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The Good Room presents 'Live at O' Mahony's of Watergrasshill' Music, comedy & cabaret in the courtyard



OMOW Outside Dining Area (image credit Joleen Cronin)

The Good Room has today announced a brand new series of 21 live music and comedy events set to take place outdoors in the beautiful surroundings of O'Mahony's of Watergrasshill.

Each event will be staged in O'Mahony's beautiful open air tented courtyard, with socially distanced tables for groups of 4 and 6, from July 29th to September 10th. These shows are supported by the Live Performance Support Scheme from the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media.

Only 100 lucky patrons per show will be able to attend these fully seated events featuring some of Ireland's best musicians, comedians and singers over the course of six weeks this summer. The line up includes The Frank and Walters, Lisa Hannigan, Paul Noonan, Neil Delamare, Stephanie Rainey, John Spillane, Greenshine, Bernard Casey, Sinead Quinlan, Jerry Fish with many more gracing the stage from the August Bank Holiday weekend through to September 10th.

Commenting, on the launch of the events, O'Mahony's proprietor, Victor Murphy, said, "We always wanted to hold live events here at O'Mahony's and we're really excited about bringing as much fun and magic as possible to the people of Watergrasshill, the wider Cork area and further afield. We're thrilled to be hosting so many acts of international standing here at O'Mahony's and it's a real privilege to be the custodian of such a beautiful, old venue, capable of hosting these events. We can't wait to welcome audiences through our doors over the August bank holiday weekend and I think these music, comedy and cabaret shows are going to be really magical and emotional for Cork audiences who have been starved of live experiences for so long."

O Mahony's of Watergrasshill is an award winning family-run country pub and food venue which was re-opened by Victor Murphy and his partner, Máire O'Mahony, the fourth generation family landlady of the venue, in 2016. O'Mahony's patrons enjoy great local food and drink in stunning contemporary rustic surroundings. The venue won the 'McKenna's Guides Pub of the Year 2020' award and was included in the 'Sunday Times Top 100 restaurants' for the same year. O'Mahony's showcase local food producers through their menu and the NeighbourFood market service. Food service is available before live shows from Thursday - Saturday from 5pm and Sunday from 12.30pm.

Events kick off over the August Bank Holiday weekend with a free show on Thursday 29th July when Cork based acoustic blues, folk and bluegrass outfit Jawbone led by guitar wizard Alan Comerford take to the stage. The following evening Friday 30th July, award winning comedian Neil Delamere will perform as part of the COCO Comedy series hosted by Cornelius The Comic. On Saturday 31st July, burlesque specialist Foxy P. Cox will present the Peacock Parlour, a variety cabaret show with everything from burlesque, circus, drag, acrobatics and sideshow thrills. The most successful pop act to come out of Cork, The Frank and Walters will finish off the bank holiday festivities on Sunday 1st August.

Tickets for all 21 shows are available to buy online at uTicket.ie and limited tickets are available from O'Mahony's Of Watergrasshill.

August Bank Holiday Weekend | July 29-August 1st Thursday July 29th - 8pm JAWBONE - free

Kicking off on Thursday with a free concert from guitar wizard Alan Comerford's 3 piece band Jawbone. They are a Cork based Acoustic blues, folk and bluegrass outfit perfectly pitched for the opening night. 100 tickets are available for this free concert.

Friday July 30th - Coco comedy presents Neil Delamare & Cornelius the Comic

8pm on stage - €20

Award-winning comedian Neil Delamere is one of the top acts working in the Irish comedy scene today, well known to audiences for his regular television appearances on RTE and the BBC as well as his hilarious sell-out stand up tours. On warm-up duties the hilarious Mike Morgan takes to the stage. Mike was the winner of the 2020 "Show Me The Funny" champion and with over 120,000 followers on Tik Tok, Mike is not to be missed. Coco comedy's kingpin Cornelius the comic hosts the show for this laugh a minute tummy tickling evening of joy.

Saturday July 31st - Foxy P Cox presents Peacock Parlour

8pm - €20

The Peacock Parlour is a variety show with a little something for everyone in the audience. From Burlesque to Cabaret, Circus to Drag, Acrobatics and sideshow thrills, the Foxy P Cox production brings it all to Watergrasshill for this Saturday night extravaganza. A magical and wonderfully weird world that will capture your imagination and get your heart pumping, hosted by Phil T Gorgeous with Lisette Krol and Marcin Miller performing on pole, Missy Fortune doing a fire show, burlesque and lyra pole, and Letycha Le Synn on drag duties. Join us for a Foxy's Fizz - a cocktail created with Blackwater Tanora Gin by award winning house mixologist, John Coleman.

Sunday August 1st - The Frank and Walters live at 5pm €25

The Frank and Walters' career spans over 30 years with hit singles such as "After All" and "Fashion Crisis Hits New York" they have appeared on Top of the Pops and many TV shows in all corners of the globe as well as playing throughout the world on planes, trains, boats and famous rooftops. "After All" became a hit again when it featured centre stage in the Young Offenders BBC 3 TV series.

All events will comply with Covid guidelines. Tickets for all shows can be booked here: <https://uticket.ie/venue/o-mahony-s-of-watergrasshill>

Full Listings at O'Mahony's Of Watergrasshill August 8th - September 10th

Sunday 8th Aug - An afternoon Of John Prine | Live at 3pm €15
Sunday 8th Aug - An evening Of John Prine | Live at 7pm €15

Wed 11th Aug - Jack O'Rourke & Lorraine Nash | 8pm - €20

Thurs 12th Aug - Coco Comedy presents Bernard Casey & The Supernatural Brothers | 8pm - €20

Sunday 15th Aug - Paul Noonan (Bell X1) | Live at 3pm - €25
Sunday 15th Aug - Paul Noonan (Bell X1) | Live at 7pm - €25

Wednesday 18th Aug - Stephanie Rainey | €20

Thursday 19th Aug - Coco Comedy present Chris Kent & Sinead Quinlan | €20

Sunday 22nd Aug - 8pm - The Murder of Michael Collins with Paddy Cullivan | €20

Wednesday 25th Aug - John Spillane | €20

Wednesday 1st Sept - Greenshine | €20

Thursday 2nd Sept - Coco Comedy Compilation with Laura O Mahony, Mustafa Saied, Chris Kent and Cornelius The Comic | €20

Sunday 5th September - Lisa Hannigan | €25 - 3pm
Sunday 5th September - Lisa Hannigan | €25 - 7pm

Wednesday 8th Sept - Dagenham Yanks | €20

Thursday 9th Sept - Coco Comedy presents Improv Panto with Dominic Mchale (The Young Offenders), Laura Harte (96fm), Bernard Casey (The local Gossip), Laura O Mahony (Red FM), Cornelius Patrick O' Sullivan (CoCo Club) and Darragh Kearey

Friday 10th Sept - Jerry Fish | €25



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DOLPHIN SWIMMING CLUB

A Welcome Return to Competition

March 2020 was the last competitive event open to club swimmers in Ireland before COVID restrictions took hold. That was the annual Dolphin Open gala in Mayfield Sports Complex and little did anyone know then that all club swimmers would have to wait until July 2021 to get a chance to race again! Well, that time has finally arrived, and Swim Ireland announced their annual top-level swim meet at the Bangor Aurora High-Performance Centre in Northern Ireland to take place from July 22nd to 24th. Dolphin SC will send 8 of their best athletes up north to compete at the meet with excitement building for the rare and long-overdue opportunity to race again.

As I write this, day one events are taking place and all results will be reported on in next month's edition of the Glanmire Area News. Back home in the club, the training sessions have been continuing at full speed over the last few weeks with summer training continuing throughout July and August as we look forward to a new season starting again in September.

All competitive and non-competitive training groups have been back in the water and it's been great to see everyone face-to-face again after spending the last few months interacting via Zoom and other online platforms.

