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Area News



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**Dr. John Sheehan**

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

PUBLIC HEALTH MEDICINE

Over the past few months we have seen and heard from Public Health Experts regarding COVID 19. But what exactly is Public Health medicine?

Public health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases.

Most of healthcare and medicine is concerned with diagnosing and treating the individual while Public Health Medicine is about promoting and preventing disease at the population level. Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighbourhood, or as big as an entire country or region of the world.

Public health aims to improve the quality of life through prevention and treatment of disease, including

mental health. This is done through the surveillance of cases and health indicators, and through the promotion of healthy behaviours.

Public Health has had many successes in reducing or eradicating different diseases over the years. Diseases such as Smallpox, Polio, TB Measles and Rubella (German Measles) have been largely controlled by vaccination programmes and public health measures.

Public health has been defined as "the science and art of preventing disease", prolonging life and improving quality of life through organized efforts and informed choices of society, organizations, public and private, communities and individuals.

Analysing the determinants of health of a population and the threats it faces is the basis for public health. In the case of a pandemic it may encompass several continents. The concept of health takes into account physical, psychological, and

social well-being. As such, according to the World Health Organization, it is not merely the absence of disease or infirmity and more recently, a resource for everyday living.

Public health is an interdisciplinary field. For example, epidemiology, biostatistics, social sciences and management of health services are all relevant. Other important subfields include environmental health, community health, behavioural health, health economics, public policy, mental health, health education, occupational safety, disability, gender issues in health, and sexual and reproductive health.

Most governments recognize the importance of public health programs in reducing the incidence of disease, disability, and the effects of aging and other physical and mental health conditions. However, public health generally receives significantly less government funding compared with medicine. Although the collaboration of local health and government agencies is

considered best practice to improve public health, the pieces of evidence available to support this is limited. Public health programs providing vaccinations have made strides in promoting health, including the eradication of smallpox, a disease that plagued humanity for thousands of years.

The World Health Organization (WHO) identifies core functions of public health programs including; providing leadership on matters critical to health and engaging in partnerships where joint action is needed; shaping a research agenda; monitoring the health situation and assessing health trends. In particular, public health surveillance programs can serve as an early warning system for impending public health emergencies;

It is now more important than ever that Countries cooperate in the fight regarding Covid.

The role of the Whole Health Organisation (WHO) should be supported by all countries.



If you're suffering from nerve problems in the arms and legs, you'll want to read....

How Patients Are Living Without **Numbness, Tingling, or Sharp Pains**

Numbness, tingling, and pain is an extremely annoying problem. It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other doctors and they claim all the tests indicate you should feel fine.

If You Do Nothing Else, Read This:

More than 20 million people suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, Chiropractor at Glanmire Chiropractic Clinic. We've been helping people with neuropathy and nerve problems for more than 14 years.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves.

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The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves

By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

Numerous people who suffer with numbness, tingling or sharp pains have chosen chiropractic's effectiveness in helping nerve conditions.

What these patients know is that you could soon be enjoying life...without those aggravating nerve problems.

Could This Be Your Solution?

It's time for you to find out if chiropractic will be your neuropathy solution.

For 14 days only, €40 will get you all the services Dr. Diana Petersen and I normally charge new patients up to €120 for!

What does this offer include? Everything. Take a look at what you will receive:

- 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 findings and any imaging you may provide e.g. MRI or x-ray so we can start mapping out your plan to being pain free.
- We will answer your most probing questions about nerve problems and how chiropractic can help.

Until August 13th you can get everything I've listed here for only €40. The normal price for this type of evaluation is €120 so you're saving a considerable amount by taking me up on this offer.



Call 021-4824450

We can get you scheduled for your consultation and exam as soon as there's an opening.

Our office is located at Eastcliffe House, Glanmire (Over the bridge, next to AIB). When you call, tell the receptionist you'd like to come in for the Nerve Evaluation so she can get you on the schedule and make sure you receive proper credit for this special offer.

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

P.S. Remember, you only have until August 13th to reserve an appointment at this significant discount. Why suffer for years in misery?

That's no way to live, not when there could be an easy solution to your problem.

P.P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt – and the pain just won't go away!

