

Joan O'Keeffe 100 years old



Joan was overwhelmed by the number of phone calls, birthday cards, gifts and flowers she received from all quarters to mark her birthday and she would like to say míle buíochas to everyone for their thoughtfulness and generosity, so much appreciated.



A great day was had recently at the Douglas nursing home when Joan O'Keeffe of Glanmire Village celebrated her 100th birthday, receiving her congratulatory letter from president Michael D Higgins and the customary "presidential cheque" to mark the occasion.

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KAIZEN PHYSIOTHERAPY HEALTH CENTRE

Building Capacity

Kaizen Physiotherapy Health Centre is now open in Glanmire adjacent to the new Garda station. The centre provides a complete healthcare approach for clients under the one roof, with a primary goal based around building capacity. So, what does this mean?

Demands versus Capacity

Every time you do an activity, whether it is getting up from a chair or running a marathon, you are placing a demand on your body. If your body does not have enough capacity to manage and carry out this demand you are more likely to get injured. For example, if you don't have enough strength and endurance built up in your leg muscles, trying to run long distances may result in injuries or soreness in your legs. Or if your thigh muscles are a little tired, weak or inactive, getting up from sitting throughout the day might place too much demand on your knees



and may result in pain or injury to your knee joint. I like to think of the Demand versus Capacity issue like a balancing scale.

When you have a good balance between the demands you are placing on the tissues and the tissues capacity to cope with these demands then you are more likely to have nice healthy tissues and less likely to get injured.



However, when the demands on the tissues

exceeds the capacity of the tissues, that is more likely to result in soreness or even damaged tissues.

What is the solution? One option could be to temporarily lower the demands placed on the body (maybe not possible all the time) and then build capacity up in the body tissues. If you build capacity, you can then gradually increase the demands placed on the body and get back to doing what you want to do.

Now, there are many factors that contribute to capacity that can't be changed (e.g., age, past medical history, genetics), but changeable factors include strength, endurance, power, flexibility, diet, and life stressors. Targeting these factors can make a huge difference to the capacity of the tissues and go a long way to redressing any imbalances in demands versus capacity in our activities of daily living.

Kaizen Physiotherapy Health Centre is now open and operating out of Unit 5a in Sallybrook industrial estate. The centre has experts in the areas of physiotherapy, exercise rehabilitation, strength and conditioning, nutrition and health and sports psychology- all areas to help build capacity.

Contact Details:

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DOLPHIN SWIMMING CLUB

Dolphin Swimming Club (DSC) is one of Ireland's oldest swimming clubs and is the oldest swimming club in Munster. This year, the club will celebrate its 120th anniversary. Founded in 1901 by a group of young men in the Ballintemple area of Cork, the club branched out in 1902 to establish Dolphin Rugby Football Club as a means to keep fit during the winter months and a relationship between the clubs continues to this day. Historically, the club has always been strong in swimming, with water polo and diving a pivotal part of the programme in its early years and it remained a men's-only club until 1934 when the first women were allowed to join.

Later years saw the introduction of lifesaving and teaching of swimming to children. Dolphin have been active in all the major Cork pools down through the years, initially at Eglinton Street indoor baths and the Lee baths, the famous riverside 50m outdoor facility where the club was active until 1976 and 1985, respectively. With the provision of new indoor facilities in Cork in the 1970s at Churchfield, Douglas and Mayfield, the club relocated its activities to those pools and now calls Mayfield Sports Complex home, with LeisureWorld Churchfield & Bishopstown, Coral Leisure in Cobh, and Brookfield Leisure pools also in weekly use - true signs of growth and progression in recent times.

Today, the club is active for over 46 hours per week in the water and up to 10 hours per week in the gym. There are 16 squads in the club, 14 of which train to compete. Dolphin runs a successful learn to swim programme that conducts three classes each weekend from September to June and, in most cases, feeds the participants into the competitive squads.

The swimming programme is led by Head Coach, Mick McCormack, who is a Swim Ireland Level 3 Coach, as well as a PE & English teacher, while the management of the committee is led by club Chairman, Dr Giuseppe Whelan. Mick is highly active at Munster Regional level, currently serving as the Munster Performance Pathway Chair, and is a member of the National Performance Advisory Group in Swim Ireland. He has also represented Munster as coach at international competitions in Scotland and Slovenia in recent years.

As a team, Dolphin SC has been going from strength to strength and this was clearly evident at last season's Irish Summer Nationals in Dublin where the club racked up an individual medal haul of 15 Gold, 8 Silver & 6 Bronze, as well as a silver medal in the girls 4 x 100 medley relay, to finish the meet as the 2nd highest ranked club in the entire country, just behind Ards Swimming Club from Belfast, but it was also the most successful meet in the club's illustrious history to date. Dolphin's Hannah O'Shea emerged as the 'best overall athlete' at that meet while Neddie Irwin & Jack Cassin came away as 1st and 2nd placed males, respectively. Away from the pool and out on the open water, more success followed with Neddie Irwin winning the annual Lee Swim, followed by club captain at the time, Niklas Leahy in 2nd place.

With the uncertainty surrounding any upcoming competitions at this point, the swimmers have been back in the water training since the start of June - first, on the river Lee and at sea but subsequently in the pool since the end of June. Zoom workouts have become pivotal to all the squads while we have been out of the water and the swimmers have shown great resilience

and dedication during this difficult time. Coincidentally, the last swimming competition to take place in Munster before COVID19 was the annual Dolphin Open in Mayfield way back in March where the home club emerged overall victors. The Irish Winter Nationals which took place in Dublin in December was the first taste of competitive action for any swimmers in Ireland since March with Dolphin's Hannah O'Shea competing as part of the Irish National Squad. Everyone is hoping that they won't have to wait very long before they experience those great days again!

#GoTEAMDolphin



Captains and Coach 2020



Hannah in action



Hannah O'Shea & Giuseppe 2020



Lee Swim 2019



Liam Doyle, Adam and Ryan 2020



Minnows 2020



Munster Squad 2020



Neddie Lee Swim 2019

Dolphin Swimming Club
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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 I normally charge new patients up to €120 for!

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- 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.
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- We will answer your most probing questions about nerve problems and how chiropractic can help.

Until January 16th 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.



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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 we 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 January 16th 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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YOUR CHOICE: "SHANKS' MARE" OR "ON YER BIKE"

A new shared one decimal two km pedestrian and cycleway path which links Dunkettle Roundabout with the Glanmire – Richmond road and continues past the Gaelscoil and onwards to Burys Bridge was opened on November 16th. This was delivered by Transport Infrastructure Ireland (TII), Cork City Council and Cork County Council as part of advance works to the Dunkettle Interchange Upgrade Scheme. It will link-up with the Burys Bridge to Carriageway path when constructed, and it will also be part of a more long term pedestrian and cycleway plan to extend as far as Middleton and possibly beyond to Youghal. The path will in the main run on the northern side of the present L3004 carriageway, the former N25, and there are many "pinch points" along the route most notably at; "The Island Gate", the vicinity of the church, "Fitzpatrick's Shop" and "The Elm Tree".

