

Glounthaune | Little Island | Carrigtwohill | Lisgoold | Carrignavar | Whitechurch | Knockraha

Cork's longest running festival is going virtual! Reimagined Cork International Choral Festival invites choirs from around the world to compete without needing to travel



Cork's longest running festival is going virtual! The reimagined Cork International Choral Festival will be held virtually for the first time ever since being founded in 1954, from April 28th - May 2nd 2021, allowing international audiences to engage and international choirs to compete. Four specially curated gala concerts and a series of FREE workshops, including the popular Big Sing, will be staged online over the week, which attendees can enjoy from wherever they are in the world. See corkchoral.ie to book tickets. *... continued on page 2*



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VIRTUAL CORK INTERNATIONAL CHORAL FESTIVAL

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The world-renowned Cork International Choral Festival has announced that it will go ahead this year in a reimagined format.

The prestigious choral festival, which normally attracts 5,000 singers and 50,000 visitors from all over the world to Cork city and county, will be held virtually for the first time ever, from April 28th - May 2nd, allowing international choirs to compete and participate without the need to travel.

The globally renowned Choral Festival was founded in 1954, making it Cork's longest running festival.

Last year was only the second time in its history that the festival had to be cancelled. Noted for its high competitive and noncompetitive standards, it is one of Europe's premier international choral festivals, and this year will be no exception. With over 30 international choirs scheduled to take part.

Usually concerts, events and competitions would take place in over 90 venues across Cork. This year, four specially curated gala concerts will be staged online during the festival, which attendees can enjoy from the comfort of their own homes, wherever they are in the world.

The Festival will open on Wednesday night with a specially commissioned poem by Corkonian Billy Ramsell. Thursday evening (April 29th), will see an online broadcast performance by Ireland's best known and most diverse choral group, **Anúna**, directed by Michael McGlynn.

Chamber Choir Ireland, the festival's choir in residence, will perform from Cork's St. Fin Barre's Cathedral on Friday April 30th, with what is anticipated to be an exhilarating performance including with world premiere of **On A Quiet**

Day In the Future, Dublin composer Norah Walsh's prizewinning work in this year's Séan Ó Riada Composition Competition. Saturday night will of Ireland's see one acclaimed most vocal ensembles, Resurgam also St. Finbarre's in Cathedral. The Sunday closing gala concert will see a performance from a group that was scheduled to play as part of the cancelled 2020 Festival with German group **ONAIR** taking to the stade.

Gala concert tickets will be available to book online from corkchoral.ie.

The competition strand of the festival is expected to remain fiercely competitive, with a newly expanded national and international programme via video submission.

This year, the festival launches its inaugural **Ibec Workplace Choir of the Year Competition**, as well as national and international **A Cappella Video Competitions**, while entries for the **National Open Competitions** remain strong.

Anyone, musical or not, can also join in with the FREE online festival's workshops in partnership with Sing Ireland, including the ever-popular Big Sing, a group singing experience led online this year by Ardú ensemble contemporary director, Ciarán Kelly, who will prepare participants for one big uplifting online performance.

Details of all concerts, workshops and competitions are available on the festival website.

For more information or to book tickets see https:// w w w . c o r k c h o r a l . ie/ #CorkChoral



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DOLPHIN SWIMMING CLUB

Parents and Volunteers: Irish Swimming Club's Driving Forces (Part 1)

Since its foundation in 1901, Dolphin Swimming Club has grown from a local swimming-for-leisure outlet into a national competitive swimming force. The club has been lucky to have had so many thousands of members training and representing the club during the last 120 years, all contributing to the success of the club in a wide variety of ways. When we speak about any sports team or club, we usually discuss the participants in the sport itself — the athletes, the players. Often, we might speak about the manager or the coach — whether positively or negatively! Very seldom though do we give more than a passing thought to those in the background who unselfishly give up their own time, energy and often money, to drive things on behind the scenes – the volunteers



Pat Donovan (left) is all smiles alongside Limerick SC's Don Phelan at last year's Munster Short Course gala in UL Arena. Pat is the Swim Ireland National Recorder responsible for all competition entries, results and records.

Sports clubs across Ireland have thrived on the strength of club volunteers. In the sport of competitive swimming, volunteers can appear in many guises coaches, teachers & instructors, fundraising, media & PR, committee members, chaperones, team managers, photographers, handymen/women, the parents who bake for the club bake sale or MC at the lottery draw, those who make the coffee & tea for the coaches, those who supply food and drinks for the athletes on competition day, the parents who help out selling raffle tickets or training equipment – the list goes on an on, especially in the sport of swimming. In Dolphin, we have been privileged

FEATURES:

over the years to have had so many great volunteers participating in our club activities. Numerous parental bodies working together day in, day out to keep the club going, like well-oiled cogs in a highly demanding and fully functioning machine.



Club President Eddie Campion proudly posing with Irish and Dolphin swimmer, Ellen Cassidy, following her bumper year in 2018 when she represented Ireland at the European Junior Championships in Helsinki, Finland.

In recent years, Dolphin SC has experienced a generational changeover with many new swimmers coming through the ranks and rising to levels previously unseen in the club. Swimmers aside (for now), the club has also witnessed a changeover in volunteers during the last few years. Dolphin has had many remarkable teaching and coaching staff in its history. Many of these coaches have been long-standing members of the club. Many would have joined as parents when their own children began their athletic journeys and would have come along to offer a hand in whatever way they could to show their appreciation in some way. This month, we'd like to acknowledge some of those coaches, teachers and volunteers who have worked tirelessly for many years in Dolphin, offering their time and becoming experts in the sport in different areas as their own involvement grew and grew. This is apt at this time as we celebrate 120 years in existence and start the new generational change where some of these prominent members have retired and a new crop of volunteers have come on board.

No matter where you go around Ireland, north or south, whatever swim meet we find ourselves at, and whatever the level of competition, there are names of Dolphin stalwarts that we regularly get asked about. Swimming coaches and teachers



(Left to right) Mary Higgins, Eddie Campion and Helen McEnry enjoying the break during the Dolphin Open 2016 in Mayfield Sports Complex.

such as Paddy Power, Mary Higgins, Brenda O'Dowling or the inimitable Eddie Campion - the current club President. These are names synonymous with Dolphin Swimming Club. Well-travelled and highly-respected in Irish swimming, especially throughout the 80's, 90s & 00s, but even before that in some cases! There are others who are better known for their work in administration circles -Pat Donovan, for example, an ex-Swim Ireland President and who is still tirelessly involved at the highest level in the sport in Munster and nationally; and Helen Desmond, who is now a Swim Irelandaccredited national referee and one of the club's representatives on the Swim Ireland Board. All local ex-swim parents who went on to become such highly respected figures in their own right through their local club – Dolphin. We hope to see both Pat and Helen continue at such levels for as long as possible. Eddie Campion was voted in as a lifetime President at the club's AGM in 2017, testament to the level of volunteerism, commitment and dedication he demonstrated across four decades coaching in the club, but also acknowledging the level of interest and passion he still shows in the club today. In the cases of Paddy Power and Mary

Higgins, they have deservedly hung up their coach's whistles after spending over three decades on poolside guiding

many hundreds and even thousands of swimmers through their swimming journeys. Both Paddy and Mary still enjoy coming up to assist at the club's Learn to Swim Programme once a week and we hope to see them again when this invaluable facility returns. For Brenda O'Dowling, it was time to leave the club for good last year, following decades of selfless commitment and expertise to so many groups in the club. Brenda served many roles in Dolphin throughout the years – Teacher, Coach, Secretary, Chair and even President! We think she deserves her new role as a proud Grandmother and thank her for everything she has done throughout her years of service and volunteerism.



