people.

So many people in Mayfield will say that it was Fr. Donal, along with Sr. Enda, who encouraged them to educate themselves in community development. He also encouraged so many people to educate themselves into an adult faith. Education was another great passion for him. Indeed he served as chaplain to UCC for some years before arriving in Mayfield.

Fr. Donal has only been sick for a short time. In recent days, he was reconciled to the fact that he would return to the Lord. He was serene and totally at peace. He approached death as he had lived his life with great dignity, humility, courage and faith. May his gently soul now rest in the peace of the Lord. Our Lady Crowned, pray for him.



Episcopal Ordination of Fr. Fintan Gavin

Fr. Gavin was ordained Bishop of Cork & Ross on Sunday 30th June in the Cathedral of St. Mary and St. Anne. Mass was concelebrated by the Apostolic Nuncio and attended by most of the Bishops of Ireland, priests from the Diocese, the Diocese of Dublin where Fr. Gavin is from and priests from abroad. Bishop John Buckley (who retired after 35 years service) consecrated the new Bishop in front of an audience of over 1,000 people. The ceremony was streamed live on the Cork & Ross website and is still available to view @CorkandRossPastoralDevelopment

Mayfield's Parish Priest Fr. Michael Keohane who is the acting Bishops Secretary was hugely responsible for the organisation of the Ceremony and must be applauded for a superb job.



Fr. Michael Keohane, Bishop Fintan Gavin, Bishop John Buckley



Bishop Fintan Gavin with his first Cork Flag



Fr. Pat O Mahony, Siobhan Lane & Deacon David Lane



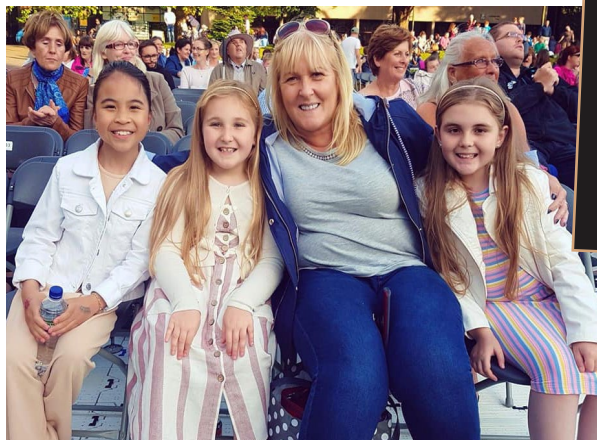


A Summer's Evening on the Quad at UCC

Local singer Liv Gregorio performed live with Tommy Flemming at this years "A Summer's Evening on the Quad" in UCC. For such a young artist she has accomplished so much in her singing career having also been a Finalist on Irelands Got Talent earlier this year.



Liv Gregorio with Deputy Lord Mayor Tony Fitzgerald at "A Summer's Evening on the Quad"



Gregorio Family



Mayfield/St. Lukes Tidy Towns Volunteers



Girls from Technique Hair & Beauty Miriam, Valerie & Sylvia who did the "Colour Run" at Mallow Racecourse



Well done to Mr John Casey and the music students from Mayfield Community School who performed at the Episcopal Ordination of our New Bishop Fintan Gavin



Mayfield GAA U12 hurlers had a great win V Aghada in the hurling league in a very competitive game in East Cork recently



Dr. John Sheehan

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

DEMENTIA VILLAGES

There are many diseases that may cause dementia. The most common causes include Alzheimer's disease, vascular dementia, dementia with Lewy bodies and Frontotemporal dementia.

Alzheimer's disease is the most common and well-known cause of dementia. It is thought to cause over half of all cases. It is recognised by the build-up of protein in the brain which forms plaques and tangles that stop the brain working as it should.

Short term memory loss is often one of the first symptoms of this disease. However, there are a range of early signs and symptoms including; Getting stuck for words; Misplacing things

regularly; Losing track of time; Changes in mood and behaviour and Difficulty in finding the way, even in familiar places.