Part eight planning permission was granted by the elected members of Cork County Council in March 2020 and the delivery of the scheme is dependent on funding from the National Transport Authority (NTA). This body has in the past allocated an annual grant to Cork County Council for the implementation of its Regional Cities Smarter Travel Programme whereby individual sections of schemes are progressed each year. From a funding, procurement and construction point of view; it is not feasible to deliver the entirety of a scheme such as this. Much work has been done since the grant of planning permission; surveying, enabling works, procurement and detailed designs along the route.

Funding was approved for the detailed design as well as the construction of the section westwards from "The Elm Tree" as far as the "Harpurs Creek" housing estate and this work is presently in progress. The developers of "Harpurs Creek" is, as per one of the planning conditions, obliged to construct the element from the Estate to the Train Station and it is interesting to note that this was to be actioned prior to first occupancy! The NTA has also approved funding for the detailed design of the remaining elements of the scheme and these are due to commence during the first quarter of this year. Subject to funding allocations; a decision will then be made on which sections should proceed to construction. Would suggest westwards from Glounthaune Station and maybe an input from GCA would be valuable in this regard?

"CADDIES TODAY – GOLF STARS TOMORROW" This was the header of an article published on the April 3rd.1951 edition of the "Evening Echo". QUOTE: Lessons finished at Little Island National School and there is a wild rush, not to get home but to the eighteen hole course of Cork Golf Club. Perhaps the pupils wish to reduce that handicap before tea? No, what they wish to reduce are their monetary difficulties! At least forty of them can earn good money by spare time caddying for the one hundred and sixty members of that club.

Their busiest periods are at week-ends and during competitions such as; "The Open", "The Captain's Prize" and inter-club contests. One youngster told me he earned two pounds and ten shillings last week-end and others say they averaged between one pound and that figure for the same period. Their calling is actually an incentive to study because an unwritten law, rigidly enforced, says that no truant or pupil neglecting schoolwork will be allowed to caddy. In fact a few years ago Little Island National School secured the Blue Riband of national education; "The Carlisle Premium".

The youngsters themselves are real golf enthusiasts and some of them speak with pride of when they caddied for Jimmy Bruen, Dr. Billy O' Sullivan, Redmond Simcox, George Crosbie and other distinguished players. A twelve year old told me almost reverently of the day Dr. Billy holed out in one and John Devane was proud to say he caddied for the Muskerry Club "ace" Nick Power.

They play golf too on their own fifteen hole course and they hold competitions with the prizes being cups and saucers, hair cream and similar articles. Occasionally the proprietors of a local tuck shop donate a trophy, usually a decorative glass bowl filled with raspberry cordial. They are fluent Irish speakers so in a few years' time they should be eligible to join "An Chumann Gaelach", the "Gaelic Golfing Society". At present their cheerful faces and enthusiasm must be an encouragement to members of Cork Golf Club, especially when they are trying to get out of a difficult bunker. The caddies include; Thomas Barry, Patrick Twomey, Matty Murphy, Patrick Murphy, Stephen Devane, Michael Mc Cormack, William Waters and Gerald Dunlea. UNQUOTE. That article was penned seventy years ago and it highlights the fact that a book on Cork Golf Club from a caddies' perspective, and there are many in our midst, would be very interesting!



Lady Gaga at "The Rising Tide"

A SHORT ROLL DOWN MEMORY LANE:

Well, almost twelve years have passed by since Stefani Joanne Angelina Germanotta visited Glounthaune. Who? She is the then twenty three year old American singer, songwriter, record producer, actress and businesswoman who is better known by her stage name "Lady Gaga" which she took from the 1984 "Queen" single "Radio Ga Ga".

A visit to Cork is not complete without a visit to Glounthaune so Lady Gaga hit our direction and the girl who attended the Roman Catholic all girls' school; the Sacred Heart Convent Manhattan which was made famous by the Kennedy family, set foot on our unique village on June 30th. 2009. One small step for Lady Gaga, one giant leap for "The Rising Tide" and on entering she yelled; "Great that Sars bridged the fifty one year gap". The wag in the corner, and incidentally, under the notion that she was a new neighbour in Cois Cuain, was not a bit impressed and retorted; "thanks to the meandering border". Not nice. The wag's tipling buddies, who had recognised her straight away, were getting a little bit uneasy and changing subject enquired if her dad Joseph and mom Cynthia were keeping well. The chat continued and the usual topics of discussion; the weather, the matches, the priest, the neighbours or perhaps preoccupation with the crossword were brushed aside and now the conversation in totality was about her debut album "The Fame" which was released in August the previous year.

Lady Gaga explained that it was all about how anybody can feel famous and this was so fitting in the prevailing environment and naturally the cool tipling buddies could relate to this very easily. They

told her that they were ecstatic about "Just Dance" and "Poker Face" and that they were fascinated with her North American "Fame Ball Tour". They said that they particularly liked one of her on-tour innovative dresses which was made entirely of bubbles, and remarked that it "was so very eye-catching"! But they were really getting that little bit over-familiar and she also sternly reminded them that she prefers to be called "Lady Gaga" because "those that call me by my real name only pretend to know me". However the tipling buddies were having none of this and were calling her "Stef" before the end of the evening and she was loving it!

The chat continued and as news of her visit spread the place got busier and busier. How many were present? It was akin to the All Blacks game at Thomond Park in '78; anybody asked the following day said that they were there but because Lady Gaga at her "Live at the Marquee" performance referenced those she met at "The Rising Tide" as "old guys"; it was very difficult to meet anybody who was present! She then availed of a little bit of welcome fresh air and following a roll on the grass bank she returned to her newfound fans to bid them farewell. This presented a poignant moment for her doting tipling buddies and a few euphoric sniffles broke the eerie silence.

The wag in the corner, having meantime go/ogled her, compared the VIP visit to that of the 1967 one of the then sitting Taoiseach, local boy Jack Lynch, when following his address to the large crowd which had assembled in the village he visited the very same premises, then Donnelly's. However the wag was very quick to point out that the traditional Marietta and Square Meal biscuits served back then were replaced by Calamari Duck Spring Rolls and Tiger Prawns on this occasion, but that the "aperitifs" were similar!

Lady Gaga's visit had a profound effect and this was borne out from an overheard conversation right afterwards; one of the "old guys" asked another if he was heading to Thurles for the Cork – Galway qualifier, "ah no, not at all" was the immediate response, "I am off to Killarney that week-end to see the Pussycat Dolls"! Cool.

SLÁN ANOIS ©



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Gardening with Charlie Wilkins



Charlie Wilkins

A WINTER WONDER

Many gardeners know and appreciate the easily-sourced and popular winter-flowering shrub known as Mahonia, but how many are aware that it is named after Bernard McMahon, an Irish emigrant who settled with his wife in Philadelphia during the late 1790's? They ran a small nursery and seed shop, and some of the most noted gardeners of the time were customers. Sadly, they could only have known the American varieties, which are nothing compared to the splendid Asian kinds discovered long after their day.