Brenda O'Dowling pictured here during the Dolphin SC awards evening in 2017 following her final year as Club President.

Next month, we will look at the parents in the club and try to get a sense of the parent-athlete journey, especially related to the area of volunteering and support. We hope to have positive news of a potential return to pool training by then, but we'll have to wait and see. Stay safe everyone and #GoTEAMDolphin



Mary Higgins presents Dolphin and Munster Swimmer, Conor Doyle, with the Best Male Athlete award at the Dolphin Open 2018.

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



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Jon and Sally Waterman, who work in the business and helped launch PrintMyBook.com

Carraig Print Litho Press Launches New Book Printing Service for Writers looking to Self-Publish in Celebration of 40th Years in Business

Print My Book Will Help Writers to Print Their Novels and Distribute Them Online

CARRIGTWOHILL, CO. CORK, Ireland – Carraig Print Litho Press, a printing company based in Carrigtwohill, County Cork, Ireland, is launching a new online book printing service called PrintMyBook.com. The debut of PrintMyBook.com coincides with the celebration of the company's 40th year in business.

PrintMyBook.com allows authors to self-publish their books that are a complete representation of them and their story, by allowing them to customize features like the cover, interior design, formatting and online distribution. Prospective buyers can receive an official quote for their publishing costs by filling out a free form on the website's home page.

On the printing company's latest launch, Jon Waterman, son of company's directors and founders Wanfred and Carmel Waterman, commented, "This new service is an expansion and modernization of work we've been doing for many years. We have long been printers of books for writers and self-publishers. Now, with digital technology, our book printing and publishing capabilities are much more dynamic and powerful."

PrintMyBook.com will provide writers looking to self-publish with the means to make their ambitions come to life through the following steps:

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2. Book Printing:

With the help of the team behind Print My Book, writers can format, design, print and finally publish their books.

3.Book Distribution:

Writers can list their books on Print My Book's online shop, where the company will then distribute them to readers across the world. **About Carraig Print Litho Press**

Carraig Print Litho Press is a printing company based in Carrigtwohill, County Cork, Ireland. The company is managed by the Waterman family, whose roots in printing that reach all the way back to February 1901, when Wanfred W. Waterman began a seven-year apprenticeship in Type Composing. Since its establishment in 1981, Carraig Print Litho Press has supported multiple individuals, businesses small and large, and multinational corporations through its superior printing methods and excellent customer satisfaction. PrintMyBook.com is its latest venture into the industry.

Learn more about PrintMyBook. com: https://printmybook.com/



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

DIANE

6



DIANE: The song was originally written as a theme for the 1927 silent movie "Seventh Heaven" and is aslo known as "Diane, I'm In Seventh Heaven". Well forget about that Diane because we have our own very precious one residing in our community for the past ninety plus years. There is only one Diane so perhaps it may not be necessary to confirm ... but here goes anyway ... correct, the surname is "Wakefield". She was born to Jack and Anne Kelleher of the Island Cross on Thursday December 11th.1930, the fourth eldest of seven girls and five boys, and sadly Martin died in infancy. The family later resided at "San Remo" and their home adjoined the presentday Little Island Surgery. Diane started school, where "Trafford Park" is now located, at four years of age and she was absolutely terrified of one teacher: a Mr. Ted Desmond. She just froze and went blank anytime he asked her a question, but she was very much consoled by the fact that she was not alone in this regard. Diane, like most Little Island children, caddied at Cork Golf Club and always handed over her hard-earned money to her mother. She became a sought-after caddy, was sharp-sighted on following the ball so much so that one player appropriately christened her his "Golden Retriever". She caddied for many notables including the famous Jimmy Bruen and recalls that with so much pride. Diane began her working life at James Models in Cork City at fifteen years of age and this involved sewing and mending bespoke clothes. She disliked it to such an extent that she left one year later to work at the Eagle Printing Works. Her father Jack was a supervisor at the company and naturally most of her siblings also worked there one time or another. Diane enjoyed it immensely; she made life-long friends and remained there until she married John Wakefield in August 1954. John hailed from the Lower Road and, like many from that area, he worked with C.I.E. John played with Little Island, as did Diane's brothers, and in fact he was the custodian for the "Blues" when winning the East Cork "B" grade football championship in 1953. The happy couple's home was firstly at thirty-three Saint Lappans Place and later at number forty-four which is

Diane's residence to this day. They had a family of five: the eldest Ken, Stephanie (Bowen), Mark, Brian and Philippa (O'Shea). The family was heartbroken when Mark, a father of two, died of a tumour in April 1986 at the young age of twenty-five, and John passed on to his eternal rest in July 1996. Diane adores her twelve grandchildren and seven great grandchildren, and they fill a space in her heart that she never knew was empty. She is known far and wide for her tremendous community work down through the years and that is only the part that is publicly known because there was much, much more behind-the-scenes activity. Diane, who was a Peace Commissioner at the age of nineteen, was a Community Activist when many understood such description to be that of being a member of some illegal organisation! She is probably the first in the parish to fill this role. Organisations, including Muintir Na Tíre, the Community Association, the Y.M.S. Hall committee and benefited from her knowledgeable and enthusiastic input. Diane is a great listener and having evaluated some matter under discussion; she would then put her views across in an unambiguous fashion and actively engaged with follow-up questions. When Diane spoke; everybody listened. She was probably the first to approach Little Island Industry with a demand to fulfil their neighbourly obligations, and she was successful in obtaining five hundred pounds from Galeo, a lot at the time, towards essential works in the hall. She was active, and indeed vociferous, when tackling issues on the Island and was one of those who orchestrated the famous "Ballyverry Barricade of '74" which was a much-publicised road blockade in protest at the heavy speeding traffic. An Examiner photographer captured the mood of the day and Diane is pictured in the forefront with her three-year-old baby Philippa at her side. Diane was also involved in the "Treatment Plant Campaign of '96" and she applied her talents to other diverse causes, such as assisting to rehouse Vietnamese immigrants whom she was affectionately known to as "Mommie Diane". In short, she was a voluntary social worker. Diane actively participated in church affairs throughout the years and the choir was enriched by her gifted melodious voice. Perhaps if Diane had her way; she would have the congregation rocking down the aisles! Erins Own is her immense passion; she was a committee member at various levels and can also boast of the fact that one Martin Bowen is her son-in-law! Incidentally, Martin became a member of the general committee of Erins Own at the A.G.M. held at Rockgrove in December 1971 so this is a significant year for him having served the club in various roles for fifty years. Diane is a dedicated follower of the Cork teams and accompanied by Breda Horgan travelled the length and breadth of the country for all their matches; let it be Thurles, Killarney or Croke Park. They wore the colours with distinction and apparently the availability of tickets was not an issue! The Little Island that Diane knew as a child is of course an entirely different place today. A nostalgic look-back would present memories such as Sunday visits to her uncles' at Well Road, albeit delays en route because of her parents' obligatory chat with neighbours. And when returning home, they carried produce from the glass house. Diane and friends frequented the "Grotto" and "Boathouse Quay" areas for summer evening swims, and their visits to "Strawberry Rocks" and the strand at Flaxfort were also very much enjoyed. Travelling shows and dances at the Y.M.S. Hall, affectionately known as the "Sweat Box", were special. Incidentally, restriction to over eighteens was strictly enforced and should an age doubt arise; a birth certificate was a requisite! Diane has also witnessed the transformation of the topography of Little Island, and this includes the fact that the level crossing no longer exists, the road configuration has changed, there are fewer farms, the GAA pitch is gone as is the "Sweat Box", and there is a modern Sports Complex in place and guality soccer facilities are housed nearby. There is now a church, a cemetery and a "new" school, a hotel, extra housing is evident, there are five industrial estates and one retail / business park. Could Diane have ever visualised this or the fact that a circa eleven thousand workforce would traverse "her" patch on a daily basis? Or could she have envisaged the necessity of installing traffic lights on "her" Little Island? Yes, Diane has seen it all and even though the nostalgic remembrance period was tough; she would nevertheless love to experience those happy carefree years again. Diane is passionate about "her" Island; it is her "Seventh Heaven"! DEFIBRILLATOR: This devise, which gives a high energy electric shock to the heart of somebody who is in cardiac arrest, has in recent years become publicly available in most communities. The cost involved

is borne by organisations such as

Councils', Sporting Bodies, Commercial

Premises, and in a minority of cases

some community-minded individuals.