For the junior swimmers, Head Coach Mick McCormack has been delivering some extra-special training and stroke clinics every week. Places at the clinics were snapped up quickly and they have been proving extremely popular with the swimmers. Each week, a different stroke is focused on. Week one looked at Butterfly, week two was Breaststroke, week three

Front Crawl and week four will look at Backstroke. Swimmers learn about the fundamentals of correct technique, racing tactics and get the rare chance to watch some of the club's senior swimmers performing demonstrations in the pool during the sessions. Apart from strokes and technique, there are also other areas being taught to the young athletes - things such as goal setting, nutrition, mobility and flexibility, to name but a few. Demand has been so high that the club will be looking to extend these clinics to



HC Mick demonstrating Breaststroke at the Swim Clinics



HC Mick teaching the junior swimmers at the Clinics

older squad athletes and into September.

As the good weather has finally hit, many of our young swimmers are taking to the open water to train but also to have some much-needed recreation time. It is important to remind everyone to take care when swimming in the sea, in lakes and in rivers. Sometimes, competitive swimmers can be over-confident when it comes to the open water but the



Heather & Ricky Fane meeting Team GB's Olympic Gold medalist and World Record holder, Adam Peaty at last year's Dave McCullough in Bangor



Izzy, Hannah, Cara & Heather getting ready for the Irish Summer Meet in Bangor

dangers still exist and we need to make sure we stay safe at all times.

So, enjoy the good weather and whatever downtime you may get, but remember to stay safe at all times.

July will also see the start of the postponed Tokyo Olympic Games. Team Ireland have sent a strong team of swimmers to this year's Games which also includes Ireland's first-ever relay team. Many of the athletes representing Ireland this year would have competed against Dolphin SC and raced in Mayfield Sports Complex throughout the years. Our Head Coach's involvement



Cara McCormack during the 200IM at Irish Summer Meet 2021



Hannah O'Shea at 200 Fly Final Irish Summer Meet 2021

at Regional and National level he has given him the privilege of having many coaching interactions with them too. We are looking forward to watching the action this month and would like to wish every member of the team the very best of luck in Tokyo. Go TEAM Ireland!



Last session before the Irish Summer Meet 2021



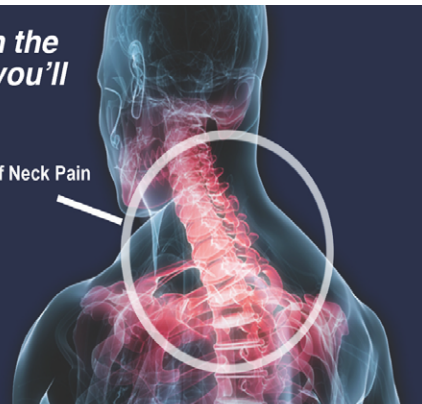
Swimmers taking to the blocks in Bangor



If you're over the age of 30 and suffer from neck pain, tingling in the arms, or headaches, this could be the most eye-opening article you'll ever read.

Why Haven't People With Neck Pain Been Told These Facts?

Area of Neck Pain



It can affect your sleep, your marriage and your job. Nothing's worse than feeling great mentally, but physically feeling held back from life because your neck hurts and the pain just won't go away!

My name is Dr. Eric Kelly, owner of Glanmire and Koru Chiropractic Clinics. Over the past fifteen years since we opened our doors, we have seen thousands of people with neck pain, arm problems and headaches leave the office pain free.

Feel the Improvement – and Say “Yes” to Life Again

With our “Neck Pain Evaluation” Dr. Jenna Subchuk and I will be able find the problem and then correct it. Think of how great you will feel in just a few short weeks.!!

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

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

You're able to live life like a normal person again, without neck pain -- able to play with your kids, enjoy time with friends, and not have to worry that your pain will hit you at just the wrong time.

“Will This Really Work For Me?”

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

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

Patients with chronic neck pain show significant improvements after a course of spinal manipulation.

“That burning hot sensation is completely gone and so have the headaches.... I can't believe how much I have improved”
-MS



The Single Most Important Solution To Your Neck Pain

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

What does this offer include? Everything We normally do in our new patient evaluation. Just call before August 14th and here's what you'll get...

- An in-depth consultation about your neck problems where we will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A thorough analysis of your exam findings so we can start mapping out your plan to being pain free.
- A special report complimenting your recommendations that reveals the foods you should and should not eat, the best way to sleep and how to reduce stress.

If You Do Nothing Else, Read This:

The following conditions can be caused by a problem in your neck...

- Carpal tunnel syndrome
- Numbness and tingling in the arms and hands
- Cervical disc bulging and herniations
- Weakness in the arms / hands
- Neck Pain
- Headaches
- Tension in the shoulders
- Shoulder and arm pain

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

Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, Glanmire. (next to AIB Bank) Tell the receptionist you'd like to come in for the Neck Pain Evaluation before August 14th.

Sincerely,
Dr. Eric Kelly, D.C.

P.S. How many years can your body handle taking one pill after another?

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

CORK COUNTY DRAFT DEVELOPMENT PLAN - LITTLE ISLAND

Little Island is designated as a Strategic Employment Area and the main vision for the area is to promote a high quality workplace environment for the existing and future workforce population along with an expansion of the residential offering and supporting facilities. The 2016 census shows 7,955 persons working in Little Island, with one in five as employers and managers, and it is envisaged that because of its strategic location demand for employment development may further increase. Another factor relates to the Cork City Dockland regeneration plan whereby industries and businesses located there need to have the opportunity of relocating to other areas and it is recognised that Little Island offers significant potential in this regard. It is considered that Little Island's employment potential will be best achieved by continuing to provide for mixed employment development; some locations close to the rail station may be suitable for high density office uses while more areas less well located in relation to public transport will be best suited to lower density manufacturing, storage and distribution-logistic uses. The Plan ensures that the employment function in Little Island is protected without detracting from the amenity and quality of life of existing and future residential communities. Little Island has of course a significant residential element which according to the 2016 Census is 1,461 and the strategy in terms of population growth, as set out in the Plan, sets a target of 2,515 by the year 2028 and that an additional 500 units will be required. It is interesting to note that the strategy for Glounthaune provides for the population to grow to 2,472 with an additional 420 units required. So, it is residential Little Island! The necessary housing units at Little Island will be largely accommodated on part of the former Harbour Point golf course and on adjoining land to the east. There is also provision for residential reserve land combined with business development and a substantial area of high quality public open space for recreation on the remainder of the former golf course, but this will not be generally required for the period to 2028. Incidentally a quality location for residential usage

would have been that between the Harbour Point Business Park and the entrance to the Wastewater Treatment Plant. This is an idyllic setting overlooking Fota, the western part of Cobh which includes the Golf Course, Monkstown, Passage and the River but regrettably industrial units are being erected there at present. The overall residential development is subject to a framework plan which will provide for a neighbourhood centre, provision of a school, high quality public open space, public realm and connectivity. The Plan references the fact that the development bestows a strong sense of place and it states that this is important as Little Island does not benefit from a district town centre. In the context of the vision for Little Island it is considered appropriate to facilitate the development of the site over the lifetime of the Plan so as to achieve a better balance of employment and housing. The Plan highlights the fact that it is important to integrate the development into the surrounding land uses in order to ensure an appropriate protection of the adjoining residential land use, and also ensure an appropriate landscaping buffer between new residential development and adjoining industrial uses to the east. The Plan appreciates the fact that the development of the site will require the provision of high frequency public transportation links to serve the area. A Little Island Transport Study (LITS) was completed in 2018 to determine what transport infrastructure improvements and policy measures are needed to alleviate peak hour traffic congestion on the road network within Little Island, and to explore the potential to reduce the dependency on single occupier car journeys, and to look at ways of increasing active travel and public transport use. The study made recommendations on what interventions are required to improve the environment for general traffic, cyclists, pedestrians and public transport vehicles to allow Little Island fulfil its strategic function as an employment location, logistics hub and residential community. The Council has the objective of implementing the strategy that emerged; sustainable transport infrastructure, providing high quality pedestrian and cycle

access to and within Little Island is being developed to serve existing and future residential and employment areas. The Plan acknowledges that pedestrian facilities are of varying quality in Little Island with issues such as narrow footpaths, lack of crossing facilities, poor surfacing and lighting and there are no dedicated cycle lanes. There are no cycle parking facilities either apart from those provided at several businesses. The Plan accepts that encouraging cycling is a challenge due to the inhospitable road infrastructure but the relatively flat topography will make it attractive for cycling once active travel infrastructure has been enhanced. The Plan references "Built Heritage" and points out that there are four protected structures in Little Island; Wallingstown Tower House, Little Island Church (in ruins), Ditchley Lodge and Ditchley House.