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

THE CORK FOLKLORE PROJECT

CFP was initiated by the Department of Folklore and Ethnology, UCC in 1996 as a non-profit community research archive. It was developed along with community partners with a view to cultivating a sustainable model of cultural research in and of the locality. Stories and memories from Corkonians are digitally recorded and there are presently over seven hundred covering a wide range of subjects including; stonemasons, industry, road bowling, drag hunting, hurling, showbands, social change, bingo and a topical current project; the Covid-19 collection. The UCC launch of the CFP online catalogue was performed on June 26th.2019 by Doug Boyd, University of Kentucky who is an international leader in digital oral history. It is an impressive presentation to access and issue number seven of "Archive" published in 2002 contains an article entitled; "A Lord Mayor Remembers" which has an interesting local flavour. The Lord Mayor back then was Glounthaune native John Kelleher whose family home was formerly at Annmount, south of the "Forge Cross". There was in fact a function held in John's honour at the very school he attended, the present day Community Centre, on Saturday June 7th.2003 to mark his Mayoral time in office. Such was the effect of teaching methods back then; John recalled that after some forty years he could (and did) name the five main rivers in Spain, and naming a Norwegian city was not a problem. The aforementioned article is quoted as follows: "My earliest memory dates back to 1952 when I was three years old and my father was reversing his van near our home at Annmount, Glounthaune. In the van with us was a neighbour P.J. Sheehan who now lives at Connolly Road, Ballyphehane. My father Eamon (also called Eddie) had established his own business; driving around to houses in rural areas selling vegetables, eggs and chickens. He was born and reared in Glanmire, living at one time in the village where his father (Michael Kelleher) owned a public house which is now called "The Heron's Perch". They later moved to Knocknahorgan, near Sallybrook where the ruins of the house still stand. It was from there he cycled regularly through Caherlag in the late 1930s to "court" my mother, Margaret Bray. She was the youngest in a family of seven and her father James, who hailed originally from Leamlara, north of Carrigtwohill, was a coach driver. He worked for the Murphy family, owners'

of Annmount House and Murphy's Brewery. In September 1940, as most of Europe became engulfed in war and terror, my parents married at the Church of the Sacred Heart, Glounthaune. They honeymooned in Dublin, taking in the All-Ireland hurling final which may have featured one of the great Cork teams of that era. As they began their new life together they little realised, I am sure, that tragedy awaited them. Their first-born child Jean, a beautiful girl whose photograph hangs today in my own home in Mayfield, died from meningitis at fourteen months. Returning one night from a neighbour's house where he had been playing cards; my father complained of severe chest pains and died soon afterwards. He was thirty seven. He left my mother with a young family to rear which compelled her to return to work at Ideal Weatherproofs in the city. Our Aunt Ciss, who had no children of her own, cared for us each day as my mother cycled down to Cobh Junction (now renamed Glounthaune) to catch the morning train from Cobh. No doubt she suffered from depression and loneliness, but she was also blessed with a dogged spirit and determination which saw her battle against life's obstacles. Ted Jeffers, who now lives in Douglas, took me down the hill to the local primary school on my first day. That building now serves as the Community Centre and it was there that Mrs. Canty, Mrs. Shaw and Mr. Cooper taught us. The new County Council cottages built on the back road near Dunkathel House in 1957 offered a fresh start for five families. We were allocated cottage number four. The Cunningham family, Jack and Jenny with their two boys Michael and John, were below us. Beyond were the O' Neill's; Jimmy, Betty and their five children. Each of the houses had an acre of ground which was common for most rural cottages built throughout the country at that time. This policy had been introduced earlier by Eamon De Valera whose aim was to make the country self-sufficient in basic foodstuffs. Thus, all cottiers were encouraged to grow potatoes and vegetables, and to keep hens and geese which most did. However, there was one major fault with the new houses; they did not have running water. We never had a bathroom or toilet in the old house at Glounthaune but why the County Council officials and engineers built new houses in 1957 without such basic facilities baffled me years later. A water main ran under the road

just outside the front gates of all the houses! Local children had a choice of three primary schools; many walked every morning to New Inn, between Glanmire and Mayfield, where Mr. Farrell reputedly ruled with an iron fist. Some went down to Little Island and others, including my brother Michael, my sister Marie and myself travelled by bus to Glounthaune. My mother cycled every day to the Weatherproofs factory in Sallybrook, the ruins of which still stand today across the road from the "Brook Inn". This was owned by the Bowles family who were quite popular with their employees, most of whom were women. Rainwear such as capes and leggings for cyclists was produced there. The money brought home each Friday was desperately needed but going to work each day, despite the rain and snow in the winter, was also a great social outlet for my mother. She made friends, exchanged the usual chat and jokes and brought some of the local news and views home to us every evening. There must have been some interesting and entertaining characters working there because I can still remember some of their names; Mrs. Foley from Glyntown, Nell Power from Brooklodge and Mrs. Foxe are among those that come to mind. Such was life as we grew up in the nineteen fifties and early sixties and not yet knowing what joys and sorrows lay ahead. Perhaps someday, when I retire from politics, I will write a longer account of those things that I can still remember!"



My Creativity Book

STAY AT HOME 2020

"My Creativity Book" is a publication dedicated to children acknowledging with admiration their contribution in keeping everyone safe during this difficult period. The book is the "brainchild" of Geraldine O' Neill, Fitzpatrick's Shop and at the outset she addresses the children in a sincere inclusive style. Geraldine with empathy also explains why it is not permissible for them to enter the shop during these terrible times. The children are praised in a heartfelt fashion and this no doubt will give them the sense of their personality and the special place they hold in the home and in the community.

