

Pat Stacey awarded the Prestigious Lord Mayors award from Lord Mayor CLLR Joe Kavanagh



Congratulations to **Pat Stacey** GACA Director and Supervisor Of Glanmire Environmental Scheme on being awarded the Prestigious Lord Mayors award from **Lord Mayor CLLR Joe Kavanagh** recently in the City Hall for his work in the Glanmire Community. Pat was a Director Of Glanmire Community Association. He was Supervisor of the Glanmire Environmental Group. The Environmental Crew were a regular feature working with their Scaed Jeep in the general area of Glanmire area over the past seven years. Along with his role as a Supervisor Pat liaised with the City Council on a regular basis on many Environmental issues related to Glanmire.

...continued page 12



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Profile of the Month

Cllr Joe Kavanagh (Lord Mayor)



Favourite TV Programme: Only Fools And Horses

Favorite Film: Notting Hill

Favorite Sport: I really like watching all Sports but I have always been a keen Soccer fan

Favourite Drink: Sparkling Water (Non Alcoholic) and Coors Light (Alcoholic)

Favourite Colour: Blue

Favourite Time of Year: Christmas

Favourite Sports Team: Chelsea (Lifelong fan), keen supporter of Cork and all Local Clubs

Favourite Time of the Day: Early Morning

Favourite Car: VW Passat or BMW Gran Tourer

Favourite Politician: None springs to mind to be honest

Favourite Hobby/Pastime: Working with Local Tidy Towns or Golf

Highlights of the Year as Lord Mayor: Virtual School Visits last October, Commemoration Events and Visits to support our Local Businesses



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If you're suffering from nerve problems in the arms and legs, you'll want to read....

How Patients Are Living Without **Numbness, Tingling, or Sharp Pains**

Numbness, tingling, and pain is an extremely annoying problem. It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other doctors and they claim all the tests indicate you should feel fine.

If You Do Nothing Else, Read This:

More than 20 million people suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, Chiropractor at Glanmire Chiropractic Clinic. Dr. Subchuk and I have been helping people with neuropathy and nerve problems for more than 14 years.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves

By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

Numerous people who suffer with numbness, tingling or sharp pains have chosen chiropractic's effectiveness in helping nerve conditions.

What these patients know is that you could soon be enjoying life...without those aggravating nerve problems.

Could This Be Your Solution?

It's time for you to find out if chiropractic will be your neuropathy solution.

For 14 days only, €40 will get you all the services Dr. Jenna Subchuk and I normally charge new patients up to €120 for!

What does this offer include? Everything. Take a look at what you will receive:

- 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 findings and any imaging you may provide e.g. MRI or x-ray so we can start mapping out your plan to being pain free.
- We will answer your most probing questions about nerve problems and how chiropractic can help.

Until June 11th you can get everything I've listed here for only €40. The normal price for this type of evaluation is €120 so you're saving a considerable amount by taking me up on this offer.



Call 021-4824450

We can get you scheduled for your consultation and exam as soon as there's an opening.

Our office is located at Eastcliffe House, Glanmire (Over the bridge, next to AIB). When you call, tell the receptionist you'd like to come in for the Nerve Evaluation so she can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely,
Dr Eric Kelly, D.C.

P.S. Remember, you only have until June 11th to reserve an appointment at this significant discount. Why suffer for years in misery?

That's no way to live, not when there could be an easy solution to your problem.

P.P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt – and the pain just won't go away!

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DOLPHIN SWIMMING CLUB

National Team Trials 2021

Following the delay of the Tokyo Olympic Games in 2020, the rescheduled Games for 2021 meant that the National Team Trials and Olympic qualifiers were also postponed until this year. In April, selected Irish athletes from around the country and those based abroad converged on the National Aquatic Arena in Dublin to compete for places on the various teams for this year's big international meets. The elite senior athletes of course were hoping to book a place on the plane to Tokyo for this summer's Olympics, while places were also up for grabs at the European Long Course Championships in Budapest in May, and at the European Junior Championships to be held in Rome in June.

Most swimmers selected were those currently training at one of the National Performance Centres in Dublin, Limerick or Bangor, whilst many more Irish athletes who are training at Universities or HP centres from places such as Dubai, Florida, Tennessee, the UK or even Singapore made the long journey back to compete.

This year, Dolphin Swimming Club in Cork was proudly represented by three such athletes: our club captain, Hannah O'Shea; Florida State University-based athlete, Max McCusker; and Singapore HP-based Jack Cassin.

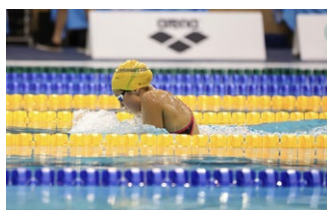
All three had genuine hopes of qualifying for their respective National teams leading into this meet although each of their individual preparations were hampered somewhat due to COVID in recent months, plus several other factors.

Hannah O'Shea went into the meet with limited training opportunities since last October, COVID forcing her to travel to UL Arena 5 days a week before school in order to get some pool time under her belt. Under normal circumstances, Hannah



Mick, Jack, Max & Hannah at the NAC

would train at our pools in Mayfield Sports Complex and Leisure World for 8-10 sessions per week, so her pool access was halved. Normally having access to gym facilities would also help but the strict lockdown since January has also limited these important facilities. Nonetheless, Hannah remained optimistic that she still had a good chance of qualifying for her first major international competition as she was just under 2 seconds away from the qualifying times she needed on at least two events.



Hannah in action

Hannah's week got off to the worst possible start though before she even left Cork. Whilst out doing some light jogging on the Sunday before her big week ahead, Hannah had an unfortunate accident and badly injured her left ankle which required medical attention throughout the week. Her injury greatly affected her ability to kick

and turn off the wall with any force or power and ultimately some of her events suffered, having no option but to pull from the 800 Freestyle at the beginning of the week and the 400IM at the end of the week. These were tough decisions to make, especially as she was so close to the qualifying times on both events but somehow, she managed to soldier on all week long and raced in every round of all her other events that week – a staggering 11 races between Wednesday to Friday, making finals in every event! Coincidentally, European Junior Championships qualification wasn't to be this time around, but Hannah remains positive and knows what she is capable of when she gets the chance to have an uninterrupted run of training into her next big meet. Training has already resumed for her since we returned from Dublin with the Cork Performance Hub based in Mayfield Sports Complex and her club team are back in the water again from June 7th so her coach, Mick McCormack, sees great things on the horizon for Hannah when some form of normality and training consistency resumes again.



Jack Cassin

Dolphin's Singapore-based athlete, Jack Cassin, made the 18-hour journey for the trials just 3 days before the start of the competition. Another who had genuine prospects of making the European Junior Championships team this year, Jack raced a total of 14 events all week just missing the qualifying cut by less than 2 seconds. It was clear that jetlag played a significant

factor in Jack's performances this year but Singapore's strict rules around COVID meant that Jack simply couldn't travel to Ireland any earlier this year. His performances certainly impressed the national coaches though, with his name high on the list of hopefuls for next year's EJC when he will have another year to qualify. The experience of this year's meet should stand to him next year and he has a bright future in the sport and for Dolphin SC.

Max McCusker is based at Florida State University where he is studying and training full-time. He managed to fly back to Ireland a week before the competition so had time to acclimatise before the big event. His earlier arrival showed as he powered into 1st and 2nd place finishes in the 100m freestyle and 50m freestyle finals. Max's astonishing performances against seasoned senior swimmers pushed him into contention for a place on one of Ireland's national senior relay teams who would compete at the European LC Championships in Budapest for a place in the world's top 16 – a feat that would book Ireland's first Olympic relay team since 1972.

Max was invited to remain in Dublin to train with the national squad and was announced on the Irish team for Budapest at the end of April. It was an extremely proud moment for Max and his family, but also for Dolphin and everyone associated with the club. We'll have more information on Max's achievements in Budapest in next month's article, and with record-breaking swims for our national relay teams, there will be much more to celebrate.

