

ARDCARRAIG RESIDENTS ASSOCIATION THANKS COUNCILLOR GER KEOHANE



Cllr Ger Keohane, Brian Mc Knight & William Mc Sweeney (Ardcarraig Residents Association)

The Ardcarraig Residents Association would like to thank Cllr Ger Keohane in the granting of one of his Ward Funds to the value for €500 for the Ardcarraig Residents Association for general upkeep of the estate.

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

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

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

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

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

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

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

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

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

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

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

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

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

With our "Back Pain And Sciatica Evaluation" Dr Jenna Subchuk and I will be able find the problem and then correct it.

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

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

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

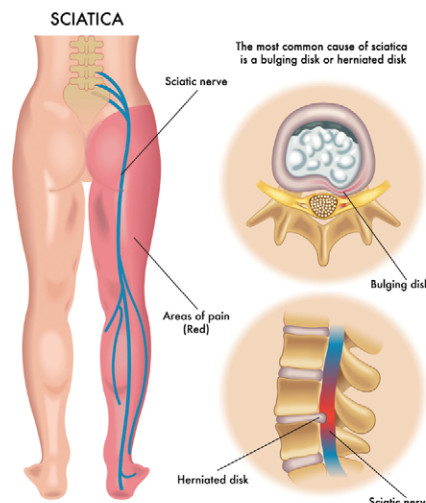
The Single Most Important Solution To Your Sciatica and Back Pain

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

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

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



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

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

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

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

Sincerely,
Dr. Eric Kelly, D.C.

P.S. You've got too many dreams left undone. Too many special moments waiting to be experienced. Life is too short to let pain slow you down.

Don't live another day like this. Call and schedule for your evaluation. 021-4824450.



DOLPHIN SWIMMING CLUB

Dolphin Swimmers all set to dive into the new season

The 2020/21 competitive swimming season came to a close at the end of July following a start-stop season of lockdowns, restrictions and Zoom workouts. As with so many other sports around the country, we think everyone would rather forget the last year and quickly move onto next season with some hope that no further lockdowns will come into place for their sport.

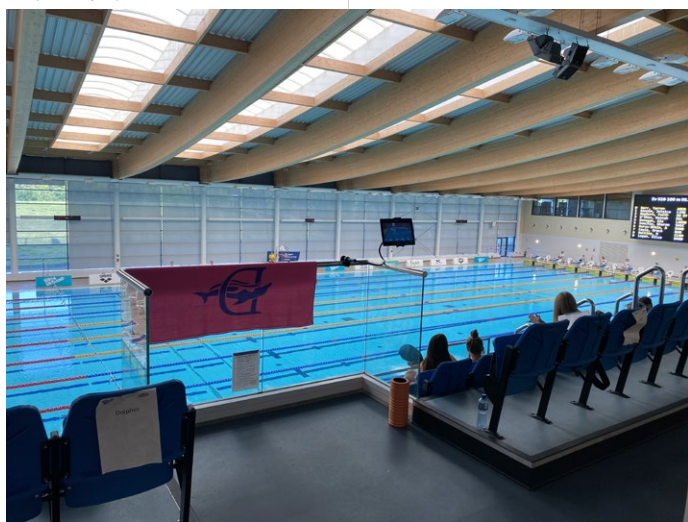
The curtain was brought down on the season with a competition taking place in Bangor, Co. Down – the Irish Summer Meet 2021. Tough qualifying criteria meant that only the top 20 athletes per age group were able to qualify for this meet. Dolphin had a large number of athletes qualified but between the short notice and timing of such an event this year, only 9 athletes made the journey up north.

great seeing everyone meet up with old friends and from other clubs around the country and to see old rivalries reignited between old adversaries.

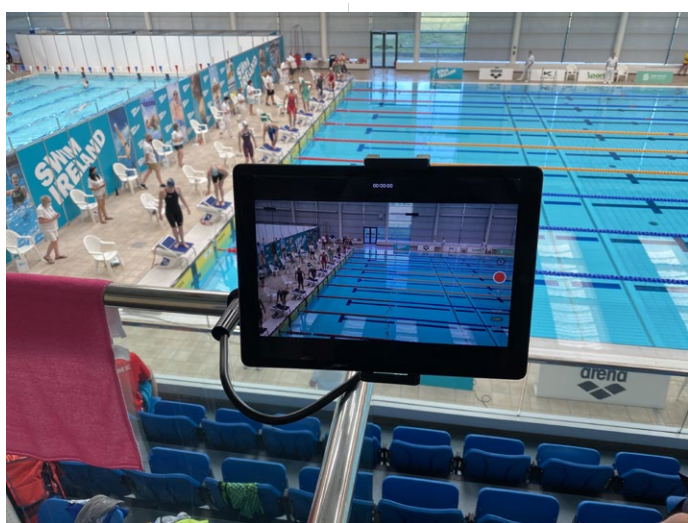
The results were perhaps not as important this time around. This was an opportunity to get back racing again and to set new markers from where we could build going forward. Nevertheless, we still saw some fantastic results across the board with everyone leaving at the end of the sunny week in Bangor feeling buoyed and excited for the months ahead.

Congratulations to the athletes who proudly represented the club at this year's meet: Charlie Cassidy, Ewan Fane, Heather Fane, Cara McCormack, Max McCusker, Izzy McGrath, Hannah O'Shea and Michelle O'Shea.

Outside the pool, many of our athletes have been competing in open water events at home and abroad. We'd



Dolphin Area at Bangor (ISM2021)



Dolphin Video Analysis at Irish Summer Meet

It was the first time since March 2020 that most of our young athletes raced and even though the team had only been back in the pool training for just 5 weeks beforehand, they gave a fantastic account of themselves throughout the week in Bangor. It was

like to express huge congratulations to some of our members who have represented the club so well over the summer: Anna Scott who finished a 1st female and 2nd overall at the 44th Annual Punta Navaccia Swim Marathon on Lake Trasimeno in Italy. Anna is the



Anna Scott



Aidan McGrath



Ryan Ates with his mum, Maggie

first Irish podium winner in the event's history. Another winner in August was Aidan McGrath. Aidan won the 1500m Kenmare Bay SC Open Water event in Co. Kerry, beating a very strong field behind him. The add some extra joy into the mix, our newest club member, Ben Merrigan, finished 2nd overall in the 300m event at the same meet. Well done to both. And finally, well done to Ryan Ates who completed a gruelling swim from Capel Island to Youghal with the Youghal Ironman team. Ryan emerged first in, leaving all others in his wake. Congrats to you all.

The season is on an official break for August. Seniors will return on August 26th and all other squads will return on August 30th. The is a new competition structure being put in place by Swim

Ireland for the season ahead. In fact, there'll be many new initiatives implemented across each region and some parent/swimmer meetings are scheduled with the Head Coach in the coming weeks to help everyone understand each area of change.

With all that in mind, we would like to thank all the staff and management at our home facilities in Mayfield Sports Complex, especially to Seamus Leddy, who has been the club's dedicated S&C coach all year long and made such major positives changes with everyone. We hope you all enjoy the break and look forward to welcoming everyone back all fresh and ready to go again in September.



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

CORK GOLF CLUB



Cork Golf Club

The club's first course was located just above Glanmire Village at Rathcooney Hill and this was circa 1888. A move to the Blarney area followed and land north of the present-day SilverSprings Hotel became its home later. Killahora South was the next location and the course, with a duck pond as a feature, was located on lands rented from Dan Twomey. This was at the rear of "The Home Rule Bar", which was previously "The Star" and is today's well-known and popular establishment; "The Elm Tree". By the way, a landmark mature elm tree standing adjacent to the premises was felled in the seventies as same was diseased; would it not be fitting to plant a replacement? It could also act as a commemorative for the recently bestowed prestigious Trip Advisor "Travellers' Choice Award". This well-deserved achievement earns the "Elm Tree" a top ten per cent status of restaurants worldwide.



