



GLANMIRE Area News



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6000 FREE

Glyntown Care Centre V-Day

Celebrating the receipt of our 2nd Covid Vaccine last Wednesday 17th of February. We have been so fortunate to have stayed Covid free throughout the pandemic, due to the hard work of our staff, the resilience of our residents and the continued support from all our families, the Glanmire Community and local businesses and schools. We look forward now with hope that we may welcome our families, friends and visitors into our home again and hope to see you all soon!



Nancy Clarke



Staff: Caroline Horgan, Noelette Moynihan



Sheila O'Donovan



Donal Hurley



Glyntown Care Centre Staff

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Claiming Tax Relief on Utility Bills when Working from Home



Mayfield Citizens Information Centre
Roseville House, Old Youghal Road, Mayfield
Tel: 0761 07 6880

I'm working from home because of COVID-19. Can I claim tax back on my utility bills?

If you are working from home (also known as e-working or remote working), you may be able to claim tax back on your broadband, heating and electricity bills.

You qualify for the tax relief if your employer formally requested you to work from home and you:

- Log onto a work computer remotely
- Complete your duties from home
- Work at home for substantial periods of time

This applies to part-time and full-time workers.

How much can I claim?

Some employers already pay their employees an allowance towards broadband, heating and electricity expenses. You can get up to €3.20 per day without paying any tax, PRSI or USC on it. However, you must pay tax, PRSI and USC as normal on any amount above €3.20.

If your employer does not pay you an allowance for expenses, you can make a claim for tax relief at the end of the year using Revenue's myAccount service.

The amount you get is based on:

- How many days you worked from home (excluding non-working days and annual leave)

- The cost of the expenses
- Revenue's agreed rate for calculating the cost of running a home office (10% of your electricity and heating bills and 30% of your broadband bill)

If you split your bills with someone else (such as a partner or house mate), you can only claim tax relief on your share of the bill.

Keep a record of all your receipts and bills so that you can account for each expense you intend to claim. You may also need a letter from your employer stating that you work from home.

How do I submit my claim?

You can see worked examples of how to calculate your claim. Example 1 covers a person who pays the bills on her own. Example 2 explains how to calculate e-working costs where you share your bills with someone else. Claim your tax relief at the end of the year using Revenue's myAccount service.

1. Sign into myAccount
2. Click on 'Review your tax' link in PAYE Services
3. Select the Income Tax return for the relevant tax year
4. In the 'Tax Credits and Reliefs' page (Page 4 of 5) select the 'Your job' tab. Select 'Remote Working Expenses' and insert the amount of expense at the 'Amount Claimed' section

During the COVID-19 pandemic, you can find comprehensive integrated information online at citizensinformation.ie/covid19/ and you can get daily updates on what's changed on Twitter at [@citizensinfo](https://twitter.com/citizensinfo). You can also get information and advice from:

Further information is available from the Citizens Information Service below. Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public.

Hollyhill CIC: (Tel: 0761 07 6850): Open to phone queries only Monday to Friday 10am-4pm

Blackpool CIC: (Tel: 0761 07 6890): Open to phone queries only Monday to Friday 10am – 4pm

Mayfield CIC: (Tel: 0761 07 6880): Open to phone queries only Monday to Friday 10am – 4pm

Information is also available from the Citizens Information Phone Service 0761 07 4000 or online at www.citizensinformation.ie



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2021 VIRTUAL AGM

TUESDAY 9TH OF MARCH AT 8PM VIA ZOOM

NEW MEMBERS WELCOME



2021 AGM AGENDA

Meet and discuss ideas to assist local businesses, during these challenging times... together we are stronger

New committee members are welcome to come on board for 2021.

To register and receive a link please forward your email address and details to:

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DOLPHIN SWIMMING CLUB

Dolphin Swimming Club leading the way in athlete engagement during prolonged period of pool closures.

It's now been one full year since COVID19 hit these shores with such devastating impacts on all areas of society. On March 12th, 2020, the government imposed strict school, sports facilities, and business closures in what was the first national lockdown of the pandemic in Ireland. At first, a two-week lockdown was touted, with a further two-week extension announced following a rise in cases nationwide. The lockdown extensions continued into the summer months, with a further two similar lockdowns since, one of which we are currently experiencing. Competitive swimming is sport unlike many others. Training must take place in a proper swimming pool, with correct infrastructure supporting each facility and manned by qualified and vetted practitioners or coaches at all times. Not having access to a swimming pool due to pool closures was always going to be a major issue for swimmers in every club.



Dolphin club's Head Coach, Mick McCormack

When the first wave of lockdowns occurred, Dolphin Swimming Club, based in Mayfield Sports Complex needed to ensure that their members remained focused and engaged until such a time that everyone could return to the water again safely, whenever that might be. The club's Head Coach, Mick McCormack, immediately introduced online activities for all the swimmers with home workout sessions being streamed live from a room in his home, or out in the back garden on sunnier days, to members from different squads in the club throughout the week. As the weeks turned into months, and pool access looking less likely, he transformed a room in his house to a fully functioning gym so that he could deliver top quality home workouts on a daily basis to all his young charges in the

club. As a qualified Physical Education teacher, a Swim Ireland Level 3 Coach, as well as qualifications in personal training, mental health skills and wellbeing, Mick has managed to work elements from all these areas into creating a solid and well-rounded plan of action for everyone in the club.

When the pools were given permission to reopen again in July, Dolphin swimmers who had been actively engaging in these virtual workouts were more than ready to return to the water again and looked strong and flexible – exactly how swimmers should be. It seemed the hard work and active engagement with all his athletes had paid off. Pool training continued without interruption right up to the end of October when lockdown 2.0 called an abrupt halt to pool training again. This time though, everything was in place for a swift and seamless return to online training platforms each day with access to the 4G all-weather training pitches in Mayfield Sports Complex acting as a very welcome alternative 3 days a week for some outdoor action with the athletes segregated in small pods of up to 15 in each section. This period of training was crucial as there were now some athletes in the final stages of preparation for the Irish Winter Short Course Nationals in December in Dublin.

During this particular lockdown, Mick and the club committee worked hard behind the scenes to secure some extra training facilities around Cork city. These extra facilities were desperately needed



Astro Session Mayfield Sports Complex

because of the high levels of growth and expansion in Dolphin SC over the last two years. With Mayfield Sports Complex firmly secured as the club's "home base" since 1978, the club now have extra training space across several Cork facilities since November - Leisureworld Churchfield, Leisureworld Bishopstown, Brookfield Leisure and Coral Leisure in Cobh.



Brookfield Leisure- Senior Session

The Christmas training period continued right up until New Year's Eve until lockdown 3.0 was announced again. An initial six-week lockdown announced which has been rolling on since and into at least April at this stage. Again, it was time to get everyone back online and keep managing fitness, learning and interaction during such restrictions.



Leisureworld Churchfield

This time around, further plans had been put in place during November and December in case the inevitable January lockdown was implemented. These plans included a more dedicated and focused gym training routine for each squad. With the help of Seamus Leddy of Mayfield Sports Complex, a strength and mobility programme was developed and rolled out for the intermediate and senior athletes in the club. These 14 & over athletes have access to at least 4 online workout sessions per week, with an extra two more available if they want them. For the junior cohort in Dolphin, Mick partnered with Grattan O'Rourke to run three weekly sessions for those aged 13 & under. Regular online testing forms part of this online engagement with focused work on strength, mobility, flexibility, and conditioning taking place every few weeks following specific training interventions and progressions

with the groups. Mick says that the changes and improvements he and Seamus have observed since December have been staggering and he can't wait to see how they have transferred to the water element when that time eventually returns.