Our club swimmers return to the water on June 7th. This has been the longest they have all spent out of the water and everyone in the club is getting really excited to get back in again soon. Let's hope that this will be the last time we'll experience any such restrictions ever again.

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

CORK COUNTY DEVELOPMENT PLAN

The draft 2021 Plan is now on public display and the County Council invites interested individuals and parties to make submissions and observations on or before July 1st. 2021. Glounthaune is designated as a key village within Metropolitan Cork and the village centre area is identified as; "The Old Village", "The Cliff" and further east; including and adjoining "Fitzpatrick's Shop". The plan brings attention to the fact that Glounthaune would benefit from further improvements to the village centre with an upgraded streetscape and provision for improved street lighting and public footpaths to enhance the quality of life in the village. The Plan also identifies a number of features which combine to give Glounthaune its sense of place; "it's small scale village centre, its harbour setting, its steep topography and its areas of woodland". The vision for Glounthaune to 2028 is to secure an increase in its population, balancing the maximisation of the sustainable transport benefit offered by the rail station, with development appropriate to the character, setting and scale of the village. This is to be attained in conjunction with a significant enhancement of local services, community facilities and to strengthen infrastructure provision. It is estimated that one hundred and twenty five new housing units were constructed at Glounthaune between 2010 and 2020 and phases one and two of a one hundred and seventy four unit development have now been completed at "Harpers Creek". The strategy for Glounthaune provides for the population to grow to two thousand, four hundred and seventy two and this is based on the 2016 Census figure of one thousand, four hundred and forty. An additional four hundred and twenty housing units are necessary to accommodate this level of growth. There is an existing permission for forty units adjacent to the "Forge Cross" at Upper Annmount and this together with the completion of "Harpers Creek" and the development of other zoned sites in the Plan, which includes lands east of "Harpers Creek" and "Ashbourne", would yield the required number. Relative to the latter, and in view of a recent planning application, it is interesting and important to note that the objective at this location, which is classified as of "Medium A" density is to; "protect site character and biodiversity value as much as possible particularly through retention of trees". The Plan highlights the fact that mature trees are features of biodiversity value;

"including around Ashbourne House where mature trees comprise at least one Champion Tree; a Katsura". It is accepted that the planned level of growth set for Glounthaune is substantial relative to the growth that has taken place over the last ten years but; "it is considered reasonable, reflecting the village's infrastructural capacity, and most significantly its availability of public transport, and requiring that any new development is in proportion with the pattern and grain of existing development. The residential offering is balanced by an increased provision of land for community facilities". The development boundary of Glounthaune is referenced; "it is tightly drawn to protect the strategic gap between Glanmire to the west and Carrigtwohill to the east and so as to be sensitive to the topography of the locality and avoid those areas of visual amenity. It has been amended relative to the 2017 Local Area Plan to exclude visually prominent greenfield land to the east, and land to the west, that is not required to deliver the planned growth to 2028, and that is remote and disconnected from the rail station". Most new development will be delivered close to the rail station and; "the provision for residential development will lead to a more sustainable and consolidated village. Development must provide pedestrian and cycle permeability, connectivity to the rail station and provide high quality public realm. It is important also that development respects the village nature of the settlement and this, combined with enhancements of the village centre, will strengthen the sense of place and functionality of this area as the heart of the village". It is proposed to provide a new road connection to link existing development with new developments at the east which will; "ultimately connect to the old N25 through the "Harpers Creek" estate which is considered to be a key piece of infrastructure that will allow for a more integrated and coordinated form of development in the eastern part of Glounthaune. Enhancing connections between existing and proposed developments will serve to avoid development of isolated and car dependent estates". It is acknowledged that the road network is generally poor, and in particular the road connectivity to the school; "as the road serving the school is quite narrow the choice of walking or cycling to school is not provided for. It would be desirable to see a pedestrian/cycle link from the school to the village centre and residential developments". The lack of community facilities is listed as

one of three issues; the others are topography and the inadequate road network, relative to balance in delivering the potential sustainable compact growth. Also referenced is the significant amount of recent development and the additional growth provided for in the plan and because of this; "it is considered that the village needs additional community facilities to include a playing pitch, tennis/ basketball court and a community/sports hall. The topography of the village limits the choice of suitable locations but a site was zoned in the 2017 Local Area Plan for the expansion of the school and this zoning has been extended in this Plan to also allow for additional community facilities". But who will provide this land and such facilities? How did the Council establish that the sports specified are those that are desired by the community? And contrast this to the rather vague "offering" of a "playing pitch". The Plan refers to compliance issues with the Waste Water Treatment Plant at Carrigrennan and that Irish Water is currently working to resolve them. What are the issues? The Plan describes the Community Centre (being the former 1901 national school), the "Dry Bridge" and the Quay Walls as distinctive elements of the village's built heritage. It proclaims that there are three structures in Glounthaune that feature on this Plan's record of protected structures; the Sacred Heart Church, Ashbourne House and Anne Mount House. But was not Anne Mount House burnt to the ground some seventy three years ago, back in 1948?!



ANNE MOUNT HOUSE: This house was built by the local landlord Sir Riggs Falkiner in 1775 but was heavily modified in the nineteenth century. Sir Riggs was MP for Clonakilty and later Castlemartyr and the house was located at the present day Annmount Residential Estate. Colonel Philip Reginald Bence-Jones had bought the house just three years prior to its burning down in 1948. A statue of a Madonna in the small upstairs oratory was untouched by flames and at the time this was reputed to be a miracle. A Madonna is a representation of Mary, either alone or with her child Jesus, and is a central icon for both the Catholic and Orthodox churches.

The statue was later positioned in their ensuing home "Glenville Park" at Glenville. Colonel Philip, who was born on January 12th.1897, was son of Reginald Bence-Jones and Ethel Annie da Costa and he had an older brother Campbell. The family home, which was built by his infamous grandfather William Bence-Jones in 1851, was located on an estate at Lisselane, near Clonakilty. Colonel Philip, an engineer and who won a Military Cross in the First World War, was employed on the Blue Nile Dam and he was also engaged in the rebuilding of the old Waterloo Bridge in London, where he resided. He converted to Catholicism when he married May Thomas, a Catholic from Alexandria in Egypt, on June 17th. 1925. Their only child Mark Bence-Jones was born on May 29th.1930 and the family moved to India four years later when Colonel Philip became head of an engineering school at Lahore. Mark was an architectural historian and author of note and his favourite themes were family history, country houses and the Raj. His most important and popular book is "The Guide of Irish Country Houses" which was first published in 1978 in which he records more than two thousand of the "big" houses, albeit many have been demolished. His other books include "The Twilight of the Ascendancy", "Life in an Irish Country Home", "Catholic Families", "Great English Homes" and predictably with his background in India; "The Palace of the Raj", "Clive of India" and "The Viceroy of India". The family returned to Ireland in 1945 and as Lisselane had been sold in 1930 they bought "Anne Mount House" and subsequently, because of the fire, "Glenville Park" which is a typical rambling country house. Colonel Philip created a chapel from three small rooms and he introduced stained glass windows and a stone altar was provided by the well-known sculptor Seamus Murphy. The aforementioned statue of a Madonna is positioned above this altar. Mark married the poet Gillian Pretymann in 1965 and they had one son and two daughters and the family divided their time between Glenville and Gillian's house in her large estate in Suffolk. Mark died of heart failure on April 10th.2010 having handed over the family property at Glenville to his daughter Silvia who runs the house today as a hospitality and cultural event location.

SLÁN ANOIS ©



International Day of Families

Citizens Information share supports available for families



The International Day of Families is annually held on May 15th and it promotes the importance of a healthy and well-balanced family. It is a day to celebrate your family and what your family means to you. The importance of this day and what it represents is a great opportunity to highlight some of the information, advice and support Citizens Information can provide to families.

