



GLANMIRE Area News



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BMX in GLANMIRE



GACA are exploring a new idea for the Glanmire area and community, we are supporting the following plan of introducing BMX in GLANMIRE and perhaps a BMX CLUB.

BMX is an Olympic Sport but not just for the sporting competitor, it has longevity, it has come back and it is around to stay and has already a huge youth following. BMX is a sport which promotes a healthy lifestyle, it is family orientated, it appeals to children and teenagers both boys and girls who may often go astray but instead find interest and get involved in the exciting sport and activity of BMX. Believe it or not BMX is safe with protective gear and a smaller bike, it also removes the danger of riding on public roads, it has its own purpose built

area, but often just as much fun in a car park, a basketball court, a dirt track or trail, or any safe open space, even indoors: in a hall, a gymnasium, the front drive way, or even the back garden.

BMX appeals to all age groups, it is exciting. It is engaging, it encourages creativity, improves coordination, balance. BMX is unique activity for body and mind, it is Fun to do for everyone.

BMX is a social Sport, promotes an environment where friends practice together, make new friends and it is affordable, it appeals to all age groups, We have great hurling and football facilities within Glanmire however it is not for everyone, cycling and BMX is another alternative.

BMX hails from 4 main

categories BMX RACING, FREESTYLE-RAMP, STREET, and FLATLAND.

From BMX, Scooters, skateboards, Mountain-bikes, roller-blades have all come to life and live quite happily together with BMX. With Jeans, a helmet and a bike, you can hang out with friends and have fun, fully equipped to take part in BMX.

A BMX can often cost as little as €100 or less second hand for tensile steel or part chromo (local bike shop or even online), Buying a BMX new €150 upwards to full Chromo. Some recommended top brands who provide entry level bikes are "WE THE PEOPLE", "HARO", "Mongoose" etc. However to get started a MOUNTAINBIKE or any BMX bike or any bike at all will do just fine.

Helmets vary from Open-Face to Full-Face. Open face helmets (skate or Road) are helmets without a Chin-Guard which is a typical cycling helmet, so there is a risk of hitting your face if you fall. Full face looks like a Moto-Cross Helmet but lighter in weight as used in BMX-Racing with a Chin-Guard with full protection. Either helmet new can cost from €30 upwards however any cycling helmet will do

to get started.

So where can we go and have fun and learn to ride BMX. In Glanmire GACA have looked at the basketball court as a possible space for BMX FREESTYLE/ FLATLAND and introduction to BMX RACING and Mountain-biking skills. Unfortunately we have struggled to maintain the basketball court area due to antisocial behaviour which has led to the consistent breakage of glass bottles, rubbish and persistent fires which have damaged the basketball courts Tarmac surface. So we had to temporarily abandon the idea due to the difficulties with insurance if the area is being damaged repeatedly.

If anyone is interested or have any suggestions to resolving the issues preventing BMX being introduced to Glanmire please let GACA your local community centre know.

Finally to see what BMX and BMX racing is all about you are welcome to come and see CORK BMX at our track at TRAMORE VALLEY PARK at Kinsale-Roundabout/ South-link which is now open on Saturday 1pm to 4pm / Sunday 11am 3pm.



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1. Firstly, the maximum Old Age Contributory Pension will give you €230p.w, presently. The goalposts are moving out to 67 years old by 2020 and 68 years old by 2028 before you may become entitled to this benefit.
2. Secondly, you may choose to or need to work part-time for financial reasons in retirement.
3. The third option is to use private savings and investments accumulated while working.
4. The fourth option is called a pension.

Turning a pension into an income is not always straight-forward. Financial planning is designed to help you realise how much you need, to give yourself the option, to do the things you would like to do, without worrying about running out of money.

There is proven to be little difference in quality of life between employment and retirement. Some of the reasons people in retirement have a good quality of life include;

- Being less stressed than when working.
- Time for leisure activities increases.
- Travel and other 'bucket-list' items are now on the 'to-do list'.
- Have more time for volunteering and being socially active.

Typically, our aim is to spend more time enjoying the things that give us most pleasure in life. Retirement can happen at different ages, for different reasons, and in different contexts. Retirement is no longer necessarily an age-related event.

On average, people do not start saving towards a pension until they are 37 years of age. Even then, they are putting a maximum of 10.3 per cent of their gross salary into a pension.

Those planning for retirement are significantly more likely to be a member of an employer pension scheme, regardless of occupation. People with very low, or no pension provision are less likely to have concrete retirement plans.

As Dr Seuss says, 'sometimes the questions are complicated and the answers are simple'.

If you have any questions please contact us for further assistance on any of the following:

PAT LEAHY

B Comm, QFA, APA, RPA, CFP

Managing Director

Phoenix House, Monahan Road,
Cork T12 H1XY.

M: +353 87 966 9479

E: pat.leahy@infinityfinancial.ie

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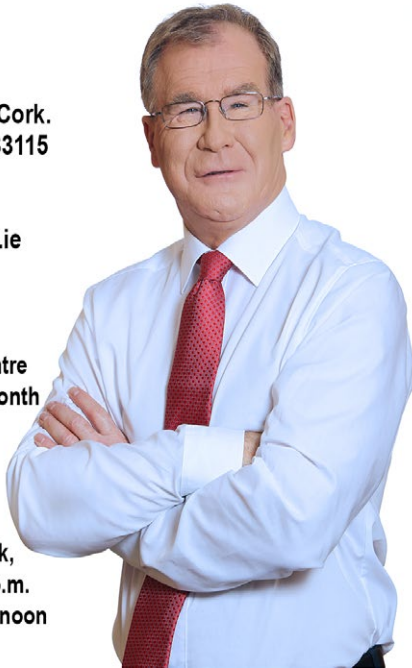
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 021 4824577 or 01 6183115
 Mb no: 087 2592839

Email: colm.burke@oir.ie

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If You Or Your Child Suffer From Scoliosis, You Must Read What Patients Are Saying

A non-invasive treatment is proving helpful for many scoliosis patients.

Scoliosis is an aggravating condition. There's stiffness, pain and often times a deformed posture.

Many scoliosis patients have been told they only have three choices -- to do nothing, bracing, or surgery.

Bracing is often recommended by medical practitioners in the early stages of scoliosis.

But bracing was of not always helpful to these scoliosis patients. On top of being cumbersome and inhibiting, their scoliosis curvature could advance at the same rate as those who did nothing.

Patients say they felt bracing handicapped their life and left a psychological scar.

Surgery Is Not The Only Option

Scoliosis surgery involves implanting metal rods and screws to straighten the spine.

However, surgeries often lead to multiple complications, including rusting and corrosion, bending, or breaking completely, prove this method dangerous.

Many sufferers who had the rods implanted, end up later undergoing surgery to have them removed.

In addition, thousands of post-surgery scoliosis patients are legally declared permanently disabled every year.

Follow up x-rays on other cases have shown that scoliosis can even return years after the operation.

A Less Invasive Treatment Can Help

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past 13 years since we've opened the doors, Dr. O' Keefe and I have helped hundreds of scoliosis patients feel better, get rid of their back pain and return to an active lifestyle.

Chiropractic has a long record of successfully helping people with scoliosis.

Chiropractic has a long record of successfully helping people with scoliosis.

What we now know is that the sooner a child begins treatment, the better the change in the curvature.

Read why my Scoliosis patients and their parents prefer chiropractic care...

