

2020 Upper Glanmire St Patrick's Day Festival



Upper Glanmire Community Association are delighted to announce local man Dermot Whooley as Grand Marshal for the 2020 Upper Glanmire St. Patrick's Day Festival. Dermot is a founding member of the Upper Glanmire Community Association

and was in attendance at the inaugural UGCA Committee meeting on July 4th 1979. Dermot was appointed Honorary Life President of Whites Cross GAA Club in 2002 due to his stellar commitment and service both as a player and later as club secretary since

joining Whites Cross GAA in 1966. Dermot will lead a fun filled family friendly parade of pipers, local clubs and voluntary associations along with floats from local businesses and groups, along with vintage cars, trucks & tractors.

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Annual Gap of Dunloe walk in aid of Cancer research

For further details see page 2

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2020 Upper Glanmire St Patrick's Day Festival

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Grand Marshal Dermot Whooley

After the Parade a host of activities including traditional Irish music and Irish dancing with the Mary Mc Carthy School of Irish dancing, bouncing castles, sumo wrestlers, rodeo bull and a magic show will take place in the Sports Hall.

Upper Glanmire Community Association are excited and proud to host this Annual Family Friendly St. Patrick's Day Festival.

Barry's Coaches will again sponsor the Park & Ride Coaches to and from the Whites Cross & Brian Dillions GAA pitches, Alan Loftus Transport are again sponsoring the Reviewing Stand with Tommy Stuart sponsoring the transport for the Grand Marshal.

Shin Hayes a local mum, model, singer and creator of the very popular fashion & lifestyle blog page "Shin Hayes-Thinking Out Loud" will be MC on the reviewing stand.

Mayfield Men's Shed who were recently recognised with a prestigious award at the "All Ireland Community and Council Awards" at Croke Park for the vital role it plays in the local community will provide entertainment on the Reviewing Stand.

The Organising Committee wish to thank our team of volunteers, sponsors, local Gardai, local businesses, clubs and Glanmire branch of St John's Ambulance who make it possible to stage this annual event.

The Parade commences at 3.00pm at the Sports Hall.

If you wish to volunteer or if you or your family, club, group, association or school wish to participate (participation is free) please confirm your participation by texting any of the numbers below or email:

pro@upperglanmire.ie

**Denis 0868110116
or Rob 0868355330**

The Annual Gap of Dunloe Walk in aid of Cancer Research 2020

With the days getting longer, we are getting near the time to get together for that lovely day out again,

It will be on March 28th this year, and in the same format that we are used to by now. Departing at 8.30 am on the dot from the library in Hazelwood, by coach (Kearny's).

We head for Killarney and on to Kate Kearny's cottage.

They will have tea/coffee and delicious scones ready for those who like them at 3 Euro p.p.

this is optional of course.

Leaving there by 10.45 to start the 11km walk through the Gap of Dunloe,

this takes from 2 to 2 and a half hours; It is a road walk so good shoes is what you need as well as good weatherproof clothing, a snack and a bottle of water.

Arriving at Lord Brandon's cottage, you can get a bowl of soup and a sandwich, or bring your own if you so wish,

At 2 o'clock, the boatmen will be ready for us to bring us down the river and across the lakes to Muckross house, it takes a bit more than an hour.

Time to admire the garden, have a cup of tea, whatever. and at 4.30 back on the coach to arrive back in Hazelwood by 6.30.

Some of us like to round off the day with a meal in the brook inn, so if you can and wish to join us, let me know as i will have a table booked for us, The coach and boattrip are included in the price, which will be the same as last year at a minimum of 50 Euro p.p I look forward to hearing from you,

**Liz Dwyer
mob 0872785721**

**Glanmire Area
Community Association
Diary 2020**

1. Directors Meeting
Monday March 8 at 8pm.

2. Public meeting
Monday March 23 at 8PM.

Officials from Cork City Council will attend to discuss the Amenities and Facilities that are available in Glanmire.

Publis reps will also attend Glanmire residents are invited to make observations regarding our future needs

Pre- meeting observations may be made to Community Association at gacacork@mail.com

3. Volunteers

Volunteers wanted to cover Community Association Office a few hours a week

Contact Judith or
**michael -gacacork@gmail.com
Or Michael 087/2597023**



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GLANMIRE LADIES BASKETBALL CLUB

Junior Ballers Update

Some of our Junior Ballers took part in a blitz in Parochial Hall last January. We had approximately 30 girls from U9 and U10 age groups participating. The teams played 3 games each with some great basketball played and lots of fun on the day. A special thanks to coaches Orla Sorensen, Michael Hanrahan, Clara O'Callaghan and Stacy Brosnan for the time they give each week to the development of these youngsters.



Above some of the players that took part in U10 Blitz in Parochial Hall on Jan 18th 2020. Also pictured are coaches Orla Sorensen & Michael Hanrahan

Mid-Term Camp



Above: Laura McCarthy, Ali Whitty, Hannah Murphy & Emer Kiely at the recent camp in Upper Glanmire

Camp goers had an opportunity to learn from Pro ballers Tatum Neubert & Shrita Parker as well as other players and coaches from team Ambassador UCC Glanmire. Keep an eye on our website and social media for details of additional camps we will be running in the future.

Once again, we welcomed a big group of young ballers to our mid-term camp in February. The camp was held in Upper Glanmire Sports Complex over 2 days and was a huge success with great fun had by all.



Above: Olivia McCarthy, Orla Kiely & Ruth Patterson at the recent camp in upper Glanmire.



Above: Ambassador UCC Glanmire Captain Aine McKenna in action at the National Cup Semi Final in Neptune Stadium.

Super League Update:

Our Super League girls were in action at the National Cup Semi Finals against Killester in Neptune stadium. It was a very close game which could have gone either way however Killester edged out a 3 point victory in the end. Despite a massive individual 38 point contribution from our Glanmire pro Shrita Parker, Killester came

out on top of what was considered the game of the weekend. We are very proud of how our team are performing this season and we are in contention to make the top 4 playoffs. Our final home game of the season is this month against league leaders DCU which promises to be a thriller. Why not come along to the Mardyke for this one to support our girls.

Upcoming Super League – Home Fixtures

Date	Time	Away	Venue
08-Mar	14:30	DCU Mercy	Mardyke

Get Involved: For further information about the club, training times, how to get involved either as a player or volunteer then go check out our website or follow us on social media. We have teams for all ages and are always welcoming new members to our club, regardless of whether you have played basketball before or not.

Upcoming Fundraisers: During the month of March we will be selling tickets for our Easter raffle. Details of prizes will be posted on social media channels. We will also be running a table quiz in Sars Pavillion on March 25th at 8pm. Please come along for a fun night with lots of prizes.



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In a minute, I'll tell you how you can make this a reality. But first you should know a little about me.

My name is Dr. Eric Kelly. I am owner and Chiropractor at Glanmire Chiropractic Clinic for the last 13 years. Since then, my associate Dr Diana Petersen and I have used gentle chiropractic treatments to help thousands in our community feel better and live healthier, more productive lives.

"Does Chiropractic Really Work?"

Chiropractic has been around for over a hundred years and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers... like Usain Bolt, Tiger Woods, Venus Williams, Gov. Arnold Schwarzenegger, Mel Gibson and Madonna..