Elm tree

I digress; Cork Golf Club is located at Little Island since early 1897 and that was when Messrs. Maudslay, J.H. Gubbins and Sharman Crawford detected a piece of land as they sailed up the river Lee to compete at the Cork City regatta. Tom Dunne of Bournemouth laid out the first nine holes of the course which opened for play towards the end of 1898. The clubhouse was then located close to the present-day eight tee and was totally destroyed by fire on the night of Monday May 28th. 1945, and most of the club's early records were also lost. The Cork Examiner carried a report the following day; QUOTE: The blaze spread so rapidly from one end of the building to the other that nothing but a few golf

clubs, four bicycles and some furniture were saved. The outbreak was discovered a little after eleven pm and the Cork Fire Brigade and the military from nearby Rockgrove Camp attended but a complete lack of water rendered them helpless. Within an incredibly short time the whole club was a mass of flames with the timber interior enabling the fire to spread swiftly. It was observed from afar as flames shot high into the air and falling debris sent sparks flying. Soon spectators had gathered. The Fire Brigade used first aid jets operating from their machines but their water supplies were totally inadequate. One of the first spectators at the scene told our reporter that even with a good supply of water it would still have been next to impossible to check the fire at the time the alarm was raised. Messrs. T.O'Driscoll and J.Griffin of Little Island said they were first to enter the grounds of the club on the outbreak of the fire and even at that time the place was blazing fiercely. They were joined by taxi driver Mr.T.Deane who had seen the blaze from the main road. He drove Mr.O'Driscoll to Rockgrove Camp whence the call was sent to Cork for the Fire Brigade. Several of those living in the vicinity of the club made perilous dashes into the blazing building to rescue what they could. The fire started at the rear, in and around the men's dressing room, and virtually nothing was saved from that part. Quite a lot of furniture was brought out from the lounge at the other end, also a valued barograph and some books including ledgers. It is estimated that at least fifty members, and possibly the number was much in excess of that, had left their clubs and wearing apparel in the locker room. Only a few golf clubs were saved and an average set costs in the region of twenty pounds. The fire showed signs of dying out shortly before one am and at that time the cement structure were silhouetted by the still burning wood on the inside and some of the walls appeared to be in danger of collapse. Standing alone amid the ruins was the safe and a cement wall structure in which some trophies were stored. The old club house was both a pretty and commodious one and had every facility for the members who numbered about two hundred. UNQUOTE. The enthusiastic and determined members immediately addressed the urgent necessity of a replacement and in the latter half of 1946 a new clubhouse costing circa £13,000.00 was officially opened. The building, having been refurbished in 1968 was completely redesigned in

2001 and it serves the club so well today. The first professional was David Brown of Edinburgh and it was he who designed the additional holes on land which is known as "The Park", and this was endorsed by the famous Harry Vardon who partook in an exhibition match in 1909. The circa forty acres of land was purchased from the Lane family and it accommodates the thirteenth green and the last five holes. Dr. Allister Mac Kenzie was a well-established course designer by the time he and his foreman Jack Fleming came to Cork to redesign the course. Work commenced early in 1924 and this was completed in time for the club's first professional tournament in 1925. The Mac Kenzie's design features were carried through to many famous courses and these include Cypress Point, Augusta National, Royal Melbourne, Titirangi in New Zealand, St. Andrews in Scotland, Moortown, located in Allwoodley near Leeds and Lahinch. Caddying at Cork Golf Club gave locals the opportunity of earning much needed money for the family home through difficult times down through the years. The March 2009 issue of Area News referenced an "Evening Echo" article published seventy years ago, on April 3rd. 1951 which had a header; "Caddies today - Golf Stars tomorrow" QUOTE: Lessons finished at Little Island National School and there is a wild rush, not to get home but to the eighteen hole course of Cork Golf Club. Perhaps the pupils wish to reduce that handicap before tea? No, what they wish to reduce are their monetary difficulties! At least forty of them earn good money by spare time caddying for the one hundred and sixty members of that club. Their busiest periods are at weekends and during competitions like "The Open", "The Captain's Prize" and club contests. One youngster told me he earned two pounds and ten shillings last week-end. Others say they averaged between one pound and that figure for the same period. Their calling is actually an incentive to study because an unwritten law, rigidly enforced, says that no truant or pupil neglecting school work will be allowed to caddie. A few years ago Little Island National School in fact secured the Blue Riband of national education - "The Carlisle Premium". The youngsters themselves are real golf enthusiasts. Some of them speak with pride of when they caddied for Jimmy Bruen, Dr. Billy O'Sullivan, Redmond Simcox, George Crosbie and other distinguished players. A twelve year old told almost reverently of the day Dr. Billy holed out in one and John

Devane was proud to have caddied for the Muskerry Club "ace" Nick Power. They play golf too on their own miniature fifteen hole course. There they hold competitions the prizes being cups and saucers, hair cream and similar articles. Occasionally the proprietors of a local tuck shop donate a trophy, usually a decorative glass bowl filled with raspberry cordial. They are fluent Irish speakers and so in a few years' time should be eligible to join An Chumann Gaelach, the Gaelic Golfing Society. Certainly at present their cheerful faces and enthusiasm must be an encouragement to members of Cork Golf Club especially when they are trying to get out of a difficult bunker. The caddies include Thomas Barry, Patrick Twomey, Matty Murphy, Patrick Murphy, Stephen Devane, Michael McCormack, William Waters and Gerald Dunlea. UNQUOTE. Families very much appreciated the financial opportunity that Cork Golf Club presented in difficult times down through the years. But the club was also fortunate to be in a position to accommodate their members' requirements by having plentiful and knowledgeable caddies on its doorstep. Cork Golf Club, similar with industry located in the area, has an obligation to play a worthwhile part in the life of the local community. Should there not be liaison with organisations including sports clubs in our parish? Some of those involved with these bodies are in fact members of Cork Golf Club because the days when locals found it impossible to become members are consigned to history. There should also be incentives offered to assist in their fund-raising efforts and, for example, this obviously did not occur for the recent Erins Own Golf Classic. The club, which operates in a community association-like fashion and does so much for youth had to proceed outside the parish to Cobh Golf Club. It was graciously accommodated and the decision was lucratively rewarded. But with Cork Golf Club's excellent facility in our parish it is very disappointing that Erins Own was not "encouraged" to avail of it - ironically the Draft Development Plan classifies Cork Golf Club as "a valuable amenity in Little Island"! Incidentally our neighbours at the other side of the meandering border were obliged to change venue also and headed for Fermoy. The wag in the corner at the local, full of beans after the long break, commented that they should have been satisfied enough with an auld game of Pitch & Putt at Sarsfields Court - not par for the course!

SLÁN ANOIS ©



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AN INDIAN SUMMER

Weather is both enjoyable and enduring! It can be benign or devastating. It is one of Earth's last wild things and although we can predict it to some extent, we cannot control it. Weather profoundly affects our culture, our economy, and our well-being. Autumn initiates the wettest, windiest season of the year, and it usually sees the final break-up of the flimsier components in the ornamental garden. Generally, however, the season seldom fails to provide at least some fine settled spells which bring us light which is soft, a countryside that virtually glows, and temperatures which are pleasantly warm rather than hot and sticky.

Since early spring, the weather has been the focus of our attention, and irrespective of what it brought, it was seldom enough to satisfy us. We hoped for the warm summer sun, the long evenings outside, and the joy (and wonder) of one fine day following another. Now, as the children return to school and holidays come to an end, there is still the hope of even more to come. In hushed and whispered tones, we speak of an Indian summer, a time of flower festivals and harvest thanksgiving, of evenings full of such undervalued qualities as sharing and family gatherings, and sunsets full of decorative dahlias and scented roses. Covid has put an end to most of these events and

climate change horrors are looming on the horizon, but we continue to live in hope and expectation of an Indian summer!

