

42 KM MARATHON FOR PARKINSON'S

Keelin Skillington from Riverstown will be running his first ever marathon on the 5th of September to raise funds for the Parkinson's Association of Ireland and increase awareness of Parkinson's disease. Keelin is 19 years old and a 6th year student in GCC, his grandfather was diagnosed with Parkinson's and his health has deteriorated recently.

The 42.2km marathon will start in Watergrasshill, at the entrance of the Hamptons estate and will finish in Riverview Estate, Ballyvolane.

Parkinson's Association of Ireland is not funded by the government, relying solely on donations to provide support to over 12,000 people.

All donations will fund continued research and provide support to people diagnosed with Parkinson's disease.



To donate visit:
<https://www.idonate.ie/KeelinMarathon>

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

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

Do You Have Any of the Following?

- Sharp pains in the back of the leg
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- Muscle spasm, sprains & strains

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

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

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers like Tiger Woods, Venus Williams, Pádraig Harrington, Bradley Wiggins, Gisele Bündchen and Madonna.

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

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

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

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

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

With my "Back Pain And Sciatica Evaluation" we'll be able find the problem and then correct it.

Think of how you'll feel in just a few short weeks.

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

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

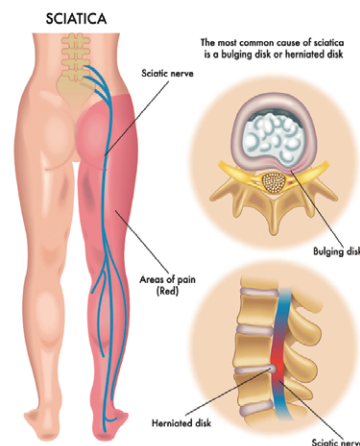
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- A complete neuromuscular examination.
- A thorough analysis of your exam and any findings so we can start mapping out your plan to being pain free.
- We will provide answers to your questions, like...

...which position, mattress, and pillow you should use for a good night's rest.

...how to exercise the right way so you aren't making your pain worse.

Don't Let Your Sciatica Get Worse

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

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

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

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

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

Sincerely,
Dr. Eric Kelly, D.C.

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

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

COUNTY DEVELOPMENT PLAN

Cork County Council has commenced the preparation of a new County Development Plan for the period 2022 to 2028. This will guide the future development of the county and will be different from previous ones in two key areas; it will relate to the new administrative of the county following the extension of the City Council boundary, and will include all settlements of the county thus replacing the current Municipal District Local Area Plans adopted in 2017 and the Town Development Plans for the nine former Town Councils. Public consultation documents which address some of the key areas that require consideration were prepared as a first step, and these formed part of the public consultation process which took place during the period March 12th. to July 2nd. In this respect it is admirable that the Glounthaune Sustainable Development Committee, supported by the Community Association and Tidy Towns, submitted a quality presentation pertaining to our area. The precise and lengthy submission covers all pertinent aspects on Glounthaune's future so full credit to those who partook in this important time-consuming project. It is worth referencing a minor related statement regarding the 1811 built "Lackenroe Bridge"; yes, it is known locally as the "Dry Bridge" and perhaps as far back as the eighteen hundreds, so not just from the seventies when the streams running at both sides of the roadway were covered in. The next step entails a report from Cork County Council's Chief Executive' for presentation to the elected members for consideration. It summarises submissions received during the pre-draft public consultation period and sets out his opinion and recommendations on policies to be included in the Plan. The report will be accessible on the Council's Development Plan Review website later this month. A Draft Plan will then be prepared and made available for public consultation in April 2021 at which stage further submissions may be made. The foregoing relates to the future but let's have a look-back at extracts from the Development Plan published for the Glounthaune – Little Island areas in 1980. **Areas of Scientific Interest:** Estuarine areas and marshes adjacent to Little Island and the tidal area south of Glounthaune Village are of international importance and ornithological interest. **Buildings & Sites of Importance:** "Dunsland House" is of architectural interest and local importance. The site of Caherlag Church is of historical interest and local importance. "Rockgrove House" and Glounthaune Village is of architectural

interest and regional importance.

Recreation Facilities: Recreational facilities provided by Cork Golf Club at Little Island, a riding school and stables at Flaxfort and squash courts at "The Waterman Arms" are of more than local importance, and in particular cater for people from Cork city. The situation regarding other sports such as soccer, athletics and GAA games is unsatisfactory due to the lack of convenient playing pitches. Suitable level lands are often in demand from those competing for industrial or residential uses.

Population: Based on the register of electors; the estimated population for the area in March 1979 was 2,143 persons and the breakdown is as follows; Little Island 1144, Factory Hill 231, Glounthaune 608 and 160 in the remaining area. This is a plus 23% increase on the 1971 figure of 1,739.

Industrial Employment: The establishment and success of the three industrial estates in Little Island is a clear indication of its attractiveness. Employment has increased rapidly from 71 persons in 1972 to 1,288 in early 1979. Present indications are that this pattern will continue for some time to come. **Education:** The size of the primary school in Glounthaune is deficient due to the large influx of families with young children into the area in recent years. A number of classrooms have been erected to cater for the increased demand and there are plans for a new twelve classroom primary school to replace the existing complex. A five classroom school at St. Lappans caters for local primary school needs. The area has no further educational facilities with Cork City and Carrigrohilly catering for post-primary education needs, the latter for girls only. **Community Centres:** Since the building of a primary school at St. Lappans; the old school at Little Island has been converted to a community hall (not correct). It is hoped that the primary school at Glounthaune can be used for similar purposes when replaced by the proposed new building. **Housing:** An estimated two hundred and six dwellings have been constructed in the area since 1971 and there are outstanding planning permissions for a further twenty dwelling units. **Water Supply:** The area north of the N25 is serviced by the new Cobh Rural Water Supply Scheme. An exception to this is Factory Hill which is sourced from the Glanmire / Riverstown scheme. The usage in Glounthaune is circa 70,000 g.p.d. **Drainage:** At Glounthaune drainage is carried out by a large number of private and communal septic tanks. The latter ones, four in number,