Some of the most common queries they are receiving from families right now are;

Working Family Payment, formerly known as Family Income Supplement (FIS) is a weekly tax-free payment available to employees with children. It gives extra financial support to those on a low income. You must be an employee to qualify for it, self-employed aren't eligible to qualify for the payment. You must also have at least one child under the age of 18 who lives with you or is financially supported by you or is

aged 18-22 in full-time education.

The **Back to Work Family Dividend** scheme aims to help families to move from social welfare into employment. It gives financial support principally to lone parents and long-term jobseeker families with children who find or return to work. If you qualify you will still get a reduced weekly social welfare payment for up to 2 years.

If you qualify for either of the two payments above you may be entitled to the **Back to School Clothing and Footwear Allowance**, which is a scheme that helps you meet the cost of uniforms and footwear for children going to school. It is open from June 1st until September 30th each year.

One-Parent Family Payment (OFP) is a payment for men and women under 66 who are bringing children up without the support of a partner. To get this payment you

must have at least **one** relevant child below 7 years of age, but there are exceptions to this. You must also meet other conditions and you must satisfy a means test.

Job Seekers Transitional (JST) Payment The Jobseeker's Transitional Payment is a special arrangement under the Jobseeker's Allowance scheme that aims to support lone parents into the workforce while they have young children. It is available to people who are not cohabiting and whose youngest child is aged between 7 and 13 years inclusive. Many also enquire about leave options for parents which may be available from their employment such as **Paternity Leave, Parental Leave, Parents leave** and **Adoptive Leave**. Each of these types of leave may also carry a possible social welfare entitlement by way of a paid benefit if certain PRSI requirements are met. Another asset to families is the **One-Parent Family Payment**, a payment for men and women under the age of

66 who are raising children without the support of a partner.

Another great resource to families is the **Child Benefit**, which is a monthly payment to the parents or guardians of children under 18, who are in full-time education or training. The payment is universal, which means that your income level and social insurance (PRSI) will not affect whether or not you're entitled to it.

Speaking about International Day of Families, John Beausang, Citizens Information Manager for the Cork City North area said, "International Day of Families is a very important date in the calendar year, it is an occasion to celebrate the importance of families, people, societies and cultures around the world. Our goal for this day is to let every family know that we are here to advise and support them. So regardless of your query, call your local centre and we will guide you in the right direction, for you".

For anyone needing information, advice or who has an advocacy issue, you can call a member of the local Citizens Information team in Cork City North weekdays from 10am to 4.30pm on 0761 07 6850, they will be happy to assist. Alternatively you can email us on hollyhill@citinfo.ie or log on to www.citizensinformation.ie for further information.



Free Sustainable Communities Training Programme for Community Groups, Volunteers & Businesses across South and West Cork:

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#SustainableCommunities

Programme runs from 24th May 2021 to September 2022. T&Cs apply see www.secad.ie for more

The SECAD Sustainable Communities Training Programme South & West Cork is funded under the LEADER Programme (2014-2020) through the European Agricultural Fund for Rural Development – Europe Investing in Rural Areas. Approvals for the awards of funding under this initiative are made by Cork County Council's LEADER Local Action Groups which are a subgroup of the Local Community Development Committees. (LCDCs)





Gardening with Charlie Wilkins



Charlie Wilkins

MIDSUMMER BLUES

Today, I should comment on the weather because as I write, it preoccupies both the gardener and non-gardener. Each evening we stare at the swirls and peaks on television weather charts as if looking at tarot cards, trying to define the future. We long for and expect warmth, glorious golden mornings, long sunny afternoons, and scented, drawn-out evenings, full of the smell of freshly cut grass, the racket of bees, and bowls full of scented blooms sitting on the dining table. No such luck, I fear. Already I suffer the ache of regret, for midsummer is almost upon us and soon, the days will shorten and autumn beckon.

Of course, gardeners have always been at odds with the rest of the population in that they are seldom happy with long, dry, sunny periods! Three days without rain will usually bring about a degree of panic among those who work hardest with the soil, but since early spring we have been burdened with wind, cold and rain, not necessarily in that order! Out of its lair, the cold, persistent, and chilling wind continues to plague the gardener and holidaymaker. All wait in wistful anticipation of warmer conditions.

The cock's foot, by which length the days are supposed to increase, is not a generous measurement, and since January, day-length has been watched and measured in joyful anticipation. Benign conditions never really arrived (apart from a short, extremely cold

period) so what has gone wrong? A snake it seems has crept into our Eden and robbed us of our entitlement. Perhaps it is the greenhouse effect or something even more sinister? Who can tell? Spring melts into summer in a normal year but to date, summer seems suspended. No sign yet of gardens full of the ripe beauty we could normally expect, or that subtlety born of



The weather affects all garden plants in one way or another. No so with hydrangea 'Pinky Winky'! Tidy in growth, it cannot be damaged by frost or poor weather. Prune it back every January and watch it bloom from mid-July to autumn.

increased light and gentler days.

Following the lifting of Covid restrictions I expected to see throngs moving outdoors to taste the curative powers of the garden, but they elude me still. When we experience the movement of air blowing across the stagnant water of our gloom it helps raise our spirits. Just as

a toddler will often be subdued by a sniff of the outside air, and office workers seek out park benches with their lunchtime sandwiches, there is a sense that the outdoors restores essential balance. It has been found that people who spend too much time indoors are curiously introverted, shy, and retiring! Gardeners want none of it and it is an education to see them driven to a sort of madness by poor gardening weather. It is not how they behave—even those cursed with bindweed and ground elder! Other losers to bad weather include organisations such as Hospice and Care Homes, Church Repair Funds, and Hospital Fundraising. No visitors mean no support, financial or otherwise. Garden centres have also suffered a dramatic drop in sales, and their suppliers have been left with huge amounts of unsold stock. These plants will now become pot-bound, blown and rank and be of little use, even should conditions improve.

For all that, gardeners continue to sow seeds, take cuttings, plant trees and trim lawns. They dream of new schemes, new plants, and of visiting when all is corrected. They are undoubtedly eternal optimists, and perhaps optimism like life itself is born of the soil and these dog days can't go on forever. Perhaps by the time this column appears in type conditions will have changed dramatically and gardeners everywhere will once again be enjoying lunch beneath their climbing roses!

THE JUNE GARDEN

Despite all I have said about the weather, it has been perfect in recent weeks—for phlox! Of all the garden scents this one gives me a vivid childhood reminder of school days and cottage gardens, and I still delight in their soft peppery smell. They insist on plenty of water right through to flowering and if left short for any reason will bloom regardless, but in a tired, limp kind of way before drooping to expose dreadfully poor legs (their lower stems) browned and most unpleasant. Give them a wet summer however and they'll reward you with a long succession of huge powder puff flowers in pleasing, clean colours over foliage which remains green and turgid. Help them now by feeding with any liquid preparation at ten-day intervals.

EVERGREENS such as rhododendrons, azaleas and pieris growing in containers

and raised beds will need feeding once a fortnight from the beginning of next month. By the end of July camellias can be added to the list, for these will then be making their buds for next spring. You can use any liquid food based on seaweed for preference. This latter drench stops leaves from yellowing, it stimulates strong, healthy growth and gently increases the soil acidity. Whatever about this feeding (and it is important), don't let the plants go short of water at any stage of growth from mid-July onwards or the plants will suffer 'bud blast' next spring. This is a condition where the fat buds (on camellias and rhododendrons) fall off like hailstones just before they open. The last two weeks in July and all of August is the time to attend to these superb spring shrubs by feeding and watering regularly.

WILT: If your clematis blackens and begins to die suspect clematis wilt. Cut all the stems to ground level and

then burn them. Water the root system with a fungicide and this will help new shoots to arise from below ground (especially if the plant was positioned deeply when first planted). To avoid wilt, consider growing late-flowering Clematis viticella varieties which are generally not susceptible or those new clematis from Raymond Evison in Guernsey. These are available here at home from many outlets.

