



**GLANMIRE**  
**Area News**



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## Citizens Information Service: Adapting a Home for an Older Person or Person with a Disability



**Q. I need to make some adaptations to my house as I am getting older and my mobility is not as good as it used to be. My spouse has a disability. How can I go about making the house more accessible and are there any financial supports to carry out this work?**

**A.** Some common alterations that can help make your home more suitable for someone with a disability or limited mobility include:

- Widening doorways and passageways
- Moving light switches, door handles, doorbells and entry phones to convenient heights
- Installing grab rails for support
- Adapting bathroom facilities (for example, removing a bath and installing a level access shower)
- Moving bathroom or bedroom facilities to the ground floor
- Installing ramps to avoid using steps
- Ensuring that external approaches such as paths or drives have a firm, level surface
- Installing a stair-lift or through-floor lift
- Getting specialised furniture, like an adjustable bed or high-support chairs
- Installing alert devices for someone who is deaf or hard of hearing

Before making changes to your home you should consult

an occupational therapist (OT) who will assess your daily living needs and advise on adaptations to your home. You can contact an OT through the community care section of your Local Health Office. Alternatively, you may want to hire an OT privately, as there can be a waiting list for the public OT service. The Association of Occupational Therapists of Ireland (AOTI) maintains a list of OTs in private practice, and if you get a grant for the adaptations you may be able to get back some of the costs of hiring the OT.

Other health professionals, such as public health nurses and physiotherapists, can also advise you on specialised equipment and home adaptations, based on both your short-term and long-term needs.

A Healthy Age Friendly Homes Coordinator can also provide information and advice on living independently, adapting your home or moving to a new home that is more suitable to your needs. Cork County Council is one of the local authorities which is piloting this initiative.

If you need to add a structure or an extra room, you may need to apply for planning permission.

Adapting your home may be expensive, particularly if structural change is involved. There are several ways to reduce the financial burden:

- You may be eligible for a means-tested **Housing Adaptation Grant** for

**People with a Disability.** The maximum grant is €30,000.

- For smaller alterations, such as grab rails, exterior handrails or a stair-lift, the **Mobility Aids Grant Scheme** (also means-tested) provides a maximum grant of €6,000.
- The means tested **Housing Aid for Older Persons Scheme** is used to improve the condition of an older person's home. The type of work that is covered depends on your local authority and may include structural repairs, re-wiring and upgrades to heating systems. For information on what is covered in your area, contact Cork County Council.
- You may qualify for a local authority home improvement loan to improve, repair or extend your home.
- If you have a medical card or a long-term illness card, you may be entitled to get essential items of equipment free of charge. First, you must be assessed by a relevant professional, such as an occupational therapist or a physiotherapist.
- If you are paying for equipment needed for someone with a disability, you may be able to claim a VAT refund.
- Depending on the work being done, you may be eligible for the Better Energy Warmer Homes Scheme or the Better Energy Homes Scheme.

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





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

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

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

### If You Do Nothing Else, Read This:

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

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

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

### More Pills Are Not The Solution

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

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

### The Likely Cause Of Your Problem

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

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

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

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

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

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

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

### Could This Be Your Solution?

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

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

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

- An in-depth consultation about your health and well-being where we will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A thorough analysis of your exam findings and any imaging you may provide e.g. MRI or x-ray so we can start mapping out your plan to being pain free.
- We will answer your most probing questions about nerve problems and how chiropractic can help.

Until November 19<sup>th</sup> you can get everything we've listed here for only €40. The normal price for this type of evaluation is €120 so you're saving a considerable amount by taking me up on this offer.



**Call 021-4824450**

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

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

*Sincerely,*  
**Dr Eric Kelly, D.C.**

**P.S. Remember, you only have until November 19<sup>th</sup> to reserve an appointment at this significant discount. Why suffer for years in misery?**

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

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

Take us up on our offer and call today  
021-4824450.





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

### NOVEMBER

It is the month when we remember our loved ones who have departed before us and whilst they are always in our thoughts; November is that very special month of remembrance. It is also the time when we are particularly conscious of those families who have suffered bereavement during the past year because theirs can be a sad, long, lonely and dreary month. Prayers and blessing of graves take place at the parish burial grounds during the month and even though it is a sorrowful occasion; the ceremonies bring solace and happiness to those present and are of great comfort at such a difficult time.