discharge into the tidal mudflats south of Glounthaune. The proposed drainage scheme envisages a combined sewer system for Glounthaune and Little Island. This when implemented will provide for present and future residential development in the area. The scheme makes provision for the discharge of foul drainage to deep water at Lough Mahon thereby resolving the problem with domestic waste discharge at Glounthaune. The Council is waiting sanctioning for its implementation from the Department of the Environment. **Environmental Considerations:** The inadequacy of the existing drainage system for Glounthaune is a constraint to the future residential development of the area. The implementation of the proposed public drainage scheme will resolve the present environmental problems encountered in the discharge of foul sewage emanating from Glounthaune to the tidal flats. **Residential Development:** The absence of a public sewer system has resulted in a low density of residential development in the Glounthaune area. The pattern of development will change to estate units with completion of the public drainage system. **Land Use:** Land at Carrigrennan, Little Island is solely suitable for port-dependent industrial use and furthermore due to its scenic importance deserves special consideration in regard to the siting and design of any structures that may be erected thereon. Mature trees and a ruined castle must be protected. It is the policy of the Council to reserve Carrigrennan for port-dependent industry and due to the prominence and scenic attractiveness of the site and its visual relationship with the adjacent Fota Island, Passage West and Belvelly areas; stringent controls on the siting and appearance of any new structures will be imposed by the Council. **Residential Zones:** Topographical, amenity, services and road capacity constraints indicate that an appropriately low density of development, not more than three dwellings per acre, be achieved on the Glounthaune hillside. **Ashbourne House:** The grounds of Ashbourne House Hotel, which contain a diverse range of exotic trees and shrubs, have been reserved primarily for private open-space uses. This is to allow for any related expansion to the existing hotel facilities, commensurate with the protection of trees and shrubs. **Specific Objectives:** To initiate the provision of public drainage to residential lands at Glounthaune and Little Island. To have the tidal area at Glounthaune Village declared a Nature Reserve and to assist in development as such. To preserve, protect and

augment trees and woods of amenity value and to ensure, where felling is permitted, that suitable replacement planting is carried out. To preserve the buildings and sites of artistic architectural, archaeological or historic interest; "Ditchley House", "Dunsland House", "Father Matthew Tower", "Rockgrove House", Glounthaune Village, the sites of Caherlag Church and Courtstown Castle. **END.** Well forty years has passed by since that foregoing Plan was published and some aspects make interesting reading; Recreational facilities? Population; does the Factory Hill figure include the Kilcoolishies? The privately built housing figure for a nine year period from 1971 was 206, the number of Local Authority units was NIL which is also the updated figure and this extends back to the sixties. The number employed in Little Island was 1,288 in 1979! The fact that foul sewage flows into the tidal mudflats at Glounthaune is referenced under three headings; "Environmental Considerations", "Drainage" and "Residential Development". It is remarked that such is considered a hindrance yet it was the Council itself that granted planning permission just ten years previously. And it should be noted that the Tidy Towns Committee fought a lengthy unsuccessful campaign to prevent this. The picture which was taken at low tide in the early seventies shows the location of the outfall sewage pipe at the mudflats west of Glounthaune Village. It is difficult to comprehend how planning was granted to discharge foul sewage from the "Highlands Estate" into tidal water which is almost stagnant in the channel at low tide. It can be observed that the enterprising young local who took the shot discarded his wellington boots to highlight this! Thankfully this appalling disposal system is obsolete since the installation of the main sewer. The description bestowed on Carrigrennan under the heading "Land Use" would be a fitting one for some exotic "green listed" holiday destination and the added declaration that Carrigrennan is "solely suitable for port-dependent industrial use" is intriguing - today it is the site of a treatment plant! One of the specific objectives listed in the Plan is; "to have the tidal area at Glounthaune declared a Nature Reserve and to assist its development"; shades of "Harpurs Island" forty years ago!.



SLÁN ANOIS ©



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Gardening with Charlie Wilkins



Charlie Wilkins

RAVISHING PAINT COLOURS

Various redevelopments around the garden at 'Villa Marie' during my enforced Covid cocooning meant that paint brushes, hoes, and power tools were constantly in use! Garden chairs and tables were subjected to 'musical chairs', repositioned every other day, and colour changed on more than one occasion.

The actual job of choosing the colours was the best bit! What shade would complement the surroundings and lift the border residents? Which paint should be used, water or oil based?

I recalled how years ago I met a keen gardening friend who opened her ravishing Galway garden for charity on a very regular basis. She detested white garden furniture likening it to so many 'aspirins', usually plonked near choice perennials or on quality lawns. She had just painted her most comfortable seat a cool grey and it looked delightful. Pale greens and blues were used on other sets especially those sited in sheltered, hidden areas which one had to stumble upon rather than notice from a distance. They looked so wonderful that I have followed her colour schemes ever since and delight whenever new 'garden shades' are introduced by paint-makers.

You can buy pastel-like colours from fancy (and expensive) paint-makers or you can be canny and spot the same thing in your local hardware shop. Many can be found in the larger hardware stores under the brand name 'Cuprinol Garden



This large old pot was transformed from something chalky and neglected looking into a desirable feature. It continues to boast a strong specimen of blue Agapanthus that look extremely trendy.

Shades'. One of the really nice things about these water-based paints is that you can change your mind (and outdoors furniture) every year or more often if you like! Another plus is the brushes and your hands can be cleaned with water.

Every year I note how the top garden designers (who photograph the winning

gardens at the Chelsea Flower Show) use similar shades of paint on all their timber garden features: gazebos, furniture, decking, sheds, even summerhouses. At home, you do not have to stop there! One of the best paint effects I have ever indulged in is now quite 'invisible'. Years ago, I invested in a bundle of galvanised wire hoops to support the floppy growth of herbaceous plants, especially dahlias and delphiniums. The instructions promised that that once in place they would be hidden in a week, but some galvanised extrusions always seemed to be sticking up in front of the phloxes and lupins, lobelia, and tall campanulas. So, in desperation I bought a tin of unconventional green, sprayed the lot, and I haven't seen them since!

Last summer, following a disastrously cold spring (in which terra-cotta pots fractured and shattered) I took stock of the undamaged remains and began a programme of renewal. From the illustration you can see how one large old pot was transformed from something chalky and neglected into a desirable feature. It survives to this day and may this month of September receive yet another change of colour.

it will be seen to have a hollowed out concave pattern. Even then, it may not be obvious. Because they enlarge year after year (eventually growing to dinner-plate size) their top surface eventually becomes disfigured, wisen and with cracks and dents. These marks signify the top, even on small corms. Now you have two indicators as to which is top and bottom.

WEATHER

It is not in the Irish character to view the element of water with veneration and awe. There has always been so much of it around, surging in fulsome rivers or falling from leaden skies. Last week it came bucketing down coupled to ferocious winds, putting an untimely end to hybrid roses, ostentatious agapanthus, and extravagant begonias! Perhaps these will rally

again, perhaps not. This is one of the many ticklish questions that beset all gardeners during their gardening life.

If contemplating new shrubs this autumn, do consider azaleas. I have never met a gardener, male or female, who was disappointed with azaleas. Of course, if you love them and have the right kind of lime-free soil, the scope is joyous. But if your soil is alkaline you can still grow them in suitable tubs and containers or in specially dug and prepared planting holes (separated from the surrounding soil by a vertical lining to the sides of the hole with polythene) in any half-shaded spot. Fill this hole with a lime-free medium; leaf-mould, pine-needles, garden compost or used potting compost. All will be found ideal for azaleas for flower arranging.