One could be forgiven for thinking that the term 'Indian summer' had much to do with the Far East, with rides on overflowing public transport through Delhi or Bangalore and oriental dishes full of hot curried ingredients served up in paper thin tacos. You would be quite mistaken, for the Indian reference is not a remnant of the



The changing colours of late summer give a golden glow whilst shades of monardas, crocosmia, fuchsia, and dahlias, play funny tricks in the diminishing light

British Empire, but to the Indians of North America. Revise your mental picture now and think of Northeast America, of the film 'Dances with Wolves', and huge herds of wild buffalo, the cry of a wolf called 'Two Socks', moccasin footwear, and tented tepee villages. Here in the land of the Iroquois warriors, summers were long and autumn's golden, full of ripe fruit and long shadows- to be quickly followed by terrible winters of freezing snow, biting winds and frightfully long, pitch black nights.

Nothing as severe however ever spoils our late autumn but many garden plants react in a fashion which is regular and utterly predictable. The most interesting change in autumn is that which manifests itself in many evergreens as they detect cooler nights and turn from green to a kind of purplish hue. Holly does this, so too ivy, laurel, Osmanthus, and a host of conifers. The Hebe 'Mrs Winder' is typical of several clones with dark stems and narrow purple leaves whose colouring is more intense in winter. If it flowers at all, it will be in winter, small purple spikelet blooms which move and sparkle like a diamond necklace of street lighting. The purple leafed vine is another immensely valuable plant in an autumn garden for its handsome claret-coloured leaves turn a distinct shade of purple once cooler conditions arrive. It looks wonderful with grey leafed plants or with the clematis 'Perle d'Azur'. Sadly, the black shiny grapes are not edible.

There are dozens more which respond to the warmth and light in an Indian summer garden, and whilst they would merit a word now, I leave them for later. Meanwhile, I do hope our Indian summer will arrive, but if not, there will be no time for regrets. Once the clocks 'go back' it won't be long until Christmas arrives but quite some time before robin songs melt the last of winter.

THE SEPTEMBER GARDEN

AUTUMN: The mood of autumn is evident in the foliage of trees, shrubs and all plant life. The shortening hours of daylight have crept in like the tide, unannounced, marking yet again the ebb and flow of the seasons and of life itself. But while the dance of surrender may be obvious to those who observe these subtle changes, there are still two good months of gardening activity to be enjoyed. The garden can once again become 'a cabinet of curiosities' for shadows will increasingly deceive the eye and light play funny tricks even during an early September noontime. Now's the season in which to have an eye for detail, a love of the unusual, a collector's mentality for weird shapes, odd movements, and unexpected and sudden bursts of short-lived golden colour. If you garden with grasses

and late perennials (rudbeckia, heleniums, aconitum, etc) you'll have these golden treasures I speak of and be able to rely heavily on shape and pattern for all of autumn through to November.

WIND is a more unpredictable enemy than drought, and you can do less about it. I hate wind, especially during the hours of darkness. I hear branches making little screams in the night and I lie awake wondering what damage it is doing in the garden. The victims are not always the plants that look most frail. Clematis, for instance, will stand up remarkably well to autumnal gales. A clematis leaf stalk, like a baby's fist, grips what it touches and hangs on to it. As the first shoots of clematis come out of the ground, I always try to point them in the right direction, tying them into their supports. After that, they are mostly left to their own devices. If I miss out

on this initial training, shoots tangle into each other and stand away from the support, in a position where they are most prone to wind damage.

PERENNIALS: Many gardeners would never give up deadheading if they realised the great returns this therapeutic process will give them, and the plants! Anything annual needs deadheading now, as does the entire tribe of phloxes, all varieties of helenium, fuchsias of all sorts and absolutely anything you are keeping in a container. It is not just a matter of neatness. Intelligent deadheading will certainly encourage a second drop of flower by late September. It is the difference between a two-week display and a prolonged result. I intend to work through my young penstemons because they are excellent repeaters if they are attacked immediately.



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GLANMIRE LADIES FOOTBALL CLUB



Cul Camp

Glanmire Football and Ladies Football ran a very successful camp from the 16th August – 20th August. This year involved a morning session and evening session to ensure everyone got the opportunity to participate during these COVID times. The camp was a great success with a lot of happy youngsters showing their skills.

Thanks to all the coaches that helped for the week and to Shane, Mark, Angela, and Cillian for having everything organised for the days' activities.

Glanmire Ladies Football Summer Camp

Well done to all on the great organisation of this years Ladies camp. It has been a while since we have been able to hold our annual camp, and this went off without a hitch. Everyone enjoyed their week and especially the last day where everyone was treated to ice cream. Well done to all coaches and especially those who organised the camp.

U10

Well done to the U10's who put on a great display of football against local club Erins Own.

Cork Panels

Huge congratulations to our U14 superstar Ellie Mulkerrins who was part of the Cork U14 panel that won the recent Munster Final. Best of luck to Ava Fitzgerald, Caoimhe Richmond and Orlaith Walsh in their U16 Munster campaign and to Orlaith Roche, Evie Twomey, Caragh Byrne and Lucy Greene with the Cork Minors. Hard luck to Abbie O' Mahony and the Cork Senior panel



who lost out on an All-Ireland Final in a pulsating match.

U14

Well done to the U14B panel who had a great 2-point victory over Erins Own in horrible conditions and to the U14A panel who had another great victory over Middleton and can now look forward to a league semi-final.

U8

Our U8's were also out against Erins Own, the girls put on a great display of football and are looking forward to many more games. Well done to both teams.

Adult Teams

Both of our Junior panels were out in action recently against Valley Rovers and Inch Rovers. The Junior 2 team lost out by the narrowest of margins to a good Valley Rovers team and our Junior 1 came out on top against Inch Rovers. Well done to both panels and management on two terrific performances. Finally, our Intermediate panel will play in the Division 1 League QF against Inch Rovers.

Mothers & Others

A huge well done is in order for our Mothers & Others panel who played their first match against Donoughmore. They put in a brilliant display of football in what was a cracking game against a good Donoughmore side. They look forward to many more games after an impressive first game.



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Micheál Ó Súilleabháin

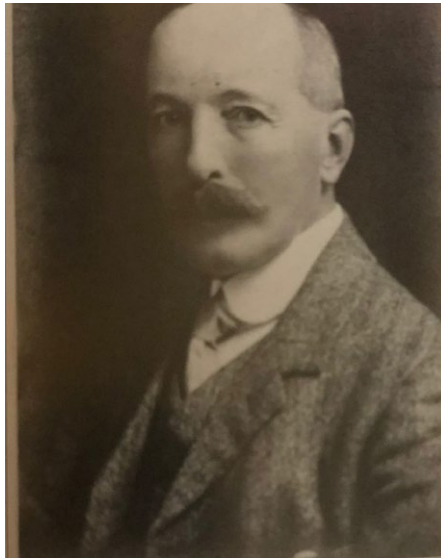
Chaith Mary Laura roinnt mhaith ama i Sasana. I rith an ama seo, d'éirigh Philip agus Effie níos cairdiúla. Thit sé i ngrá léi. Thug sí fógra do mhuintir Caulfield go raibh sé beartaithe aici éirí as a post i mí Eanáir 1887. Bhí muintir Caulfield ar buile agus bhriseadar as a post í le fógra míosa. Is cosúil go raibh tuairim ag Theresa Caulfield go raibh rud éigin ar bun. Ba é a bhí ag teastáil ó Theresa Caulfield ná go mbeadh uirthi an ceantar a fhágáil. Ach nuair a tugadh post di ag Shandy Hall, bhí a fhios aici go raibh an tuairim cheart aici. Ach anois bhí sí imithe go dtí an áit ina raibh an cathú.

