

## Glanmire Flood Relief Scheme



Glanmire Floods 2012

It was a great relief to all locals living in Riverstown last week that Minister Michael McGrath and his Department finally signed off on the long awaited Glanmire Flood Relief Scheme. The people of Glanmire have waited nearly 9 years for the scheme to progress to this final stage from its inception and it's long overdue. Since the OPW consented to progressing the scheme last week there is now a 12 week period where there is the possibility of someone challenging the decision by way of judicial review but once that 12 week period elapses it will be possible to proceed to the tender, the appointment of a contractor and commencement of the scheme.

I was delighted that Minister McGrath designated this scheme as the first flood prevention scheme in the



country to be signed off after new EU laws governing Environmental Impact Assessments were reviewed. It shows his commitment to the area, Cork and the locals who he met last summer at my request. I am now looking forward to this plan being expedited and that the embankments, walls and other flood prevention measures designed can proceed. If any one would like further details on the scheme please contact my office for details or visit the OPW website.

Padraig O'Sullivan, TD



Cllr. Ger Keohane

Local Cllr. Ger Keohane hopes that all necessary work will commence as soon as possible to put an end to the misery of homeowners. He thanked all the local and national public reps for their work on this essential project for Glanmire.

**GRANDONS**  
**Tel: 021-4858300**  
www.grandons.ie

Drive into 2021 in style with a new  
Self-Charging Toyota Hybrid

**FREE VALUATION FOR SALE**



**Joe Organ**  
AUCTIONEERS

Looking to Sell in 2021?

Talk to Joe



**28 Crestfield Centre,  
Glanmire, Cork.**  
**M: 086 6013222**  
**T: 021 6019051**  
**www.joeorganauctioneers.ie**  
PSRA Licence no: 001612



**MARINA MOTORS.IE**  
Sallybrook, Glanmire, Cork, T45X409

**Quality Used Cars**  
**021-4824263**  
**087-6712480**  
**www.marinamotors.ie**  
**sales@marinamotors.ie**  
**Prop: Bryan O'Halloran**

**O'Halloran Motors**  
Glanmire, Co. Cork



**SERVICING & REPAIRS  
TO ALL MAKES & MODELS  
PRE NCT CHECKS**

**021 482 3333**



## SVP South West Region Car Draw to be held on 10th February 2021



SVP's Annual Car Draw to be held on 10th February 2021 - First prize will be a brand-new Ford Focus, donated by CAB motor company

SVP South West "humbled" by public support as over €260,000 raised from annual car draw

St Vincent De Paul - South West has paid tribute to the public for its "phenomenal" support of its annual Car Draw in association with CAB Motor Company.

The charity revealed that in excess of €260,000 was raised following an urgent appeal for funds from the charity in November.

SVP South West said that the fundraising total is "significantly more" than the 2019 figure of €188,000 and they were humbled by the generosity of the public in such difficult times. South West Regional President Paddy O'Flynn said the much-needed funds would "go a long way" to assisting struggling families in the region:

"We've always had extremely generous support for our annual car draw from the people in Cork and surrounding areas. We made no secret of the fact that this was going to be an unprecedentedly difficult year for us in terms of fundraising as a result of COVID-19 and people came out in their droves to support us - it was a huge success.

"We are eternally grateful to everyone who pledged their support to this year's car draw. The money raised will enable us to continue supporting those in need during these extremely challenging times. Once again, I would like to extend a sincere and heartfelt thank you to everyone who donated or bought raffle tickets for our car draw, and also a huge thank you to our sponsors CAB Motor Company for their continued support," he said.

This year's car draw was due to take place on January 7th. Due to current level 5 pandemic restrictions, SVP South West have made the decision to postpone the draw to the 10th of February 2021.

Mr O'Flynn said that all ticket sales have now been closed as planned.

"We hope that the public will understand that it just isn't feasible to hold the draw in the current climate. As a charity working closely with some of the most vulnerable people in society, we prioritise the health and safety of others and we feel it is best to postpone the draw for a couple of weeks. We look forward to giving the keys of the brand-new Ford Focus St Line from CAB Motor Company to the lucky winner.



**FOR ALL YOUR LEGAL & MEDIATION REQUIREMENTS**

**HOWARD  
& CO  
SOLICITORS**

**ESTABLISHED IN  
GLANMIRE 24 YEARS AGO**

**TEL:**

**021 4510064**

**EMAIL:**

**info@howardandco.ie**

**WEBSITE:**

**HOWARDANDCO.IE**





# Glanmire

& District Credit Union Ltd



CHANGE YOUR CAR



SETTLE A BALLOON PAYMENT

SPECIAL CAR RATE  
**6.75%**  
(6.96% APR)

Special Car Loan Rate EXTENDED to END of FEBRUARY

YOUR FINANCIAL FRIEND IN THE COMMUNITY.  
WE ARE REGULATED BY THE CENTRAL BANK OF IRELAND.  
LOANS ARE SUBJECT TO APPROVAL. TERMS & CONDITIONS APPLY.



[WWW.GLANMIRECU.IE](http://WWW.GLANMIRECU.IE) T: 021 4821799



## DOLPHIN SWIMMING CLUB

**Swimmers anticipating some form of racing action again following nearly a full year without competitions.**

The competitive swimming season in Ireland commences at the beginning of September and typically finishes in July for those good enough to qualify and compete at the Irish Summer Nationals which are held in UL Arena at Division 2 level and in the National Aquatic Centre (NAC) in Dublin for the top-level athletes.



Dolphin Juniors @UL Meet 2020

The season is broken into two parts – part one is the short course (SC) season which goes from September 1st to December 31st where all competitions take place in 25m pool format; part two is the long course (LC) season where most competitions take place in 50m pool format, where possible, with many local and regional competitions still taking place at SC format during this time. Of course, Ireland doesn't have the luxury of many 50m swimming pools to compete in so the options for LC format competitions are generally limited to meets in UL Arena, the NAC in Dublin, or up north of the boarder in Co. Down at the Bangor Aurora Aquatic Centre. Typically, LC competitions are held at regional level where athletes compete at each venue in order to qualify for the larger national level meets later in the season. Munster and Connacht athletes compete at UL Arena, Leinster at the NAC, and Ulster at the Bangor 50m facility.

By March last year, the 2019/20 long course part of the swimming season was well underway. Dolphin Swimming Club had a successful short course season under their belt up to December, with strong performances at the Irish SC Nationals in Dublin in December and confidence brewing as they looked ahead to yet another successful season – especially at the business end of things come July. Having travelled to Bangor at the end of February to compete at the

Dave McCullough Memorial Meet – an international competition which featured global stars such as world record holder and Olympic Gold medallist, Adam Peaty, among many other high-profile names – the top swimmers in the club looked primed for the tough months ahead with spaces on Regional and National Teams & Squads up for grabs at the end of the season.

Next on the competition schedule was the annual Dolphin Open – Munster's most prestigious club competition and one celebrating 40 years in 2020. The pressure was on for the home club with other clubs travelling in large numbers to try to win the 'Antoinette Bohan Trophy' which is awarded to the club with the highest points tally at the end of a hectic weekend of racing. Having successfully defended their title since 2016, Dolphin were a target for all the other clubs with efforts made to take as many points from their athletes in each race as possible. The strategy of the coaches is almost as vital as the performances of the swimmers in each race and which requires a strong team of athletes to pull such performances out of the bag consistently over three days of gruelling racing.



Dolphin Trophy Haul 2019-20 Season

The 'Open' took place on the weekend of March 6th – 8th and very nearly fell victim to impending COVID19 restrictions as the global pandemic started to take control in Ireland that week. Committee members and coaches met throughout the week to monitor and assess the developing situation and following advice from Swim Ireland, a last-minute decision to proceed was announced. It seems like a lifetime ago now, but the meet went off without a hitch and it proved to be a fantastic success yet again for the northside club.

Swimmers from clubs all across Munster converged on Mayfield Sports Complex with high hopes of achieving national division qualifying times – the Dolphin Open is one of the few Swim Ireland

Level 3-licensed meets in Munster each season, therefore, athletes can achieve national competition qualifying times at such meets. Friday evening saw some strong performances across the club's age groups in the longer distance events, while Saturday and Sunday provided the spectators with some amazing performances from all athletes as they battled for points and medals in each event across the relevant age groups. The home club were dominant in almost every event and the points were secured leading into the final race session on Sunday afternoon so the pressure was off the athletes and they could enjoy their last few races.



Dolphin Open Winners 2020

The week leading up to the competition was far from ideal. Many of the club's top athletes had come down with illness and there were some worrying injuries mounting which led to some swimmers racing less events than initially planned. The Head Coach, Mick McCormack, had planned to train right through this event as he prepared his charges for some of the bigger national meets approaching, especially the Irish Open and Olympic Trials which was due to take place at the start of April, so this was no time to rest up. The younger cohort of athletes in the club certainly stepped up to the mark on the weekend though and racked up some impressive and crucial points for the club. Topped up by some fantastic swims by the senior athletes, it truly was a club-wide



Captains Aaron McMahon & Evan McCarthy with HC Mick McCormack Dolphin Open 2020

effort across the weekend. On Sunday evening, Dolphin were crowned victorious, having amassed the highest points tally from the 47 events throughout the weekend. Club captains Aaron McMahon & Evan McCarthy proudly hoisted the Antoinette Bohan Trophy aloft on the podium on the concluding day. Yet another great victory for the Cork club!