THE GARDEN IN SEPTEMBER

TIMELY TIP

Lavender will become gnarled and woody if left un-pruned. Early September is the ideal time to take the shears to these, even if they are still showing a few pathetic flower spikes. Remove all the flower heads, their stalks, and a couple of inches of spiky foliage aiming for a bush of rounded shape. With old lavender this may not be possible so best to replace these.

CYCLAMEN QUANDARY

When you go to plant autumn cyclamen (on sale now as dry corms) you may become perplexed how they are planted for they develop roots from the tops of their corms not the bottom! How then do you distinguish top and bottom? Look for the bottom first for



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POST COVID SYNDROME

Since the COVID-19 Pandemic occurred many people in Cork and Ireland have contacted COVID-19. While the vast majority of patients have recovered from COVID-19 there is increasing evidence of Post Covid Syndrome in a number of patients with persistent symptoms.

Some patients have described feeling fully recovered, then experiencing COVID-19 symptoms again, and feeling like their lungs were "on fire" for some weeks afterwards. There is uncertainty about whether this is a relapse due to the virus remaining at low levels in the body and bring reactivated, or if this is a reinfection.

Long term physical, cognitive and mental

health problems have also been found to be relatively common in patients discharged from intensive care from illnesses other than COVID-19, with the length of time in intensive care influencing the long term health impacts.

Some survivors of acute bouts of COVID-19 experience a range of persistent symptoms some lasting for weeks, or even months that include profound tiredness, trouble thinking or remembering, muscle pain, headaches, and more.

The symptoms in many of these unrecovered patients are "highly suggestive" of myalgic encephalomyelitis, the disabling illness also commonly called chronic fatigue syndrome or ME/CFS. "This is something we really need to

seriously look at," said Anthony Fauci the US infections disease specialist.

In recent decades, researchers have documented persistent sequela among some people who had acute infections of diseases like SARS, West Nile virus, and the 2009 H1N1 influenza virus. Why some people are vulnerable to these chronic symptoms isn't known.

With the possibility of rising cases (clusters of ME/CFS followed other infectious outbreaks like SARS in Hong Kong in 2003), those in the ME/CFS community are saying now is the time for more study of the early stages of COVID-19. If we can learn about the factors that separate those who regain their

health from those who remain sick, better care can be offered to patients if they develop ME/CFS. Hopefully this will occur. Every week new information emerges about post Covid syndrome.

As we learn more about the long term effects of COVID -19, we will have a better understanding of symptoms to look out for, and how to manage them long term.

Due to time commitments this is my final article for the Glanmire News. I would like to thank everyone for their help and support over the past couple of years.

Best Wishes, John.

Ger Keohane Council Updates



Cllr Keohane's bits from City Council. More road resurfacing works to be done in St Joseph's View. The new car parking area for the GACA Pitches almost complete (well done to all involved.) Still waiting for the Glanmire Junction Upgrades to begin (CPOs and COVID 19 contributing to delay). Further delays on Flood works (hopefully we might have positive news in October). Various Clubs were awarded funding from City Hall Sport Capital Grant Scheme, Glanmire Ladies Football Club €5500, Riverstown Soccer Club €5500, Sarsfield Juvenile GAA Club €5500, Sarsfield Camogie Club €5500, Glanmire Football Club €4000.

Much Much more to be done and I will continue to do my best, please contact if you have any issues on

086 0263046 or gerkeohane68@gmail.com

KEEP CALM & STAY WITH KEOHANE

Profile of the Month

Ergin Yil

Proprietor of Glanmire Real Turkish Barber shop
Unit 2B Hazelwood Shopping Centre

Born: Turkey

Favourite Colour: Red

Drink: Turkish Coffee

TV programme: The Chase

Book: Any history book

Gadget: iPhone

Sport: Hurling, Soccer, Rugby, Fishing

Car: Skoda Kodiaq

Film Star: Liam Neeson

Sportsperson: Roy Keane

What do you like about Glanmire:

It's people, safe and nice place to raise a family
Nice walks and convenient to Cork City, all my Customers

What are hopes for the next 12 months:

All people to stay healthy and safe. Enjoy every day
Be happy Be safe. Look after each other





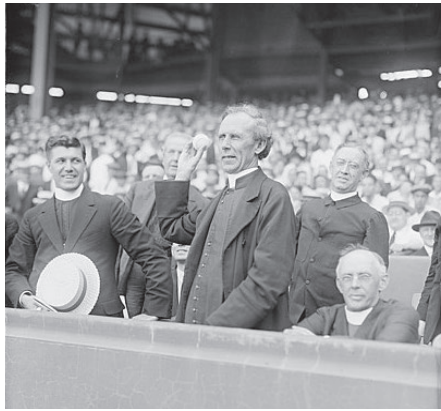
An tArdeaspag Daniel Mannix-Cuid 2

Shroich Daniel Mannix an Astráil in 1913. An bhliain dár gcionn, thosaigh an Chéad Chogadh Domhanda. Mar bhall d'Impireacht na Breataine, bhíothas ag súil go nglacadh an Astráil páirt sa chogadh agus go dtabharfadh sí cúnamh don Bhreatain. Ní raibh stádas an Chomhlathais bainte amach ag na coilíneachtaí fós. Ghlac Rialtas na hAstráile go fonnmhar le taobh na Breataine agus tosaíodh feachtas earcaíochta ar fud na hAstráile. Cé gur ghlac Mannix le fógaire cogaidh na Breataine, dhiúltaigh sé páirt a ghlacadh san fheachtas earcaíochta a cuireadh ar bun. Bhí deighilt fós idir na Caitlicigh agus an cultúr Sasanach a bhí i réim san Astráil. Cuireadh i leith na gCaitliceach nach raibh dóthain á déanamh acu ar son an chogaidh. D'fhreagair Mannix go magúil nach raibh 'go leor ban rialta ag dul isteach san arm'. Eagraíodh reifreann chun coinscríobh a chur i bhfeidhm. Chuir Mannix in aghaidh iarracht an rialtais chun an dlí a rith agus buadh ar an reifreann. Cuireadh an milleán ar Mannix toisc gur chaill an rialtas an vóta. D'fhreagair Mannix go raibh go leor daoine ag dul isteach san arm agus nach raibh cumhacht den chineál seo ag teastáil. De réir mar a bhí an cogadh ag dul ar aghaidh, bhí níos mó saighdiúirí ag teastáil agus tionóladh reifreann a dó in 1917 agus thóg Mannix an seasamh céanna. Buadh ar iarracht an rialtais arís. Tá sé éasca a fheiceáil gur baisteadh duine conspóideach ar Mannix mar bhí sé réidh i gcónaí chun a chuid tuairimí a nochtadh go hoscailte agus chun an fód a sheasamh.