That seanfhocal; "Mol an óige agus tiocfaidh sí" comes to mind. **PREFACE:** Dear Children, all customers are important and valued in Fitzpatrick's, none more so than yourselves. We love when you visit the store, bringing with you; your energy, your fun, your noise and your excitement. You are always special and welcome in the store and it has been a source of great sadness to us that due to the size of our premises, and social distancing requirements, we have not been in a position to allow you come inside during the recent months. We have missed your presence greatly. You are such a precious gift to your family and your community. This book was created with the intention of acknowledging and honouring your contribution, in how by staying at home, you helped to keep everyone safe. We trust you will enjoy the opportunity it offers you to connect with your creativity, your genius, your feelings and your uniqueness. **END.** The excellent well thought out and impressively presented hardback book is sure to capture the inventiveness of its young audience. The content is interestingly varied and the subjects presented are so meaningful. "The Fitzies Five" characters kick-start proceedings; "we will be here to guide and help you along this book, making sure you're keeping safe at home!" There are illustrated instructions on how to make your own bird feeder, bake your own cookies and scones, and create your own cake / dessert recipe. Themes include; "Kindness begins with Me"; "Be creative, Be unique"; "Things I do in School"; "My friends in School"; "My Future", "Family Fun"; "Mistakes help me Grow"; "Looking Back" and "A letter to my future Self". There is a superb short story; "The Thirty Steps" from "Grandad Fitzpatrick" which was written in 1965 and re-written with a modern twist in 2020. The aptly named characters are; King William, Knight Sir Martin the future King, and the skillful wisdom planner; Princess Geraldine. The Fitzpatrick's story from "Where it all Began", to the present and onward to the future completes this valued published work. It was created by Geraldine, designed by her daughter Erin of her esteemed company Serindipity Solutions, and printed by her sister Carmel (Waterman) of Carrig Print. The book is a family presentation for family and is available at Fitzpatrick's Shop and Glounthaune P.O. The price is ten euro and The C.U.H. Children's Unit is the beneficiary of the entire proceeds.

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Gardening with Charlie Wilkins



Charlie Wilkins

ONSET OF AUTUMN

The way I see things, an Irish summer is a bit of a hit or miss affair with occasional sunny breaks daily, usually between the hours of 5pm to 7pm! However, for the remaining majority it seems we are forced to live with dampness and wind, swaying trees, and sodden ground. Here in Glanmire in this mercurial temperate climate of ours, we live out our gardening lives in low light levels, unseasonal temperatures, and rainfall which ranges from foggy mists to drenching downpours. So much so that sometimes, I think summer is simply an abnormality, a disparity, a distraction from the constant, a rarity even. In recent years it goes from winter flood to summer drought regularly, this Covid- filled year being no exception.

Summer is our most longed-for season and if it comes at all, expect it in May with a watery reflection in mid-September. Whichever and whenever, it is usually short, pithy, and fleeting, whilst winter seems to be habitual, the norm, a fact of life. That is, until the garden and mother nature combine to put on a supreme effort and amend the dismal monochrome of wet and damp to fancy dress hue. But sad to say, this only happens occasionally. My garden and yours may now be showing the earliest signs of the cooler, more subtle days of autumn, but

there's still much to admire in the line of hot colours and gentle movement. The Orb spider and its exceptionally prolific offspring are once again busy silently criss-crossing shrubs and plants with inescapable webs, whilst the scented phlox, potted lilies, and roses continue to release their perfume



A close-up view of a Ceratostigma bloom. In reality these are small but come in generous numbers from late July through to mid autumn. Worth a spot in any garden

along with honeysuckle, which now boasts berries as well as flowers. All these, individually and collectively, define a time and shape life-long memories.

In my book however, there are three great plants that define best the onset of autumn, and all have blue in their colouring! Ceratostigma willmottianum (a mouthful in any language) has deep blue plumbago-like flowers from late July (in warm gardens) until the first frosts. A superb specimen grows in a cosy, sunny, and well-drained site in Fota Arboretum (near the entrance to the rose garden). It was so good when I first

saw it that I felt obliged to invest in a specimen and was lucky enough to source one at Hillside. My advice on the planting of this beauty would be to incorporate plenty of grit, chippings, or small gravel into the chosen position. You cannot overdo the application rate no matter how heavy-handed you might be. This grit will bring it safely through winter wet and dripping misery. Have a look at it first in Fota, and if you go on to source one, expect it to grow to under one meter in height and spread.

Perovskia atriplicifolia is another which is hard to pronounce but it is no bother to place if you have the kind of spot suggested for the Ceratostigma. It's my second choice and boasts tiny, fluffy, lavender blooms on new white stems which are aromatic when brushed against. Rising to a metre or slightly more, it can be cut back hard in spring, so it never really outgrows its allotted space.

This is also true of Caryopteris, my third choice for late summer. Small purplish flowers over grey foliage, are two of its most treasured characteristics, but it is not nearly grown as often as it should be. Like Perovskia, it too has aromatic leaves so those with visual or mobility impairment should try to secure at least one (preferably Ceratostigma) of the trio mentioned.



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THE GARDEN IN AUGUST

SCENT: More than taste, a remembered smell carries layers of memory and meaning. Crushed leaves of catmint, the peppery smell of phlox and the sensuous perfume of lilies are sensations which induce moments of intense pleasure. Hot lavender leaves, cut so swiftly with shears, will hardly shrivel and die in the afternoon sun without arousing within you a sense of wonder, well-being, and sheer timelessness. Yes, all these are plants that span the generations, a familiar flower like lavender, often planted, most times neglected, is still a choice for the connoisseur. Trim it back after flowering and let it develop into a rounded dumpling mound of grey foliage.