Kate McCormack, Jenny O'Brien, Megan Cowhey, Madison Casey & Kate O'Brien @Tipp Gala 2020



James McIlroy & Vincent Leahy with Tipp Gala Cup

Little did anyone realise it at the time, but this would turn out to be the very last competition held in Ireland for the rest of the season. The Irish Open & Olympic Trials scheduled for April fell victim to COVID19 a few weeks later. Further competition cancellations followed with the eventual early conclusion of the 2019/20 season being announced in May.

Hopefully, 2021 will see a welcome return to swimming competitions once again. We might not know when, but we'll look forward to it when it returns.

Everyone at Dolphin SC is looking forward to their impending return with plans already in place for the squads with regards to training, activities and some summer plans which will no doubt get everyone excited again!

**Dolphin Swimming Club**  
page sponsored by  
**Mayfield Sports Complex**  
Old Youghal Rd, Cork



**Tel: 021 4505284**  
**Email:**  
**mayfieldsportscomplex@eircom.net**

**FEATURES:** 25m pool, fully equipped gym, separate studio for classes, sauna & steam rooms





# The Truth About Back Pain

## Don't Even Think Of Taking Another Pain Pill Until You Read This

### Do You Have Any of the Following Conditions?

- Lower Back Pain
- Muscle spasm or strains
- Bulging lumbar discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain

Having back and leg pain can bring life to a standstill.

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



**Is back pain keeping you from enjoying what you love to do?**

You've got too many dreams left undone to let back pain slow you down. Too many special moments waiting to be experienced.

**Life is too short to let pain slow you down.**

Pain is your body's warning sign telling you something is wrong. Sure, you can numb the pain if you take enough aspirin, paracetamol or some other pain pill.

But if you mask the pain, it can prevent your back from healing – maybe even damage it further.

Not to mention many of the pain medications available are quite addicting and can have devastating side effects.

### Could This Be The Solution To Your Back Pain?

My name is Dr. Eric Kelly, owner of Glanmire Chiropractic Clinic. Over the past 13 years since the doors opened, there have been hundreds of people with back pain leave the office pain free. Because I've seen it with my own eyes, I strongly believe...

**Back pain is NOT "just a part of life" and something you must live with.**

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, Michael Phelps, Padraig Harrington, Venus Williams, Madonna and Mel Gibson receive chiropractic care. These people have the money to hire any kind of doctor they want, and even they choose to have a chiropractor on their team.

Here's what some of the top medical researchers had to say about chiropractic...

"Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months." – *British Medical Journal*

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- *Stanley Bigos, MD, Professor of Orthopedic Surgery*

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

### Have A Professional Evaluation of Your Back For Only €40

For 14 days only, I'm running a very special offer where you can find out how much this amazing treatment can help your back pain.

What does this offer include? Everything I normally do in my new patient evaluation for only €40.

Here's what you'll get...

An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case. A complete neuromuscular examination,



**Find peace and comfort in knowing your back is healed without drugs or surgery.**

and a thorough analysis of your exam and findings so we can start mapping out your plan to being pain free.

You'll get to see everything firsthand and find out if this amazing treatment will be *your* back pain solution, like it has been for so many other patients.

The normal price for this type of evaluation is up to €120, so you're saving a considerable amount by taking me up on this offer.

Chiropractic very well could be the answer you've been looking for.

Call today and we can get started with your consultation, exam and findings 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, over the bridge by Monkey Maze in Glanmire and next to the AIB bank.

Tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation.

I 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. How many years can your body handle taking pills?**

Taking pain medications (even if they're over-the-counter pills) is no way to live. Pills don't "fix" anything, they just numb the pain.

Finding the problem and fixing it has got to be your top priority!

I may be able to help you live a normal, pain-free life again. Call today 021 482 4450.

Website: [www.wellspringchiropractic.ie](http://www.wellspringchiropractic.ie)

E-mail: [info@wellspringchiropractic.ie](mailto:info@wellspringchiropractic.ie)

SPECIAL OFFER

## MASSAGE THERAPY SPECIAL OFFER

### 30 MINUTES FOR €25 DEEP TISSUE FULL BODY MASSAGE\*

**@ GLANMIRE CHIROPRACTIC CLINIC WITH MONIKA VARNAITE R.O.S.T.I**

TO AVAIL OF THIS GREAT DEAL YOU MUST CALL 021-4824450 & MENTION THIS OFFER

\*NEW CLIENT'S ONLY FOR FIRST TREATMENT. €65 REGULAR PRICE





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

### A look back at the month the Glanmire Area News was published online only

The first housing estate built in the Glounthaune area was "Johnstown Park" in the early sixties and the houses were sold for circa £4,200.00. Further estates were subsequently developed including; "Johnstown Close", "The Highlands", "Annmount", "Thornberry" and then in relevant recent times; "Cois Chuain", "Corryfield", "Gort Fada" and "The Woods". "Harper's Creek" - should it be "Harpur's Creek"? - is presently being developed at Killahora and this will be an estate of one hundred and seventy four residential units, a crèche and doctor's surgery. Planning permission was granted in May 2018 for thirty one units at Upper Annmount, Townland of Lackenroe and in July 2018 permission for an additional seven was granted. These developments have not yet commenced. A grant of planning by Cork County Council for a further fifty five houses at the same location attracted three appeals to Bord Pleanála and in March 2020 the Council's decision was overturned. The Council also granted planning permission in February 2019 for seventy houses on land west of the school in the Townland of Ballynaroan, known locally as "Gleeson's Field". Eight appeals were submitted to Bord Pleanála and in January 2020 the Council's decision was overturned. The reasons given for both refusals were rather similar; the insufficient high density and the necessity of a road improvement scheme for the area. It appears that Bord Pleanála has finally got the message; infrastructure in place prior to permission. The community was obviously very pleased, especially with the "Gleeson Field" refusal, but was flabbergasted when news of a planned alternative use for this land became known just two weeks ago. A planning application for the construction of a Heliport was published on the East Cork Journal on Friday March 20th. Subject location was chosen because it was identified as a prime site for the much talked of regional twenty-four hour emergency base. However the planned Heliport is also to be utilised by the Air Corps as a back-up to their F.T.S. (Flying Training School) at Baldonnel. The cadet's pilot wings course is intensive and the PC-9M aircraft, which is a modern

tandem seat turbo-prop trainer, is extensively used for night flying training. The H2 Class helicopter, which the Heliport will be capable



of accommodating, has an overall fuselage length of minimum fifteen to maximum twenty four metres.

Aspects of the detailed planning application include; a continuous smoke source to act as a wind direction indicator, a Hangar Building to be located adjacent to the fueling section at the eastern end of the Heliport close to the school. The gross floor area of the building will be five hundred and ten square metres, the external walls will have plastered block work and the roof finish will be of cladded sheeting. Point lighting set into the ground will surround the Heliport and floodlighting will illuminate the immediate surroundings. The white coloured lights at FATO (Final Approach and Take-Off area) will be fixed, directional and positioned along the edges. These will be of one hundred candela output at intervals of five metres with each comprising of ten lights. The TDLO (Touch Down and Lift-Off area) will be lit by twenty five candela output yellow lights and spaced at five metre intervals around the perimeter. The Heliport will have provision for twenty car spaces and two truck spaces which will be located at the forecourt area, and two spaces will also be designated for fire and rescue service vehicles. Access for all Helipad related vehicle movements will be via a road to be constructed from adjacent to the school at the eastern end of the Heliport to the Hangar Building. The green coloured perimeter security fencing will consist of close mesh three metre panel widths which multi-lift to a height of four metres. They feature pressed V Beams and for additional strength and rigidity are reinforced by a four millimetre vertical and a six millimetre horizontal diameter wire across the full panel width. The Heliport will be floodlit during the

hours of darkness for operational and security reasons. This planning application raises numerous questions, not least; why was there not any consultation with residents? There are so many issues to be addressed; for example the planned lighting is a pollutant, as is noise. Envisage a Harley motorcycle being driven outside your home without a muffler and that noise would only be for a brief spell whereas helicopters are audible for miles away, and in the case of inward movements the noise gets louder and louder until almost touchdown. Also bear in mind the vibration effect especially when the aircraft hovers overhead as will occur during the Cadet's training programme, and noteworthy is the fact that this includes night flying. Noise certificates for helicopters are a requisite since 1992 and all on the Irish register conform to ICAO noise emission SARPS. However that is not much comfort to residents in the nearby houses and in estates such as "The Highlands" and "Cois Chuain", as well as residents in the surrounding areas, including those on the flight path because quite simply helicopters are noisy. The adjacent school scenario must of course also be factored in as the activities at the Heliport would seriously disrupt the day to day teaching practices. Also, when a helicopter lands or departs during school breaks or at the commencement and finishing times of the school day; the Health & Safety aspect for children, teachers and parents arise. The Irish Aviation Authority has no direct responsibility for the control of noise disturbance or nuisance and as a result a complainant is subjected to bureaucratic torture because the EPA Act 1992, Noise Regulations 1994, must be accessed through the Department of the Environment. A problem also arises when a helicopter is landing insofar as everything within a hundred feet radius is scattered over a wide area. Then there is the nuisance factor relative to the upkeep of aircrafts in the Hangar Building; for example the repetitive turning on and off the engines as well as the excessive noise when idling. The noxious fuel odours, including those emanating from the fueling area, would also be a major hazard. Another problem is presented by the fact that an illuminated continuous smoke source is proposed rather than

the commonly used "Windsock". The emergency procedures are questionable also; Cork County Council personnel based at "The Waterworks", Glanmire will be responsible to address any problems that may be encountered with the Heliport operations. They also decide if it is necessary to activate the Cork County Council Major Emergency Plan. But is their work-load not overburdened at present without this onerous additional assignment? And also, are the personnel readily contactable? Louden Cleere is spokesperson for the developer of the facility, Heliport Moryah, and his assertion relative to noise is that the sound level of helicopters is far below that of many accepted noise producers such as; trains, buses, trucks, cars, motorcycles, boats, lawnmowers, vacuum cleaners and hairdryers. He accepts that there will be noise but reckons that residents, who he refers to as noise receptors, will get quite used to it after a few years. However he did say that there could be understandable disturbance with night movements and his recommendation in this regard is that potential affected residents should retire to bed early in order to be in a sound sleep by midnight when the Cadets night training programme is at its intense. Referencing the alleged noxious fuel odours; he advises that a lawnmower overspill would create a far greater hazard. He says that children in the nearby school can look forward to a bit of a buzz around the place and that one lucky child, whose name will be drawn from the names of the four hundred plus pupils on roll, will be awarded a tour of the facility free of charge. He dismissed the inference that the facility would interfere with the day to day teaching practice at the school adding that a free ten minute trip on the helicopter for the Parish Priest / Board of Management would easily sort out any problem. He says that his company will not engage with the local community because from past experience subjects discussed at such gatherings are left "hanging in the air". Louden Cleere says that he is pleased to get his positive information across loud and clear per the April 1st. issue of Area News. Yes, the April 1st. issue!