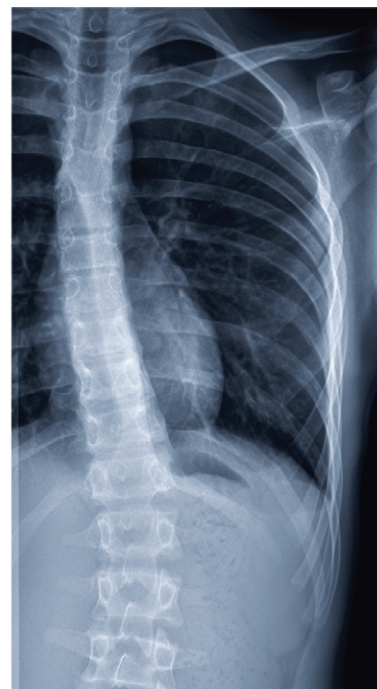
Could This Treatment Help You (or Your Child's) Scoliosis?

It's time for you to find out if chiropractic can help your scoliosis. For 14 days only, €40 will get you all the services I normally charge new patients €120 for!

Take a look at what you will receive...

- 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 and findings so we can start mapping out your plan to being pain free.
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Until September 13th, 2019 you can get everything I've listed here for only €40. The normal price for this type of evaluation is €120, so you're saving a considerable amount by taking me up on this offer. Call 021-4824450 now.



When you call between the hours of 7:30am and 6:00pm Monday through Thursday and Friday between 7:30-12pm. Tell the receptionist you'd like to come in for the Special Chiropractic Evaluation before September 13th, 2019.

I can't promise to cure your scoliosis. No one can. But I can promise to use all the knowledge and techniques at my disposal to help with your posture, your back pain, and possibly even improve your curvature (if we catch it early enough).

Call today and we can get started with your consultation, exam and findings as soon as there's an opening in the schedule.

Our office is called Glanmire Chiropractic Clinic and located at Eastcliff House, Glanmire (Next to A.I.B Bank)

Sincerely, Dr. Eric Kelly, D.C.

P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because you (or your child's) back hurts – and the pain just won't go away!

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

THE SCHOOLS COLLECTION PART TWO



Cros Na Gorta, Windsor Hill

Glounthaune N.S. was one of five thousand schools that participated in a 1937/'38 nationwide programme in which school children were encouraged to collect and document folklore and local history. A selection was published in the August issue and the following are further contributions. LOCAL CURES was compiled by thirteen year old Michael Donnelly and the information was supplied to him by his mother Bridget Donnelly, a vintner who was a native of Middleton and aged forty one: "Boiled marshmallow was used in former times to cure a lump or a boil on the skin. You should boil the flower and make it like jelly. A cure for asthma was to boil a dandelion and treat it in the same way as the marshmallow flower and drink it. People with cut hands used put cobwebs up to them to heal them. Some people used put a ribbon, which was never washed, hanging outside on the night before St. Brigid's Day and bring it in on the morning. This ribbon should never be washed and it would cure a headache. Wool which was found on the briars after sheep and lambs was a cure for corns and it is the oil in the wool that cures them. A cure for rheumatism and sciatica was to burn the skin with nettles. Potato water was a cure for a cut leg. The leavings in the teapot was placed between the cloths and put up to the eye at night. It is said that it draws out whatever was inside the eye. The sap in the stem of the dandelion cures warts".

WEATHER-LORE was contributed by twelve year old Margaret Fitzgerald, Harpurs Island and her father fifty year old Patrick was her source of information.

The Fitzgerald family was long-time residents of the Island and Margaret's spelling of "Harpurs" is interesting: "When the cat and dog sit with their back to the fire we should be expecting rain and harsh weather usually. When the seabirds come inland they make known to us that the weather is stormy at sea and that we will have bad weather too. When timid birds such as the thrush and blackbird frequent the farmyard in search of food we are sure of frost. When the sun rises grey we are going to have a fine day. If there is a halo round the moon the rain is coming. When the stars shine brightly in the winter we are likely to have frost. When there is a very black cloud in the west we should be expecting rain. When we hear the wind whistling through the keyhole it is the sign of a storm. When the rainbow is seen in the morning it is a sign of rain. When the dust is round the road it is an indication of rain. When the ants get busy it is a sign that the rain is coming. If the smoke goes low the rain is coming".

GAMES PLAYED BY CHILDREN IN THE DISTRICT

was submitted by Donal Grandon of Johnstown. "The games I play are football, hurling, rounders, nut-cracking and fox. Rounders is played in the following way. About six can take part in this game. Five or six sticks are stuck in the ground in a circle and one apart from the other which is called "home". One player goes into the circle and throws the ball to the first player. The player then hits the ball with his hand and runs around the circle. The person who throws the ball must run after it and if he hits the runner with the ball before he reaches a stick the player is out. Each player takes his turn and so on 'till only one is left and he is the winner. Nut-cracking is a very popular game in this district. Two players take part in it with each player having a chestnut. A hole is made in the chestnut and a cord is put through the hole and knotted at the end. The players' then take turns to hit the nut and the

player who breaks the opponent's one wins".

FESTIVAL CUSTOMS was written by Mary O' Leary of the Highlands and her mother, forty one year old Mrs. Brigid O' Leary was her informant. The School Principal remarked; "This Mrs. O'Leary, a native of Ovens, Co. Cork, whose name appears frequently in the book, is a farm labourer's wife and is really the only woman in the school area with any folklore worth narrating". The following is Mary's contribution; "On St. Patrick's Day it was custom to have a procession in Cork and all the different bands used to play. It was and is still the custom to have pancakes for the supper on Shrove Tuesday. The "Sceilig Boys" used to tie people who weren't married with ropes and put them under the water and make them promise they would get married. It was a custom to have a pilgrimage to St. Gobnait's grave at Ballyvourney on Whit Sunday and to pray over the grave all night and to pay rounds. People were very superstitious about May Day. If a man was in the habit of getting milk from the farmer, he would not be at all pleased to see him coming on May Day for fear of taking away the luck for the year. In the olden times when it was flint that people lit their fires with; on May Morning if a neighbour called for the "seed" he would not give it for fear of taking away the luck. It was also a custom for young girls to go out under the dew before the sun rose on May Morning and wash their face to make them beautiful. They would look for a "druactín" or snail and the girl would look for the colour of her future husband's head from its colour, and if there was a snail in the shell it would mean a tradesman of some kind as a husband. Halloween is a night of sport. Nuts are put around the fire and whoever owns the nut that flies away first will be married first. Apples are tied to the roof of the house and a person is hand-cuffed and blindfolded and he tries to catch the apple with his mouth. On St. Stephen's Day the

boys and girls go around with the wren saying; "the wren, the wren as you may see is guarded up on a holly tree, we hunted it up and we hunted it down 'till one of our wren boys knocked it down. Shake, shake and shake in the box all silver and no brass. I have a little canteen under my arm and a penny or two will do it no harm". May is supposed to be a very scary month and the old people would be terrified if a "sí-gaoite" or "fairy wind" came whirling round them. It is supposed that this wind will not go away without taking something with it so the old people used to pick a handful of grass and throw it with the air so that the wind would go. "Aonac a Dip" or the "Fair of the Onions" is held in October in Middleton. It was a custom to have all the farmers go to that fair and buy all the onions they want for the year. On Little Christmas night people do not like to go out too late as there is an old story told of two girls, servants in a farmer's house, who remained up to drink enough wine and to see it change; but they were never seen or heard of after". Mary submitted other subjects including one entitled;

HISTORICAL TRADITION and the following is an extract; "When Cromwell was travelling with his army from Youghal to Cork he is supposed to have passed Glounthaune, along which is known locally as "The Back Road". This old road runs north-west from near Cobh Junction, through Caherlag and on to Glanmire Bridge over which he passed on his way to Cork. There are no local stories as to his passing through the district. There is a cross-road, now known as "Windsor Cross", about two miles from the school. This was formerly known as "Cros Na Gorta" or the "Cross of the Famine", and during the famine years a great number of people who lived in the many houses there died from hunger and disease".