Nuair a d'fhill Mary Laura ó Shasana, thuig sí a raibh ag tarlú. Chuir sí i leith Philip go raibh caidreamh idir é agus Effie. Ghéill Philip di agus briseadh Effie as a post. Thug sí cuairt ar a muintir in Albain agus ansin fuair Philip post nua di i gCeatharlach. Roinnt seachtainí ina dhiaidh, thug Philip cuairt ar Bhaile Átha Cliath agus is cosúil gur bhuail sé le hEffie ann, cé go raibh geallúint tugtha aige go bhfanadh sé amach uaithi.

Ag deireadh mhí Eanáir 1887, bhuail Philip le comharsa agus nuair a d'fhiafraigh sí de conas a bhí Mary Laura, dúirt sé go raibh sí an-bhreuite agus nach mbeadh ionadh air dá mbeadh sí marbh faoin am a sroicheadh sé an baile. D'fhan Philip i dteagmháil le hEffie. Sheol siad litreacha chuig a chéile. Bhailigh Philip litreacha ó Effie ag Oifig an Phoist ar eagla go bhfaigheadh Mary Laura amach faoin chomhfhreagras. I míonna tosaigh 1887, chuaigh sláinte Mary Laura in olcas. Bhuail taomanna titimis í agus níor chabhraigh an teannas ina caidreamh le Philip.

Ar an 10 Bealtaine 1887, d'éirigh Mary Laura an-bhreuite. Thosaigh sí ag caitheamh aníos agus bhí an buinneach uirthi. Sna laethanta a lean, tháinig biseach uirthi ach lean babhtáí tinnis go luath. Rinne sí gearán le cuairteoir nár thug a fear céile aon aird uirthi nuair a lorg sí deoch uisce nó bia. Sna míonna seo, ba é Philip a bhí mar dhochtúir aici, cé's moite de chuairt amháin a thug An Dochtúir Godfrey, sean-dochtúir sa cheantar a bhí éirithe as cleachtas. Dúirt sé go raibh samhnas uirthi agus mhol sé leigheas. D'fhan Philip i láthair nuair a bhí an scrúdú á dhéanamh aige. Fuair Mary Laura bás ar an 2 Meitheamh 1887. Cuireadh í láithreach i Reilig Mhaigh Guairne, Áth an Choiste. Chláraigh Philip cúis a báis mar fhiabhras tífóideach. An tseachtain ina dhiaidh, d'imigh Philip go Sasana. Ba é an chúis a thug sé don turas ná go raibh sé chun cuairt a thabhairt ar a pháistí a bhí ag freastal ar scoil chónaithe. Seachtain ina dhiaidh, d'fhill sé ar Shandy Hall. Bhí bean chéile nua ina theannta, Effie Skinner, máistreás nua Shandy Hall. Baineadh geit as gach éinne sa cheantar gur pósadh iad chomh luath i ndiaidh bháis Mary Laura.

Ag tús mhí Iúil, chuaigh ball den phobal chuig cigire dhúiche an RIC, Henry Tyacke, i mBaile an Chollaigh á rá leis go raibh imeachtaí amhrasacha tar éis tarlú ag Shandy Hall. Bhí constaíic móra roimhe chun an scéal a fhiosrú. Duine tábhachtach ba ea an Dochtúir Philip Cross. Chuaigh sé chuig an dochtúir áitiúil, Timothy Crowley, a shínigh an teastas báis a dúirt go bhfuair Mary Laura bás den fhiabhras



An Dochtúir Charles Yelverton Pearson

tífóideach. D'fhiosraigh Tyacke an scéal agus fuair sé amach nach raibh eipidéim den ghalar sa cheantar. Chuaigh sé i gcomhairle leis an Dochtúir Yelverton Pearson, anailís na Ríochta agus labhair sé go ginearálta faoi bhás trí nimhiú. Ba é an arsanaic an nimh choitianta a d'úsáid nimhitheoirí. Dá mbeadh méid an-bheag úsáidte, bheadh sé an-deacair é a aithint. Chuir Tyacke litir chuig an gcróinéir ag lorg ionchúisne agus fuair sé cead. Dí-adhlacadh an corp agus rinne an Dochtúir Pearson scrúdú iarbháis. Meascán d'uaisle agus de ghnáth-mhuintir an cheantair a bhí sa choiste cróinéara. Lean an Dochtúir Pearson lena chuid trialacha agus fuair sé amach go raibh an oiread arsanaic sa bholg a mharódh duine. Sula raibh an coiste cróinéara thart, thug sé an t-eolas don Chigire Tyacke. Gabhadh an Dochtúir Philip Cross. Rinne na póilíní scrúdú ar na seomraí i Shandy Hall agus fuaireadar roinnt earraí, stricín ina measc, chomh maith. Nuair a ationóladh an coiste cróinéara, d'aontaigh na baill go bhfuair Mary Laura Cross bás de dheasca éifeachtaí nimhithe. Lean an Dochtúir Pearson lena chuid trialacha agus rinne sé amach go bhfuair Mary Laura bás de mhéideanna beaga den arsanaic agus gur tugadh stricín di chun an bás a thapú. Socraíodh go gcuirfí Philip Cross ar thriail i Samhain 1887.

Bhí liosta fada d'fhinnéithe luaite don ionchúiseamh. Ina measc bhí comharsana mar Mr Colthurst, Theresa Caulfield, An Dochtúir Godfrey, ceathrar seirbhíseach a d'oibrigh ag Shandy Hall, An Dochtúir Pearson, An Dochtúir Crowley. Ní raibh ach ainm amháin mar fhinné don chosantóir, Henrietta Maria Cross, deirfiúr an chúisí. D'oscail an triail ar an 15 Nollaig. Thug an Cork Examiner mionchuntas ar na himeachtaí. Bhí fianaise faoi chuairt Philip Cross ar Londain agus ar Bhaile Átha Cliath agus ar na háiteanna in ar fhan sé. Thug baill foirne den óstán i mBaile Átha Cliath fianaise gur fhan an bheirt acu sa seomra céanna agus gur shínigh siad mar Mr & Mrs. Luadh na litreacha chuig an Dochtúir Cross a bhailigh sé féin ó Oifig an Phoist. Bhréagnaigh Henrietta Maria Cross, a bhí ag cur fúithí sa teach le breis is dhá bhliain an fhianaise a bhí tugtha ag na seirbhíshigh agus ag gach duine eile a labhair. Ní fhaca sí aon rud neamhchoitianta. Bhí caidreamh maith idir Philip Cross agus Mary Laura, dar léi.

Lean an bás ar feadh ceithre lá. Ach ciontaíodh Philip Cross agus daoradh é chun báis, a bhí le cur i gcrích ar an 10 Eanáir 1888. Bhí sé le crochadh i bpríosún Chorcaí ar an lá sin. D'eagraigh roinnt dá chairde achainí le cur faoi bhráid an Tiarna Leifteanant go ndéanadh sé pionós an bháis a mhaolú. Ach dhiúltaigh sé an bheith a mhaolú. Tháinig an crochadóir, Berry, ó Shasana chun an crochadh a chur i gcrích. Bhí thart ar 100 duine lasmuigh den phríosún ag feitheamh go mbeadh an crochadh thart. Ardaíodh brat dubh a chuir é sin in iúl agus ansin d'imigh an slua.

[Fuarthas an t-eolas a bhfuil an t-alt seo bunaithe air sa leabhar 'Murder at Shandy Hall' le Michael Sheridan agus sa Cork Examiner, 1887-1888].



