

## 2020 Vision Sees Grandons Toyota Team Up With Glanmire GAA



2020 brings the start of a new decade and with that a real sense of optimism. None more so than for Ken Grandon and his team at Grandons Toyota Glanmire, who are embarking on new and exciting journeys on a number of fronts.

As Toyota expand their growing range of hybrid and electric vehicles, Grandons Toyota will be at the forefront of showcasing these new and innovative

models to the people of Cork but for Ken Grandon, 2020 will see Grandons Toyota immersing themselves further into the community of Glanmire by taking on the position of club sponsor to Glanmire GAA Club. It is a 5 year commitment to the club that he has played with since he was eight years old and it is an association that he and his team will take great pride in.

It was the club's vision for the future both on and off the field that persuaded Ken to go all in with his support for the club. When asked about his reasons for getting on board with Glanmire GAA Ken said 'It was a no brainer really. Glanmire GAA club is really close to my own heart having played with them at every age group all the way to Senior back in the 90's.

Our aim is to help Glanmire to get back to those elite surroundings and with the vision and belief that the club and it's Chairman Paul Kingston have shown to try and fulfil these ambitious plans, we felt that the time was right to get behind the club as much as we could. With a hugely successful underage section of over 400 members along with a steadily improving adult section, the future looks very bright indeed for Glanmire GAA and we are immensely proud to be part of what promises to be an exciting period in the club's history.'

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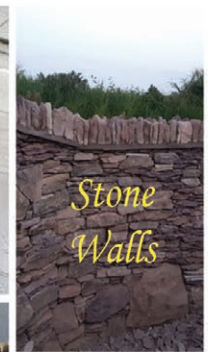
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# GLANMIRE LIBRARY

## FEBRUARY EVENTS

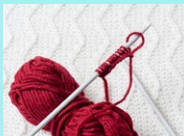
**Tuesdays, 11:30**  
Jigsaw Hour



**Wednesdays, 10:30**  
Mindful Colouring



**Knitting,**  
February 5th & 19th at  
10:30 am



Free event.  
All are welcome.

**Thursdays, 11:30**

Weekly  
Storytime with Rita



**Crochet**

February, 6th at  
10:30 am



Free event. All are welcome.

**Scrabble Club**

Weekly at 10:30



**Bookclub,** February 13th  
10:30 am

New members always welcome

**Friday, 10:30 - 12:30**  
Age Action



Age Action free of charge  
Getting Started computer classes  
for over 55s. 0871956026  
or email  
gettingstartedcork@ageaction.ie

**Saturday, 10:30**  
Weekly  
Storytime with Judy



Citizens  
Information

## Know Your Rights January 2020: PAYE Income Tax Rates 2020

### Question

I'm a PAYE worker. What income tax will I pay in 2020?

### Answer

The amount of tax that you have to pay depends on your personal circumstances. Tax is charged as a percentage of your income. The amount that you actually pay depends on your income and on the tax credits and reliefs that you are eligible for.

The first part of your income, up to a certain amount, is taxed at 20%. This is known as the standard rate of tax and the amount that it applies to is the standard rate tax band.

If you have income above the standard rate tax band, it is taxed at the higher rate of tax, which is 40% (also called the marginal rate). The amount that you can earn before you start to pay the higher rate of tax is your standard rate cut-off point.

There were no changes to tax rates and bands in 2020. The standard rate of tax is 20% and the higher rate is 40%.

Personal circumstances	Tax rates and bands in 2020 €
Single person	€35,300 @ 20% Balance @ 40%
Married couple/civil partners, one income	€44,300 @ 20% Balance @ 40%
Married couple/civil partners, two incomes	Up to €70,600 @ 20% Balance @ 40%
One-parent family	€39,300 @ 20% Balance @ 40%

You may also be eligible for other income tax reliefs, credits or exemptions, which can reduce the amount of tax that you have to pay. Visit [revenue.ie](http://revenue.ie) to find out more.

Know Your Rights has been compiled by the South Munster Citizens Information Service

which provides a free and confidential service to the public.

Further information on this and other matters is available in confidence from the:

Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880

Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm.

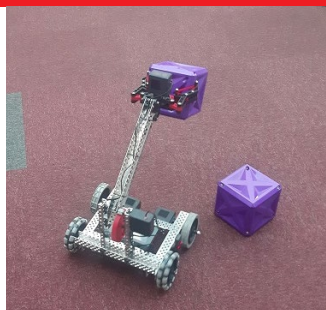
Citizens Information is also available through the Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at [www.citizensinformation.ie](http://www.citizensinformation.ie)

## St Patrick's College

### St Patrick's College News January-February 2020

#### TY Robotics

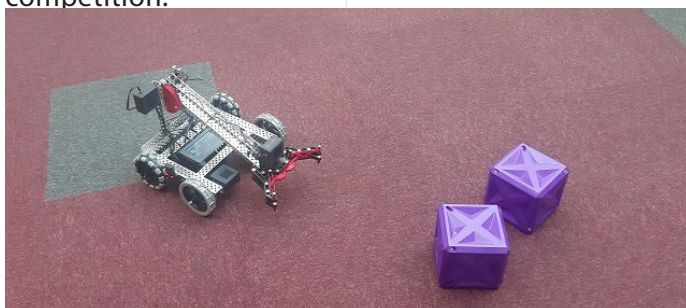
Best of luck to our TY Robotics team who head to CIT on 20th January with their robot "Wally" for the VEX Robotics showcase. Thanks also to teacher Ms Lambe for taking on the challenge of working with students to design and build Wally. Thanks also to past-pupil Amy who works for Dell EMC and who lent some assistance. St Patrick's College will be one of just two all girls schools represented in the competition.



Wally Robot

#### Student Wellbeing - Take Notice

For the month of January, students are asked to "Take Notice" of themselves and others and the school will focus on mindful colouring in tutorial time to allow



Wally Robot

students to focus on their own thoughts and feelings. Pictured are some students engaged in mindful colouring.

#### Improvement Works to the School

The Department of Education has granted funding for two modern state of the art classrooms to replace classrooms damaged in a storm. In addition, the Department has also granted funding for construction of much needed covered

walkways to shelter

students and staff from the elements when walking to different classes. This work will get underway as soon as possible. This work will be in addition to improvement works carried out in recent years including: upgrade to boiler & replacement oil tank, replacement storage heaters, replacement windows and newly renovated toilets.



Take Notice





# Are You Living With Sciatica Or Back Pain... When There Is A Non-Invasive, Drugless Solution?

Having back and sciatic pain is a miserable – even crippling – condition.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.

You may have a condition called "Sciatica" if you're suffering from any of these annoying conditions. Sciatica is a compression of the sciatic nerve, usually by an L4 or L5 disc herniations.

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

## Do You Have Any of the Following?

- Sharp pains in the back of the leg
- Lower Back Pain
- Herniated/bulging discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain
- Muscle spasms, sprains & strains

Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated with chiropractic adjustments.

## "What's The Chance This Will Work For Me?"

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, Venus Williams, Pádraig Harrington, Bradley Wiggins, Gisele Bündchen and Madonna.