SLÁN ANOIS ©





## SCREW JANUARY. MAKE FEBRUARY YOUR MONTH!

**John O'Sullivan**  
Personal & Business Coach

So, how are those new years resolutions working out for you? If you're keeping to them and you've managed to deal with your bad habits, or create new ones, then kudos to you!

But if you're like the majority of people, by now most of your new years' resolutions will have slipped and you'll be back to where you were before 2021. On average, 80% of New Year's resolutions fail by the second week of February. Grim reading, eh? The more radical your resolution, the harder it is to stick to. But don't worry, everybody and everything deserves a 2nd chance!

This is why the 2nd month of the year is a great time to revisit those resolutions. If they are working out, that's great. Take some time to think about what is working and if you are on track as you hoped you would be. But if they are not, then this is a good time to figure out why and to start again.

So, if your new years resolutions failed in the dark days of January, why not take some time now, in February and reflect on what went wrong and start over. Take the time, to try to understand what was it about your resolutions that you really wanted? Were there were just too many resolutions, or maybe you didn't have a clear personal plan? Now is the place to look back and without being too hard on

yourself and find the obvious reasons you didn't keep those pesky resolutions. Do this to learn how to do it better this time. Perhaps you wanted to improve your health by eating healthier or sleeping more. Perhaps you choose to quit smoking. Maybe you wanted to change your job or get a promotion? How about spending more quality time with your kids? Let's face it, these are big life changing decisions. They may be easy to say, but they are damn hard to stick to.

What are the common pitfalls? Very often we don't succeed because we haven't clearly set out the goal in our own mind. For example, eating healthier is a fine notion, but it's still really vague. If you want your plan to really work, you have to get crazy clarity about what you want. You need to set a SMART goal. To find out more about these, check out my article in the October 2020 edition of the Glanmire News.

Other reasons people don't keep to their new years resolutions are that they try too much at once. In this case, the solution is to simply create a hierarchy of your priorities. First things first, so to speak. Which of those changes is most important to you. Once you decide, you can then go after it with every-thing you have. Plan a timeframe for when you believe you will have achieved this, or when it'll have

become a true habit for you. Then you can get stuck into your next resolution.

Remember, these resolutions belong to you and you are free to choose when to do each one. It's worth noting at this point that many experts estimate it takes around 66 days to form a habit, depending on how radical it is. So cut yourself some slack, and give yourself the time you need.

The final main reason resolutions don't stick is because of our daily habits. Those little doozies have more power than we give them credit for. Our "normal" way of operating is responsible for so much of what we currently have in our lives. If we live in a messy house, or are always late to meetings, or find ourselves broke at the end of each month, these are all linked to those teeny -weeny daily habits that we don't even think about.

In order to change those daily habits, we firstly need to become aware of them. If you catch yourself flying off the handle at the kids 12 times a day during lockdown, then maybe it's time to look at what is going on for you instead of blaming them. I'm not saying home schooling kids is easy (god knows it isn't) but as adults we can choose how we respond to triggers in our lives. Think ahead – think about how you'd like to react the next time your

daughter destroys her carpet with paint, or your son pulls the cats tail. If you think about your reaction ahead of time, you'll be far better prepared to be in control of your emotions and therefore your response. It's not always going to work, but by becoming aware of how you react to things, the more you can control how you act in future. The exact same applies to cigarette cravings, hunger pangs, and any habit we want to make or break.

Nobody can make you change. That's a good thing. Any change we want make must come from deep within ourselves. This means that it's also your responsibility. If you don't make the change you want to make, then it is not going to happen. This is all up to you. You are the only person responsible for how this turns out... no pressure then!

Finally, we need to respect ourselves. There is nothing to be gained from being too hard on ourselves with this stuff. If your new year's resolutions haven't worked out, just give yourself time to find out why and start again. Be your own biggest supporter, not your own biggest critic. And remember, January sucks, make February your month... you got this!

**John O'Sullivan**  
Personal & Business Coach  
(021) 482 0941



## Gardening with Charlie Wilkins



Charlie Wilkins

### WELCOME SPRING!

A cock's foot, the measure of daylight gained each passing day since the winter solstice is not a generous measure, but it has added a glorious thirty-five minutes of illumination to our days since then. In as many days again, it will have grown to an hour and more.

For the past eleven months people have not alone been confined to indoors by Covid 19 restrictions, but by darkness, and extraordinary weather conditions. In fact, since autumn we have been challenged by storms, wind, rain, and of late, periods of frost, snow, and biting cold. Lucky those who garden, for they found refuge in venturing outside occasionally to tend and admire at close quarters the brave blooms that shine in winter.

multiple in a very few years. Mature gardens where it had perhaps been planted in the past, can seem filled with the narrow, mauve flowers which fling back their segments at every burst of spring sunshine. The most eager of its clan they really can grow 'like weeds' - but never become a nuisance. What you never see are the seeds which lie hidden at the base of each tube. These are generally thought to be distributed by ants.

the charming Sasanqua 'Yuletide' which has graced our garden here for decades. It blooms in the weeks leading to Christmas with a willingness that staggers and continues to the end of February and later. Be assured also that they take kindly to pot culture.

Buy a decent sized, terra-cotta, or glazed pot for one of these, and fill it with a mixture of lime free soil from the garden, to which has been added a generous dressing of

leaf-mould, commercial potting compost or pine-needles. Plant into this 'cake mixture' as big a camellia as you can afford, bearing in mind that the older you are, the more you need to invest in something that will not take a decade and more to reach a commanding size!



The earliest camellias burst into bloom during late February and the spectacle can cheer for a considerable time. With careful selection, it is possible to have selected bushes in bloom from November through to Easter, irrespective of how late this latter church feast may be.

The sun has slowly and imperceptibly risen that little bit earlier each morning, warming the frozen soil and all it contains. Soon, the hedgerows will stir into new fresh greenery and life will return beneath their sheltering stony skirts.

There is something new to applaud today in the winter garden, not least the many varieties of crocus. Coinciding with the snowdrops, crocus tommasinianus is showing colour but few realise that it is prolific at self-seeding. A modest batch can turn into an impressive

However, the real joy of February and later are the camellias, arch deceivers no less, for they look almost too exotic to succeed outdoors as easily as they do. Unfortunately, a snowflake, a blade of grass, a blackthorn shoot has more perfume. No spring garden is complete without at least one early variety and the best (and earliest) include those sold under the species name 'Sasanqua'. Look for stockists on computer or laptop for they are rare enough on garden outlet sales tables and note

'Debbie' is a later variety for late March/April, a reliable, free-flowering, vigorous variety which

I also rate highly, but if red is neither in keeping with your colour scheme or preference, opt for 'Jury's Yellow' (very unusual, but it most definitely requires overhead dappled shade to stop its blooms browning in morning sun following a hard night of frost) 'White Nun' or 'Miss Universe' in white. A real treasure you might come across is, 'Lavinia Maggi' in a combination of striped white and pink but look for any sasanqua variety first. I have only one word for these: superb!

### THE GARDEN IN FEBRUARY 2021

Repotting eliminates their numbers from increasing.

TRUMPET lilies such as the highly scented and pure white 'Regale' and the lemon on apricot 'African Queen' perform well in pots stood outside during summer. In winter keep these safe indoors from ice and waterlogging. Garages will do fine if glass cover is not available. Repotting yearly is not only sensible but mandatory, for many still suffer the scourge of vine-weevil. As spring lengthens it would not be unusual for white weevil grubs to be found burrowing deep into the fleshy scales of the choice Asiatic and Oriental forms.

WEATHER the dreaded winter weather insists on living up to its reputation. But despite the dreariness, localised flooding, savage frosts snow and biting cold, occasional days of bright sunshine arrive to play unexpected tricks with spectacular light effects. Pale plumes on the ornamental grasses Stipa and Miscanthus light up like fireworks in the low sun whilst long shadows seem to appear everywhere. The box balls throw long shadows across the driveway whilst nearby trees cast thin lines

of darkness which, as the light diminishes, pool together and stagnate. I love these winter light effects.

NO DIGGING! In wet and frosty weather and especially after the rain, ferocious frosts, and gales of late, the most pressing work is one of tidying up whenever possible, but no work or planting should be undertaken until conditions underfoot thaw fully, dry out appreciably, and become firm. Digging and planting in wet conditions ruins the soil structure leading to growing problems much later in the season.