The Lancet, the most respected research journal in the world, published 3 articles, reviewing research which demonstrated the effectiveness of chiropractic interventions on lower back pain. The study demonstrated chiropractic to be the treatment of choice, for acute low back pain, over surgeries and some medicines, e.g. opioids. Chiropractic was also recommended for long standing low back pain.

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~ L Coleman

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- Car Accidents
- Shoulder, Hip And Knee Pain
- And much more

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

ON THE BUSES

A new private bus service, "Cork Connect", is expected to get underway at the end of this month and will connect Cork City Northside, Kent Station and Little Island. It will operate from six fifteen am until nine pm and will run every half hour for the morning and evening rush periods, and other than those it will be an hourly service. Wi-Fi and charging points are provided in the all-new air conditioning coaches and the weekly ticket, if travelling the entire route, will cost approx. two euro twenty per journey. The service will be of tremendous benefit for those working on Little Island and also of course for the residents, and it is interesting to note that this is not the first Little Island bus service.



One commenced in March 1928 and the service was only a few days in operation when the bus collided with Dunkettle Bridge on Sunday March 25th. A report of the collision was published on the following day's Cork Examiner: "Passengers travelling between Cork and Little Island had an extraordinary escape yesterday when a bus ran into the railing of Dunkettle Bridge, a few miles from the city. The accident happened about three, fifteen pm and was witnessed by a number of motorists and persons who were going to a hurling match at Riverstown. When the bus, which is owned by the Southern Motorways, reached the causeway, two passengers alighted and a few moments later, when the driver was negotiating the bridge itself, a crash was heard and the wooden railings were smashed like matchwood. Horrified spectators saw the vehicle totter for a moment over the river, which is about twenty feet below, but fortunately, the driver was able to jam on the brakes in the nick of time to avert a disaster. The eight passengers, all men, escaped with shock and

the driver and conductor got a hard shaking. The bus had to be vacated with the greatest care owing to its precarious balance. Almost half the vehicle was overhanging the channel and it was apparent that it had only been saved two or three beam-ends extending about half a foot over the side. Fortunately these planks were solid enough to support the great weight. A lady motorist who was driving behind the bus fainted in her car. The bridge was a temporary wooden structure erected to replace the swivel bridge destroyed during the Black & Tan regime. The narrow passage had been the subject of discussion by Cork County Council and contracts were recently invited for the erection of a permanent bridge. The Cork-Little Island bus service was only a few days in existence". Well, let's hope that the "relaunched" bus service will not encounter such an infamous beginning!

HORROR COLLISION:

Regretfully some passengers travelling on the Waterford-Cork Express bus service on Friday March 31st. 1978 were not as fortunate as those on board the aforementioned. The bus-truck collision occurred a couple of hundred metres east of Fitzpatrick's Shop and the Cork Examiner carried the following report on its Saturday April 1st. edition: "A major investigation was under way last night into one of the Republic's worst ever road accidents which claimed the lives of five people and left twenty five others injured – at least eight of them seriously.



The horror accident occurred at Glounthaune, six miles east of Cork city, on the main Cork to Waterford road. The fifty-five seater, nine thirty am ex Waterford to Cork express collided with a thirty ton articulated truck conveying grain to the Irish Distillers plant at Middleton on a wide and straight stretch of road, virtually outside the Waterman's Bar and Squash Court Centre. Many of the thirty

four passengers on board the bus were catapulted out as far as forty feet in the impact which tore away much of the front and left hand side of the bus. At least three people died within minutes of the impact while the lorry driver, fifty year old Patrick O' Shea of Middleton, father of three and an employee of Irish Distillers, was transferred to St. Finbarr's Hospital where he was pronounced dead on arrival.

Two of the victims, retired lorry driver Richard Long, sixty, of Ballyfarnogue, Campile New Ross and former car salesman, sixty six year old William Nolan of 27 Glenville Court, Dunmore Road, Waterford, were travelling to Cork on separate jobs to collect new cars, one of them at the Ford Plant". The Glounthaune community was stunned by this tragic occurrence on its doorstep and it is difficult to acknowledge that the time span is now forty two years.

BIRTHDAY GREETINGS:

to "local boy of Sars fame" Jim Murphy who recently celebrated his septuagenarian status. He was known to be involved in "run-away-knock" escapades at Blossomgrove in his youth but his real sport achievements were on the GAA fields. Jim was a hurler of note and in 1963 was goalkeeper on the Little Island Fé 14 hurling side that won the East Cork "B" championship. Noteworthy was the fact that for the first time ever the team was composed of players who resided in all areas of the parish and it is generally acknowledged that this led to the formation of the Erins Own club in November 1964.

Jim also won medals with Erins Own at Fé 16 level and he was on the victorious 1967 minor team that defeated red-hot favourites Middleton in the final on a scoreline of 2-11 to 2-07. This was one of the sweetest ever victories that the club experienced and it is probably only surpassed by the county senior victory of '92. The D.D. Sheehan trained minor side was then called Erins Own Rovers and the panel was supplemented by three players from Aghada. However Middleton savoured sweet revenge the following year when defeating Erins Own in the final by

5-10 to 3-02, but this was a special year for Jim as he was selected on the Cork minor hurling team. Incidentally in 1969 Erins Own qualified for their third final in a row but lost to Youghal by 5-12 to 3-03 when a young lad named Seanie O' Leary played havoc with the Erins Own defence. Back to Jim though! His "true love" with Sars and its supporters, well one special one anyway, became obvious when he defected across the meandering border and later married the well-known Sars camogie star, Pat Canavan. Meantime the Erins Own machine was still rolling along nicely and the next incentive was to capture a Fé 21 title. In 1970 most of the '63 players were on the twenty one year mark and the side qualified for the East Cork semi-final against neighbours Sars.

"Big Brother" Jim played centre back with Sars whilst young brother Dave played wing forward with his beloved Erins Own. Liam Murray was Jim's direct opponent that day and he was instructed to keep the ball away from him which really acknowledged the quality hurler that Jim was, and it also said a lot about Liam! The game ended with an Erins Own victory on a 4-09 to 3-08 scoreline and the side went on to win the East Cork final by defeating Cobh 4-08 to 4-06. Jim became "more Sars than the Sars themselves" and he gave tremendous service to the club both as a player and administrator.

He stood-down from the position of secretary, following fifteen years of service, at the club's January 2020 AGM and he was appointed Vice President. The craic, the ceol agus an caint was mighty at Jim's party, which appropriately was held at The Rising Tide on the night that Kieran and Deirdre celebrated one year in business. The cake "adorned" with the Sars crest, which was reportedly devoured by an Erins Own supporter, was delicious and bearing in mind the number; Jim did a super job "blowing out the candles", but sure he blew away all before him in the field of play in the last century!

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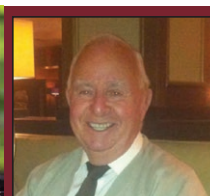
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WOMEN GARDENERS

Women gardeners are more open and generous with one another than men! They converse and pay compliments to one another at the drop of a hat. Look at what the famous Vita Sackville West had to say about the cottage garden expert of the 1950's, Margery Fish, on the publication of her book "We Made a Garden"; "It is a book written by a woman who, with her husband, created out of nothing, the sort of garden we should all like to have, a cottage garden on a slightly larger scale.....I defy any amateur gardener not to find pleasure, encouragement, and profit from this book". This was indeed a magnanimous review.