Ireland has an estimated 55,000 people living with dementia with 11 new cases reported every day. One in 10 sufferers are under the age of 65 and there are an estimated 180,000 people who've had to provide care to a family member with the condition.

Most people with dementia live at home with some requiring long term care either in Nursing Homes of specialised dementia units.

Many overseas countries including Australia, Canada, France, Norway, Sweden, and the Netherlands have, compared with Ireland, longer histories of providing models of

specialist dementia care to their older people in need of long term residential care. In some of these countries, government policies dictate that a set proportion of all long-stay residential care units must be small scale and dementia specific. In the Netherlands for example, approximately 25% of all long-stay care is small-scale dementia specific, and Government policy in the Netherlands is now committed to increasing this proportion to 33% by 2015.

The Concept of dementia villages arose so that people could live a supportive environment suited to their needs while maintaining their independence as much as possible. The whole idea is about empowering people with dementia, giving them free-

dom and independence in a safe environment. The design and decoration of the homes and surroundings is tailored to the lifestyles.

The first Dementia Village was open in Limerick and there are recently announced plans to open one in East Cork.

A spa, gym, hair salon, post office and art studio are some of the facilities which will be on offer at a multi-million 'memory care village' on its 10-acre grounds.

This model of care is to be welcome as we need to start planning needs of our aging population as the number of people over 80 is set to double in Ireland in the next 20 years.

Upper Glanmire ICA

Update on Guild activities

• Our Summer Walks are progressing really well, having done the Crosshaven walks, the Marina, the Lough and the Estuary so far. These walks will continue until mid September.

• Our friends in Ballypheane held another very successful fundraiser with their Crafts on Saturday the 13th June for the Friends of Saint Finbarre's.



Not the Côte d'Azur!, but beautiful Crosshaven, during one of our walks



Some of our ladies at the Pier Head



The 5 Marys at the Hawthorn after a few rounds of the Lough

- A 24 space mini muffin tin and mini paper cases

Method

- Beat sugar and marg until light and fluffy
- Mix in beaten eggs and flour
- Add in options.
- Divide between 24 spaces in tin
- Bake at 180° for about 10 min
- Decorate with icing of your choice.



Mini mini muffins

August Recipe: Mini mini muffins

Ingredients

- 3 oz caster sugar
- 3 oz Stork soft margarine
- 2 eggs
- 4 oz s-r flour
- 1 tsp vanilla extract

If you wish....Add any 1 or 2 of the following options:
grated choc./ 1 tsp Baileys/
1 tsp Camp coffee/ 1 oz cocoa instead of flour



Profile: Sarah - Hatha Yoga

Q. How did you get into yoga?

A. I dabbled in and out of yoga for many years and over time developed a greater appreciation of the philosophy and science behind it. I discovered the health benefits were more noticeable with regular practice for both body and mind. I knew then there was more to it than just exercise and made a decision that this is what I wanted to do. I enrolled in a teacher training course to share the benefits of Yoga with others and for my own self development.

Q. What do you love most about Yoga?

A. It made me want to be better in every aspect of my life. It's so much more than learning the various poses as it connects you with your inner self. For people interested in taking that journey the possibilities are limitless. This takes time, but once you are patient and have the will to explore it will serve you very well.

Q. What would you say to anyone who would like to try yoga for the first time?

A. Make a decision to be good to yourself. Take a first step, cultivate a practice over time which improves body, mind and spirit and enjoy the process. Find a teacher you like and a location that's convenient to you - make it easy for yourself to turn up, then stick to it! You have nothing to lose and everything to gain.

Q. Personal philosophy on life?

A. It's not what happens to us in life it's how we choose to deal with it that matters. Always learning, always growing. John Lennon said it best "in every day and in every way, I am getting better and better and better".

Q. Favourite book?

A. In terms of yoga it has to be "Autobiography of a Yogi". This book influenced Steve Jobs so much he read it every year and he gave it to everybody at his funeral. Another favourite writer would be Joe Dispenza. His book "Breaking the habit of being yourself" (love the title) and Being Supernatural have been a game changer for me. His teachings are similar to what the ancient Yogis have known and thought for years but he has backed up everything the ancients knew with new discoveries in modern science.