**LANDSCAPING LIMITED**

**We provide a wide range of Services**

- Grass Cutting & Hedge cutting
  - Shrubs & Trees Supplied & Planted
  - Maintenance & Clean-ups
  - Power Washing Gutters & Drain Cleaning
  - Lawns Laid
  - Fencing (Timber & Concrete)
  - Patio & Decking
- Free Quotations**

**Contact Declan**  
**M: 087-2079978**  
**P: 021-4866572**

**3 Tonne  
Dumpers and  
Diggers for hire**



**Contact 0862440276  
or 0214513686**

**Pat Geaney**

**Lawn Mower Sales & Service  
OPEN 6 DAYS**

Mon. - Thurs.  
9.00a.m. - 8.00p.m.  
Fri. & Sat.  
9.00a.m. - 6.00p.m.

Your Lawn Mower Man  
52 weeks of the year

www.thelawnmowerman.ie

**021-4822465**  
**Brooklodge,**  
**Glanmire, Co.Cork**







GLEANN MAGHAIR

**Glanmire Ladies Football Club****Virtual 5K Turkey Trot**

Take the 5K Run/Walk challenge from anywhere. Family & Pet Friendly



Take the challenge, stay healthy and help support our club. €10 Donation or €20 for family. Spot prizes galore..

**Turkey Trot 2020**

This year due to Covid restrictions we were unable to hold our usual fundraising events, which includes our Annual Race Day. So, this year we decided to run a virtual race to help raise funds for the club!

Our Turkey Trot challenged our members, supporters, and community to a 5K Run or Walk and to post their walk/run picture to be in with a chance of winning some great prizes. Everyone from U6 right up to committee members got involved, while our local community also showed great support.

We, as a club, would like to thank everyone for donating, sponsoring prizes, and participating in our Turkey Trot!



Amy, Kate, Clodhna & Sarah from U12 group who took and completed the Turkey Trot challenge. Well done girls.



Katie, Laura & Aishling who completed the Turkey Trot Challenge.



Ashling, Elise & Sally all smile's after completing the Turkey Trot challenge.



Glanmire Ladies Football Turkey Trot challenge 2020

Well Done Emma, Orna, Kate & Ella who completed Turkey Trot challenge.



Well done to Laoise Caulfield who completed 5.5k today on the rocky road.



Aishling, Ava, Jen & Sophie from U10s rocking out the challenge on the Rocky Road.

**Christmas Tree Collection**

Again, this year we offered our Christmas tree disposal to members of the community. It was another great success, and we would like to thank everyone that supported the club!



## Garreth Fitzgerald

# CRASH REPAIRS

- Panel Beating • Spray Painting
- All Bodywork • Low Bake Oven
- Insurance Claims Handled
- Chassis Alignment



Unit 2, Pat Dwyer's Ind. Estate,  
Glanmire, Co. Cork  
Contact Garreth Fitzgerald  
086 3787758

**Sponsoring this page on behalf of the Glanmire Ladies Football Club**

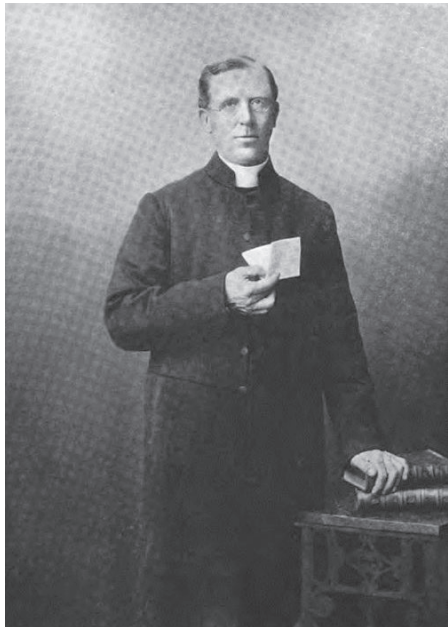




## Canon Sheehan of Doneraile, 1852-1913 cuid 2

Micheál Ó Súilleabháin

Scríobhadh an tAthair Sheehan altanna go rialta don 'Irish Monthly' a raibh an tAthair Matthew Russell ina eagarthóir air. Bhí sé an-tógtha le haltanna an Athar Sheehan agus mhol sé dó leanúint ar aghaidh ag scríobh. Bhí éagsúlacht mhór sna haltanna. Mar shampla, in 1882, bhí alt aige ar 'The Effects of Emigration on the Irish Church'. Bhí alt aige ar Gambetta, Príomhaire na Fraince. In 1884, scríobh sé 'Free Thought in America' agus bhí trí alt aige ar 'Education at German Universities'. Is cosúil go raibh sé an-tógtha le feabhas chóras oideachais na Gearmáine agus theastaigh uaidh na haltanna a úsáid mar chuid den díospóireacht a bhí ar siúl faoin oideachas 3ú leibhéal in Éirinn.



Canon Sheehan 1898

Léiríonn na samplaí seo an éagsúlacht a bhain lena chuid altanna agus an cur amach a bhí aige ar chúrsaí i dtíortha eile. Bhí an oiread san oibre ar siúl aige i Queenstown, idir obair an pharóiste, cuairteanna ar scoileanna, léachtaí agus altanna d'irisí go raibh droch-éifeacht aige ar a shláinte. D'ordaigh a dhochtúir dó sos a ghlacadh. Nuair a tháinig sé chuige féin, aistríodh é ar ais go Mala mar Shagart Cúnta Sinsearach. Rinne sé machnamh arís ar an obair ar chuir sé tús leis cheana i Mala. Thosaigh sé ciorcal leitheoireachta agus clubanna do dhaoine óga. Ghríosai sé pobal an bhaile chun díriú ar ábhair a thabharfadh deis dóibh tuiscint níos fearr a fháil ar nithe níos airde. D'fhan sé i Mala go dtí 1894. Fuair Easpag Chluana, an Dochtúir Mac Cárthaigh, a bhí ina chaomhnóir aige ina óige, bás an bhliain sin. Ceapadh Easpag nua, Robert Browne agus tharla go raibh folúntas i nDún ar Aill, paróiste sa chomharsanacht cheanna, ag an am. D'iarr an tEaspag ar an Athair Sheehan a bheith ina shagart paróiste ann. Ba é seo an ceapachán deiridh aige. D'fhan sé ann go dtí 1913, bliain a bháis. Bhí an-tábhacht ag baint lena thréimhse ann agus inniu aithnítear é, go coitianta, mar Canon Sheehan of Doneraile. Is anseo a tháinig bláthú ar a shaothar liteartha le sraith d'úrscealta a chuaigh i bhfeidhm go láidir ar phobal léitheoireachta in Éirinn, ar Mhór-Roinn na hEorpa, i Meiriceá agus chomh fada ó bhaile leis an Astráil.

Ba é an nós oibre maidir le scríbhneoireacht, a lean an tAthair Sheehan ná dhá uair an chloig a chaitheamh ag scríobh gach lá. Chaith sé an chuid eile den lá ag freastal ar lucht an pharóiste, eaglais, scoileanna agus imeachtaí poiblí. Bhí éileamh air mar chathaoirleach,

nuair a bhíodh ábhair chonspóideacha le plé.

Ceann de cheisteanna móra na linne ba ea Ceist na Talún a raibh an-bhaint ag a sheanchara, William O' Brien, MP, leis. Nuair a ritheadh Acht Wyndham, a thug deis do na tionóntaí a gcuid feirmeacha a cheannach, rinne Canon Sheehan (bhí sé ina Chanónach faoin tráth san) sár-obair nuair a thug sé ionadaithe na dtiarnaí talún agus na dtionóntaí le chéile. Réitíodh an t-aistriú talún i bparóiste Dhún ar Aill go sásúil don dá thaobh a bhuíochas do Canon Sheehan mar bhí muinín ag an dá ghrúpa as.

Choimh maith le cúrsaí idirbheartaíochta, rinne sé a dhícheall chun modhanna talmhaíochta nua-aimseartha a chur chun cinn. Bhain sé leas as an Irish Labourers Act, 1883 chun scéim tithíochta a chur chun cinn in áit na mbothán suarach ina gcónaí. Fuair sé tacaíocht ó Lord Castletown ó Doneraile Court sna hiarrachtaí seo.

I measc na leabhar a chuir Canon Sheehan amach sna blianta seo bhí 'Luke Delmege', úrscéal faoi shagart a bhí bunaithe ar a shaol féin, go pointe. Bhí an-cháil ar úrscéal eile 'My New Curate', a bhí dírbheathaisnéis arís. Chuaigh an leabhar seo i bhfeidhm go láidir ar léitheoirí thar lear, go háirithe sa Ghearmáin. Bhí úrscéal eile aige 'Geoffrey Austin' mac léinn ag dul le sagartóireacht. Chuir sé 'The Graves of Kilmorna', úrscéal faoi Éirí Amach 1867 amach, chomh maith.

I ndiaidh a bháis, cuireadh 'Glenanaar' i gcló. Sa leabhar seo insíonn sé scéal an Doneraile 4 a bhí daortha chun báis de dheasca dhúnmharú ghníomhaire talún. Daoradh chun báis iad go héagórach agus feicimid sa scéal go raibh daoine réidh chun mionn éithigh a ghlacadh ar mhaithe le hairgead. Bhí na coistí cúirte claonta go mór ag an am agus ba bheag an seans a bhí acu an crochadóir a sheachaint. Ní raibh ach duine amháin a d'fhéadfadh an scéal a athrú. B'shin Domhnall Ó Conaill, Fuascailtoir agus Comhairleoir. Thastil duine tríd an oíche ar mhúin capaill. D'aistrigh sé capaill roinnt uaire agus shroich sé Doire Fhionáin maidin Domhnaigh. Chonaic Ó Conaill práinne an scéil agus thaistil sé i gcóiste go Corcaigh chun labhairt ar son na bhfear. Shroich sé an Chúirt díreach in am agus léiríonn an cros-cheistiú a rinne Ó Conaill a chumas mar dhlíodóir. Bhí sé in ann na fir a shábháil ón gcrochadóir.