ST. JOSEPH'S CEMETERY

There are a number of burial grounds in our parish and those associated with this region are Caherlag Graveyard and St. Joseph's Cemetery, Little Island. Prior to January 1987, when the first interment took place at Little Island, Carrigtwohill even though outside our parish and diocese was also a burial option for families' residing in the Glounthaune and Little Island areas. In 1986 advance sale of plots were on offer at St. Joseph's Cemetery for one hundred and seventy five pounds in order to finance the cost of developing a section of the cemetery, and this equates to circa two hundred and twenty euro today. In the intervening thirty four years the cost per plot, three burials, has increased to one thousand and fifty euro. Plots may only be purchased for immediate use since April 3rd. 2012 because the Cemeteries Business Process Procurement Review Document of 2011 recommends that the advance sale of plots at any cemetery should only be permitted if sixty per cent or more of its overall capacity is available. There is only eight per cent remaining at St. Joseph's and based on allocations over the past number of years the availability of plots will be exhausted before 2030. Surely now is the time to address this matter; Ní hé lá na gaoithe lá na scolb. For example a section of the field adjoining the eastern boundary of Little Island church could be adapted for such use. There is no availability at Caherlag and apparently land adjoining the graveyard is available but is not suitable for a burial ground. It is worth noting that there is a noticeable increase in the number of cremations and as

there is no Columbarium Wall in the district to store urns containing cremated remains; perhaps the aforementioned land could be utilised for this purpose? The following poem, author unknown, and entitled "Loving Memories" concludes subject matter, QUOTE: Your gentle face and patient smile with sadness we recall, you had a kindly word for each and died beloved by all. The voice is mute which stilled the heart that loved us well and true, ah, bitter was the trial to part from one so good as you. You are not forgotten loved one nor will you ever be, as long as life and memory last we will remember thee. We miss you now, our hearts are sore, as times go by we miss you more. Your loving smile, your gentle face, no one can fill your empty place. UNQUOTE.

### PEDESTRIAN & CYCLEWAY PATH:

The work actioned to date is most impressive and is attracting much usage but it is difficult to comprehend why this section of the Burys Bridge to Carrigtwohill project was prioritised. One would also query the decision to classify the "Old Road", which heretofore was a "Walkway", as a pedestrian and cycleway facility. The improvements made at this location are also excellent but regrettably the leisurely ramble walk, especially for parents with young children, is no more. And furthermore, a safety hazard has been created at the entrance – exit location on the west. Cyclists could avail of the pathway on the L3004 roadside just across the pond. The detailed design for the entire scheme is still being worked through and the designers are also working on proposals for a plaza and improved access to Glounthaune train station. It is difficult to envisage but great if it can be accomplished. The National Transport Authority allocates annual grants to the Council for the implementation of its Regional Cities Smarter Travel Programme whereby individual sections of schemes are progressed each year. It is not feasible to deliver one of this magnitude in continuity from a funding, procurement and construction aspect. A decision on which element is to proceed to construction next has not yet been decided and the Council advises that this will depend on issues which include funding and land ownership. Would have thought that the Council would continue on westward from "where they left off" as a problem regarding land ownership does not exist and the above may very well indicate that eastward from Burys Bridge is its preferred option which would be very bad news for those residing in the vicinity of Glounthaune.

**SPORTING TEASER:** In last month's issue the question was asked to name the Erins Own hurler who captained his team in a Cork County Senior Football Final. Well by all accounts it created difficulties and as the correct answer was not furnished the all-expenses paid three week dream holiday for two to Afghanistan is held over for a future teaser! The player in question was the former popular local milkman Kieran (Ker) Murphy who captained Muskerry in the 1962 final against fellow divisional side Macroom. In an incident-packed encounter Macroom won their tenth, and indeed their last title, on a score of 3-04 to 1-04. Kieran won Muskerry medals in Junior Football with Canovee and Junior Hurling with Cloughduv, both clubs being in the Kilmurry Parish. In 1969 he decided, with a little encouragement, to play hurling with Erins Own and his first game was when introduced as a sub against Watergrasshill in a league match at Riverstown. Kieran resided outside the parish, and it is praiseworthy that on a voluntary basis he built the block walls which link to the original quay walls that form the open green spaces at the entrance and end of the Village. This Tidy Towns project greatly contributed to the Glounthaune achievement of completing the three-in-a-row awards. And Kieran's daughter Regina resides at the other side of the meandering border but no doubt her heart is at this side!