Apart from her many books, Margery Fish's was quick to point out that given a choice between a sunny and a shady garden, she would pick the shady one every time. I would choose similar. My reasoning, (and hers I presume) is logical, for there is not only a sparkling cast of shade-loving plants from which to choose (ferns, trilliums, erythroniums, primulas, blue poppies, spring bulbs, hostas etc) but the atmosphere created by an overhead canopy of living foliage is truly enchanting. To sit beneath the light dappled shade of a small garden tree, feeble with the burden of its own scent, or near a specimen able to dribble off its pendulous flowers one by one till the nearby ground metamorphoses into a lake of yellow (or blue or

red) is one of the most immensely pleasurable dimensions of gardening. Simply listening to the wind gently moving and rustling overhead is to become aware of yet another superbly gratifying garden experience.

What a boring and uninspiring garden is one devoid of a tree's shape and structure, its light and shade, power and beauty. The smaller the garden and the more featureless the surroundings, the more reason there is to take the woodland tack. Looking at the small and medium gardens in my area these past few winter months I have found that there is no comparison between those animated by silver birches, magnificent amelanchiers, and glossy evergreen camellias (for example), and those sitting empty and dismal awaiting the arrival of the first daffodil in the front garden, or the bleaching linen on the washing line out back.

And so, as we enter National Tree Week (March 17th to 24th.) I exhort all gardeners to plant yet another tree in their gardens and to guard it for the future. Now I may not have that magnificent Amelanchier mentioned above but I love it as if I had. A number of these are growing in the 'Heather Vue Estate and they command attention when in bloom and in their autumn dress. The spring flowers are milk white and less anaemic than white cherry blossom, and in autumn its



Amelanchiers grow magnificently at Heather Vue Estate, Glanmire.

leaves turn a brilliant orange/red. Being deciduous, the new leaves arrive about the same time as the blooms; unfurling sheaves of bronze turning to a glossy, mid green as the days of mid-summer approach. In autumn, the foliage becomes drained of blue to take on a red-purple mantle which lasts until the very hardest frost wipes them clean from the frozen branches. The snowy mespilus (its common name) can produce fruit in season; holly-sized berries which are sweet and juicy, red in summer, ripening to a deep purple-black, as the seasons advance.

THE GARDEN IN MARCH

ANTICIPATION is very much the mood of March. Early in the month, we enter a time of strong colour; the brilliant blue of scillas, yellow daffodils, red Ribes (with its disappointing smell of tom-cats urine) yellow forsythia and the yellow-green and plum-red growths of young day lilies, peonies, and low-growing Muscari.

Muscari armeniacum (grape hyacinths) are one of the pleasures of the spring garden. It grows to just 8 inches and spreads itself about with unrepentant abandon. It contrasts nicely with other bulbs but just for the sake of argument, cut a single flower stalk and bring it indoors. With the aid of a magnifying glass, inspect the blooms and it will be possible to see its

hidden, deeper beauty; the fleshy bells have recurved, white-edged tips and a cluster of tightly furled caper-like buds. Magnificence on a grand scale.

CAMELLIAS now at the height of their three month season of blooming, are arch deceivers; they look too exotic to succeed outdoors as easily as they do, and they also look as though they should be richly scented yet they're rarely perfumed if at all. No spring garden is complete without at least one variety for even if the ground is totally lime-ridden, these take to pot culture with a willingness that impresses. Buy a decent sized pot (terra-cotta for preference) and fill it with a mixture of lime free soil to which has been added a copious amount of potting compost, leaf-mould or pine-needles. Into this

cake mixture put as big a camellia as you can afford, bearing in mind that the older you are, the more you need to invest in something that won't take a decade and more to reach a commanding size!

LIFT AND DIVIDE. Clumps of crocus, just like snowdrops, can be moved whilst in bloom and full growth. Ideally this is best done after flowering but those impatient and anxious to see an effect need not wait. Do it now by all means, pulling the clumps apart into tufts of half a dozen or so and replant immediately in fresh ground. Go a little deeper with the planting than you would normally would for it will help support the slender stems until they re-establish. The best variety of all for naturalising is Crocus tommasinianus. Watch for it in the future.

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GLEANN MAGHAIR

GLANMIRE LADIES FOOTBALL CLUB



2019 u16 Cork players:
Olivia, Orlaith, Aisling and Caragh

Congrats to Olivia, Orlaith, Aisling and Caragh. Who picked up their munster medals, they played with the Cork u16 team in 2019.

Our u14's were the first to start their season, with 2 league wins over neighbours Watergrasshill and Erin's owns.

Our mothers and others footballers also kicked off their season with a great first football session where we had operation transformations Tanya Carroll and her camera man Conor, were there to film the session.

Well done to Tanya for taking on the plan. And

we hope to welcome you back again soon.

New members

New players always welcome, contact club development officer Mark on (086) 868 5489 for club info and times of training for you or your daughter. Also check out our Facebook/ Twitter page: Glanmire Ladiesfootball.

7k run

Glanmire ladies football clubs 7k run will take place on March 15th, all are welcome to walk/run.

Starting at the pike field, Sallybrook, Always a great morning of fun and a lovely run. Run starts at 11am registration will take place from 10am in the pike field.

Easter camp

Once again one of our very popular camp will take place this easter, always a great few days for everyone to enjoy football, camp takes place 14th, 15th and 16th of April.

See Facebook/social media or local posters on how to sign up.

**Glanmire Ladies Football
Easter Camp 2020**
Tues 14th, Wed 15th, Thurs 16th
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Asenath Nicholson

Micheál Ó Súilleabháin

Thar na blianta, thagadh daoine go hÉirinn chun scrúdú a dhéanamh ar mhuintir an tíre agus ar na nithe éagsúla faoin tír a chuaigh i bhfeidhm orthu. Ina measc, áirímid Arthur Young a tháinig sna 1700idí agus Mr & Mrs Hall a tháinig sna 1800idí. Chaitheadar tamall sa tír agus d'fhágadar cuntais ina ndiaidh. Duine eile díobh ba ea Asenath Nicholson. Tá tábhacht ar leith ag baint léi mar chaith sí roinnt mhaith ama in Éirinn ag tréimhse stairiúil agus scríobh sí dhá leabhar faoi.



Asenath Nicholson

Saolaíodh Asenath Hatch i Vermont sna Stáit Aontaithe in 1792. Bhain a muintir leis an Congregation Church, sainaicme chreidimh Phrotastúnach. Lonnaitheoirí Sasanacha a thug an reiligiún go Meiriceá ó Shasana ba ea iad agus bhí cosúlacht idir iad agus na Puritans. Ainmníodh í as carachtar i Leabhar Geiniseas sa Sean-Tiomna darbh ainm Asenath. Cháiligh sí mar mhúinteoir ina baile dúchais agus ansin phós sí fear darbh ainm Norman Nicholson as Nua Eabhrac, baintreach fir, a raibh triúr páistí aige. Chuir an bheirt acu suim sa veigeánachas agus scríobh Norman roinnt leabhar a mhol an cineál seo aiste bia. Nuair a fuair Norman bás, thug sé deis do Asenath roinnt taistil a dhéanamh.