Teach Canon Sheehan i nDún ar Aill

Ina shaol i nDún ar Aill, chuir Canon Sheehan aithne ar bhreitheamh cáiliúil, an Breitheamh Oliver Wendell Holmes ó Chúirt Uachtarach Meiriceá. Chuir Holmes aithne ar mhuintir Doneraile Court i Londain agus thugaidís cuireadh dó teacht go Dún ar Aill. D'fhás cairdeas idir Canon Sheehan agus an Breitheamh. Is cosúil go raibh suim acu beirt i gceisteanna móra na linne agus bhí comhfhreagras fada eatartha in ar chuireadar a dtuairimí in iúl.

Sa bhliain 1909, cuireadh ainm Canon Sheehan ar aghaidh mar easpag ar dheoise i New South Wales san

Astráil. Mhol nuachtáin na hAstráile é mar 'phearsa eaglaise a bhfuil cáil dhomhanda air'. Ag an am, áfach, bhí Canon Sheehan an-bhreuite. Bhí ailse air agus cé gur moladh dó obráid a bheith aige, dhiúltaigh sé dul faoi scian. Cé gur mhair sé go dtí 1913, ní raibh ar a chumas glacadh le post a mbeadh an-obair ag baint leis. Fuair sé bás in 1913 agus 61 bliain slánaithe aige. Fear dílis, umhal, cumasach a bhí ann a bhain cáil amach, cé nár lorg sé é. Bhí an-ghnau ag an bpobal air, go háirithe i nDún ar Aill. Léiríonn a chuid scríbhneoireachta go raibh togha an Bhéarla aige agus is deas a bheith in ann ábhar a léamh ina bhfuil comhréir agus gramadach chun tosaigh i gcomórtas le mórán de litríocht an lae inniu a bhíonn gan rialacha, go minic.



Leacht ag Uaigh Canon Sheehan i nDún ar Aill

Cuireadh beathaisnéis/dírbheathaisnéis faoi Canon Sheehan i gcló in 1918. Ba é an tAthair Herman Joseph Heuser, sagart Meiriceánach agus eagarthóir ar iris eaglasta i Meiriceá a scríobh é. Chuireadh Canon Sheehan altanna chuige, go rialta, thar na blianta. Cuireadh athchló ar an leabhar sin\* in 2012. Is é seo an príomh-fhoinsé a d'úsáid mé do na haltanna seo.

\* 'Canon Sheehan of Doneraile-The Story of an Irish Parish Priest, as told chiefly by himself' by Herman Joseph Heuser.

### Gluais:

daortha chun báis = sentenced to death

mion éithigh = perjury

saothar liteartha = literary output

crochadóir = hangman

comhfhreagras = correspondence

comhréir agus gramadach = syntax and grammar





# WE'RE LENDING

## Our Lady Crowned Credit Union

For big dreams, small dreams  
and those in between,  
we can help with your finance  
- just talk to our team!



CONTACT US TODAY ON  
021 450 4923 OR VISIT  
[WWW.OLCCU.IE](http://WWW.OLCCU.IE)

IMAGINE MORE



**Our Lady Crowned**  
Credit Union Limited

Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Our Lady Crowned Credit Union Limited is regulated by the Central Bank of Ireland.





## Looking back at 2019



Paddy O'Brien with Glanmire Over 60's Talent Competition winner Eric Downey, Glanmire Credit Union Sponsor Eamon O'Neill, Sean O' Sullivan, Glanmire Over 60's organiser and Donal O'Connell, reigning Cork Over 60's winner.



The Mayfield Mens Shed Choir have an average age of 72 and a total age of 1100. In the year and a half since forming the choir, they have performed for the Lord Mayor of Cork and have previously sang in front of 500 people at Pairc Ui Chaoimh, in nursing homes, schools, churches and charity gigs. The group recently got a yes from all four judges on Ireland's Got Talent



Jackie Deasy of Noel Deasy Cars presenting the keys of the Papal car used to transport Pope Francis on his recent visit to Ireland to Deacon David Lane with his son Michael. This car will be on display in Our Lady Crowned Church, this coming weekend at Saturday and Sunday masses.



Sarsfields Camogie 2019 Senior County Champions



St. Patrick's Day Festival of Winners in Upper Glanmire



The Lord Mayor's 59th Gala Christmas Concert

## Copper Valley Rockets Charity Run

The Coppervalley Rocketts who completed a 16 km and 10 km run for the great Limerick virtual challenge in December







# Glanmire

Area Community Association

[gacacork@gmail.com](mailto:gacacork@gmail.com)

[www.glanmireareacork.com](http://www.glanmireareacork.com)

## GOOD NEWS ... GLANMIRE FLOOD DEFENCE APPROVED

Brilliant News as outlined in the Irish Examiner on Saturday 16/1/2021

by Sean O Riordan that the long awaited flood prevention scheme in Glanmire has finally been approved, but unlikely that construction will start until August 2021 at the earliest.

Public expenditure Minister Michael Mc Grath has approved the €14 million flood prevention scheme for Glanmire, which suffered a major flood on June 28th 2012.

Flooding caused tens of millions of euro in damage to around 70 households, businesses, sporting facilities, children's playground etc after the Glashaboy River burst its banks following torrential rain. Last September Minister McGrath accompanied by local TD Padraig O'Sullivan spoke visited the area and spoke to residents' associations, and business representatives and promised to bring the project to fruition as quickly as possible.

Most residents in this estate have been unable to get flood insurance cover since the 2012 incident.

During that incident the local GAA pitch was covered up to the height of the crossbar, and all facilities were out of action for over twelve months and cost many thousands of euro to return to its original state, properties were left under six foot of water and some residents had to be



An image captured in Meadowbrook after the devastating floods in 2012

rescued from their homes by Civil defence volunteers using inflatable boats.

The OPW plan to provide protection for more than 100 homes, businesses and sporting facilities which stretch from Sallybrook down stream to Glashaboy Estuary Local TD Padraig O Sullivan who accompanied Minister Mc Grath stated that the project is unlikely to go to tender until March 2021 and the chosen contractor is unlikely to make a start until August 2021.

The Community Association wish to acknowledge the work of Padraig O Sullivan TD, for helping to bring the project to fruition, to Local CLLR

Ger Keohane who led a petition and campaign, and to Meadowbrook Residents association who led the campaign up front for almost nine ears, and any many others who have helped along the way.

Happy to convey that the Sport and Amenity Fund of Cork City Council has provided funding of €30,000 for a new cluster outdoor calisthenic gym in the

John O Callaghan Park. The gym equipment will include age friendly elements, And will also be wheelchair friendly. A welcome and beneficial additional to our park. In relation to another significant grant application: Glanmire Area Community Association were unsuccessful in our application For a €100,000 Town and Village grant. While we were obviously disappointed, we are satisfied that our turn will come, we will learn from this application and be ready for the next opportunity in the future.

Communication with the City Council is good and things are happening slowly, and we are optimistic for the future. Amenities are a priority. Clearly lockdown has shown us that our facilities are inadequate as walkways are grossly overcrowded. Areas & walkways we were eager to improve and develop are now extremely busy and need attention in the near future in order to serve our community.



## COMMUNITY GAMES

This is a call out for any available volunteers who are willing and able to lead the local Community Games. One of the long serving GACA Directors, Michael Burns, has led this for many years and feels it's time to handover to someone else. It's an ideal role for someone who believes in giving opportunities to our younger members of the community. Leading them in a variety of team activities and enabling them to have fun in a healthy and positive manner as they represent their community. For further information please contact **Michael** on **087 2597023**

## WELL WISHES & THANKS to DAVID O'BRIEN



We would like to wish David O'Brien| Cork Age Friendly City Programme Manager/ RAPID Coordinator| Community, Culture and Placemaking our best wishes in his new role as City Librarian. David has been the lead in our local Covid Response Team but has also went above and beyond to assist us in so many areas. A true gentleman and a dedicated, outstanding representative we had the absolute pleasure of working with. Thanking you David & we hope our paths will continue to cross.





# White's Cross GAA News

whitescrossgaa.ie

## Christmas Draw Postponed

Our Christmas Draw had been scheduled to take place on Saturday 9th of January. Owing to the surge in Covid cases in the month of January and in line with the Government's updated restrictions, White's Cross GAA has taken the decision to POSTPONE our Christmas Draw until further notice. We are very keen to hold the draw as soon as is possible. However, it will be public health and government guidelines that will determine when we are able to safely proceed.

We will look at different options to make it a safe draw for everyone. Currently if we proceed with the draw there would be 50 plus people making a journey to White's Cross GAA Grounds they wouldn't otherwise be making (to return tickets). Thank you for your understanding

and for supporting **White's Cross GAA**.

## Upper Glanmire Community Association Funding

A big congratulations to our friends in the community association on securing a grant of €100,000 from the Department of Community and Rural Affairs. This money has been earmarked for the development of a geodesic dome, increased access to the community gardens and landscaping /rain-harvesting system. It is great to see local infrastructure being developed in this manner. Well done to all involved in securing the loan.

## White's Cross GAA Astro Pitch Development

Of course, 2021 is the year where we intend to complete our own major infrastructural development with the laying of an all-weather, floodlit training facility. We

secured our own sports capital grant at the end of 2019.