**A LOOK BACK:** Frank Hyde was an Australian rugby league player of note but from the fifties to the eighties he was best known as the unchallenged doyen of rugby league radio broadcasters. He revolutionised the way the game was called and his signature line was; "It's high enough, it's long enough and it's straight between the posts". Hyde was also a referee, a coach, an administrator, a recording artist, a boxing commentator and a tour guide. In 1974 he was awarded an MBE for his service to sport and in 1990 an OAM for his service to the community. What has this got to do with Glounthaune? Well his father James, who died in '07 when Frank was fourteen, was born in Glounthaune Village. The 1970 Rugby League World Cup which Australia won was played in England and Frank Hyde in his capacity as a tour guide also incorporated a trip to Ireland. He wrote the following article which was published in the Catholic Weekly, New South Wales over fifty years ago, December 3rd. 1970. QUOTE: The Rugby League World Cup and the excitement and

recriminations of the final were well forgotten as Tralee welcomed us with a drizzle, or was it a gentle Irish mist? However the weather did not detract from the scenery as we proceeded to tour the Ring of Kerry. Rugged craggy outcrops giving way to peat bogs already dug to five and six feet, and the beautiful though fearsome bays which holds the secrets of many a stealthy landing all combined to cement a lasting memory. The next day provided flashes of sunshine to garnish the breathtaking beauty of the Lakes of Killarney, and from the snowcapped mountains down to the water's edge the words of the song "Forty Shades of Green" proved no exaggeration. On the way to Cork it was a must to stop at Blarney Castle and after kissing the famous stone we now have a certificate to prove that we have been "sent forth with the gift of eloquence". Cork and its environs have a special place for me for it was in Glounthaune, a little village on the River Lee, that my father saw the light of day. I viewed the house in which he was born and then attended mass at the Sacred Heart Church in which he was christened. The pilgrimage was completed and we were off via Waterford and over the Wicklow mountains to Dublin. UNQUOTE. The article brought a response from a Clair Murphy of Oatley, New South Wales and this was published the following week. QUOTE: I picked up a copy of the Catholic Weekly today and discovered that it is indeed a small world. My attention was drawn to "Ireland Revisited" when glancing through the sports section. Frank Hyde's description of his pilgrimage to his father's birthplace aroused the pangs of homesickness. I was born in Little Island which is about two miles from Glounthaune and the church of the Sacred Heart was my parish church also. It is there that I was baptised, received First Holy Communion, confirmed and married. My two eldest children were also baptised there. In winter we walked to mass the two miles by road but during the summer we took the "Mass Path" through the fields with many reminders from my mother to "mind the cows", "watch the trains" and "stay away from the water". My parents were married in Blarney and moved to Little Island soon after where they lived for about twenty four years before coming to Australia. Mr. Hyde's pilgrimage is one that I hope to make some day also. UNQUOTE. It is indeed a small world.

SLÁN ANOIS ©





👋 there! you are not going to believe this...I just popped down to Glanmire with my **SHOP LOCAL** vouchers and I got... a new 👗, my hair 💇 and 🍰. I also picked up some early Christmas 📺. I met Mary for a ☕ before I did the weekly 🛒 and popped over to get some 🎈 for the party later. I just had time to have a lovely 🥗 & 🍩 before I filled up the 🚗 ... the best part is its all local! \*\*... now you know what to get me for 🎄 😊 😜 ❤️ !!!



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## Gardening with Charlie Wilkins



Charlie Wilkins

### A CHOICE CHOISYA

The leaf tints now are electrifying! The poets prefer spring to sing their praise, but those of us who garden have long appreciated and valued their beauty. I notice them now because temperatures have dropped and ample rain has fallen. The garden begins a new phase, a quiet period for flowers following the spectacle of rudbeckia, helenium, asters, so I am thankful for leaves.

Thankfully, there is no shortage of good colour contrasts when you have a small collection to hand, or in neighbouring gardens which are well tended and interestingly maintained.

I don't have to travel far to see good leaf colour. Next door, I can see a glorious specimen of Choisya 'sundance', one of the most striking candidates for the title of 'ideal garden shrub'. Its fine dumpling shape is well clothed in lustrous evergreen leaves (should this be ever yellow?) with an added bonus of scented white flowers in May, repeated occasionally during summer. It needs no pruning, and it will tolerate limited shade provided it can have some sun in the

morning or evening. Its common name is Mexican Orange Blossom for the blooms really do smell of oranges or tangerines. As outlined, it tolerates shade (the illustrated specimen is planted facing fully north and is constantly exposed to biting cold winds); it needs perhaps pruning only every four or five years to control any excess growth and wayward shoots.