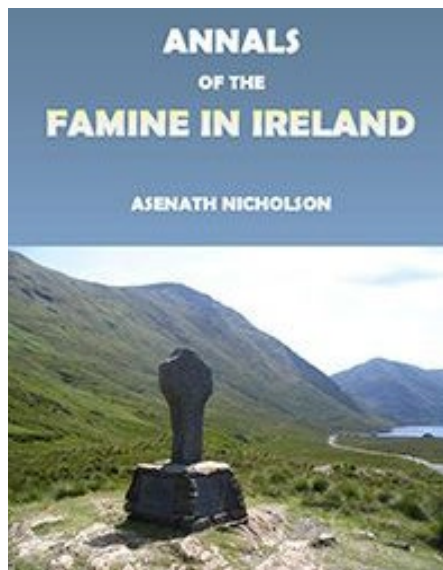
Duine an-dáiríre ba ea í, a chreid go láidir sa Bhíobla. Tháinig sí go hÉirinn in 1844 leis an aidhm chun an pobal a chur ar an eolas faoin mbíobla. Thug sí beart Bíoblaí léi agus fuair sí soláthar eile ón Hibernian Bible Society. Thaistil sí timpeall na tíre i gcóistí Bianconi agus chuaigh sí de shiúl cos go minic, leis. Bhíodh beart Bíoblaí aici i gcónaí agus léadh sí sleachta as an mBíobla nuair a chasadh daoine uirthi. Thug sí cuairt ar thithe galánta agus ar bhotháin, ar theach na mbocht agus ar phríosúin. Gach oíche, scríobhadh sí cuntas ar imeachtaí an lae. Déanann sí tagairt de na nósanna sóisialta a chleacht na daoine agus déanann sí iontas den deighilt mhór shóisialta a chonaic sí idir na huaisle agus na gnáth-dhaoine. Ní raibh an scéal amhlaidh i Meiriceá. Fuair sí lóistín i dtithe galánta agus i dtithe na mbochtán. Ba é an pictiúr de na bochtáin a fuair sí ón uasaicme ná go rabhadar compórdach agus sona. Ach chonaic sí féin a mhalairt lena súile agus bhreac sí síos gach rud a bhí feicthe aici. Chuir sí leabhar amach ar an gcamchuairt seo, a mhair 15 mhí. Ba é sin

'Ireland's Welcome to the Stranger' a tháinig amach in 1847.

Thug sí cuairt ar an Athair Maitiú i gCorcaigh agus chaith sí roinnt ama ina chomhlúadar. Bhí gluaiseacht na staonaireachta faoi lán seoil ag an am seo agus chonaic sí an dea-éifeacht a bhí aige ar gach éinne. Bhí an tAthair Maitiú fial, flathúil, a dúirt sí agus chaitheadh sé mórán ama ag cabhrú leis na bochtáin. Bhí a shaol caite aige leis an bhféin-iobairt agus thug sé dóchas dóibh siúd a bhí gan dóchas. Nuair a bhí sí ag fágaint, ghuigh sí fad saoil agus coróin na glóire air ar Neamh agus í ag fágaint.

Ina dhiaidh sin, thug sí cuairt ar Dhroichead na Bandan agus ar mholadh an Athar Maitiú ar Bheanntaí. "Más mian leat bualadh le bochtáin, téigh go Beanntaí mar a bhfuil gach cineál ainnise." B'fhíor dó. Nuair a d'fhéach sí isteach i mbothán, chonaic sí beart tuí a bhí ina leaba do mhuintir an tí agus do na muca. Ba é sin an pictiúr ba mheasa a bhí feicthe aici. Nuair a d'fhiafraigh sí de mhuintir an tí an raibh éinne breoite, d'fhreagair said go raibh gach éinne díomhaoin agus nach raibh pingín tuillte ag aon duine díobh leis na cianta. "Conas a mhaireann sibh" arsa Asenath. "Faighimid práta nuair is féidir linn agus sin an méid", a d'fhreagair said. Ba é seo 1844, an bhliain sular thosaigh an Gorta Mór.

D'fhág Asenath Éire tar éis cúig mhí dhéag. Chaith sí tamall in Albain agus d'fhill sí in Eanáir 1847. Ba é 1847 an bhliain ba mheasa den Ghorta. D'oscail sí cistin anraith i mBaile Átha Cliath. D'úsáid sí a cuid airgid féin agus airgead a bailíodh i Meiriceá agus a cuireadh chuici chun bia a chur ar fáil do na bochtáin. Ceann de na rudaí a bhí conspóideach sna blianta seo ba ea an mhin bhuí a chuir rialtas na Breataine ar fáil. Bhaist an pobal a bhí ag brath air ar fud na tíre "Peel's Brimstone" air mar ní raibh sé blasta. Deir Asenath go raibh an mhin bhuí blasta, áfach, má bhí cócaireacht cheart déanta air. Rinne sí féin an chócaireacht agus ní dhearna daoine gearán ar bith faoin mbia. Nuair a bhíodh a cuid oibre déanta aici don lá, scríobhadh sí litreacha chuig a cairde



Annals of the Famine

i Meiriceá, a tháinig i gcabhair uirthi. Thug sí cuntas an fhinné súl dóibh ar an ngorta.

Bhí a creideamh mar chrann taca aici san obair dheacair agus bhí sí buíoch de Dhia a thug an misneach agus an spiorad agus an neart di chun leanúint leis an obair. Théadh sí isteach id tithe na mbochtán, chomh maith chun an bia a ullmhú dóibh. Insíonn sí scéal faoi mháthair agus beirt leanaí a chas uirthi ar an tsráid. Bhí droch-chaoi orthu agus bhíodar ag comhaireamh na laethanta a bhí fágtha acu ar an saol seo. D'imigh sí isteach ina mbothán agus d'ullmhaigh sí bia dóibh ar feadh cúpla seachtain. Mhaireadar agus faoi cheann cúpla seachtain, bhí an bhean láidir go leor chun beagán a thuilleamh dá clann.

Nuair a bhí sí ag fágaint na tíre, tháinig daoine a raibh sí tar éis cabhrú leo chuici ag gabháil buíochais léi. Bhí Asenath an-tógtha leis an mbuíochas ó na bochtáin.

Tháinig mórán i gcabhair ar mhuintir na hÉireann in am an ghátair agus is cinnte go ndearna Asenath Nicholson a cion féin den obair charthanachta seo. Léirigh sí an



Radharc ón nGorta

Chríostaíocht a bhain léi i mbealach praiticiúil agus tá mórán buíoch di dá bharr. Tháinig an cuntas a scríobh sí ar an nGorta Mór, 'Annals of the Famine in Ireland' amach in 1851.

Fuair sí bás i New Jersey in 1855. Bhí sí 63 bliain d'aois.

Gluais:

áirímid = we number

sainaicme = denomination

veigeánachas = veganism

deighilt mhór shóisialta = great social division

aiste bia = diet

sleachta = passages

gluaiseacht na staonaireachta = temperance movement

gach cineál ainnise = every type of misery

conspóideach = controversial

finné súl = eyewitness

droch-chaoi = poor condition



L-R: Lorraine O'Neill (Fine Gael),
Gail Dowling (Chamber), Oliver Moran (Green Party),
Padraig O'Sullivan (Fianna Fáil) and Joe Organ (Chamber)



**GLANMIRE
CHAMBER OF
COMMERCE**

**KEEPING BUSINESS
IN GLANMIRE**

General Election Special Meeting - January 29th

A very successful Glanmire Chamber meeting was held on January 29th in the new parish centre. It was a General Election special meeting. Thanks to the candidates running in Cork North Central, who took the time out of their busy election campaign to attend and present their plans and answer questions.