Church Ruins & Graveyard at Wallingstown

Heritage areas include Rockfarm Quarry which is a limestone region of international importance because of its geological characteristics and because it is a seasonal home to a number of migrating bird species. Dunkettle shore, which comprises two pockets of land within the western area of Great Island and Great Island Channel, overlaps Little Island at the North East and, similar to Rockfarm Quarry, are also designated as proposed National Heritage Areas. The Plan referring to the eastern part of Little Island opposite Fota advises that the area has been made the subject of a specific objective in order to protect the views and prospects. There are presently two lots of open space; one of circa ninety seven acres which there is a general presumption against development, and the other of circa twelve acres will be retained as open space with a view of protecting, and where possible and appropriate, enhance the ecological value of the area. Note the vague "general presumption against development" comment relative to the former! The Plan retains the provision for additional community facilities which was

made in the 2017 Local Area Plan. This land is located at the north eastern end of Little Island and plans include a community hall / sports hall and sports pitches. The Plan refers to existing community facilities; including the Sports Complex, Leaside Soccer pitches and Cork Golf Club which is described as "a valuable amenity in Little Island". Well it offers a green open space anyway! It also points out that there are no GAA facilities provided in Little Island and that the nearest clubs are located in Caherlag and Glanmire! The Plan brings attention to the fact that a site within a flood risk area at North Esk has been identified as being suitable for a multi modal transport hub to accommodate a number of transport uses including rail, bus, park & ride, bike share and connectivity to the pedestrian and cycleway from Bury's Bridge. A special policy area has been identified at the northern part of the former Mitsui Denman site which currently benefits from permission for a data centre. It is considered that this site is appropriate for office-type business use as well as industrial use and accordingly is designated an area that will allow either of these uses. General objectives for Little Island include; ensuring that future industrial development does not negatively impact upon the amenity enjoyed by the existing and future residents of the area; all development shall contribute to improved pedestrian-cycle access routes, provision of new footpaths or the improvement of existing ones and provision of facilities for cyclists as appropriate; a network of designated walking and cycling routes shall be established to provide safe, convenient and pleasant routes between the main residential and employment areas. The Plan addresses connectivity in detail but perhaps the most blatant omission is the fact that it does not include the significant issue of non-connectivity with the N25 at the eastern end. Such a provision would serve the Courtstown and Harbour Point Industrial Estates and the planned residential development. It would also vastly reduce the volume of traffic that is required to traverse Little Island at present.

SLÁN ANOIS ©



THAT'S THE JOB!

John O'Sullivan

Personal & Business Coach

It's funny. Sometimes you're waiting for a bus for what seems like ages and eventually 2 come along at the same time. The same seems to be true for other little coincidences in life as well. For me, I've seen quite a number of people I know, friends and colleagues rethinking their careers over the past year and trying to do something about it. In fact, I've done it myself!

Let's consider the overall context first for a moment. What does work mean to you? Is it somewhere you love to be or is it something you dread? Is your job a means to an end, or do you get more from it than just making enough to pay the bills? If we work 8 hours per day, that is a huge chunk of our time. Multiply that out over the weeks, months and years and suddenly you realise you spend more time at work than you do anywhere else!

Many of us sleep walk into jobs in a way. We get a job that's attainable, and then we stay there doing the same things day after day. Sometimes this works for us (pardon the pun) but often this is massively unfulfilling. If we are giving away 1/3 of our adult lives to work, why not make it more fulfilling than just about the pay-check?

If you are wondering what I mean, take a look at the list below. Each option is something that matters about work. In your own time, rank these in order of importance to you. There is no right or wrong answer, but it will help clarify what matters most about work:

Pay
Pension
Time off

Flexible working hours
Recognition by my boss
Job Security
Job satisfaction
Colleagues
Career Progression
Making a difference

So, let's face it, all of these matter. Some will matter more to you than others. This is a slightly shortened list, but you'll get the idea when you list these out in order of importance to you. I did this some time ago with a new team I worked with. The results were really interesting. Those on lower pay, or why were insecure in their role mainly focused on salary and job security as their priorities. On the other hand, people who had a slightly higher income focused far more on things like job satisfaction.

This is the reality of work overall – when our needs are barely met, that's what we are going to focus on. Always looking over our shoulder and wondering if you'll still have a job tomorrow. On the other hand, if your job is secure, and you are paid enough to feel comfortable, then it's far easier to focus on the other things we get from our jobs, like status, fulfilment, satisfaction, etc.

If so much of our time is spent at work, doesn't it make sense to do something you love rather than something you hate? It's easy to get into a rut (ahem, I mean routine) and to go through the motions day after day. But sometimes we get that rude awakening and the rut gets shaken up. Covid had turned many jobs and indeed businesses upside down. Aside from this,

there are lots of people who do just enough to get by at work, but who get very little back other than their wages. If we aren't getting some job satisfaction into the bargain, then we are literally wasting our time! So what is job satisfaction? It is simply a sense of purpose. It's the feeling that we are doing more than just going through the motions (and wasting our time). There is that story from the 1960's when JFK made a presidential visit to NASA. On the tour he met a janitor who was sweeping up in a large hanger. Kennedy stopped and asked him what he was doing. "I'm helping to put a man on the moon, sir" was the reply.

If we feel a sense of connection to a bigger purpose we, as the workers, get way more from the time we sell to our employer. It's not just about the money any more. A feeling of satisfaction, and contribution to a greater cause is ultimately a far greater appeal to many than simply the financial aspect of working. This makes sense for employers too. If your team are disengaged, you'll see average results from people who are just going through the motions. But on the other hand, if your employees are connected with the overall goal of your business you'll see better productivity, happier customers, low turnover and in the end, you'll see the financial benefit too.

So what to do if you wake up one day and find yourself in a job you don't get any fulfilment from? The answer is that it's all up to you. In life,

it's never too late to re-invent yourself. Today, more than ever, it's easier to learn a new skill or to improve on what you already know. Nothing will change, if you don't change. Sometimes that means pushing our boundaries and stepping out of the comfort zone. It might mean upskilling, going back to education or even changing your job. The bottom line here though, is that the ball is only in one person's court...yours!

If we spend so much of our adult lives working, why not stop for a moment and reflect if what you do for a living is giving you genuine satisfaction, or are you just coasting and going through the motions. If you're drifting, then maybe it's time for you to shake things up for yourself (before someone else does it for you). But, if you're reading this and thinking to yourself that you love your work and you know it gives you plenty of fulfilment, don't forget to pat yourself on the back and say, "That's the job!"