RMS Baltic

Cé go raibh ainm air in Éirinn go raibh sé ró-chairdiúil leis na húdaráis, mar a léirigh sé nuair a chuir sé fáilte go Má Nuad roimh ríthe na Breataine, tháinig athrú aigne air le himeacht aimsire. Nuair a cuireadh Eirí Amach 1916 ar siúl, níor aontaigh Mannix leis agus cháin sé an foréigean. Ach chuir bású na gceannairí alltacht air agus d'éirigh a dhearcadh níos radacaí. In 1920, thug sé cuairt ar na Stáit Aontaithe agus bhuail sé le hEamon de Valera, a bhí ar cuairt ann ag lorg tacaíochta do neamhspleáchas na hÉireann. Bhí cairdeas idir Mannix agus de Valera ó bhí Mannix ina Uachtarán ar Choláiste Mhá Nuad. Thairg sé post do de Valera ag pointe amháin. Labhair an bheirt acu ón ardán céanna i Meiriceá. Thaisil Mannix ó Nua Eabhrac ar an RMS Baltic chun cuairt a thabhairt ar a mháthair a bhí ag éirí sean. Ach d'fhéach rialtas na Breataine ar Mannix mar dhuine achranach a d'fhéadfadh deacrachtaí a dhéanamh dóibh. Bhí Mannix ag seoladh ar an RMS Baltic ar a shlí go hÉirinn, nuair a stop cabhlach na Breataine an long. Tógadh Mannix ón long agus cuireadh cosc air tuirlingt in Éirinn. Is féidir a rá go raibh gníomh rialtas na Breataine ag



An tArdeaspag Mannix ag na Polo Grounds i Nua Eabhrac 1920

dul thar fóir mar tharraing an eachtra an-phoiblíocht. Cuireadh iallach ar Mannix teacht i dtír i Cornwall. Thaisil sé go Londain ansin, agus mháirseáil sé le poblachtaigh Éireannacha i léirsiú i ndiaidh bháis Ard-mhéara Chorcaí, Traolach Mac Siuibhne a cailleadh tar éis 74 lá gan bhia. Dúirt Mannix go magúil faoina ghabháil gurbh é 'an bua ba mhó a bhí ag cabhlach na Breataine ó Chath Jutland agus níor cailleadh duine ar bith'. Níor éirigh le Mannix cuairt a thabhairt ar Éirinn agus ní raibh an deis aige a mháthair a fheiceáil. Ach thug sé cuairt amháin eile ar Éirinn in 1925, nuair a thóg sé grúpa oilithreach leis go dtí an Róimh, go Lourdes agus go hÉirinn. De dheasca an Chogaidh Chathartha, bhí naimhdeas idir na hEaspag agus de Valera. Ba é Mannix an t-aon easpag a sheas leis agus dá dheasca san, rinne na heaspag in Éirinn baghchat air.

Faoi dheireadh Chogadh Domhanda 1, ba é Mannix ceannaire aitheanta na nGael san Astráil. Bhí ardmheas ag Caitlicigh agus an ghráin ag polaiteoirí air. Labhair sé in aghaidh Chonradh Versailles á rá go dtarlódh cogadh níos measa dá dheasca. Cé a déarfadh nach raibh an ceart aige?

Faoi na 1930idí, ba é an Cumannachas an bhagairt ba mhó don Eaglais, dar leis. Bheartaigh sé a dhícheall a dhéanamh chun cur ina aghaidh. Cheap sé dlíodóir óg, B.A. Santamaria mar cheann ar ghluaiseacht Chaitliceach, a bhunódh grúpaí laistigh de na ceardchumann a chuirfeadh in aghaidh an chumannachais. Tugadh 'An Ghluaiseacht' ar an ngrúpa agus bhí sé an-rathúil mar faoi 1949 bhí smacht faighte aige ar chraobh Victoria de Pháirtí an Lucht Oibre. In 1951, chuir an Príomhaire, Robert Menzies, reifreann ar bun a thabharfadh cumhacht don rialtas toirmeasc a chur ar an bPáirtí Cumannach. Chuir Mannix ionadh ar mhórán dá lucht tacaíochta nuair a chuir sé in aghaidh an reifrinn. Dar leis ba é a bhí sa bhill ná ollsmachtachas a bhí níos measa ná cumannachas. Buadh ar an reifreann agus ceaptar go raibh tionchar áirithe ag tuairimí Mannix ar an toradh.

Sna 1940idí agus sna 1950idí bhí Polasaí na hAstráile Báine i réim, is é sin cead a thabhairt d'inimircigh ón gcine geal seachas ó chiníocha eile cur fúthu san Astráil. Chuir Mannix in aghaidh an pholasaí mar dúirt sé go raibh mórán le foghlaim ag an Astráil ó chiníocha eile. Bhí sé de nós ag an Ardeaspag

Micheál Ó Súilleabháin

Mannix a chuid tuairimí a chur in iúl faoi cheisteanna polaitiúla. Chuir sé in iúl nach bhféadfadh aon Chaitliceach vóta a thabhairt do Pháirtí an Lucht Oibre. Cháin sé buamáil Hiroshima mar ghníomh a bhí 'mímhorálta agus nach bhféadfaí a chosaint'. Ina dhiaidh sin, ghearán sé gur cuireadh an Ginearál Mac Arthur go Cóiré ach nár tugadh cead dó ansin an cogadh a bhuachan.

Fuair an tArdeaspag Mannix bás i Samhain 1963. Bhí 99 bliain d'aois slánaithe aige. Bhí os cionn 50 bliain caite aige mar Ardeaspag i Melbourne na hAstráile.

Céard é oidhreacht an Ardeaspag Mannix? Chuir sé an Eaglais Chaitliceach chun cinn go mór san Astráil maidir le cúrsaí oideachais, le líon na gCaitliceach agus le tógáil eaglaisí. Thóg sé clarscoileanna, ospidéal agus áiseanna sóisialta. Duine conspóideach ba ea Daniel Mannix i rith a shaoil. Ní raibh leisce ar bith air a chuid tuairimí a chur in iúl. Bhí tionchar mór aige ar shaol na hEaglaise Caitlicí san Astráil agus ar an saol poiblí, chomh maith. Ní i gcónaí a bhí an ceart aige ach bhí a chuid tuairimí dáiríre.