The candidates present were: Lorraine O'Neill (Fine Gael), Padraig O'Sullivan (Fianna Fáil), John Maher (Labour), Oliver Moran (Green Party) and Thomas Gould (Sinn Féin).

Thanks also to the general public who sent in questions and attended.



Padraig O'Sullivan (Fianna Fáil) Elected



John Maher (Labour)



Lorraine O'Neill (Fine Gael)



Oliver Moran (Green Party)



Thomas Gould (Sinn Féin) Elected



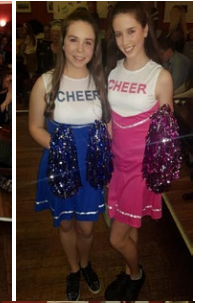
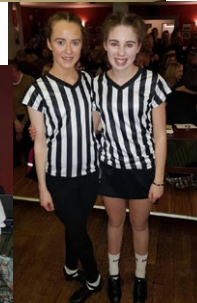
Iris Wilkins McCarthy brings her pick of photographs from around Mayfield.
If you would like your photos featured on Mayfield Eye please send to
iriswilkinsmccarthy@gmail.com

Mary McCarthy School of Dance

"Strictly Come Irish Dancing" held in Mayfield GAA Club on 1st February



Feile Fionnbarra



All Ireland Championships in Killarney Molly & Ellie



Boys and girls from Scoil Mhuire agus Eoin in CIT at CIT Science for Life



Sr. Mary John and Sr. Thaddeus with Bishop Fintan in the North Cathedral at the Ceremony to Celebrate Consecrated Life

St Patricks College



Get Going Get Rowing



TY Robotics

Mayfield Ladies GAA

Congratulations to Abbie O Sullivan who is kitted out with the official u14's Cork panel for 2020



Fundraising for the Cork City Children's Hospital Trust



Mayfield/St. Lukes Tidy Towns



Our Lady Crowned

On Sunday 23rd January Fr Michael Keohane was welcomed back and presented with a Mayfield GAA jersey by Club Secretary Eoin O'Mahony & Juvenile player Conor O'Mahony.

In his sermon, Fr Michael reminded the congregation that it was the same Sunday 3 yrs ago that Mayfield GAA came to mass with the ALL IRELAND JUNIOR HURLING CUP, A FABULOUS MEMORY

Also presented to Fr. Michael by John O'Gorman on behalf of the parish was a beautiful framed sketch of Our Lady Crowned Church. The choir were in great voice with great renditions and there was a huge turnout on the morning.





Dr. John Sheehan

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

HEALTH AND WELLBEING IN A NEW DECADE

Health and wellbeing in a new decade: a healthy mind in a healthy body-dream or reality?

Health and wellbeing: a case of "No pain, no gain"? We need to ignore the myth that seaweed baths and spin classes are the path to health. Wellbeing is about having fun and building meaningful relationships. This does not require an expensive spa experience, or spending every day in a gym. We all know about posh hotels advertising packages including 'treatments' and detox sessions.

Real wellbeing doesn't mean purchasing something. Wellbeing is really very straightforward: don't smoke, alcohol in moderation, some exercise most days and watch your diet. Easy?

Exercise should, above all else, be something you really enjoy. All exercise is good for you. A recent article in the Lancet medical journal concluded that people who exercise live longer, and are less likely to have heart attacks and stroke. The exercise includes everyday household

tasks and gardening. Jobs which involve standing, or walking are exercise! Walking, jogging, dancing, GAA, football, yoga, basketball, cycling...the list is endless. What about a 'Glanmire Parkrun'? We need to encourage our children to spend less time on 'screens'. Exercise is good for all of us, and more exercise is better.

We don't need to buy expensive runners, or the latest lycra sportswear. We need to carve out some time for simple healthy exercise in our busy schedule, on a regular basis. This could be a short 10 minute walk at lunchtime, or parking a short walk from your destination and walking.

Once you incorporate such regular gentle exercise into most days, it becomes quite addictive. We do need the infrastructure for exercise. Proper footpaths and cycle lanes will help. It should be possible for our children to walk to school. A safe cycle lane from Glanmire to Cork city is feasible: it's a flat stretch of road. Cycling could become the principal means of urban travel, easier, faster and greener than driving.

Food: We have great

natural food in Ireland, and our farmers need our support. Fantastic vegetables are grown in Ireland. However, energy dense foods are everywhere, and often really difficult to resist. Cakes, biscuits, sweets, chocolates, sugary drinks and fast food all give a momentary pleasure hit. Oscar Wilde said he could resist everything except temptation: the easiest way to resist these foods, is simply not to buy them. Try to avoid snacks, second helpings and 'sweets'. Eat food. Not too much. Mostly plants. Fruit, veg and wholegrains with lots of variety.

Alcohol adversely affects both physical and mental health. The health service is swamped with alcohol-related accidents and injuries, costing individuals and society dearly. Alcohol causes cancer. Alcohol causes 1 in 8 of breast cancers in Ireland, and even light regular drinking increases the risk of breast cancer. There are three 'A' strategies which help reduce alcohol consumption: Advertising, Availability and Affordability. This is why advertising of alcohol is restricted. Minimum unit pricing reduces and

reducing availability all help reduce alcohol intake. Support your politicians in reducing alcohol related harm in Glanmire.

Cigarettes are highly addictive, and that's not by accident. Thankfully the number of smokers continues to decline. The HSE have really excellent smoking cessation supports: google "HSE Quit smoking", talk to your GP and make your plan.

Illegal drugs: We are appalled by the recent murder of a Drogheda teenager by the illegal drug trade. The dangers of illicit drug misuse are ever present. Using illegal drugs fuels this dangerous business, and users are one small step away from hardened dangerous criminals. Using illegal drugs is not a victimless activity.

Health and wellbeing: My preferred concept of wellbeing is very simple: a healthy mind in a healthy body. Eat a little less, move a little more. This article mostly addressed the building blocks for a 'healthy body'. Small changes make a big differences. What one small change will you make and sustain to improve your wellbeing?

Upper Glanmire ICA



Check out how to crochet this easy baby's blanket on YouTube. It is called 'Call the Midwife'.

Update on Guild activities

• We have resumed Guild meetings since February when our annual AGM was also held.

• Our monthly coffee morning was well attended on a bitterly cold morning in January with 13 members at the Elm Tree.

• Crafts resume in March and will be held in a section of the Boothouse Bar.

March Recipe: Carrot & Pineapple Cake with Coconut

Ingredients

2 oz sugar
2 eggs
5 oz s-r flour
Pinch of salt
Half a tsp of mixed spice
5-6 oz grated carrot
2 rings of pineapple

chopped finely
4 oz sultanas
1 oz desiccated coconut
Half- 1 oz ground almonds
2 oz melted butter

Method

• Preheat oven to 150°C
• Line a 2 pound loaf tin
• Whisk eggs with sugar until very light in colour
• In a separate bowl, sieve flour with salt, gr almonds an mixed spice
• Fold the flour mixture into the egg mixture and mix in very gently.
• Add in carrots pineapple coconut sultanas and butter. Mix well together.
• Pour into tin and bake for about an hour or until

a skewer inserted into the centre comes out clean.