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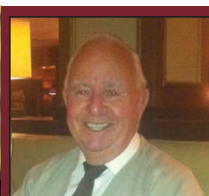
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Gardening with Charlie Wilkins



Charlie Wilkins

DANGER LURKS IN THE GARDEN

Quite recently, I was invited to view something strange and agreeably sinister; a poison garden! It was neither gloomy nor disquieting, and it certainly did not drip with deep shade or smell sharply of garlic and onions. What amazed me was the number of our most admired garden plants growing there many of which are proven to be excruciatingly toxic in one way or another.

It is generally known that *Arum italicum* (Arum lily, aka Lords-and-Ladies) has poisonous berries at this time of year but how many know that the autumn crocus (*Colchicum*) is toxic in all its parts or that all parts of the wonderfully scented *Daphnes*, evergreen Ivy, *Euphorbia*, *Hellebores* (the Lenten rose) *Rue* (*ruta graveolens*) and *Foxgloves* (*Digitalis*) are similarly toxic? Even the smoke from the burning foliage of this latter plant is extremely dangerous and measurably toxic. Then there's *Laburnum*, *Yew*, *Primula obconica*, *American pokeweed* (*Phytolacca*) *Cherry Laurel*, *Lily-of-the-Valley*, *Sweet Pea*, and even *Oleander* to be aware of. This latter plant, now available at garden centres (and brought home from holidays on the Mediterranean) is poisonous in all its parts, containing heart toxins, similar with those found in foxgloves.

This poison garden I visited had a sizeable collection of even more deadly inhabitants; One in particular; *American poison ivy* is deadly for when its leaves are bruised and handled, can lead one into a world of desperate suffering. You go red, blister and itch uncontrollably. If you scratch and then put your fingers elsewhere you infect these places until in the end you end up writhing in severe pain. I had never seen this plant previously, neither have I come across the supreme killer *Deadly nightshade* (*belladonna*) used by the infamous Dr. Crippen to murder his wife in the closing decades of the last century. I saw plants of *Monkshood* (*Aconitum napellus*) thriving within specially constructed steel cages to prevent accidental contact for in classical times it was a favoured way of disposing of unwanted spouses! *Cyclamen* and *opium poppy* featured prominently as did a thriving plant of *Cannabis* (licence pending) and *Solanum dulcamare* (woody nightshade). All were properly protected from coming into accidental contact with viewers and each had a weatherproof label clearly outlining the toxicity levels, symptoms of infection and where applicable, antidote advice. The greatest offenders are not allowed seed or increase by any other means.

About now you are wondering where this unusual kind of garden exists!

If I say *Blarney Castle* you may well smile for it is known worldwide as a major tourist attraction and not a place with landscaping, herbaceous borders, woodland tree ferns, water gardens and extensive spring bulb plantings. It is certainly not known for its poison garden! And yet it has this and all the others. The place is truly magical. Ideal as a destination for garden clubs, school outings, ICA groups and many more I rate it highly now for its delightful horticultural content.



Behind these traditionally made forged steel cages many of the poisonous plants at *Blarney Castle* remain protected. In this illustration, the subject 'under guard' is the *American poison ivy*, *Rhus radicans*, which when handled can lead to severe suffering and death.

THE SEPTEMBER GARDEN

SEPTEMBER; Although I try to keep my mind on the present, by September I am quite unashamedly starting to wish that the new month will begin the process of gently slowing down growth. In other words, I'm starting to curl at the edges, and wish for a reduction in my maintenance schedule. Tiredness is setting in but I continue to clutch onto summer's light and fullness with a tenacious grasp. The challenge of letting go of the playfulness and leisure of warm sunny days becomes harder with age.

I look around these autumnal days at how melancholy life has become. This year there has been a sadness to summer; it's late arrival to begin, the conspicuous decline of the honeybee, and butterflies, rain, then irregular drought, all continue to dictate what shall and shall not live. Nearby lime trees drone on now to a different note, and in the back-garden plants lie throttled to the point of drowning. Even the lawn to the front is starting to yellow and show signs of distress. And yet I welcome the arrival of September and the way that some of the garden's most luxuriant foliage can be tamed by gentle reduction. Clematis, the early forms which have finished their display weeks if not months ago, can be tidied up dramatically by reducing their top growth over the coming days. Sometimes of

course it can be hard to remove blown foliage, but nature tempers this necessary disrobing of summers' glory by putting on a coat of glorious colours. Yes, beauty softens all departure, and why many garden plants now begin turning their attention to this season of surrender! Their leaves will burnish with yellows and reds, amber and gold before departing. Autumn is indeed a royal season.

SALVIAS; I'm delighted with the continuing wonder of the tribe of *salvias* slowly building up in a small border near the kitchen window. Many forms of varying hardiness are now available, but I doubt if many of them rivals the impact of the well-known 'Hot Lips'. The flowers are a stunning shade of lipstick-red and white, but they somehow fit wonderfully into the September scene. As the plants are shorter than three feet high, they add a sudden burst of vivid colour and fresh height before the autumn asters are up and away. Anybody can grow this one, yet few do. Maybe it's because they don't know it, or their local garden centre does not have it in stock. Note it for sourcing for it blooms continuously from mid-May to October, adding liveliness to an autumn border which older planting schemes always overlooked.

AGAPANTHUS; I hope you have all started to

notice the transformation in hardy forms of *agapanthus*! It is no use sheltering behind the old hold-all name of *Headbourne Hybrids* for these have been outshone by some terrific varieties from New Zealand. Most are totally hardy here at home especially the vivid blue 'Timaru' which flowers way on into late autumn. I am still adjusting to the possibilities of a stunning form called 'Jack's Blue' whose huge heads of blue-purple flowers appear on stems about 4ft high. It has a real future I feel, as a focal plant in a large decorative pot or positioned at intervals down along a border. Once again, this variety is remarkably hardy. Give them all full sun and see their magnificence increase beyond belief.

DEAD-HEADING is a misleading name for a very important job for it is not only the heads that you need to cut off but the stalks which hold them. Take that bare length of stem and faded bloom, back to the nearest pair of healthy leaves and often you'll encourage secondary flowers to sprout from the joins of the leaf point. Otherwise the stem you leave will simply die back, leaving you with black tips and no further blooms on cosmos, daisies, perennial yellow anemones, many roses and most dahlias. I think you'll agree that 'dead-stemming' is a far better job description.



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Glanmire, Co.Cork.



GLANMIRE LADIES FOOTBALL CLUB



Cork Minor panelist

Congrats to Cork Minors who have been named as All Ireland champions, Glanmire proudly had 5 on the panel including captain Abbie O Mahony, congrats to Abbie, Shauna Murphy, Kayla O'Connor, Niamh McAllen and Ellen Baker, fantastic achievement. Thanks to Sarsfield for hosting their home coming a great night of celebrations.

Congrats to the Cork under 13 team who won their recent Eugene Egan memorial trophy in Dublin. Glanmire proudly had 8 girls involve and know that it will not be the last time we see them in a Cork Jersey. Well done

to Nessa Tracey, Orlaith Walsh, Sinead Hurley, Kate Fennessy, Neveah o Connell, Ava Mc Carthy, Sarah Crowe and Ava Fitzgerald.

Big well done to U6 coach Don and his Wife Majella who climbed Carrauntoohil in July for very worthy causes.

Our summer camp was a fantastic few days, all the kids and coached has a great time, Our ice cream on the last day when down a treat on the last day. We also like to thank the Cork minors who came and signed autographs for the kids.