In a winter garden a mature specimen of any mahonia will be found best at making an architectural statement. With lustrous foliage rimed with frost or glistening in the damp, the sprays of flower will look like strings of topaz, mocking it would seem the lifeless greyness of winter. It continues to give the garden scene a strong theme when otherwise there would be little, but which variety is best?

The best forms smell of Lily-of-the-Valley, and their berries, unlike those of the holly, can be made into jam. 'Charity' is an excellent variety, distinguished by its size and perfect sprays of golden-yellow flowers. It will grow to six feet and more in good conditions, but it is easily controlled by pruning immediately after the winter blooms fade. This exercise is important and one third of the growths (of all varieties) should be cut to a few inches each year. New shoots will arise from the stumps and these are the ones which bloom best in subsequent years.

In small gardens, 'Winter Sun' will be found very tidy or for that matter 'Lionel Fortesque' a well-behaved shrub which holds its blooms like outstretched arms

but on a distinctly higher plane. Whichever variety you choose, do not be afraid to prune as suggested otherwise they will get long and leggy in a short span of time.

Is there any limit to their value? Well, not if you value their yellow winter blooms, prickly holly-like leaves, and in many varieties, a delicious perfume. These can be as dramatic as fireworks and dominate the scene for weeks on end from late autumn.



Bright yellow blooms throughout winter, distinctive holly-like foliage and a perfume akin to Lily-of-the-Valley are the hallmarks of most Mahonia varieties

The variety with the finest foliage are found on *M. lomariifolia* an aristocrat of the family which boasts sprays of up to two feet, pinnate like a killer shark and equally as sharp! The most common form sold, *Mahonia japonica*, is probably best for scent. This indestructible shrub will grow anywhere producing arching, then spreading, racemes of acid-yellow fragrant yellow flowers from November to early spring, followed in turn by attractive blue-black berries.

This variety is also first to bloom and I recommend it (and Charity) to those who want something to admire during January. This

excellent variety is now showing at a garden near you, so regular is its early winter arrival.

HYACINTH PROBLEMS

At times, hyacinths fail to set flowers even though the foliage looks healthy and strong. The worst pest of these is the larvae of the garden swift moth which eats the basal plate and roots of hyacinths-damage that is often blamed on slugs. For some reason, the larvae seem to be especially fond of 'City of Haarlem' and 'Pink Pearl' but all varieties and colours are at risk. Although hyacinths are ideal for planting in containers, they often fail in window boxes or small pots where, in winter, they can easily be frozen solid. Although all hyacinths are totally hardy, if frost penetrates deeply enough to reach the root tips (something that is unlikely to happen in the open garden) they die, and rot spreads up the plant. This gives rise to the presumption that all is fine when in fact the bulbs

are slowly being killed. All this however may smack of dark-day pessimism! With global warming (and all the rain of late) perhaps any frosts we get this year will be mostly benign.

are slowly being killed. All this however may smack of dark-day pessimism! With global warming (and all the rain of late) perhaps any frosts we get this year will be mostly benign.

WINTER SCENT

If you need to be further encouraged by winter scent, source and plant the likes of *Viburnum farreri*, and *Bodnantense* 'Dawn'. These like to be planted in ground that contains ample humus yet drains easily. At the same time, do not change drastically its ability to hold moisture during summer. It may be wet just now, but by next summer, things could be totally different!

THE JANUARY GARDEN

If you see healthy lily bulbs offered for sale, bulbs of a good size with fat scales tightly held together, then buy sooner rather than later. Plant when conditions are suitable in rich, free-draining soil which has had organic matter

added. Plant deeply, eight inches being perfect. Make *Lilium Regale* your first choice. Use pots if you wish. Lilies do remarkably well in these and those known as 'rose' pots will be found most advantageous.

Purple *Lilium martagon* (Turk's

cap lily) is a good second choice for it is excellent for naturalising in rough grass and among deciduous trees. Plant this variety four inches deep. If any lily seems to be drying out, becoming soft and falling apart, revive it in buckets of damp compost for a couple of days.



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Abbie O'Mahony, Cork senior panel 2020



Media team 2020 Kevin Walsh, Ioannis O'Connell, Dave Marah and Dave Carey (Due to no spectators at most games in 2020 Glanmire Live streamed games allowing fans far and near to watch games)



u16/Junior B Team (winners of the u16 east cork and finalist of the Junior B 2020 (Which has yet to be played))



U6 Team celebrate the 2019 season in Vienna wood hotel January 2020



Halloween Fun



Lord Mayor and Lady Mayoress with Glanmire player Aisling



Chulainn long Watching "his girls" training summer 2020



Glanmire intermediate team (county finalist)

5 u9 girls who made and sold perfume during the summer, and then each bought vouchers for Barnardos Kids Appeal at Christmas time we are so proud to call them our players



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Canon Sheehan of Doneraile, 1852-1913 Cuid 1

Micheál Ó Súilleabháin

Scribhneoir a raibh cáil dhomhanda air breis is céad bliain ó shin ba ea Canon Sheehan nó Patrick Augustine Sheehan. Sagart cáiliúil ba ea, chomh maith, dar ndóigh. Saolaíodh é i Mala, Contae Chorcaí ach is coitianta go n-athnaítear é mar Canon Sheehan of Doneraile mar chaith sé an chuid dheireanach dá shaol ann agus is ann a bhain sé cáil amach mar phearsa liteartha. Úrscéalaí, file, diagaire a scríobh d'irisí in Éirinn agus i Meiriceá ba ea é. Ba é a ghairm mar shagart an ní ba thábhachtaí dó agus bhí an-chion agus meas ag an bpobal air. Le linn a chuid ama i nDún ar Aill, bhí an-bhaint aige le Ceist na Talún. Aistríodh a chuid leabhar go Gearmáinis, Fraincis, Iodáilis, Spáinnis, Ollainnis, Ungáiris, Slavóinis agus Rúisis. Is léiriú é seo ar an éifeacht a bhí ag a chuid scríbhinní. Bhí cáil ar a shaothar i Meiriceá, chomh maith. Idir 1895 agus 1910, d'fhoilsigh sé 15 leabhar. I ndiaidh a bháis, foilsíodh úrscéal eile a bhain le hÉirí Amach 1867, 'The Graves of Kilmorna.'



Canon Sheehan

Léiríonn a chuid leabhar na buanna ar leith a bhain leis mar smaointeoir agus mar scríbhneoir. Tugann siad léargas ar ar an gcineál duine a bhí ann, ar a chuid aidhmeanna, a chuid idéal mar shagart agus mar thréadaí. Déanann a chuid úrscéal cur síos ar nithe a tharla dó go pearsanta. Ba é an modh oibre a lean sé ná taistealaí ag déanamh cur síos ar a chuid eachtraí do dhaoine óga. Tá ceacht le foghlaim sna heachtraí a ndéanann sé cur síos orthu. Baineann a chuid carachtar leis an saol a bhí mórthimpeall air, ach rinne sé athruithe orthu sa tslí go raibh sé dodhéanta ar an bpobal carachtar ar bith a aithint go cinnte.