DANDELIONS: If dandelions were difficult to grow there would be a Dandelion Society and special Taraxacum shows and sales throughout the country! As it is, they come and go, and if they are noticed it is only as a prompt to reach for Roundup. Many are reluctant to use any form of chemical in the garden so if you would prefer to tackle these in another fashion on paths or in the lawn then pour a little salt into the crown of the plant! A pinch will suffice otherwise the grass may suffer too.



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GLANMIRE LADIES FOOTBALL CLUB



Ryan's SuperValu become the main sponsor of Glanmire Ladies Football

In what has been a great couple of weeks with the return to play, we were also able to announce some great news for the club!

With a lot of hard work and negotiations, Liam Ryan added Glanmire Ladies Football Club to the list of 12 GAA, Camogie, and LGFA Clubs he already supports across the county. Glanmire ladies have had a lot of success over the last few years, and it is hoped that the support from Liam Ryan will give the club that extra push in achieving more success. This will also be a huge support to our ever-growing numbers. Currently, the club boasts over 450 members and it looks like these numbers will continue to grow over the coming year. The club has come a long way in its 21 years existence, from an U16 'C' County title back in 2006 to now competing and winning 'A' County titles, and from Junior B in 2017 to now seeking Senior status

for 2022. The ever growing numbers mean that we now have 2+ teams competing at almost every grade and this sponsorship will only drive us in the right direction and ensure that every one of our teams is catered for.

Mark Byrne, Development Officer, is pleased and extremely proud to welcome Ryan's SuperValu on board as our main sponsor. Mark believes that this partnership will enable the club to:

1. Continue with our Primary Schools Coaching Programme with the local schools in our community.
 2. Provide extensive coaching courses for all our new mentors and,
 3. Launch our new Academy for U6 to U10 year old girls, which we have been planning to do for some time.
- While our Secretary, Kevin Walsh, has also expressed his delight. Having Ryan's SuperValu, Glanmire come

on board as main sponsor is fantastic and a very welcome addition. We have built a strong relationship with them over the last few years and look forward to the growth of the partnership. We both add huge value to the community and the sponsorship will allow us to build and provide for every female player, whether that is a school going player or adult member.

Kevin would personally like to express his gratitude to Liam Ryan, Jason O' Callaghan, Stephen Goggin, and the staff of Ryan's SuperValu for allowing this to happen and to our own hard-working committee for the getting the club to this point.

As a club, are looking forward to working closely with Ryan's SuperValu, Glanmire and proudly displaying the Ryan's SuperValu logo on our team jerseys and our new club merchandise. While the partnership will also support our dedication and passion for the future development and promotion of Ladies Gaelic Football in Glanmire.



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Madraí na hÉireann: Cuid 1

Micheál Ó Súilleabháin

Ceann de na rudaí is coitianta a fheictear na laethanta seo is ea daoine amuigh ag siúl lena gcuid madraí. Bíonn gach cineál madra le feiceáil, ó mhadraí beaga go madraí ollmhóra, ón mbrocaire ruiséalach go dtí an t-alsáiseach agus gach rud idir eatarthu. Is fíor-annamh, áfach, a fheictear madra Éireannach ag na siúlóirí. Féachann daoine inniu ar an madra mar bhall den líon tí. Tugtar togha na haire don mhadra. Bhí tráth ann, nuair a d'íth an madra fuilleach bia ón teach, ach tá an lá sin thart. Ní gá duit ach féachaint ar an rogha de bhianna atá ar díol sna gnáth-shiopaí nó i siopaí na bpeataí chun luach an tionscail seo a mheas. Ansin tá cleachtaí tréidliachta ata dírithe go hiomlán ar mhadraí agus bheadh tuarastal ar leith uait chun íoc as an bpeata breoite.



An Brocaire Gorm

Má léann tú sean-litríocht na hÉireann, ón Rúraíocht go dtí an Fhiannaíocht, tá madraí dúchasacha luaite ann. Cuimhnigh gur mharaigh Setanta madra Chulann a bhféadfaí cú faoil a thabhairt air, a bhí ag cosaint Eamhain Mhacha don rí. Dá dheasca athainmníodh Setanta mar Chúchulainn. Bhí dhá mhadra cháiliúla ag Fionn Mac Cumhaill, Bran agus Sceolaing. Níor thuigear, áfach, go raibh naoi bpór de mhadraí Éireannacha ann go dtí gur fheachas ar chlár ar TG4 cúpla bliain ó shin mar gheall ar mhadraí na hÉireann. Ansin tháinig mé ar leabhar fíor-shuimiúil a scríobh David Blake Knox, 'The Curious History of Irish Dogs' ina dtugann sé an cúlra agus an stair a bhaineann le gach pór Éireannach.

Ar an gcéad dul síos, nuair a ceansaíodh an madra, úsáideadh é mar ainmhí oibre. Bhí gnó ar leith le déanamh aige. Is é cú faoil na hÉireann an pór Éireannach is mó a bhfuil tagairt déanta de sna seanscéalta. Deirtear go raibh 300 madra ag Fionn Mac Cumhaill agus ba iad Bran agus Sceolaing na madraí ab ansa leis. Úsáideadh iad chun cosaint a thabhairt ón bhfaolchú a bhí flúirseach in Éirinn ag an am. Thar na blianta, scaip cáil chú faoil na hÉireann agus bhí éileamh air ó na huaisle ó chian agus ó chongar.

Nuair a thosaigh plandálacha na hÉireann sa séú céad déag, leagadh go leor de na



An Sotar Rua agus Bán

foraoiseacha a bhí mar áit chónaithe na bhfaolchúna. Íocadh airgead, chomh maith, ar fhionnadh na bhfaolchúna. Le himeacht an fhaolchú ní raibh an cú faoil ag teastáil mar mhadra oibre agus thosaigh an pór ag dul i léig. Le himeacht na dtiarnaí talún ag deireadh an naoú céad déag, tháinig laghdú tubaisteach ar uimhreacha chú faoil na hÉireann mar ba iad na huaisle ba mhó a choimeád na cúnna móra. Bheadh an pór imithe ar fad murar chuir iarsaighdiúir Sasanach, George Graham, roimhe an pór a athbheochan. D'éirigh leis a chur ina luí ar an Kennel Club roinn ar leith a bheith sa seó bliantúil i mBaile Átha Cliath don chú faoil. Ansin d'úsáid Arm na Breataine pictiúr de chú faoil na hÉireann i gceann dá bpóstaer earcaíochta i rith Chogadh Domhanda 1. Cé go bhfuil an cú faoil fós ann, tá na huimhreacha beag. Ní madra é do theach leathscoite sa chathair, cé go n-úsáidtear é mar shiombail na hÉireann fós. Tá i bhfad níos mó den phór i Meiriceá agus sa Bhreatain.

Má bhain an cú faoil leis na huaisle, a mhalairt atá fíor faoin mbrocaire gorm nó an Kerry Blue. Ar nós na mbrocairí eile in Éirinn, madra oibre ba ea an brocaire gorm. Bhí sé misniúil agus dúradh gurbh fhéidir leis madra uisce nó broc a mharú. Bhí sé in ann dul ar thóir coiníní, chomh maith agus iad a mharú. Is cosúil gur úsáideadh an brocaire gorm chun póitseáil a dhéanamh ar ghéim an tiarna talún. Úsáideadh é, chomh maith, chun aoireacht a dhéanamh ar na hainmhíthe feirme agus chun na héanlaithe feirme a chosaint ón madra rua. Bhí sé go diall chun breith ar lucht agus ar fhranraighe timpeall na feirme. Ainmí an-úsáideach ba ea é, mar sin.