Choisya boasts evergreen yellow foliage throughout the year but they shine brightest during winter and early spring. All varieties have the added bonus of deliciously scented white blooms during summer. Prune to shape when needed.

I would give this shrub ten out of ten for freedom of maintenance, something we all aspire to as age and conditions continue to challenge.

Varieties are rather limited, the most popular being Choisya ternata 'Sundance'. However, if you can source 'Aztec Pearl' it will (in my opinion) give a much better return in scented blooms over a longer period.

There really are many autumn and winter plants to enjoy that and I am convinced that most save their energies for these cooler, wetter, and windier months. When conditions are most adverse, the late summer-flowering plants may wisely go to sleep but leaves and good foliage still hold sway right up to the hardest frosts and beyond.

There is no reason nowadays to associate autumn with melancholy, mystery, and nostalgia, for it truly is a royal season full of golden moments. As it progresses into winter, the beauty seen now will slowly depart; the withdrawal will introduce an opulence and lavishness as glorious as spring.

All told, brightly coloured leaves are a bold retort to the challenge of dark gardens in winter through to late spring. For the rest of the year, they simply defy logic, but I wouldn't garden without them.

### THE NOVEMBER GARDEN

No span of three months ever seems to travel such a vast distance as that from August to November, but this year the flight of days was faster than ever due I imagine to the glorious September weather. But from these now pinched late October days, I look back gratefully to high summer as if it were someone else's life. In reality of course it is now late autumn and there was a time when I dreaded its wistful, melancholy spirit. The winding down of ever-shorter days and the constant damp only added to this yearly misery but that was before I started to grow bulbs! Now, I seem to welcome the approach of winter for it heralds a season full of movement, substance, scent, and colour as good as a person could experience during the hazy days of summer. It is so good in fact, that only painting, and colour photography could possibly encompass and capture it all!

Take cyclamen as another example of a truly remarkable bulb which can cheer when you are likely to be at your lowest ebb. These start to

bloom in late August, their fragile flowers (in pink and white) looking like tiny butterflies settling on the soil as if to feed. They continue through autumn until they fade, to be followed quickly by ivy-shaped variegated leaves which last to the very end of spring. This evergreen foliage is pencilled and patterned in silver and grey-green, so that even when a coating of prickly hoar frost tries to smother them, they command more attention than ever. Cyclamen hederifolium as these wonders are known are still on sale in garden outlets, sad, flat little plates of energy without root or leaf, still looking for homes where added leaf-mould, pine-needles, or potting compost has been specially added. They're tolerant of heavy shade and very dry soil during summer dormancy so you need not despair when the heat of July and August returns once more to play havoc with lawns, herbaceous perennials, and choice alpine. Plant shallowly making sure that the hollow depression in the corm is uppermost. Mark carefully their position, for as sure as winter cold gives way to a warming spring,

you'll forget their prime location and the joy they can bring in season. How glad I am now, that in a moment of wanton extravagance, I bought and planted more than I had intended. They have seeded handsomely to give the front part of the garden a strong theme when otherwise there would be so little.

**GRIT:** In a recent article I wrote on the virtues of using horticultural grit with which to lighten garden soil and make for better drainage. If planting hellebores this winter or in spring of next year remember that whilst they love our moist Irish conditions, they detest poor drainage, and if subjected to excessive waterlogging show their resentment by initially developing black patches on their leaves (which ruins their appearance) then suffer a dramatic loss of vigor. Later, the sour conditions will deprive their roots of sufficient air and they die. The same fate will be experienced by other choice plants so I advise adding grit whenever planting ornamentals, especially in gardens which experience high winter rainfall.



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## GLANMIRE LADIES FOOTBALL CLUB

### U12

Our u12's put in a fantastic performance in their 1st County game against St. Vals, coming away with a win in tough conditions. Both teams put in a brilliant display of skill in what was a very exciting game of football.



U12A



Another good performance was required in their second game where they beat Bandon in a very close contest. This now puts our U12's into a County Final. Well done girls.



U12B

Our U12B overcame a very strong Fermoy team to win their League Final and got a well deserved treat at training which included some pizza and cakes. Well done to the girls and all the management involved.

### Intermediate

Our Intermediate team put in another huge performance with a convincing win over Valley Rovers in their final group game. Having topped the group they now go into a Semi Final with home advantage against Rosscarbery with Valley Rovers and Araglen contesting the other semi.