DEAD-HEADING: Gardens can easily slide into premature decay after July and regular dead-heading is essential to prevent this. For certain plants, such as the non-repeat flowering roses, the aim is purely cosmetic. But many plants, including dahlias, cosmos, penstemons, and many species of late flowering salvias can be induced to flower indefinitely if none of their spent blooms are allowed seed. There are rare instances where it is acceptable simply to snap off spent flowers with finger and thumb and this is the case with day-lilies. But, in general, secateurs or a stout pair of scissors are needed. It is essential to trace the stem of a spent flower back to some definite point, as any bare stalks you leave behind will disfigure the whole plant. This point will be where a new shoot or a fresh

flower arises or is likely to arise. With a plant such as Salvia superba, you can sometimes remove a number of spent blooms with a single cut. Others must be removed one by one.

PHLOX: It is not generally appreciated that phlox have a second season of flower, shorter stemmed may I add, but still very welcome towards the dewy month of September. Simply pinch out their first heads of bloom as they fade or cut the stems to a lower pair of leaves then give two liquid feeds at fortnightly intervals. The pale blues and lavender blues look best during this second flowering for they give the impression that smoke is in the air along with the first of the autumnal mists. When cut for indoor use, the scent of phlox can be slightly rank, though it will still be found ideal for flower arranging.



NEW NORMAL – OLD NORMAL

John O'Sullivan
Life & Business Coach

All in all, it's been a year like no other. Unprecedented and bizarre for the most part, our world as we once knew it changed suddenly on a sunny Thursday afternoon back in March.

For school children this initially brought delight which soon faded and changed into yearning to be back to their routine and back in the company of their pals. For us grown-ups, it meant frantically changing our routines too, getting comfortable with early morning Zoom calls and trying to work amid the chaos of home schooling and trying to ensure our older relatives were not feeling the isolation too much.

But these are the fortunate ones who still had jobs. So many of us lost jobs or face losing employment in the future because of the economic shockwave that echoes around the world following the crisis.

Some of us found comfort in the "new reality" and gave into the inner-introvert. I found myself enjoying the early morning sunshine while sipping a fresh coffee before work commenced and the rest of the house woke up.

Those once rare but now familiar moments of tranquillity are the reason many people are now examining their old way of living and realising that we don't have to go back to the "old normal". Many people realise now, that we don't need to travel or race around as much

as we used to. We don't need all the superficial trappings we once used to distract us from our day to day lack of fulfilment.

So weather you have decided to re-evaluate your life following lockdown, or if you've had no choice because of changes to your job, maybe the following tips might be of some help:

Remember what really matters: Life is made up of lots of demands, but you are only one person. Take care of yourself and you'll be able to mind those you love. This means physical as well as emotional health. Try not working so hard that you become irritable with the children who just want your company. Look after you, because you can't pour from an empty jug.

Take the time to STOP: Following on from the above point, it's ok to stop once in a while. Smell the flowers. Listen to the rain. Laugh. All the work, chores and duties of life will all be still there when you start again. Cut yourself some slack!

There are no rehearsals: Life happens to us once. This isn't a practice for something. This is it! So, try not to waste it too much on things you won't remember in 5 years' time. There are no guarantees how much time any of us have, so don't be fooled into thinking each second isn't priceless.

Be nice to people who don't matter: Just being provocative here – of course everyone matters. But don't forget to thank the person who steps onto the road so you can walk on the footpath basking in your social isolation. Don't

forget to smile and thank the cashier who now has to sit behind a plastic windscreen in the shop. Remember, you never know what someone else is going through, so, be the reason someone you don't know smiles today, if even for just a moment.

Listen to your own inner voice: You control your inner voice, so please say nice things to yourself. This is a much greater influence than many of us realise. Your self-narrative can build you up, or tear you down piece by piece inside.

You have a choice about how you speak to yourself, so consciously choose to love yourself and treat yourself with respect. You might be amazed at the result.

So, now that we have the choice to go back to how we used to live our lives before that faithful

Thursday in March, the option is ours. How are each of us individuals going to use the time we have on this earth.

Do we go back to how we were, forgetting the pandemic-enforced time-out? Or do we look at how we live our lives, what we do for a living, and how we consume.

Do we take the lesson our world has sent us and try to live a little differently. The question is, what are you going to do?

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An tArdeaspag Daniel Mannix-Cuid 1.