Referencing the latter; it is pleasing to

observe that Coley & Geraldine Savage

and family have recently attached a

unit to the pillar at the entrance to

their home. This is situated at Windsor

Hill and it is not just available to cover

the immediate locality, but the outer

Associations',

Parish

Community

admirable and thoughtful provision exemplifies once again that it is not necessary to be tied down with committee meetings etc. in order to offer a worthwhile contribution to parish life. Another example: a person who is not a "Tidy Towns" member may in fact pick-up litter! The Savage family and Glounthaune are synonymous and the present generation is carrying the torch in style. Well done to Coley, Geraldine and family who recognise that the community is the "heart" of everything!

areas are also encompassed. This



CORONAVIRUS: Well, our parish was in the news again relative to this dreadful virus, and regrettably for the wrong reason. It was the print media on this occasion as the "Irish Examiner" edition of March 1st. reported on our parish priest's remarks during his homily at the Sunday ten am mass. The header read; "Cork priest apologises if Covid Vaccine remarks caused offence or confusion". The following is one of the quotes published; "this medicine is supposed to be there to help us and to keep us safe, so if they're not a hundred per cent sure or at least ninety-nine per cent sure what's in the vaccine. then people should act with great caution". The "Examiner" reported on a statement issued by the Diocese on behalf of Bishop Gavin, and this was to the effect that Fr. Ted Sheehan of Glounthaune said he apologises if his remarks "caused offence or may cause confusion about the Catholic teaching" on the vaccination programme for Covid-19. Another extract from the Bishop's statement advised that he encourages all parishes and Church personnel to promote the vaccination programme and encourage elderly parishioners, relatives and neighbours to avail of the opportunity "to protect their health and the health of the whole community". Well, isn't there enough confusion out there besides our parish priest's intrusion? We don't act on unsolicited advice from an inexpert source relative to common life issues; but rather from those having expertise based on a deep level of knowledge. Relative to this virus; is it not common sense to follow suit. The phrase "horses for courses" comes to mind.

April 2021 Read the Glanmire Area News online @ www.glanmireareanews.ie

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can be recorded through

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John Beausang, Cork City

Centre and North County

month has been very busy

with queries about the

new process of taxation

on the Covid-19 Pandemic

Unemployment Payment. If

anyone requires information

or advice around this issue,

they can contact us in

provide free, independent

assistance and advice. Even

though due to Covid-19,

our drop-in services are

not currently available, the

offices are still staffed and we

are busy assisting callers and

giving them the tools to make

informed decisions and help

them to explore options and

solutions to any issues they

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CPUP, Tax Credits and Joint Assessment Advice from Citizens Information

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The Citizens Information Service is currently receiving lots of call and email queries regarding the CPUP (Covid-19 Pandemic Unemployment Payment) and Tax Credits and in particular Joint Assessment. The biggest concern people are having is how CPUP received in 2021 is taxed. In contrast to last year, PUP is now taxable in real-time during 2021 meaning you are taxed as you are paid.

This new process ensures tax is collected on the payment at the right time and limits any additional liabilities at the end of the year. The Department of Social Protection informs Revenue on a weekly basis the amount of taxable PUP paid to each person and the tax due is collected by reducing the person's tax credit and rate band. In some cases, this may affect your spouse's tax credits. The adjusted tax credits and rate band are applied on a week one basis and any revisions are shown on the employee's Tax Credit Certificate. In most cases, there will be no additional tax liability at the end of 2021.

Joint Assessment

Some may be taxed under Joint Assessment which can be of benefit to most couples. Under Joint Assessment, you are chargeable for tax on your combined total income. This option is

For anyone needing information, advice or who has an advocacy issue you can call a local centre in Cork City North & Cork City Centre and they will be happy to assist and make an appointment if necessary:

Phone Cork City North on Mon - Fri from 9.30-4.30 0761 07 6850

Phone Cork City Centre CIC on Mon- Fri 10 - 4.30 on 0761 07 6950

Emails hollyhill@citinfo.ie and cork@citinfo.ie

Alternatively you can log on to www. citizensinformation.ie for further information.

CORK CULTURAL COMPANIONS

New service launching to connect older people interested in arts and culture in Cork

Reignite your love of arts and culture, enjoy new experiences, and meet new friends - virtually for now - with Cork Cultural Companions.

Opportunities for older people in Cork to engage with the vibrant local arts and cultural scene, at events when they return and virtually for now, are being increased with the official launch of Cork Cultural Companions next week on March 9th.

Anyone over 55 can sign up to be part of a local network of people with shared interests in arts, heritage and culture who want to attend events with like-minded new friends.

An initiative of Age and Opportunity, Cork Cultural Companions particularly aims to address the issue of social isolation amongst older people by also providing volunteer companions for encouragement and support at live events.

Original plans to launch in April 2020 had to be postponed and revised in light of Covid-19 restrictions. Cork Cultural Companions will now launch virtually on March 9th with the rollout of a varied series of its own online events and activities run in conjunction with cultural venues and organisations, until live events return.

Speaking ahead of the launch, Cork Cultural Companions co-ordinator Barbara Quinn, said, "'Many of us would probably go to a lot more plays, films, shows, concerts, exhibitions, or other events if we had someone to go with. There is a thriving social and arts scene out there to be enjoyed if only we had someone with the know-how or simply the shared interest to get us going. That is where Cultural Companions comes in. The project will set up local networks of people interested in arts and culture that will accompany each other to events when they are permitted and encourage each other to connect with and engage in online cultural events and activities for now.

"Unfortunately, we can't currently meet in person, so we have adapted our approach this year to ensure we still provide opportunities for older people to connect with arts, culture and friends virtually. It has never been more important to have these connections with the outside world and to have something to look forward to

"Our varied series of online cultural events will be announced at our launch next week. I would encourage anyone interested in reigniting their love of arts and culture, or those who just want to enjoy new experiences and make new

friends, to register to hear more about becoming a member."

Cork Cultural Companions not only connects you with others interested in arts and culture, but it also keeps you up to date on what's happening in your area. Once you become a member, which is free and no obligation, you will receive regular updates regarding various websites, podcasts and social media links to theatre performances, music, literature, poetry, dance, and local interest items. And when live events begin to happen again, you will have the opportunity to attend them with new friends in the network.

The not-for-profit organisation is also looking for members who would like to act as 'Meet and Greeters' for when Cork's real cultural scene gets going again.

First up in the online events series, which Cork Cultural Companions is currently seeking participants for, is 'Tea and Ballet' run in association with the Firkin Crane and delivered by Patricia Crosbie. Over a 6 week series of one hour meetings, participants will get together to explore some world famous classical ballets, the first series will focus on the ballet Giselle. The aim of the series is to help retain and increase mobility in older participants and to break down any perceived barrier to understanding or appreciating ballet and therefore increase numbers attending ballet and dance performances in-house in venues in future.

Another event being planned as part of the series is 'Theatre in the Community' which will see a oneperson theatre show being brought to five Cultural Companion hubs in the county. The performance will be staged outdoors and will see social distancing guidelines adhered to.