Q. Favourite place?

A. I have many, I really like to spend time in my garden it's very peaceful and it's a little suntrap. I have been lucky enough to live in the Caribbean, which is stunningly beautiful, but give me a nice day in West Cork any time, a magical place.

Q. The smell?

A. Tom Ford and I love to stick my nose into a rose you can almost taste its velvety texture!!

St. Stephen's Pitch and Putt

It is perfect weather for pitch and putt. Pitch And Putt is suitable for all ages. We have green fees available for €5. Pitch And Putt clubs available from the club house. New members welcome. Application forms available in the clubhouse.

We have our President Prize on the 16th and 17th Aug. All adult members welcome to play in the competition. We also are delight to host the Cork County Board, Cork Ladies and Gents Matchplay on the 31st Aug - 1st Sep. Every Saturday and Sunday we have our club fourball, tags down by 2.15pm game starts at 2.30pm. All members welcome to play.



Hatha Yoga Classes Mixed level

Six-week course

(€50 Up Front Payment OR €12 Per Class)

St Josephs Church

Springhill (new hall at the back of the church)

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Hatha Yoga classes suitable for beginners, all ages and levels of fitness. Hatha Yoga is a great foundation to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility. Experience yoga poses that tone and stretch, including breathing techniques & yoga nidra.



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



White's Cross GAA News

whitescrossgaa.ie

Cul Camp

White's Cross GAA ran another very successful Cul Camp recently. This was the 17th edition of the camp and it was one of the most successful camps yet. It was helped no doubt by the fortunate arrival of a bit of summer weather that week which allowed the participants to play outside for the duration of the week.



All of our coaches and helpers and the recent Cul Camp

There were a total of 122 children enrolled in the camp this year and it is fair to say that they had a great time. Successful outcomes for the camp are simple; those enrolled have fun and improve their camogie, hurling and football skills. We think those objectives are met.

Cork senior hurlers Robert Downey and Robbie O'Flynn attended the camp and spent plenty of time signing hurleys, jerseys, answering questions and taking the older group through what a Cork senior hurling training session may feel like. Though the lads certainly added to the week, it was our own coaches that made it.

The various group head coaches for the week were Jennifer Hall, Amanda Buckley, Ciara Cashman, Denis Lordan, Ciarán Quain and Ronan Quain. All week they showed incredible enthusiasm,

energy and dedication throughout the week. All are qualified in various roles and are passionate in their coaching. This rubbed off on their group members who gained a lot from the week. They were ably assisted by a large group of helpers also. A big thanks to all of them. Behind the scenes, on the week itself but also in the weeks/months leading up to the camp, is Conor Kelleher.

There are many, many administrative tasks to complete before such an event can take place such as distributing/collecting forms, liaising with sponsors and Games Development committees etc. These jobs would not be apparent to most participants but without them, there would be no camp. Conor has been doing these jobs diligently and without fuss or little notice for 17 years. Thank you Conor. Finally the facilities in our club grounds in Ballinvrisky were in immaculate condition all week. This can be credited to the work of ground committee and underage committee who were as always supportive.



Fiachra O'Connell in action for footballers against St Vincents

Junior Football Championship

The junior A footballers had a good win over St Vincents in the 3rd round of the City Division championship. This game went

to a replay after a controversial event in the first game saw Edwin Buckley, whose shot hit the inside bar and came out, had a perfectly legitimate goal disallowed. There was less controversy the on the second night as a dominant second half display saw White's Cross progress. Paul Sullivan, Billy O'Hara and James Murphy formed a potent full-forward line and scored 10 points out of 12 between them.



Ciara Daly coaching at 'Come Hurl with Me' programme

Come Hurl With Me Program

White's Cross organised a fantastic coaching program over four weeks for underage camogie aimed at getting more young girls involved in the game. Cork intermediate camogie player Ciara Daly and her father ran the sessions and large crowd attended each week. Our camogie section continues to go from strength to strength and initiatives like these will drive it on further. To celebrate the end of the week, Juliann and Ger Hayes organised a summer BBQ for all that took part.