Cork Minor Captain Abbie O'Mahony



Abbie autograph for girls at camp



Cork Camp Groups



U13 Cork panelist

Garreth Fitzgerald CRASH REPAIRS

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



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

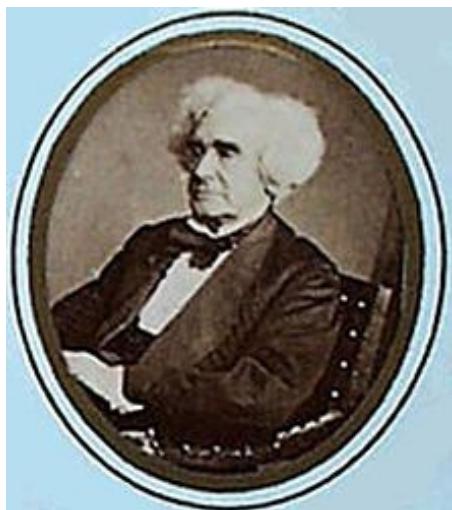
Sponsoring this page on behalf of the Glanmire Ladies Football Club



Mr and Mrs Camchuaire Hall ar Éirinn

Micheál Ó Súilleabháin

Bhíodh sé coitianta san 18ú Céad agus sa 19ú Céad go dtagadh scríbhneoirí go hÉirinn agus go scríobhaidís cuntais ar ghnéithe áirithe den tír. Chaithidís roinnt míonna ag taisteal timpeall na hÉireann. Ina measc, bhí Arthur Young a tháinig san 18ú Céad agus a scríobh cuntas cuimsitheach ar gheilleagar na tíre. Sa 19ú Céad, tháinig Samuel agus Anna Hall roinnt uaire go hÉirinn agus chuireadar leabhair i gclo faoin tír. Is fiú cuntas na Halls a léamh mar chaitheadar go leor ama in Éirinn. Tháinig siad cúig huairé idir 1825 agus 1841 agus tugann siad eolas an-tábhachtach dúinn faoin tír sna blianta roimh an nGorta.



Samuel Carter Hall in 1874

Éireannaigh ba ea na bheirt acu a chaith a n-óige abhus. Saolaíodh Anna Maria Fielding i Loch Garman in 1800. In 1815, chuaigh sí chun cónaithe i Londain lena máthair. Saolaíodh Samuel Carter Hall i bPort Láirge in 1800. Oifigeach airm ba ea a athair ag Geneva Barracks i bPort Láirge. Chuaigh sé chun cónaithe i Londain in 1821 agus d'imigh sé le hiriseoireacht. Bhí suim ag an mbeirt acu in obair an daonchairdis agus suim ar leith ag Anna i ngluaiseacht na measarthachta agus i gcearta na mban a chur chun cinn, chomh maith. Bhuaill Samuel le Anna agus phósadar in 1824.

Thug na Halls roinnt turasanna ar Éirinn idir 1825 agus 1841 chun scríobh faoin tír agus foilsíodh a gcuntas i dtí imleabhar. Bhí na leabhair maisithe le hobair phríomh-ealaíontóirí na linne. Bhí an-éileamh ar na leabhair agus cuireadh athchló orthu roinnt uaire, nuair a cuireadh eolas nua ar fáil. Chaitheadar roinnt míonna as a chéile in Éirinn agus tugann siad cuntas an-chuimsitheach ar gach ceantar a chonaiceadar.

Bhí na leabhair dírithe ar chuairteoirí meán-aicmeacha ón mBreatain. Theastaigh uatha a chur in iúl go raibh fíor-aontas idir an dá thír. Aontachtaithe ba ea an bheirt acu a d'fhéach ar Éirinn mar chúige sa Ríocht Aontaithe. Léirigh siad dearcadh na gcoilíneach. Dar leo, neartódh cairdeas agus caidreamh idir meán agus uasaicme an dá thír an nasc polaitiúil. Thaistil siad go forleathan ar bhóithre na tíre agus thug sé caoi dóibh labhairt faoi na bóithre nua atá á dtógáil.

Cuireann siad in iúl go bhfuil modhanna tógála bóithre atá coitianta i Sasana go mór chun tosaigh in Éirinn agus is fianaise bhreise é seo de bhuntáistí an aontais idir an dá thír. Tá na leabhair dírithe ar infheistoirí, chomh maith. Cuirtear in iúl go bhfuil cumhacht uisce ar fáil go forleathan chun innealra a chumhachtú sna muilte. Tugann siad "cuireadh, go háirithe, do shníomhaithe Mhanchain". Luann siad na longa gaille a sheolann idir Learpholl agus Baile Átha Cliath - "ní thógann an turas ach dhá uair an chloig déag". Luann siad an córas taistil ar na bóithre, mar shampla, cóistí Bianconi. Tá droichead crochta nua i gCiarraí a tógadh le cabhair ó Bhord na nOibreacha Poiblí agus is sampla eile é seo dóibh den chomhoibriú idir na hÉireannaigh agus na Sasanaigh.

Bhí na Halls in Éirinn sna blianta roimh an nGorta Mór agus tugann siad fianaise den bhochtaineacht a thug siad faoi deara sna bailte móra agus sna cathracha. Bhí an lucht déirce flúirseach ar fud na tíre. Bhíodar ag fanúint i Maigh Chromtha agus tráthnóna amháin, chuadar ag siúl timpeall an bhaile. Chas an oiread san den lucht déirce orthu. Ghealladar leath-phingin do gach duine agus chosain sé trí scillinge agus deich bpingne orthu, is é sin os cionn ochtó a bhí ag lorg cabhrach. Deir siad go raibh an lucht déirce i mBaile Átha Cliath droch-mhúinte agus gránna. I gCorcaigh, bhíodar meidhreath agus bhí deaghíumar orthu. Bhíodar i gCluain Meala in am an ghátair agus bhí an lucht déirce in isle brí agus croi-bhriste.



Anna-Maria-Hall in 1875

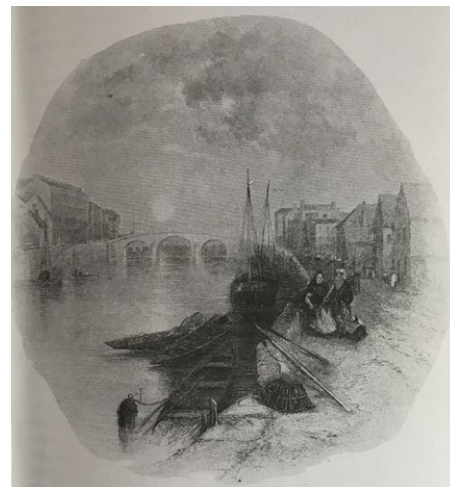
Déanann siad tagairt do phríosúin na tíre. Bhí príosúin Chorcaí glan agus néata ach bhí gach cineál príosúnaigh measctha-bhí droch-choirpigh agus mion-choirpigh le chéile. Mar shampla, bhí seandúine i bpríosún toisc go raibh sé ar meisce agus bhí duine in aice leis a raibh dúnmharú curtha ina leith.

Tá cuntas acu ar an eisimirce. Cé go raibh siad ag scríobh faoi na blianta roimh an nGorta, is léir go raibh mórán ag imeacht ón tír. I mí an Mheithimh, sheasadar ar an gcé i gCorcaigh ag féachaint ar eisimircigh ag dul ar bord loinge a bhí ag taisteal go Falmouth ar an mbealach go dtí an Astráil. Bhí gníomhaire ag an Australian Emigration Society ag féidhmiú i gCorcaigh. Bhí

thart ar 200 duine ag imeacht agus bhí slua bailithe chun slán a fhágáil leo. Radharc an-bhrónach a bhí ann. Bhí máithreacha agus seandaoine ag olagón. Bhí paidreacha a rá agus bhí banna ceoil ann a sheinn 'St. Patrick's Day' chun slán a fhágáil leo.