An Sotar Rua

Bhí baint ag na huaisle leis na madraí móra ach bhí an-tóir ar an mbrocaire gorm i measc náisiúnaithe i dtús an 20ú Céad. Madra náisiúnta de chineál a bhí ann agus bhí ceann ag Micheál Ó Coileáin. Bunaíodh an chéad club do na brocairí gorma in 1919. Cuireadh suim sa bhrocaire gorm sa Bhreatain agus i Meiriceá, chomh maith. Ach de réir mar a chuaigh na blianta ar aghaidh agus nach raibh an t-éileamh céanna ar mhadraí oibre, laghdaigh na huimhreacha agus inniu tá todhchaí an bhrocaire ghoirm i mbaol.

Ceann eile de na póreacha Éireannacha is ea an Sotar. Dáiríre, Tá dhá chineál díobh ann. Tá an sotar rua agus bán agus an sotar rua. Bhain an sotar don chuid is mó leis na huaisle. Ar an gcéad dul síos, úsáideadh an sotar chun fiach a dhéanamh ar an bpatraisc, ar an gcearc

fhraoigh agus ar an naoscach. Nuair a d'éirigh gunnaí coitianta ag deireadh an tseachtú céad déag, forbraíodh an sotar mar mhadra gunna. Bhí dian-thraenáil ag teastáil ionas nach rachadh an sotar sa tóir ar na héanlaithe tar éis dó iad a dhúiseacht. Faoi dheireadh an naoú céad déag, bhí níos mó éilimh ar an sotar rua ná mar a bhí ar an sotar rua agus bán. Ba iad na seónna ba chúis leis seo. Ach leis na hathruithe



Cú Faoil na hÉireann

polaitiúla ag deireadh an naoú céad déag, le briseadh suas na n-eastát agus le haistriú cumhachta, tháinig laghdú mór ar líon na sotar in Éirinn. Is cosúil go raibh droch-thionchar ag na seónna ar an sotar mar cuireadh an bhéim ar fad ar an gcuma fhisiciúil a bhí air seachas ar na tréithe mar mhiseach agus acmhainn. Is é an sotar rua an ceann is coitianta. Is é is galánta agus is beoga den phór. I measc na ndaoine a raibh an sotar rua acu, bhí Sár na Rúise, Uachtarán Mheiriceá agus réaltaí Hollywood. Bhí ceann ag Charles Stewart Parnell. Madra fiaigh is ea an sotar rua a bhfuil teacht aniar ann, atá in ann feidhmiú i bportaigh agus i dtalamh aimhréidh. Bhí an-rath ar an sotar rua sna seónna ach chuir sé seo as dó mar mhadra fiaigh. Is cosúil go ndéantar an sotar rua a phórú dá ghalántacht seachas dá chumas mar mhadra oibre. Ach inniu úsáidtear an sotar rua, chomh maith, mar mhadra teiripe. Tugann sé cuairt ar oispisí, ar árais sheanáirí agus ar ospidéal leanaí. Ach ar deireadh thiar, is madra fiaigh é an sotar rua agus bíonn sé níos sona ag gabháil don ghnó sin.

Gluais:

madraí dúchasacha= native dogs

Cú Faoil= wolfhound

ceansaíodh = tamed

faolchú= wolf

póstaer earcaíochta= recruiting poster

An Brocaire Gorm= The Kerry Blue

An Sotar Rua agus an Sotar Rua is Bán- The Red Setter and The Red and White Setter

talamh aimhréidh = uneven ground

teacht aniar ann= stamina

acmhainn= ability



HELLO Summer!

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Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com

GACA submission led by Dermot O'Connell ...

As we move out of restrictions, change is in the air. Days are longer, excitement is building. Sport is back, we can move outside our County, and we can reunite with family. However, some people are more stressed than they were twelve months ago. While all are probably eager to get their lives back on track, moods and challenges can be different. There is no doubt Lockdown was a great time for evaluation.

As we move back to a busier pace of life it is key to remember to take time to look after yourself and be more mindful of others along the way. Change has always been a source of stress.

Change of any sort requires courage. (Mary Ann Rademacher)

The Glashaboy Drainage Project

Great news was received on the Glashaboy Drainage Project 28th April 2021 through Journalist **Sean O Riordan** of the Irish Examiner when it was confirmed that no legal action was mounted during the allotted statutory time frame allowed to prevent the flood prevention works in Glanmire from going ahead.

News of no judicial review had been lodged within the allotted time frame was confirmed by the Minister in charge of the OPW (Office of Public Works) Patrick O Donovan. He was responding to a Dail query from local **Fianna Fail TD Pádraig O Sullivan** who represents the Glanmire area. Mr O Sullivan recently met local Residents and Business people along with the Minister Michael McGrath Minister for Public Service to appraise him of the urgency of the situation.

Deputy O Sullivan states that it is up to Cork City Council to finalise the details for tendering out the project to a contractor. It is hoped that this process can be concluded in the Autumn.

Congratulations PAT STACEY...

Congratulations to **Pat Stacey** GACA Director and Supervisor Of Glanmire Environmental Scheme. Congratulations to Pat on being awarded the Prestigious Lord Mayors award from **Lord Mayor Cllr Joe Kavanagh** recently in the City Hall for his work in the Glanmire Community. Pat was a Director Of Glanmire Community Association. He was Supervisor of the Glanmire Environmental Group. The Environmental Crew were a regular feature working with their Scaud Jeep in the general area of Glanmire area over the past seven years. Along with his role as a Supervisor Pat liaised with the City Council on a regular



basis on many Environmental issues related to Glanmire.

Pat who comes from the Deise with an Engineering background is now a committed Glanmire man.

As a GACA Director along with local Counsellor Ger Keohane initiated a number of Projects, was regularly in touch with the relevant Departments of Cork City Council pointing out the immediate needs of the Glanmire Community.

Unfortunately, Pat has decided to retire, to spend more time with his family and to pursue other interests.

Thank you Pat for a job well done, you will be sadly missed.

Pat has created his own bit of history, being the first Glanmire person to receive such an award from the Lord Mayor and Cork City Council.

Dedicated locals of Glanmire team up to clean up...

As result of a call to arms by Local Cllr Ger Keohane up to 40 local people have teamed up to keep Glanmire looking beautiful removing loads of rubbish on their daily walk around the Community. The group has over 40 volunteers on a what's app group who can do this work any time day or evening or any time that is suitable to them. They can do an hour or half hour or whatever time is available to them.

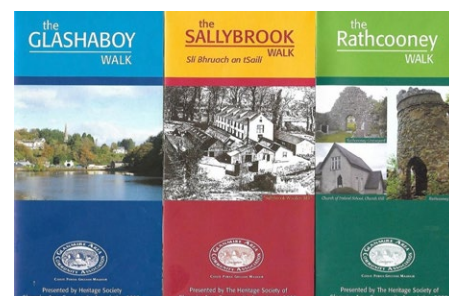
For further information contact **CLLR Keohane 086- 0263046** who may be able to provide Pickers, bags etc and location where they can be picked by the City Council. Local people in OLD Avenue are awaiting a response from their submissions they made Cork City Council on the Councils proposed Greenway.

Letter From Lord Mayor

The Community Association received correspondence from The Lord Mayor **CLLR Joe Kavanagh** on behalf of the Cork City -19 Community response forum to formally thank, the Glanmire Community Response team led by **Lorraine O'Neill** and to acknowledge and recognise the ongoing contribution made by the people of the City during the Pandemic. The forum which was supported by Cork City Council and the various Clubs and individuals in the Community was an outstanding example of Community spirit during these challenging times.

A Few Words from Mary Crowley, Glanmire Heritage

No doubt during the past year you have all walked the roads, paths and byways in your locality. As we were all limited to 5 kms. our knowledge of our own area increased, and perhaps you became curious about local history. Leaflets (as below) published by Glanmire Heritage Society, available free of charge in the local library, give lots of information about the locality. These are The Glashaboy Walk, The Sallybrook Walk and The Rathcooney Walk.