Though, the astro-pitch will be the centre piece of this development, there are a host of other significant improvements to our facilities. These include the draining of our current main playing-pitch, the fencing of the same and having a fully floodlit walking path around the perimeter of the field. These developments in their totality will ensure that the White's Cross club grounds will be a hive of activity all year round. A significant amount of work has gone into this already. The committee is currently working on various aspect of what is a very big project. We are looking to secure a contractor and budget for the same.

We are also planning to host a major fundraiser later in the year (late summer/Autumn - date

to be confirmed) which will have the dual aim of raising some of the finance needed to pay for the project while also bringing the club/community together to mark the occasion. We will update all our supporters of any/all progress made as the work progresses.

## Ryan's SuperValu Loyalty Scheme.

White's Cross GAA would like to send our thanks to Ryan's SuperValu for their donation to the club as a result of the excellent Local Loyalty initiative that they ran last summer. Liam Ryan and his team have been great supporters of our club over the years and this is another generous example of this support. We are delighted to be able to help out with deliveries last summer when this pandemic started. A big thank you also to all of the shoppers that collected points on behalf of White's Cross GAA.

## New extension to Mayfield Community School



In recognition of the expanding pupil numbers in Mayfield Community School, where a GaelCholaiste was established in September 2020, the Department of Education & Skills has approved funding under the Additional Accommodation Scheme 2021. This funding is for a new extension to the school, including the

construction of two new classrooms and supporting facilities, commencing in 2021.

Mayfield Community School is delighted with this announcement which is of substantial benefit to the school and its local community.

K.Daly  
Acting Principal

**O'REILLY'S**  
*Fish & Chips*

**NOW SERVING PIZZA**



oreillysfishandchips.com

**Glanmire 021 4820610**





Bhronn Rang Barra Bl.2, seic luach €150.00 ar Ann Mc Kernan, ionadaí Naomh Uinseann de Pól an tseachtain seo a d'imigh tharainn. Bhailigh siad an t-airgead, as a stuaim féin, ag súil le cabhrú le daoine atá ar an ngann chuid. Ár seasamh oraibh a dhaltaí. Táimid an-bhróidiúil as aibh go léir.



Bhí ana lá ag na daltaí idirbhliana ag Fota Island Adventure. Cé go raibh siad an-salach ag deireadh an lae, fós féin, bhí mionghaire ar gach aghaidh

ATHuas; Roinnt spraoi ag daltaí Bl.2. Thíos: Masc Nollag deartha ag Laura de Róiste Bl.1



Thall: Comhghairdeas mór le Emily Cáit Ní Mhurchú agus Aoife Ní Dhonnchú a bhain an chéad áit agus an dara háit amach i gcomórtas na bpostae le linn seachtain na dteangacha sa scoil. Tá ealaíontóirí iontacha againn sa scoil.





## ERIN'S OWN LADIES CLUB



U12 Camoige Team



U16 Camoige Team



Minor Camoige Team



Emily Kenny & Judy Cogan U10 Camoige Players



Saoirse, Farrah & Kate



U13 Camoige Team



U12 Camoige Captain Roisin Connolly



#20X20 #ShowYourStripes  
#Can'tSeeCan'tBe  
New members always welcome.



## FIONA TWOMEY SOLICITORS

3 Eastgate Village, Little Island, Co Cork  
021 4355405 and [reception@fionatwomey.ie](mailto:reception@fionatwomey.ie)  
Please contact us for all your legal needs  
**Special Rates for FIRST TIME BUYERS**





## New Inn School



Fota



Virtual Hugs inspired by Adam

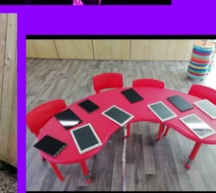
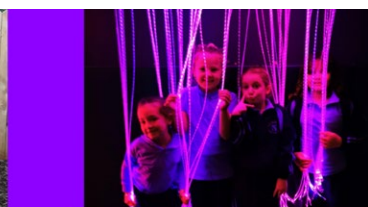
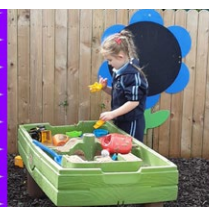


We had an elf in New Inn!



To see more information about our school, visit:  
[www.newinnglanmire.scoilnet.ie](http://www.newinnglanmire.scoilnet.ie)

Application Forms are now available for enrolling children in our school.  
Email: [sgmi.inn@gmail.com](mailto:sgmi.inn@gmail.com)







## T Trades & Services

### Chiropodist

Glanmire Medical Centre  
Home visits also available

Gift Vouchers Available  
FOR APPOINTMENTS

(021) 4866745

(086) 3693204

Frances Nolan

NCC, LCCH, M.I.CH.POD.ORG

### PAT SMITH ELECTRICAL

Industrial, Commercial,  
Domestic, Computer Wiring,  
Frost Heaters  
NO JOB TOO SMALL

**087 237 9301**

**021 430 0495**

Registered Gas  
Installer



### GLANMIRE GAS BOILER SERVICES

• Service • Repair •  
Replace

**086 8655132**

Email: barryaoleary@gmail.com

FREE Quotations on Boiler Zoning



**PAINTING &  
DECORATING**

**DOMESTIC & COMMERCIAL**

GLYNTOWN, GLANMIRE, CO. CORK

**POWER WASHING • PATIOS • DRIVEWAYS • GUTTERS**

Contact Mick: 085 104 5134 - 021 482 4749

mdpaintinganddecorating@gmail.com

FREE QUOTATION •

REFERENCE AVAILABLE •

INTERIOR & EXTERIOR •

FLOORS SANDED & VARNISHED •

HAND PAINTED KITCHENS •

WALLPAPERING •

FULLY INSURED •



No job too big or too small

### seai CIARAN LOONEY HEATING & PLUMBING



**COMPLETE BATHROOM FITOUTS**

**TILING - PLUMBING - ELECTRICAL**

Mobile: 086 3557235

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



### SITE WANTED

Site for residential build wanted within  
Glanmire vicinity for local Glanmire family

Approximately 0.5 acres and ideally site would have planning permission

**086 8294713**

### MICKS FUELS

**Your Local Coal Man**



Coal, Blocks, Turf & Kindling

Tel: 087 628 9666

Fuels for Stoves

*Delivered Direct to the Coal Bunker Free*

### JCB Hire



**Contact Dan  
087-2532550**

### GLANMIRE VAN REMOVALS



**Van & Driver  
for hire**

**086 0606551**



www.chimneycleaningcork.ie  
info@chimneycleaningcork.ie

tel: 087 99 11 017

### CHIMNEY SWEEP POWER WASHING

Driveways Walls Fascias Soffits  
Gutters Downpipes Roof Surfaces

For all your Power Washings needs

Contact Patrick

**087 99 11 017**

Power Sweep & Vacuum Technology



**GIVE YOUR HOME A FACELIFT**

Fully Insured

Windows Cleaned,  
including Frames & Exterior doors

Fascia, Soffit & Gutter Cleaning,  
Gutters Emptied

Powerwashing of Patios,  
Footpaths & Drives  
Chimney Cleaning

For Bookings or Quotes call Glenn

**021- 4642126**

**087- 9542828**

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

### FACE MASKS Double layer 100% Cotton

All proceeds go to the charity  
"Embracing the World"

For orders contact  
**0861026309**

or email

[bindubegley@gmail.com](mailto:bindubegley@gmail.com)



**Ryan Roofing &  
Renovation  
0867263392**

Fibreglass roofing, slate  
tile, torch on.

All types of carpentry

Fully Insured

[barryryanchippy@mail.com](mailto:barryryanchippy@mail.com)

References available






**GLANMIRE**  
THE REAL  
TURKISH BARBER

Unit 2B, Hazlewood Centre, Glanmire, Co. Cork  
**086 4104796**

**SOUTHERN SERVICES**

**OIL  
BOILER  
SERVICES  
& REPAIRS**

Computerised Servicing for Higher Efficiency

**MICHAEL DUFFY 086 - 2591116**

Established 1991

**Alan's  
TYRES**

**4820202**  
**085 8114595**

5b Glanmire Industrial Est.  
Glanmire, Co. Cork

- All Leading Brands
- Alloy Straightening
- Wheel Alignment
- Electronic Balancing
- Headlight Alignment
- Light Bulbs
- Wiper Blades
- Puncture Repair

**Open**

Mon-Thurs	8-6
Fri	8-7
Sat	9-4.30

inc. Lunch hour

**Smiles&More**  
Complete Dental Care

**Eastgate Village,  
Little Island, Co. Cork**  
**021-4297444**

**Receptionist Wanted- Immediate Start**  
For a busy general dental Practice  
2 days/week  
Experience essential  
[customer@smilesandmore.ie](mailto:customer@smilesandmore.ie)

**EMERGENCY GRINDS**  
From Mon 31 Aug - Covid Regulations Compliant  
J.Cert: Maths, Eng, Gaeilge, Sci, Geog, History  
L. Cert Maths, Eng, Gaeilge, Bio, Chem, Physics  
Highly qualified and experienced teacher  
(Back from Retirement)  
Department Registered Home Tutor  
State Exam Corrector - Gaeilgeoir  
**Enquiries to Micheál**  
**087 6916575**





**LAWNMOWERS      STRIMMERS      RIDE ON'S**

**WGH GARDEN EQUIPMENT REPAIRS  
AND SALES.**

**021 4513526 / 085 8631860**

If you have something that is not working like it should, you have come to the right place. Give WGH small engine services a call to get it back into shape.

If you need a reliable Lawnmower Repair Service / sales, contact WGH garden equipment repairs and sales. We are available to provide skilled, affordable services that suit your specific needs and schedule.