Apart from the online workout sessions, other initiatives have been employed by the club each week to ensure that spirits are kept high and that the members are staying motivated and active of mind as well as body. There's a Saturday flexibility session delivered online every Saturday morning and is open to all members of the club – swimmers, parents, coaches, teachers, and volunteers. It's a short session based on a simple idea of moving. So much time is being spent behind a screen at the moment – whether that's for school, study, work or entertainment, and this session aims to loosen the body out again while giving everyone tools to work on throughout the week.

There are weekly challenges sent out to everyone. In this lockdown so far, we have seen the 'Wall-Sit Challenge', the 'Plank Challenge' and the '50K by Paddy's Day Challenge'. It's not all about fitness though. In February, the Dolphin Bake-Off Challenge proved a massive success. Everyone was challenged to bake something nice and display their creative talents via pictures or video submissions. The challenge was so successful that the club decided to go one better and create a 'Dolphin Bake-Off Challenge Recipe Book'. I'll have more news on that next month so watch this space...

With many more weeks of pool closures ahead of us, plans remain in place for all the club's members. Apart from the workouts, the club have brought in professional speakers to talk to the athletes and the parents. Sport Psychologists, mental health advocates, National and Olympic athletes and many other speakers have already delivered online sessions to our members with so many more planned to deliver talks and workshops over the coming weeks. The club has been applauded by the sports national governing body, Swim Ireland, for their mammoth efforts in keeping everyone engaged throughout these difficult times, with the Head Coach being asked to speak and help with other club's about what Dolphin are doing, but also being invited to assess new Swim Ireland mental health strategies for roll out this year. Dolphin SC truly are leading the way nationally and will emerge stronger on the other side!

Dolphin Swimming Club
page sponsored by
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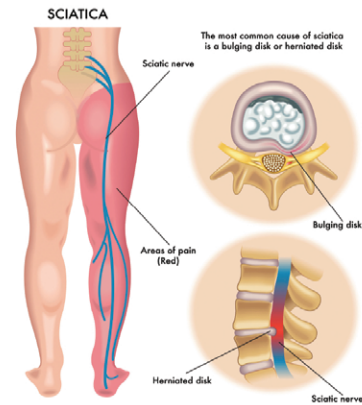
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Are You Living With Sciatica Or Back Pain... When There Is A Non-Invasive, Drugless Solution?



Having back and sciatic pain is a miserable – even crippling – condition.

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.

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

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

Do You Have Any of the Following?

- Sharp pains in the back of the leg
- Lower Back Pain
- Herniated/bulging discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain
- Muscle spasm, sprains & strains

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

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

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

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

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

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

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

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

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

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

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

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

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It's time for you to find out if chiropractic will be your sciatic and back pain solution.

For 14 days only, €40 will get you all the services we normally charge new patients €120 for!

What does this offer include? Everything we normally do in my new patient evaluation.

- An in-depth consultation about your health and well-being where we will listen, really listen to the details of your case.

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

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

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

Don't Let Your Sciatica Get Worse

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

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

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

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

To avail of this offer just tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation.

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

Sincerely,
Dr. Eric Kelly, D.C.

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

THE LATE MARGARET DONNELLY R.I.P.



Margaret (left) with her life-long friend Bernie Cashman at the G.P.P. Reunion

"The end of an era" was a phrase heard frequently when Margaret passed on to her eternal rest on January 30th. The Donnelly family name is synonymous with Glounthaune Parish, in particular the Village, and this extends back to circa 1885 when Margaret's Grandfather Thomas, a brother-in-law of Jack Lynch's mother Nora, acquired the present-day "Rising Tide" from then licensee Margaret Ahern. The licence was transferred to Margaret's father John in January 1924 and Margaret often recalled his catchphrase; "Stroll across and beyond the Crompaun and have a glass of whiskey at Donnelly's in Glounthaune". When John passed on just six years later, on December 16th.1930, the licence transferred to his wife Bridget and on her passing on April 19th.1967; to her daughter Margaret and son John Joe. Their siblings were the late Tommy, whose final appointment with C.I.E. was as Area Manager at Athlone, and the late Michael was a Chartered Accountant at Sherlings Steel, Dublin. One of Michael's daughters' Aileen, a judge of the Court of Appeal who was sworn in on June 19th.2019, delivered a fitting eulogy at the celebration of Margaret's requiem mass. The Donnelly business was not confined to the pub trade; it included the supply of turf in the forties and to this day, hopefully, the grassed area adjacent to the western quay wall is known as "The Bank". This is an apt name because remnants from the turf deliveries to Donnelly's premises nearby were scattered at this location down through the years thereby forming a "turf bank". But no doubt this was disturbed in the course of the sewerage and flood preventative works in 2008. Donnelly's also supplied coal, Kosangas, paraffin oil and indeed animal feedstuffs. The family operated a shop which until the mid-fifties was located on the right hand side as one entered the front door of the building; the bar was on the left. This total area was converted to a bar-lounge in the sixties and

the shop was relocated to the south western end of the building. Many customers obtained their "messages on thick" and the amount owing was partially paid-off each week. Times were tough back then and families in the locality appreciated such generous goodwill. The present day Community Centre building in the Village served as a Schoolhouse until 1981 and there are memories of pupils running across the road to Donnelly's Shop to buy six loose sweets from the jars, or perhaps the black and white striped bulls-eye, the strings of liquorice, maybe sherbets, or even imitation packets of (sweet) cigarettes – what an outcry if such were available today! Donnelly's closed their shop in the seventies and this area offered additional space for the bar-lounge. The family resided in the upstairs of the building and in fact one of the rooms was utilised as a court in the early twentieth century. Various organisations in the parish held meetings there subsequently and interestingly the room was accessed by means of an exterior stone stairway at the gable end which was demolished in the sixties. The bar had been in the Donnelly family for circa one hundred and fifteen years when Margaret and John Joe retired in 2000. They later resided in Little Island and when John Joe died on June 13th.2005; Margaret was the last of that Donnelly generation and now with her sad passing it is indeed "the end of an era". She was a dedicated "Legionary of Mary" and on her annual trips to Knock with the Knockraha Active Age Group she shortened those lengthy bus journeys immensely with her great stories and monologues. Margaret loved her Game of Bridge and she always had a smile and a joke at the Table, and needless to say she was the main contributor in the all-important chat. She was "Guest of Honour" when past pupils of the "Old School" in Glounthaune Village had a nostalgic reunion at a function held at "The Great O'Neill" public house on Friday April 13th. 2018. Margaret was fondly known far and near and the kind sincere condolences offered at the time of her sad passing on were indicative of this. Such included: "Margaret you will be missed but never forgotten for the welcome given to us as newcomers to Glounthaune forty eight years ago. You were a true ambassador for the village"; "She was a pleasure to have known and we relished her wisdom"; "Donnelly's Pub and Shop was a huge part of all our lives growing up in Glounthaune in the fifties and sixties. Great memories";

"I have pleasant memories of visiting Donnelly's Shop during my schooldays in Glounthaune in the fifties to buy penny bars and sixpence worth of sweets from the colourful jars on the shelves, and served by Margaret and her mother. It was the highlight of the week"; "Lovely memories of the shared Christmas gatherings and Margaret's gentle company and recitations"; "And to know she knew all the history of the statue that stands in our grotto. It will stand in memory of Margaret's great faith and character"; "Margaret was my mum's best friend. They cycled to places like Cobh and had tea in Margaret's parlour and looked out for Gardaí from the top window of the pub when there was a late drink"; "She was a life-long friend and was like a sister to me. She will be greatly missed". Ar Dheis Dé Go Raibh A h-Anam Dílis.