### U14

Unfortunately it wasn't our day in the



U14

U14A County Semi Final where we were beaten by Eire Og in a close and tough game. The girls still have an East Cork Final to contest in a few weeks. Our U14B team got a good run against Ballinora and it was a very entertaining and sporting game. Well done to all girls involved.

### U16

A mighty result for our U16 A girls overcoming Clonakilty by the narrowest of margins in the county championship. A very hard fought and sporting game. Thank you to Clonakilty for hosting. They then went on to play Eire Og in the semi final and put in a fantastic performance to come out with a win and book their place in the U16A County Final.



U16

### G4M&Others

Our G4MO ladies had another great game in Lisgoold and but in a great performance. Thank you to Lisgoold for hosting and to all the supporters that were there to cheer them on.

### U9/10

Our U9's were on the road to Youghal for their first league game of the season and gave a great display of football. Well done to our young girls and no doubt the future



G4MO

is bright for Glanmire Ladies.

A big well done to our U10 group who made the short trip to Rockban and all 35 girls played some brilliant football.

### U11

What a fantastic day for our U11 group. They played a series of matches amongst themselves in a street league format. Trophies and sweets were kindly sponsored by Michael and Nora Ryan of Coqbull - Cork. Michael and Nora have also invited this group of girls into their fabulous restaurant for a celebration dinner on them. Fantastic community spirit and kindness shown in Glanmire

### U7/8

Our U7 group hosted a blitz in Bucklearys recently and a great day of football was had for all. Well done to all teams that participated on the day.

### Golf Classic

Glanmire Ladies Football Club in partnership with Glanmire GAA club recently held a successful golf classic in Youghal Golf club. 65 teams took to the course and luckily the weather cooperated thus ensuring a good day's golf for all. The format was a three ball scramble and the event was again sponsored by Pharmacy First Plus who have been continuing their association with the Glanmire GAA for the past 16 years. The prizes were presented later in the evening in the Sars Pavilion.

### Development

Congratulations to 14 of our Glanmire LGFC Coaches who completed their Fundamentals Coaching Course last night. Our Coaches completed Part 1 in May by participating in 2 Zoom Sessions and completed Part 2 last night by participating in a fantastic Field Session run by Barry Burke (LGFA Coach Developer). Thank you Barry. Great to see 4 of our current Minor Players (who help out with our Academy on

Friday nights) participating. Thanks to Mark Byrne (Development Officer) for organising the Course, Kevin Walsh (Secretary) for organising Sars Astro.



U9AN



U10AN



U11AN



U11AN



U7



U7



Development

## Garreth Fitzgerald CRASH REPAIRS



- Panel Beating • Spray Painting
- All Bodywork • Low Bake Oven
- Insurance Claims Handled
- Chassis Alignment

Unit 2, Pat Dwyer's Ind. Estate,  
Glanmire, Co. Cork  
Contact Garreth Fitzgerald  
086 3787758

**Sponsoring this page on behalf of the Glanmire Ladies Football Club**



## Ulick O' Connor, 1928-2019

Dlíodóir, fear liteartha, léachtóir, fear spóirt, scéalaí ba ea Ulick O' Connor. Is féidir a ra gur duine ioldánach a bhí ann. Saolaíodh i mBaile Átha Cliath é. Dochtúir ba ea a athair. D'fhreastail sé ar Choláiste na hOllscoile, Baile Átha Cliath chun staidéar a dhéanamh ar an dlí agus ar an bhfealsúnacht. Bhí an-suim aige sa spórt, go háirithe sa dornálaíocht agus bhí sé ina churadh sna comórtais dhornálaíochta idir-ollscoileanna sa mharcmheáchan. D'imir sé rugbaí agus cruicéad, chomh maith. Ghlac sé páirt sna díospóireachtaí a chuireadh an Cumann Liteartha agus Stairiúil ar siúl. Glaodh chun an bharra é in 1951.



Ulick O' Connor ina sheanaois

Chuir an pobal aithne air sa chéad áit sna 1960-ídí nuair a bhíodh sé ina phainéal ar an Late Show. Bhíodh beirt nó trí ar an bpainéal gach seachtain chun labhairt faoi imeachtaí suimiúla a tharla i rith na seachtaine. Bhíodh tuairimí láidre ag Ulick faoi gach ábhar agus, go minic, bhíodar contrártha le tuairimí gach éinne eile. Chuir sé a chuid smaointe in iúl go húdaráis agus go neamhbhalbh. Sa tslí seo, thaitin a chuid tuairimí le mórán ach bhí daoine ann a cheap go raibh sé achrannach agus sotalach. Thaitin an gháir seo leis.