Dealbh den Ardeaspag lasmuigh d'Ardeaglais Melbourne

Gluais:

go fonnmhar = enthusiastically
feachtas earcaíochta = recruitment campaign
coinscríobh = conscription
duine conspóideach = controversial figure
an fód a sheasamh = to stand his ground
bású na gceannairí = execution of the leaders
léirsiú = demonstration
grúpa oilithreach = group of pilgrims
an ghráin.. air = he was hated
an-rathúil = very successful
toirmeasc = a ban
ollsmachtachas = authoritarianism



WE ARE WHAT WE THINK WE ARE

John O'Sullivan
Life & Business Coach

A lot of my coaching clients come to me with the same dilemma. They say, "I want to change something in my life, but I just can't! I've tried everything, but I can't change the one big thing that would make my life better". Often people want to make a change to their weight, their fitness level, their relationship or their job. Perhaps they want to create more time to do something important to them but find kids and life keep getting in the way. It's incredible how often the same issues arise for many people.

So, why is it difficult to change? Especially when making these changes would make our lives so much better, more fulfilling, or simply just happier. Why is that simple change so hard to make? It might surprise you to learn that the biggest obstacle to change is actually ourselves.

Perhaps you've tried to lose weight before. Perhaps you've tried several times. Maybe you were successful and you reached your goal weight only to find the lbs came back and brought their friends! Perhaps you have tried to change career but got knocked back so badly that you dread the thought of interviews and don't want to go through that pain again. Or maybe you wake up every day with a list of chores, errands, and family things to do, but you never seem to get through it and your life feels overwhelming.

In all these cases, you might be surprised to find, that often these results are caused by how we see ourselves. Our own "Self-Image" is a really powerful inner voice that is constantly chattering to us. It influences many of our day to day choices. This is really important to understand, because it is

these small choices that evolve into the habits and patterns that we create for ourselves in life.

Take the case of the mum or dad who wakes up every day with that enormous to-do list. The list might range from appointments, household chores, getting the uniforms and books for the new school term, checking on parents, paying the electricity bill, and by the end of the evening finds themselves completely wiped out and exhausted. To give themselves some "down time" they curl up with a glass of wine and finish the night watching Netflix. In this case, you might say something to yourself like: "I'm always so busy, I can never find time to exercise", or "This is what I'm supposed to be doing after all, I'm a busy parent". But the truth is that these internal visions of what we think we are, contributes greatly to the reality we create for our lives.

Another example is the person who has been trying to lose weight for months on end and never makes much progress. Often the inner dialogue might sound like this: "OMG, losing weight is so hard, I'll never do it", or "I hate exercising and eating all those salad's, they just aren't my thing". In this case, you'll see the internal self-dialogue, is almost willing us to stay in our rut and never improve. So, what's this all about? Let's face it, change is difficult. There's no arguing that. That's why our body and mind want to keep us as safely within our comfort zone as possible. Changing takes effort but more than that, it takes a willingness to understand why we are doing what we currently are. That's a really big factor for most people. Why are we, as mum or dad filling every moment and rushing about constantly

stressed and tired? Why am I trying to lose weight, but skipping workouts and eating the wrong food most evenings?

What's the alternative? More organised and less pressured lives? Time to do more of what you want? How about finally having the weight and figure you really want to have? The big impact of our "Self-Image" is that if we don't realistically see ourselves as organised, or fit and healthy, then we will continuously sabotage our efforts to change. We become what we think and believe we are.

In the case of the busy parent. If their self-image is of someone who is organised, together and composed, they will approach the list of tasks very differently to someone who constantly tells themselves they are

meant to be frazzled. The person who sees fitness as part of who she is, will make very different lifestyle choices and will have a very different view of exercise than someone who says internally "I hate salads even more than I hate the gym".

If this sounds familiar, maybe it's time to take an hour away by yourself (yes, even if you're really busy!) and write down what you really want to see your self as. Make it real in your mind and vividly imagine yourself as that person. Then start each day by reading your "New You" description and prepare to start changing your reality. Remember, we become what we think we are.

John O'Sullivan
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This month Brian O'Toole of Foroige / Glanmire Youth Project provides an overview of their recent events and coping with Covid-19.

Glanmire Youth Project is just completing our summer programme 2020 at the end of August. This year has been very different to all of our previous years due to the Covid 19 virus. Our activities needed to be curtailed for health and safety reason, and yet our summer programme has become more important than ever in terms of promoting positive mental health for young people. As a project, between March and June, we had been providing opportunities for young people to participate in Zoom workshops and meetings. This varied from cooking to games, from music lessons to group work and chats.

By the end of June, it became clear through our consultations with young people, parents and volunteer leaders that Zoom and online conversations were great in helping people keep in touch and to keep their minds occupied, but loss of the face to face meetings and activities was deeply felt. With this in mind, we set about trying to provide a summer programme that could in some way address the needs of young people while being cognisant of the safety concerns and the necessary restrictions due to Covid 19. Through consultation with Foroige management, local HSE staff, local Gardai, parents, volunteers and most importantly young people themselves, a programme evolved where group of young people could participate in fun activities with small groups while keeping social distance and practicing appropriate good hygiene and hand washing. In many respects this summer was about back to basics. Playing old games like Kerb ball, or the more modern dodgeball. Table tennis and badminton. Large groups and lots of day trips were no longer practical or possible, but what has become abundantly clear over the summer is that young people just want to spend time with their friends and peers.



One of our first activities was getting youth project member involved in the making their own face mask. This was not only creative with the various colourful materials and arts & crafts approach, it also helped to increase their awareness of how to protect themselves during the period of the Corona 19 virus. As the weeks progressed we noticed that games of basketball have turned into young people sitting in the middle of the court having a chat. Seeing the smiles and hearing the laughter has helped us understand and appreciate the value of providing a safe space and opportunity for young people to get out of home for a while and get involved in some high energy activities and exercise along with some chill out time with their friends. Also going for walks and cycles in 'the Rockies' or between our local Grandon's garages on either sides of Glanmire has become popular with the young people involved. (Free ice creams were provided by Grandon's proved to be an additional motivation). We also had trips to the Lee Fields for kayaking funded by Cork Education Training Board which was a great success. We were also fortunate enough to secure funding from Cork City Council to assist us with the summer programme during Covid 19.

We were able to hire buses with larger capacity to transport young people while wearing masks and practicing social distance. We visited Kinsale Outdoor Education Centre to participate in a range of water based activities. We also went on beach trips and cinema trips and also availed the City Council funding to treat the young people to fish and chips, ice cream and other treats. Throughout these trips young people were educated on the need to be vigilant around their own safety and that of others during Covid 19, but just as importantly they had some fun days out and were involved





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in promoting their own wellbeing and physical and mental health.