THE LATE JOHN MC DONALD R.I.P.



John interviewed on RTE October 1987

Glounthaune parishioners and those residing far and wide were deeply saddened by John's untimely passing on January 20th. Although he did his best to prepare us; it still came as a shock. John was born in Rockgrove and how he loved recalling his escapades when growing-up there in a carefree environment within the forty two acre camp. He, his siblings and their friends made full use of the terrain and the challenges it presented in an idyllic location that could be best described as a haven for adventure back then. John played underage with Erins Own but his sporting passion was shooting and he regularly related the enjoyment he derived from the sport especially when his father Jack participated with him, and that was frequently. John was a member of the Glounthaune Youth Club and in fact was treasurer in 1969 and he also penned articles for the Club's magazine "Community Way". He made national headlines on October 20th.1987 when he was featured on an RTE television news report regarding an upcoming charity event. Forward-thinking John came up with the novel idea of reversing a fifty three

seater, twelve metre coach around the entire one hundred and ten mile length of "The Ring of Kerry". The Aid Cancer Treatment Fund and the Cystic Fibrosis Fund to be the beneficiaries of the £40,000.00 target sponsorship proceeds. The event was a tremendous success as John accomplished his unique praiseworthy venture over the October 31st.1987 week-end. Funeral ceremonies are sorrowful and difficult occasions but even more so in the prevailing circumstances. And against such a backdrop it is admirable that the Village residents' paid respects to their neighbour John in such a meaningful manner; they stood outside their homes and held a lighted candle as his remains passed through the Village en route to the church in the twilight of the evening. It was a poignant scene and one which must have been so comforting for his family. John will be missed greatly and of course most of all by his beloved wife Betty, his son Kevin, siblings Pat, Ann and Deirdre and the extended families. His late brother Barry is especially remembered at this sad time. The condolences offered from the four corners of the parish and well beyond are illustrative of the high esteem which John was held. Such included: "I worked with John for five years at Barry Coaches when he was driving on "Insight Tours" back in the eighties. Always a gentleman"; "John fought the good fight so now may he rest in peace in his heavenly home"; "I am sorry to hear of John's death. A good Glounthaune Village neighbour and Parish man"; "He was a very special person and it was a privilege to have known him"; "Lovely Betty and Kevin, farewell to nicest man, John, who was such a warm gentleman with gracious charm and endearing family pride in you both"; "Words completely fail me on the sad passing of our good friend John"; "Fond memories of John, he was a gentleman with a kind heart"; "So sorry to hear of the passing of John. I have very fond memories of Rockgrove back in the good old days"; "We will remember John as a gentle and helpful contributor to the life and welfare of our parish community over many years"; "Sincere sympathies on the death of John. You were his faithful companion. He was such a man of faith, blessings and prayerful support". Ar Dheis Dé Go Raibh A Anam Dílis.

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Gardening with Charlie Wilkins



Charlie Wilkins

I DON'T BELIEVE IT!

Looking back through the memories in my mind, I recall how our children, the six of them, were astonished when told that their parents once lived without telephone, television, or media networking! The very thought of living with such 'hardship' was difficult for them to imagine, but to this day, what they never really accepted was we had to do without rolls of toilet paper! When asked what was used the standard reply was; squares of the Cork Examiner pierced onto a length of stiff wire hung from the water cistern overhead. And in rural settings, you sometimes had to use whatever came to hand!

Their grandmother, who spent much of her youth on a small farm in East Cork, remembers having to trudge outside nightly to use 'the privy' before retiring to bed. In those days, whether in town or country, in gardens modest and grandiose, a privy was common to all, and many were extraordinarily decorative as well as functional.

But on frosty nights the cold which was usually content to remain outside the timber and brick structure, crept inside as if to shelter from itself. And through the small porthole cut into the door, came wind, rain, and farmyard dust and odours. In the depths of winter, the wooden seat would be caked with

frost while freezing draughts would blow up from the hole beneath! As a young boy, I had that experience on my visits and I must admit that it was very character forming!

Situated deep among the varied outhouses and beside a large ash the view through that porthole was away from the house and out towards Middleton golf links (now Tesco). Although simple in construction and whitewashed inside and out it was to all who used it, a romantic chamber. Above all, it was exclusively yours for the duration providing not only brain-freezing, skin-tingling solitude, but 'relief' in one or two ways and a privacy one fiercely guarded.

Improvements in plumbing and the advent of indoor water closets eventually meant that, in large houses at least, the garden privy soon became the sole preserve of the gardener and his staff. Those who worked outdoors found the privy to be places of quiet mesmeric potency and nowhere was this more evident than in the 'thunder-boxes' at the Lost Gardens of Heligan! Here, the gardeners-using the same pencils they used to write plant labels- wrote their names and graffiti on the wall of the loo. When one went away to fight in the First World War a cross was put next to his name. When they were officially

declared missing or dead, a second cross was added. All this came to light during the garden's restoration, when a fluid used to uncover the names on



faded plant labels was applied to the faint markings on the toilet wall.

Do many outdoor garden privies remain today? Who knows, but very few I suspect. It would be reasonable to assume that most of these once essential domestic outbuildings have been stripped of their distinctive character and are now used as just another garden shed to house the lawn mower, tools, and cover for soft furnishings when rain threatens. If, as I continually suggest, a garden is a place of refuge, then those privies must surely have been a haven of peace and quiet. Have we unknowingly destroyed a period of garden history?

IN THE SPRING GARDEN

THE SHOW-STOPPERS come April are the Crown imperials, Fritillaria imperialis. This tall member of the fritillaria family boasts a tuft of lush, pineapple-like green leaves, and a whorl of bell-shaped orange or yellow flowers sitting on an impressive five-foot stem. If flowering has failed you in the past it's because you may have failed in one or other of its needs (feeding with a high potash food or growing the bulbs in hungry, dry soil. All fritillaries enjoy moisture and Cork has plenty when needed! Feed them as soon as the shoots first become visible. Mine have yet to break ground. Use a general fertiliser or better still, apply that high potash feed as a liquid, every seven to ten days. If they don't flower this year, they certainly will next spring. Ideally, Crown imperials need a deep, rich, well-drained-preferably alkaline-loam soil, and a warm, sunny position. Give water regularly when blooming.

LILY BEETLE. Be advised that lily

beetles attack fritillaries long before their exotic favourites push into the sunlight and fresh air. Watch for them in May as they emerge from hibernation. They look very much like ladybirds but minus the black spots. Remove by hand, crush, or drop into salted water.