Other activities being launched next week include Mobile Movie Screenings, a Clay Modellina Workshop and Exhibition, and 'Culture on Call'.

Cork Cultural Companions is an initiative of Age and Opportunity, and is supported by The Cork County Federation of Muintir na Tíre, the HSE, the Community Work Department Cork North, Cork County Council and Cork City Council, Healthy Ireland and Creative Ireland.

Anyone interested in getting involved is invited to join the virtual launch of Cork Cultural Companions on March 9 to hear more. To register for this event, or for further information on membership, contact Barbara Quinn on 085-1300335 or Culture@ muintircork.com, or see the Cork Cultural Connections page on muintircork.com here.

Gardening with Charlie Wilkins

THE COLOUR BLUE

April and May are the most treasured and favourite month of the year. They hold all the hope, freshness, and greenness of spring and bring forth compensations out of all proportion to our constant input. It is creation in the purest sense. These are days in the round of the year that hold everything in the gentle palm of their hand.

How I love being in the garden these evenings. Herbaceous plants are still in neat vigorous clumps with stems that are vertical and stiff, not tired and sprawling as in the month of August. The countryside too, looks its best just now clothed with wildflowers adding drifts of colour amid the greenery. Even the weeds look smart in a formal, showy way whilst later, the spreading cow parsley will fill any remaining space with their foaming creamy-white blooms, (lovingly called Queen Ann lace) all against a background of vivid green. Enjoy the spectacle, for it passes all too quickly.

With the gentle rise in daily temperatures, the colour blue appears again and again lifting me to an ecstatic high! Any shade is welcome: lavender blue or pale sky blue, ultra-marine or royal blue. Many appear fleetingly in those few square yards of the back garden which boast deep rich soil and gentle shade. They sing out here with a clarity you just would not get in an open border.

Despite the biting cold last February, the show began with the tiniest trickle of blue Anemone blanda, followed almost immediately by Puskinia, then by way of Scilla and Muscari to Crocus and Pulmonaria. Later this month the clarity and amount of blue will increase to become a virtual flood and even as the tulips fade away, they will leave behind a foil of knee-deep forget-me-nots mixed through with tall, bearded iris strutting their stuff, and looking down their noses at the shy Omphalodes and stubble leafed Brunnera 'Jack Frost' which light up shadv areas.



This clump of Chionodoxa growing at the edge of the lawn in the front garden is admired by all who pass on the footpath. As summer approaches, these two-inch-high wonders wisely go to sleep in the cool, shaded conditions.

Have you noticed that many of these are spring bulbs? Through bulbs, great gardeners have been born. They realise that the majority need little space and their routine maintenance fits around a busy life at work in the city or countryside. They experiment yearly with the

Charlie Wilkins

different varieties rather than sticking to the same old daffodils, tulips, and crocus. Increasingly they look to Glory of the Snow (botanically known and sold as Chionodoxa) for their reliability, compactness, ability to colonise, and early appearance.

They are extremely hardy and do well in either full sun or lightly shaded areas, provided neither become too hot or too dry in summer. Mulching their position with any kind of organic material (even wetted commercial compost will be found beneficial) and it will encourage them to increase and multiply if applied before they emerge in spring. If you provide the cool, moist conditions that they relish they will grow well and seed freely giving a valuable April display particularly under deciduous trees and around the sides of bushy evergreen shrubs.

The blooms of Chionodoxa have attractive flat, star-shaped intensely blue petals held in short racemes less than six inches high (which nod charmingly) when brought to perfection by the first weeks of bright spring light (see illustration). Their foliage is modest by anyone's standard; a pair of simple narrow leaves which die down ever so obligingly soon after flowering. The bluest form is called Chionodoxa sardensis which produces up to a dozen, rich, deep blue flowers in a raceme which faces the light horizontally.

hygiene products such as deodorants and antiperspirants. Daily shaving it seems, is not as important as it was (masks keep the stubble hidden!) whilst females now go to the shops in their pajamas. What strange times we live in! SWEET VIOLETS

The sweet-scented violets are still in flower symbolizing truth and loyalty. They also embody a sense of modesty, spiritual wisdom, and humility. These faithful plants are named after their traditional purple petals, which is in keeping with spring (and especially with February's purple birthstone, the amethyst). However, violets also bloom into summer in white, blue, and yellow. The purple petals are said to further mean "I'll always be true," while the white variant signifies "taking a chance." There are over 500 species of violet, including the closely related pansies, which are brightly coloured hybrid plants with similar petals. Try a few if you can source them.

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THE GARDEN IN APRIL Apart from the miserable

weather during much of our

lockdown period restrictions, can

you guess the aspect I missed

most? You got it, dressing up!

Since early youth, dressing up

for occasions (especially Sunday

mass) was expected and

observed. Few adhere to this

today! Interestingly, I have read

reports that manufacturers of

men's toiletries have noticed a

dramatic drop in sales of shaving

accoutrements and personal

GLANMIRE LADIES FOOTBALL CLUB



Glanmire Ladies Gaelic 4 Mothers and Others

2019 Glanmire late In Ladies Football Club introduced Gaelic the Mothers 4 & Others programme to the club. It was felt that this would be a great way for the Mothers of the club to get involved. learn some new skills but also to have some fun on a Sunday morning!

Jenny Long, Mark Byrne and a few players from the Intermediate panel were ready to go for their first session but I don't think anyone anticipated the numbers we would have with over 30 ladies showing up. Overall, it was a very enjoyable session for both coaches and players, and they were looking forward to more.

They have had some great session and have no doubt enjoyed themselves throughout! Unfortunately, Covid-19 put a halt to the fun and games but hopefully they will get back on the pitch soon.

Thank you all for getting involved and to all involved with the coaching and let's hope the ladies will get the chance to play some games soon!











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Arthur Young in Éirinn, 1776-1779

Micheál Ó Súilleabháin

Saolaíodh Arthur Young, taistealaí agus scríbhneoir, i Londain in 1741. Mac le ministir Protastúnach ba ea é. In 1859 i ndiaidh bháis a athar, chuaigh sé ag obair i Londain ar iris nua a bhunaigh sé féin. I ndiaidh chúig eagrán, díoladh an iris, áfach. Ansin bh sé tinn le galar na scamhóg ar feadh cúpla bliain. Fágadh eastát beag mar oidhreacht ag an teaghlach agus d'iarr a mháthair ar Arthur dul ina bhun. Bhí an t-eastát báite i bhfiacha agus, de réir dealraimh níor éirigh go ró-mhaith le Arthur. Pé scéal é, tar éis cúpla bliain thóg sé feirm 300 acra ar cíos in Essex. Ina dhiaidh sin, d'imigh sé go Hertfordshire chun leanúint leis an bhfeirmeoireacht. Thosaigh sé ag déanamh trialacha agus choimeád sé cuntas orthu i leabhar a d'fhoilsigh sé in 1770.



Arthur Young

Sna blianta a lean, scríobh Young mórán faoin talmhaíocht. Chuir sé 'Annals of Agriculture' amach in 1884 agus, ar an iomlán, d'fhoilsigh sé 45 imleabhar de na hAnnála. Mhol sé d'fheirmeoirí go n-úsáidfidís modhanna nua feirmeoireachta a bhí ag teacht chun cinn, mar shampla, an druilire síl, uainíocht barraí agus meascán d'aol agus de chré mar leasú talún. Mhol sé go gcuirfí clathacha suas chun páirceanna a roinnt. Thabharfadh sé seo deis cineálacha éagsúla feirmeoireachtadh a chleachtadh mar bheostoc agus barraí in aice lena chéile.