Robert and Ethan with Cork under 15s

Well done to Robert Docherty and Ethan Ryan who played with the county under 15 footballers in



Robert Docherty and Ethan Ryan, both Cork under 15 footballers, with a group at the Cul Camp

a game versus Kildare recently. Cork had a big win on the day. The fortunes of Cork football have started to slowly turn around recently and we are glad to have representatives on county teams. Well done lads.

Fiachra and Colin Depart

Two of our prominent young footballers who played key roles in a recent run of good results in Junior A and B football have departed for year abroad programmes as part of their university studies.

Colin is heading to France while Fiachra is going a little further -all the way to Buenos Aires in Argentina. The club wishes both the very best on their travels and studies and look forward to hearing about their adventures upon return!



Harry Coughlan in action for the under 16 hurlers recently



Sarsfields Camogie Notes



U11 Team

Sars U11s played Eire Og in a challenge match recently in Eire Og. The girls gave a great performance and won well.

Sars U8s who travelled to Carrigtohill recently for a great afternoon of camogie. Thank you to Carrigtohill for hosting & for the fruit.



U8 Team

Well done to our Sars U12 C team who played Rockbán in Whitechurch in a league match recently.

Sars U14s played Imokilly recently.



U12 Team

JUNIOR CHAMPIONSHIP

Our Junior team have had a very successful campaign with two wins over St Catherines (3-15 to 1-11) & Cloughdub (2-12 to 1-7) to date. The Cloughdub game was testing, down a point at half time and turning to play against the wind, the girls knuckled down & turned it

around to win by 8 points – Aine Mullins (2-0); Hollie Herlihy (0-4); Donna Kerrigan (0-4); Ella Woods (0-2); Julie Allen (0-2) & Orlaith Keane (0-1) all getting on the scoresheet. Other solid performances on the night from Sharon Quirke, Sinead Scanlon & Amy O'Lehan.

UNDERAGE LEAGUES

With the league fixtures schedule complete we are awaiting knock-out stages of practically all grades. Championship draws have yet to be made so busy days ahead from end of August.



U14 Team

IMOKILLY LEAGUES

Imokilly U13 & U15 leagues are in full swing with two teams entered in each grade.

SHERRY FITZGERALD LETTINGS SUMMER CAMP 2019

This years experimental move to Bucklearys proved a resounding success with very positive feedback all round. It was an amazing camp, with the weather definitely playing its part.

Over 80 girls ranging from 6-13yrs enjoyed the four action packed days with fun, frolics, icecream & even a bit of orienteering thrown in!

Of course we worked hard on our camogie skills too!! Many thanks to all the coaches and to Sharon, Eithne, Maria & Tadgh for playing their part.

Finally & most importantly to John & Roisin Murray of Sherry Fitzgerald Lettings who once again sponsored the Camp and supplied the super goodie bags.





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Question: I have a second property, which I would like to rent out to visitors for short stays? Are there any procedures I need to follow?

Answer : Yes, there are new regulations for short-term lettings that you may need to follow. These regulations came into effect on 1 July. They aim to bring properties used for short-term tourist lettings in Rent Pressure Zones (RPZs) back to the long-term rental market. The regulations cover people who let out property for short stays (less than 14 days) in RPZs, which are areas where rents are highest and rising quickly. The Residential Tenancies Board has a rent pressure zone calculator where you can check if your property is in an RPZ to see if the regulations apply to you.

If your property is in an RPZ and you want to let it out on a short-term basis for the first time, you will need to get planning permission so it can be used for tourism and short-term letting purposes. If you are already renting your property on a short-term basis, you will need to apply for retention permission. You apply for planning permission to the local planning authority, who will decide on your application within eight weeks. However, it should be noted that in areas of high housing demand, where there is high rent inflation, insufficient supply and

lots of applications, it is unlikely that permission will be granted.

The regulations do not apply if your property is outside an RPZ. They also do not apply if your property is a holiday home, or is used for longer-term flexible lettings, or is a normal letting used for longer stays of more than 14 days.