John O'Sullivan
Personal and
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Gardening with Charlie Wilkins



Charlie Wilkins

A PLAGUE OF SPITTLEBUGS

Doesn't the busyness of the garden in summer sometimes become wearisome? Plants grow rampant and begin to smother each other as the 'middle aged spread' continues unabated. Weeds too, become tall, lanky, and excitable, encouraged first by summer downpours then hilarious sunshine. I long for the controlled lines of dormant shrubs, for a biddable earth without the anarchy of hairy bitter-cress, clover, and creeping buttercup; for freedom from flying ants, greenfly, and the scourge of disgusting cuckoo spit!

Not since early this decade has gardeners and the farming community seen such an explosion in the countryside of a family of insects called froghoppers. Their other name, popular and very apt is 'cuckoo spit', taken no doubt from the frothy mass of bubbles (illustrated) which surrounds the larval stage of each immature bug. Each spit may contain as many as five insects, all relatively harmless in small infestations, but not when they arrive in legions strong. The camouflage for frog hoppers is perfect and as a result are seldom

in danger from insect eating birds or small animals such as adult frogs. Their common name is derived from the 'spit' (which it resembles) and 'cuckoo' from the season in which it is first noticed (about the time of the arrival of the cuckoo bird) which in folklore was supposed to create the spit. In North America, the more common name for the froghopper is spittlebug.



This frothy, spit-like mass of bubbles can hide up to five insects at a time all feeding on the juices within the host plant lavender. Soon they will emerge to dry their wing cases and lead a new life as a perfectly formed bug.

The adult frog hopper is, in fact, rated as a bug, and in appearance is like a tiny, fat, grasshopper. Being green in colour he is hard to spot on foliage, and with his

excellent mobility is even harder to catch. Seen most frequently on soft green shoots (older stems are too tough for its sap-sucking jaws) the froghopper larvae develop into the adult stage before the onset of autumn. It may, depending on the species, turn brown in colour, its wing cases harden, and it will leap and fly in joyful abandon having forsaken its frothy lair well before the arrival of late August.

On roses and especially lavender, the froghopper may cause stems and shoots to become distorted, and leaves wilt and curl. Apart from these, perennials such as asters also suffer, so too campanulas, blackberries, raspberries, and many members of the carnation (*dianthus*) family. The young feed on the plant's sap whilst the adults damage the leaves. Easily controlled by spraying with a forceful jet of water, it may sometimes be better to use any of the commercially made insecticides so that they do not return. As with all insecticides, be sure to add a squirt of washing-up liquid to the preparation in advance of application. This will help the solution to stick better on all waxy foliage.

THE AUGUST GARDEN

DINING OUT: I have always loved the temptation (and invitation) to dine in the garden during August. But then, Covid put an end to all that in recent years, 2021 being no exception. If however the days this month turn benign, I urge all to avail fully of those afternoons which you would hug if you could only get your arms around them! To dine out in a white garden is exciting, especially on warm evenings when the moon comes up early. I say 'early' for no one wants to wait until midnight before tucking in.

WHITE FLOWERS: For a white show during August there is still nothing to beat the mop-head hydrangeas of which the generous, billowing clouds of 'Madame Emile Mouillere' and the rather lax 'Annabel' are best for sustaining pools of brightness into the night. White forms of Phlox paniculata which are still in abundant bloom have a similar capacity to illuminate late summer evenings as do large pots of the recently returned snow-white Busy-Lizzies, and regal pelargoniums.

The annual cosmos, with its feathery foliage and large daisy-like blooms

needs constant deadheading but if you attend to this, they will go on producing more and more right up to late autumn. In fact, if you feed them well from planting, these annual flowers will still be at their best as all others begin to taper off. The white form, in isolation, is truly spectacular. By isolation I mean a planting on its own preferably beneath the likes of a tall evergreen shrub or other garden plant which is currently not in bloom. Anything in white will usually look dramatic (and probably smell delicious!) in an August evening garden.

ROSES: From now, that floriferous, almost invasive display from rambler roses will be over for another year, and it will be time to take them to task over their bullish behaviour. Strong new shoots will trust up from below soil level to become entwined with the older growths all vying for position in what can easily become a solid tangle of thorny shoots. Before it reaches this impossible situation remove the shoots that carried the blooms this year, cutting away the oldest and thickest from as low down the plant as you can manage. Secateurs may not be man enough for some of the woodier stems so use loppers to make an easy meal of

them. Once a few of these have been removed you will get a better picture of what is going on and be left with a balanced plant with well-placed shoots that will carry another fine display of quality blooms next summer.

HOSTAS: By now, growers of hostas are fully aware that they need a site shaded from the midday sun and a humus-rich soil which holds (and maintains) a plenty of moisture. However, not too many know that the golden-leaved forms need more sun than the others to achieve maximum intensity but, if you find the brilliance embarrassing, confining them to the shade keeps them chartreuse. If you have blue-leaved varieties (Hadsphen Blue with small leaves and Sieboldiana elegans with large) do not forget that these can suffer from starvation despite being pampered with copious amounts of manure about their feet. Many of those with blue foliage slowly develop a hard, woody plate which prevents the young roots from feeding. When this is noticed, the plant needs to be divided, the woody bits removed (and discarded permanently) and the outer, fresher pieces set in new ground. Do this now and not next spring.



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GLEANN MAGHAIR

GLANMIRE LADIES FOOTBALL CLUB

Congratulations

to club players Ava Fitzgerald and Kate Fennessy on their U16 All Ireland Camogie Final win at the weekend. We also congratulate Ellen Murphy who played a role in the Cork Senior Camogie win in the recent Munster Final. Finally, congratulations to some of our Minors, Olivia McAllen and Amy McNamara who recently won a Munster medal with the Cork Minor Camogie team, where Olivia was also captain.

Well done to Abbie O' Mahony, a member of our Intermediate team, who played a part of Cork Senior's win against Tipperary in the All Ireland series. Also, well done to our 4 Cork Minors who played out a win against Meath in a recent Challenge. Huge Congratulations to Orlaith Roche who was named Cork Minor Captain. Finally, best of luck to our U16's Caoimhe Richmond, Orlaith Walsh and Ava Fitzgerald who begin their U16 Munster Championship campaign on Wednesday 21st July.

Training and Games

Our U8's had a fantastic training session with current Cork Senior player Orlagh Farmer and they were delighted to have her take over the session for the night. Well done to Dermot and coaches for organising the session and thank you to Orlagh for taking time out of her schedule to share her expertise with our future stars.

Well done to our U16A squad who gave a brilliant performance against Bride Rovers to add another win to their league campaign. Our U10 group were out

in force as they took on neighbours, Erins Own. 35 girls came out for the game and this shows a bright future for both Glanmire Ladies and East Cork. Well done and thank you to Erins Own for the game.

Our Seniors also added another league win against a tough Fermoy side, which was played under some hard conditions.

Finally, well done to both Junior squads who have had some brilliant wins against Fermoy, Douglas and Inch Rovers.

Best of Luck to all teams in their remaining league fixtures.



Cork Minor Captain



Cork Minors



Cork Camogie U16



Olivia



Cork U16



U8 with Orlagh



U8 session with Orlagh



U11



U11



U9



U9

Garreth Fitzgerald

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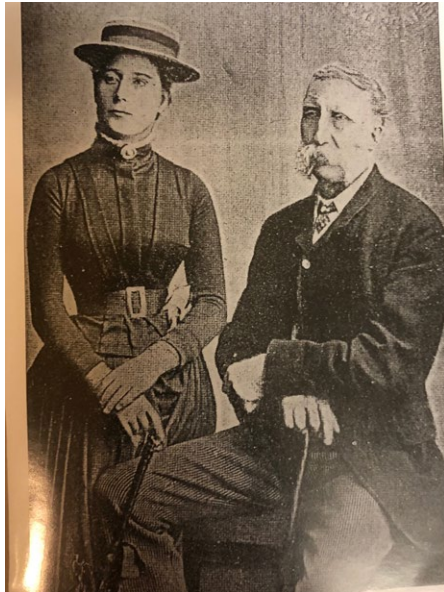
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An Dochtúir Philip Cross: Cuid 1

Go minic thar na blianta, chuala mé trácht ar chásanna dúnmharaithe nár lean an gnáth-phátrún maidir le dúnmharú. Cloistear faoi dhúnmharú ina maraítear duine le piléar, ina dtachtar duine, ina sáitear duine le scian. Tá cúis an bháis soiléir sna cásanna seo agus, go minic, bíonn teacht ar an uirlis agus ar an méarlorg a fhágtar air. Bíonn sé níos éasca fianaise a fháil in aghaidh an té a rinne an choir. Ach sa chás a bhain leis an Dochtúir Philip Cross, bhí an scéal i bhfad níos casta.