• Allow to cool before icing.

Icing (optional)

2 oz butter
4 oz icing sugar
Zest and juice of half an orange
Mix all in ingredients tog at high speed until light and fluffy
Spread on top of cake



March Recipe: Carrot & Pineapple cake with Coconut



OLD CHRISTIANS RUGBY CLUB

At Old Christians we are slowly recovering from all the storms first Ciara hit and our J1's had to cancel their trip to Tralee, as Tralee were badly impacted by the storm, then Dennis hit and we had to postpone the Fethard game.

	POS	TEAM	PLD	W	D	L	BP W	BP L	DED	PTS
1	0	Muskerry	9	8	0	1	4	0	0	36
2	0	Old Christians	8	8	0	0	2	0	0	34
3	0	Kanturk	9	7	0	2	2	2	0	32
4	0	Dungarvan	10	7	0	3	2	2	0	32

We are currently in 2nd place in the league only because we haven't been able to play a few games.

Our J1's time in the Junior cup ended after a beating by Ballincollig. Once the weather clears and the pitches recover we can get back on track in the league and back to the top of the table where we belong. 1st of March we are away for our Tralee game and then away to Dungarvan. If you get a chance to see the lads play you should take it.



18's v Cashel/Fethard

Our 18's are doing well after beating Cashel/Fethard on the 2nd of February, we are now in the quarter final stages of the Munster Club Bowl. We must win our games in order to remain. Hopefully Storm Ellen won't stop this weekend games going ahead v Dolphin. We also had to cancel a friendly v Fermoy because of Dennis.

	POS	TEAM	PLD	W	D	L	PTS
1	0	Old Christians	4	4	0	0	16
2	0	Cashel-Fethard	4	3	0	1	12
3	0	Ennis White	4	2	0	2	8
4	0	Kanturk	3	0	0	3	0
5	0	Dungarvan	3	0	0	3	0

Under 18s final table for group 2 of the Munster Club Bowl.

Our 16s will be hosting an English touring team on Saturday the 22nd of February, which should be a good way to built up the excitement before the 6 nations Ire v Eng game Sunday.



Our Girls Team

Our Girls finally managed to get a game and they travelled to Thurles on the 26th of January to play Thurles and they all played really well and came home the winners. They are currently the only team in the club with a 100% unbeaten record well done girls.

Rhinos:

Our Rhinos travelled to Cobh and Cashel in the last month.



Rhino's v Cobh in Cobh

The storm didn't stop our youngest training and they made good use of our hall.



Our Smallest Rhinos sheltering from the storm.

While the smallest were making good use of the hall the rest of the teams were making use of either the hall for training or the Astro pitch. Each of our teams has their own training slots on the Astro.



Southern Kings

The benefits of the Astro were also availed of by the Southern Kings before they faced Munster.



First Aid Course

And finally a group of Rhinos coaches and myself took part in a first aid course over 2 nights in the club delivered by the lovely Ross. We are now already to take care of your first aid needs including bandaging, defib and CPR.

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

www.oldchristiansrffc.ie

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ERIN'S OWN LADIES CLUB



Schools visit

Schools visit

We would like to sincerely thank the Principals of Glounthaune, Knockraha and Little Island National Schools who gave our girls and mentors such a warm welcome on recent school visits. Our girls brought along an impressive display of silverware to show the children in the schools. The girls spoke to the children about camogie and football in our club as well as their love of the club, friendships made with each other and all the fun they have every week being part of Erins Own. They were fantastic ambassadors and we were very proud of them.

U14A Football

The U14A East Cork Ladies Football league kicked off

on the 2nd of February last. Our first match was played in Midleton against Midleton. The weather conditions were not great but our girls fought hard



U14 Camogie

to secure a victory. Round Two was played on the 4G Astro in Pairc Ui Chaoimh against Glanmire. Our girls played well however Glanmire were the

stronger team on the day. We take on Fermoy in round three.

U14 Camogie

Our U14 Camogie players have had two challenge matches recently against Midleton and Cloughduv Camogie teams, with both matches played on the 4G pitch in Pairc Ui Chaoimh. Both teams were evenly matched with us and the games were a great challenge with fantastic team work and camogie skills on display from all teams. Fortunately for us we secured a victory in both games and would



Aimee with her dad John and sister Rachel

Aimee and Aoibhinn

Best of luck to Aimee Corcoran who is part of the Cork U16 Football panel who are playing Limerick in the first round of the Munster Championship on the 8th of March next.



Aoibhinn with team mate Orlaith Walsh

like to thank the Midleton and Cloughduv team for the matches.

U16A Football

The U16A East Cork Ladies Football League is also up and running and our footballers played Youghal recently. This match was an nail biting match for both sides but our girls worked very hard right up until the final whistle and secured a victory beating Youghal by 2 points.



Well done to Aoibhinn O' Neill who was part of the winning Cork U14 Football panel who played in the first round of the U14 Munster Championship on the 22nd of February.

#20X20 #ShowYourStripes
#Can'tSeeCan'tBe

New members always welcome.



U14A Football



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Aip Scoile Nua



Caoimhe Ní Drisceoil agus Áine Nic Uibh Aillille ag déanamh fógraíochta ar an aip scoile nua



Thuas. Daltaí Bl.1 agus Bl.2 ag ghlacadh páirt i gcomórtas trastíre i Tramore Valley Park
Thíos; An fhoireann Fe14 iomanaíochta a d’imir i bPáirc Uí Chaoimh le déanaí



Daltaí Bl.1 agus Bl.5 a thug cuairt ar Dánlann an Crawford le déanaí





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Prop: Bryan O'Halloran

St Patricks College

TY Robotics

Our TY Robotics team took part in the the finals of the VEX Robotics competition recently. They are pictured here with the robot Wally wearing their team hoodies, kindly sponsored by DePuy Ireland.

Get Going Get Rowing

Out TY students have been trained on the use of rowing machines and they are in turn working with 1st years as part of Cork Sports Partnership's Get Going Get Rowing initiative.

Fundraising for the Cork City Children's Hospital Trust

Well done to 2nd years who raised a fabulous €550 from their Christmas Market for the Cork City Children's Hospital Trust. Pictured here is some of the students handing over the cheque to representatives

from the children's hospital trust.

School Bank

Olympic medalist Rob Heffernan has been working with TY students in recent weeks as they open up their school bank through the Bank of Ireland. At the open day for the bank, Rob ran time trial challenges. Some seriously fast students and Ms Gillen is the fastest teacher in St Patrick's!

Safer Internet Day

February 11th was Safer Internet Day and in St Patrick's we focussed on safe use of social media apps on our phones. Students came up with slogans and advice that encouraged young people to be safe online. In addition, the Garda liaison officer spoke with 2nd years about online safety. More pics in centerspread.