Micheál Ó Súilleabháin

Saolaíodh Daniel Mannix ag Deerpark, Ráth Luirc, Co. Chorcaí sa bhliain 1864. Mac le feirmeoir tionónta le 135 acra ba ea é. Caithfidh go raibh an teaghlach go maith as mar cháiligh deartháir mar dhochtúir agus deartháir eile mar dhlíodóir. Chuaigh deirfiúr chuig scoil bhailchríche sa Fhrainc. D'fhreastail sé ar bhunscoil i Ráth Luirc agus ina dhiaidh sin d'imigh sé go Coláiste Cholmáin i Mainistir Fhear Maighe. Nuair a bhí an mheánscoil curtha de aige, d'imigh sé le sagartóireacht agus chuige sin, rinne sé a chuid ullmhúcháin i gColáiste Phádraig, Má Nuad. Oirníodh ina shagart é in 1890.

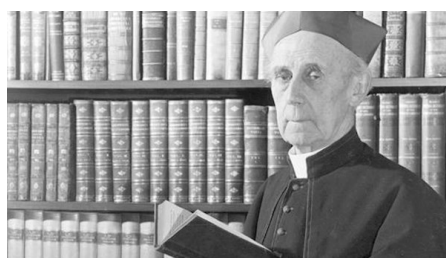


An tArdeaspag Mannix

Bhí mianach an scoláire ann agus lean sé lena chuid staidéir agus in 1895, bronnadh dochtúireacht sa diagacht air. Ceapadh é ansin ina léachtóir san fhealsúnacht agus sa diagacht mhorálta. Idir 1896 agus 1903 bhí sé ina Rúnaí ar Aontas Mhá Nuad. Mar chuid dá chúram sa ghrúpa sin, choltaigh sé plé ar cheisteanna mar mheasarthacht, comharchumainn agus tithíocht. Mhol sé féin náisiúnachas eacnamaíochta. Dar leis, bhí sé níos tábhachtaí ná Rialtas Dúchais. Scríobh sé páipéar ar Cheist na Talún, a bhí i mbéal an phobail sna blianta seo. Bhí sé go mór ar son na measarthachta nó stáonadh ón ól agus bhí sé ina bhall de ghluaiseacht na Réadóirí a bunaíodh sa bhliain 1898. Bhí dul chun cinn á dhéanamh aige mar léachtóir agus mar riarthóir. Ceapadh é ina Leas-Uachtarán ar an gColáiste in 1898 agus in 1903 ina Uachtarán ar an gColáiste. In 1906, rinneadh Moinsíneoir de.

Sna blianta seo bhí stádas Choláiste Mhá Nuad mar institiúid oideachais éiginnte. Bhí an Ollscoil Ríoga, a bhronn céimeanna, ar an dé deiridh agus nór aithníodh Coláiste mar choláiste a bhí in ann céimeanna a bhronnadh. Bhí Mannix meáite ar stádas an Choláiste a ardú ionas go bhféadfadh sé céimeanna a bhronnadh. Bhí Ollscoil Náisiúnta na hÉireann ar tí teacht i gcomharbacht ar an Ollscoil Ríoga agus bhí iarrachtaí ar siúl ag Mannix chun an stádas céanna a bhaint amach do Choláiste Mhá Nuad agus a bhí ag coláistí eile. Bhí Aontachtaithe in aghaidh ardú céime a thabhairt do Choláiste Mhá Nuad ach bhí an lá ag Mannix agus aithníodh Coláiste Mhá Nuad mar choláiste a bhí in ann céimeanna a bhronnadh mar bhall d'Ollscoil Náisiúnta na hÉireann a bunaíodh in 1909.

Bhí díospóireacht bhríomhar ar siúl ag an am maidir le stádas na Gaeilge sna Coláistí a bheadh mar chuid den Ollscoil Náisiúnta. Bhí Conradh na Gaeilge go láidir ar son an Ghaeilge a bheith mar ábhar éigeantach le haghaidh iontrála ach chuir Mannix go láidir ina choinne. Ba é an argóint a bhí ag Mannix ná nach raibh aon eolas ag formhór na n-ábhar sagart ar an nGaeilge agus go mbeadh mórán díobh á n-ullmhú chun dul ar na misin thar lear. Ní bheadh aon mhaitheas sa Ghaeilge dóibh. Ní raibh aon chur amach ag Mannix féin ar an nGaeilge, chomh maith, agus ní raibh sé i dtiúin leis an mothú nua a bhí tagtha chun cinn sa tír maidir le tábhacht na Gaeilge. Ní raibh aon tuiscint ag Mannix ar a thábhachtaí agus a bhí an Ghaeilge do mhórán Éireannach ag an am. Bhí an tAthair Micheál Ó hIcí ina Ollamh le Gaeilge i gColáiste Mhá Nuad. Bhí sé go láidir ar son na Gaeilge. Bhí conspóid mhór, mar sin, idir Uachtarán an Choláiste, Daniel Mannix agus Ollamh le Gaeilge, an tAthair Ó hIcí. Cháin an tAthair Ó hIcí daoine a chuir in aghaidh na Gaeilge, ina measc Mannix. Dá dheasca, briseadh Ó hIcí óna phost. Rinne sé achomharc leis an Vatacán ach deimhníodh an briseadh. Chuir Ó hIcí leabhrán amach ina ndearna sé ionsaí ar Mannix. Dar leis níorbh Éireannaigh iad daoine a d'úsáid argóintí ar nós Mannix. Cuireadh i leith Mannix gur 'shocraigh' sé briseadh Uí Icí. I measc na ndaoine a cháin Mannix, bhí Pádraig Mac Piarais a d'fhiafraigh: 'An namhaid an náisiúnachais é an tUachtarán Mannix?' Ag an am seo, bhí an chuma ar an scéal gur 'Chaitliceach an Chaisleáin' a bhí i Mannix mar chuir sé fáilte roimh an Rí, Edward VII go Má Nuad in 1903 agus roimh an Rí, George V in 1911. Bhí naimhde déanta ag Mannix i measc náisiúnaithe agus i measc na nEaspag, chomh maith. Mar dhuine uailmhianach, bheadh sé ag súil le ceapachán mar easpag ach, de dheasca na naimhde a bhí déanta aige, ní raibh ardú céime i ndán dó in Éirinn.