LAWN REPAIRS. Repair lawns torn up by jays, crows, rooks and starlings in their quest for pests such as chafer grubs and leatherjackets. Loose tufts of grass should be raked off and the area re-sown. Larger areas may need stripping and re-turfing. Turves are available at many of the larger DIY multiples (B&Q) normally based in the UK but now in every large town. Sold in square yard rolls, the quality is good and the price very reasonable. After the work is completed, keep the area well-watered.

TAKE A WALK. Covid continues to destroy our lifestyle but if you possibly can, take a walk into any deciduous wood over the improving days ahead (Fota is good). Spring is showing along the paths and in the margins of the tracks. There is nothing overgrown or jungle-like about it

(yet) and the earliest flowers appear like a suggestion of abundance. Observe the trees for only the leaves in the lower branches will be out. The oaks and ash high above them remain reticent, afraid perhaps of more biting winds and late frosts. When it comes to leafiness and generosity of growth notice the hazel and hornbeam, the honeysuckle and elder! These are more than willing to readily sprout. All this burgeoning is what makes springtime woods so beautiful; that greenness that glows like a hologram within them, enclosed and shaded by the still-woody net of the leafless larger trees. Take it all, and savour all, for by July they will be tattered and tired and prematurely aged looking. BLUEBELLS. Dig out bluebells in 'wrong' places before they seed. Mine are well up by now. It will take time to remove them but if you do so you will restrict their spread. Plant the bulbs elsewhere or give them to a neighbour. My brother Noel lives in Co. Galway so mine are already on the way to a more appreciative home.



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GLANMIRE LADIES FOOTBALL CLUB



U14 All Ireland Feile Champions 2017

Reeling in the Years . . . the last 5!

In these current COVID-19 times there isn't much activity on the pitches, so we have taken a look back at the last 5 years with Glanmire Ladies Football! It has brought us lots of action, fun, wins and only a few losses!

From U9 to U10 enjoying the start of their footballing career, U14 to U16 improving their medal count and of course our Junior All Ireland success! Not to forget all our Cork representatives over the past few years!

But lastly, we can't forget all our coaches, parents, supporters, and local businesses that aided those successes and helped the club thrive over the last number of years!



Cork U21 Players: Sandra Dinan, Annaliese Murphy, Ava Carey and Siofra Finnegan



Intermediate Player Sandra Dinan and Family who competed in Ireland's Fittest Family



Cork Minor Players: Alison McNamara, Abbie O'Mahony, Sarah O'Brien and Ally McCarthy



Junior All Ireland Management Team and Marty Morrissey. Keith Lynch, Michael Hannon, Dave Carey and Mark Byrne



Cork Players: Kate Hannon, Shauna Murphy, Kayla O'Connor, Ava Carey, Caragh Byrne, Ellen Baker, Gabby Cashman, Abbie O'Mahony and Orlaith Roche



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Charles Edward Trevelyan Micheál Ó Súilleabháin

"For you stole Trevelyan's Corn
So the young might see the morn"

Tagann na línte seo as an mbailéad 'The Fields of Athenry' a scríobh Pete St. John daichead bliain ó shin. Tá cáil idirnáisiúnta bainte amach ag an amhrán agus is féidir é a chloisint go rialta ag cluichí móra sacair ag Celtic Park, Parkhead i nGlaschú á chanadh ag lucht leanta Celtic. Cérbh é Trevelyan, a bhfuil an droch-chail chéanna air is a bhí ar Oliver Cromwell?



Charles Edward Trevelyan

Saolaíodh Charles Edward Trevelyan in 1807 in Taunton, Somerset, Sasana. Fuair sé a chuid oideachais ag Charterhouse, coláiste cáiliúil. Chuaigh sé isteach i státseirbhís na hIndia in 1826 agus d'fhan sé ann go dtí 1838. Theastaigh uaidh go bhfaigheadh Indiaigh oideachas Eorpach. Bhí taithí aige, mar sin, mar riarthóir coilíneach faoin am ar fhíll sé ar Shasana in 1838. In 1840, ceapadh é mar Leas-Rúnaí ar an Státchiste. Dá dheasca, bhí sé i gceannas ar obair fóirithinte an rialtais i rith an Ghorta Mhóir in Éirinn.

D'oibrigh sé i gcomhthéacs na linne. Bhí na tuairimí coitianta maidir le gnó rialtais an-difriúil le tuairimí an lae inniu. Bhí páirt an rialtais maidir le saol an phobail an-teoranta. Ní raibh aon chóras leasa shóisialaigh ann agus creideadh nárbh é gnó an rialtais a bheith buartha faoi leas an phobail. Caithfear cuimhneamh go raibh céatadán beag den phobal a raibh an vóta aige agus, dá bhrí sin, ba é an grúpa teoranta leis an vóta a d'íoc na cánacha. Ba iad san an meán agus uasalaimce a d'íoc na cánacha agus a bhí i gceannas ar pharlaimint agus rialtas.

Nuair a bhí tubaistí ann, mar a bhí roinnt uaire sa naoú haois déag, in ar fágadh an lucht oibre gan obair nó gan airgead chun bia a cheannach, bhí ar an rialtas rud éigin a dhéanamh. Ba é an polasaí coitianta, áfach ná laissez faire, is é sin nach raibh baint ar bith ag rialtas le cúrsaí eacnamaíochta. Rialaigh an margadh é féin saor ó rialacha an rialtais.

Nuair a thosaigh an gorta Mór in Éirinn, ba é Robert Peel ón bPáirtí Coimeádach a bhí ina Phríomhaire. Nuair a

theip ar na prátaí ó 1845 ar aghaidh, d'fhág sé sin na sluaite gan aon bhia. Chuir Peel deireadh le Dlíthe an Arbhair a dúirt nach bhféadfaí arbhar a iompórtáil faoi bhun praghas áirithe. Bhí na dlíthe sin ann chun na tiarnaí agus feirmeoirí móra a chosaint ó iompórtálacha, a laghdódh an praghas a gheobhaidís féin don arbhar. Dá bhrí sin, nuair a cuireadh ar ceal iad, bhí an rialtas in ann arbhar Indiach nó grán buí a iompórtáil le haghaidh bia. Chuir formhór pháirtí Peel, na Coimeádaigh, ina choinne ach ritheafdh an dlí le cabhair ó na Fuigeanna. Chaill Peel cumhacht go luath ina dhiaidh sin. Tháinig Lord John Russell ina áit mar Phríomhaire ar rialtas na bhFuigeanna. D'aontaigh sé féin agus Trevelyan ar pholasaí rialtais.