Luann siad an éifeacht a bhí ag Gluaiseacht na Measarthachta, a bhí tosaithe ag an Athair Maitiú ag an am seo. Thaistil na Halls idir Corcaigh agus Cill Airne ar na cúlbhóithre. Thugadar cuairt ar shráidbhailte beaga agus ar bhaillte móra, ar aontaí, ar thórraimh agus ar shochraidí. Níor bhuaileadar le duine ar bith a bhí ólta i gcomparáid le cuairt a thugadar ar an tír cúpla bliain roimhe sin, nuair a chas na mílte orthu a bhí ar meisce. Bhí na siopaí uisce beatha dúnta agus seomraí tae agus caifé déanta díobh. Bhí gnó na ndrioglanna agus na ngrúdlanna imithe i léig.

Cé go raibh sé mar aidhm ag Samuela agus ag Anna Hall a léiriú go raibh buntáistí ann d'Éirinn agus don Bhreatain a bheith aontaithe, is féidir a rá go dtugann siad pictiúr an-chuimsitheach den tír. Thaistil siad ó cheann ceann na tíre ar mhórbhealaí agus ar chúlbhealaí. Tugann siad léargas ar an saol eacnamaíochta agus sóisialta, ar na nósanna a bhí coitianta roimh an nGorta.



Droichead Naomh Pádraig

Gluais:

coitianta = common

cuimsitheach = comprehensive

obair an daonchairdis = the work of philanthropy

gluaiseacht na measarthachta = temperance movement

droichead crochta = suspension bridge

bochtaineacht = poverty

lucht déirce = beggars

in isle brí = depressed

eisimircigh = emigrants

in am an ghátair = in time of want

gníomhaire = agent

drioglanna agus grúdlanna = distilleries and breweries



LOCAL ENTERPRISE SHOWCASE

The Glanmire Chamber of Commerce will be hosting a free business showcase event on **Thursday the 26th September 2019** in **Ryan's SuperValu Glanmire** between **5.30pm and 9.00pm**.

This will be a free event for the public and business.
This is open to Chamber members and non Chamber members, online and offline business.

Please contact us, either through Facebook or email glanmirechamber@gmail.com if you are interested in taking a stand at the event



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BUSINESS & COMMUNITY Awards 2019

**VIENNA WOODS HOTEL
1st NOVEMBER 2019**

NOMINATION FORM

Nominations can be dropped into a special box in the Glanmire Credit Union or e-mailed to: glanmirechamberawards@gmail.com
Name of person/business to be nominated - PLEASE USE BLOCK CAPITALS:

CATEGORIES

- | | |
|--|-------------|
| 1. Customer Service Excellence Award | NAME: |
| 2. Best place to Eat/Drink Award | NAME: |
| 3. Men in Business Award | NAME: |
| 4. Women in Business Award | NAME: |
| 5. Glanmire Business of the Year | NAME: |
| 6. Glanmire Ambassador of the Year Award | NAME: |
| 7. Social Community Award | NAME: |
| 8. Sports Award | NAME: |
| 9. New Business Award | NAME: |

Nominated by NAME: Mobile: E-Mail:

Awards will be presented at a Gala Dinner on Friday 1st November 2019. Closing date for nominations 4th October 2019.





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

Leaving Cert Results 2019

St Patrick's College students had great success in the recent Leaving Cert results. Well done in particular to Sarah, Patricia, Hayley, Aoife and Abbie who achieved high points and will all be attending UCC. We also want to wish all the best to our students who are undertaking further education courses in St John's College and College of Commerce. This year's results continue the proud tradition of the school in sending students to prestigious courses in universities and institutes of technology.



Aspire2 Scholarship Winner 2018 Helen Quill with Joanne O'Riordan at the Annual Awards Night



Leaving Cert Students 2019



Deirdre Creedon, Emma Daly, Alex O'Meara, Jessica Walsh, Olive Byrne and Michael Mulhull Aspire2 Scholarship Awards



Mayfield GAA Club



Ballyhass 2019



Under 8 Team



Simple Stadium



Under 12 Hurlers



Under 14 Team

Mayfield East Indoor Bowls Club Est 2000

Mayfield East Community Association, Mayfield

Re-starting meetings after summer break

3rd Sept 2019 2pm-4pm €2 per week

New members welcome

Contact: 021 4506261





Summer Coffee Morning/Auction

The coffee morning in aid of local Sars player Paul Leopold who underwent emergency surgery in Boston recently was organised by Lorraine O'Neill and Michael Mulcahy & hosted by Elm Tree Glounthaune owners Derek & Lorraine Walshe.

Over €1,100 was raised and the winner of the limited edition Kevin Sanquest painting was Anne Marie O'Driscoll. Other prize givers included Living Dreamz Shirleys Beauticians, Diamond Buyers Club, Angie Red, Maxxiuum, LIBA, the Radisson Hotel, SARS, Cream Coffee & Sandwich Bar, Clayton Silversprings Hotel.



Michael Mulcahy & Vincent Kelly



Iris Wilkins & Cllr. Ken O'Flynn



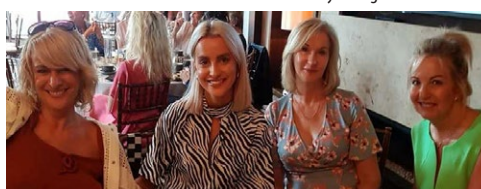
Esther Ruby & Annette Dilworth Enright



Shirley O'Connell & Marilyn Field



Teachers from Glanmire Community College



Breda Burke, Ali Burke, Julie McCarthy & Margaret Browne



Annemarie O'Driscoll (Winner) with Lorraine O'Neill, Cllr. Ken O'Flynn, Lorraine O'Neill & Michael Mulcahy



Lorraine O'Neill & Michael Mulcahy

8th Annual Cork Wears Red Lunch

The 8th Annual Cork Wears Red Lunch hosted by Angie Red in aid of Crumlin hospital's Straight Ahead Ireland fund and Little Blue Heroes was held recently in Maryborough Hotel.

Guest Speaker was Mr. Pat Kiely- Surgeon & Co-Founder Of Straight Ahead Ireland

Performances By: International Soprano Majella Cullagh, The LoungeMan, Magician Liam Sheehan & The Alley Cats. There was a fantastic turnout with lots of local ladies also in attendance



Colette Lynch & Liam Sheehan



Angie Red with her daughters Malika and Iman



Eileen McCarthy, Shin Hayes and her daughter Sarah



Mike McCarthy & Paul Carroll



Lillian Courtney & Iris Wilkins



Julie & Denis O'Callaghan



Michael Mulcahy, Angie Red & Jonathon Smith



Glen Mullet & Billy McKenzie-Frazier



Dr. John Sheehan

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

BOWEL CANCER

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.

Over 2,700 people are diagnosed with bowel cancer in Ireland every year. Bowel cancer is the third most common cancer in men and the fifth most common cancer in women in Ireland.

If bowel cancer is found early, it's easier to treat and there's a better chance of recovery.

The three main symptoms of bowel cancer are persistent blood in the stools, a persistent change in bowel habit and persistent lower abdominal pain, bloating or discomfort. There may also be unintentional weight loss. Most people with these

symptoms do not have bowel cancer. Other health problems can cause similar symptoms. For example: blood in the stools when associated with pain or soreness is more often caused by piles (haemorrhoids); a change in bowel habit or abdominal pain is usually the result of something you've eaten. A change in bowel habit to going less often, with harder stools, is not usually caused by any serious condition – it may be worth trying laxatives before seeing your GP.

These symptoms should be taken more seriously as you get older and when they persist despite simple treatments.

If you have one or more of the symptoms of bowel cancer and they have persisted for more than four weeks, see your GP. It's not known exactly what causes bowel cancer, but there are a number of

things that can increase your risk. These include age (almost 9 in 10 cases of bowel cancer occur in people aged 60), diet; high in red or processed meats and low in fibre can increase your risk. Other risk factors include increased weight, lack of exercise, alcohol and smoking. Having a close relative (mother or father, brother or sister) who developed bowel cancer under the age of 50 puts you at a greater lifetime risk of developing the condition; screening is offered to people in this situation, and you should discuss this with your GP.