An tArdeaspag Mannix ina sheanaois

Bhí ainm déanta aige thar lear, áfach. Bhí an eaglais Chaitliceach an-nua san Astráil agus bhí sagairt agus easpaig ó thíortha eile ag teastáil uatha. Bhí Ardeaspag Melbourne, Thomas Carr, ar tí éirí as agus chuir sé ainm Mannix chun cinn mar chomharba air. In 1912, ceapadh Mannix mar Easpag Cóidiútar ar dheoise Melbourne na hAstráile. Bhí pearsa láidir ag teastáil chun cás na hEaglaise a chur chun cinn agus a throid san Astráil. Shroich Mannix an Astráil i bhfómhar 1913. Cuireadh fáilte roimhe in Ardeaglais Phádraig i Melbourne agus moladh é mar dhiagaire mór le rá agus mar oideachasóir den scoth. Bhí saol fada roimhe mar eaglaiseach san

Astráil. Bhí sé an-chonspóideach mar dhuine agus chuir sé a chuid tuairimí in iúl go neamhbhalbh sna blianta a lean. Insealbhaíodh é mar Ardeaspag ar Melbourne in 1917.

Ceann de na conspóidí ina raibh an tArdeaspag Mannix saite ann ba ea ceist an oideachais Chaitlicigh. Ag an am ní raibh aon chúnamh ag scoileanna Caitliceacha ón stát. Thug an stát tacaíocht don oideachas tuata. Labhair Mannix amach go láidir in aghaidh an easpa cúnamh seo. Chuir sé i gcomparáid é le géarleanúint Chromail in Éirinn agus leis an léasadh a thugtaí do phríosunaigh san am a bhí thart toisc nach bhfreastalóidís ar sheirbhísí Anglacánacha. D'fhéadfaí a rá go raibh sé ag dul thar fóir lena chuid argóintí ach ba é sin an nós a bhí aige. Ach le tacaíocht ón bpobal Caitliceach, d'éirigh leis an Ardeaspag Mannix méadú thar cuimse a dhéanamh ar líon na scoileanna Caitliceacha, idir bhunscoileanna, meánscoileanna agus ollscoileanna. Tógadh mórán eaglaisí Caitliceacha, chomh maith, i rith ré Mannix.



Dealbh den Ardeaspag lasmuigh d'Ardeaglais Melbourne

Gluais:

scoil bhailchríche = finishing school

diagacht mhorálta = moral theology

measarthacht = temperance

riarthóir = administrator

ar an dé deiridh = almost gone

Aontachtaithe = Unionists

ábhar éigeantach = compulsory subject

dá dheasca = as a result of

Caitliceach an Chaisleáin = Castle Catholic

comharba = successor

achomharc = appeal

go neamhbhalbh = plainly

conspóidí = controversies

oideachas tuata = secular education

géarleanúint = persecution



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Cork City Council & the FAI team
up for **Soccer on the Green** ⚽

We were thrilled that Glanmire was chosen as one of the green destinations and where better to locate than one of our most mature and well kept greens; Saint Joseph's.

FAI coaches were visiting boys & girls in housing estates to help develop their soccer skills.

Unfortunately they could only train a small group of 12 kids on this occasion

Feedback from the coaches on the day was that Glanmire definitely has future football stars in the making and don't we know it!

A BIG **THANK YOU** to everyone who made this happen in our community.



This is your Community, your contribution is vitally important.

As Always We look forward to Your Feedback.

Contact; glacacork@Gmail.com, or write, or talk to any of the Directors; Kevin Tobin (Chairman), Judith Green-Goodyear, William Tobin,

Michael Burns, Pat Stacey, Cynthia Kelleher, Dermot O'Connell, Padraig O'Sullivan TD, Cllr Ger Keohane, Madge Fogarty & Lorraine O'Neill



White's Cross GAA News

whitescrossgaa.ie

Championship Draws

The Seandún (Cork City) GAA Division held their championship draws on Monday 13th of July in Ballinlough. In Junior A football we were drawn against the winners of the Bishopstown/Passage first round tie.

Passage reached the final of this competition last year losing on that occasion to St. Michaels. Bishopstown were the only team we played competitively this year; in a league prior to the suspension of all competitions. That game ended in defeat though the near arctic conditions endured on that night in February are unlikely to be replicated in August. The Junior B football team have been drawn against the winners of Rathpeacon/St. Michaels.