Ina óige chuir Patrick aithne ar phearsana tábhachtacha a bhaile dhúchais. Saolaíodh daoine ann mar Sir Edward Sullivan, Tiarna Seansailéir na hÉireann, An tArdeaspag Purcell a bhain clarlathas na hEaglaise Caitlicí i Meiriceá amach, Sir Richard Quain, údarás leighis mór le rá agus Tomás Dáibhis, tírghrátheoir, file, scríbhneoir. Bhí tionchar acu go léir air i mbealaí éagsúla. Bhí an Síochánach óg séimh agus cúthaileach. Bhí bua

na matamaitice agus na heolaíochta aige nuair a bhí sé ar scoil agus chuir sé speis sa réalteolaíocht, chomh maith. Fuair a thuismitheoirí bás nuair a bhí Pádraig thart ar aon bhliain déag. Ní raibh ach bliain eatarthu. Ceapadh an tAthair John Mc Carthy mar chaomhnóir ar Phádraig, ar a dheartháir agus ar a bheirt dheirfiúracha. D'fhreastail Pádraig ar Choláiste Cholmáin, Mainistir Fhear Maighe, cliarscoil shóisearach an deoise. Nuair a tharla Éirí Amach na bhFíníní in 1867, chuala na scoláirí i gColáiste Cholmáin faoi cheann de na heachtraí a tharla go háitiúil, marú Peter O'Neill Crowley i gCoill Chill Chluanaigh agus bhíodar ag faire ar an tschoirde nuair a d'iompar slua ollmhór an chónra thar an droichead i Mainistir Fhear Maighe. Ina dhiaidh sin, scríobh Canon Sheehan úrscéal faoin Éirí Amach. Bhí duine dá chomhscoláirí, James O'Brien, páirteach ann. Daoradh chun báis é ach níor cuireadh an breithiúnas i bhfeidhm. Ina dhiaidh sin, toghadh é mar Theachta Parlaiminte.

I ndiaidh na meánscoile, chuaigh Patrick le sagartóireacht. In 1869, d'imigh sé go Coláiste Mhaigh Nuad. Ba é seo an bhliain in ar chaill an Coláiste an Deontas Bliantúil a bhí á fháil ó Rialtas na Breataine ó bhliain a bhunaithe. Tharla sé seo de dheasca Dhihbhunú Eaglais na hÉireann. Rinne Patrick mórán léitheoireachta le linn a chuid ama sa Choláiste. Chomh maith le staidéar ar Aithreacha na hEaglaise, bhí sé in ann údair mhóra na linne a léamh ar nós Carlyle, Browning, Shelley, Keats. Bhíodh breiteacht air go minic agus bhí air bliain iomlán a thógaint saor ón gColáiste chun teacht chuige féin. Ina ainneoin sin, oirníodh ina shagart é in 1875.

Dá chéad cheapachán, cuireadh é go Sasana. I dtús báire, d'oibrigh sé in Ardeaglais Plymouth agus bhí air seanmóirí a thabhairt ar an Domhnach ann. Mhúscaíl a chuid cainteanna freagairtí éagsúla ón bpobal a bhí i láthair. Bhí daoine tógtha lena chuid focal nó, uaireanta, bhí a mhalairt fíor. Cúpla lá i ndiaidh dó seanmóirí a thabhairt ar dhuailcí Calvin agus Luther, dúirt an biocáire ginearálta leis na nótaí a d'úsáid sé ag ullmhú na seanmóina a dhó. Tar éis cúpla mí, aistríodh é go Exeter. Ceann de na cúraimí a bhí air ba freastal ar Phríosún Dartmoor a raibh cuma dhúránta air. Déanann an tAthair Sheehan cur síos ar a chéad chuairt ann chun an tAifreann a rá. Chonaic sé na príosúnaigh ina gcultacha príosúin agus slabhraí ar a gcosa. D'aithin sé duine díobh. Michael Davitt, a bhí ann a bhí i bpríosún de dheasca páirt a bheith aige sna Fíníní. Cúpla bliain ina dhiaidh sin, bhunaigh sé Conradh na Talún. Theastaigh ón Athair Sheehan labhairt leis ach. Cuireadh in iúl dó nach raibh cead aige labhairt le príosúnach ar bith.

In 1877, chuir Easpag Chluana fios air. Ceapadh é ina shagart cúnta ina bhaile dhúchais, Mala. Is cosúil go bhfaca sé difríocht mhór idir an taithí a bhí aige i Sasana agus i Mala. Bhí daoine an-phointiúil i Sasana, iad i gcónaí in am d'ócáidí mar shochraidí. A mhalairt a bhí fíor in Éirinn agus i Mala. Ach le himeacht aimsire, chuaigh sé i dtaithí ar na nósanna abhus. Bhí an-suim aige

san oideachas. Theastaigh uaidh deis a thabhairt do dhaoine óga, a bhí éirithe as an scoil, chun iad féin a fhorbairt. Chuige sin, bhunaigh sé an Literary Society sa pharóiste. Cuireadh léachtaí agus díospóireachtaí ar siúl go rialta a thabharfadh deis do dhaoine óga a bheith ina saoránaigh mhaithe.



Plaic ar an teach in ar saolaíodh Canon Sheehan

In 1881, aistríodh an tAthair Sheehan go Queenstown mar a thugtaí ar Chóbh an uair úd. Fad a bhí sé ann, chuir sé an-bhéim ar an obair chaiticeasmach sna scoileanna. Theastaigh uaidh go bhfaigheadh daoine óga eolas cruinn ar an gcreideamh. Bhí roinnt altanna faoi dhiagacht agus cúrsaí creidimh scríofa aige cheana féin. Mar shampla, bhí alt aige san Irish Ecclesiastical Record i Meán Fómhair 1881 'Religious Instruction in Irish Schools'. Mhol sé córas traenála i gcúrsaí reiligiúin a bheadh oiriúnach don am sin. Chonaic sé go raibh an t-oideachas tuata ag teacht chun cinn ina raibh smaointe díobhálacha agus nár mhór do dhaoine óga a bheith eolach ar an gcreideamh ionas go bhféadfaidís seasamh in aghaidh ábharachas na sochaí.

Gluais:

úrscéalaí = novelist

diagaire = theologian

buanna = talents, abilities

mar thréadaí = as a pastor

caomhnóir = guardian

cliarscoil shóisearach = junior seminary

deontas bliantúil = annual grant

seanmóirí = sermons

freagairtí éagsúla - various responses

duailcí = vices

an-phointiúil = very punctual

obair chaiticeasmach = catechetical work

oideachas tuata = secular education

saoránaigh = citizens

ábharachas na sochaí = the materialism of society



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Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com

HAPPY NEW YEAR

2020 has been a year like no other, things that we took for granted, events have had to be cancelled, or put on the long finger. All these cancellations and postponements have had a major effect on fundraising on the various Community, Voluntary, and Sporting organisations in our Community which are so important for the synergy of our Community young and old. Many Business also found it very tough going **so it vitally important to support them in any possible by supporting local enterprises.**

One major casualties of 2020 was our AGM which had to be cancelled due to Covid restrictions which we hope to hold at the earliest opportunity and when Government rules permit. In the meantime it was business as usual for the Directors, keeping the Community Centre open, Completing the GACA fields and Carpark, Liaising with City Council, applying for any available grants for maintenance of the Community Centre and the Children's Play Park, and the wider Community etc.