The funding from Cork Education Training Board and Cork City Council gave us the vital opportunity to reach out to some of the many young people in our community during summer 2020. But what was also evident was the huge goodwill within our community. From the kind gestures and support from parents, to our local schools and businesses. We are extremely grateful to our local secondary school Glanmire Community College for giving us access to a suitable space to run our programme and school staff and management giving of their time and support during their holidays. The kindness shown by LP Walsh Coach Hire to charge for buses for the number of seats we used and not the extra spaces needed for social distancing, to the free ice creams from Grandon's. The ongoing support from Café Beva and Café Balance who are assisting us with our cooking programmes all highlight the sense of community that is so important particularly in this difficult time. We were saddened to see Café Cream close down during this period. It has been a warm and welcoming place for young people and provided a venue for our young bands and musicians to perform over the past 10 years.

Several teenagers sang their first song there or played their instrument in public for the first time there and many happy memories will remain in our thoughts. Sincere thanks.

During the summer of 2020, the Foróige leaders involved felt that it was a privilege to be back working face to face with young people yet again.

However, this year's programme would not be possible without an amazing team of volunteers who always not only go the extra mile to keep our young people safe, but are always showing kindness and encouragement to an extraordinary group of young people. It was great to spend time with over 50 young people and see their strengths and attributes develop during fun activities and challenges over the past few months.

We would also like to mention the Glanmire Youth Project was opened in March 2000 and is 20 years old this year. We had planned several events to mark this occasion reaching out to the thousands of past members to visit our current premises (opposite Lidl), and meet old friends, view old photos and videos, or just share memories.

Unfortunately, Covid 19 has struck again and these events need to be put off for now. We look forward to arranging these events again in the



near future, and welcome past, present and even some future members into our youth project to reminisce and to look forward to the future. We would also like to mention the Glanmire Youth Project was opened in March 2000 and is 20 years old this year. We had planned several events to mark this occasion reaching out to the thousands of past members to visit our current premises (opposite Lidl), and meet old friends, view old photos and videos, or just share memories. Unfortunately, Covid 19 has struck again and these events need to be put off for now. We look forward to arranging these events again in the near future, and welcome past, present and even some future members into our youth project to reminisce and to look forward to the future.

Leaders Glanmire Youth Project.

If you have any local issues or queries please feel free to contact GACA direct on the following email:

Contact; gacacork@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, Pádraig O'Sullivan TD, Cllr Ger Keohane, Madge Fogarty & Lorraine O'Neill





White's Cross GAA News

whitescrossgaa.ie

Championships!

The junior hurling and football teams were involved in their respective junior championships during the month of August. The highlight was undoubtedly the hurling championship quarter-final victory over Whitechurch. We were very much the underdogs going into the game but produced a brilliant performance to run out deserved winners. Conor Buckley received the headlines as he, once again, produced an outstanding performance and accounted for all but one score. It was far from a one-man show. The heart shown by the players was incredible and experienced defenders, Padraig Murnane, Ronan Aherne, John O'Connell and Murt Kelleher tackled and harried ferociously throughout the game and made life very uncomfortable for their opponents. This was key to the victory. We go on now to play the semi-final in September.

The A football championship proved to be disappointing. Disappointing that we lost to Passage and disappointing that we did not play the football that we are capable of until late in the game. The team had prepared very well under coach Diarmuid McDonnell and were very impressive in the warm-up games. Unfortunately, in the championship, the performance was not what it could have been.

Typically the side showed that they have character in abundance by battling to the end reducing an eight point deficit to three and pushing hard for the equaliser. Alas, it was not to be and we are now out of the championship. The players feel that they are improving and there has been an injection of young players into the side. This year has been a short one owing to the public health issue but all we can do now is look forward to next year.



Under 12 football team

Underage

The underage teams have been very busy with their championships. They have been getting a more regular supply of games with their competitions being played on a round-robin format. We are glad to report that all the teams were in contention, in both hurling and football, to reach the knockout stages. These games will be played in the month of September.

PipLife

Ahead of the hurling championship, we received a timely boost by getting a new set of jerseys very kindly sponsored by PipLife. PipLife produces pipes and fittings including the energy-efficient QualPex range for the heating and plumbing market. Located in Templemichael, they (formerly Quality Plastics Ltd) have been a big employer in the area for decades with many current players, officers and selectors among their present or past employees. This sponsorship deal is therefore a good fit and will hopefully benefit both parties. The new jerseys certainly bought us luck first time out anyway! A big thanks to Shane Cahill and Murt Kelleher from our side for their work here.

Congratulations!

The club would like to congratulate adult players Barry Prendergast and Conor Buckley and their respective wives Aoife and Pamela on their recent new additions to their families. It is Barry and Aoife's third child while it is number two for Conor and Pamela. Both lads will be kept busy but thankfully, from a club perspective, they have found time away to play and train with the club.

Sympathies

On a sadder note, the club would like to offer our condolences to the Arrigan family of Cappoquin, Waterford on the passing of Billy Arrigan. Billy is the father of current junior football selector, Glen and grandfather to underage players Joe and Oisín. Ar dheis Dé go raibh anam uasal.



Daniel Kelleher in action for St Colmcilles minors



Rory Teehan in action for St Colmcilles minors



White's Cross players showing off their new jerseys with PadJoe Barry of PipLife



Sean Delaney eyes on the ball for the under 14 hurlers



GLANMIRE LADIES FOOTBALL CLUB

Pictures of some of our u7/8/9 teams

Late July we welcomed back most of our younger members to football training and we continue to play a number of matches in all grades.

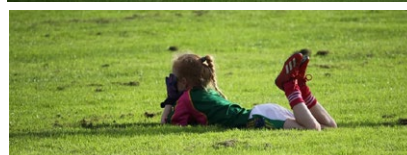
This year we fielded 3 adult teams and have all done us proud.

Our intermediate have reached the semi-final stages of championship, we play Donaghmore August 22nd.

Our Junior B team have a good mix of players and have done well in all their championship games, And our very young Junior C team have been very strong surprising some clubs along the way.

Unfortunately at the time of writing game spectators are not aloud to attend games, so we have committed to streaming games as much as possible.

Thanks to Thomas Gould and Mandy O'Leary-Hegarty for coming and chatting to some of our members of Glanmire ladies football club, they spoke at length about the growing numbers of girls/ladies playing football in the area.



Thomas Gould and Mandy O'Leary-Hegarty with members of Glanmire ladies football club

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ERIN'S OWN LADIES CLUB



U14 Camogie Team

Our Ladies Camogie and Football teams have had a busy month with teams back training and playing matches. Our girls throughout all grades are putting in fantastic effort and are showing great skills in both Camogie and Football in all matches.

U14 Camogie and Football ladies

Our U14 Camogie team played a challenge match against St Catherine's on the 4th of August in which they secured a win. The girls played Cobh in the 1st round of the Camogie Championship in Cobh on the 10th of August, unfortunately they were beaten by 3 points, next rounds are against Fr O Neills and Midleton. The Football team played St Nicks in the league and came out on top beating St Nicks by a goal. Upcoming league matches to be played against Rockban and Glanmire A.