To detect cases of bowel cancer sooner, the HSE offers bowel cancer screening to adults between 60-69 years of age who are registered with a GP in Ireland. This test is free. Screening involves taking a sample of your stool at home using a home test. If the test is positive fur-

ther testing in the form of colonoscopy is arranged in hospital.

However, all screening involves a balance of potential harms, as well as benefits. It's up to you to decide if you want to have it.

Bowel cancer can be treated using a combination of different treatments, depending on where the cancer is in your bowel and how far it has spread. The main treatments are surgery, chemotherapy and radiotherapy. Biological treatments – a newer type of medication that increases the effectiveness of chemotherapy and prevents the cancer spreading

As with most types of cancer, the chance of a complete cure depends on how far it has advanced by the time it's diagnosed. If the cancer is confined to the bowel, surgery is usually able to completely remove it.

Upper Glanmire ICA

Update on Guild activities

- We have been meeting every Monday evening since early June for our Summer walks.
- So far we have been to the Marina, the Crosshaven walk from Carrigaline, in 2 stages, the Lough, the Estuary, the Lee Fields, Ballycotton, Blarney and the old Blackrock rail line. Walks will continue until mid September.
- First Guild meeting in the Autumn will be on Tuesday the 3rd September. New members always welcome.



Baby ducklings on the Lee Fields



Mary Dorgan leading the way on the Cliffs at Ballycotton

September Recipe: Chocolate pots

Ingredients

- 150 g of dark chocolate
- 4 tsp of coffee /or orange juice
- (1 tablespoon of cognac-opt)



One of the many brilliant views from the top of the cliffs

- 2 eggs separated
- 40 g sugar
- 75 ml cream/ milk

Method

- Beat the egg yolks with 20g sugar until light and fluffy
- Beat the egg whites with the remaining sugar until stiff peaks form

- If using cream, whip until stiff
- Melt the choc with the coffee/juice and cognac (if using)
- Pour the egg yolk mixture into the chocolate mixture and combine well.
- Pour in the whipped cream/ milk. Mix well.
- Fold in the beaten egg whites very gently. Blend well.
- pour mixture into individual cups/ glasses/ ramekins
- Let to set for a few hours in the fridge and serve with grated chocolate or raspberries.



Chocolate pots



Taekwon-Do Beginner Classes: Not what you may think!!

Taekwon-Do is a martial which originated in Korea. The martial art has evolved and adapted over the years taking into account advances in sports science while still preserving the core philosophy and tenets of the martial art. There is a focus on cardio workouts, core strengthening exercises, flexibility and endurance in addition to the martial art aspect. Classes which last between 50 and 60 minutes encourage participants to work to their own strengths and goals, so whether you want to improve your fitness, learn self-defence, or work towards a black belt, the choice is yours.

What are the benefits for children?

In addition to increased levels of exercise and activity, respect is a central philosophy to Taekwon-Do classes. Children experience a different way of thinking and develop an increased level of respect for themselves and those around them. Taekwon-Do also encourages children to set and achieve personal goals. Instructors help children to work towards these in a positive way, all the time enabling them to understand they have the capability to achieve what they put their mind to. The result is an increase in self-confidence.

What are the benefits for adults?

Work and family life often leave little time to focus on the 'other things'. A traditional Taekwon-Do Class or a TKD fitness class gives you 50/60 mins where you just arrive, as you are. Every minute is put to use and you leave feeling energised and remotivated.

The Glanmire Taekwondo Club

The Glanmire Taekwondo Club has been based in Glanmire for over 17 years. Our team of instructors are internationally recognised, Garda-vetted and first aid qualified. They teach in iKids in Sallybrook Industrial Estate, Glanmire. The iKids facility has two halls for training, a waiting area, and parking.



Alan



Amy-Jane



Mike



Timothy

From September 2nd, the team will open their doors to new classes. Contact information is below and you can text, ring, email or facebook message.

Class Type	Overview
TKD Tiggers (4-6 years)	This class focuses on practical life skills in a variety of themes through the application of different Taekwon-Do exercises and games. Classes are 45 minutes long and once per week (Beginners Class starts Tuesday 10th September at 17.40) Contact Amy-Jane
Junior Taekwon-Do (7-12 years)	These classes can be once or twice per week and last for 60 minutes (Tuesdays and/or Thursdays). (Beginners Class starts Tuesday 10th September at 17.30) (Contact Amy-Jane)
Teenage Taekwon-Do (13-16 years)	These classes are once or twice per week and last for 60 minutes (Tuesdays and/or Thursdays). (Beginners class starts Tuesday 10th September) (Contact Alan)
Adult Taekwon-Do	These classes are once or twice per week and last for 60 minutes (Tuesdays and/or Thursdays). (Beginners class starts Tuesday 10th September) (Contact Alan)
Get back to training	These classes are for those who may have done Taekwon-Do in the past and would like to start training again. Our doors are always open and you can call into us in the Club or contact us anytime about coming to the classes

If you would like further information on any of the above contact Alan at 0876147161 or Amy-Jane 083 061 6682 or by email at glanmiretkd@gmail.com. All information is available on facebook at [/taekwondoglanmire](https://www.facebook.com/taekwondoglanmire)

St. Stephen's Pitch and Putt

We had a great turn out for our President Prize. We thank our President Mary Daly for her prize, all who played and all who helped to make the competition a success.

The results are:

President Prize: John O Riordan; Gross: Barry Hickey; Senior: Pat Daly; Inter: Aaron Roche; Junior: Des Crowley; Ladies: Georgina Harte.

Our next big club Competition taking place is our Chairperson Prize on the 6th and 7th Sept. New members welcome, green fees available except during club competitions. Application forms available in the clubhouse.

Congratulations to Eddie Hogan on winning the Club Handicap Matchplay






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



White's Cross GAA News

whitescrossgaa.ie

Championship Exit

The junior A footballers exited the championship at the hands of last year's beaten finalists St. Michaels. This was a heart-breaking defeat for White's Cross as it was, without doubt, the best performance of the year. St. Michaels were buoyed by the availability of a number of their top intermediate players and were most observers' favourites to progress. Our lads rose to the occasion and were more than a match for their opponents over the hour. With five minutes remaining, it looked like we would hold out for victory after, having twice recovered from the concession of soft goals, we found ourselves in the lead for most of the second half.

It was not to be, however, and a late burst by our opponents saw them scrape over the line by the narrowest of margins. The final score was White's Cross 1-16 St Michael's 2-14. And so it was a disappointing end to their championship campaign. Currently the team is back on the fields playing their remaining league fixtures. There is still an opportunity to reach the league semi-finals and gain some silverware.

The junior B football team also exited the championship at the hands of Whitechurch. A harsh early sending off whereby only the White's Cross player was punished left us with a numerical disadvantage for most of the game. This affected the game in terms of it being competitive and we were well beaten in



Stephen Whooley in action for the under 16 footballers recently

the end. This team also has number of league games to be played this month and are, like the A team, in with a chance of reaching the last four of the league.

Underage Roundup

The under 16 footballers lost out to Grenagh in their championship. Like the game above, they played most of the match with a player less. They battled gamely until the end but it wasn't enough on the evening and they went under by five points in the end.

The under 14s are having more success and at the start of this month, they are in line to bring some silverware back to the club. They will play a league final against St Colmans (Cloyne/Russel

Rovers) and, hopefully with some silverware collected, will play St. Catherine's in the championship semi-final. They have played both these teams earlier in the year and both were very tight games.

The under 12 footballers had a very slow start to the year. However, under the leadership of coaches Don O'Connell and Seán Murnane, they have shown massive improvement. They have won their last three league games against Fr. O'Neill's, Middleton and Carraig Na Bfhear.