Is mar scríbhneoir taistil a bhain Arthur Young cáil amach, áfach. Thosaigh sé ag taisteal trí Shasana agus an Bhreatain Bheag. Bhailigh sé eolas ar thailte a bhí ar cíos, ar bharraí agus ar bheostoc. Cuireadh fáilte roimh a chuid scríbhinní. Thug sé cuairteanna ar an bhFrainc idir na blianta 1787 agus 1789, bliain na Réabhlóide. Rinne sé cur síos ar staid an phobail agus ar chúrsaí pobail i dtréimhse an-stairiúil. Finné súl ba ea é ar Réabhlóid na Fraince. Chuir an chíor thuathail a chonaic sé alltacht air agus thug sé foláireamh dóibh siúd sa Bhreatain, a bhí ar son leasú polaitíochta gan sampla na Fraince a leanúint. Idir na blianta 1776- 1779 chaith Arthur Young tréimhsí éagsúla in Éirinn. Thaistil sé ar fud na tíre. Chuir na huaisle fáilte roimhe mar aoi ach d'fhan sé i dtithe aíochta, chomh maith. De réir mar a bhí sé ag dul ar aghaidh scríobh sé nótaí ar na daoine a bhuail leis, ar an tírdhreach, ar na cineálacha feirmeoireachta a chonaic sé. Chuir sé tús lena chamchuairt i mBaile Átha Cliath in 1776. Ceann de na tithe a luann sé is ea Teach Diúc Laighean. Tugann sé 'a very large stone edifice' air. Aithnímid é inniu mar Theach Laighean. Ba nós leis an costas maireachtála a fhiosrú. Ba é an freagra a fuair sé in 1776 ná go raibh an costas maireachtála i Londain 40% níos airde ná mar a bhí sé i mBaile Átha Cliath. Ba nós leis camchuairt thapaidh a dhéanamh i dtús báire agus filleadh ar feadh tréimhse níos faide. Mar sin, d'fhill sé ar Bhaile Átha Cliath arís in 1777 agus chaith sé dhá mhí ann. Chabhraigh sé seo leis chun pictiúr níos cruinne a thabhairt dúinn.

Nuair a bhí sé ag gabháil trí Chontae na Mí, rinne sé tagairt do na botháin in ar chuir na daoine bochta fúthu. Bhí na fallaí déanta de láib agus bhí na fallaí níos mó ná ocht n-orlach déag ar tiús. Bhí ceann tuí orthu. De ghnáth, a dúirt sé, ní raibh aon simné ar na botháín agus chaithfí an doras a oscailt chun ligint don deatach éalú. Dar leis, bhí na botháin abhus níos teo ná na tithe cré in ar chuir coiteoirí Shasana fúthu. D'fhiosraigh sé staid na mbochtán. I gcoitinne, dar leis, bhí go leor prátaí acu, dóthain lín do na héadaí; bhí bó ag a bhformhór agus olann dá gcuid éadaigh; bhí muc agus cearca acu, chomh maith. Bhí éisc ar fáil sna locha dóibh. Ar an taobh eile de, dúirt sé gur chaith roinnt de na huaisle go dona lena qcuid tionóntaí.

Ceann de na grúpaí a luann sé is ea na Buachaillí Bána. Bhí sé ag taisteal trí Chill Chainnigh nuair a tharraing sé an t-ábhar seo anuas. Cén fáth a raibh a leithéid de ghrúpa ag teastáil? Cúiseanna eacnamaíochta agus éagóir na dtiarnaí talún ba chúis leis an eagraíocht seo a bheith ann, dar leis.

Ar a chamchuairt, shroich sé Corcaigh. Bhí an chathair an-bhríomhar ina thuairim. Bhí mórán gnó ar siúl. Chuaigh an calafort i bhfeidhm go mór air. D'fhiosraigh sé na staitisticí maidir le trádáil. Mar shampla, fuair sé na figiúirí do 1773. Rinneadh easpórtáil ar sheithí ar £1 an ceann, im ar 30 scilling do chéad meáchain, mairteoil ar £1 an bairille. I measc na rudaí eile a ndearnadh easpórtáil orthu bhí coinnle, galúnach, scadáin, muiceoil, olann. Tháinig 872 long in aghaidh na bliana isteach sa chalafort.

Ar an mbealach go Cóbh luann sé an radharc álainn a chonaic sé ag Lota leis na coillte timpeall air. Luann sé Teach Dhún Chitil a bhí 'almost lost in a wood'. Ceann de na háiteanna b'áille a chonaic sé in Éirinn a bhí ann, dar leis. Tá tagairt déanta aige do Ghleann Maghair agus do Bhaile Roisín, chomh maith. Chaith sé tamall i gcomhluadar an Earl of Shannon i mBaile na Martra. Bhí na tailte timpeall an tí leagtha amach go breá, an sean-chaisleán clúdaithe le heidhneán, go leor coillte timpeall agus abhainn ag sní tríothu. Chaith sé tamall timpeall ar Chill Airne agus molann sé an éagsúlacht radharcanna agus áilleacht na háite. Ach cáineann sé an easpa lóistín agus an costas ard atá ag baint leis. Dar leis, ó na cuntais a tugadh dó, bhí na tábhairní uafásach agus ní raibh an lóistín pioc níos fearr. Dar ndóigh, ní raibh ar Arthur cur suas leis an droch-chaighdeán seo mar d'fhan sé mar aoi ag Teach Mucrois.

Déanann Arthur suimiú ar na laethanta a chaith



Teach Dhún Citil

sé in Éirinn. Cé gur chaith sé mórán ama i gcomhluadar na n-uaisle, léiríonn sé tuiscint ar chás na ndaoine bochta. Deir sé go bhfuil tiarna talún a bhfuil Caitlichigh mar thionóntaí aige mar fhorlámhaí agus go gcaithfidh an tionónta géilleadh dó i ngach uile rud. Is geall le sclábhaí an tionónta. Dúirt roinnt de na tiarnaí móra leis go gcuireann cuid acu brú ar an tionónta a chéile agus a iníon, b'fhéidir, a thabhairt don mháistir mar chéile leapa agus gur chúis onóra don tionónta an t-iarratas ón tiarna. Deir Arthur gur léiriú é seo ar an éagóir a mbíonn ar na daoine bochta glacadh leis. Dar le Arthur Young, bhí leas Impireacht na Breataine ag brath ar shaol níos fearr a bheith curtha ar fáil do bhochtáin na hÉireann.

Tugann Arthur Young cuntas suimiúil dúinn agus is cáipéis shóisialta an-mhaith é. Chaith sé dóthain ama sa tír chun an cúlra a iniúchadh agus, ar a shon san, is cuntas iontaofa é.

Gluais:

galar na scamhóg= lung disease aoi = guest druilire síl= seed drill uainíocht barrraí = crop rotation camchuairt = tour finné súl = eyewitness éagsúlacht = variety forlámhaí = despot cuntas iontaofa = trustworthy account



Glanmire Area Community Association

This months submission is by Dermot O'Connell, Director, GACA

The Pandemic has forced many of our people to reflect and revaluate, and realise what is important in our lives. Outside the care and well being of our family and close friends, sport in this Community play a vital role, and its absence have occupied the thoughts of many young and old. It is fair to say that the Sports Clubs in Glanmire have played a vital role in engaging their members young and old Training Programmes, through Zoom calls etc However all of this is a poor substitute for players coming together. playing and socialising.

The Primary and Second Level schools have also done an exceptional job within the rules of level 5 lockdown. However if we can believe what we hear or read in the in the Media not all children take to zoom calls and interest can wane over time. We have no doubt, but everyone did their best, and in the greater scheme of things it only short interruption in their young lives.