Chreid Trevelyan gur cheart iompórtáil bia a fhágaint faoi na ceannaithe. Dúirt sé go raibh an baol ann, dá mbeadh an rialtas páirteach san iompórtáil go mbeadh an pobal ag brath ar an stát agus nach ndéanfaidís iarracht a gcuid fadhbanna féin a réiteach. Ó Mhárta 1846, bhí Trevelyan i gceannas ar oibreacha poiblí. Ba é an smaoineamh a bhí taobh thiar de na hoibreacha ná go bhféadfaid daoine íosmhéid airgid a thuilleamh chun bia a cheannach dóibh féin. Ach níor oibrigh an scéim go maith. Bhí an obair ró-dheacair do dhaoine a bhí lag agus, go bunúsach, rinneadh obair nár chabhraigh le duine ar bith - mar shampla, bóthar nár chabhraigh le cúrsaí cumarsáide. Níor theastaigh ó Trevelyan aon tionscadal a cheadú a chuirfeadh isteach ar an margadh nó ar ghnó príobháideach. Chosain sé easpórtáil arbhair ag am go raibh daoine ag fáil bháis den ocra ar an ábhar nár cheart don rialtas cur isteach ar an saorthrádail. D'úsáid sé saighdiúirt chun an easpórtáil a chosaint ó ionsaithe ó dhaoine, a bhí ag fáil bháis den ocra. Bhí Trevelyan in aghaidh thógáil iarnród mar bhealach chun cabhrú le daoine. Go luath in 1847, bhí ar Trevelyan cistineacha anraith a oscailt, áfach. Bhí cumainn charthanachta tar éis cistineacha a oscailt cheana féin. Faoin bhFómhar in 1847, chuir Trevelyan deireadh le fóirithint rialtais i gceantair Dhlí na mBocht. D'fhógair sé go raibh an Gorta Mór thart agus go mbeadh ar thiarnaí talún a bheith freagrach as scéimeanna fóirithinte a mhaoiniú feasta.

In 1848, bronnadh ridireacht air as a chuid seirbhíse in Éirinn. D'fhoilsigh sé leabhar dar teideal 'The Irish Crisis' in 1848. Leagann sé amach a chuid tuairimí faoin ngorta agus faoi na daoine a bhí thíos leis ann. Sa leabhar dúirt sé gur cheart fóirithint a bheith ar fáil chomh fada agus ab fhéidir do na heasláin amháin. Ba cheart fóirithint a bheith an-íseal ar eagla go mbeadh níos mó daoine á lorg. De réir Trevelyan, bhí an tuiscint ann faoi dheireadh gurbh é gnó ceart an rialtais ná caoi a thabhairt do dhaoine gabháil dá ngnó féin agus nach mbeadh daoine ag brath ar fhóirithint ón rialtas nó ó thíortha iasachta feasta. Chuir Trevelyan fáilte roimh an athrú a tháinig ar leagan amach na bhfeirmeacha i ndiaidh an Ghorta de dheasca scriosadh na dtionóntaí beaga a bhí tar éis bháis nó a bhí imithe thar lear.

Lean Trevelyan sa státseirbhís. D'fhill sé arís ar an India mar ghobharnóir ar Madras agus mar aire airgeadais idir 1862-1865. Nuair a d'fhill sé ar Shasana in 1865, bhí baint aige leis an atheagrú a rinneadh ar an arm.

Duine ba ea Trevelyan a raibh meon an riarthóra choilínigh aige. Ina leabhar 'The Irish Crisis' tá an méid seo le rá aige:

'The native Irish were treated as foreign enemies and were not admitted to the privileges and civilising influences of English law, even when they most desired it.' D'fhéach sé ar Éireannaigh mar dhaoine leisciúla. Tugann sé an sampla faoin mbealach in ar fhás siad prátaí i gcóras trinseála seachas i ndruileanna. Ní raibh se d'acmhainn acu capall agus trealamh feirmeoireachta a bheith acu chuige sin. Chuir sé i gcomparáid iad le feirmeoirí i Sasana a raibh feirmeacha móra acu i gcomparáid leis



Radharc ón nGorta

na paistí beaga a bhí ag formhór na dtionóntaí in Éirinn. Níor chuir sé san áireamh, ach an oiread, nach raibh aon rogha ag tionóntaí in Éirinn ach slí bheatha a bhaint amach ar an talamh toisc nach raibh aon deiseanna fostaíochta eile ar fáil dóibh toisc de dheasca polasaí rialtais na Breataine a chuir deireadh leis na tionscail thraidisiúnta in Éirinn lena pholasaí cánach. B'fhéidir nárbh é uasal le híseal a bhí i gceist aige a dhéanamh ar mhuintir na hÉireann ach tá an chuma sin air.

Gluais:

riarthóir coilíneach = colonial administrator
obair fóirithinte = relief work
córas leasa shóisialaigh = social welfare system
Dlíthe an Arbhair = Corn Laws
oibreacha poiblí = public works
íosmhéid airgid = minimum pay
na heasláin = the sick
ní raibh sé d'acmhainn acu = beyond their ability
córas trinseála = lazy bed system
druileanna = drills
uasal le híseal .. a dhéanamh = to patronise



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www.glanmireareacork.com

A RIVER RUNS THROUGH IT



Recent February flooding in John O'Callaghan Park. Image captured by Drone Cork (Glanmire)



Thinking of Ted Dunne: Sincere Condolences to the family of Ted Dunne who passed away on February 9th, 2021 Ted Sarsfield Court, dearly loved husband of Sheila and much loved father of Lilley and T.J.

Sadly missed by his loving wife and family, sisters Marion, Susie and Siobhán, brothers Michael and Pat, mother-in-law Esther, brothers-in-law, sisters-in-law, adored nephews, nieces, relatives and his many great friends at home and abroad.

Ted was a leading figure in the entertainment sector. He filled Munster dancefloors and brought magical memories into so many of our lives. A veil of sadness covered Glanmire on the day he passed. He will be sorely missed but never forgotten.

Glanmire Flood Relief Glashaboy is the first scheme consented to by the Minister for Public Expenditure

and Reform since the new rigorous review process of Arterial Drainage Regulations 2019 came into force in late 2019. The additional responsibilities of these regulations aim to provide a high level of protection of the environment and human health.

The next step is the procurement and appointment of a contractor will be progressed for this scheme following a 12 week window period for judicial review.

We eagerly await the appointment of a contractor so the residents and businesses of Glanmire can finally live in peace.



Crosaire An Fhaoitigh
C.L.C.G.

White's Cross GAA News

whitescrossgaa.ie

Rebels Bounty

Rebels' Bounty is a new initiative of Cork GAA to give clubs a significant opportunity to raise funds at a time when many other fundraising efforts have been impacted by current public health restrictions. Rebel's Bounty will be structured as a series of 12 monthly draws. There are total of 360 prizes (30 prizes per month) with the total prize pool summing to €500,000.

This draw replaces the old County Board Draw which was on the go for over 20 years. White's Cross GAA always had a strong membership in this draw. We hope that those that supported us over the years in this draw, will continue to support us in this new draw. The club has significant development ideas in the planning stage presently and this draw gives us the chance to raise the funds need to bring this development to fruition. Tickets for the draw cost €100 and can be paid as a lump-sum or as 10 monthly instalments of €10 each (ie direct debit). White's Cross GAA will receive 100% commission above our minimum sales targets. The first draw will take place on March 25th. The January, February and March draws will take place on that night. All tickets much be purchased by the 24th of March. To join go to gaacork.ie/rebelsbounty/ and please select White's Cross GAA as the club. For any assistance please contact any committee member or our draw co-ordinator (Pat) on 085-1016564.