SUPPORT Local... On another vital note retail is now back up and running & welcoming customers. It has been very difficult for all these businesses to sustain months of closure.

So if you're getting your eyes tested, your dry cleaning, your nails manicured, your pet food, your new clothes (you get our message!)

...**PLEASE** opt for our vast range of local businesses. As a community we must keep Glanmire ticking in all our interest.



On this note we would also like to congratulate **Eimear & Vivienne from SOLO Hair Design**. The duo in business have relocated to a brand new salon in the same building as KETO GYM.

A warm welcome to these two local ladies who have made the wonderful decision to base their business in Glanmire.

Thank you for taking the time to read our update.

We would like to take this opportunity to Wish everyone a safe & healthy Summer from all in the Glanmire Area Community Association.



White's Cross GAA News

whitescrossgaa.ie

Exciting times are ahead for White's Cross GAA!

We in White's Cross GAA are absolutely thrilled to announce that our planning application to Cork City Council has been successful. We hope that by the end of the summer, early autumn we will have fully floodlit all-weather astro-pitch will be in operation in our club grounds.

We are very proud of the great progress we have made in improving our facilities over the course of the last decade but this project is by far and away the biggest yet. The current astroturf training area was a great addition when put in place six years ago and we are most grateful to the many Club volunteers who delivered that project on a shoe-string budget, as was also the case with the hurling wall, the walkway and the outdoor gym equipment.

However, when a strategic review of the Club's facilities was conducted three years ago, it was deemed that a floodlit all-weather training area should be prioritised. Such an amenity will be of massive use to all our members, and will be hugely functional for all teams from our 5 and 6 year old Future AllStars right up to and including our adult teams. That said, this is one that is beyond the scope of our tireless volunteers.

We in White's Cross GAA appreciate the importance of the GAA Club in the heart of every community throughout Ireland, and just like our walkway, this project will appeal to the broader community also.

We were delighted to be successful in our application for Sports Capital Grant funding, and that grant gives us a significant leg-up in funding this project. However projects of this scale don't come cheap and so we will be engaging in significant fundraising commencing this summer - we will be calling on all the members and friends of White's Cross GAA to play their part in delivering on this exciting project that will add greatly to our facilities forever after.



Action shots of some of our underage teams that returned to training in May

The astro-facility itself will go behind the top goal (road side). This will not impact the current walkway which straddles the boundary of the facility. In fact the additional lighting that is part of the project and the increased activity that the completed project will bring to the club will make the current walkway a more accessible facility at all times of the day and all times of the year.

Various subcommittees, made up of representatives from both the Adult and Juvenile Clubs, have been working quietly behind the scenes to bring this project to the point where it is now, and indeed planning ahead - to all of them we say a big mile buíochas. In particular we applaud the work of the planning team led by Brian Harte and assisted by Pat Casey and Sean Coughlan

in getting us to this significant juncture.

Of course there is much to be done still to bring this project to fruition and it will require everyone to put their shoulder to the wheel, but here's hoping that 2021 will see us leave, quite literally, the dark winters in White's Cross GAA behind us!

Seandun Junior Hurling & Football Leagues

Our adult teams are scheduled to get back to competitive action this month with the above competitions starting on June 7th. These will be completed over a 9 week period (including finals) with hurling and football on alternate weeks. Each off the hurling and football leagues have been divided into two sections with the winner from

each group playing in the final. There are 10 teams in the Junior A hurling and football competitions - split into two groups of 5 meaning White's Cross will have 4 games in both codes for the first 8 weeks. There are 14 teams in the B leagues -subdivided into two sections of 7 teams each. This implies that our B teams will be slightly busier with 6 games each in the 4 weeks that are set aside for each code.

The A hurling team, under new coach Padraig Kelleher, have been drawn against championship winners Brian Dillons. They, of course, were the team that beat White's Cross in last year's championship semi-final. This was a comprehensive defeat on that occasion but is not reflective of the gap between the sides. The other teams in the group are Nemo Rangers, Blackrock and St. Finbarrs. This year, the club is entering a second hurling team for the first time since 1984. This is an achievement in itself and it is great to have some younger players coming through from the underage ranks to be able to fill this team. Obviously, we have no form to go on but no doubt they will acquit themselves very well.

The A football league also includes last years champions Passage who also beat us in the quarter final of the competition. St. Michaels who are the champions from the previous two years, Bishopstown and local-rivals Whitechurch are the other teams awaiting our first football side. The B football team played only one league game in 2020 against Passage. That ended in a memorable victory. Passage are also in this year's group. The Junior C Champions Bishopstown, Douglas, St Nicks (who are regrading from Junior A), Mayfield, Douglas and mid-Cork side Ballincollig make up the section.

It will be a hectic few weeks for all the teams within the club. This will be most welcome following the long winter of no action. All teams are back training now and are raring to go!



Cad í an Ghaelainn?

Cad í An Ghaelainn?

Cad í an Ghaelainn?

Teanga, dar leis na mílte

Teanga bhríomhar álainn

De réir ama a bheidh idithe

Cad í an Ghaelainn?

Tasc dian crua don dalta

Nach ann do lasmuigh den Ardteist

Uallach, dar le buíon an Bhéarla

Cad í an Ghaelainn?

Siombail, dar leis an Rialtas

Reilic de chuid na cianaimsire

Gur gá a choimeád don bpáipéarachas

Cad í an Ghaelainn?

Teanga allta leathmharrbh

Dar le cnáimhseálaithe

Gur chóir go mbeadh sí balbh

Cad í an Ghaelainn?

Teanga ár staire is ár dtodhchaí

Teanga ár sinsear is ár n-óige

Teanga an phobail ar aon chaoi!

Cad í an Ghaelainn?

Gaeilic i gcuacha Thír Chonaill

Gaeilge sa Cheathrú Rua

Agus Gaelainn i gceantar an tSeanphobail

Cad í an Ghaelainn?

Ceart bunúsach sibhialta

Do chách ar chríocha Fódla

Is don saol is a mháthair an teanga

Cad í an Ghaelainn?

Beatha dóibh siúd a labhrann í

Faoiseamh dóibh siúd a labhrann í

Agus cara dóibh siúd gur breá leo í

Amhlaoibh Ó Siocháin Ó Beoláin

Ardteist 2021

Guímid gach rath agus séan ar ár ndaltaí Ardteistiméireachta a bheidh ag fágaingt i mbliana. Go n-éirí leo ina scrúduithe an mhí seo chugainn agus go raibh an t-ádh leo sa todhchaí.

Siúlóid Idirbhliana



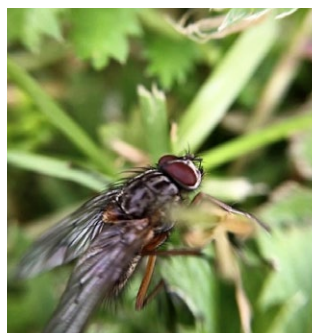
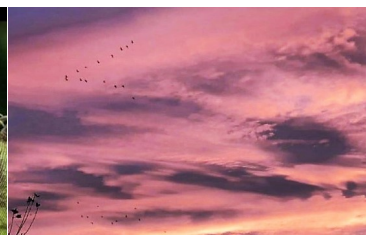
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Comhghairdeas le daltaí na hArdteistiméireachta 2020 mar a bhfuil Kaela Ní Leannacháin Ní Bhrádaigh, Ealaíontóir Sinsearach na Bliana. Comhghairdeas le hAoi Ní Mhainín, Teangeolaí Sinsearach na Bliana.