**Overall Operation - Testing- Blades, Air Filter, and Fuel Filter Replacement**

**NO JOB TOO SMALL, LAWNMOWER DECKS REPAIRED**






**support local business**

We cover clients in Watergrasshill and the surrounding areas, so no matter where you are let us know how we can help.

Email: [wghsmallenginerepairs@gmail.com](mailto:wghsmallenginerepairs@gmail.com)  
Phone: 021 4513526 Mob: 085 8631860

**A COLLINS  
GLASS & GLAZING**  
**086 4044665**

**ALF COLLINS**  
Glass & Glazing  
Window & Door Repair



• Emergency Glazing Repairs  
 • Fogged-up Double Glazing  
 • Broken Glass  
 • Hinges  
 • Patio Wheels  
 • Draught Problems  
 • Tabletops/Mirrors  
 • Upgrade your Existing Windows to A-Grade Insulated Glass

**A COLLINS  
GLASS & GLAZING**  
**086 4044665**



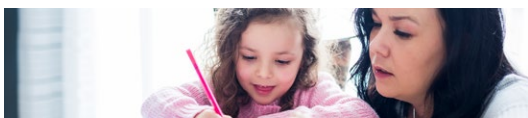


# Glanmire Library



Glanmire Library is currently closed until further notice. In the meantime why not use our online services while we are shut. You can borrow eBooks, eMagazines, listen to music, take an online course, all free with your library card. Those with an interest in history can browse Cork Past and Present, our Interactive Timeline 1918 to 1923, or browse our online exhibitions. If you are not a library member already, you can now join the library online. This will allow you to use our online services. You can also manage your library account online. All links are available from our homepage at [www.corkcitylibraries.ie](http://www.corkcitylibraries.ie).

## Children's Corner with Mary



### Homeschooling Tips

#### Get into a routine

Sticking to a routine of getting up at the same time is so important. As well as them getting the recommended 8 hours sleep, this also distinguishes between weekdays and weekends for them.

#### Have a dedicated space

Choose an area of the house for Home schooling sessions that you and your child can sit and work at together.

#### Make a timetable

Start with the subjects that your child likes the most and once they have got going, sneak in bits they don't like.

#### Factor in quiet periods

Younger children could listen to an audio book. Cork city libraries have a wide range available to download for free. Visit [corkcitylibraries.ie](http://corkcitylibraries.ie) to find out more. Everyone needs a break from each other at times too!

#### Get moving

Fresh air and exercise are so important for your child. If they were in school they would have PE and yard time right. These activities are not only good for their physical health, but also their mental wellbeing, as it allows them to distress and have a break.

#### Don't be afraid to ask for help

If you or your child are struggling with a topic or have an issue, teachers are more than willing to speak to you. They are still your child's teacher, and are there to assist. A quick email or chat could make all the difference

#### Be kind to yourself

This is the most important tip!!

Remember, you are not a teacher, your home is not a school. These are unprecedented times. Take it easy on yourself and your children. They might not remember what you taught them during this time, but they might well recall how you handled it.



*The beautiful engraving of Glanmire Bridge was drawn by A. Westall A.R.A. and was published by Charles Tilt Fleet Street, London in 1829.*

(Image courtesy Michael Lenihan)

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

## Book Review with Denise

### A Guarded Life - Majella Moynihan

This is the story of Majella Moynihan who at the age of eighteen months together with her four sisters were sent to an orphanage following the death of their mother, their father abandoned them to find a new life for himself in London. Her early years in the orphanage were happy but as a change in management the atmosphere in the industrial school changed. She was regularly beaten and bullied at the hands of the nuns. It was only at sixteen she realises she would have to stand up for herself by challenging the nuns. She completed her leaving Cert while at the Orphanage and at the age of eighteen she moved to Dublin. Her ambition was to become a member of the Garda Síochána as she saw this as an opportunity to right some of the wrongs that people experienced in their daily life. Her dream came through when she was accepted into Templemore. Little did she realise at this point that her inner strength was about to be tested again at the hands of the Church and State. She became pregnant when she was studying for her Garda exams. Majella describes in full detail about how the church and state judged her as a result of her current situation. She experienced depression as a result of the action of her Superiors and the treatment she was exposed to. When reading this book, you think it was Ireland of the 1940's rather than 1980's. It is very well written and gives a fascinating account of a woman's experience of working as a Bangharda in Ireland of the 1980's.



## Local History with Michael



### Glanmire Village 1837

Samuel Lewis was the editor and publisher of topographical dictionaries and maps of Britain and Ireland. His aim was to give a condensed, faithful and impartial description of each location. This is an extract from Samuel Lewis Topographical Dictionary of Ireland 1837. Historically it is very interesting as it provides the names of the major landowners, big houses and industrial mills in the area. This account was printed just 10 years before the Great Famine struck which was to have devastating consequences for the area.

Glanmire, a village, in the parish of Rathcooney, North Liberties of the county and city of Cork, and province of Munster, 4 miles (E.) from Cork, on the road to Dublin; containing, in 1821, 558 inhabitants; at the last census the population was returned with the parish. The village is situated on both sides of the river Glanmire, which, after meandering through a beautiful glen, empties itself under a drawbridge of cast iron into the river Lee.

The vicinity is enlivened with many plantations, hanging woods, and the number of gentlemen's seats and villas with which it is adorned.

The principal residences are Lota House, that of W. H. Greene, Esq.; Lotabeg, of D. Callaghan, Esq.; Lotamore, of the Hon. C. L. Bernard; Dunkittle, of A. Morris, Esq.; Sun Lodge, of W. Oliver, Esq.; Lota Lodge, of J. S. Barry, Esq.; Fort William, of Mrs. Baker; Glentown, of Mrs. McCall; Glanville, of E. Newsome, Esq.; Woodville, of N. M. Cummins, Esq.; Lota Park, lately purchased by J. J. Murphy, Esq.; Jane Mount, of W. Hickie, jun., Esq.; Lake Lodge, of John Martin, Esq.; Castle Jane House, of R. Martin, Esq.; Castle Jane, of H. Lawton, Esq.; Mina Villa, of J. Hardy, Esq.; Glanmire House, of Ed. Morrough, Esq.; North Esk, of J. Carnegie, Esq.; Park Farm, of H. Morrough, Esq.; Spring Hill, of G. Waters, Esq.; Glen View, of R. Young, Esq.; and Sallybrook, of J. Hodnett, Esq. In the village are extensive flour-mills, belonging to Mr. Shaw, and in the vicinity are those of Messrs. Thorley and Son, for finishing calico and linen, upwards of 1000 pieces being the weekly average; these gentlemen have also an establishment for bleaching and dyeing, and employ upwards of 200 persons; about the same number are engaged in the Glanmire woollen factory, higher up the river, by Messrs. Lyons and Hanly. The river is navigable for lighters up to the village at high water, which bring up coal, culm, sea-sand for manure, and other articles for the supply of the neighbourhood. The parochial church, a plain neat building with a tower and spire, is in the village, and was erected in 1784, on a site given by R. Rogers, Esq.; and at a short distance is the R. C. chapel for the union of Glanmire. Here are also male and female schools, supported by the rector; and a female school was built and is supported by Mr. Hickie. A dispensary is open for the relief of the poor, and a clothing society has been established.



021 238 9795



[glanmire\\_library@corkcity.ie](mailto:glanmire_library@corkcity.ie)



Find us on Facebook







## Upper Glanmire ICA

### Update on Guild activities:

• Many of our members have joined in a small project, we are making some 'blankets of hope' for the Cork Cancer Care centre. Hopefully we will be able to deliver them in April/May.

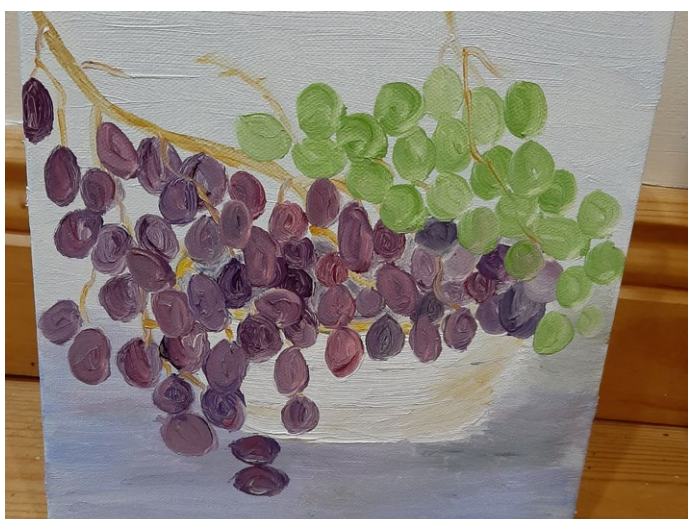
• We now have set up a WhatsApp group and 19/30 members are using it. It is great for sharing our baking, crafts and stories.



One of Betty Burke's beautiful tapestries



One of Betty Burke's beautiful tapestries



A painting from one of our members



Sausage plait

### February Recipe: Sausage plait

#### Ingredients

- Packet of skinless sausages (16)
- 2 small baby peppers
- 1 large onion
- breadcrumbs (2 slices)
- 1 tomato- sliced
- salt , pepper, and mixed herbs
- tomato puree and ketchup
- 1 roll of bought puff pastry
- beaten egg for brushing

#### Method

- In a food processor, completely break down the sausages. Transfer to a large bowl.
- Shred your peppers and onion, add to sausage meat.
- Make your bread crumbs and add to mixture.