AGMs

White's Cross GAA held a series of AGMs (for 2020) in mid/late February. As is becoming the norm, these meetings were held virtually. St. Colmcilles were first up and the various officers here raised the bar from the get-go with their respective reports. The outgoing officers (Will Sheehan, Sean Coughlan, Eoin Crowley and Conor Kelleher) are all staying in their roles for 2021. Though the meetings were held online and modern technology facilitates it, we do not want this to become the norm. These meetings can never better face-to-face, personal interaction. Provided it is safe to so, we hope that the second round of AGMs in 2021 (the actual 2021 AGMs) to be held later in the year can be conducted in the traditional format.

40 Years in the City Division

This year marks 40 years since the club made its debut in the Cork City Division competitions. We only competed for two trophies that year; the Craobh Rua and Seandún Cups (knockout tournaments for Junior B sides only. Our success to games-played ratio was possibly the highest ever as we reached both finals and we won one. The one we lost was last through a last-minute goal. We were therefore agonisingly close to a 100% win-record in our first season.

Ballinure provided the opposition in that hurling final. It is game that White's Cross should have won. We lead for most of the game

and could have put the game beyond the reach of the Mahon-based side had the forwards been more economical on the day – a forward line that included Eddie Dorney who had started with the Cork senior hurling team in the 1965 Munster championship and JJ Long the former Sars hurler among others. However, going into the last minute of the contest they held the narrowest of leads and such leads are dangerous. So it was to be and the concession of a late goal saw the team snatch defeat from the jaws of victory!

In the hurling final the key score of the game came at the end of the second half. In the football final the turning point came in the last minute of the first half. it was a low-scoring game with White's Cross drawing 2 points each against a dominant, but wasteful, Nemo Rangers side when we White's Cross were awarded a penalty. Tommy Hickey dispatched. 10 seconds later, a shocking kickout from the Nemo keeper give the same players another chance. Tommy Hickey obliged. A stunned Nemo Rangers were now 6 points behind in a game that they dominated.

This second goal was the last time that White's Cross would trouble the scoreboard operator for the afternoon. The Nemo side, that had 1973 All-Ireland winner Seamus Coughlan in their ranks, redoubled their efforts in the second half but heroic defending and profligacy on their own part meant they were not able to convert dominance into scores. They added two more

points to their tally. This was not to be enough as those two goals were the difference as White's Cross won 2-02 to 0-04.

Mary Barry RIP

All in White's Cross GAA were deeply saddened to hear of the passing in mid-February, of a great supporter, Mary Barry (Ballyphilip). In the early years of this Millennium Mary was an ever-present on the sidelines at White's Cross games - referees on duty had to be on top-of-their-game or else they would have Mary on their case!



Mary is pictured here, with her neighbour and friend Ray Donohoe, at the White's Cross GAA Golden Jubilee Dinner in 2007, where she was presented with a framed signed Cork jersey by the Club, to mark her eightieth birthday

Those of a certain vintage will remember Mary, and her late-sister Bess, in their roles as sacristans in St. Michael's Church and care-takers at Upper Glanmire National School. Whether as altar-servers or school-children Mary and Bess had a great way of interacting with the young children that they dealt with - always polite and good-natured and up for a little banter too! White's Cross GAA extends our sympathies to Mary's family - to Hilary, Philip, Timmy and Nora; to Tony and his family and to the extended Barry family. Leaba i measc na Naomh go raibh aici.



ERIN'S OWN LADIES CLUB



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U12 Cup



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Sarsfields Camogie Notes

PR-Ógs

Last year Croke Park launched the highly successful PR-Óg programme & we were delighted to have Cliona Lynch onboard as our first PR-Óg. Cliona was superb all year producing first class match posters & reports, etc for our social media platforms. This year we have three new recruits: Ella O'Brien, Helen Healy & Kate Fennessy who will all undertake online social media & graphic design training geared at public relations and the promotion of camogie in the club & county. Looking forward to your input girls!

RECRUITING NEW ADULT PLAYERS:

Shout out to any new or ex-players that might be

interested in taking up the sport or returning to the game to make contact (087 4199833) – we are actively recruiting and you will be made very welcome!! Currently doing online training & just biding our time until we return to outdoor action!

HEARTIEST CONGRATULATIONS

to Jenny (Murphy) & Kevin on the fabulous news of the gorgeous Caoimhe's recent arrival! Looking forward to making her acquaintance once we return to competitive action.

DOWN MEMORY LANE – 10 YEARS AGO ..(2011) U14A County Final: Sarsfields 6-7 Kilbrittain/ Timoleague 1-4

2011 was a red-letter day for the club when we won

our very first underage county title at Premier level and in doing so launched our arrival on the scene as serious underage contenders! We went on to retain the title in 2012 and contested five further finals within the decade – winning three in a row 2018-2020 and runners up in 2016 & 2017!

Many of this 2011 team went on to win further accolades at U16, Minor, Intermediate & Senior B and topped it off in 2019 when they added a Senior County medal to their collection!

Team: Chloe Casey, Shona McCarthy, Lauren Casserly (Capt), Lucy Kelly, Rachel Kelleher, Katie Barry, Amy O'Lehan, Maeve McCarthy, Ciara Mullane, Michelle Barry, Emma Casey, Courtney Casey, Ciara Tobin, Edel Lonergan, Hollie Herlihy, Jennifer

Murphy, Rebecca Hyde, Hollie Ferguson, Jessica Long, Amy Turpin, Ciara O'Sullivan & Meabh Mullins

Scorers: Michelle Barry 2-1; H Herlihy 0-4, E Lonergan 1-1, L Kelly/C Tobin/C Casey 1-0 each, L Casserly 0-1 (45)

Mgmt Team: Ger Casey, Lillian Zinkant & Bryan O'Leary



U14 Team 2011





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IT'S ALL IN THE STATE OF MIND

John O'Sullivan

Personal & Business Coach

If you've ever tried to quit smoking or lose weight, you'll know how difficult it is to accomplish these things. The reason is simple however, major life goals are daunting. That's it! The bigger the goal, the harder it is to even begin. But every mountain climb begins with a single step.

If you've tried to take up running, or even if you're very experienced, you know that often the hardest part of your run is the first step out the front door. Bad weather, fatigue from working at home all day, or just not being in the "zone" are all convincing reasons not to leave our living room and step out into the world.

If you know this feeling, don't worry. It's very common regardless of where you are on your journey. What matters is how you handle it. Let's face it, in life we often encounter hurdles, some small daily ones and other much bigger life altering challenges. These can make us feel stuck or completely overwhelmed. This is where you come in!

We have all heard of people who faced the most incredible challenges and who emerged from these to conquer life in the most incredible ways. Some of the most successful people you can think of have often overcome such challenges. Many struggled in school or found themselves flat broke at one time or another. People like Steve Jobs and Mark Zuckerberg found school extremely difficult. Richard Branson reached staggering heights (literally and physically) despite having dyslexia.

So, what is the difference between people who emerge from difficulty and find success, and people who stay stuck? There are probably a few factors, but undoubtedly the main reason is the persons mindset. Everyone encounters problems, but it's how we react to these that matters. Whether we realise it or not, we have the option to choose how we react to challenges. We have the power to decide and we can change how this life of ours plays out.

Life is not something that happens to us. Really, it is not! Let's take the COVID-19 restrictions for example: some of people have gained weight, lost interest in personal care and find themselves demotivated and in poor spirits. But if you look around, there are countless examples of people who have toned up, started online businesses, and who are calling the shots in their own lives.