There is a lot happening and we would urge as many as possible to get involved and let your voice be heard, know what is happening, be part of shaping the future Barleycorn Site; Further to our Correspondence to Oliver Moran Chair of the climate change group of Cork City Council to buy the Barleycorn site. He brought our request to the local area Committee meeting of Cork City Council.

This request was addressed by the Property Department I the Council.



The Barleycorn site is currently zoned for mixed-use purposes which the City Council would not be interested in purchasing without a clear development proposal.

Clearly the City Council is only interested in purchasing property of this kind for housing, amenity or housing, with a priority for housing. The mixed use zoning does not satisfy that and the City does not have the money to purchase solely for an amenity Park.

The executive of Cork City Council wanted to emphasise to the Community in Glanmire that the site was assessed by the Property Department, and our proposal was not dismissed without investigation.



Cllr Moran points out that it is likely that city Council will not be purchasing the property as an amenity. While we acknowledge the efforts of Cllr Moran, and Cllr Ger Keohane for their endeavours it is deeply disappointing that a facility like this

would not be considered for an amenity by Cork County Council Glanmire is the fastest growing town in Munster with a population of over 20 thousand people, with over ninety per cent of the population that have come to reside here in the past thirty years, from all over Ireland and further afield, unfortunately the facilities remain much the same as they were in the 1970s. Any new facilities have been led by enlarge by voluntary, Community, and sporting organisations and administrators Glanmire provide hundreds of voluntary personnel, and sporting coaches which undoubtedly enhances the Community at no cost to the state.

In a new Community like Glanmire an amenity like **the Barleycorn site is vital for the mental health, integration, exercise for young and old** along with all the other proposals that we have mentioned in previous correspondence. This is a once off opportunity. Perhaps the Council might reconsider.

The current Government has set aside one Billion euro for projects like this and are spending a million a day on Green projects, one would hope that some of this could filter its way into the Glanmire Community

Two issues that need immediate attention in early 2021:

- 1 The Glashaboy flood project (Now in its 9th year waiting)
- 2 School places for children.

On a positive note there have been some great new businesses who have come to our area; there are now a choice of coffee shops, including the recent addition of the 'River Cafe' at the foot of the Rocky Road. New food offerings with the refurb of the Barn to a bar & gastro pub and longevity of the wonderful 'Brook Inn' and 'District 11', and even a little fashion for ladies with 'Love Life'.



Local businesses have done their utmost to meet government guidelines and it is beyond difficult when businesses such as our local hotel, the Vienna Woods, invested so much in enhancing their property for guests and weddings but yet cannot host either.

We enter 2021 with the hope of a successful vaccine yet continued restrictions to try and beat this pandemic but by continuing to stand together, keep united and focused on our community we work towards a brighter future in 2021 & brighter times and days ahead.

Wishing you all a VERY HAPPY NEW YEAR with peace, health and happiness in the days ahead.



Looking back at 2020



Kevin Humphreys and Daughters Abbie and Aisling at the launch of the Glanmire Ladies Football Club fundraiser



Leahy Christmas tree voucher Tomas O Se presenting Una Daly with her winning voucher



The 2 Eddie's - Sheehan's Butchers



Halloween Sprits in Glanmire



Lynch Family - On their annual task walking the Xmas Tree home



Upper Glanmire Community Association St Patrick's Day Festival



Crosaire An Fhaoitigh
C.I.C.G.

White's Cross GAA News

whitescrossgaa.ie



Eoin Murnane receiving the John Hickey Perpetual Cup from Kathleen Hickey, widow of the late John (RIP) for winning the annual White's Cross GAA St' Stephen's Day Puc Fada in 2014. This event unfortunately had to be cancelled this year. We look forward to holding the event in 2021 again.

Christmas Draw

Our annual Christmas draw, normally held in the week leading up to Christmas day, is currently scheduled to take place on Saturday the 9th of January. Due to the developing public health situation the venue/time will be advertised on social media in the days prior to the draw. As gathering indoors as well as large gatherings outdoors currently prohibited then it is likely that that some arrangements to live stream the draw will be made.

The draw tickets themselves are currently in circulation and available from all members. Once again, they remain great value

for this type of draw. There are 60 prizes with 14 of these valued at €100 or more, and that many again valued at €50 euro. Remember that first prize is €600 which is very generously sponsored by Michael Hennessy of the Stirrup Bar.

Despite a tumultuous year for businesses everywhere, those supporting White's Cross GAA have come up trumps again. The fact that a number of our local businesses have spent more of the time closed in 2020 than they have trading has not hindered their generous supporting of the White's Cross GAA Christmas Draw and for that we are hugely grateful.

We in White's Cross GAA extend a BIG mile buíochas to all those businesses who continue to support what we do so generously. We ask our members and friends to support our sponsors when you do get the opportunity.

We also hope that our members and the community at large will continue to generously support our draw as they have done over the last number of years. This draw remains our main fundraiser each year and helps to cover our day to day expenses in running the club.

New Junior A Hurling Coach

White's Cross GAA are delighted to announce that Padraic Kelleher will take up the role as coach of our junior A hurling team in 2020. Padraic has strong credentials and brings a lot of experience to the role.

He is a native of Rathcooney and is a former Sarsfields senior hurler. He has extensive coaching experience with his most recent role being coach of the Tallow senior hurling team in Waterford. His close ties to the White's Cross club. He lives locally and his sons are members of our underage club. His experience and local knowledge make him an ideal fit for the position as he/we seek to build on the progress we have made.

Though the season ended disappointingly at

the hands of Brian Dillons (following a great win over Whitechurch), there is plenty to work with to push on and compete for trophies. There are some good young hurlers coming through from underage to complement our current panel. If there is anybody within our catchment area (or outside it) that would like to get back playing adult hurling, we would love to hear from you. Please contact our social media pages and we will call you back privately.

The junior Football team went back training a few weeks before Christmas in pods of 15 to do some pre-season physical work. Diarmuid McDonnell is once again the coach with Michael Coleman and Glenn Arrigan staying on-board as selectors. Commencement of training in the new year will depend on government and GAA guidelines.

Happy New Year

The greeting Happy New Year possibly carries more significance than usual this time as most are probably genuinely happy that it is a new year and glad the annus horribilis that was 2020 is now at an end. We at White's Cross hope that, for everybody, it will be a peaceful and prosperous new year!



Scoth Scoláire Bl.6 2020



Thuas an Príomhoide in éineacht le Tomás Ó Lonergáin ag glacadh le bonn óir agus corn do Scoth Scoláire Bl.6 2020. Comhghairdeas a Thomáis.