Paul & Wendy

The club would like to congratulate Paul O'Sullivan on his recent marriage to his fiancée Wendy O'Gorman. Paul

has been regular player for the junior A football team for well over a decade now since he broke onto the team after being part of the winning 2006 minor football championship team.

He has starred at full forward this year and scored a memorable goal at Ballinlough in the first round victory over St Vincents. He kept his best performance for August 16th, his wedding day, in Killarney though. The club wish Paul and Wendy many years of happiness and good fortune together.



Paul O'Sullivan and his wife Wendy on their wedding day



The under 14 hurlers in full concentration during their league victory over St. Vincents

Another member of that same minor team of 2006, and another important member of Junior hurling and football teams, Richie Sherlock, got his own wedding plans in motion recently as he proposed to his girlfriend Aisling Moore. Luckily she said yes so there will be another big day to look forward to in the future. Congratulations Richie and Aisling!



GLANMIRE LADIES BASKETBALL CLUB

August Highlights

Last month we were excited to host a challenge match against visiting team from the USA, East Coast All Stars. A collection of our underage players (U12 to U15) gained some great experience when they lined out against this very talented group of players. The teams had an opportunity to mingle after the game, exchanged gifts and shared stories over pizza together. A great evening was had by all and an experience to remember for our underage ballers.



Above: Coaches Stephen McCarthy & Joe O'Sullivan with GLBC underage players during challenge game against East Coast All-Stars.

European Championships

A series of phenomenal performances from the Ireland U20s in Kosovo saw them return home with a European Bronze medal and promotion to Division A in Europe for the first time ever. These are a very special group of players and have achieved at the highest level.



Above: GLBC Ballers with East Coast All-Stars for recent challenge game in Upper Glanmire.

Our GLBC ballers Annaliese Murphy and Louise Scannell were tremendous throughout the tournament. We are very proud of how well the girls represented their club and country and their achievements are an inspiration for all young ballers in the country to aspire to.



Above: European Bronze Medal winners Annaliese Murphy & Louise Scannell

2019-2020 Season

The Super League season will kick off in September, with our first home game scheduled for October 6th @2pm in the Mardyke Arena against IT Carlow. We are delighted for the continued support from our main

sponsors Ambassador Hotel Cork, UCC and Sherry Fitzgerald.

For further information about the club, how to get involved and whom to contact, you can follow us:



Ambassador UCC Glanmire Super-League players Marie Breen & Jessica Quirke with Sherry Fitzgerald Team

Facebook @glanmire.ladiesbasketball
Twitter @glanmirebball
Instagram @glanmireladiesbasketball
Web: <https://glanmirebasketball.com>
Email: glanmirebasketball@gmail.com

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ERIN'S OWN LADIES CLUB



U12 Camogie

U12 Camogie

Well done to our U12 camogie team who played their first round of the A Championship on Saturday the 17th of August against Ballinora. The result didn't go our way on the day, however all the girls displayed great skills and teamwork. The Club is very proud of these girls who for the first time are participating in the A Championship. The girls and coaches are now looking ahead to the next round of the Championship playing against Sars. We wish the girls, coaches and mentors the very best of luck going forward.

Minor girls

Our Minor girls put in a great team performance playing Inch Rovers on Thursday the 15th of August despite being down a number of older players. From the start the girls took the game to Inch and got on the scoreboard

early on to gain an early lead. Though a second goal by Inch after 20 minutes meant we were a behind by a point, the girls stayed working hard and regained a lead going in at half time ahead 2-06 to 2-0. Erins own started the second half the way they finished and tapped over a few early points to extend the gap on the scoreboard. Inch came into the game putting our defence under a lot of pressure by scoring a few points and a goal from a penalty to reduce the gap. Our girls kept their composure and with a late goal finished the game stronger with a final score of 3-12 to 3-03. Well done to the girls, coaches and mentors.

Aimee Corcoran

Our dual inter county player Aimee Corcoran is having a superb year with U16 Cork Football team and U15A Cork Camogie team. Aimee has won an U16 Football



Aimee Corcoran

Munster Medal playing with Cork U16 Football team on the 4th of May against Kerry in Castletownroche. She then added an All Ireland U15A Camogie Medal to this when she played with Cork U15A Camogie team on the 28th of July in the All Ireland U15A Camogie Blitz in Dublin. Cork did really well throughout the blitz and made it to the final where they played against a strong Dublin team. Cork beat Dublin to become All Ireland Champions and we are very proud of Aimee being part of both of these squads and we wish her continued success.

Ella Collins and Kiera Mulcahy

Well done to our inter county players Ella Collins and Kiera Mulcahy who both also had a very busy summer with Cork U14 Camogie Squads playing games in Ennis, Limerick, Dublin, Waterford, Wexford, Kilkenny and Thurles whilst also been very committed to our busy U14 and U15 schedule of games over the summer. They are now training hard for the U14 All Ireland Blitz taking place in Dublin on the 7th of September. The girls are great ambassadors for our club and we are delighted to see them both playing at such a high level. Best of luck to Ella and Kiera in the All Ireland Blitz, everyone from Erins Own are behind ye !!!



Ella Collins and Kiera Mulcahy

Aoibhinn O Neill and Edith O Donnell

Hugh congratulations to Aoibhinn O Neill and Edith O Donnell who were part of Cork's youngest panel, the U13 Cork Football Development Squad that played in the Eugene Egan Memorial Blitz which was played in Dublin on Saturday the 17th of August. Cork won all games and progressed into the final where they played and defeated Dublin and retained their title as Champions. The Club wishes Aoibhinn and Edith the very best of luck in Kildare for their next outing with Cork. Well done girls keep up the hard work.



Aoibhinn O Neill and Edith O Donnell



Minor girls



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Sarsfields Camogie Notes



Mirinda



Erin Croker

Thank you to Mirinda of Horgans Pharmacy for very generously sponsoring a first aid kit for our U12 team.

Well done to Erin Croker who was referee for the half time game during the All Ireland Hurling Final.



U8 Team

Well done to our u8s who hosted our Imokilly blitz recently in Sars. Great days camogie and thanks to Watergrasshill, Erin's Own and Castletelyons for travelling to us.



U10 Team

Sars U10s who played some great camogie in our recent home blitz against Erin's Own & Watergrasshill.



U12 (2) Team

Another outstanding performance from our U12(2) team in Millstreet. 100% effort from all, ensured a well deserved victory for our girls.

A great winning performance from our Junior panel recently in Ovens vs Eire Og.

Well done to the U12(1) team on

a great game v Newcestown recently.

Congratulations to our All Ireland finalists Olivia McAllen, Saoirse Desmond, Amy McNamara, Cliona Lynch and Katlyn Sheehan, on their win v Wexford in the Cork u16 All Ireland semi final.



Junior panel



Cork U16

Sars u9s played a 5 game blitz recently in Castlemartyr. We had two teams in action and great displays from all. Thanks to Castlemartyr for hosting.



Sars U9



U12A Team

Well done to the U12A team who represented the club at Camán to Munster 2019, in Gaelic Grounds, Limerick.

As part of our 50th anniversary celebrations, we will be hosting a dinner dance on Saturday 9th November, in the Rochestown Park Hotel. Tickets will be on sale shortly.

Our U11 & U12 teams had a great training session with Noel MacSweeney. Noel is the former Wexford County U14 camogie Manager & current Manager of the Kilrush U14 team.

Some great Camogie on display recently in Buck Learys as Sars blues played Sars whites in an U13 Imokilly League match. In the end both teams finished level 5.11- 7.5. Well done to both teams. Sars Abu



U12 (1) Team



U11 & U12 Teams



U13 Team





GLANMIRE MONTHLY MACRA NEWS



Glanmire Members with Karen Cashman, the 2019 Abu Dhabi Rose

Return of the Summer Bowling League

The Bowling League traditionally kicks off the Glanmire Macra sports calendar every year and this year is no different. The Summer Bowling League commenced on Monday the 22nd of July 2019 and will continue every Monday at Leisureplex, Cork City. The league starts at 8pm every Monday for the duration and the cost is €10 for 2 games per person. This is open to everybody, so please come along and bring a friend.