The Community response team co-ordinated by Cork City Council, and led locally by Lorraine O Neill which involved the HSE Gardai, Community association, Sporting Clubs and other Voluntary

organisations and many individuals showed great spirit, camaraderie, and practical help to those who needed it. A recent initiative was the distribution of activity packs to the elderly in our area.



Over 4,500 Play Packs for older adults are being delivered to many of Cork's senior citizens as part of a joint initiative from Cork City Council, Cork County Council, Cork Healthy Cities, Cork Sports Partnership and Cork Age Friendly City. This new initiative, which is part of the URBACT Playful Paradigm project, seeks to provide enjoyment and fun to those in our communities who have been minimising their social contacts for the duration of the pandemic. Following consultation with older adults across the city, the play packs were designed to include a range of games, activities, and hobbies including playing cards, a bird feeder, seeds. The play packs also contain helpful information on support services.

Foroige Youth Project

We would also like to acknowledge the great work of Foroige Youth Organisation, and leader Brian O Toole and his team who kept in constant touch with many of their members. We would to acknowledge the support of Foroige, and local Chairperson Cyntia Kelleher who have given unstinted support to the project for over twenty years.

We are also delighted to announce the Appointment of a new addition to the Foroige team, Youth Leader Angela Gimmell. Angela who is a

local person has been a voluntary leader with the Club for over three years .Angela is an extremely popular choice and will have the ability to hit the ground running.



Community issues

It was disappointing to learn of the imminent closure of the Bank Of Ireland in the Hazelwood Centre. This is another big blow to a Community that is sadly lacking basic services. We understand that the closures is to commence in September 2021.

The BOI has pointed to the increase in Online Banking is a reason for closure. On line Banking isn't an option for many older people in our Community who would have very little experience of online anything, never mind online banking. Going to the Bank and speaking to your neighbour far outweighs staring into an empty screen. However that is the direction we seem to be going.

Thankfully we have an excellent Credit Union, in the centre with competent and friendly staff who can provide most of our needs.

gacacork@gmail.com

www.glanmireareacork.com

Glanmire to Hazelwood Cycle Route

The Proposed Riverstown to Hazelwood Road Cycle Route is currently open for submissions Closing date 13th April 2021. Google Riverstown to Hazelwood cycle lane for details.

Ongoing issues

There is ongoing complaints from residents about anti-social behaviour and vandalism in the John O Callaghan Park. Signs and facilities damaged, bins burned and shouting and Yahooing into the early hours of the morning. This is grossly unfair on local residents and young children. This has been an ongoing problem for many years and needs to be addressed once and for all.

Parking is also an ongoing issue in Sallybrook and Riverstown. There are only four parking spaces attached to the John O Callaghan children's Playground.

This is clearly an issue to be addressed in any future developments in this area.

The ongoing lockdown is undoubtedly causing hardship for many local Businesses. These Business have to pay leases, rents and rates These

are the people we look for sponsorship etc when others are gone and this all over so this our chance to give the support they urgently need at this time

As outlined in previous Newsletters the Community Association,Cllr Ger

Keohane Cllr Óliver Moran requested the City Council to take over the Barleycorn site as an amenity .The Council having looked at the feasibility stated that they were not in a position to purchase it at this time.

We strongly, feel with the Government telling us that they are spending a million a day on Green projects, that is an opportunity missed.

Green spaces are at a minimum and if their are to be any future developments of community centres, day care centres, recreational; areas; we will be challenged to find space within our developing community for these vital elements.

If you have any community issues we can assist with feel free to contact us direct on the above email.

In the meantime, stay healthy and safe.

Dermot O'Connell & all at Glanmire Area Community Association

Glanmire St. Patrick's Day Parade





















Glanmire Seniors outing to the Ring of Kerry June 2005

























































White's Cross GAA News whitescrossgaa.ie



White's Cross club officers at the 2020 White's Cross Annual Christmas Draw

Club Draw

The club held our Christmas draw on Saturday March 20th in our club ground. Only a handful of club officers attended and the draw itself was held safely outdoors; in the centre of our playing field. €600 sponsored by Michael Hennessv of irrup L Shirley (U the Stirrup Bar. Michael (O'Flynn) and won prize. Amazingly, despite their being a few thousand tickets in the drum, they also won the second prize which was €250



Chairman Mike O'Flynn address the camera/Facebook audience prior to the Christmas Draw

For transparency we put the draw proceedings life on Facebook. A big thank you to Cian O Brien from Cork GAA, and also our neighbour in White's Cross, for giving up his time this afternoon to assist with this livestreaming - it was greatly appreciated. The first prize was a very generous sponsored by Unique Fitout. Members of the Quinlan family (Cathal and Suzanne) won the third and fourth prizes respectively. These prizes were sponsored by Tom Harte and John Buckley at Auto Express respectively.

The full list of winners as

well as the video of the draw is on our Facebook page. Congratulations to all our winners but also a big thank you to all that bought tickets for the draw and to all our sellers. This year was a unique challenge. This is exemplified by the fact that the draw has taken place on March 20th.

We will be in touch with all our winners to arrange getting their prizes to them. Please be patient with us as this is a little more complicated owing to Covid restrictions.

Thanks once again to all our prize sponsors. The last year has been tough one for many of our business sponsors with many of them spending more time closed than they were open. Yet when asked all had no hesitancy in supporting the draw. We ask in turn that our club members and friends support these business.

St Patrick's Day

For the second year in a row, we had no public celebrations for put national day. This is usually a great community day where we in White's Cross GAA proudly take part in the Upper Glanmire Community Association parade.

For the GAA community, as whole, it has been traditionally the day that the All-Ireland club finals or , going further back, the Railway Cups had taken place. We in White's Cross were never involved in these finals. However, we did have some finals of our own in recent times on March 17th.

2016 In we were scheduled to play St. Finbarrs in the Craobh Rua Cup final. This had carried forward been from 2015. However, the bad weather on the day prevented the game from played. Fixture being congestion meant that the game was never refixed hence there were no official winners of the 2015 Craobh Rua Cup. When the 2016 tournament did start. White's Cross following their semi-final victory over Brian Dillon's, comprehensively beat Lough Rovers in that final.

In 2010 we did play the Seandun Cup football final against Douglas. Again this tournament was carried forward from the previous year. Unfortunately, we did not win on that day. We had good wins in the league prior and, indeed, following this game and had beaten Nemo Rangers and Bishopstown comprehensively in the previous rounds. Alas in the game itself, despite performances strong from the likes of Padraig Murnane,

Thomas Meade, Dave Buckley, Alfie McEvoy and Derek O'Connor we were not able to secure victory and Douglas ran out deserved winners. Coláiste an Phiarsaigh, Gleann Maghair, Co. Chorcaí

@colanphiarsaigh

https://issuu.com/colaisteanphairsaigh

Comórtas Ealáine



Ar chlé; Comhghairdeas ó chroí le Hannah Ní Mhuirthile, dalta atá anseo ar scoil linn sa chúigiú bliain. Bhuaigh Hannah an Comórtas "This is Art". Bhí mórán Éireann daltaí a chuir isteach ar an gcomórtas, ach thug sí an sway leí. Ár seasamh ort Hannah.



Scoláireacht Ollscoile

Comórtas Grianghrafadóireachta YSI BL.4 Iarratais na nDaltaí:



Cuireann sé áthas agus riméad orainn anseo i gColáiste an Phiarsaigh go bhfuil scoláireacht gailf bronnta ar Fhionn Ó hIcí, Rang Deirdre sa séú bliain. Deinimid go léir comhghairdeas leis as an éacht seo a bhaint amach. Beidh Fionn ag freastal ar Loyola Marymount University, California, Mheiriceá tar éis Scrúdú na hArdteistiméireachta 2021. Go n-éirí go geal leis sa todhchaí.