The Department of Housing, Planning and Local Government website has an FAQ document about the regulations, which includes further information.

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

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ERIN'S OWN LADIES CLUB



U8 Girls Football Blitz

U8 Girls Football Blitz

Well done to our U8s who took part in a Football Blitz in Glanmire recently. Teams who took part were Erins Own, Glanmire, Watergrasshill, Passage and Midleton. All the girls played brilliantly throughout the day and had lots of fun. The girls displayed all the skills they have been learning over the past few months and the coaches were super proud of them. Big thank you to Glanmire for hosting such a fantastic blitz.



U8 Girls Football Blitz

Gaelic 4 Mothers & Others

Our Gaelic for Mothers and Others is well up and running in Erins Own. After several weeks of training we played our first match against Bishopstown in Bishopstown GAA Club. This was then followed by a match against Douglas. The Douglas G4M&O travelled to Caherlag for this match. The ladies showed great skill and progress in Gaelic Football. We had a panel of 27 players on the line, each one eager to play



Gaelic 4 Mothers & Others

and show their skills. We then travelled to Passage for another match where another night of fun and sport was had by all. We also recently had a great social night in the Rising Tide which was also very enjoyable. We continue to train every Tuesday night at 8.30pm in Caherlag. New members are always welcome.



Gaelic 4 Mothers & Others

Aoibhinn lined with Cork during the half time of the Munster Senior Championship Cork V Clare match in Cusack Park, Ennis on the 16th of June last.



Aoibhinn O'Neill

Primary Games

Well done to our U14 player Aoibhinn O'Neill who represented Scoil Naisiunta An Chroi Naoifa, Glounthaune in the Cork Primary Gamesa.



#20X20 #ShowYourStripes
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New members always welcome.



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GLANMIRE LADIES BASKETBALL CLUB

July Highlights

It was a busy night in Upper Glanmire to celebrate the end of another fantastic year for our academy players. The final session saw over 60 excited players aged 6 to 12 years old in attendance to close out 2018/2019 season. All players were presented with medals in recognition of their hard work and commitment throughout the year. At GLBC, we are extremely proud of each player in our academy. We are also very grateful to all coaches and parents who volunteer their time to develop our young players; these youngsters really are the future of our club. For anyone interested in getting involved with us as a volunteer or player, we are always happy to see new faces. Email us @ glanmirebasketball@gmail.com



Cork U12s: Roisin Dowling, Aoife Kiely, Sona Field, Eabha Curtin at an inter-county tournament in Neptune Stadium recently.



Above: GLBC Academy players & coaches at end of season celebration in Upper Glanmire.

European Championships

The off-season are busy months for GLBC players selected for Irish squads. In June, Ruth Patterson was shortlisted for the Ireland U16 squad. In July, Mia Furlong travelled to Macedonia with the Ireland U18 team. Ireland finished in 9th position overall, notching up 6 wins from 8 in the competition. In August, Annaliese Murphy & Louise Scannell will represent Ireland at the U20 European Championships in Kosovo, while Áine McKenna will travel to Norway with the Ireland Senior Women's team. You can catch all games live on the FIBA YouTube channel. Congratulations and best of luck to our Glanmire ballers.



Above: Mia Furlong played on Ireland U18 team at European Championships in Macedonia.



GLBC Irish Players: Ruth Patterson(U16), Louise Scannell & Annaliese Murphy (U20), Mia Furlong (U18).

Summer Training

Training will continue throughout the summer months. Players from U16 upwards can attend pickup games at the Mardyke Arena, Wednesdays from 7-8.30pm. Normal practice will resume in September ahead of the 2019/2020 season. New members of all ages welcome.

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GLANMIRE MONTHLY MACRA NEWS



We survived West Cork Secret

Glanmire Macra take on the West Cork Secret

As the 2018/2019 season comes to an end, the Glanmire members headed off to West Cork Secret outside Kilbrittain to challenge themselves on the various assault courses.