Jenny, Stefanie and Avril

Avril, Jenny and Stefanie Beausang

Well done to Avril Keating and Jenny O'Neill who had fantastic training session with Cork Goalie Stefanie Beausang recently. The girls were thrilled to get the opportunity to meet and train with Stefanie and we would like to sincerely thank



Junior Football Team

Stefanie who took time out of her busy schedule to give the girls a training session.

Junior Ladies Football and Camogie

Our Junior football team played St Peters at home on the 9th of August in the 1st round of the championship and won this match well. The girls will take on Nemo in round 2. Our Junior Camogie team were beaten by Rockban in the 1st round of the Camogie Championship which was played away on the 14th of August. Next up

is St Vincents in round 2. U16 Ladies Football and Camogie

Our U16 football team played Cobh on the 1st of August in their 1st league match in Cobh. All the girls put in a great performance and won this match well. Upcoming league match to be played against Glanmire B. Our U16 Camogie team were beaten by Rockban in the 1st round of the Camogie Championship which was played away on the 16th of August. The girls will take on Millstreet in round 2.

U10 Camogie

Our U10 Camogie team played Sars in a challenge match on the 15th of August in Sars. This was the girls first match since the restrictions were lifted and was a very competitive game which the girls really enjoyed. Thanks to Sars for a great game.

girls lost by 3 points. Our Minor Camogie team beat Watergrasshill well in the 1st round of the Camogie Championship which was played away on the 13th of August.

We wish the girls and management teams the very best of luck as they continue with championship and league matches.



U10 Camogie Team



Hollie, Ella and Kiera

Hollie, Ella and Kiera

Well done to Hollie Healy, Ella Collins and Kiera Mulcahy who played with Imokilly U15 Team playing matches against Midleton and Youghal Minors. We are delighted to see our girls representing us on the Imokilly panel. Well done girls!!!

Minor Football and Camogie

Our Minor football team played Glanmire A at home on the 17th of August in their 1st league match, this was a very close match but unfortunately our



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Sarsfields Camogie Notes

POC FADA MUNSTER
CHAMPIONS



Molly & Cliona Lynch

Trailblazing sisters, Molly & Clóna Lynch pulled off a unique achievement recently when they brought home both trophies in the Munster Poc Fada finals in Thurles. Representing Cork, Clóna won the U16 title and Molly was crowned Senior champion! Some achievement to have both titles in the house in the same year! Molly goes on to represent Munster later in the month in the National finals held over the Cooley mountains, Co. Louth. With the current Covid restrictions, unfortunately for Clóna, this year's U16 competition will not be held at National level. Incidentally Molly won the National U16 title in 2017. Well done girls, the club is so proud of you.

SPONSORSHIP

As we commence our competitive season we are very grateful to the continued support we receive from John & Roisin Murray from Sherry Fitzgerald Lettings, Acorn Life and of course Ryans Supervalu our main Senior team sponsor. We also wish to acknowledge a Ward donation from Councillor Ger Keohane - very much appreciated.

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U14s:

All three of our U14 teams have had successful outings in their first rounds of respective championships. Infact our U14(3)'s have already two wins under their belt against Cobh & Douglas so automatically qualify for a place in the final.

SENIORS:

We narrowly went under to Glen Rovers in our first round (0-14 to 1-9) but got back on track in Round 2 where a more spirited performance produced a 9 point winning margin over Cloughduv (1-15 to 0-9) in a game where Saoirse Desmond was unerring from frees (0-9) & Niamh O'Callaghan & Molly Lynch very much to the fore! Next up is Douglas in Round 3!

JUNIORS:

Having lost out to Charleville in Round 1, our Juniors produced a tremendous performance giving Sliabh Rua more than what they bargained for in Round 2 (Sars 4-8 Sliabh Rua 3-13) and with a bit of luck could easily have upset the odds! As a result of this defeat we bowed out of the campaign but with heads very much held high! Many thanks to Maurice & Paddy for the tremendous work that went in to preparing this team!



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U14A Team



U14 Team



Junior A Team





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Knockraha History Society

Growing up in Knockraha in the Middle of the 20th Century

As recently published by the Knockraha History Group, 'Growing up in Knockraha in the Middle of the 20th Century' deals with the period from the start of World War II to the middle of the 1960s. It's author, Jim Fitzgerald, is a native of the Knockraha area. It outlines the massive changes that took place in rural societies in this quarter of a century and even though this deals with Knockraha, similar changes took place in other rural parishes in Ireland so what happened in Knockraha has been replicated in every other Parish in the country. It outlines the massive changes that took place from the 1940s onwards. At that time we had no phones, no buses, few motor cars and tractors, no television, no running water, no bathrooms in



Jimmy Long and Jim Fitzgerald on Confirmation Day in Glounthaune Church

houses and the kitchen fire was the only means of cooking. The water was just a bucket inside in the kitchen. International travel was non-existent and very few people had even seen Dublin. Farming was in the doldrums with very low productivity per acre. The article begins...

'I was born in 1940, shortly after the start of the Second World War, and the Ireland that I was born into was very different from that of the generations before me. In 1940 we had achieved full Independence from the United Kingdom after generations of conflict. So my parent's generation had experienced and taken part in the War of Independence, the Civil War, the Economic War and witnessed the birth of a nation. As I grew up I listened to their tales around the fireside. As such I was from the first generation in Ireland

in 700 years that didn't have to take part in military conflict with the British government.'

The following are some of the stories from the book.

Sport

Knockraha's Hurling Men-Poem

*Ancient Bards and legends hoary,
Off'told of Knockraha's glory,
Famous now in song and story,
Are Knockraha's hurling men,
Fair Knockraha great in story,
Gloomy days have now passed o'ye,
Now ye're sweeping all before ye,
With Knockraha's hurling men.*

*Sarsfield's bold when leagued with
Czars,
Might beat Rockies or St. Finbarr's,
But they'd cheek to put crossbars,
Gainst Knockraha's hurling men,
At Lackenroe the boys are massing,
Hear oh hear the camáns clashing,
There the Glounthaune boys they're
threshing,
Brave Knockraha's hurling men.*

*Vain the doctors previous boasting,
No half cans to'night they're toasting,
No they'll ne'er forget their roasting,
By Knockraha's hurling men,
Vain Sarsfield with Czars combining,
Champion Wren with medals shining,
Soon our boys were round them
twining,
Brave Knockraha's hurling men.*

*What could bar John Fitz's shooting,
Don't wonder at Glounthaune men
scooting,
When gold Jimmy there unbooting,
Led Knockraha's hurling men,
Plainly there you could discern,
That Glounthaune had much to learn,
With our gallant Pat Ahern,
Quite outclassed their champion Wren.*