What's the difference? Simple, it's all about the Mindset. We live in a first world country with more personal opportunities available to us than at any point in history. Life is there for the taking.

Every challenge is both a hurdle and an opportunity – but only if we choose to see it that way. As a personal & business coach I see this all the time. Sometimes clients underestimate their own ability, and it takes a "lightbulb moment" to re-frame their situation. Once we re-frame a problem we instantly gain incredible control over it. For me, this is the real key to successfully overcoming adversity.

Think of life as a car journey. We can choose to be the passenger or we can take our place in the driver's seat. It is completely up to you where you sit, but one option gives you choice and self-determination. The other option takes away any control.

So, how can we use the re-frame method? It's similar to advice given by Stephen Covey in his best-selling book, "The Seven Habits of Highly Effective People". We must accept responsibility regardless of the situation. No matter what has happened, we have a degree of responsibility. If we can step out of "victim" mode, and take full responsibility for whatever the situation, we are suddenly faced with choices. This is where real change happens; when we accept full responsibility (no matter what) we give ourselves permission to change the circumstances.

Let's look at one example: If your job sucks, take responsibility for your situation. Think about how you have contributed to this situation. Have you allowed yourself to stagnate? Have you given in to bickering and backbiting at work? Have you allowed yourself to fester in a lousy job just because the wages are marginally better than somewhere else where you might be far happier? Is your relationship with your boss strained? No matter who is to blame for the circumstances, if you accept complete responsibility you also accept you have a part to play in fixing the situation. This may mean improving

your performance or actively choosing not to gossip at work. It might mean you take responsibility for your learning & development. It might mean choosing to change jobs or even careers. If you take responsibility, you take your place in the driver's seat!

This month I'll leave you with the words of poet W.D. Wintle.

"Thinking".
"If you think you're beaten, you are.
If you think you dare not, you don't.
If you'd like to win but you think you can't,
it's almost a cinch you won't.

If you think you'll lose, you've lost.
For out in this world we find,
Success begins with a fellows will,
It's all in the state of mind.

If you think you're outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself before,
you can ever win the prize.

Life's battles don't always go,
to the stronger or faster man;
But sooner or later the person who wins,
is the one who thinks he can!"

John O'Sullivan
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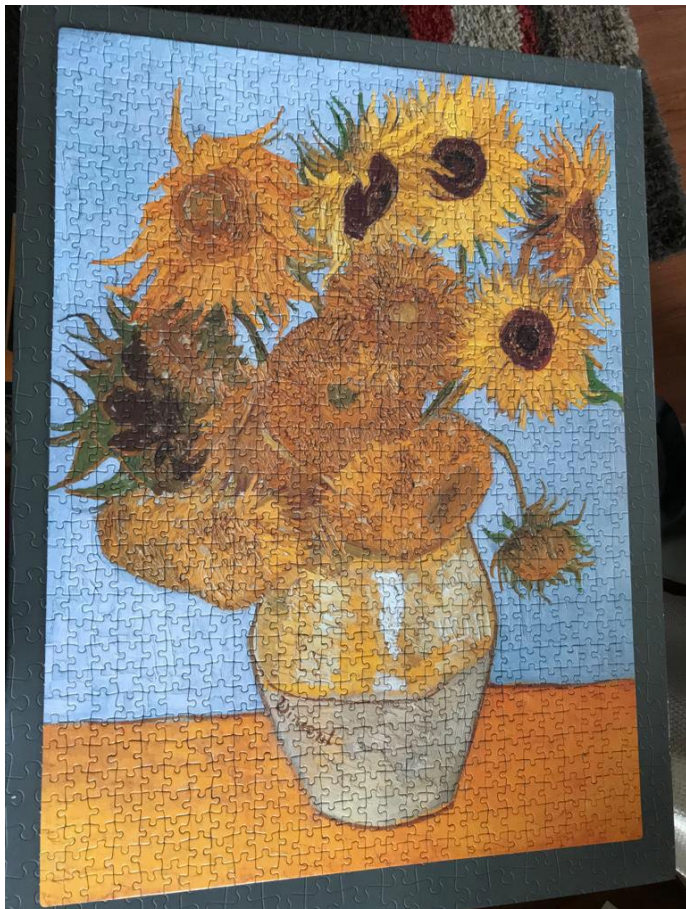
Upper Glanmire ICA

Update on Guild activities:

• With our WhatsApp group up and running now for over a month, we continue to share our bakes, crafts and stories



A painting completed by another of our members - red yacht



A very popular jigsaw done by a few of our members: Van Gogh's sunflowers



Mary Dorgan's beautiful knitted hat for a little girl



Victoria Sponge

March Recipe: Victoria Sponge

Ingredients

- 3 eggs
- 3 oz caster sugar
- 3 oz s- r flour

Method

- Heat your oven at 180°C
- Grease well 2 sandwich tins, and line the bases of each with greaseproof paper,
- Whisk the eggs and sugar until pale and creamy
- Gently fold in the flour in stages, incorporating it fully

into the mixture

- Divide between the 2 tins, and bake until golden brown. 12 min approx
- When baked, pop out and remove papers and let to cool on a wire tray.
- When cool, spread jam of your choice on both sides, and spread whipped cream over one side. Place one on top of the other, and sprinkle with caster sugar.



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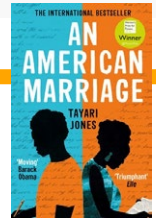


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Local History with Michael



Book Review with Denise



An Early History of the Lough

The wonderful legend of the Lough was recorded by Crofton Croker in his book *Fairy Legends and Traditions of the South of Ireland*, in 1824, but earlier accounts exist concerning leases, fairs, fishing and amusement. In 1695 the Corporation of Cork ordered that Aldermen Wright, Rogers and a Mr Champion examine some grounds adjoining the Lough with a view to valuing and renting it. It proved to be a troublesome issue for the Corporation because in October 1717 Mr Will Masters was ordered to give up his lease at the Lough under threat of legal action. Eight years later the legal wrangling continued and the sum of £7 18 s was offered to Mr. Masters upon his surrendering the lease and the legal costs were fixed at 30s. By 1727 trespassing had become a vexatious issue and representatives of the Corporation were sent to the Lough in order to issue a report and threaten the offenders. A Decree was issued stating that "All black cattle that stood on or about this land, in order to cool for slaughtering shall pay one penny for every head and a halfpenny for every pig or sheep."

The contentious issue of people digging up the ground and carrying away enormous amounts of soil occupied the corporation for many more years. Even members of the established church had their eyes on this important piece of land. In 1770 Dean Chinnery had built a wall and taken in ground that was not belonging to him and he was forced to take a lease on this particular plot of land.

The issue of having two fairs near the Lough was investigated as early as 1733. In later years it was recommended that three fairs be held which would generate much needed revenue for the city. By 1743 it was discovered that the Lough had been totally over fished by the overuse of fishing nets. In order to conserve the remaining fish stocks it was ordered that "no person shall fish with any net or nets in said Lough."