First up, our 8 members were split into 4 groups as they took on the orienteering challenge to ease their way into the day's activities. Congratulations to Kevin Smiddy and Nicole Hyland who found all 10 locations and made it back to base in just over 17 minutes. We nearly had to send out a search party but all teams eventually made it back unscathed to prepare the other challenges ahead.

Up next, the battle of the sexes, in a series of boys versus girls' trials. These began with the ladies reigning supreme in a race to milk the cow and fill the bucket. Anyone in serious need of farm relief workers you need look no further. However the tide turned as the lads excelled in the next challenges whilst showcasing their go-karting skills and cognitive prowess in jigsaw building.



We survived West Cork Secret

Finally, our daring crew were ready to take on the assault courses. These consisted of army crawls, mud pools, tyre runs and rope swings. The penultimate task was the monkey bars before the activities concluded with the fantastic mega waterslide.

Our day back in West Cork Secret concluded with homemade pizza fresh from the pizza oven. A nice

treat after building up appetites swimming through mud pools and hiking through the woods.

The fun didn't end there as the members headed out in Cork for food and dancing. Three cheers for our social officer John Lonergan for a great day's & night's entertainment.

Gillian Kenneally, Seandún Miss Macra 2019

Gillian is the current secretary of Glanmire Macra na Feirme, currently serving her second term having been a member since 2016. Gillian was selected as the Seandún representative back in January and with the Festival on the horizon we catch up with her on her Macra experiences.

Thank you Gillian for giving me your time in the run-up to the festival. Tell us a little about Gillian and what got you into Glanmire Macra?

GK: My Dad was a member of Killeagh Macra and always has an interesting tale to tell about his Macra days. Three years ago I decided to head along to a sports night in Upper Glanmire, and they have yet to get rid of me! I am currently the club secretary and I'm lucky to work alongside a committed group of officers and to be a part of a club with fantastic members.

Glanmire are very lucky to have you. Tell us about your time with the club and what your experiences have been

GK: Joining Glanmire Macra has been one of the best things I have ever done. Without a doubt, I have gained fantastic friends and great memories! I am lucky to have met several people through Macra activities who I know will be friends for life. It is impossible to list all the memories I have of Macra-related escapades and adventures but climbing Carrauntoohil, trips across

the country, races all over Cork and our fun-filled, non-competitive sports nights in Upper Glanmire have to be figure prominently! Wow, you've had a busy 3 years. What do you enjoy most about Macra?

GK: There are so many enjoyable things about Macra, the chance to try new things and to be able to this with friends...the craic that has been had at various weekends away, sports nights and capers rehearsals is second to none. The opportunity to fundraise for worthwhile causes has been very satisfying and to make a difference in our local community has been really enjoyable and rewarding. This year we raised €1200 for the Liver Ward at St Vincent's Hospital at our Christmas Quiz, and raised €260 for the club at our cake sale.



Gillian Kenneally receiving the Seandún Title Miss Macra with Kathleen Fitzgerald

Congratulations on your selection as the Seandún Miss Macra. How has your experience been?

GK: When I decided to put myself forward for the Seandún Titles night, I felt that Miss Macra would be the festival I would be best suited to. I had to leave the Blue Jeans festival off my application as I was running a half marathon that weekend and not being from a farming background I was hesitant about Queen of the Land. I am delighted that I will be representing my club and region in Thurles. With under a month to go to the competition the experience is starting to get real. I have met some of the other participants from the Cork County Titles Night earlier in the year which has been great. The support from the club is brilliant and the festival organizing committee have been really helpful.

We wish Gillian all the best as she represents both Glanmire and Seandún Macra na Feirme in Thurles this August Bank Holiday Weekend.

Social Days and Nights with Glanmire Macra and Friends



Building friendships. Glanmire & Chorca Dhuibhne

This weekend Glanmire Macra teamed up with newly formed Chorca Dhuibhne Macra for a club exchange. Chorca Dhuibhne is the newest club in County Kerry and in the interest of making new and lasting friendships between our clubs, Glanmire headed to Dingle Saturday 20th of July.