Effie Skinner agus Philip Cross

Chuaigh stair an teaghlaigh in Éirinn siar go dtí an séú céad déag. Bhí an Coirnéal Cross mar bhall d'arm Essex a chuir feachtas ar bun in aghaidh Iarla Thír Eoghain, Aodh Ó Néill, sna 1590-idí. Ina dhiaidh sin, chuir an Coirnéal Cross faoi i gCarraig Ruacháin gar do chathair Chorcaí. Le himeacht aimsire phós Mary Hawes, a raibh tailte ag a muintir in áiteanna éagsúla i gContae Chorcaí, duine de mhuintir Cross ó Chaisleán Charraig Ruacháin. Sa tslí seo, chuaigh muintir Cross i seilbh Shandy Hall, teach mór gar don Druipseach.

Saolaíodh Philip Henry Eustace Cross ag Shandy Hall in 1823. Le himeacht aimsire rinne sé staidéar ar leigheas i gColáiste Ríoga na Máinlianna i mBaile Átha Cliath. Cháiligh sé mar dhochtúir agus liostáil sé mar mháinlia in Arm na Breataine. Ba é seo ré Impireacht na Breataine agus bhíodh sé de nós ag mic na sealbhóirí talún dul isteach in Arm na Breataine nó i státseirbhís choilíneach na Breataine. Ceapadh é mar Mháinlia Cúnta i Nollaig 1848 agus cuireadh é go dtí Arm na Breataine a bhí lonnaithe sa Tuirc. In 1849, ceapadh é mar bhall de Reisimint na hIndia Thiar. Ansin in 1854, bhí Cogadh Chrimé ar siúl agus cuireadh é ar seirbhís ann. Bhí sé páirteach i léigear Sevastopol a mhair ar feadh bliana. Bhí sé ina chogadh tnáite, bhí cailliúint móra ar an dá thaobh agus is ann a fuair sé taithí ar chogadh sna tríní a bhí chomh tábhachtach san sa Chéad Chogadh Domhanda. Chonaic sé radharcanna uafásacha sa chogadh ina bhfuair na mílte saighdiúirí de chuid na Breataine agus na Fraince bás de dheasca na troda. Fuair móran díobh bás, chomh maith, de ghalair mar chalar, dinnireacht, fiabhras agus fiabhras tífóideach. Mar mháinlia, bhí ar Cross cosa a theascadh gan ainéistéise agus fuair mórán bás d'ionfhabhtú i ndiaidh na hobráide. Ní raibh obair Lister agus Pasteur, a chuir antaiseipteáin chun cinn, fós ar fáil. De réir tuairiscí a cuireadh ar fáil níos déanaí, bhí breis agus céad Éireannach ag obair mar mháinlianna d'Arm na Breataine sa chogadh agus luadh crógacht an Dochtúra Cross ina chuid dualgas. Dá dheasca, tugadh ardú céime go Máinlia Foirne é in 1855.

I ndiaidh Chogadh Chrimé, cuireadh an Dochtúir Cross go dtí an India. Bhí ceannairc ar siúl ann ag saighdiúirí Hiondúcha agus Moslamacha in aghaidh oifigigh na Breataine. Sular tháinig trúpaí breise i gcabhair ar a gcomhleacaithe, mharaigh na ceannarcaigh na hoifigigh. Bhí díoltas ag teastáil ó na trúpaí athneartaithe, mar sin. Bhí Philip Cross ar dhuine de 300 máinlia a chonaic radharcanna uafásacha, i dtús báire sa Chrimé agus ansin san India. Ina dhiaidh sin, ghlac Cross páirt i bhfeachtas eile sa tSín. Tar éis sé bliana, d'fhill Cross ar an mBreatain.

In 1869, phós an Dochtúir Philip Cross Mary Laura Marriott in Eaglais San Séamas i Piccadilly, Londain. Bhí Cross 46 bliain d'aois agus Marriott 29 bliain d'aois. Cé go raibh cúlra Cross comordach go leor, bhain Marriott leis na huaisle. Bhí mainéar, Abbots Hall, agus go leor tailte ag a muintir in Essex agus is cosúil nár aontaigh athair Mary Laura leis an bpósadh, go háirithe toisc nach raibh muinín aige as Cross. I ndiaidh an phósta, d'imigh Cross agus a bhean go Ceanada mar a raibh an 53ú Reisimint ar dualgas. Saolaíodh triúr páistí dóibh ann, Elizabeth, Henrietta agus Robert. D'fhill an teaghlach ar Londain in 1875 agus saolaíodh an ceathrú páiste, Sophia Maria, ann. Ansin d'éirigh an Dochtúir Cross as an arm ar leathphínsean. Faoin am sin bhí sé ina Mhaor san arm. D'fhill muintir Cross ar Shandy Hall agus dhá bhliain ina dhiaidh saolaíodh an cúigiú páiste, Henry Eustace Cross, ann. Bhí 500 acra ag Shandy Hall agus chuaigh an Dochtúir Cross i mbun feirmeoireachta ann. Bhí roinnt oibríthe fostaithe aige ar an bhfeirm agus ceathrar seirbhíseach sa teach. Is cosúil nach raibh an Dochtúir Cross ró-shona



Mary Laura Marriott 1867

ina áit chónaithe i ndiaidh dó dul i dtaithí ar shoilse gealaí Londain. Bhí an ceantar an-chiúin i gcomparáid leis an saol spreagúil a chaith sé san arm. Níor réitigh sé ró-mhaith lena chomharsana, ach an oiread, agus bhí ainm air mar dhuine sotalach nach raibh meas ar bith aige ar na 'tuathánaigh' a bhí mar chomharsana aige.

Ní raibh sláinte mhaith ag Mary Laura agus is cosúil go raibh titeamas uirthi. Thagadh taomanna uirthi agus thiteadh sí i bhfanntais. Inniu is féidir le daoine a bhfuil titeamas orthu cóireáil a fháil a chabhair leon leo gnáthshaol a chaitheamh ach ní raibh an scéal amhlaidh

Micheál Ó Súilleabháin

sa naoú céad déag. Bhí Mary Laura teolaí agus uaireanta, bhíodh uirthi an chistin a fhágáil mar chuireadh gnáth-bholaithe na cócaireachta as di. Bhí nádúr neirbhíseach aici agus níor chabhraigh iompar a fir chéile léi mar bhíodh sé in aighneas le daoine go rialta. Ach bhí roinnt dlúthchairde ag muintir Cross sa cheantar. D'éirigh siad an-chairdiúil le muintir Caulfield a chuir fúthu gar dóibh. Bhí cúigear páistí ag muintir Caulfield agus d'éirigh Mary Laura agus Theresa Caulfield an-chairdiúil. D'fhostaigh Theresa máistreás chun cabhrú sa teach agus chun oideachas a chur ar na cailíní. I Meitheamh 1886 tháinig Effie Skinner, bean álainn, a bhí fiche bliain d'aois chun post a thógaint suas le muintir Caulfield. Bhí sí lán d'fhuinneamh agus chuaigh sí i bhfeidhm ar na fostóirí toisc an bealach inar dhéileáil sí leis na páistí. Bhí sí an-dáiríre faoina cuid dualgas.