These professionals have money to hire any kind of doctors they want, and even they choose to have a chiropractor on their team.

## Here's what just one of our patients had to say:

**"I can't believe how much I have improved and can tolerate more treatments and exercises. My quality of life is so much better and I get a full night sleep now. It has taught me how to rest, look after my back and sit up straight. At the same time, I have freedom from pain and a lot more movement."**

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

## Feel the Improvement – and Say "Yes" to Life Again

With my "Back Pain And Sciatica 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.

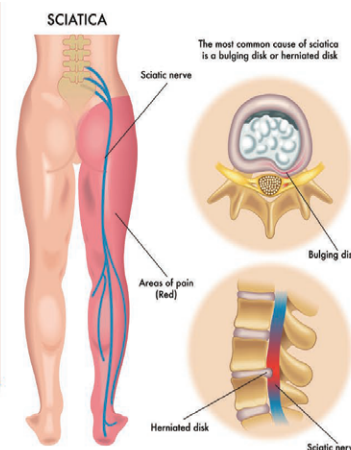
## The Single Most Important Solution To Your Sciatica and Back Pain

It's time for you to find out if chiropractic will be your sciatic and back pain solution.

For 14 days only, €40 will get you all the services we normally charge new patients €120 for!

What does this offer include? Everything we normally do in our new patient evaluation.

- An in-depth consultation about your health and well-being where we 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.
- We will provide answers to your questions, like...which position, mattress, and pillow you should use for a good night's rest.
- ...how to exercise the right way so you aren't making your pain worse.

## Don't Let Your Sciatica Get Worse

Untreated, sciatica can lead to a loss of muscle strength and muscle size that may be irreversible. Eventually, there can be problems with gait.

Sciatica can be successfully treated. You can recover. Healthy, pain-free living should be yours.

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

Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, Glanmire. (Over the bridge next to AIB Glanmire)

To avail of this offer just tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation before February 16<sup>th</sup> 2020.

We look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

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

**P.S. You've got too many dreams left undone. Too many special moments waiting to be experienced. Life is too short to let pain slow you down.**

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

### PEDESTRIAN & CYCLE ROUTE



The proposed development of a pedestrian and cycle route from Bury's Bridge to Carrigtwohill by Cork County Council was referenced in the July 2019 issue of Area News. This included advice that the draft plan would be advertised when finalised, and that site notices would be erected outlining the consultation process thus giving stakeholders an opportunity to offer their views on the proposals. Well the plans and particulars were published on January 10th. and are available for inspection for a period of four weeks from that date at; Floor Eleven County Hall; Cork County Council Area Engineer's Office at Ballinglanna; the Town Hall Cobh and Cork County Council's website. Submissions and observations may be made to the Council's Traffic & Transportation Department on or before Monday February 24th. The scheme involves the construction of a dedicated seven decimal seven km, three metre wide, shared pedestrian and cycle path, with a one metre landscaped separation between the path and the public road, where possible and it will run on the northern side of the L 3004, the former N 25. But would not the route be more practical at the southern side of the roadway; from the Rockgrove Industrial Estate access adjacent to Spillane Trailers as far as Glounthaune Train Station? The wide shoulder extending to "Dorgan's Cottage" would be availed of and the "Crompaun Walkway" would also be incorporated. The planned reductions of the carriageway to six metres from the bus stop eastwards would accommodate the scheme further on thereby avoiding a potential unsafe environment as per the present route proposal at the vicinity of Fitzpatrick's Shop. The wide shoulder onwards to the station, with public lighting already in place, would complete the section. The scheme provides; seven pedestrian crossings, locations of which include The Island Gate, Fitzpatrick's Shop, Glounthaune Train Station and The Elm Tree; ten

bus stop upgrades; traffic calming dmurs gateways; continuous pedestrian / cycle facility across minor accesses; ramped facility provided across more substantial accesses and junctions; public lighting and CCTV; potential for landscaping a wild flower corridor; extended car parking at Glounthaune Train Station. A route option assessment and preliminary design was prepared by Aecom (Ireland) Ltd. on behalf of Cork County Council. J.B. Barry & Partners Ltd. performed the Road Safety Audit which was carried out between Monday October 14th. and Tuesday October 22nd. 2019. The examination and subsequent report were made with the sole purpose of identifying any features of the scheme that could be removed or modified in order to improve the safety of the proposals. The report listed a number of problems identified from the preliminary design submitted and it recommends that the associated improvement suggestions should be studied for implementation. It advises that traffic volumes were average at the time of the site visit on Monday October 14th. and that pedestrian activity was generally low but pedestrians were observed crossing the carriageway near shops / restaurants, and that groups gathered at bus stops. It states that there was significant unregulated parking associated with the retail / public areas such as at; The Island Gate, Fitzpatrick's Shop, the Glounthaune Train Station and it was noted that many HGV's park at the Island Gate and opposite the Amber filling station. The issues listed on the report pertaining to the Glounthaune area include the following; **HGV Parking – The Island Gate Restaurant:** "Many HGV's were observed parking along the roadside at both sides of the road next to the Island Gate Restaurant and neighbouring premises, including along a section of road where parking is currently prohibited by way of signage. It is proposed to regularise this parking by providing formal parking bays which may result in HGV's and other vehicles mounting the footpath and parking for periods up to an hour. This parking practice would create obstructions for pedestrians and cyclists using the shared surface thus increasing the risk of conflict. Also, the spaces provided do not appear to be wide

enough for HGV parking, particularly if drivers are opening doors and stepping onto the carriageway". **Recommendation:** "Provide sufficient parking at retail areas or install a physical barrier, such as vertical bollards, to prohibit this unsafe behaviour. Ensure that all proposed parallel roadside spaces are sufficiently wide to cater for a two decimal four metre wide HGV to park allowing enough room for the drivers to safely exit the vehicle without the need to step out onto the carriageway". **Vehicles Overhanging Shared Surface – The Island Gate:** "The proposed perpendicular parking at the back of the shared surface will result in cars overhanging thus reducing the available footpath space and creating an unsafe environment for both cyclists and pedestrians". **Recommendation:** "Provide a buffer to prevent cars from encroaching over the shared surface; such as rubber blocks fixed to the surface or vertical bollards aligned along the back of the path". **Parking at Fitzpatrick's Shop:** "Many vehicles, cars and LGV's generally, were observed parking within the unregulated parking area in front of Fitzpatrick's Shop, neighbouring premises and along the public road. Currently, parking is ad hoc with many different vehicle manoeuvres occurring simultaneously and this increases the risk of conflict. It is proposed to regularise the parking at this location to increase safety, however some vehicles may continue to park at the roadside which could subsequently result in vehicles mounting and parking on the shared surface or footpath. This could obstruct pedestrians and cyclists on the shared surface". **Recommendation:** "Consider using vertical bollards along the road kerb and back of path (each side of the shared surface) to prevent vehicles from mounting the footpath to park. This would create a safe unambiguous route for cyclists and pedestrians travelling through the area". **Cycle Environment – Fitzpatrick's Shop:** "The proposed layout will encourage cyclists to use the car park to access the "greenway" section of the Old Road to the east. There is an increased risk of a conflict between a passing cyclist and a vehicle reversing out of a parking space". **Recommendation:** "Revise the layout so that the shared surface is streamlined more towards encouraging cyclists to remain on the shared surface and easier to