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Comórtas Ghriangrafadóireachta sa Bhitheolaíocht



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Sarsfields Camogie Notes

ALL TEAMS RETURN TO PLAY

All our teams have recently returned to fully compliant training and the healthy numbers would suggest all are happy to be back! We especially welcome all our new members – great to have you onboard! Fixtures will be announced shortly with league activity kicking off the season. Best of luck to all our teams and their mentors! Enjoy the year, continue to remain safe and compliant.

CORK U16's

Congratulations to Ava Fitzgerald, Sinead Hurley, Kate Fennessy & Rachael Roche who were recently confirmed as panellists on the Cork 16 camogie team for 2021. Best of luck girls. No doubt you will all represent us admirably.



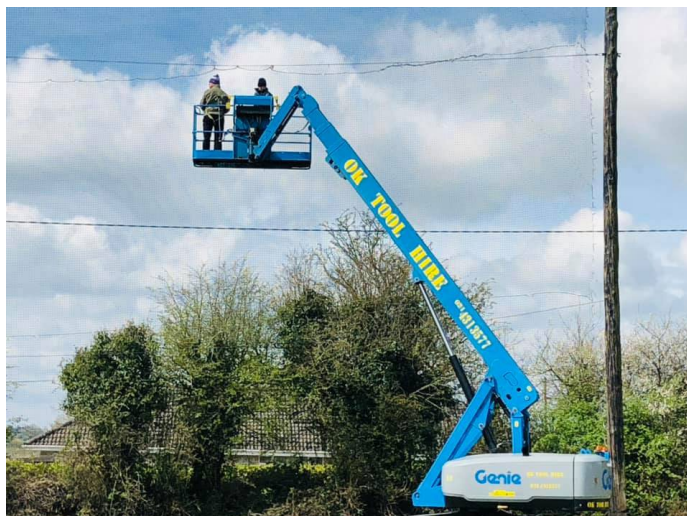
CORK MINOR CAPTAIN

We were delighted to hear that Olivia McAllen has been announced as Captain of the Cork Minor team for the upcoming season. Olivia has shown true leadership qualities and is a natural choice as she has already

led this squad to All Ireland success at U16 level in 2019 – here's hoping she's a lucky captain!

BUCKLEARYS PITCH FACELIFT

A huge thank you to everyone who helped out in any way recently in removing the goalposts, repairing nets and preparing pitch for season ahead in Bucklearys pitch. A huge amount of voluntary time was put in by so many people which we are truly grateful for. Special thank you to Garry of Garry McCarthy Construction, Roy Loftus of Loftus Demolition and Alan Kennedy of OK Tools Supplies.





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EAT YOUR FROG FOR BREAKFAST

John O'Sullivan
Personal & Business Coach

Ever feel so busy that you think there's no way you can get everything done? Maybe you're feeling overwhelmed at the moment? Like the weight of the world is on your shoulders and there's no way to cope?

If this sounds familiar, then this article is for you! When life seems too much, there is always hope! This article will help you find your hope and manage your life more effectively.

To begin with, feeling overwhelmed is stressful. It causes anxiety and even panic attacks. It leads to procrastination – which is putting off things that are uncomfortable or challenging. The problem with procrastination is that it makes uncomfortable tasks even worse the longer you put them off. This is a very common thing for people to do when they feel overwhelmed, but it means you're passing an even bigger problem on to your tomorrow self! This isn't a criticism though; I have a tendency to procrastinate myself. The trick is to catch yourself in the act of procrastinating and to hold yourself accountable. If you find yourself putting important things off there is a good way to overcome this. The good news is, that it's easy to do!

If you find yourself putting off uncomfortable tasks, the way to deal with this is to firstly be aware of what you are doing. You really must raise your own awareness, so you at least know when you're putting things off. Procrastination

is often a habit, and we can do it without even realising. So, first things first – make a promise to yourself to raise your awareness and to spot procrastination when it takes place.

The next thing is to act! This is where we start solving our problems one at a time. When we realise we are putting something off we need to stop and think: why am I putting this off – is there a good reason, or am I just avoiding something hard? How will I feel tomorrow if I don't do this task today? How will I sleep tonight with this hanging over me? How will the people who rely on me feel if I don't carry out this task? Next, it is time for action. It might sound really simple but here is the magic key – you act. Begin your task. Don't begin thinking you must complete the entire thing. Make a deal with yourself to work on it for 10 minutes. That's all. No pressure, just one small start. This is incredibly effective for a few reasons. It makes the task something you're currently doing and not something for the future. It helps you break down the task into parts. And let's face it, if you start by committing to 10 minutes, it's likely you'll push through at the time and complete far more of the task than you intended. All of a sudden, hey presto, you're half-way there. This really works – how else do you think this article was written?

One of the leading causes of stress is feeling out of control. This is true at home, in school, work or life. If

the world is throwing too much at us, it's easy to feel snowed under. Here we have another cool and easy strategy to help us cope.

Step one is to get all the noise out of your head. We can do this by simply writing down all the things we need to do. This is so simple but so very effective. If you don't believe me, just try it. By writing down all the things you must do, you are taking the clutter out of your poor exhausted brain and putting the jobs on a list you can see. This makes it far easier to deal with.

Once you have your list you can choose to start taking care of the items on it. Don't be tempted to complete the easy tasks first. The key to success here is to start with the most difficult task. Even if you only work on it for "10 mins" you've already made a good start. Author and coach Brian Treacy has a name for these tasks – the ones we really don't want to do – he calls them Frogs. His advice is to deal with the ugliest frog first. Then the easy ones are a doddle later on. He even wrote a book all about it called "Eat That Frog".

So, a quick recap here – If you think you have too much on your plate, start by writing all those things down. This will give you space and time to think more clearly. Don't put off the uncomfortable task – just begin it. This will mean the task has met its match and you will have conquered your dread of doing it. Easy tasks remain easy, and you can do them comfortably after you've dealt with the ugly

frogs first.

Life can be challenging for us all sometimes. But life never throws more at us than we can handle. Every challenge and difficulty we face only serves to galvanise us and makes us stronger if we let it. Remember the saying "What doesn't kill you only makes you stronger!" – well it's true. You wouldn't have the life-challenges you have right now if you didn't have the skill, talent and ability to solve them. Sometimes we all need a reminder that we are awesome bad-asses who should walk with pride in ourselves (nobody can walk with pride for you). So, make that list – find your frogs – and tuck in!



John O'Sullivan
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Time for a pitch for Glanmire Ladies Football Club - Thomas Gould TD



Thomas Gould TD

Sinn Féin TD for Cork North Central, Thomas Gould, and Local Area Rep Mandy O'Leary Hegarty have today called on Cork City Council, the GAA and the Minister for Sport to engage with Glanmire Ladies Football Club in assisting them in

finding a home for the club Teachta Gould said:

"This is one of the fastest growing clubs in Cork, if not the state. They have 500 members with almost 400 of these underage players. I've been down to chat with some of the members of the Board and the progress they've made is phenomenal. They've worked tirelessly for the benefit of their players of all ages.

"It's now time for them to have their own home. I've no doubt that GLFA will continue to grow long into the future and a pitch, with changing facilities, to call their own is needed to match the growth.

"Considering the emphasis in recent years on ladies' sports, I'd like to see a concerted effort across the government, Cork City Council and the oversight bodies to ensure



Mandy O'Leary-Hegarty

that GLFA aren't left for any longer with no training facilities of their own.

"We've a real chance here to support a club that are only starting out and to help them grow into the ambitious plans of their Board.

"I've written to Cork City Council asking them to support the club. I've also contacted the Minister today to ask if she will make contact with them."

Mandy O'Leary-Hegarty said: "GLFA need to be given the chance to unlock their full potential. It is so wonderful to see the interest and desire from young women to play sports and we should be encouraging that in any way we can."



Upper Glanmire ICA

Update on Guild activities

- We have had no meetings since March 2020, but as the progress in vaccinations moves on, we hope to maybe resume meetings later in the year.
- We also hope to resume our Summer walks in early June



Crochet edging: "3 chain, 2 trebles into 1 stitch, skip 2 stitches, and slip stitch into 3rd." Continue with pattern.