Shandy Hall

Ag an am seo, bhí Mary Laura in isle brí agus bhraith sí uathí a muintir i Sasana. In Iúil 1886, d'fhill sí ar a muintir i Sasana ag Abbots Hall le haghaidh saoire a thabharfadh faoiseamh di óna saol míshona ag Shandy Hall. Sa tslí chéanna, nuair a bhí Mary Laura imithe thug sé breis saoire don Dochtúir Philip. Nuair a bhíonn an cat amuigh, bíonn an luch ag rince, a deirtear. Bhíodh cuairteanna rialta á dtabhairt aige ar mhuintir Caulfield. Bhíodh sé ag imirt cártaí leo agus bhíodh an ceathrú duine ag teastáil. Ba í sin Effie Skinner, an máistreás nua i dteach mhuintir Caulfield. Ní raibh a fhios aici ach ba í féin an catalaíoch sa scéal a lean.

[Tá cuid den eolas san alt seo bunaithe ar an leabhar 'Murder at Shandy Hall' le Michael Sheridan]

Gluais:

méarlorg= fingerprint

Coláiste Ríoga na Máinlianna= Royal College of Surgeons

sealbhóirí talún= landowners

státseirbhís choilíneach=colonial civil service

léigear=siege

cogadh tnáite=war of attrition

calar= cholera

dinnireacht=dysentery

fiabhras tífóideach=typhoid fever

cosa a theascadh=to amputate legs

ainéistéise=an anaesthetic

ionfhabhtú=infection

duine sotalach=arrogant fellow

titeamas=epilepsy

catalaíoch=catalyst



Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com

Covid 19 has dominated our lives for the past fifteen months. The lists of does and don'ts have been quite exhausting. Thankfully the efficient way that the vaccinations have been administered, has helped to alleviate the fears of Senior citizens, and also as it move of vaccination down the age groups has also has given the Community confidence to move back towards some kind of normality.

The advent of al fresco dining, outside drinks and the return of sporting activity for young and old gives people a chance to meet and socialise once again. It is great to see local business buzzing once again and clearly, they are all worthy of our support where possible.

Community Games

Community Games Glanmire were established over 40 years ago by the then Principal of Riverstown NS Jim Moloney, Timmy Murphy, Kathleen Power Mick Daly and others and has competed at various levels over the years, with some difficulty as it is difficult to get volunteers.

Michael Burns took over as Chairman of Community Games over thirty years ago and with the help of the Schools, Some of the directors of the Community Association, Local Clubs and a few usual suspects kept the operation afloat.

We certainly need new volunteers if Community Games are to survive.

If you check the Community Games website- events there is up to 60 events and sports that children can participate in.

One important thing to note is that the birth date is the 31 July. Normally in most sports and events the Birth date is the 1st January.

If you are interested in volunteering to help in any sport, or interested in entering your child for any individual, group or team please contact Michael Burns on 087 2597023.

Sallybrook Tidy Towns

On another note, rain or shine, you'll see the Sallybrook Tidy Towns out every weekend maintaining and improving the area we have added a few photos of the beautiful work they have done and continue to do so that our community can enjoy.



This is a great enhancement to the beautiful 'Rocky Road' circuit so many of us enjoy. We have have 2 wonderful outdoor coffee stops along the route: Well Bean at in the grounds of the Pike and River Cafe in an idyllic location by the river on the Rocky Road.

As we enjoy our walks and the beautiful Summer weather it is always nice to support local businesses.

Community Centre Room Hire

Please note the calender is filling up for room hire within the community centre so if you are interested in rates & availability just drop us a message and we'll come back to you promptly. In the meantime, stay safe, healthy & happy.

From all in Glanmire Area Community Association.

One of the lovely features managed by Sallybrook Tidy Towns as you approach St Joseph's Church



Hanging baskets to the perimeter of the Pike maintained by Sallybrook Tidy Towns



Well Bean Coffee on the grounds of the Pike



The beautiful River Cafe on the banks of the river on the Rocky Road - now serving Icecream!



Cuimhní Cinn





Cuimhní Cinn





White's Cross GAA News

whitescrossgaa.ie

Astro Turf Development

These are exciting times in the club where we will be breaking ground over the coming weeks for the new astro pitch and lighting. The fundraising efforts have already started where a 'WX Business Fundraising Team' is in place and the members of this team will be targeting businesses in the White's Cross area and beyond over the coming weeks and months. If any club member knows of any business who might be able to help please contact any one of the team members below and they will help you with any promotional material and advice.

The business fundraising team members are: Brian Harte, Ciara Cashman, Michael Coleman, Martin Flynn, Conor Kelleher and Mike O'Flynn

A separate fundraising drive involving all adult and juvenile players, club members and friends of White's Cross will be launched shortly and we know we can count on you all to support this

Cul Camp

150 children took part in White's Cross GAA Cul Camp last week. This was a truly outstanding success. Though the weather played its part and kids enjoyed their treats from the ice-cream van and the visits of Cork senior hurlers Robert Downey and Pa Collins, the success of this camp is down to the organisers and coaches. The grounds were in impeccable condition thanks to their grounds committee while Sandcastles Preschool kindly provided use of their toilet facilities for the week. 28 coaches and assistants provided top-class coaching and fun for all of the kids that took part and the children themselves behaved impeccably throughout the week. For all the parts to come together to make the Cul Camp the success that it is, it needs somebody to co-ordinate it all. Conor Kelleher has, once again, done an amazing job in delivering

this camp for the children of the parish. There is a huge administrative burden behind the scenes to make this camp happen. This was burden has increased this year with added health guidelines to follow. However, as always Conor has stepped up and fruits of his labour were there for all to be seen. A massive thank you to Conor and to all that helped out. They all deserve a well earned rest this week. Finally, there was a very touching and poignant moment on Thursday of last week as all coaches and participants stopped and faced the tri-color (flying at half-mast) for a minutes silence in honor of the recently and tragically deceased Rowan O'Connell. Rowan would have been a regular at the camp and it was fitting that this memory be honoured in this way. May he rest in peace.

Playing Season Updates!

The games continue thick and fast with games for at least one of our teams on every day. Our adult teams are out every two to three days between hurling and football. It is a very demanding schedule for City Division sides with the sheer volume of games and such a short lead in time. There are quite a number of injuries in the squad though thankfully none are very serious.

The junior hurlers continue to show big improvements under new coach Pdraig Kelleher. The A side were very impressive recently beating Erins Own. The B side had been top of their league. Though they suffered two recent defeats, both by one-point margins, the performances will have impressed the management team.

The A football team won their remaining three games in their league game. They await other results to see if that is enough to qualify for the league final. The B football team have won all their games thus far and are on track to reach a league final.

The girls teams have been very busy with under 8s, under 10s and under 12s all in camogie cation against Rockbán, Cobh and Kilbrittain respectively. Though not all the results went our way, the performances and continued improvement will please the parents and coaches.

The minor footballers have had a great start to their championship with a 10 point win over Killeagh in White's Cross. The standard of football in this game was very high and this team will have high hopes of winning this championship.

The under 15s have had a several games recently in both codes. They had a high scoring win over Lisgoold in hurling while the second under 15 team also bagged a number of goals as they defeated Sarsfield's. The footballers beat the Millstreet and Cullen combination Duarigle Gaels in their championship game. It was probably the first time that players from either of those clubs played a competitive game in White's Cross. Though they lost the game they did not leave empty handed as Marian Murphy kindly treated players on both sides to ice-cream – a very kind gesture and one appreciated by all in the on a such a warm day!