access the "greenway" from the shared surface". **Parking Encroachment:** "Parking is proposed adjacent to the bus stop at Glounthaune. There is no physical barrier between the parking area and bus stop. Given the parking practices observed during the site visit; there is an increased risk of parking encroaching into the bus stop area and this would force the bus to stop in the carriageway. Given that the opposite bus stop is an inline stop; there would be an increased risk of head on collisions from traffic passing stationary buses". **Recommendation:** "Provide a physical separation (buildout) between the parking and bus stop". **Bus Stop Facilities – General:** "It is not clear from the drawings how it is proposed to segregate groups waiting at the bus stop from passing cyclists. Groups of people waiting at the bus stop will reduce the available space and may result in collisions, especially as a bus approaches or result in cyclist using the carriageway to bypass the bus stop, increasing the risk of being struck by a passing vehicle". **Recommendation:** "Follow the National Transport Authority guideline for bus bays and consider using tram-line paving where appropriate and where possible, widen the footpath locally at each bus stop". **Priority at Entrances:** "It is unclear from the drawings whether vehicles or cyclists / pedestrians have priority at the entrances. Ambiguity at entrances could cause confusion for drivers and cyclists / pedestrians, increasing the risk of collisions". **Recommendation:** "Given that the scheme is for a shared route, which will promote walking / cycling, consideration should be given to grant priority to cyclists / pedestrians at all entrances, providing a direct and consistent route. This could be achieved by maintaining the level and surface material of the shared surface through the entrances". **Lack of Public Lighting:** "It is unclear from the drawing if appropriate public lighting will be provided as part of the scheme. Text provided with the drawings outlines public lighting will be included but the drawings do not show proposed public lighting". **Recommendation:** "The design team should provide appropriate public lighting along the length of the scheme".

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## Gardening with Charlie Wilkins



Charlie Wilkins



### PLANT PURGATORY

Down towards the end of what I affectionately call 'the back garden' where a puddle of snowdrops in February gives way to scented lilies in June and the view from the boundary fence runs out towards the depths of Kerry, you will find my plant purgatory! All keen gardeners have such places, most tucked away in camouflaged, unseen corners. Here, my eclectic collection of plants and cuttings continue to languish in the many stages of neglect, starvation, even death. Struggling for life in restricting plastic pots, yogurt containers and butter tubs, their frugal existence is extended by the minimal nutrients remaining in a horrible mix of soil and old potting compost. The inmates of this shameful corner hold the seeds of all my good intentions, but I kid myself time and time again that I will deal with them next week or the week after that.

"Where do all these plants come from" you might well ask? Well, over the months (and years in some cases) many were sourced at club sales tables, more again arrived through impulse purchases. The same kind of activity goes

on at open garden events, fundraising evenings, even car boot sales, so that eventually, one will have collected (and paid for), more plants than can ever be brought to successful maturity. Unwanted gifts and excess propagation are also responsible but wherever and however they originated, they now form a colony of survivors waiting to be committed to a place in the garden proper.

For all that, one could just as easily get a genuine treasure, a true bargain, the kind of plant one would search for in vain for but seldom expect to find. I have often found such a plant, one meticulously labelled, expertly propagated, and in the kind of vigour one would expect from a nursery or specialised outlet. It does indeed happen but unfortunately, not too often. Meantime, I avert my eyes as I pass, and the roots of my ragged collection continue to circle and scream in their plastic penitentiaries.

This shameful admission has brought me to today's rambling-neatness in the garden! I cannot lay too great an emphasis on the neatness in which all gardens



This illustration is rather timid, more of a planned display really, but it gives an idea of a plant purgatory setting. My own plant purgatory is far too disgusting for me to put it on show.

should be kept. This goes for ladies along with gentlemen, but with the ladies, it is important to remember that if their creation is not beautifully neat (just like themselves) it is nothing. In saying all this, I now ask that areas (like my plant purgatory) and any remaining weeds, leaves, dying frosted foliage, and wind-blown rubbish which, at this pinched time of winter is still littering the garden be removed. These, and the plants in plastic containers still lying around only harbour slugs, snails, and vine-weevil grubs which will eventually spread adding more and more misery for you.

### THE FEBRUARY GARDEN

**WINTER;** In the depth of winter the average gardener hardly stirs. If he goes out into the garden, it is only for the sake of light exercise. Bored of indoors, many will pull on whatever coat comes to hand then mooch up and down the muddy paths barely aware of the black empty beds or the emergence and progress of the earliest bulbs. Perhaps they should pay more attention for signs of spring are already evident. Through thin slippers the noses of emerging bulbs and other such treasures are not hard to detect!

**READING;** Days are short and in no time the available light begins to fade. The anaemic sun that earlier in the afternoon gleamed on a wet birch trunk is now setting in a cold rim of bilious light. From where I am writing, I can also see chasing clouds riding up from the west suggesting that it is going to be yet another night of wind and rain. Just as well then that I am surrounded by books and magazines, catalogues and event brochures! Reflection on the year ahead is one of the most luxurious horticultural moments that in can think of just now so if the weather

be bad, take it easy! When the rain is lashing down and the wind is blowing stay indoors and get comfortable. There's nothing worse than getting cold and wet in mid-January.

**RAIN.** Late January days remain short, but the low sunlight concentrates the mind on shape and form. Gardens look larger, every line and contour stand proud and your gaze can now stretch to the boundaries unhindered by the soft gauze of summer. I can see all my creation now and more besides. My neighbour's plot comes into crystal clarity and once more his plants, layout, and style reappear having been hidden since summer. I need to remind him (yet again!) to cover the top of his compost heap with an old carpet or similar so that the contents do not become over-wet and sodden. It would then lose heat and delay the ongoing rotting process. Much in the line of rain will (despite storm Brendan's downpour) fall before St. Patrick's Day.

**HOSTA DIVISION.** Division is the only way to ensure that hostas come true to type. This can be done now or in early spring. In cold areas late February will be found better. The

easiest approach is to dig up the clump and to wash off the excess soil. This will give a clearer view of the dormant buds. Cut through the crown between the buds making small plants in the process. I use a carpenter's saw. Replant with some manure or compost mixed into the backfill soil. Many hostas produce seed but this does not produce hostas true to type and it is rare to find an outstanding seedling.

**CHRISTMAS CACTI.** (Schlumbergera) are still in full flower but do not be tempted to water them too often. Being succulent plants, they require careful watering. Give them no more than will keep the fleshy discs from wrinkling. The compost for these should never be more than slightly damp; any more would cause the blooms to drop like pine needles. A light spraying with tepid water now and again will remind them of their steamy forest origins and make them give of their best. Most often sold in pots that seem far too small, never be tempted to give them more room in a larger pot. They love being pot bound! Another of their dislikes is constant handling. Once the right place has been found for them, they should be left there undisturbed until flowering has finished.