- Add your seasoning and herbs
- In a bowl, squeeze about half a tube of purée and mix well with about 3 tablespoons of ketchup
- Mix well the tomato sauce mixture into the sausage mixture to bring it all well together.
- Roll out the pastry sheet, width and length
- Place your sausage mixture neatly right down the centre, and place sliced tomato along the top.
- You can simply cut off the 4 corners, and fold in the top and bottom end, and fold the 2 sides in , one on top of the other, and put a few diagonal cuts on it. OR check out how to plait on YouTube
- Brush with beaten egg.
- Bake at 180°C for about 40min



A knitting project from another of our members





## Scam Alert

### How to Recognise the Signs of a Scam and What to do After



With fraudulent behaviour at an all-time high, it's important that we take time to familiarise ourselves with the signs of a scam and how to deal with it.

Some scams, are of course, more obvious than others, but it's the new creative attempts to rob us of our money that we must all be on the lookout for. Phishing is a cyber-crime that uses disguised text messages and email as a weapon. The goal of the scammer is to trick you into believing that the message is something you want or need and is from a source they know or trust. For example,

a request from your bank with a click to a link or a downloadable attachment or a notification to pay customs duties on a home delivery.

Speaking about the increase of scamming ploys and what we can do to protect ourselves, John Beausang and Yvonne Rayner, Cork City's Citizens Information Managers, both agree, "There is a big increase in the number of people contacting us about scams. Some can be quite obvious, while others can be very difficult to recognise.

If in doubt, do not open the message or email,

click on the link, or engage in any way and don't hesitate to contact the company to verify if the communication or message is real or not. If you have any concerns please contact your local Citizens Information Centre, we remain open and are here to answer any questions you may have.

Scammers are cunning and believe that they are above the law, this is why we must be one step ahead of them at all times and know the signs, and how to protect ourselves from scams. Be very cautious of;

• Unsolicited contact

from a company out of the blue

- A deal that seems too good to be true
- You are asked to share personal details
- You are being pressured to respond quickly or transfer money quickly
- You have been asked to pay by an unusual method, for example through a transfer service like Western Union or virtual currency like Bitcoin
- Misspellings or grammatical mistakes
- Unusual email addresses

For anyone needing information, advice or have an advocacy issue, they can call a member of the local Citizens Information team in Cork City on 0761 07 6950 (Cork City Centre) / 0761 07 6850 (Cork City North), they will be happy to assist and make an appointment if necessary.

The offices are open from Monday to Friday from 10am to 4:30pm. Alternatively you can email us on [cork@citinfo.ie](mailto:cork@citinfo.ie) or [hollyhill@citinfo.ie](mailto:hollyhill@citinfo.ie) or log on to [www.citizensinformation.ie](http://www.citizensinformation.ie) for further information and contact details.



## We are here to support you in Glanmire

Phone us Mon - Fri, 10 - 4:30pm on 0761 07 6880

Providing you with free and confidential information, advice and advocacy on

- SOCIAL WELFARE
- HEALTH
- FAMILY MATTERS
- HOUSING
- EMPLOYMENT RIGHTS
- INCOME SUPPORT



[blackpool@citinfo.ie](mailto:blackpool@citinfo.ie)



National phone line 0761 07 4000  
9am-8pm, Mon-Fri



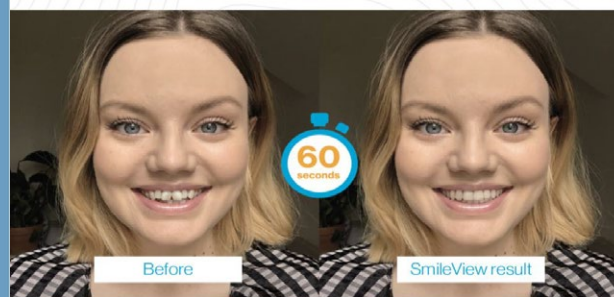
[citizensinformation.ie](http://citizensinformation.ie)

Funded and supported by the Citizens Information Board



## Try on a new smile in 60 seconds!

Scan the code below and take a selfie to start your SmileView experience.



Scan the QR code with your iPhone camera and you will be taken to the SmileView page to start the experience. Alternatively, type in the link below.



<https://www.invisalign.ie/SV/1282264>

© 2010 Align Technology (BX). All Rights Reserved. Invisalign, ClinCheck and SmartTrack, among others are trademarks and/or service marks of Align Technology, Inc. or one of its subsidiaries or affiliated companies and may be registered in the U.S. and/or other countries. This is an Align Technology BX initiative. Arlandweg 161, 1043H Amsterdam, The Netherlands. 208571 Rev A

Like what you see? Join us for our open day on **Wednesday 10<sup>th</sup> February** to take advantage of our exclusive launch offer! We now also offer **virtual consultations** for your safety and convenience!

Book today on 021-4297444  
e-mail us on [customer@smilesandmore.ie](mailto:customer@smilesandmore.ie)







# Notice Board

## GLANMIRE INDOOR BOWLS

Community Centre,  
Riverstown

Wednesday Nights 7.30pm  
to 9.30pm

Over 18s, Males &  
Females welcome

Contact: 021 - 4821333

## Beech Grove Boarding Kennels

### UPPER GLANMIRE HOME AWAY FROM HOME

Spacious out-door runs.  
Personal Supervision.  
Up to date  
vaccines essential.

Tel: 021 4858484

Mobile: 087 2163658

[www.beecharoveboardinakenels.com](http://www.beecharoveboardinakenels.com)



## NoBillsTV.ie

### Free TV

SAORVIEW Combi Pack

Over 100 channels



Only €299

We repair Sky systems

Call James 021 487 2817

Call or text 087 269 1215

## "You Are Not Alone"

For those who are bereaved or  
affected by suicide.

The coming together of those  
similarly bereaved can offer the  
opportunity to gain strength  
and understanding from individuals  
who have experienced the loss of a  
loved one through suicide.

For more information contact

Collette on 087/1897315 or

Anthony on 087/6838861

## RL FURNITURE Wood Cutting Services

FROM ONE SHELF TO A FULL HOUSE OF FURNITURE  
AND FOR ALL YOUR DIY SUPPLIES

Unit 13, Glanmire Business Park,  
Glanmire, Co. Cork.

Email: [rlwoodcuttingservice@gmail.com](mailto:rlwoodcuttingservice@gmail.com)

Tel: 021 4820770

Mbl: 086 9840357

086 3478228

## BOOKKEEPER AVAILABLE IMMEDIATELY

**AIRBNB ACCOUNTS**  
Do you need to give  
your AIRBNB  
ACCOUNTS to the  
Revenue?

I specialise in small  
family business

No job too small  
Free first  
consultation  
**Siun Ni Chruialaoi**  
087 2247151



**Joe Organ**  
AUCTIONEERS

**Selling?**

Talk to Joe  
T: 086 6013222

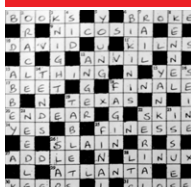
## Across

1. Not drunk (5)
6. Not thin (5)
9. Nourish, provide for (7)
10. Not dirty (5)
11. Woman's name (5)
12. Wading bird (5)
13. Nimbleness (7)
15. Type of file (3)
17. Yield (4)
18. Antenna (6)
19. Lessened (5)
20. Go on a journey (6)
22. Type of Volkswagen (4)
24. Long fish (3)
25. Computer screen (7)
26. Small fight (5)
27. Musical instrument (5)
28. Volunteer (5)
29. John Lennon song (7)
30. Articulate (5)
31. Rub out (5)

## Down

2. Do a favour (6)
3. Permit (6)
4. Go quickly (3)
5. Deadpan (5)
6. Fell over something (7)
7. In this place (4)
8. Country north of US (6)
12. Pilfer (5)
13. Angle less than 90 (5)
14. Perfect (5)
15. Aircraft driver (5)
16. Ground surface of room (5)
18. Famous for fables (5)
19. Warm reception (7)
21. Do again (6)
22. Steal (6)
23. Sweethearts (6)
25. Madonna Nickname (5)
26. Narrow opening (4)
28. Unit (3)

**Crossword Winner: Laura Savage, Ballinrostig, Midleton, Co. Cork**



While every care is taken in the compiling of this newsletter the publishers cannot accept responsibility for any errors or omissions. Services provided are between advertisers and clients, we do not accept responsibility for work / services carried out. Adverts created & designed for the news letter are the property of Glanmire Area News. The views expressed by contributors to the news are those of individuals and are not the responsibility of the news editor. Individuals writers must verify their article content.

SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th February. 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.





**DNG**  
DOUGLAS NEWMAN GOOD

**MURPHY CONDON**

*"YOUR MOVE OUR PEOPLE"*

# THINKING OF SELLING?

WE CAN VALUE YOUR HOME BY **EIRCODE**  
WORKING TOGETHER WHILE STAYING APART

*"Stay Home Stay Safe" give us a call on 021 4821788*



253 Old Youghal Road, Dillons Cross T23 N2Y3  
3 bed terraced house €280,000  
BER: D2 BER No.113104020



20 Radharc na Tuaithe, Knockraha T56 YD21  
4 bed detached €420,000  
BER: B3 BER No.113457584



85 Elmgrove, Sallybrook, Glanmire T45 HY63  
3 bed semi detached €260,000  
BER: C3 BER No.100987247



48 Meadow Park Road, Ballyvolane T23 F4A8  
3 bed semi detached €199,000  
BER: E2 BER No.113215271



3 Hazelwood Gardens, Glanmire T45YV25  
4 bed detached house €325,000  
BER: C3 BER No.108928914



Martello Tower, Belvelly, Cobh P24 HE63 POA  
Three bedroom family home with further potential, stands on approximately one acre of mature gardens. BER EXEMPT