James Berry, An Crochadóir

Gluais:

Chuir sí i leith= she accused
comhfhreagras= correspondence
taomanna titimis= bouts of epilepsy
buinneach= diarrhoea
fiabhras tífóideach= typhoid fever
imeachtaí amhrasacha= suspicious happenings
eipidéim= epidemic
nimhiú= poisoning
arsanaic= arsenic
coiste cróinéara= inquest
stricín= strychnine
finnéithe don ionchúiseamh= witnesses for the prosecution
finné don chosantóir= witness for the defence
achainí= petition
crochadóir= hangman



WHY FAILURE IS GOOD

John O'Sullivan

Personal & Business Coach

You know, we live in a funny old world these days. A world where tradition had gone by the wayside and a new culture seems to have taken over. It hasn't, but that how it seems sometimes. With the internet and social media, we find ourselves surrounded by messages promoting quick fixes to problems and life hacks!

Like seriously, what is a life hack? To me a hack is a short cut. A way to cheat the system and get ahead. I have no problem with getting ahead, in fact that's what my life and business coaching company promotes, but I am very uncomfortable with the idea of taking shortcuts to try to reach success. Life hacks, short cuts, or whatever we call them, are flawed. They cheat us of several important things. They rob us of important experiences and opportunities to learn and grow. They also take away the ultimate human aspiration; the sense of achievement. Try this as an example; Imagine you're in your mid 20's and you're starting out in life. You plan to buy your first home with your Fiancé. You are both excited at the prospect of combing the market, find your dream starter home and negotiating the price. You qualify for a mortgage and you start looking for a home to buy. Now consider your wealthy parents suddenly choose and buy a 3 bedroom semi-detached house and tell you that it's yours. Of course you'll have to pay them back for it, but they have swooped in and saved you all the

work. They have used their advantage to buy a house for you without your input and now you have to deal with it.

If this was you, how would you feel? Would you be grateful? Perhaps relieved? Or would you feel slightly belittled and cheated of the pride you would have felt if you had gone out and bought your own home? It's amazing how this resonates with people. It's only when the struggle is removed, that we realise that sometimes in life we need the struggle. That we need the challenges and difficulty in order to grow. What doesn't kill you, only makes you stronger!

The same is true in anything we try. Any endeavour at all that we put our mind to. When we put ourselves out there we set ourselves up for a challenge, for a fight. Perhaps it's improving your personal fitness or maybe it's taking an adult education course. In situations like these the reward is in the journey just as much as it is in the outcome.

A friend of mine recently bought a boat. A 40 year old yacht that was nothing but a shell inside. She is facing a project that will last perhaps two years, trying to mend the boat and create a really special retrofit that will make her purchase something truly amazing. I wonder, if at the end of this project she would trade all that time and effort she is going to put in, for a boat which needed no TLC whatsoever. Something tells me that by the time her project is completed, she will have earned

a sense of pride that money cannot buy and she will place far more value in this old yacht than if she had bought it brand new!

In life we have choices. We can opt to stay put and never put our head above the parapet. In this case nothing will ever change or get better for us. The alternative is that we can really put ourselves out there. We can wake up and realise this life of ours is limited. We do not have all the time in the world. We can realise today is not a rehearsal for tomorrow and that every minute we spend, we can never get back!

I know that trying something different and new is a challenge for most of us. We might feel inadequate or maybe worried about what others think of us. Whatever it is, most of our hesitation boils down to our fear of failure. The fear of failing at something is often strong enough to stop us from even trying. Fear of failure is one of the biggest hurdles each of us had internally and it holds us back from living the life we all know we are capable of living.

But what if we faced those fears? What if we turn the fear of failure on its head? What would be different if we didn't care about the consequences of failure? Take Thomas Edison, the man who invented the lightbulb, for example. Once a young reporter asked Edison why he still continued his experiments after so many failures? Edison had conducted over 1,000 experiments and each one had failed. Edison replied, "I did

not fail 1,000 times. The invention of the lightbulb just had 1,000 steps".

Each failed experiment meant Edison could discount one possibility at a time and each failure narrowed down the options until he was successful. There were no life hacks. Just dogged perseverance.

In google, failure is treated as a positive thing. They use the word FAIL as an acronym. They break it down as follows; F.A.I.L. = First Attempt In Learning! It's a bit cheesy, but you get the idea. If we think about failures as lessons to learn and opportunities to grow from, we can find real value in failure. If we don't try something we will never fail. But if we also would never succeed. Taking a chance to grow, to develop, to live life as difficult as it may be sometimes, exposes us to failure. But if we treat failure as merely a stepping stone, then no set-back can stop us.



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AUTUMN WARDROBE INSPIRATION

by Lynda Di Blasi

A common question asked is: What are YOUR capsule wardrobe essentials??

Your essentials depend on your Personality, Body shape, Proportions, Lifestyle and Taste. No matter what your budget is, you can own staple pieces that will carry you through every year and through multiple seasons. You can liven up your current capsule wardrobe with trending accessories each year but your staple pieces will remain timeless.

I have picked a few Autumn pieces that are true classic staples. I am a huge advocate on buying the best quality you can afford, this amount differs for everybody. You will find versions of the same item across all price ranges that will suit your budget.

The better the quality of an item the longer it will last and will save you money on buying replacements of an item you wear a lot. Also it will stop you impulse buying and having loads of items but still nothing to wear. I am a fan of sustainable fashion pieces that we can mix and match in our wardrobes.

1) DARK JEANS



A good fitting classic cut jeans that will keep their shape and wash well to hold their colour is a staple item that can be the basis of many different style outfits. H&M are good for jeans and have a wide range of styles and sizes.

2) A BEIGE TRENCH COAT

This is at times the underappreciated staple item and can be an essential wardrobe item considering our Irish climate. Worn either open or belted for a more refined look. This is a functional and chic capsule classic.

3) BLACK BIKER JACKET

A black leather jacket is my go to pairing item that goes with everything in the Autumn / Winter wardrobe. It doesn't have to be 100% leather but if so it will last you a lifetime. Alternative cheaper options are available and a dark brown would make a good alternative to black. Wear with a skinny jeans, a knitted dress, skirts and boots to create several signature styles.



4) CASHMERE JUMPER/ CARDIGAN

I have an M&S cashmere cardigan that I bought years ago and I wear it out every year with outfall. It is such a warm and comfortable piece. Cashmere comes in every colour imaginable and can be found in various price ranges to suit everybody. A classic black or beige colour would result in a worn essential piece of your wardrobe.



5) KNITTED DRESS

This is such a versatile staple one that is equally chic as it is cosy. Can be worn as smart casual with ankle boots or belted at the waist and heels to create a night time look. Team yours with jewellery or a belt for a polished look.



6) KNEE-HIGH BOOTS

Are they in fashion in 2021, the answer is YES they are a fashionable boot that should be a staple piece of your Autumn / Winter wardrobe. I find I reach for mine year after year. Ranging from leather to suede that reaches from toe to knee. Knee high



boots make you look long and lean. Perfect for everyday wear with jeans, leggings, skirts, knitted dress and trousers for a classic stylish look.

I am sure these outfit tips will inspire and update your wardrobe. We feel confident and powerful when we are wearing clothing that suits us. Fashion is a trend. Style lives within a person - Oscar De La Renta

Email me on lyndmurray@gmail.com if you have any fashion queries. Check out my Instagram page on [lynda.dibiasi](https://www.instagram.com/lynda.dibiasi) Personal Stylist



Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com



Angela O'Callaghan & Mark Byrne overseeing the GAA Cul Camp for 350 children over 5 days. This is the 14th year for the camp. A fantastic asset for the children of our community over the Summer.

Cork city has a population of over 210,000 and ambitious growth targets over the next twenty years, Cork is an emerging international centre of, scale and a national driver of economic and population growth.

Cork is a diverse City. It is a twin University and a maritime City with a vibrant city centre, thriving neighbourhoods and urban towns, a rich hinterland and a rich range of natural built heritage. Cork City has significant potential for sustainable growth and has the necessary human, economic and environmental assets to realise its full potential. For the first time, a single statutory development plan encompasses Cork City and all its suburbs, including the major urban towns of Ballincollig, Blarney, Tower, an Glanmire and the immediate hinterland areas.