The Summer Bowling League is a great social event for members from not just Glanmire, but also the region and often further afield.

It is also a great introduction to Glanmire Macra for any non-members to call in that may be curious to learn more about the club and may be interested in join.

The opening of the Bowling League last Monday saw a great turn out with a total of 15 people in attendance. There was a mixture of current club members, non-members with an interest in joining and members from other clubs in our region present. Monday night showed a good mixture of pure bowling talent and people that were willing to give it a go. The key element was everyone had a good time, with many laughs being had. We look forward to the continuation of the Bowling League which will lead us up to the Seandún Regional Competition. Glanmire Macra is hoping to repeat the successes of 2016 and 2017 at regionals which will lead to the National Competition which can be held anywhere in the country.

While the sports competitions will be kicking off we also have one

of the hugest social events of the National Macra year coming up over the August Bank Holiday; Gillian Kenneally will be taking part in the International Miss Macra Festival in Thurles.

International Miss Macra Festival 2019 – August Bank Holiday



Gillian Kenneally Seandún's Representative for Miss Macra

The Macra calendar is never a quiet one as any Macra member knows however there is significant event which marks the end of one Macra year and signals the next one is just around the corner. This event is the International Miss Macra Festival which takes place annually every August Bank Holiday weekend. The festival is traditionally held in Thurles, Co. Tipperary; some may know it as the home of GAA but for Macra members it is the home of the crowning of International Miss Macra. This year Glanmire Macra club was honored to have our own club Secretary Gillian Kenneally as the Seandún Region's representative in Miss Macra.

The process for International Miss Macra contests started back in January 2019 with Seandún Region's 'Title's Night'. It was for this competition which Gillian decided to put herself forward for the title of

International Miss Macra; as she said in her own words "I felt that Miss Macra would be the festival I would be best suited too". After a series of private interviews in Sarsfield GAA Club and on stage interviews in Cork's Vienna Woods Hotel it became clear that the Seandún Region agreed with Gillian's opinion. Gillian was crowned this year's Seandún's representative for 2019 and became one of the 22 women which represented the various regions and counties in Ireland and further afield.

The weekend kicked off for all Miss Macra representatives on Friday 2nd August at Fethard House Country Experience and then continued on to Coolmore Stud where all the Miss Macra's representatives received a private tour of the stud farm. From there the Miss Macra's and club members from across the country gathered in Thurles for a Trad Music Session. Saturday saw the Miss Macra's representatives have private interviews in The Anner Hotel in Thurles. This was then followed by on stage interviews Saturday night in Clonoulty Co. Tipperary. Sunday was kicked off by a friendly sports day, which was proceeded by the much anticipated banquet on Sunday night. The highlight of this being the crowning of International Miss Macra at 1am (Macra's version of midnight). This year's International Miss Macra 2019 was Miss Carlow, Margaret Byrne. Munster did very well in the overall competition with both Miss Carbery Gillian Moore being

for Glanmire Macra. Everyone in the club was extremely proud of Gillian and everyone was only delighted to travel to Thurles to support her this weekend.

Glanmire Macra Bowled Over by Rose

The week started off with the continuation of the Summer Bowling League. In preparation for the upcoming regional bowling competition 16 members, new, old and friends arrived at Leisureplex to start brushing up on their skills in the alley, with the strike count increasing steadily throughout the evening. A great evening of chat and fun was had by all, but we were especially excited to welcome back Karen Cashman for a few games.

Karen, a primary school teacher originally from Carrigtwohill, and highly valued member of Glanmire Macra, left the Emerald Isle for the sun and sand of Abu Dhabi in 2018. Back in February of this year, Karen was selected as the Abu Dhabi Rose for the 60th International Rose of Tralee Festival taking place this August. Since arriving back in Ireland, she has been very busy promoting the festival and carrying out her Rose duties, so we were very happy she was able to join us on Monday night.

The Rose of Tralee festival which is celebrating it's 60th year, is a celebration of Irish Communities across the globe with ladies from all corners converging on Tralee to celebrate their heritage, culminating in the televised interviews on Monday & Tuesday night and a parade celebrating the winner.

Glanmire Macra wishes Karen all the best as the Rose of Tralee tour starts. We are all looking forward to supporting her as she makes Abu Dhabi and Glanmire proud in Tralee this week as the festival is launched.

The Summer Bowling League will continue each Monday until the 2nd of September. 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, 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.



Glanmire Members supporting Gillian at Miss Macra

announced as the second runner up and Miss Muskerri Sheila Lynch was announced as the first runner up.

Glanmire Macra would like to congratulate all the winners of the night. We would also especially like to congratulate and thank Gillian for taking part and being an amazing representative for not only the Seandún Region but also



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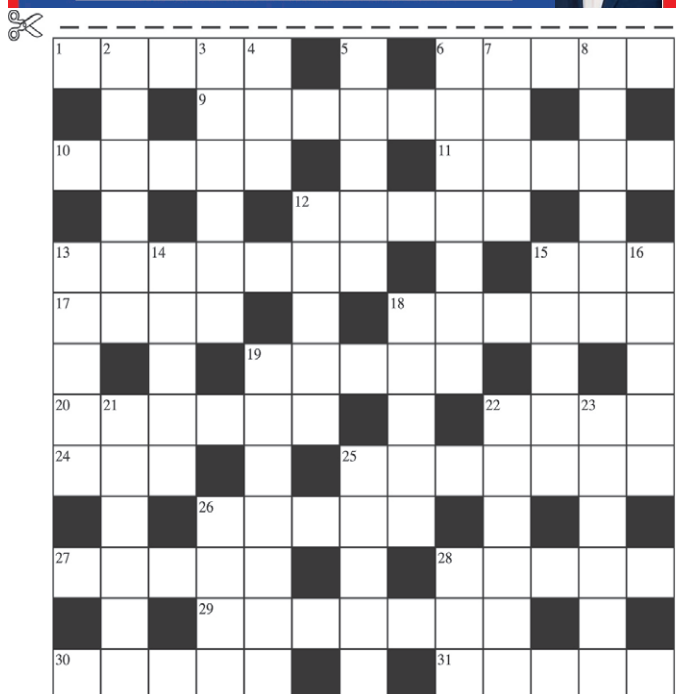
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Across

1. Regret someone's death (5)
6. Author of 'The Borstal Boy' (5)
9. Shellfish (7)
10. Part of knife (5)
11. Derby racecourse (5)
12. This day (5)
13. Pride (7)
15. Latin word meaning 'thus' (3)
17. Birds lay them (4)
18. One in time saves nine (6)
19. Fuzzy fruit (5)
20. Used when sewing (6)
22. Burn (4)
24. The last part (3)
25. Delightedly (7)
26. Look intently (5)
27. Bottom line (5)
28. Love intensely (5)
29. Mexican drink (7)
30. High temperature (5)
31. Animal (5)

Down

2. Rectangular (6)
3. Cowboy contests (6)
4. --- Bevan, Welsh politician (3)
5. Was standing (5)
6. Broadness (7)
7. Glimpse (4)
8. Nuclear (power) (6)
12. Native American tent (5)
13. River of Paris (5)
14. Leered (5)
15. Horse (5)
16. Cautious (5)
18. Fright (5)
19. Plate of meats etc. (7)
21. Complete (6)
22. Ice-cream dessert (6)
23. Sirens (6)
25. Haughty (5)
26. Location (4)
28. Garment worn by priest (3)

Crossword Winner: Linda Casey, Knockraha, Co Cork



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