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## GLANMIRE LADIES FOOTBALL CLUB

Early January kicked off with a very successful awards/social night in celebration of our 2019 season, with lots of parents, players and committee members in attendance to see over 700 medals and 25 special presentation pieces be given out to the very talented girls and ladies who play football with Glanmire Ladies football club.

Among the Special awards were club player of the year and young club player of the year, both awards went to hugely talented players Ellen Baker and Orlaith Roche, both girls had started at a very young age playing with Glanmire and have progressed to playing regularly on our senior team.

On the night a special mention went to Dave Carey who has worked hard for nearly 10 years in the club, Dave has coached at all levels, managed and has been on our committee for many years. His most notable success had been the manager of the all Ireland team of 2018.

Well done everyone.!

Keep a eye on our social media (Facebook, twitter and Instagram) for any update to team coaching times/days.



Team pic of u11



Player of the year Ellen Baker with manager Dave Carey



Senior players



U6/7/8 teams



U14 team



Dave Carey and chairman Michael Hannon



Orlaith Roche young player of the year with coach Mark Byrne



Moms football team



U12 team

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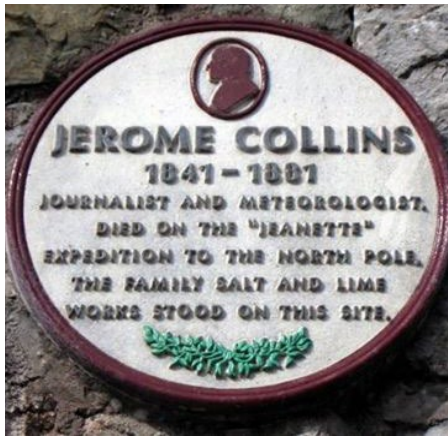
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## Jerome J Collins agus Tragóid an Jeannette: Cuid 2 Micheál Ó Súilleabháin

Scéal mór le rá a bhí i mbéal an phobail ba ea é go ceann roinnt seachtainí. Laoch agus mairtíreach ba ea de Long do gach éinne. Tháinig an Príomh-Innealltóir, George Melville, a bhí tagtha slán ón tubaiste ar ais chun na corpáin a lorg. Fuair sé iad in 1882 agus rine sé sócrú go seolfaí abhaile go dtí na Stáit Aontaithe iad. Go luath in 1884, tháinig corp Collins go Nua Eabhrac. Bhí an scéal imithe i gcion ar an bpobal Gael-Mheiriceánach faoin tráth san agus bhí na sluaite i láthair ag Aifreann Égnairce in Ardeaglais Naomh Pádraig. Ina dhiaidh sin, cuireadh corp Jerome J. Collins agus corp a mháthar abhaile go Corcaigh le haghaidh sochraide.



JJ Collins -Plaic

Rinne an Cabhlach an chéad fhiosrú faoin tubaiste go luath ina dhiaidh sin. Ansin, thosaigh Teach na Comhdhála fiosrú eile. Ba iad beirt dheartháireacha Jerome Collins a rinne stocaireacht ar pholaiteoirí chun an fiosrú seo a fháil. Chuala siad faoin droch-íde a thug de Long do Jerome agus theastaigh uatha go nglanfaí a ainm as liamhaintí go ndearna sé rudaí míchearta ar an aistear. Ar an drochuair, glacadh go hoifigiúil le lean de Long.

Bhain an t-aistear rud amháin amach, áfach, a chuirfeadh áthas ar Collins. In 1884 tháinig grúpa cuardaigh ar sholáthairtí a d'fhág foireann an Jeannette. Dheimhnigh an áit in ar tháinig siad orthu, amach ó chósta thiar theas na Graonlainne, an teoiric go raibh sruth Artach leanúnach ann.

Tá scéal an Jeannette dearmadta inniu ach amháin i measc daoine a bhfuil suim acu sa taiscéalaíocht. Tháinig aistear tubaisteach Ernest Shackleton go dtí an tAntartach tamall de bhlianta ina dhiaidh agus, dá dheasca, ligeadh scéal an Jeannette i ndearmad. Ach tá feachtas curtha ar bun inniu ag duine de shliocht Jerome J. Collins chun a ainm a ghlanadh. Is í siúd Amy Johnson agus tá blag tosaithe aici: [www.anirishartichero.blogspot.com](http://www.anirishartichero.blogspot.com) ina ndeir sí: "Is é an sprioc atá agam ná na liamhaintí a cuireadh i leith mo shinsir a chur ar ceal agus an onóir agus an tsíocháin a thabhairt ar ais go dtí mo shinsear agus do mhuintir Choileáin."

Rinneadh sócrú go n-aistreofaí corp Jerome J Collins ó Nua Eabhrac go Corcaigh agus go gcuirfí ann é. Bhí máthair Jerome tar éis bháis in 1880 agus bhí sí curtha i Reilig Woodlawn. Socraíodh go gcuirfí a corp, chomh

maith go Corcaigh agus go gcuirfí abhus í. Tógadh an cónra mhiotail ón uaigh. Bhí cónra Jerome cosúil le cónra a mháthar ach bhí dath rósadhmaid air. Bhí an bratach Meiriceánach os cionn chónra na máthar agus bhí bratach an 69ú Reisimint de Stát Nua Eabhrac os cionn chónra Jerome. Bronntanas ó mhná Thiobraid Árann a bhí ann agus ba é seo an chéad ócáid in ar ceadaíodh é a bheith in easnamh ón reisimint. Cuireadh é le corp Jerome mar bhí sé ina chaptaen ar cheann de chomplachtaí na reisiminte. I measc na gcathanna atá luaite ar a mbratach bhí 'Savage Station', 'Wilderness', 'Yorktown', 'Antietam', 'Bull Run', 'Gettysburg' agus 'Fredericksburg'.

Shroich na hiarsmaí An Cóbh ar an 6 Márta 1884 ar an ngaltán 'City of Chicago'. Tógadh na cónraí díreach go dtí Ardeaglais Naomh Colmán. Tháinig daoine go dtí an Ardeaglais i rith na hoíche chun paidir a rá ar a son agus ar maidin bhí sé lán go doras ag a naoi a chlog, nuair a cheiliúir An tÁthair J Barry an tAifreann Égnairce. Bhí cór na hArdeaglaise i láthair. Ag a deich a chlog, tógadh na cónraí ón Ardeaglais agus iad á n-iompar ag baill den Queenstown United Traders' Association. Bhí socruithe cuí déanta don tsochraid mhór phoiblí. Bhí an lá fliuch agus bhí na sluaite ar dhá thaobh na sráide fad a bhí na cónraí ag dul thar bráid. Sheinn banna Naomh Colmán an Dead march. Bhí na Coimisinéirí Baile i láthair agus bhí baill ó na ceirdeanna éagsúla- siúinéirí, másúin, báicéirí, péintéirí agus mar sin de ann. Bhí Consal na Stát Aontaithe, An Ginearál Piatt, agus maithe agus mór-uaisle eile ann. Bhí bratacha na n-árthach ar fad a bhí sa chuan ar foluain i lár crainn.