Thuas; Michael Olden a thug caint uaidh faoi shláinte intinne le daltaí Bl.4

Seachtain Eolaíochta 2020



Daltaí I mbun turgnaimh I rith Seachtain Eolaíochta 2020 a bhí eagraithe ag múinteoirí eolaíochta na scoile faoi bhráid na ndaltaí.

Duaiseanna Ardteiste 2020



Thuas: Comhghairdeas le: Aoife Ní Mhainnín, Teangeolaí Sinsearach na Bliana fara Iníon Ní Bhreathnach. Kaela Ní Leannacháin Ní Bhrádaigh, Ealaíontóir Sinsearach na Bliana fara Iníon Ní Suibhne. Síomha Ní Mhearáin, Ceoltóir Sinsearach na Bliana fara Iníon Ní Riordáin agus Natalia Ní Shochrú fara An Máistir Ó Laighin, L.P.O ag glacadh le Teastas Comhairle na Cathrach [6 bliana scolaíochta gan aon lá scoile caillte]



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Sarsfields Camogie Notes



What a magical few weeks we had in Sarsfields Hurling Club, Glanmire!

The highlight of any year for children is the annual trip to see Santa. It was noted by one of our members that there were very few Santa events happening this year due to Covid 19 restrictions. With this in mind, we got a group together and decided to run a Drive Thru Santa event. We are extremely fortunate as a club, to have the space to enable us to do this in a safe manner during these challenging times.

Of course, the reality is in order to have a WOW event for the kids it needed to be a magical production, which in turn led to high costs. In an effort to keep prices down for families, we reached out to some local businesses to get involved. The businesses in our vicinity are always a great supporter of our club, many of which have been hit hard this year, with closures etc. but this didn't stop them getting involved and helping out.

A massive thanks to our two main sponsors, Eric from Axis Marquees & James White from EZ Living Interiors. Also special mention to O' Flynn Construction, Woodland Print, MCK Electrical, DISC, OK Tool Hire, Phelans Chemist, Crowley & Co, Vision Construction, Greenstar, Calnan Containers, IPL, Fota Resort, Castlemartyr Resort & our local Credit Union. Without the generosity of these businesses this event would not have been the success it turned out to be.

Our juvenile club also launched a fantastic new café at the Club, "the scoreboard café", supplying our guests with delicious hot chocolate, teas, speciality coffees and yummy treats. This facility will be invaluable to our club going forward, run by our parents for our parents and kids...who doesn't love a hot drink whilst watching our future GAA stars training and playing matches!!!

From the outset our aim was to bring a little cheer to our local community given the difficult year it has been for all. It was heart-warming to see so many members of our Hurling and Camogie Club, both young and old,

willingly give up their time in the run up to Christmas, to fulfil the various roles. We had many volunteers from stewards, kitchen staff, photographers, elves, Mrs Claus, Santa, along with handymen, electrician, present packers etc.. Every single person from the entry to the exit point gave 100%, the Christmas spirit was truly palpable.

I think it is fair to say that it was a resounding success from start to finish. But don't take our word for it!!! Have a read of the amazing reviews below.



Mrs Claus

"14 years going to see Santa - Blarney, Fota, Waterford, all the farms etc you name it we have been there.... but I have never felt the magic like I did in Sars while ago. Granted knowing all the superstars of tonight deffo helps but to see the look on my sons face when they threw in personal info about his beloved Barca, his training etc honestly brought a tear to my eye. He was mesmerised. And this is why 'shopping local' in an amazing community is so fantastic you just can't beat it! Thank you so much to everyone involved - see ye next year" (Eimear O' Connell & Family)

"Went to Santa in Sars tonight with my husband and youngest son. After the year we have all had I didn't think it possible to achieve a real Santa experience or to even get to see Santa this year. I want to say a huge thank you to everyone involved in giving us an amazing time. From start to finish it was just outstanding. Thank you" (Ann-Marie O Sullivan & Family)

"Christmas 2020 is one like we have never had before! This is Riley's favourite time of the year, and his love for Christmas is still as strong as ever. So when our local GAA club, Sarsfields Hurling Club organised a drive thru Santa for the kids, we were so delighted to be able to book in.



Riley and Willow

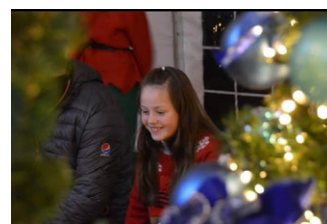
Tonight was the night for our visit, and they have just made sure this guy had the most magical experience of all time. From the very first person we met on the gate, to Mrs Claus, the Elves, and of course Santa, Riley was mesmerised. While the experience was set up to be covid friendly (which it 100 percent was) it was also the most amazing autism friendly experience. Each person took the time to speak to Riley, and him not being able to answer back was never an issue. Willow was welcomed with open arms, and was right by Riley's side to make sure he was calm. The lights and the decorations had him from the get go! Santa and his elves were absolutely amazing. And it was all done at his own pace! Tonight in our house it finally feels like Christmas, and one little boy has gone to bed counting down the sleeps until Santa comes! Thank you to everyone in Sars!" (Nicole, Riley & Willow the dog)

"Conor really enjoyed his visit to Santa this evening! I really can't get over how well done it was from the moment we drove in...all the way through. So Christmassy & magical. Everybody involved was just so lovely. Thank you so much to all of the helpers, the elves, Mrs Claus & Santa Claus. Excellent!! Can't wait to see the photos" (Niamh O' Mahony & family)

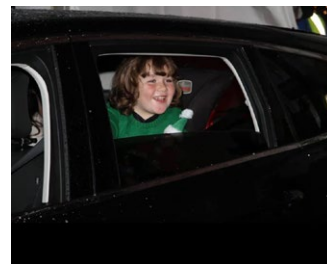
"Would just like to say thank you to all involved. Everyone from the minute we entered the gate of Sars were fantastic. We thoroughly enjoyed it and have been talking about it since. I was afraid this year that we would miss out but if anything it was more memorable than any other visit to Santa. Many thanks again. (Anthea O'Brien & Family)

"We are not long home from Sars Drive Thru Santa, it has well and truly made

my Christmas. My daughter is 5 and we gave up on Santa every year because she is so terrified of him, hysterical at the sound of his voice even. However at Sars she was so mesmerised by the elves who couldn't have been kinder to her, she got out of the car and sat and chatted to Santa. Myself and my husband are still in shock. Absolutely incredible work was put into this experience and it was so personal and comfortable, no one rushing you away or hurrying you on, so accommodating!! A huge thank you to the lovely Santa & Mrs Claus who have finally ignited the magic of Christmas for my daughter, ye have made our year" (Donna Duggan & Family)



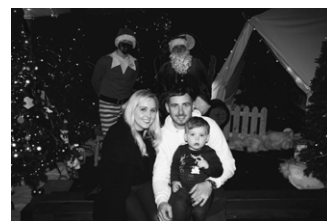
Aoife



Zach



Delaney Family



Edwards Family

We had the pleasure of witnessing many children, parents, grannies & grandads leave the grounds, with a glint in their eye and a smile on their face. This could not have been achieved without the help of the wider community. As a wise man once said "Teamwork is the lynchpin in our long term success."