Glanmire is a linear town situated on the east of Cork City and encompasses the Communities of Rivertown, Sallybrook, and Brooklodge. Glanmire is a home to significant built heritage with

the stone Bridge in Rivertown and former mill buildings. The town expanded during the 19th Century, primarily as a commuter Town to the City and Little Island. The land mainly slopes north south with the Glashaboy River running through the heart of the Town and the M8 motorway forming the eastern boundary.

Population and Housing Glanmire has an approximate population of 9,993 people, with approximately 38% under 25 years of age. There is 13.4% in population at pre school level. 10% of the population have a disability and 2.5% live in a deprived area.

Glanmire has local network challenges, and this is exacerbated by high car dependency with 81% people choosing the private car to travel to work and education. This could improve with sustainable and active travel infrastructure and services. These include improved pedestrian and cycle routes, bus network and development and proposed greenway adjacent to the river. Recreation Sports Grounds and open space.

Glanmire is the home of a variety of sports grounds and open spaces recreational areas.. Over the long term, A North East Regional Park is proposed to accommodate the active recreational needs of Glanmire and Mayfield residents.

This is just a few areas mentioned in Comprehensive Development Plan This entire document is available on the website corkdevplan@corkcity.ie The plan is open to Public Consultation up to the 4th October 2021

Local Queries; to Cllr Ger Keohane 086 0263046.

It is extremely important that residents, Groups, or individuals raise their issues and concerns and have an input into this plan.

Map of proposed compulsory purchase orders available in Community Centre.

Glashaboy water scheme

On the Glashaboy scheme the 3 months have passed and no judicial review has been initiated. Cork City Council are the contracting authority and will be going to tender either the week of 19th or 26th July. There is then 12 weeks to complete the tender. Expected to appoint contractor in November/December and to start work after Christmas Padraig O Sullivan TD.

Community Games

Robert Murphy Marwood Green came second in the long puck under 12 County Final. Loosing to the winner by inches Our under 11 Hurlers were defeated by eventual winners by a couple of points. This game was a thriller. Our U 12 girls were defeated by a very strong Skibbreen team in the County Final.

Community Centre

Glanmire Community Centre Is currently undergoing major refurbishment in excess of €35000 to comply with Health and Safety regulations and to make the centre more comfortable for the people who use the facilities.

There are thirteen groups availing of the facilities currently. Hall is always available for the new Season.

If you have any queries in relation to GACA or the Community Centre please contact us on above email.



White's Cross GAA News

whitescrossgaa.ie



An impression of the new astro-turf facility to be developed in white's Cross GAA grounds

Shoot for the Stars!

There are 9,096 stars visible in the night sky from Planet Earth. On September 18th 2021 at White's Cross GAA club players of all ages will undertake the challenge of scoring 9,096 points as we shoot for the stars!

In 2021, White's Cross GAA will complete a milestone project with the construction of a state-of-the-art Astro pitch. This will be a fantastic all-weather amenity which will be used year-round by all groups for the benefit the whole community. We have been fortunate to receive a significant grant through the Sports Capital Fund and are very grateful for this. However, to access the grant we need to complete the project and we will need to raise €168,000 through fundraising...and we need your help!

You can help by sponsoring our members €10 to achieve our goal of scoring 9,096 points as we shoot for the stars. There will be lots of other activities on the day including a raffle. All people that sponsor/donate €10 will be entered into the draw!

If you are in a position to donate a little bit more, we have a very beneficial revenue approved scheme to maximise contributions to White's Cross GAA. The club can then claim additional tax benefits on this donation. This is because an approved project by the department of Transport, Sport & Tourism. The donation can be either a once off amount or a standing order. For example, a monthly amount of €50 from July-December will initially benefit us to the tune of €300. The club can then claim an additional amount from Revenue. If you are a 40% taxpayer this comes to an additional €200 to the club while if you are 20% taxpayer then the club will benefit with an additional €75.

If you have any queries on how the donations/tax benefits can be maximised, please contact us and we will be very happy to provide further details.

Mail: wxastroproject@gmail.com
Phone: 086 8564009

Club Lotto Win!

Congratulations to John Costello on his recent €13,300 White's Cross GAA club lotto jackpot win! It was fantastic to have a local winner. John and Margaret are long time supporters of the club and bought the winning ticket online as they do every week. The lotto is so important for the club's fundraising efforts and we really appreciate all your support. All of the money raised from this source is set aside for capital/infrastructure development that benefits not only all club members but everybody in the community. As outlined above, we are currently working on a major astro-pitch development. As part of this project the walkway around the grounds will be fully-lit which will make this very-



Lotto Chairperson Pat O'Callaghan presents the check to John and Margaret Costello in White's Cross GAA grounds.

popular amenity more accessible all year around. The club appreciates all those that support the lotto and urge you to continue to support it. You too could look as happy as John so don't forget to play via the Clubforce app or online (details available on our Facebook page).

Three Cup Victories!

The last month has been very successful for the club with three big victories. It was great that all 'sections' of the club were represented in that successes were shared among the underage girls, underage boys and the adult teams. The first victorious side was the Muskerry under 13 B camogie winners Rockbán. White's Cross, of course, now fields

underage teams of its own from under 12 downwards. However, we don't quite have the numbers at under 13 level so the sensible decision was taken to have our girls at that age transfer to Rockban so that they can keep playing. The Rockban club has had many White's Cross representatives over the years from Mary & Susan White, Lilian, Michelle and Juliann Whooley and of course the legendary Elain Harte. The current White's Cross players that contributed so much to this victory were Sophia Dill, Megan McSweeney, Niamh O'Sullivan, Eva O'Callaghan, Freya Hegarty, Katie Locke and Lucy Starr. Well done also to Kevin O'Callaghan and Colm O'Sullivan for all their efforts in coaching the sides.

win by two points. Though it was a pleasure to see so many younger lads playing and it also has been said that over 30 players contributed to the victory over the course of the season, a special mention has to go to a small group of players. Captain Richie Sherlock, Pádraig Murnane and Derek O'Connor have been mainstays on this team for many, many years. They have consistently come back playing year-after-year and have never given less than 100% commitment or effort. They are dependable to the last and none are more deserving of their medals.

Finally, we salute the St. Colmcille's under 15 Féile team. They played in a tournament held in Carraig Na Bfhear GAA Grounds on the 21st of August. 6



Rockban Under 13 camogie winners

The second victory of the month went to our Junior B football team. The club has fielded a second team for the last 20 years. It has often been hard slog but thanks to the efforts of the likes of Larry Burke, Anthony Kelleher, Conor Kelleher, John A Mulcahy, Paul Noonan and many others, we have always managed to keep the team going. The football talent has always been there to compete and though we have reached various finals over the years, we have never gotten over the line. An influx of very talented minor players this year proved to be the lucky break that the club needed. Following a narrow opening day victory over Passage, a momentum has built up around the team and 6 victories out of 6 saw us reach the final against a fancied St. Michael's team. The final was a thrilling game and it took incredible character for White's Cross to eventually

teams entered. They were St. Colmcilles, St. Catherine's, Ballygiblin, Bride Rovers, Fermoy and Kiltha Og. Though there was no trophy in this case, Colmcilles did win the tournament on the day and progress to the next stage of the competition. The standard of hurling they played in each of their three games was an absolute joy to watch. These lads under the stewardship of Manager, Aidan Bowen and Selectors, Will Ryan, Pat Casey, George Healy and Darren Bowen had put in massive preparation for these contests, and it showed in their excellent performances in all three games. These players have trained really hard and they got their just rewards on the day. Credit to all in Carraig and White's Cross who did trojan work in making sandwiches, cakes, marshalling the field etc. Well done all. It was a huge success.