Thart ar a leathuair i ndiaidh a haondéag, tháinig bád gaile, 'An Erin' ó Chorcaigh go dtí Cé na nAimirealtachta. Bhí baill an Bhardais ar bord. Cuireadh na cónraí ar an mbád. Bhí dhá bhád gaile eile ann, 'An Citizen' agus 'An Lee' a thóg an pobal go Corcaigh le haghaidh na sochraide. Nuair a bhí na báid ag dul thar Inis Sionnach, bheannaigh na trúpaí a bhí ann dóibh.

Nuair a shroich an tsochraid an cé i gCorcaigh, bhí slua bailithe ann. Faoi mar a tharla i gCóbh, bhailigh an ceirdeanna éagsúla in ord mórshiúil. Tógadh na cónraí as an long. Cuireadh cónra Mrs Collins in airde ar chróchar agus bhí ceithre chapall á tharraingt. Bhí sé chapall ag tarraingt chónra Jerome. Bhí baill ón mBriogáid Dóiteáin, Cumann Shráid na Beairice agus daltaí scoile á leanúint. Bhí sé fós ag stealladh báistí ach níor chuir sé aon bhac ar na sluaite. Lean an tsochraid tríd an gcathair go dtí an Meal Thuaidh, Bóthar Thobar Rí an Domhnaigh go dtí gur shroicheadar reilig Churrach Cheapáin. Bhí na sluaite ar thaobh an bhóthar ar an mbealach. Bhí bláthfhleascanna de gach cineál, a bhronn na cumainn éagsúla, in airde ar na cónraí. Bhí slua mór bailithe ag geataí na reilige. Ba é an Moinsíneoir Sheehan a bhí i mbun searmanas na hadhlachta. Islíodh cónraí Jerome J Collins agus a mháthair isteach i dtuama an teaghlaigh. Bhí bannaí ceoil i láthair a sheinn ceol gruama, duairc a bhí in oiriúint don ócáid.

Ag cruinniú den Bhardas, léadh litreacha ó dhaoine mór le rá nach raibh in ann freastal ar an tsochraid. Bhí ceann ó Easpag Chorcaí, An tEaspag William Delaney, a bhí ina sheanfhear ag an am. Deir sé go raibh babhta broincítis air. Bhí nach mór daichead bliain caite aige mar Easpag Chorcaí. Fuair sé bás dhá bhliain ina dhiaidh in 1886.

Is cinnte gur imigh scéal truamhéileach Jerome J Collins i bhfeidh ar mhórán. Nuair a fuair sé bás den ocras agus den fhuacht in áit iargúlta i bhfad ó bhaile, ní raibh ach é féin agus roinnt compánach ann. Chuir an pobal i Meiriceá agus in Éirinn a meas air agus a mbród as a shaol in iúl. Deirtear gurbh é seo an tsochraid ab fhaide a bhí riamh ann, is é sin ón tSibéir go Nua Eabhrac agus ansin go Corcaigh.

Foinsí: An Irish Echo; An Cork Examiner, 8, 10 Márta 1884.



Leacht Jerome J Collins ag Reilig Churrach Cheapáin

### Gluais:

**Aifreann Égnairce = Requiem Mass**

**Teach na Comhdhála = Congress**

**stocaireacht ar pholaiteoirí = lobbying of politicians**

**reisimint = regiment**

**socruithe cuí = suitable arrangements**

**liamhaintí = allegations**

**ar an drochuair = unfortunately**

**ar foluain i lár crainn = flying at half mast**

**Inis Sionnach = Haulbowline Island**





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### Glanmire Community Games

On behalf of Glanmire Community Games we would like to advise you of the main events which are to take place from January 2020 onwards.

**TABLE TENNIS** to be held January/February - 2 teams/area - in Glanmire

**SWIMMING EVENT** - of varying disciplines e.g. Backstroke/Butterfly/Freestyle - to take place at Leisureworld Bishopstown on Sunday 16 February 2020 from 4-6pm. Full build up encouraging training sessions will be provided as always by our very committed and dedicated local trainer prior above.

**BASKETBALL** to be held in JAN/FEB (subject to availability) ...

**CHOIR COMPETITION** - GLANMIRE VENUE - GLANMIRE HOST EVENT - in either MARCH/APRIL, and again if enough interest comes from several schools, we are happy to organise and run off a preliminary to decide the winning team that will represent GLANMIRE and CORK later on in the National at University hall in Limerick. Form some time now we know young voices/choirs can often be heard with beautiful singing in your halls here during our visits to schools! Going just that little step further entering Community Games who Know What Endless Possibilities that could be achieved?

**ART - HANDWRITING - MODEL MAKING** - Venue Riverstick Community Hall - on Saturday 4th April. **QUIZ and DRAUGHTS** are to be held in Riverstick.

**GAA events** (Hurling/Football/Camogie) on June 1st Ballincollig (Subject to pitch availability).

**ATHLETIC COMPETITIONS** to happen during/over the Early Summer - full support and encouragement will also be provided by our dedicated volunteers, twice weekly training sessions prior athletics moving into main performance track/s.

A full list of **Other Events** are available on the National Community games Website at [www.communitygames.ie](http://www.communitygames.ie) that we would be pleased to coordinate young people towards too.

To date many young people here have gone on to proudly represent Glanmire & Cork in Community Games in Local/Munster/ and National Levels over several years achieving much, not only for themselves but for their own Schools and our Community as well.





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### **Erection of Posters and Advertising Signage**

With effect from 1st February 2020, Cork City Council Litter Warden Service will be targeting illegal signage across the entire city (including the extended boundary areas of Glanmire, Douglas, Blarney and Ballincollig).

Under Section 19 of the Litter Pollution Act 1997, a person who is not the owner, occupier or person in charge of any structure or other land (including doors, gates, windows, trees, poles or posts that are in or are visible from a public place) shall not exhibit or cause to be exhibited thereon any article or advertisement.

Michael Sheehan from the City Council's Waste Enforcement and Cleansing Operations Unit said: "We would like to remind all individuals, businesses, political groups, estate agents, sporting clubs/associations and schools of the provisions of Section 19 of the Litter Pollution Act 1997 with regard to illegal posting. There has been a

noticeable increase in the frequency and volume of illegal signage across the city. These signs detract from the amenity of the areas that they are erected in and often are erected in such a manner as to create a hazard for both vehicular traffic and for pedestrians."

"Cork City Council's posting protocol caters for the erection of temporary posters in a limited number of cases in a controlled manner having regard to public safety."

Cork City Council has a posting protocol in respect of property it owns and this protocol is available at [www.corkcity.ie](http://www.corkcity.ie).

In order to avoid litter fines of €150 for each illegal sign, poster or article of advertisement, Cork City Council advises each sector of society mentioned above to remove any and all illegal posters or advertising signs that they may have erected.