St. Michaels have won this competition for the last two years. Rathpeacon won the Junior C championship last year. St Michaels will be the clear favourites to progress here though our neighbours were finalists a few years ago themselves. In hurling we were drawn against Whitechurch in the quarter final. Whitechurch who reached the championship final last year, will certainly be favourites for this game. White's Cross supporters will, however, remember fondly the championship



Barry Prendergast in action for the junior A football team

final of 2016 when we were underdogs against the same opposition. Hopefully, the spirit shown that day will repeat itself on championship day. All of these games will be played in early August.

The championship, in the City Division, returns to its traditional format as this year it will be a straight knockout. There are also no leagues being run in 2020. It is, therefore, very much all on the championship day as one defeat and it is curtains for the summer for that team.

Championship Preparation

The adult sides returned to training at the end of June with big numbers in attendance. In the absence of league games, both the junior football and hurling panels have been busy playing challenge games in preparation for the upcoming championship. They both have played three games each.



The under 16 hurling team following their victory over Whitechurch



The under 14 hurling team following their victory over Whitechurch

The football side won all three of their games beating Ballingearry, Glenville, Blarney. The fitness of the side has been impressive. After a close or indeed slow start in the games, they grew into each game and ended up winning each game relatively comfortably.



Seamus Quinlan in action for the junior A hurling team

The hurling team have also been playing very well. In their three games they played Glen Rovers (loss), Erins Own (draw) and Inniscarra (win).

Underage

All of our underage teams have been back training since the end of June also. None have been busier than the under 14 squad who have played one championship game and six challenge games!! The challenge games yielded mixed results but they allowed the coaches to get to know their squad and fine tune. This paid dividends on championship day, when results do

matter, as they were very impressive when beating Whitechurch in their first round tie. The under 16s were equally impressive when handing a big beating to the same opposition. They had played and beaten Grenagh and Donoughmore in challenge games.

The Under 12 hurlers lost to Castlelyons in their opening encounter. There were plenty of positives in this game for the coaches however; particularly the workrate and attitude of the team in the second half. The under 18s had not played a championship game at the time of writing but were busy on the challenge circuit playing Eire Og and Killavullen (twice). Unlike the adult straight knockout structure, each of the juvenile championships are being played on a league/round-robin basis thereby ensuring competitive action for our teams over the next month or so.

Club Lotto

Our club lotto is back up and running since Monday the 13th of July with the draws taking place every second Monday in our club grounds. There was a total of eight draws cancelled due to the pandemic. We want to assure all of our supporters/members that all yearly or 10 week tickets that were eligible for the cancelled draws will be entered into the correct number of

draws. The lotto committee are doing a big push to promote and sell tickets through the club force application. We strongly urge new members and all of those renewing their tickets to play online. There are many benefits to this. There is instant notification of results, a reminder of forthcoming draws and of course a reduction in price for playing on line!

A yearly ticket costs only €44 and you are entered for 26 draws ! Please visit our Instagram and Facebook pages for a direct link to our ClubForce page. Tickets will still be available in print form for people to purchase. For further information on the club lotto, please contact Martin Flynn on 086-394 4872.



Stephen Whooley shoots for a score for the minor hurling team



GLEANN MAGHAIR

We have finally been able to take to the field to train and play matches, its fantastic to see so many back already. Lots more training for the rest of the summer.

A big well done to Caragh Byrne Who will join her club team mate and friend Orlaith Roche on the Cork Minor panel for the rest of the year! Well done Caragh and best of luck.

Well done to our Junior and intermediate teams who got to play championship in July, 2 great games with mixed results.

GLANMIRE LADIES FOOTBALL CLUB



Intermediate team



Junior team



Caragh Byrne



Orlaith Roche



Jules Kelleher



Catherine O'Callaghan



Sarah O'Brien



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ERIN'S OWN LADIES CLUB

U14 Camogie and Football Ladies

Well done to our U14 ladies who have been back training in Caherlag over the last month. These young ladies kept their fitness up throughout the lockdown with various challenges and 5km runs which has stood to them on their return.

The girls played both camogie and football challenge matches in recent weeks playing Ballinora, Rockan, Sars, St Finbarr's and Douglas. They also competed in a football blitz against St Nicks, Aghada and Youghal.



**ERIN'S OWN LADIES CLUB PAGE
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Sarsfields Camogie Notes

UNDERAGE

With activity thankfully returning to the pitch our teams have been busy preparing for championship by getting plenty of challenge games under their belts.

- U11s had a great outing with Midleton
- U12s have played Aghabullogue & Inniscarra & faired out very well.
- U14s travelled to Tipp, Kilkenny & numerous local challenges - with our second string U14s playing Erins Own & Cobh of late.
- U16s similarly have had to travel to Dicksboro (Kilkenny) & Cashel (Tipp) with a very worthwhile mixed challenge with our own U14s proving a very successful exercise!