Fairis sin cuireadh dea-scéal eile in iúl don phríomhoide, ar na mallaibh. Bhronn Coláiste Ollscoil Chorcaí scoláireacht Quercus ar iar dhaltaí na scoile seo a rinne Scrúdú na hArdteistiméireacht i 2020. Ba iad san: Eimear Ní Chorrbhuí, Shane Ó Conchubhair, Saoirse de Nógla agus Luke Mac Aogáin. Bronnadh na scoláireachtaí orthu toisc a fheabhas agus a bhí a dtorthaí sa scrúdú úd. Is cúis mhór riméid agus áthas dúinne é sa scoil anseo a leithéid a chloisint. Deinimid comhghairdeas leo go léir agus guímid gach rath orthu sa todhchaí.

ERIN'S OWN LADIES CLUB









U12 Camoige Captain Roisin Connolly









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



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Sarsfields Camogie Notes

MEET OUR 'HAPPY PEAR'

The culinary world has the 'Happy Pear' and Glanmire has its physical & wellbeing equivalent in local twins Aisling & Sinead O'Brien! The girls are currently putting our adult players through their paces in twice weekly Strength & Conditioning online classes in preparation for the upcoming season. Their tough routines, infectious enthusiasm & happy demeanour are proving highly popular with the players (well maybe not the tough workouts!!) The girls are no strangers to the camogie scene having won U14, U16, Minor & Senior B county titles with the club which makes them even better equipped for the task in hand. We are so lucky to have them on board.

The O'Briens have recently set up their new Instagram page (a) obrientwinstraining with the hope of bridging the gap between physical and mental health. They hope to be able to help people feel better in themselves in both mind and body, as over the past couple of years they've realized that even though food and exercise play a huge role in how one feels, there's more to health and wellbeing than just food and exercise alone! Be sure to check out their page... (@obrientwinstraining!

HAPPY EASTER

Happy Easter to everyone – don't forget to keep practicing those skills!



Aisling & Sinead O'Brien





Sarsfields Camogie Club

Happy Easter







THE TWO WOLVES

John O'Sullivan Personal & Business Coach

There is an old African proverb which states that "If there is no enemy within, the enemy outside can do you no harm".

What does this mean? The external enemy can be a multitude of things - people who try to limit our ambitions, situations which might hold us back or any of the curve balls life throws at us.

But what is the enemy within? Well, that's a far areater threat to us and it's a lot harder to control if you don't realise it is there. The enemy within is that part of us which holds us back. The part of us that kills our ambition before we even try something we really want to do. It's that dark part of us which causes us to do things, day after day, that we know are not good for us (Think: smoking, over using alcohol, binge eating or spending our lives consumed by social media).

As you can see the enemy within can do far greater damage to us than any external enemy, because its closer to us and knows our own personal weaknesses. This enemy is the cause of many of our frustrations in life. At some level we know it's there - yet we seem powerless to change it. . Therefore, this enemv within gains more power and eventually we simply give in and "accept" that this is just who we are. We finally say to ourselves; "This is who I am, flaws and all".

But if you have read any of my previous articles, you'll know that we really do have the power to change ourselves and take back control of our lives. The question is, how do we do this?

Before we think about how to change, let's think about why we should. When you step back for a moment and stop taking your life for granted, you can see just how absolutely this whole amazing situation is. Think about it for a minute, the chances of any of us actually being conceived at a unique moment in time at odds of millions to one is just mind blowing. The fact that you (yes you!) are here at all is nothing short of a reallife miracle. This life you have, the energy you are, is so unique, special and precious, it makes no sense to waste a single second of it.

We also need to realise what we are responsible for. Take a pen and paper, and for 5 minutes jot down all those people you influence in any way just by your very existence. You might start with your kids names. Then your partner. But there are far more people you influence just by being in the world. Your parents probably need you more than ever these days. Your siblings, colleagues, manager, direct-reports, and customers. But there's still more - your demeanour when you pay for your groceries at the check-out can influence whole day. someone's Do you smile and make a witty comment, or are you rude and abrupt. Either way, you have the power to change someone's entire day.

As I write this, I'm sitting next to my very chatty 7 year old daughter. What's the point in life if we don't pause to appreciate these little moments? Who knows when we won't be able to experience these moments in time? So. remember the power of influence that you have. Use it well.

So how do we deal with the enemy within? The first step is recognising that it is there. Awareness is the key to any change. Once we know what our internal enemy is, we have the choice to change it if we want to. When we remember how valuable our life is and how much influence you have over the people around you, it's almost our duty to deal with this enemy within.

Once we have faced up to our internal enemy, we must now deal with it. This is not an easy thing to do, especially if the internal enemy is one we see as intertwined with who we really are. We must realise that there are two parts of us - one tries to hold us back. It causes ander. resentment, and kills ambition. The other part is our positivity, our innerdrive and our motivation.

Catching negative thoughts and self-talk is a great place to begin. Become aware that this is going on, and when it happens next, take a moment to stop, reflect, and correct it. If you find yourself speaking negatively about yourself, stop, and correct what you have said. For example, find if you vourself constantly calling yourself a poor time keeper, simply change your narrative. Start by eliminating this statement from your life. Next time, simply re-phrase it by saying something like; "I always try to be on time - and next time I will make sure I am early for my meeting". Over time you will see this really does make a difference.

If we want to be more positive, and life affirming, we must focus on this and have the awareness to stamp out negative self-

talk at the same time. If you have a goal, something you really want, but find you keep talking yourself out of it all the time, this is a good opportunity to confront yourself and change your internal selftalk. Instead of saying, "This will never work out", try to back yourself up and say; "I have managed to do some amazing things before, and I know in my heart that I can do anything I want, if I give it mv all".

If we can overcome our inner enemy (our own biggest obstacle) the enemy outside can do us no harm. This is a challenge we face every time we catch ourselves creating doubt in our mind. Remember, the fact that you are even here is a genuine miracle - and if you can do that, imagine what else you are capable of doina!

Chorokee This old proverb really says it all: 'In your mind there are two wolves, and they are always fighting. One is darkness and despair, the other light and hope. Which one wins? The wolf that wins is the one you feed.'

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

Nom Nom Coffee Dock NOM NOM CAFE FIRST

Charlie Lyons and Dad Joe enjoying a coffee at Glounthaune Village Playground



Upper **Glanmire ICA**

on Update Guild activities:

Our activities have certainly become virtual now, and with the WhatsApp group it is really wonderful to be able to share our daily photos on all our Crafts and baking.



A jigsaw puzzle of the ceiling of the Sistine chapel by Pauline O' Callaghan



A knitted shawl from Mary Dorgan



Blankets completed by our members for Cork Cancer care centre and St Finbarre's hospital.



The block stitch pattern. (cf: tutorial on YouTube)



April Recipe: Lemon Muffins Ingredients over fill.

- 6 oz Stork margarine
- 6 oz caster sugar .
- 3 eggs •
- 10 oz self- raising flour
- Grated rind of a lemon
- Juice of half a lemon
- 1 tablespoon of lemon yogurt (opt)

Method

- Beat sugar and marg until very pale and fluffy
- Gradually add eggs and flour, mixing well.
- Mix in juice and rind of lemon and yogurt (if using)
- Spoon into muffin cases, (sitting in muffin tins). Do not

- Bake at 180°C for about 20 min until golden brown, check after 15m.
- Allow to cool before icing.

Butter icing

- In a food processor, blend 8 oz icing sugar and 3 oz butter. Add about 1 tbsp and 2 tbsp milk and a tiny drop of yellow food colouring.
- Bring to a smooth consistency, ready for icing.