### **Turas treoraithe i gcuimhne ar an Athair Peadar Ó Laoghaire**

Fuair an tAthair Peadar Ó Laoghaire, údar cáiliúil, bás céad bliain ó shin. Scríobh sé Scéal Shéadna, an chéad úrscéal Gaeilge agus Tadhg Saor, an chéad dráma Gaeilge. D'fhág sé oidhreacht shaibhir ina dhiaidh. Chuir sé Gaeilge na Gaeltachta, caint na ndaoine, chun cinn. Bhí baint ar leith aige le dhá pharóiste, Cluain Droichead, a pharóiste dúchais, agus Caisleán Uí Liatháin, a raibh sé ina shagart paróiste ann ar feadh 30 bliain. Fuair sé bás ar an 21 Márta, 1920. I gcuimhne ar a bhás, beidh turas treoraithe timpeall na n-áiteanna b'ansa leis i gCaisleán Uí Liatháin agus i gCeantar Mhúscraí ar an Satharn, 21 Márta 2020. Chun áit a chur in áirithe don turas déan teagmháil le hÉilís Uí Bhriain ag 087 1235203

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Ries team Hasan Muhammad and Omar





## Dr. John Sheehan

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

Anaemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. Having anaemia can make you feel tired and weak.

There are many forms of anaemia, each with its own cause. Anaemia can be temporary or long term, and it can range from mild to severe. See your doctor if you suspect that you have anaemia. It can be a warning sign of serious illness. Iron Deficiency Anaemia is the most common form of anaemia.

Anaemia signs and symptoms vary depending on the cause. If the anaemia is caused by a chronic disease, the disease can mask them, so that the anaemia might be detected by tests for another condition.

Depending on the causes

of your anaemia, you might have no symptoms. Signs and symptoms, if they do occur, might include fatigue, tiredness, dizziness or lightheadedness. Signs of anaemia include a pale complexion and an abnormally smooth tongue

The severity of your symptoms may depend on how quickly your anaemia develops. For example, you may notice very few symptoms or they may develop gradually if your anaemia is caused by a chronic (long-term) slow loss of blood, such as a stomach ulcer (an open sore that develops on the inside lining of your stomach).

Iron deficiency anaemia occurs when the body does not have enough iron. A lack of iron in your body can be caused by a variety of factors. Bleeding in the stomach and intestines is the most common cause

## IRON DEFICIENCY ANAEMIA

of iron deficiency anaemia in men and in women who have been through the menopause (when a woman's monthly periods stop).

If your GP suspects that your medication is causing gastrointestinal bleeding, they may be able to prescribe an alternative medicine that is less harmful to your stomach and intestines

In some rare cases, gastrointestinal bleeding can be caused by cancer, usually of the stomach or colon (part of the bowel, which makes up the digestive system). About 450 cases of stomach cancer are diagnosed in Ireland each year.

In women who are still menstruating (having monthly periods), the most common causes of iron deficiency anaemia are: menstruation and pregnancy.

Usually, only women with particularly heavy periods

develop iron deficiency anaemia. If you have heavy bleeding over several consecutive menstrual cycles, it is known as menorrhagia.

Other conditions or situations that cause blood loss and may lead to iron deficiency anaemia include: inflammatory bowel disease and haematuria (blood in your urine). coeliac disease (may also cause B12 deficiency).

To diagnose iron deficiency anaemia, a blood sample will be taken from a vein in your arm and a full blood count will be made. This means that all the different types of blood cells in the sample will be measured.

Most people will not experience any side effects when taking iron supplements. However, in some cases, ferrous sulphate may upset your stomach. (HSE.ie Anaemia).

## Upper Glanmire ICA

### Update on Guild activities

• On the 6th January 27 Guild members and some friends enjoyed a meal in the Barn restaurant for the 3rd year in a row! This was to celebrate Nollaig na mBan.

• Our Cinema nights continue with a trip to Blackpool cinema to see Little Women in January.

• Our monthly Coffee mornings continue on the last week of every month. We choose a different location each time.



Assumpta Cotter -President and Rita Barry at the Barn restaurant on the 6th January



Maureen O'Leary, Mary Manning and Mary Cronin

### February Recipe: Lemon cake

#### Ingredients

6 oz caster sugar  
6 oz Stork of marg  
2 eggs  
6 oz s-r flour  
Grated rind of 1 lemon and

the juice of half a lemon.

#### Method

- Grease a ring tin very well.
- cream marg and sugar until light and fluffy.
- Mix in eggs, flour and rind and juice of lemon.



Eileen Ryan and Breda Casey



Mai Hourigan and Gobnait Kelleher

- Bake in ring tin at 180°C for 20-25min, lower to 160° for a further 10-15min (check with skewer/needle)
- Turn out carefully and let to cool before icing.

### Icing

Icing sugar and lemon juice. Add juice gradually, but it must not get too runny. camp coffee syrup to make a consistency that holds, but not runny. Decorate with choc bits of your choice.



Lemon cake





## OLD CHRISTIANS RUGBY CLUB

At Old Christians we are nearly back on track after the festive season the Rhinos have been back to training since the 4th of January. Over the festive season Santa not only came by to visit them the day they were finishing up. He also had goodies for their siblings.



*Santa visiting the club.*

All the boys and girls got a selection box, crisps and a drink lucky them. Their coaches also got to visit with Santa but the coaches weren't good enough to be given chocolate.



*Rhinos coaches with Santa.*

Santa also took time out after handing out all the chocolate he had to the players he took the time to thank the Christmas elves or as we know them the ladies committee who without them all, the Christmas party or any regular Saturday would be boring. These ladies work tirelessly for the club, organizing any party we hold in the club but also organizing food for everyone after matches, and unbelievable amounts of soup, tea, coffee and hot chocolate. Thank you ladies one and all.



*Just a few of the wonderful ladies from our ladies committee.*

Just like our Rhinos the rest of the teams are back to training and playing games and of course winning.



*Our U18's recently played Castleisland and came away with a win. Unfortunately since then Castleisland RFC has been forced to close.*

The 18's went on to win impressively against Dungarvan and this Saturday against Ennis in a very mucky match I am sure their parents are still scraping muck out of their cars.



*U18 v Ennis*

The boys also observed a minutes silence at the start of the match in honour of Cameron Blair (RIP) who played rugby with Bandon.



*Minutes Silence.*

Our J1's are performing really well they won their very important match in Thurles and have a match again this weekend. They are away v Nenagh/Ormond.



*J1's taking to the field.*

They are currently top of the table and are on track to progress to division 1. If you get a chance you should come and watch them play. they really appreciate the crowd's support.

POS	TEAM	PLD	W	D	L	BP W	BP L	DED	PTS
1	0	Old Christians	8	8	0	0	2	0	34
2	0	Kanturk	9	7	0	2	2	0	32
3	0	Muskerry	8	7	0	1	3	0	31
4	0	Dungarvan	8	7	0	1	2	1	31
5	0	Kinsale	8	4	2	2	3	2	25
6	0	St Marys	9	4	1	4	2	3	23
7	0	St Marys	8	4	1	1	3	0	22

*Latest table. J1's sitting pretty at the top.*

Follow us on Facebook, Twitter, YouTube and Instagram. Also check out our website for links to our social media.

[www.oldchristiansrfc.ie](http://www.oldchristiansrfc.ie)

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## ERIN'S OWN LADIES CLUB

We had our annual awards evening in the Radisson Hotel on the 29th of December where all our girls were presented with their medals. This was followed by a disco. The evening was enjoyed by all in attendance. It was a lovely celebration of such a successful year for us.