The under 13 hurlers had a very impressive win in the hurling league away at Brian Dillons. This followed an emphatic victory over St. Vincents a few weeks

prior. The under 12 football team had a big win in their championship tie against Aghada. The foundations for this victory were laid in the first half as they raised into a 1 – 09 to 1 – 01 lead. The second half was more workmanlike but an early second half goal meant the challenge facing the valiant Aghada side was one that they would not be able to surmount. Well done to them and all our teams who have played so well over the last month or so!



Ruairi Quinlan in action for St. Colmcilles under 18 team



Sean Delaney in possession in the under 15 championship game versus Duarigle Gaels



Stephen Whooley who has been in top form for the minor and junior teams this year



White's Cross under 12 Camogie team



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ERIN'S OWN LADIES CLUB



U14 & U13s

U14 Football and U14/U13 Camogie Team

Our U14 camogie team won their second and third league games against Enniskeane and Valley Rovers and in doing so topped their group. Our last years U13 team won last years East Cork Final on Sunday 18th of July V St Catherines. Congratulations to this very talented bunch of girls. The U14A football team beat St Nicks, Glanmire, Middleton and Fermoy in the football league winning all 4 games to date. Upcoming match to be played against Rockban. U14B team also beat Fermoy.

U9/U10/11/12 Camogie and Football

Our U9 and U10 footballers played a challenge match against our neighbours Glanmire recently where there was excellent skills on display. Our U11 Football league is well under way with 3 matches played to date. Two more matches left to play with a very exciting upcoming game v Glanmire. U12 Footballers have 5 games played, started off very well with a win over Rockban and unluckily to lose by a point



U11 & U12s

against Na Pairsaigh. Great skills at every game, next up is a game against Inch Rovers. Our U12 camogie team beat Newcestown recently and drew against Clonakilty. Well done girls.



Farrah Geasley and Saoirse Cunningham

U7/U8 Football

Our U7/8 Footballers had a great day out recently playing in a blitz in Watergrasshill. Special thanks to Watergrasshill for organising this blitz.

Farrah Geasley and Saoirse Cunningham Well done to Farrah Geasley and Saoirse Cunningham who lined out with Cork U14s playing two games against Waterford U14s and Carbery U15s recently. We are thrilled to have



Aoibhinn O'Neill

the girls represent our Club at this level and are very proud of them. Best of luck going forward girls !!!

Aoibhinn O'Neill

Well done to Aoibhinn O'Neill on winning an All Ireland Medal playing with Cork U16 Camogie team on 18th



U7 & U8s

and Cobh securing wins in all 3 games. Upcoming games to be played against Fermoy and Lisgoold. Our U16 Camogie team beat The Glen in their first league match and were beaten by Blackrock in their second game. Last game V Clonakilty still to be played.



U16 Ladies Camogie

of July V Kilkenny. Congrats also on beating Waterford in the Munster Camogie Semi Final and best of luck in Munster Camogie final. Best of luck to Aoibhinn who is also on the Cork U16 Football panel in the upcoming Munster Football Championship.

Junior Ladies Football and Camogie

Our Junior football team won their first league match against St Gabriels in Bantry recently.

Our Junior camogie team played 5 league games to date. They had wins over Aghada, St Colums and St Vincents, drew with Grenagh and lost against Dungourney.

U16 Ladies Football and Camogie

Our U16 footballers played 3 league games to date against Rockban, Cloyne



Jenny O'Neill

The very best of luck to Jenny O'Neill playing in goal with Cork u14 football team in the first round of the Munster championship against Kerry. We are delighted for Jenny and are very proud of her! New members always welcome.



Jenny O'Neill

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Cork Minors 2021



Cork Minors 2021



Team Bride



Junior team



U7 Camogie



Cork U16



Minor 2020 winning team



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Minor 2020 win



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Minor 2020 win



Cork U14 Girls



U8 Camogie



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GLENVILLE GAA CLUB

Glenville 3-6 St Colman's 2-8

Glenville U12s rounded off this section of Rebel Óg matches with a narrow win against visitors, St. Colman's from East Cork. In previous weeks the boys had enjoyed mixed fortunes with a draw against Aghada and a big loss against Whitechurch. The coaches asked for the lads to make a statement in this third match and that's exactly what they did. They scrapped for every ball and supported each other in their play, even when things didn't quite go to plan. Glenville lead by 2 points at half time despite sustained pressure from some great football from St. Colman's. Glenville maintained their intensity in the second half and although we pulled away by four points in the closing stages, St. Colman's reeled us in with a goal from a well-taken free in the dying minutes. In the end it wasn't enough and Glenville U12s came out winners by the narrowest of margins, in what was a serious statement of intent from the lads.

Mini Camp

This year's mini camp is on Thursday August 26th and Friday August 27th 10am - 2pm daily. Registration details to follow.

Suitable for boys and girls about to start National school in September 2022 to those just finishing National school in June 2021.

Venue - Glenville GAA pitch

Price

€25 for 1st Child

€15 for 2nd Child

€50 for a family of 3 or more

Another All Ireland medal comes to the

parish. Congrats to Ava Fitzgerald who played a starring role and winning an All Ireland U16 camogie medal with Cork against Kilkenny. A great achievement and no doubt proud parents Éamon and Mary are delighted.

Congrats to Seán Desmond and Daire O Leary on their inclusion to the Cork U20 Hurling panel for 2021. A great honour for themselves, the club, their families



Junior B team



U16 team

and the parish. Well done boys and Watergrasshill Hurling Club

Looking for a location for a kids birthday party??

Our club astro pitch is available for kids birthday parties or communion parties. Children can enjoy hours of fun and games in our new state of the art astro pitch facility while we also have tea and refreshment facilities and lots of outdoor seating space available to really make things enjoyable.

Contact us on Bookapitch.com or enquiries from Peter. Contact details below.

Lotto Results Friday July 16th Jackpot €18,900

Numbers drawn were 1-14-19-32
No winner.



U12 team

Congratulations to our Lucky Dip Winners
Helen O'Keeffe
Declan Bracken
John Dilworth
Ger Harrington

This week's draw is on Friday 23rd July
The Jackpot will be a mouth watering €19,000.

CLUB SHOP ONLINE SHOP LAUNCHED

We have launched our new Online Club Shop. We have a huge choice of different O' Neills pieces of clothing to choose from.

Just go to oneills.com Click on Clubs and Education Search for Glenville GAA and browse around for yourself.



Citizens Information Service: How you could be missing out on valuable supports.



The Citizens Information Service explains how you could be missing out on valuable supports. "What we frequently see is that people don't know what they are entitled to"

Citizens Information has explained how you could be missing out on valuable supports and payments every year.

John Beausang, Development Manager for Citizens Information in Cork City North, said he understands that many can find the system confusing and overwhelming and he shared some of the key payments and entitlements you could be missing out on. He urged "whatever situation you are in, whatever your stage in life we are here to help. Our service is free, confidential, and non-judgemental and we give informed advice and support."

John told the Glanmire Area News "It can be very challenging to understand and access the system and we meet many people who don't know what they are entitled to or what is their best option". Generally if people are looking to access social welfare it is often at a time of difficulty when they're dealing with other issues too. The Citizens Information website is a useful source of information on a wide range of issues and you can speak to one of our staff who will explain the relevant information and outline your options so that you can make an informed decision on what's right for you."

There are three different types of social welfare payments; There's **universal benefits** such as child benefit, available to the parents or guardians of a child. Then there are **contributory benefits/pensions** based on PRSI contributions e.g. Job Seekers Benefit, and **non-contributory allowances** which are based on your means e.g. Job Seekers Allowance.

John insisted however that there were plenty of other schemes and entitlements that many people could be eligible for, without even realising.

One such payment that people are

entitled to that they sometimes aren't aware of is the **Working Family Payment**.