*Though their goaler Patrick Barry,
Half Haulbowline once did carry,
The straight shots he never could parry,
Of Knockraha's hurling men,
Though the Allies post were bending,
Till the allies flags were blending
Through the bow the ball they're
sending,
Brave Knockraha's hurling men.*

Bowl playing was another important sport. During the British occupation of Ireland, road bowling was illegal and if the police came on a score they would seize the bowls and stop the game. However, this back-fired on the local RIC constable on one occasion. Mike

Long, a great Irish Nationalist who had a forge at lower Ballinagoul Cross, was looking out a window one day towards Lackenroe. Across the valley he spied Sergeant Penny of the police barracks in Knockraha cycling down the road from Lackenroe. He immediately got a bowl heated in the fire until it was glowing red hot. With a tongs he caught it, took it outside and let it run down the road- this was before the roads were tarred and it was on a hill so it would roll by itself. The Sergeant coming up the road walking with a bicycle saw the bowl coming and put down his hands to pick it up- I doubt he did it again!

Catholic Church

In the middle of the 20th century, the Roman Catholic Church held a huge sway over people's lives. Our local parish priest was Canon O' Leary who kept a very close eye on what was happening in the parish. In many instances no big decision could be made without the permission of the parish priest. For example, in 1950 moves were afoot to erect a hall in Knockraha which would be used for things such as dances so they looked for the parish priest's approval. However a lot of the clergy saw dances as immoral and a grave source of sin so he refused. Without the parish priest's permission the hall was not erected and it was 20 years later that the community hall was built.

Indeed a famous case of dances and immorality was a story where a girl was dancing with her partner in a Mallow ballroom and looked down where she reputedly saw that he had hooves instead of feet- pure proof that he was the devil. This story is likely

to have been put out by a competitor dance hall. But as a result of the rumor the attendance at that dance hall went down a lot. Religion meant everything to the older generation. It was by far the most important consideration in their lives and it was a great consolation for them in times of tragedy such as in sickness and at funerals etc. The said Canon O' Leary, parish priest, lived to 97 years of age and shortly before he died he used to still drive his car up to Knockraha. He worked in the parish for around 50 years in total as both a curate and parish priest. He was a very austere man with a great sense of authority- so much so that indeed many people would keep out of his way.

The curate was Father Cullinane who was highly eccentric. He was a chaplain to the British forces in the First World War and, as a result of an injury, he had a plate in his head. He did not particularly like older people but he was very popular for confession. He liked to do a fast confession and his standard penance was three Hail Mary's. But he could be very abrupt in what he would say. On one occasion, when hearing confessions in Knockraha, the penitent was an old heavy woman who was very immobile and after hearing her confession he closed the slide to hear the confession of the person at the other side of the box. When that confession was finished he went back to the other side and, low and behold, the old woman was still there struggling to get out of the box. With that, Father Cullinane jumped out of the box and shouted 'will someone come here and pull this old carcass out?'

...continued next month

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Upper Glanmire ICA

Update on Guild activities:

- Summer walks are continuing every week, with numbers averaging 8/9.
- In July, we enjoyed a visit to the gardens in Fota, with a picnic under beautiful sunshine.

Right: Members enjoying an afternoon in Fota gardens

Below: A sample of the Weaver basket pattern in crochet Check it out on YouTube



September Recipe: Carrot cake

Ingredients

- 4 oz s- r flour
- 2 oz wholemeal flour
- Half a tsp of both cinnamon and nutmeg
- Half a tsp baking powder
- 3 oz marg/ butter
- 2 oz brown sugar
- 1 dessertspoon of golden syrup/ honey
- 2 eggs
- 4-6 oz grated carrot
- Juice of half an orange

Method

- Mix the flours, spices and baking powder together.
- In a separate bowl, beat together the marg, sugar and honey until light in colour .
- Gradually add in the eggs and flour.
- Stir in the grated carrots and orange juice
- Spread out evenly into a lined 2 pound loaf tin.



Carrot Cake

- Bake at 160- 180 mins until cooked to an orange brown colour,(loosely cover with a sheet of tinfoil after about 30 min) 45- 50min approx altogether.

Icing

- Mix together 2 oz butter, 1 tablespoon orange juice an about 6oz icing sugar.
- (Add the juice very slowly and gradually)



Glanmire Library

Glanmire library is delighted to announce that we are now fully open for borrowing! Maximum numbers apply.

We would ask patrons to use hand sanitiser on entering and to maintain social distancing. It is mandatory for visitors to wear a face covering.




Our PCs are available now for use but for a time of 20 minutes per session. Staff are unable to offer assistance unless very necessary. We would also ask users to please have correct change for any printing carried out

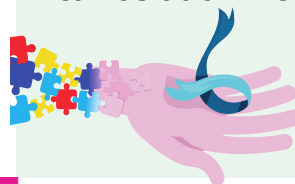
Our Summer reading challenge is coming to an end. Thank you and well done to those who took part. Please be sure to drop in to collect your cert and reward.



This year Cork City Library's One City, One Book is Whatever it Takes by local author Tadhg Coakley, which was published by Mercier on 31 July. Set in Cork city, Detective Garda Collins is at war with the leading local criminal, Dominic Molloy. Get your copy today!

Autism morning

We are offering an autism friendly zone from 9:30 -10:00 am every Friday morning. If you would like to avail of coming in, please call us at 0214821627.



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Across

1. Needed to make toast (5)
6. Bode, portend (5)
9. Lawns, flower beds, (7)
10. Make haste (5)
11. Chemical element (5)
12. Capital of France (5)
13. Sheeps' coats (7)
15. Dublin GAA sponsor (3)
17. Smaller amount (4)
18. Sikh headwear (6)
19. Male organ (5)
20. Thin stick used for meat (6)
22. Beware the ---- of March (4)
24. Barbie's boyfriend (3)
25. Application of biology (7)
26. Challenged (5)
27. Stories (5)
28. Fling (5)
29. Special anniversary (7)
30. Spanish snacks (5)
31. To one side (5)

Down

2. Russian currency (6)
3. Concurs (6)
4. Follows night (3)
5. Notions (5)
6. Worried (7)
7. Utilises (4)
8. Idyll, paradise (6)
12. ---- Ustinov, actor (5)
13. It keeps your drink hot (5)
14. German city (5)
15. Comply with (5)
16. Grind one's teeth (5)
18. Shy (5)
19. Winged horse of myth (7)
21. State in India (6)
22. Scratches an irritation (6)
23. Reverberated (6)
25. Start (5)
26. ---- vu, flashback (4)
28. Popular beverage (3)

Crossword Winner: Richard Irwin, Glounthaune, Co. Cork



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



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3 Parklands Drive, Commons Road T23X3W5
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