Our U14 Football team played their first match of 2020 on the 4th of January. It was a challenge match against Midleton, this was played on the 4G pitch in Pairc Ui Chaoimh. Both teams enjoyed the day out and the experience of playing in Pairc Ui Chaoimh. It was an evenly matched game with Erins Own finishing up as winners by just 3 points.



U14 Football team



#20X20 #ShowYourStripes  
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New members always welcome.



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## Eolaí Óg 2020



## Éacht bainte amach



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*Eoin Paul O'Mahony & Aisling Tobin*



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Ceolchoirm na Nollaig faoi lán seoil

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Craobh Iomána Sinsir na Mumhan

CAP 5-15 v PS Cionn tSáile 4-13

Craobh Iomáint na Mumhan F15

CAP 3-3 v Killenaule 2-14

Guímid gach rath ar ár fhoireann sinsir iomána a bheidh ag imirt i leathchraobh na Mumhan go luath. Go n-éirí libh!!

Comhghairdeas lenar daltaí a ghlac páirt i gComórtas an Eolaí Óg i mbliana.

Thuas tá Lily-Sue Ní Mhaoldomhnaigh, Aoife Ní Chonghaile agus Sorcha Ní Dhonnabháin in éineacht leis an Taoiseach Leo Varadkar agus Ciara Judge ó Coláiste na hOllscoile Chorcaí







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The next First Aid Responder (FAR) course starts on Thursday, 27th February in St John Ambulance Glanmire Division, running for six weeks from 6.30pm-9.30pm each Thursday.

The cost of the course, which is recognised nationally by PHECC, is €170. The course meets all requirements set out by the HSA.

A non-refundable deposit of €50 will to secure your place on the course. This can be dropped into our training centre in Glanmire on Tuesday evenings between 7.30pm and 9.00pm, or into the post box at any time with your name and phone number, or posted to the address below.

There is a limited number spaces on this course, and spaces will be filled on first come, first served basis on payment of the non-refundable deposit.

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# White's Cross GAA News

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## 2020 Playing Season Approaching!

The 2020 playing season will soon be under way with all our teams in action in the coming weeks. Our adult teams will be out first followed by the underage sides as winter departs and spring emerges. Preparation has begun in earnest with the junior hurling team currently in the middle of an eight-week gym programme at EvCor fitness in Glanmire.

They had their first training session on January the 8th and have had an average of nearly thirty players so far. This is augurs well for the year ahead. Though the manner of both championship defeats was disappointing, there was a lot to be positive about in 2019. It was our first year back at Junior A for a while and we had some notable results and very good performances.

The side met before Christmas and vowed to improve in 2020. The side was given a boost when Seamus Kennefick, our county championship-winning coach, has decided to commit to another year with the club. All the players would agree that their hurling has improved under his tutelage and there is a strong bond in the squad. This side will compete in the City Division Junior A league, MacCurtain Cup and championship. There is a much bigger panel there now and with a good mix of youth and experience, there is no reason why they cannot compete for

honours.

The junior football squad have also been back in training the last few weeks also. Apart from the Wednesday night gym sessions, training has also been taking place on Monday and Friday nights in the Na Piarsaigh all-weather outdoor pitch on Friday nights. The reaction from the players has been very positive. After a slow start to last year, the A football side finished the year with a number of victories. We will enter the City Division A and B football leagues, cup competitions and championships again in 2020.

As the football squad is larger than its hurling counterpart, we have also decided to enter the county league after an abseise of a few years. We have been drawn in a group with Urhan, Boherbue and Canovee. We have entered this in the past and hope it will be beneficial to us in keeping momentum going throughout the year.

Playing quality opposition against the likes of Canovee and Boherbue in particular will give us a good gauge of how we match up against the best sides in the county. Diarmuid McDonnell will continue as coach for the football squad in 2020. He will be joined in the coaching role by Glenn Arrigan for the year ahead. Glenn brings a wealth of knowledge which is sure to benefit the setup.



Cork senior hurler Damien Cahalane with our victorious under 14 squad at the recent awards ceremony in Vienna Woods hotel



Michelle Whooley is presented with a special prize from Damien Cahalane for her outstanding photography work over the last number of years



Dermot Whooley, club president, Michael Hennessy (Stirrup bar) and Mike O'Flynn (club chairman) prior to the 2019 Christmas Draw held in the Stirrup Bar on 23rd December 2019



Micheal Crowley introducing the under 7 and 8 squad before receiving their medals at the awards ceremony



Kathleen Hickey, with some of her grandchildren, presenting the juvenile puc fada winners Eolan Dill, Stephen Whooley and Brendan Quain with their prizes





GCC Combined teams

**Bag Pack**

A huge thank you to all our local supporters & customers of Supervalu who contributed to our recent Christmas Bag Pack. Once again we wish to acknowledge the contribution Supervalu has played in the year just past by sponsoring our Senior & U12 teams' jerseys and allowing us the opportunity to fundraise on occasions.

**GCC Welcomes Winning County teams**

GCC recently honoured their victorious past & present students that brought such honour to both Sars clubs in 2019 when they welcomed our Minor & Senior Camogie & U21 County hurling trophies for 2019 to the school.

**Olivia McAllen**

Olivia McAllen, December recipient of the Rebel Og Monthly Awards for her amazing achievements in 2019 was honoured at

the year end event held recently in the Clayton Silversprings Hotel. Well done Olivia.

**Tanya Carroll**

Wishing the very best of luck & all our support to local leader, Tanya Carroll in her Operation Transformation journey. Tanya is sister of our underage coaches Mark & Nigel Carroll and is doing amazing.



Olivia McAllen



Rebel Og Awards



All Ireland Cork medal recipients

**Cork All Ireland Medal Presentation**

Our ten All Ireland Cork medal recipients scrubbed up well when they recently received their medals in Rochestown Hotel. Looking good girls!

**SARS PAVILION****LOVE IS IN THE AIR ...**

VALENTINES NIGHT, 14<sup>TH</sup> FEBRUARY

MUSIC BY TONY BUCKLEY

GLASS OF BUBBLY FOR ALL LADIES ON THE NIGHT

GREAT NIGHT ASSURED

9.30PM TILL LATE

**Sarsfield Juvenile Club**

Christmas is a time for traditions, turkey & ham, carol singing, families gathering and spending lots of time together. Our annual Gearóid Duggan Memorial Poc Fada on St Stephens morning is a fun family tradition allowing members of the community to create many wonderful memories for the years ahead.

Young and old were out in their droves for this years event. With over 100 teams participating, the competition and craic along the route was pretty fierce. Many



continued on to the clubhouse afterwards for some refreshments, before the prize giving. The atmosphere in the clubhouse was one of fun and relaxation, with kids running around happily with their friends, and parents relaxing and enjoying the banter. Community spirit is what makes these events such a huge success, and we are truly blessed to have such a fantastic community in the Glanmire and surrounding areas.