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White's Cross GAA News

whitescrossgaa.ie

Gaelic for Girls

Whites Cross Ladies Gaelic Football club are hosting an exciting new programme called Gaelic4Girls (G4G) which starts on 8th March from 12pm in Upper Glanmire Community Hall for 8 weeks. It is open to all girls aged between 8-12 years who are not registered with a Ladies Gaelic Football team. It introduces girls to football in a fun environment and all participants will get a G4G Jersey and certificate on completion of the 8 week programme. Following the 8 weeks, the girls will be encouraged to register with our Ladies Football club, and those that do will be integrated into the existing teams. The programme costs €10. For more information, contact Ger Hayes on 086 8354767.

Junior Leagues Commence

The junior A football and hurling leagues commenced in the last month though the schedule was hampered by the storms that passed through. The Junior A played one game against Bishopstown where they were unfortunately beaten on a scoreline of 1-09 to 0-05. They coped admirably against a gale in the first half but were not as efficient in the second half in using the wind to their advantage. A goal from a penalty ten minutes from the end sealed their fate. No hurling game was played at time of going to print.

Underage AGMs

There were two underage AGM's in the last month. Firstly, St Colmcilles elected a four-officer committee to steer the amalgamation with Carraig Na bhFear for the boys under 12 to 18 teams. The four officers elected were Willie Sheehan as chairman, Seán Coughlan as secretary, Eoin Crowley as treasurer and Conor Kelleher as PRO. Considering the 'outgoing' St. Colmcilles officers were elected in 1982, it was no surprise that they were not present on the evening to contest their positions! However, fittingly, the venue was Upper Glanmire National School given that two of those outgoing officers were teachers there at that time; namely Pat McCarthy (then headmaster) and Mort Cronin. Our own juvenile club then held

their AGM the following week in the same location. The presiding officers thanked all the various stakeholders that contributed to the club's successes throughout 2019. Three outgoing officers were re-elected. They were Seán Coughlan as chairman, Kevin O' Callaghan as secretary and Finbar Pyne as communications officer. Mike O'Flynn, the outgoing treasurer, has been an officer, mostly chairman, since the inception of the juvenile section in 2010 but, recently, became the overall White's Cross GAA club's chairperson. Brian Harte was appointed as the new treasurer. Brian's father Tom, of course, give many, many years of service to underage affairs in White's Cross well before the existence of a formal committee. The younger Harte will, therefore, be aware of the efforts required. No doubt, he, like all the officers, in both committees, will do their work diligently and efficiently in the year ahead. We wish them all the best of luck.

Trench Cup Success

The CIT senior footballers will be back playing Sigerson Cup football next year thanks to victory in the Trench Cup. This is significant from a White's Cross perspective as the man that has lead them back up to the top tier is our own clubman-Conor Kelleher. This is Conor's first year in the role so it represents a massive achievement to get success so early in the role. Well done to Conor and to all involved in CIT!

Underage Training

All our teams are now back training. Our youngest group, our under 6 Future All-Stars, train every Friday night in the Upper Glanmire Community Centre from 18.00-19.00. As always, we are delighted to welcome new members for the year ahead for this or any age group. We cater for all ages from under 6 upwards. Pop along to the centre on a Friday evening and we will put you in touch with the person responsible for the relevant team. Alternatively look for White's Cross GAA on social media (Facebook, Twitter, Instagram) and send us a private message.



Robert Docherty in action for the under 16s in their victory over Whitechurch



The first St Colmcilles under 14 footballers to take the field since 1982 prior to a recent challenge game versus Bride Rovers.



SAFE in Glanmire - Safe Talk (Training)

by SAFE in Glanmire

<https://www.eventbrite.ie/e/safe-in-glanmire-safe-talk-training-tickets-94406503393>

Description

SAFE in Glanmire are hosting SafeTalk training that is aimed towards anyone who wants to upskill and develop their awareness in identifying individuals with suicidal thoughts and how to best respond by assisting them to appropriate supports.

Limited Spaces Available

The SafeTalk training to allow for full engagement and to allow for participants get the most out of the programme will have a limited amount of numbers so please book a place as soon as possible.

How/Where Can I Book A Place?

Contact Adam Peerbux on 087 261 4853

or

Book online ticket(s) from Eventbrite via Facebook

What is Safe Talk training?

SafeTalk is a training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called "suicide alertness" and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities. Following a Safe Talk workshop you will be more willing and able to perform an important helping role for persons who are in need of support.

When & Where?

Friday, March 27th in the community room in Ryan's SuperValu, Glanmire at 18.15 - 21.30.

Who?

For anyone who is interested in upskilling and understanding in recognising and supporting people who are feeling/talking suicide.



4th Class

RIVERSTOWN WIN 4TH CLASS INDOOR TITLE

Congratulations to Riverstown N.S. 4th Class team on their recent Allianz Indoor Premier victory. Well done to our own Ms Holland & Ms Donohoe who mentored the girls on the day. The boys made it a double – well done!



Molly Lynch & Olivia McAllen

AWARDS FOR MOLLY LYNCH & OLIVIA McALLEN

Great excitement when Molly Lynch & Olivia McAllen were jointly announced as the Overall Metropole Cork City & County Sports Award winners for their achievements in 2019. Olivia had earlier in the year received the Rebel Og/ Clayton Hotel Sponsored monthly award. Emer Fennell was also honoured as a monthly recipient at the Overall 96/103FM Sports Awards in Rochestown Park for the fantastic year & role she played in our recent Senior County title. Well done Emer.

NEW MEMBERS/PLAYERS WELCOME

As most of our teams are back in training mode by now, we would like to invite any new potential

underage or adult player to come & join us. Contact: 087 4199833 for further details.

CORK MINOR REPRESENTATIVES

Congratulations to Olivia McAllen & Ciara Irwin who were recently confirmed as panellists on the Cork Minor team for 2020. Ciara has the added honour of captaining the side. Well done to both players in the campaign ahead.

CORK SENIORS

Niamh O'Callaghan got to play in the magnificent Pairc Ui Chaoimh in Cork's first Senior League vs Waterford recently which preceded the Cork Senior hurlers Tipp fixture. Well done Niamh.

U14s KICK START YEAR

During the mid-term break our U14s travelled to Limerick for a challenge played in very cold conditions! A shopping expedition to the Crescent Shopping Centre warmed them up adequately.

SARSFIELD JUNIOR HURLING CLUB

Saturday 1st February marked a very special day in Sarsfields Hurling club with the official opening of the Eddie O'Connell All Weather Complex by GAA President Mr. John Horan.

Sarsfields Chairman thanked all those who attended and contributed to the development. He said the club were delighted to name the new complex 'The Eddie O'Connell All Weather Complex'. Eddie O'Connell & The O'Connell Group have been club sponsors for over thirty

SARSFIELDS HURLING CLUB
ARE PROUD TO PRESENT

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WEDNESDAY 11TH MARCH
AT 8PM

AT SARSFIELDS PAVILION

'A MASSIVE MUSIC NIGHT NOT TO BE MISSED'

COMPLIMENTARY REFRESHMENTS ON THE NIGHT

Facebook Clubify

years, and Eddie himself played a huge role in the construction of the original All Weather pitch in 2006. Our Juvenile Hurling & Camogie members

WINE TASTING

8PM, FRIDAY 13TH MARCH
Sarsfields Pavilion Host: Maurice O'Mahony

TICKET €20

provided a guard of honour on the morning and have all been training on the pitch regularly since.