"For example, if you're working and have two children, and your take home pay per week is less than €642 you could be entitled to a Working Family Payment top-up, basically you get 60% of the difference between your income and the threshold for your family type.

"If your income was €542 and you had two children, you could get €60 a week under the Working Family Payment. A lot of people would not be aware of that."

John added: "Another one that we would mention is the **Carer's Support Grant**. It's €1,850 a year, paid automatically in June to those on Carers Allowance/Benefit or Domiciliary Care Allowance and it's not taxable. If however as a carer you are not getting one of these payments you may still qualify under certain conditions that are not onerous and do not include means testing and you can apply right up to the 31st December of the following year. This is a really good payment that many people aren't aware of."

The other one he would flag up is the **medical card**, a lot of people who are entitled to the medical card don't apply.

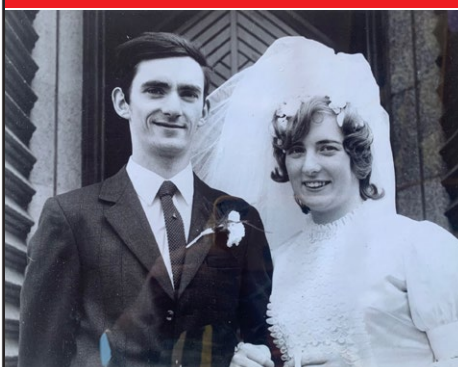
"People under 70 look at the income threshold and it appears low, however when you add on allowable expenses like childcare costs, rent or mortgage payments, reasonable travel expenses to work this increases the income limit and could help you qualify for a medical card. Even if your income is above the limit, you may still be able to get a medical card if your circumstances would result in financial hardship without one. This is sometimes called a discretionary medical card. There is also the GP Visit Card which has higher income limits."

"Concerning retirement at 65, if you have stopped working and meet the PRSI conditions you may qualify

for a **Benefit Payment for 65 year Olds** which is a relatively new payment. At 66 you may qualify for the **State Pension** and people are advised to apply three months in advance, however we would have people contacting us, aged say 69 who have passed the pension age but are continuing to work, and they don't realise that they can draw down their pension at 66 even if they're still working. That all sounds relatively easy, but people don't know about it."

Another payment is the **Supplementary Welfare Allowance** payment for exceptional and urgent needs. This is a single payment to help meet essential, once-off, exceptional expenditure, which a person could not reasonably be expected to meet out of their weekly income. There is the potential for example to get an exceptional needs payment for the likes of essential items for someone setting up a home for the first time; visiting relatives in hospital or prison; or funeral costs, among other expenses. "Eligibility and the amount of payment you may get very much depends on the type of assistance you need as well as a means test."

50th WEDDING ANNIVERSARY



Denis and Maureen Hearnerty
50 years married this August



For anyone needing information and support in understanding their social welfare entitlements, please call a member of the South Munster Citizens Information team in Cork City North on 0761 07 6880 who will be happy to assist. They are available Monday to Friday from 10am to 4.30pm. Alternatively people can access www.citizensinformation.ie for further information and contact details.



Glanmire Library



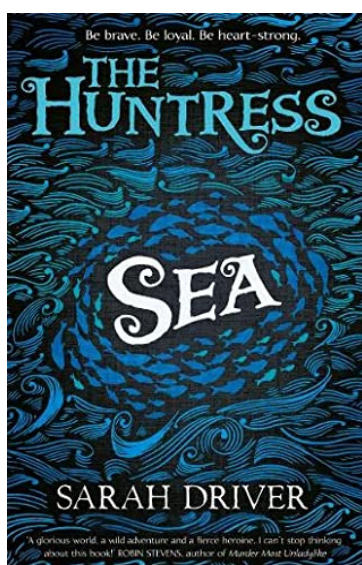
Local History with Michael

Heritage Week Glanmire Library.

Glanmire library will be hosting an exhibition on Cork A City Burning- A City Reborn. The ten panels which were researched by Niall Murray an expert on the revolutionary period will be on display in Glanmire library throughout Heritage week from 14-21 August 2021. The exhibition is illustrated with many rare and unseen photographs leading up to the most turbulent period of the War of Independence in Cork. The display covers the tragic deaths of two Lord Mayors, Tomas Mac Curtain who was murdered in front of his wife and children and Terence Mac Swiney whose hunger strike received unparalleled international attention.

The Dillon's Cross ambush, the murders of the two Delany brothers and the unprecedented burning and looting of Cork's city centre by the Auxiliaries and the Black and Tans has been covered in meticulous detail. Thanks to the spirit and determination of Cork's citizens the city arises like a phoenix from the ashes and numerous images show it emerging slowly from its ruins. The exhibition ends with the rebuilding of the Cork's City Hall in 1935. Thousands attended the official opening by Taoiseach Eamon de Valera on 8 September 1936.

Children's Book of the Month

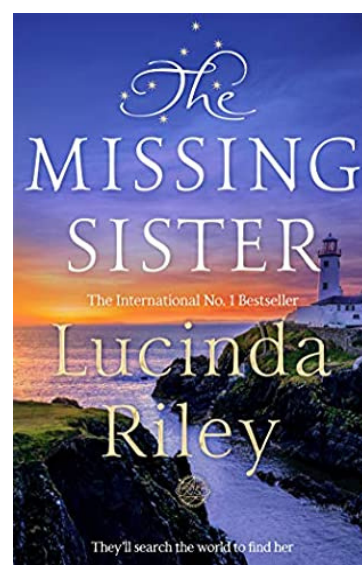


"In the sky, the fire spirits dance and ripple. Grandma says they showed our Tribe that I'd be captain before I was ever born.

Ever since her Ma dies Mouse has taken care of her brother Sparrow and dreamt of the day that she would take over as captain from her grandmother. However, when her Da fails to return from a tracking mission and an old member of the Tribe returns life takes a far more dangerous turn as Mouse is in a race against time to save Sparrow and complete the secret quest her Da left her.

Sea is the first book in an epic fantasy series by Sarah Driver that is ideal for fans in Philip Pullman's His Dark Materials or Phillip Reeves Mortal Engines.

Fiction Book of the Month



The six D'Apliese sisters have each completed their own incredible journey to discover their heritage but they still have one question: who and where is the seventh sister?

The Missing Sister is the final installment of the hugely popular Seven Sisters series by the late Lucinda Riley and was number one in the Original Fiction Chart in June.

The Northern Irish author passed away in June at the age of 56. Copies of the books are available to order at Glanmire Library.



glanmire_library@corkcity.ie



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Across

1. Connaught county (5)
6. Problem (5)
9. Scrap, leftover bit (7)
10. Keep away from (5)
11. Vociferous (5)
12. Pry (5)
13. Not distinct (7)
15. Former name of Tokyo (3)
17. Square in Galway (4)
18. Yell loudly (6)
19. Thick liquid mixture (5)
20. Region in Spain (6)
22. Sediment (4)
24. Holy lady (3)
25. Munster mountains (7)
26. Animal nose (5)
27. Head of monastery (5)
28. Musical instrument (5)
29. Dried animal skin (7)
30. Avarice (5)
31. To one side (5)

Down

2. Very pleasing (6)
3. Thyroid swelling (6)
4. Not even (3)
5. Make up for (5)
6. Bill (7)
7. Cease (4)
8. African country (6)
12. Type of car (5)
13. Started (5)
14. Not rural (5)
15. Strange (5)
16. Leaves out (5)
18. Short-tailed weasel (5)
19. Having a narrow tip (7)
21. Tyres are made of this (6)
22. Flight of steps (6)
23. Slanted (6)
25. Enthusiasm (5)
26. Type of flatfish (4)
28. Small green vegetable (3)

Crossword Winner: Caitriona Walsh, Ballinglanna, Glanmire



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



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