White's Cross junior B football team



GLANMIRE MACRA

A busy start to the new year for Glanmire Macra

Glanmire Macra have had a busy few weeks as we held our AGM this month. It has been a tough year for all clubs as virtually all events have been taking place online. The first week of July saw Glanmire hold our AGM via zoom. It was a great opportunity for our members to meet up and to chat. We would like to say a huge thanks to our outgoing top table members: Kevin Smiddy, Muireann Kennedy as we welcome a new team of officers for the 2021/2022 Macra year. Elaine Houlihan, Munster VP joined us on the night as she presided over the election of our new officers. We would like to say a huge welcome to our new officers for the year. Mike Buckley took up a new position this year as he is the newly elected Glanmire Macra chairperson, Aisling Walsh returned to the position of Glanmire Macra PRO, Kevin Smiddy took on the role of club president. We are delighted this year to welcome three new members to top table. April Lynch joined us before lockdown in December of 2018. She has spent the past year working as our social officer. This year we are delighted to welcome her onto our top table as secretary of the club. Our newest member to join the team only joined the club in September of 2020 so it was brilliant to welcome Patrick Buckley to the team as YFDG officer. He has already taken part in many competitions since joining this year so we're sure he'll be a great addition to the officers group. Last but not least is long term Glanmire Macra member Patrick Healy. This is

his first time as a top table officer and he now joins the top table as treasurer. Our officers look forward to a team bonding day on the 18th of September as they travel to Ballyhass. Best of luck to all our officers in their new roles.

Four members from our club have also recently been elected to the Seandún regional committee. Best of luck to Seamus Reid, Aisling Walsh, Kevin Smiddy and all Seandún officers for the coming year.

Last month also saw Glanmire member Seamus Reid make the trip to Kilkenny to represent our region in the national finals of the puc fada. Some of our members also helped out on the day and supported. It was a great day for all. Well done to Seamus who represented the club brilliantly.

Some of our members have also been practicing their tag rugby skills throughout the summer by taking part in a tag rugby summer league joining forces with some of Fermoy Macra's members. It has been a brilliant opportunity for our members to get out and about throughout the summer. Hopefully the coming months will see us participate in many more activities. We will start the year as our top table head to Ballyhass for officer training which will be a team bonding exercise and will also be a great opportunity to see many members from Munster Macra who we haven't seen for months.

Don't forget to keep an eye on our social media pages for upcoming events as we prepare for the new macra year.

Article written by Aisling Walsh



Our member Aisling Walsh helped out on the day of the Puc Fada also seen here supporting Knockraha member Shelly Sheehan



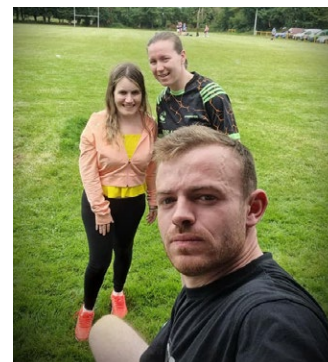
Glanmire member Seamus represented Seandún at the Puc Fada in Kilkenny



Some of our Glanmire members joined forces with members from Fermoy Macra for a summer tag rugby league



we did a throwback to the rose of tralee this week also as a few of our members have participated in the event we hope we can support them in person next year



Our member Aisling and Knockraha members Darren and Shelly at this weeks social tag rugby in Bruff



chair mike buckley



president kevin smiddy



pro aisling walsh



treasurer patrick healy



secretary april lynch



yfdg patrick buckley

Glanmire Macra elected their new team of officers during the week



we did a throwback to the Rose of Tralee this week also as a few of our members have participated in the event we hope we can support them in person next year here we are supporting Karen in 2019



ERIN'S OWN LADIES CLUB



U15 Feile Team

U15 Camogie Feile

Well done to our Feile Team who beat Sars 2 and Ballincollig in their division and unfortunately lost against Kilbritten / Timoleague

U14 Football and U14/U13 Camogie Team

Well done to our U14 camogie team on a fantastic win in the first round of the Premier U14 Camogie championship v Ballinora and narrowly lost by 2 points to Eire Og in the 2nd round. The U14 football team had two great wins against Bride Rovers and Rockban, winning all 7 games of the league.

U11/12 Football

Our U11 Footballers won a game v Glanmire on the 5th of August, while the U12 Footballers were unlucky v Aghada on the 10th of August in very bad weather conditions.



U13 Camogie

U7/U8 Camogie

Our U7 and U8 camogie girls had plenty of Go Games over the last month playing games against Midleton, Carrigtwohill, Cobh, Watergrasshill and Youghal. All the girls played really well showing great skills also.

Aimee Corcoran

Well done to Aimee Corcoran who had two great wins recently over Tipperary and Kerry with the Cork Minor Ladies Football team. We wish Aimee the very best of luck in the upcoming Munster final.

Kiera Mulcahy

Congratulations to Kiera Mulcahy who had a fantastic win over Tipperary in the Munster Camogie Final on Monday 2nd of August with the Cork U16B Camogie panel.



U11 - U12 Football



Aimee Corcoran



Kiera Mulcahy

Jenny O'Neill

Well done to Jenny O'Neill who had a super win against Kerry in the Munster Final with the Cork U14 Ladies Football team on Sunday 15th of August in Mallow.

U16 Ladies Football and Camogie

Our U16 footballers had two great wins over Lisgoold and Fermoy on the 3rd and 9th of August. In doing so they topped their group and are now through to the semi final verses St. Nicks.

Our U16 Camogie team beat Fr O Neills in the Quarter Final of the Camogie league and are now through to the semi final and also beat Aghabullogue in first round of Championship.

Minor Camogie

Well done to our minor camogie team who had a good win over Nemo in the first round of the championship and also a great win in round 2 against Kilworth. New members always welcome.



U8 Camogie



#20X20 #ShowYourStripes
#Can'tSeeCan'tBe



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Local Feile Captains



Megan & Liadan



U16 A & B



U142



FEILE DIV1 WINNERS



FEILE SARS 2



SARS Minors 2



U6 Teams





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GLENVILLE GAA CLUB



Junior B panel who won the East Cork final

East Cork Junior B Final

**Glenville 1-08
St.Catherines 1-05**

In a tense, hard fought game, Glenville came out well deserved winners against a tough St.Catherines side to win our first Junior B East Cork title since 1997. Indeed one of the Glenville selectors, Tony Sheehan, was playing in 1997. He must have been very young at the time...



Captain Rob McKenna after receiving the cup from East Cork Board Chairperson Donal O'Keeffe

Glenville opened the scoring with a well taken point by Cork All-Ireland U20 winner Shane O'Reagan. In what was a low scoring and at times a cagey affair, every score was crucial. St Catherines got a goal just before the waterbreak, Glenville then hit

back with a point. Just before half time Glenville were reduced to 14 men when one of their players was sent off after a controversial second yellow card.

The half-time score was Glenville 0-03 St.Catherines 1-02. This left Glenville with a mountain to climb but this team has showed in the past that it relishes adversity.

Two quick points from Josh Cooke levelled the match and then a wonderful goal scored by PJ Dennehy finally put some daylight between the teams. This goal was the result of fantastic teamwork by Glenville.

Another couple of points from St.

Catherines were matched by terrific scores from PJ Dennehy and Shane O'Reagan.

From here on Glenville showed brilliant game management to win by three points.

Glenville now march onto the county section with renewed vigour and confidence. A truly wonderful and memorable day for the Club.



Daire O'Leary and Seán Desmond who were part of the Cork panel who won the All-Ireland U20 hurling final

Well done Daire O'Leary and Seán Desmond on their involvement with the Cork U20 All Ireland champions. Great achievement lads.