GLANMIRE LIBRARY

MARCH EVENTS

Tuesday
Jigsaw Hour
11:30



Wednesday
Mindful Colouring
10:30



Knitting
March 4th & 18th at
10:30am



Thursday

Weekly
Storytime with Rita
11:30



Crochet
March, 5th at
10:30 am



Bookclub
March 12th
10:30 am

Scrabble Club
Weekly at 10:30



Saturday
Weekly
Storytime with Judy
10:30



Library events are free and all are welcome.





GLANMIRE MONTHLY MACRA NEWS

A month full of variety for Glanmire Macra.

They say that variety is the spice of life and this is certainly proving to be the case for Glanmire Macra members for 2020 so far.

beloved sports, which is evident in how often it features at the weekly sports nights. We were delighted to have both a men and ladies teams take part in the competition. Both teams played great



Glanmire participants and supporters at titles night

One of the first events of the New Year was the Seandún Titles Night. This competition is a celebration of the young men and women in Macra and their contribution to the organisation, their clubs and the wider community. There were four Macra Titles up for grabs on the night, Mr Personality, Blue Jeans Country Queen, Queen of the Land and Ms Macra. Well done to our club members who competed: Patrick Healy, Aisling Walsh, Muireann Kennedy and Kevin Smiddy.

The next event which Glanmire participated in was the Regional Basketball competition on Sunday 9th February 2020. The competition was held in the Whitechurch Community Centre.

Basketball has always been one of Glanmire's most



Glanmire men's basketball team

games and did their club proud but unfortunately 2020 was not meant to be. Everyone in the club would like to wish the winner's Whitechurch a huge congratulations and best of luck in the National Finals.



Glanmire's ladies basketball team

At this month's club meeting we were able to present Shine A Light, who we hosted our annual Christmas table quiz for, with a cheque for €700 from the takings on the night. Thank you to Joe Dalton who spoke about the significance of the money and how it could provide up to 35 counselling sessions for people in need of help.

On Sunday 16th February club members participated and supported the regional National Talent Competition in Knockraha Community Hall. This competition is always

guaranteed to be an entertaining night and this year did not disappoint.

Glanmire members entered various categories on the night. Muireann Kennedy and Patrick Healy both took part in the solo singing. Both members along with April Lynch, Aisling Walsh, Linda Cronin, and Marie Hayes formed the ballad group.



Glanmire ballad group NTC

They performed two beautiful songs on the night: Eagle Eyed Cherries, Save Tonight, followed by The Auld Triangle. Patrick Healy also took part and won the Mastermind category. Best wishes to Patrick competing in the upcoming National Finals.

Finally, this week the Seandún round of Impromptu Debating took place in Western Gateway Building UCC. Glanmire's experienced debating team consisted of Declan O'Hara, Gillian Kenneally and Michael Buckley. They debated against two very strong and upcoming UCC teams.

The motions debated on the night were 'Ireland



l-r Declan O'Hara, Gillian Kenneally and Michael Buckley, Impromptu Debating team

should be a Monarchy' and 'The FAI should be shut down'. While both sides of each argument presented interesting points it was Glanmire that came out on top. Good luck to Declan, Mike and Gillian in the next stage of the competition.

Our monthly meetings continue the 2nd Wednesday of each month at 9pm in the Stirrup Bar. If anyone is interested in getting involved in the club or looking for any information about Macra of the club, call into our sports night at 9pm each Tuesday in the sports hall at Upper Glanmire Community Centre (Eircode: T23 EV2W).

or 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.



Presenting the cheque to Shine A Light



Notice Board

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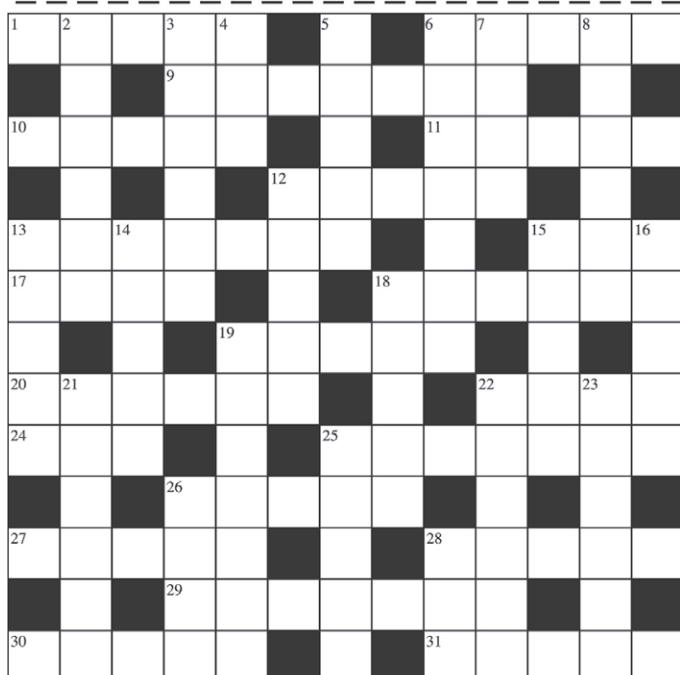
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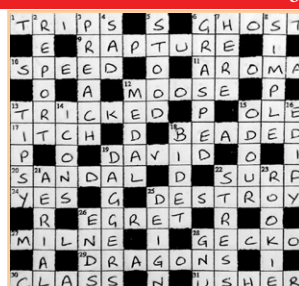
Across

1. Stomach pain (5)
6. Work extremely hard (5)
9. Beat comprehensively (7)
10. Wish for, desire (5)
11. Keep away from (5)
12. Hurried (5)
13. Burial ceremony (7)
15. Affirmative (3)
17. Dregs (of wine) (4)
18. Adjacent (6)
19. Pointed weapon (5)
20. Somnolent (6)
22. Fruit of blackthorn (4)
24. Belonging to a female (3)
25. Native of Uganda (7)
26. Animal trap (5)
27. ----- Eckberg, actress (5)
28. Wild (5)
29. S. American country (7)
30. Chart, diagram (5)
31. Composition (5)

Down

2. Not transparent (6)
3. Wants to be scratched (6)
4. Weep (3)
5. To do with the countryside (5)
6. Throw about (7)
7. Tax (4)
8. Put in words (6)
12. Contented, cheerful (5)
13. Sudden brief burst of light (5)
14. At no time (5)
15. Give way (5)
16. Number (5)
18. Cargo carrying riverboat (5)
19. Popeye's vegetable of choice (7)
21. Less fat (6)
22. Laughs at (6)
23. City in Mexico (6)
25. To do with cities (5)
26. Tread (4)
28. Enemy (3)

Crossword Winner: Rosanne O Callaghan, Copper Valley Heights, Glanmire Co. Cork



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BER: D1 BER No.112253240



15 Oakpark, Ballyvolane €220,000 T23P2P1
BER: E1 BER No.109339903



5 The Fairways, Little Island €260,000 T45E650
BER: D1 BER No.112940408



53 Castlejane Court, Glanmire €179,950 T45VX77
BER: D1 BER No.112936257



3 Kinvara Drive, Ballyvolane €350,000 T23W2A2
BER: C2 BER No.112430152



4 Barrys Terrace, Glanmire Village €150,000 T45 TY72
BER: E1 BER No.111435962



16 The Ovals, Rochestown T12EFV5 €550,000
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