A knitted twin set for a child



Old cacti are like old friends, they keep in touch with us every now and then with a lovely gesture!



June Recipe: Brown Scones

Ingredients

- 5 oz brown flour
 - 7 oz self-raising flour or strong flour.
 - 3-4 oz butter
 - 1 tsp bread soda
 - 1-2 oz caster sugar
 - Pinch of salt
 - 1 or 2 eggs
 - Buttermilk
-
- 2 oz Oatmeal (opt)
 - 2 oz coconut (opt)
 - 2 oz granola/ seeds(opt)

Method

- Mix all the dry ingredients together, rub in butter with fingertips.

- Mix the eggs and buttermilk together, pour into mixture GRADUALLY until it comes together into a ball. Dust a little with flour, and roll out about one and a half inches in depth.
- Cut out scones and brush with some of your buttermilk/egg mixture, sprinkle some oats/ seeds on top.
- 180°C for about 15 min until golden brown.
- These scones freeze really well



Glanmire Library



Welcome back readers! We are delighted to welcome you back inside our libraries for borrowing. We are unable to offer newspapers, public computers, or study spaces at this time. Maximum numbers apply and wearing of face coverings is mandatory. Priority hour for elderly or at risk patrons is 10 am – 11 am. You can still renew your items on the phone or online. Under 12s must be supervised at all times. As maximum numbers will apply we ask that you limit your visit to a quick visit. We regret we cannot accommodate visits from groups or classes at this time.

Local History with Michael

The Sinking of the Lusitania

In April 1915, the German Embassy in Washington issued a stark warning to passengers, that the waters around Great Britain had been declared a war zone and that any passengers commencing the Atlantic voyage in ships flying the flag of Britain or her allies would be at risk. This warning was placed in over 50 American newspapers. However these notices were ignored and the Lusitania left America for Britain on 1 May 1915 with nearly 2000 passengers. She also carried war material which were listed on the ships manifest, this included 4 million rifle cartridges, 5,000 empty shell cases and over 3,000 non-explosive fuses. The Lusitania was sunk by a torpedo fired from the German U-boat U 20 on 7 May 1915 off the old Head of Kinsale. The log of the U-boat recorded that only one torpedo had been fired at the Lusitania, however many people believed that two were fired. The ship sank in only 18 minutes and a second explosion was heard by survivors which later led to rumours that high explosives were secretly carried on board the Lusitania. The total number of casualties was 1,198.

In August 1915, German artist Karl Goetz cast a commemorative medal depicting the sinking of the Lusitania. He intended it to be a metallic political cartoon. On one side the Lusitania was shown sinking by its stern with artillery pieces and airplanes on the deck. The captions translate as: No Contraband Goods – The Liner Lusitania Sunk by a German Submarine – 5 May 1915. Unfortunately he recorded the wrong date. The reverse shows a skeleton selling tickets to long lines of unwary passengers, captioned (translated): Business Above All. A newspaper headline warns: U-Boat Danger.

The British hastily exploited the German version for propaganda purposes. British Naval Intelligence ordered about 250,000 copies struck with the May 5 date and sold them through the Lusitania Souvenir Medal Committee to the public at one shilling each. The discrepancy in date may have been a genuine error but it was interpreted as it being a clear indication that the sinking was pre-planned and not just one of the vagaries of war. British propagandists made the most of their opportunity to discredit Germany. These were originally sold for a shilling each at Selfridge's in 1916 with proceeds going to the Red Cross and St. Dunstan's Blinded Soldiers' and Sailors' Hostel. Many of the British copies are readily found today, as for the German version these are very rare and extremely valuable.



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



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Book Review with Local Book Blogger Mairead

The Italian Escape from a Cork writer under name of Catherine Mangan



Niamh Kelly's life has collapsed. Her boyfriend of four years, who also happens to be her employer, has dumped her. Distraught, Niamh's plans for her future are in bits. Sitting at home with her parents every night Niamh is depressed losing complete interest in all her surroundings. Her sister makes an attempt to cheer her up by suggesting Niamh accompany her to Italy on a business conference. Niamh is initially sceptical but decides to give it a shot. Wallowing in self pity is not going to help her in any way so, following some much-needed grooming and retail therapy, she sets off on a journey that will ultimately change her life forever.

When arriving in Italy the smells and sounds are just something magical to experience. There is nothing quite like waking up in Italy with a view of the glorious sunshine sparkling off the sea or sitting on a waterside bar with a pastry and a caffè while watching the world go by, or relaxing of an evening sipping an Aperol Spritz or a Limoncello and thinking about the possibility of a different life. Catherine Mangan had all these thoughts and decided that she would make that escape from reality through fiction and through the adventures of the gutsy Niamh Kelly.

While Grace is attending meetings, Niamh wanders the local villages and towns, one of which is Camogli, and she is immediately smitten by the beauty of this place. Less crowded than other locations on the Ligurian Coast, Niamh feels at peace here and returns with Grace on a separate occasion to show her around. It is then that Niamh spots a premises empty, looking forlorn and in need of some attention. Niamh makes a spontaneous decision that perhaps a more committed Italian escape might just be the rescue from her life that she needs.

Niamh is very lucky to encounter a few locals who are very supportive of her planned adventure and willing to assist her but there are numerous obstacles in her way, one of course being the language. But Niamh has never felt more determined in all her life and waves Grace off on the return plane to Ireland with a sense of optimism and hope. As the weeks pass Niamh is exhausted but happy to be in this most beautiful place but then tragedy strikes and Niamh has some serious decisions to make. Can she continue to live the dream or is it time for Niamh to pack her bags and go home?

The Italian Escape is exactly as its name implies. It is an escape for every reader to a place of such incredible beauty, where the warmth of the sun and the fresh smell of coffee and lemons assail the senses. Niamh Kelly is the person we would all love to be, the adventurer, the risk-taker, the dream grabber. In reality much of what happens to Niamh is very much fictional but wouldn't it be wonderful? To just go?

Catherine Mangan writes with a real natural wit and a warmth that filters through the pages. The sense of location is very strong really positioning the reader on the coast of Italy. The Italian Escape is a sweet and charming read, a delightful piece of pure escapism that was a pleasure to get lost in. The Italian Escape really is the perfect companion by the pool, on the beach or, more realistically, in your own back garden!



Mairéad is a local book blogger and you can follow her on Twitter, Instagram and Facebook under @swirlandthread for more wonderful reviews

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Across

1. Dollars, euro, yen (5)
6. Burn slightly (5)
9. Depending on (7)
10. Tear-inducign vegetable (5)
11. Angle less than 90 (5)
12. Very small amount (5)
13. Made cross (7)
15. Favoured dog or cat (3)
17. Grew old (4)
18. Previously (6)
19. Was standing (5)
20. Too much (6)
22. Popular supermarket (4)
24. Used when fishing (3)
25. Estimated (7)
26. Semen (5)
27. Pry (5)
28. Extemely good (5)
29. Bring and hand over (7)
30. Transparent (5)
31. Cuddly toy (5)

Down

2. Possessing (6)
3. Word away (6)
4. Japanese money(3)
5. Very angry (5)
6. Took small meals (7)
7. Yearning (4)
8. Collect together (6)
12. Trivial (5)
13. Elvis' middle name (5)
14. Cat-like animal (5)
15. Small areas of water (5)
16. Lukewarm (5)
18. Turkish resort (5)
19. Indoor footwear(7)
21. Pertaining to Spring (6)
22. Make certain, promise (6)
23. Rely on (6)
25. Cup used at the Last Supper (5)
26. American fizzy drink (4)
28. Complete collection of something (3)

Crossword Winner: Cian Creech, Glanmire, Cork



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3 Heron Gate, Blackpool Retail Park T23HK19
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BER C2