Thank you to everyone who participated and helped out to make this yet another successful event. A special thank you to the Duggan family for coming along to present the prizes, and congratulations to all our worthy winners. We hope to see you all and many more next year.



Trophies





## GLANMIRE MONTHLY MACRA NEWS



Glanmire Members who attended Titles Night

### Glanmire Macra Members take Centre Stage

This weekend was one of the highlights of the Seandún calendar. Each year, the bold and brave members of Glanmire and Seandún take part in one of the most courageous of competitions, Titles, where members get up in front of a crowd, to talk about themselves. This competition is a celebration of the young men and ladies in Macra and their contribution to the organisation, their clubs and the wider community. There are four Macra Titles up for grabs on the night, Mr Personality, Blue Jeans Country Queen, Queen of the Land and Ms Macra. The competition started on Thursday, where the judges interview each candidate in private. This was followed up on Saturday night where members took to the stage to be interviewed in the comforting presence of Paul O'Regan.

Representing Glanmire on the night were, Patrick Healy; Aisling Walsh; Muireann Kennedy and Kevin Smiddy. Patrick regaled the crowd with his experiences over the past 10 years with Glanmire macra and his many achievements and his love of Drama. He entertained the crowd with an interesting skill in reducing single use plastics but removing cable ties for re-use. Aisling was up next to tell us of her Macra involvement and the roles she's held in her short tenure both club and regionally. Aisling, a

talented Irish dancer who is getting her teaching certificate, entertained the crowd with a lively jig which had the crowd clapping with delight.

Up next, just before the interval, Muireann who told us about highlights of her time in Macra to date and her embarrassing moment in Edinburgh. She finished her interview with a beautiful rendition of Through the Eyes of An Irishman. The penultimate interviewee on the night was Glanmire's own Treasurer Kevin, who has us in stitches from the start with his entrance to the tune of Dude Looks like a Lady. He told us of his aspirations of taking over the Chairman role and he finished the night with the crowd in giggles with his joke.

Congratulations on the night go to Conor Murphy from Whitechurch who will represent Seandún at Mr. Personality this April in Kilkenny; Christine Twomey, also from Whitechurch who goes on to represent Seandún at Miss Blue Jean's in Athboy at the end of May. Chloe Hagan from Carrigaline took the title of Miss Macra and finally Aine Sheehan who will head to Tullamore in November for Queen of the Land. We wish our representatives the best of luck in the upcoming Cork County Titles, before their respective competition.

Also, this weekend members travelled to Belgooly for Kinsale Macra's Annual Fundraiser Bingo Night in aid of Kinsale Meals on Wheels. Entertainment on the

night was high as Colm O'Donovan stole the show with his witty Bingo Lingo. There are many events in the calendar in the coming weeks, so keep an eye on the Facebook page and other social media outlets.

the following weeks, members are getting in shape at our weekly sports night. This continues each Tuesday night at 9pm in the Upper Glanmire Community Hall (Eircode: T23 EV2W). The cost



Members at Kinsale Bingo Night (Nadine, Linda, Michael, John & Zara)

In February, there will be the Seandún Rounds of Impromptu Debating, Drama, National Talent Competition and many more. Each night is sure bring much entertainment value and we are also taking in new members all the time, so be sure to get in touch.

With competition in Basketball, among others coming up in

is only €4 per night. If anyone is interested in getting involved in the club or looking for more information 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 at Christmas Quiz



Panto in Castlelyons





# Notice Board

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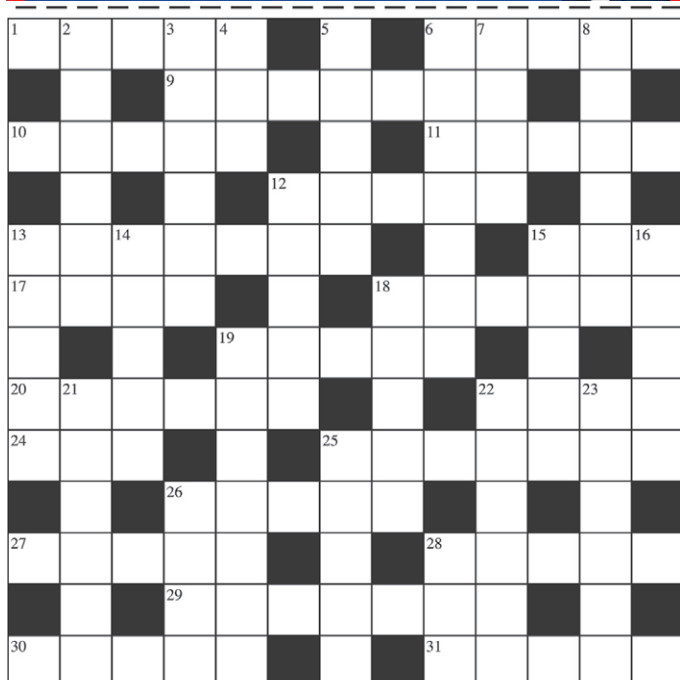
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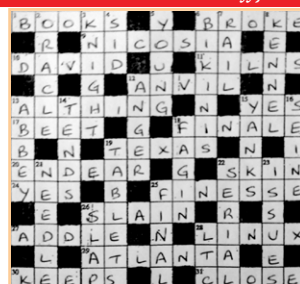
### Across

1. Falls over something (5)
6. Spectre (5)
9. Extreme joy (7)
10. Rate of movement (5)
11. Smell of baking (5)
12. Large deer, elk (5)
13. Hoodwinked (7)
15. Spanish shout of approval (3)
17. Needs to be scratched (4)
18. Covered in beads (6)
19. Mr. Beckham (5)
20. Summer shoe (6)
22. Breaking waves (4)
24. Affirmative (3)
25. Ruin completely (7)
26. White heron (5)
27. Winnie the Pooh author (5)
28. Type of lizard (5)
29. Mythical fire-breathing beasts (7)
30. School group (5)
31. Commissionnaire (5)

### Down

2. Written account (6)
3. Give a sermon (6)
4. Not happy (3)
5. Was standing (5)
6. Took a hold of (7)
7. In this place (4)
8. Not complicated (6)
12. Can be gold, silver or bronze (5)
13. Slightly drunk (5)
14. Devotional paintings (5)
15. Smell (5)
16. Educate, develop (5)
18. Bathroom item (5)
19. Knives (7)
21. Transmitter (6)
22. Pressure, tension (6)
23. New recruit (6)
25. Condescend (5)
26. Terminates (4)
28. Type of antelope (3)

Crossword Winner: E. Duffy, Glanmire, Co. Cork



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

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9 Carrig Ri, Leamlara T56 DA30 €195,000  
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22 The View, Priory Court, Watergrasshill T56 YX07 €280,000  
BER: B2 BER No.101318616



27 Ros Ard, Upper Glanmire T23XE43 €195,000  
BER: C1 BER No.112383625



Kilquaune, Knockraha T56F449 €150,000  
BER: G BER No.112748801



9 Kerry Road, Mayfield T23K6X7 €169,950  
BER: G BER No.100429299



16 The Ovals, Rochestown T12EFV5 €550,000  
BER: C3 BER No.112495247