Glanmire Library

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Local History with Michael

Christ Church

The site of the church at Christ Church Lane is one of the oldest inhabited parts of the city and probably dates back to the Viking era. Records exist that date the earliest parish church of the Holv Trinity to 1185 and several churches have been built there over the centuries. The present church was completed in 1720 as the previous building was badly damaged during the siege and was it demolished in 1716. The present building was designed by the architect John Coltsman and the tower rose one hundred and thirty feet above the city. The building costs were paid for by a tax of one shilling per ton on all coal and culm brought into the city. The steeple was completed in 1726 but because it was built on a poor foundation it sunk completely on one side. This subsidence was to be an ongoing problem as the church had to be taken down as far as its roof after its rebuilding in 1748. The historian Charles Smith refers to the church in 1750 and states that it was referred to as the King's Chapel. Various accounts of the church in the late 1700's refer to its leaning steeple and an old Cork saying was 'All to one side like Christ Church'. The Lord Chief Justice Willis described the leaning tower as in danger of falling on three or four houses and was 'A terror to everybody that passed along the street'.

Various improvements and modifications were made and in 1825 new plans were submitted by the architect George Pain but this was rejected as being too costly. The front and entrance were added in 1827 at a cost of £3500. 6s and in 1828 the interior was totally renewed. Unfortunately, during the zealous rebuilding of 1828 every memorial was dislocated and many were destroyed. The church was not confined to being just a place of worship; it was also a public place of punishment. In November 1729 it is recorded that a pair of stocks were to be constructed and theses were used to punish offenders on the Lords day during the times of divine service. The location of the stocks is given as 'Ye said stocks be placed by ye gate of ye said church'. The stocks survived for a period of thirteen years as another entry for August 1742 records that the sum of £2 and eight pence was paid to Mr. Cooke for a pair of new stocks and for other joinery work within the parish of Christ Church. The Church was deconsecrated in 1978 after centuries of worship and it then appropriately housed the Cork Archives Institute until 2005. Totally renovated in 2011 as the Triskel Arts Centre providing live music, cultural cinema, visual art and literary events.



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

Book Review with Denise

The Giver of Stars- JoJo Moyes



This novel is about a young girl Alice Wright who lived in England in the late 1930s and made an impulsive decision to marry a wealthy American by the name of Bennett Van Cleave and leave her home and family behind.

Not long after her arrival in a small town in Kentucky She realised that this was not the adventure she had hoped for. Her husband showed very little love towards her and he was dominated by his father. She discovered guickly, never to disagree with her father- law. Bennett and his father would head off early in the morning to work and would not return until late in the evening. Alice found that she was on her own all day under the watchful eye of the housekeeper. The village people regarded her as a foreigner and tended to keep their distance. Most of the people worked in the mines and lived in the company-provided homes. The mine was owned by her father in law, so he had great respect and influence in the town

One day things changed for her when a meeting was held in the church Hall to discuss the setting up a travelling library in the village. They were looking for a team of women to deliver books as part of Eleanor Roosevelt's new travelling library project. Alice signed up enthusiastically. Her husband and father-in-law were not in favour of her joining the team. The book shows us how these five extraordinary women became known as the Packhorse Librarians of Kentucky and their remarkable journey through the mountains. These heroic women refused to be cowed by men or by convention. They were committed to their job, bringing books to people who never had books and gave them life changing facts that would change their lives. Children were also given books as part of this project. We see the Alice Wright developing into a person in her own right, becoming self-sufficient woman.

The Giver of Stars is a funny, heart-breaking, and rewarding novel of women's friendship and lovalty. It is a historical fiction book about packhorse librarians in a remote area of Kentucky.

Children's Corner with Mary



Available to download on BorrowBox Suitable for 5 years +

021 238 9795

Welcome to Hotel Flamingo: the sunniest hotel in town!

An enchanting four-book series featuring the adventures of Anna and her array of animal friends

The temperature is rising, which can only mean one thing: it's summer! Bookings are up at Hotel Flamingo and the hotel is getting busy. Anna is excited to receive word from King Penguin royalty asking to holiday in their Royal Suite. But there's a lot to get done, and it's not easy to manage the needs of the penguins when there's a heatwave on and a huge ice shortage. Help!

When Mr Ruffian of the rival Glitz hotel finds out that the penguins have chosen to stay at Hotel Flamingo, he is furious. It's not long before Anna starts to suspect that there is a spy and saboteur at the hotel; how else to explain why everyone is going so wrong for the visit of the Royal Penguins?

Can Anna return Hotel Flamingo to its usual shining self and have happy guests all round?

This is a truly heart-warming and lifting tale. The main character Anna is determined to make a success after inheriting 'the sunniest hotel in town's, and shows that hard work and effort pay off. This book teaches loyalty and friendship in others Perfect bedtime read for younger readers and independent book for older.

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Motice Board Beech Grove NoBillsTV.ie "You Are Not **GLANMIRE INDOOR** Alone" **BOWLS Boarding Kennels Free TV Community Centre, UPPER GLANMIRE** For those who are bereaved or SAORVIEW Combi Pack **Riverstown** affected by suicide. **HOME AWAY FROM HOME** Over 100 channels The coming together of those Wednesday Nights 7.30pm Spacious out-door runs. similarly bereaved can offer the opportunity to gain strength Personal Supervision. to 9.30pm and understanding from individuals Up to date who have experienced the loss of a vaccines essential. loved one through suicide. Over 18s, Males & Tel: 021 4858484 Females welcome freesat Only €299 Mobile: 087 2163658 For more information contact We repair Sky systems Collette on 087/1897315 or www.beechgroveboardingkennels.com Contact: 021 - 4821333 Call James 021 487 2817 Anthony on 087/6838861 Call or text 087 269 1215 **BOOKKEEPER AVAILABLE IMMEDIATELY** AIRBNB ACCOUNTS Do you need to give your AIRBNB ACCOUNTS to the **Revenue?** FURNITURE I specialise in small ood Cutting Services family business FROM ONE SHELF TO A FULL HOUSE OF FURNITURE No job too small AND FOR ALL YOUR DIY SUPPLIES Free first consultation Unit 13, Glanmire Business Park, Tel: 021 4820770 Siun Ni Chrualaoi Mbl: 086 9840357 Glanmire, Co. Cork. 087 2247151 Email: rlwoodcuttingservice@gmail.com 086 3478228 Across Sellina? Joe Organ Down 1. Rapid (5) 6. Popular Fruit (5) 2. Darkest season (6) Talk to Joe 9. Live longer than (7) 3. Don't remember (6) T: 086 6013222 10. Prominent constellation (5) 4. Disapproving sound (3) × 11. Animal sound (5) 5. Wave wildly (5) 6. Kept away from (7) 12. Musical note (5) 13. Many (7) 7. Curly hair-do (4) 8. Type of sponge (6) 15. Pensioner (3) 17. Horse pace (4) 12. Female name (5) 18. Measures heaviness (6) 13. Tempest (5) 14. Went to the polls (5) 19. Narrow sea inlet (5) н 20. Blood group system (6) 15. Old form of writing (5) Т 14 16. Holy Song (5) 22. Lose height (4)Т 18. Bring about (havoc) (5) 24. Mixture of earth and water L 19. Powered, fortified (7) (3) L 25. Greatest amount (7) 21. Orion's nickname (6) Т 26. Desolate, cheerless (5) 22. Digit (6) П 20 23 27. Rob (5) 23. Sheen (6) Т 28. Type of precious stone (5) 25. Pals (5) 29. Daydream (7) 26. Nude (4) 30. Was nosy (5) 28. Sponsors of Dublin GAA (3) 26 31. Salute, welcome (5) Crossword Winner: Carol McAuliffe, Upper Glanmire, 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. SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th April. 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. 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.







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