Junior C panel who recently played Glanmire

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Lotto Results Friday August 13th

Jackpot €19,300

Numbers drawn were

6- 15-17- 21

No winner.
Congratulations to our
Lucky Dip Winners

Pearce McCarthy

Eugene Buckley

Karen O'Connell

Eddie Delahunt

This week's draw is on
Friday 20th August

The Jackpot will be
a mouth watering
€19,400



Staying Fit for the Future



Older Adults taking an Active Approach to Community Wellbeing

Staying Fit For the Future, a weekly exercise class designed to challenge and train the main components needed for good independent movement returns to communities across Cork this September.

The programme is delivered by local exercise instructors and classes are tailored for participants to develop their strength, flexibility, range-of-movement, balance as well as aerobic fitness.

Through enjoyable weekly exercises, environmental factors such as steps, paths, hills, darkness etc don't become an obstacle for continued confident participation in society. Suitable

participants are those that walk unaided and want to stay strong on their feet.

HSE physiotherapists are involved in developing the Staying Fit for the Future programme and content, which promotes healthy ageing through simple physical activity.

There are 25 programmes running across 20 different locations in Cork City and County. Cork City locations include Blackrock, Glanmire, Donoughmore, Togher & Churchfield. North Cork locations include Newmarket, Dromtariffe, Buttevant & Fermoy.

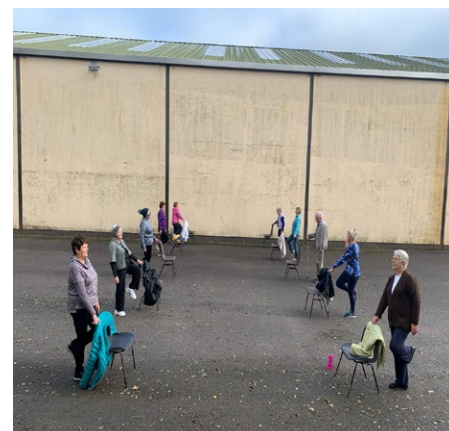
The Staying Fit For the Future programme is being delivered as part of the WellComm Active community health and wellbeing initiative, coordinated by Cork Sports Partnership (CSP), supported by the HSE/Cork Kerry Community Healthcare (CKCH).

WellComm Active aims to help people with exercise, weight management and healthy eating in their own homes and community, thereby empowering them to manage their own health and, where possible, avoid hospital admissions.

More information on Staying Fit For the Future and local classes is available at <https://www.corksports.ie/index.cfm/page/staying-fit-for-the-future>.

Interested participants can contact Cathal Geraghty on cgeraghty@corksports.ie or on 086 1451 381.

Health professionals can contact Eoin Kaar at WellComm Active for more information: wellcommactive@corksports.ie or on (021) 434-7096 or 086 1409 225.





Glanmire Library



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Children's Corner



September means back to school but for some September means starting school for the first time and that can be a scary and worrying time. Check out our Junior Life Skills section for books to help younger children deal with new and difficult situations that come with starting school. Here are our top picks for starting school and dealing with the feelings and emotions that can bring.

My First Day by Leilani Sparrow. This is a great book to introduce to younger children to prepare them for what to expect on their first day of school and what they can expect throughout the day. A great way to combat and fears or worries about the unknown.

A Big Day for Migs by Jo Hodgkinson

It's a big day for Migs – he's starting school! Migs is looking forward to it, but he is also feeling a bit scared, until, that is, he finds something to help him get over his shyness. This is a great book to share with children that are new to the classroom.

The Sunday Blues by Neal Layton

What is good about Sundays? Walking the dog, slashing in puddles and Yumerooney food! So why has Steve got the Sunday Blues? Could it be because Monday morning is just around the corner? Learn how to overcome back to school worries with Steve.

But What If? By Sue Graves

Daisy is moving to a new house and a new school. She is worried. What if she doesn't like her new neighbors or teacher? This story introduces young children to the concept of feeling worried. It is backed up by suggestions for activities and ideas to talk about.

Shark Feels Shy by Katie Woolley

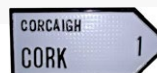
Shark wants to get up in front of the class during show and tell but he feels a bit shy. Is there anything he can do to feel better? This book is ideal to share with all young children as they begin to understand their big feelings and emotions.



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"You know you've found a good book when you turn the last page and feel a little as if you have lost a friend." Paul Sweeney

Local History with Michael



St Luke's Church.

The first church at St Luke's Cross was a modest Gothic designed limestone building erected in 1837. It was designed by the renowned Architects and brothers James and George Pain. The church was built as a chapel of ease for St. Anne's Shandon. As the number of worshippers swelled, St. Luke's became a parish in its own right. The original old church at St. Luke's had become unfit for purpose so it was decided to create a new more fitting place of worship to accommodate its parishioners. The Reverend Mervyl Archdall commissioned the architects Sir John Benson and William Hill to design plans for its construction in 1873. The new more spacious building would accommodate one thousand persons and was consecrated on 14 January 1875. It was the first church to be erected following the Act of Disestablishment in 1869.

Unfortunately, just 12 years later, on the 9 February 1887 the building was observed to be on fire at 6a.m. Chaos followed as the keys to the church were missing and the main door had to be forced open with the aid of a school seat. By this time the fire was totally out of control and all that could be done was to rescue the registers and other valuable documents. Subsequently, the spire was purchased by Canon Holland of Innishannon for the bargain price of £250. It was removed stone by stone, carted to the railway station and conveyed the sixteen miles by rail. The transport costs to its new home must have been astronomical. The recycled stone spire still stands in pride of place on St. Mary's church in Innishannon, a memorial to the long forgotten fire at St. Luke's.

The present St. Luke's church was designed by William Hill and it was consecrated on the 8 February 1889. The final service was preached by the Rev Brian O'Rourke on Sunday 2 March 2003 to the remaining tiny congregation of just thirteen parishioners. Unfortunately, for many years it lay idle and neglected until it was purchased by Cork City Council. Luckily, the church received a new lease of life as a live music venue. In August 2015 the first series of concerts "Live at St. Luke's" began with artists such as Mary Black, Mick Flannery, Panti Bliss and Little Green Cars. Its beautiful acoustics, combined with its wonderful stained glass windows and spacious environment creates a unique live experience which should ensure its future for many years.

Image 1. Irish Builder 1873 sketch of St. Luke's Church. Courtesy Cork City Library.

Image 2. St. Luke's Church and surrounding area 1906. Courtesy Michael Lenihan



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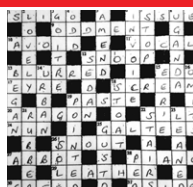
Across

1. 144 (5)
6. Reed or grass (5)
9. Restricted (7)
10. Clean thoroughly (5)
11. Neighbouring planet (5)
12. Ireland's most SW point (5)
13. Forced (7)
15. Become older (3)
17. Solely (4)
18. Gait (of a horse) (6)
19. Type of a seat (5)
20. Kings wear them (6)
22. Sesame Street character (4)
24. In what way? (3)
25. Well liked (7)
26. It runs on rails (5)
27. Adheres to Islamic law (5)
28. Woo (5)
29. Tomato sauce (7)
30. Layabout (5)
31. Prepared (5)

Down

2. Calculate (6)
3. Smelly farm product (6)
4. Male title (3)
5. Very angry (5)
6. More than one or two (7)
7. Adam and Eve's garden (4)
8. Nirvana, pearl jam music (6)
12. Liquefies (5)
13. Sofa (5)
14. Arm joint (5)
15. Ring-shaped coral reef (5)
16. Mistake (5)
18. : (name of this punctuation) (5)
19. Aggressive speaker (7)
21. McDonald, Reagan, Koeman (6)
22. Our continent (6)
23. Capital of Spain (6)
25. Nip (5)
26. Obtain (4)
28. Derogatory term for a dog (3)

Crossword Winner: Susan O'Sullivan, Riverstown, Glanmire



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