So plenty of activity & opportunity to shake off the cobwebs and sharpen the skills for championship which will hopefully kick off mid August. This year's format will involve a round robin grouping, guaranteeing a minimum of at least 3 outings. Best of luck girls!

All age groups including our nursery have returned to full training - all compliant with new Covid restrictions!

JUNIOR A's

Our Junior A's were the first to test the championship waters but went under to a strong Charleville side recently in Castle Road. This was a serious challenge for our second string as they were moved up two grades as a result of last years successful campaign. Down by 5-7 to 1-4 at h/t our girls had a much stronger second half and came to terms with the pacy Charleville forwards better as the game progressed. The Sars backline battled hard to try and keep Charleville at bay with Ciara O'Sullivan and Becky Morgan defending well in the full back line. Amy O'Lehan & Gaby Cashman in the half back line battled hard & midfielder Ruth McCarthy won a few frees which helped us stay in the game. However, it was too late for a comeback

as Charleville went on to win comfortably. Sars go the back door route now against Sliabh Rua.

Team: G O'Donohoe, E Walsh, B Morgan, S Scanlon, C O'Sullivan, E Murphy, A O'Lehan, E Twomey, R McCarthy, E Woods, R O'Mahony, C Holland, D Kerrigan, M O'Farrell, O Keane, G Cashman, N Barry, J Allen, S Costello & A McNamara

SENIORS

Our seniors have drawn Glen Rovers in the first round to be played Sunday, 2nd August @ 6.30pm in Castle Road. Best of luck to our new management under Mark Mullins & this year's captain Katie Barry.



U11s 2020



U12s Dugout



U14s 2020



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New Inn School

During the month of July, Barry McCarthy, a parent of a child in our school, took on a fundraising challenge to run a 100km in aid of Tus Nua (Special Classes for children with Autism in New Inn School). The funds will be used to complete our Friendship Garden. In a combined effort, the staff and parents matched Barry's achievement of running/walking 100km. To date €730 has been raised and we are very grateful for all the donations. Thanks to Barry and his family for organising this fundraiser.

For updates and more information, please see our school website: www.newinnglanmire.scoilnet.ie

We would like to wish our outgoing 6th class students all the best as they begin secondary school and look forward to meeting our new Junior Infants along with all our other pupils on the 27th August. We would like to sincerely thank you for your continued support and cooperation.



PhotoGrid



Upper Glanmire ICA

Update on Guild activities:

- Our Summer walks are progressing very well, with an average of 8/9 walkers every week. So far, we have been to the Marina, the Old Blackrock rail line, the Lee Fields, Blarney and the Lee Fields.
- We hope to resume normal Guild meetings in September.



Baby blanket made from 'corner to corner' squares



A crochet snood



August recipe: Blueberry muffins

There are many different recipes for blueberries, this is just one of them.

Ingredients

- 8 oz self-raising flour
- Pinch of salt
- 3 oz butter
- 4 oz light brown sugar
- 2 eggs
- 1 grated apple
- 2 oz ground almonds
- 1 tsp vanilla extract
- Orange juice
- Frozen blueberries

Method

- Mix flour, salt, sugar and ground almonds together
- Work in butter with fingertips
- Mix vanilla extract with beaten eggs.
- Add grated apple and eggs to dry ingredients.
- Add about 2 tablespoons of orange juice and mix in frozen blueberries. (amount up to personal choice)
- 17-20 min at 180°C



Our ladies enjoying coffee in the rain!



GLANMIRE LIBRARY



Glanmire library is now open. We would ask patrons to keep browsing time to a minimum.

For now, our computers and printing facilities will remain off until further recommendation.

As always you can borrow eBooks, eMagazines, take an online course, learn a language or avail of AVA film streaming. This is all free with your library card.

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Across

1. S. American animal (5)
6. Opposite of inner (5)
9. Citrus fruits (7)
10. Filling between tiles (5)
11. A great meal (5)
12. Mr. Trump (5)
13. Have a bearing on (7)
15. Female undergarment (3)
17. Part of the eye (4)
18. Part of TV set (6)
19. Animal nose (5)
20. Arctic native (6)
22. ---- Pitney, singer (4)
24. Produce an egg (3)
25. Walk slowly (7)
26. This runs on rails (5)
27. Pay a call to (5)
28. Permeate, suffuse (5)
29. Building toy (7)
30. Come to a point (5)
31. Work bread or pastry (5)

Down

2. Food store (6)
3. Gets up on (a horse) (6)
4. Painting, sculpture etc. (3)
5. Tear-inducing vegetable (5)
6. Obsolete (7)
7. Utilises (4)
8. Make certain (6)
12. Musical instrument (5)
13. Dot on computer screen (5)
14. Potentially dangerous (5)
15. Type of headwear (5)
16. Ire (5)
18. African country (5)
19. More clever (7)
21. Liquid produced in mouth (6)
22. Part of sundial (6)
23. Cloud of dust and gas in space (6)
25. Because (5)
26. Minutes, seconds etc (4)
28. Used for writing (3)

Crossword Winner: Noreen O Callaghan, Whites Cross, Co. Cork



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