The Lough was not just a place of commerce but it was for amusement as well. But when the Lough froze there was no place to equal it for sport in Cork. On the 2nd of January 1767 the frost had become so severe that the Lough froze solid and skating became a popular pastime. The cold became so severe that many poor tradesmen could not work and because they had nothing better to do, went to the Lough and amused themselves by skating. After two weeks the roads became impassable as the snow was seven or eight feet deep in parts. A century later there were many newspaper accounts of skating on the Lough including some near tragedies when the ice broke and the skaters were hurled into the frozen lake. Because of the seasonal nature of the sport there were many injuries, such as broken limbs and severe bruising. This was the order of the day and many of the local hospitals had more than their fair share of ice casualties. The Lough continues to be a safe haven for people to walk to this day. It is an important nature sanctuary for animals, birds, fish and a tranquil oasis not far from the hustle and bustle of the city centre.



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

An American Marriage - Tayari Jones

An American Marriage won the Women's prize for fiction in 2019. It is a masterpiece of storytelling that offers an insight into the hearts and minds of three unforgettable characters who at once bound together and separated by forces beyond their control.

The Characters in the novel are explained by the three narrators Roy, Celestial and their close friend Andre. Roy and Celestial had different upbringing, Roy lived with his mother, Olive, and his adoptive father, Big Roy, who concentrated their efforts on making ends meet and protecting their only child. Their marriage life was full of love. Roy hopes someday he would find love and have a family of his own. Celestial's upbringing was more of a privileged background. When he met Celestial, she was the one who he wanted to spend the rest of his life with. Roy and Celestial were both following the American Dream and the New South. Roy is a young executive, and Celestial is an artist on the brink of an exciting career. But their life is ripped apart on a visit to Roy's parents in a small-town in Louisiana when they stay in a motel. Roy is pulled from his bed and accused of rape and with no apparent evidence he is sentenced to twelve years.

During his stage in prison, we learn of Roy's love for Celestial through his love letters between them. Celestial finds herself struggling to hold on to the love that has once been the centre of her life. Her letters were becoming less, and her visits finally stopped. Her life had moved on she was becoming very independent and her career was thriving. When their relationship unravels, Celestial seeks comfort in the couple's mutual friend and her childhood friend Andre. As their love for each other grew, they still could not move on when they thought of Roy suffering in prison. After five years, Roy's conviction is suddenly overturned, and he returns to Atlanta ready to resume their life together. This novel shows us how an innocent African American who had tried to do all the right things to succeed, had years stolen from him because of someone else's crime. Author Tayari Jones regards the novel "it is a novel in conversation with *The Odyssey*". Barack Obama referred to the novel as 'A moving portrayal of the effect of a wrongful conviction on a young African-American couple'.

Children's Corner with Mary



Springcleaning Tips

It's that time of year again for spring-cleaning. It's a hard task by itself and adding kids to the mix can make it a bit tricky. But who said that spring-cleaning can't be fun? Here are a few tips on ways to involve your children with household chores:

To get everyone in the cleaning mood, add a bit of upbeat music and make a party out of it. Dance around the house dusting furniture, washing windows and picking up toys.

One area that will always need attention is toys! Involve kids with the decision on what toys to keep and which ones to donate. Make three piles: trash, donate and storage.

Children love having their own special jobs and are proud when they have completed their tasks. If one lives to Hoover and the other is a whizz with the duster, let them do the job they love. Everyone is happy and the cleaning still gets done.

Divide into teams to tackle big projects; by working together not only can you get jobs done quicker, but you can really teach your children how to work safely and properly.

No one really likes to clean so plan a special treat for everyone after a hard day of work. It can be a pizza party, ice cream or a film and popcorn. You'll see that by paying your workers with nice rewards everyone will be happier and willing to help out the next time you ask. Spring cleaning doesn't have to be such a daunting task. Have a little fun with your family! It's a great way to encourage responsibility and learning!



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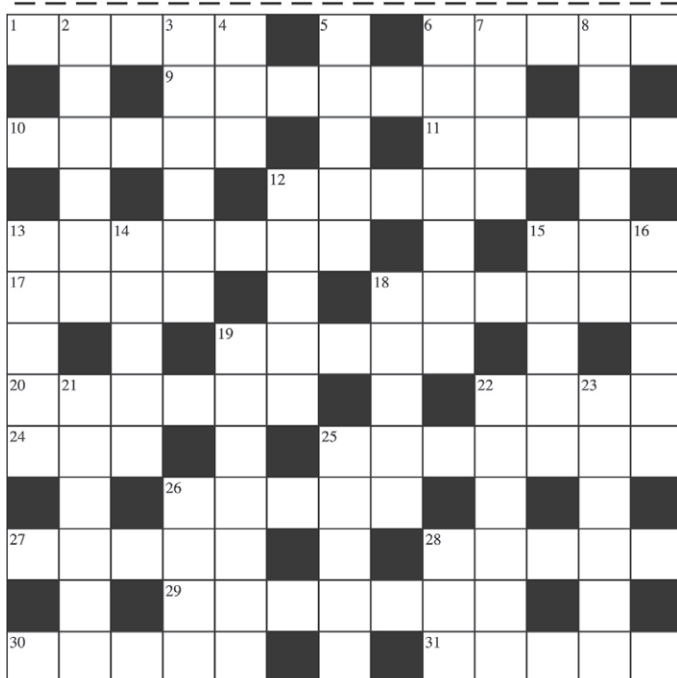
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Across

- Collision (5)
- Things (5)
- Underwater missile (7)
- Animal noise (5)
- Go in (5)
- Notions (5)
- Type of gloves (7)
- Electric Light Orchestra (3)
- Caesar's fatal day(4)
- Every time (6)
- The Kingdom country (5)
- James Cameron film (6)
- vera, soothing plant (4)
- Mayday call (3)
- Desist, abstain (7)
- Iberian country (5)
- Chief male (5)
- Book of maps (5)
- Howl, wail (7)
- African scavenger dog (5)
- Male name (5)

Down

- Sour, rotten (6)
- Inhibit, retard (6)
- Very warm (3)
- Common name for potatoes (5)
- In a perfect world (7)
- Units of weight (4)
- Submissive (6)
- Bury (5)
- He had the golden touch (5)
- US state, capital Austen (5)
- Bird of prey (5)
- Used in basket-making (5)
- Inert gas (5)
- Capital of Uganda (7)
- Barrage (6)
- Erased (6)
- City and state in Mexico (6)
- Young female horse (5)
- Steer clear of (4)
- Consumed (3)

Crossword Winner: Mary Fitzgerald, Watergrasshill, Co. Cork



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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th March. 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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20 Radharc na Tuaithe, Knockraha T56 YD21
4 bed detached €420,000
BER: B3 BER No.113457584



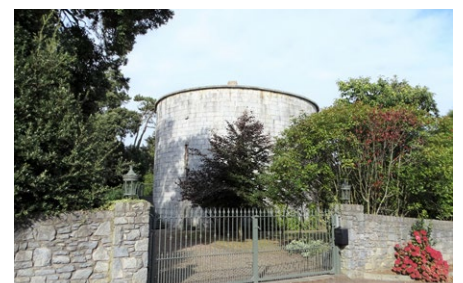
100 Greenwood Estate, Togher T12 X4TY
3 bedroom semi-detached property with garage, front and back gardens, and off street parking. €285,000 BER: D2



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