Members of both clubs braved the elements in heading out the Dingle Peninsula with lofty target of ascending Mount Brandon. The weather stayed favourable by staying dry for the climbing exploits and building of relationships. Although a little foggy, not unknown around Brandon, but spirits remained high especially with the prospect of a night on the town building on the days activities and strengthening friendships with our new Kerry Macra colleagues.

Following the hike, members found their second wind as they rejoined Chorca Dhuibhne for a night out in Dingle. Cork Kerry were ties strengthened once again...until hostilities are revived again at Fitzgerald Stadium, Pairc Ui Chaoimh or even at Croke Park before the year is out.

Glanmire Macra would like to thank Chorca Dhuibhne Macra for hosting us and for a great weekend. We are looking forward to teaming up with you again in future.

In the interest of building other new friendships, the Summer Bowling League will commence this Monday, 22nd of July at Leisureplex from 8pm and will continue each Monday for 6 weeks. €10 for 2 games. Anyone interested in finding out more about Glanmire Macra should come along.

If anyone is interested in getting involved in the club or looking for more information about Macra na Feirme, please check out our Facebook page <https://www.facebook.com/glanmiremacranafeirme/> or contact our secretary Gillian on 087 7558026. You can also find us on Instagram @glanmiremacranafeirme.



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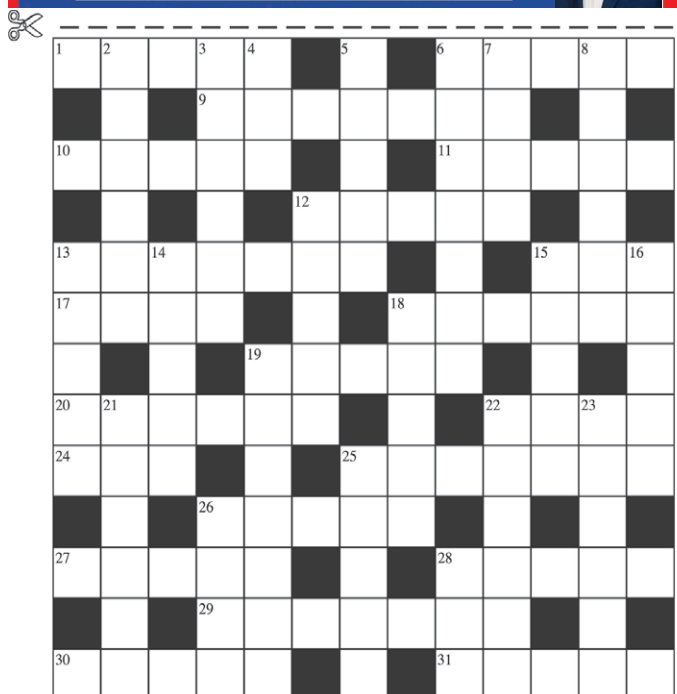
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Across

1. H20 (5)
6. ---- Brooks, singer (5)
9. In name only (7)
10. Swotting (5)
11. Flies high (5)
12. Michael, REM singer (5)
13. Cloak and dagger (7)
15. Up till now (3)
17. Not false (4)
18. Knocks over (6)
19. Money bag (5)
20. Revolution (6)
22. Russian ruler (4)
24. Attempt (3)
25. Scolds (7)
26. Scrooge (5)
27. Pay a call on (5)
28. Belfast river (5)
29. Novice, student (7)
30. Yielded (5)
31. Lazes (5)

Down

2. Found on a reindeer (6)
3. Put up with (6)
4. Keano (3)
5. Skilful, effective (5)
6. Means of transporting gas (7)
7. ---- vera, plant (4)
8. You aim at it (6)
12. Talent spotter (5)
13. Begin (5)
14. Shapely (5)
15. Raising agent in baking (5)
16. Russian leaders (5)
18. Commissionaire (5)
19. Braided (7)
21. Type of fur (6)
22. Sleeveless jerkin (6)
23. Get air into (6)
25. Facial hair (5)
26. Eight furlongs (4)
28. Hawaiian garland (3)

Crossword Winner: Bill Daly Riverstown, Glanmire, Cork City



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