Sarsfields Hurling Club is extremely fortunate to be at the heart of a very special Community.



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In Memoriam

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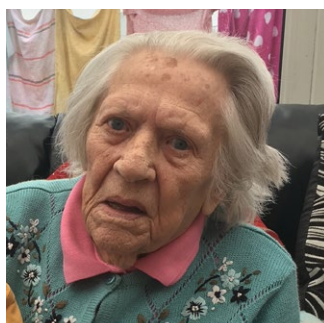
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Nora (Nonie) Allen

Fourth Anniversary

3rd Jan 2017

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Great-Grandchildren and Great-
Great-Grandchildren



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Book Review with Máire

Jog On: How Running Saved my Life
Bella Mackie



Bella Mackie is a freelance journalist from London. By the time she reached her thirties she was divorced and struggling with a crippling anxiety which left her clung to the couch. She surprised herself by one day going out for a run. It didn't last long but it made her feel good enough to go again and again. Gradually she began to set herself goals; get to 5k, get to 5k within a certain time. Mackie is very honest about her struggles with her worries and unease and how jogging helped reduce her feelings of anxiety. It's a witty and moving read. If you can't get a hard copy, Jog On is also available to download on BorrowBox.



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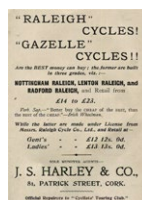
Local History with Michael



Cycling In Cork in the 1890s

These 1898 Cork advertisements illustrate that the bicycle had evolved from the humble bone shaker to a very efficient means of transport. Early cycling machines such as the penny farthing acquired their name because the larger front wheel resembled one penny and the smaller rear wheel was similar to that of a farthing coin of the period. These simple straight forward engineered bikes had no brakes and the cyclist had to pedal backwards to stop. The large front wheel with pedals attached was designed for speed on level ground. This worked in reverse when cycling uphill as the front wheel was far too cumbersome to pedal under pressure. Another problem when cycling from this height was the danger of falling which became known "as taking a header." By 1884 The Irish Cycling Association (ICA) was established as cycling was now becoming a very popular sport. Dunlop pneumatic tyres revolutionised cycling although they had been first patented by William Thompson. John Boyd Dunlop's reinvention of the pumped wheel, the diamond frame and the standard chain drive were some of the many advances which created the bicycle boom of the 1890s.

As seen from these Cork bicycle advertisements a vast amount of publicising occurred in Cork city. R. B. Baker was advertising Sparkbrook cycles at a then considerable discount and Humber bicycles with the latest Dunlop tyres were also on offer. J.T. Mulligan of King Street announced that he was the only cycle agent providing free lessons. J.S. Harley was the sole agent for the legendary Raleigh bicycle whilst the Victoria Cycle & Motoring Co stocked American bicycles. Easy payment schemes and bicycle hire ensured that a large outlay of money was no longer required in order to obtain one. Radical advances in engineering had now brought a newer, safer method of transport to the masses.



Michael Lenihan is the author of 3 books; Cork Burning, Timeless Cork and Pure Cork

Book Title Dingbats

1	RIGHT BOAT	2	Howards ↓	3	corpses ↑ BRING
4	Dazzling GIBRALTAR	5	MURDER SW AMOK MURDER MO	6	lounge Sweeping Brush
7	My hoe 84 84 84 84 84 84 84 84 84 84 84 84 84 84 84 84 84 84 84	8	cromadwd ↓	9	TTTTT Charcoal Battleship Misty Ash
10	↓ march	11	D Hanger W E S	12	LION TIGER BEAR R S T U V W
13	Child Asleep	14	SLEEP	15	JIM spring summer autumn winter
16		17		18	

Dingbat Answers

- 1. Ring of Brightwater
- 2. Howard's End.
- 3. Bring up the Bodies.
- 4. Brighton Rock.
- 5. To Kill a Mockingbird
- 6. Room on the Broom
- 7. Ivanhoe.
- 8. Far from the Madding Crowd
- 9. 50 Shades of Grey
- 10. 1984
- 11. Heidi
- 12. The Tiger that came to Tea
- 13. Middlemarch
- 14. Northanger Abbey
- 15. War and Peace
- 16. Kidnapped
- 17. The Big Sleep
- 18. A Man for all Seasons



We are Cork.





Caroline Bailey Editorial- Slimming World Consultant

Hi! My name is Caroline and I began my Slimming World journey on the 15th of January 2020.

My total weight loss to date is 5 stone 1.5lbs. I have always battled with my weight before I joined Slimming World. I had no confidence and I was constantly putting myself down. I couldn't even look at myself in the mirror without feeling horrible.



I am the lead singer of the band Sparkle, which requires a lot of energy and jumping around, but by the end of 2019 I would stand rigid on stage as moving around caused me to become too breathless to breathe. Even going up the stairs at home was a challenge.

I had a routine check-up with my GP early January 2020 and she said that if I didn't control my weight I would be at high risk for diabetes. The moment I heard this I knew I had to make a serious lifestyle change for not only myself but to keep up with my 8-year daughter Ellie.

In my first week of joining, I lost 5.5 pounds. I couldn't believe how much delicious food I could eat and still lose weight. There's so many recipes and meals you can make 'Guilt Free' and still manage to bring the scales down in numbers. Two of our favourite family meals are Chicken Curry and Spaghetti Bolognese which are completely on plan meals. A normal week for me before Slimming World, would have consisted of takeaways, sweets, fatty foods and regular trips to the deli buying the unhealthiest option possible.

The new me, now plans all my meals in advance, sticks to my 'Free' and 'Speed' foods religiously while doing my food shopping and I then use my 'Syns' for the evening time as that is my trigger time for something sweet.

I was so nervous and insecure about walking in to my first group meeting but I couldn't have felt more welcomed and supported by everybody there. Staying in group was the key for me. The amount of support I received every week was crucial to my relationship with food and my goals. My consultant was always only a call away if I ever needed her outside of group times. I knew not even a pandemic would stop me from reaching where I wanted to be this year.

Since losing weight the benefits are endless. It has been the best choice I ever made. My confidence has sky rocketed watching the number on the scales reduce weekly, being able to buy smaller sized clothes is amazing, my overall health is so much better and my fitness is at the best it's ever been.

Slimming World has honestly changed my life for good and I can't wait to help other people achieve their dreams like I have.



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Upper Glanmire ICA

Update on Guild activities:

- We all anxiously look forward to life returning to 'normal' in 2021, when we can return safely to our meetings and our many activities.



Jenefer O Dowd's beautiful Christmas cactus



A knitted baby cardigan and hat



A granny square blanket made by Mary Manning

December / January Recipe: Fruit cake



Traditional Christmas cake

(We have decided to repeat the recipe for the fruit cake for January, as the Method was omitted by mistake in December)

Ingredients

- 16 oz mixed fruit/ sultanas
- 2 oz cherries
- 3 oz mixed peel
- Quarter pint of sweet sherry (Bristol cream)
- (soak your fruit and sherry for 1, 2 or 3 days, stirring occasionally)
- 6 oz butter
- 6 oz soft brown sugar
- 3 large eggs
- 6 oz self raising flour
- 2 oz plain flour
- Pinch of salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 oz ground almonds
- Grated rind of lemon

Method

- Grease and line the sides and base of an 8 inch round tin with a double sheet of greaseproof paper.

- Put a double sheet of tinfoil paper all around the outside of tin, tied with a string. (Can be done the day before)
- Beat the sugar and butter until pale and creamy, stir in flours, salt and lightly beaten eggs.
- Add in ground almonds, spices, and all your soaked fruit. Mix very well together.
- Spoon into tin, and gently flatten the top.

Sit into a roasting tin (if you wish). Place in the centre of the oven at 160°C.

After about 45 minutes, as cake is slowly beginning to brown, place a double sheet of tin foil/ cardboard over the tin. Lower oven to 150°C for another 1h 20- 1h 30min approx.

Leave to cook until golden brown, and the centre of cake is firm. (check with skewer/ needle)

I make this cake several times throughout the year, and is a real treat also in mid summer! Best wishes for 2021 from Upper Glanmire ICA



A painting completed during Lockdown by one of our members



MAKE YOUR BED IN 2021

John O'Sullivan

Life & Business Coach

You have heard the slightly ominous phrase, "you've made your bed, now lie in it". In other words, your actions determine your consequences, and you reap what you sow.

That all makes sense and when you think about it, this is what many natural processes are about. Many animals must put in tremendous work to gather food to see them through winter and hibernation. Farmers work from spring to autumn before reaping the rewards of their work. It's a natural system and there is no short cut to it. In more everyday terms, we are the result of our own actions.

Our small daily habits accumulate over the months and years to produce the results we see today. Think about the person who goes to the gym as an example. If you go to the gym for 30 mins and come home to look in the mirror, what will you see? The answer is nothing. No change at all. And if you go to the gym the next day, and the next, the same vision will be staring back at you from the mirror. Zero changes and no reward for your effort. But does that mean that nothing is happening? Just because you can't see immediate results it doesn't mean you're not making progress.

The truth is that it takes weeks and months to see any physical change. In the same way that an acorn buried in the earth appears to do nothing, until one day the first shoots of a new oak tree appear above ground. The same is true for all our little daily choices: how we eat, how we take care of our psychical health, how we work, how we parent our kids. We all slip up from time to time, but it's our consistent choices which create the outcomes in our lives over the long term.

Why do so many of us find ourselves going from crises to crises or living in unhappy situations? Why do

we think life is something that happens "to" us? The answer is probably that most of us are too busy in life to step back and look at our journey through life from afar.

If you had a helicopter and used it to hover above your life right now, what would you observe? From this helicopter you can see your past journey through life to the present. You could also see your future direction based on your day-to-day decisions so far. If you don't like the destination ahead of you as you hover above, then you know you need to find another destination and begin making the daily changes to get you to this new future outcome.

I had a coaching client this year. She was young and full of potential. A full time UCC post grad student with untold success available to her. Yet when she came to me first, her life was in serious disarray. Her grades were poor, her assignments always late, even after working through the night before to complete them. She disliked her part time job and lived from day to day watching Netflix for hours in a very messy bedroom. The result was that she fought constantly with her parents and was always frustrated and critical of herself. It was just awful to see someone with so much promise be so negative to herself.

As I coached her over the coming weeks, several patterns became apparent and we worked out a plan. One evening, after college, she went home and tidied her room. Old plates, cups, laundry etc, were all dealt with. She polished, vacuumed, and organised her wardrobes and chest of drawers. She cleared out all the clutter. It took her hours. In the end she was exhausted, but she was extremely proud of what she had accomplished.

That evening, she made sure to bring her plate and glass to the kitchen

before going to bed, so her new room would remain spotless. When she awoke the next morning, she told me she was bursting with pride. Her day started out earlier, and with more of a spring in her step. Her attitude in college was better. That evening, once again, she made sure her room was in perfect order before going to sleep.

Over time, this sense of personal responsibility and pride in herself grew. It resulted in her college assignments being handed in a week ahead of time. It meant a clean and tidy room and a happy outlook on life first thing each morning. She created a plan for after college and began looking for a job that complimented this. She began working out. It resulted in her giving herself rewards for the achievements she was now making. In short, she took control of her life. Life no longer happens to her, but

for her.

The best thing about this, is that it's only our daily routines that make this difference. We don't need to wear a cape and Y-fronts over our pants to make these changes. We simply need to raise our personal standards for the small things we do, and the big things will take care of themselves! As we embark on another year, rather than making sweeping decisions to change everything all at once, perhaps this time try looking inwards.

What are the small daily routines in your life and how could you improve those just a little? Remember, start now and your future will begin to improve even if you can't see any immediate changes. Good Luck!

John O'Sullivan
Life & Business Coach
087 766 9590

Profile of the Month

Tomás Ó Sé

Born: 21/6/78

Occupation: School Teacher

Colour: Blue (I am however colour blind)

Drink: Tea

Gadget: iPhone

Book: Tiger Woods

Film: Goodfellas

Sport: GAA/Golf

Film Star: Brendan

Gleeson

Toughest Opponent:

D Connolly

What do I like about Glanmire: The people and the walks!!

Hopes for 2021: Everyone to stay healthy and get back to normality in relation to Covid 19 and do well with Glanmire Intermediate team.

Dessert Island: Well seeing as my wife is sitting beside me I'll have to say her. But if she wasn't sitting beside me I'd say my iPhone.

Favourite food: Fresh crab claws

Biggest influence on sporting career:

Family...parents,uncles and brothers.

Best sporting memory: Winning with club and county!!

Best place I've ever visited: NYC





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Across

1. Found in a library (5)
6. Penniless (5)
9. Capital of Cyprus (7)
10. Goliath's nemesis (5)
11. Used for firing pottery (5)
12. Used by a blacksmith (5)
13. Icelandic parliament (7)
15. Affirmative (3)
17. Vegetable used as cattle feed (4)
18. Final scene (6)
19. The lone star state (5)
20. Cause to be loved (6)
22. Largest human organ (4)
24. Affirmative (3)
25. Impressive delicacy and skill (7)
26. Killed (5)
27. Confuse (5)
28. Computer operating system (5)
29. Capital of Georgia in US (7)
30. Maintains (5)
31. Shut (5)

Down

2. Authority, guru (6)
3. Honorary title (6)
4. First name of Vicious, Owen, James (3)
5. Not old (5)
6. Brief swimwear (7)
7. Trains run on it (4)
8. Dog house (6)
12. Ire (5)
13. Building used by monks or nuns (5)
14. Looks after (5)
15. Americans (5)
16. River of Paris (5)
18. Character in Oliver Twist (5)
19. Small computers (7)
21. Used for sewing (6)
22. A story in instalments (6)
23. Problems (6)
25. Terminal (5)
26. Smack (4)
28. Lawn Tennis Club (3)

Crossword Winner: Aoife O'Callaghan, Rathcormac, Co. Cork

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



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