Chleacht sé an dlí ar feadh roinnt blianta sular chas sé ar chúrsaí liteartha. Bhí sé ina abhcóide sóisearach i gceann de mhór-chásanna dlí na linne. Ba é sin cás Shanahan Stamps agus an Dochtúir Paul Singer. Bhí comhlacht ceantálaithe ag muintir Shanahan i mBaile Átha Cliath agus bhíodh ceantanna oscailte acu go rialta chun seandachtaí agus deismireáin a dhíol. Lá amháin, shiúil an Dochtúir Paul Singer isteach i gceann de na ceantanna. Bhí Paul Singer ón tSeicslóvaic agus bhí tamall caite aige i Sasana. Bhí sé i dtrioblóid leis an dlí i Sasana agus mar sin tháinig sé go hÉirinn. Cheannaigh sé ceann de na pictiúir a bhí ar díol agus chuir sé féin in aithne do mhuintir Shanahan. Bhí bua na cainte aige agus mheall sé na Shanahans chun dul i bpáirt leis i bhfiontar nua a bhí i gceist aige. Mheall sé infheisteoirí chun airgead a chur isteach sa chomhlacht leis an ngeallúint go mbeadh brabús mór le déanamh acu. Bheidís páirteach i sindeacáit. I dtús báire, rinne infheisteoirí brabús maith ach, i ngan fhios dóibh, bhí an brabús tógtha ó airgead infheisteoirí eile seachas ó bhrabús. I gcionn tamaillín, bhí airgead an chomhlachta ídithe agus bhí airgead na n-infheisteoirí caillte.

Thóg an Stát cás in aghaidh na Shanahans agus an Dochtúir Singer. Bhí Ulick O' Connor mar dhuine de na habhcóidithe a chosain muintir Shanahan sa chás. Fuair an cás an-phoiblíocht ach fuarthas na Shanahans ciontach.

Tar éis roinnt blianta a chaitheamh i gcúrsaí dlí, chas Ulick O' Connor ar an scríbhneoireacht. Bhí sé ina chomhfhreagraí spóirt don Sunday Times ar feadh roinnt blianta. Chomh maith leis sin, bhí aithne aige ar mhórán de phearsana liteartha na linne, Behan, Kavanagh agus a leithéid. Scríobh sé beathaisnéis ar phearsa cháiliúil, An Dochtúir Oliver St John Gogarty. Dochtúir, Seanadóir agus scríbhneoir ba ea Gogarty a scríobh leabhair cháiliúla mar 'As I Was Going Down Sackville Street'. Ba é Gogarty a rinne scrúdú iarbháis ar chorp Mhíchíl Uí Choileáin in 1922 ach níor foilsíodh na cinntí riamh. Tá an carachtar 'Buck Mulligan' in Ulysses bunaithe air. Insíonn Ulick O' Connor an scéal faoi ghabháil Gogarty. Is amhlaidh gur ghabh an tIRA é ach bhuail sé bob ar a lucht gabhála. Léim sé isteach in abhainn na Life agus shnámh sé go dtí an taobh eile chun éalú uatha. Bhain an leabhar cáil amach do Ulick O' Connor.



Ulick O' Connor ina sheanaois

Duine de mhór-phearsana na gcaogaidí agus na seascaidí ba ea Brendan Behan. I ndiaidh a bháis, scríobh Ulick a bheathaisnéis. Nuair a chuir sé aithne ar Brendan, i dtús báire, rinne Brendan ionsaí air. Chuir sé ina leith gurbh fheallaire é, cé nár mhínigh sé cad a bhí i gceist aige. Thug O' Connor buille dó a leag ar an talamh é agus ansin cheannaigh sé deoch dó. D'fhás cairdeas eatartha ina dhiaidh sin. Nuair a fuair Brendan Behan bás i lár na seascaidí, scríobh Ulick beathaisnéis air a rinne cur síos ar bhuai-phointí agus ar íos-phointí a shaoil. Pearsa mhór i Sasana agus i Meiriceá ba ea Brendan agus, dá dheasca, bhí stáisiún theilifíse ar thóir Ulick chun labhairt faoi Brendan. Ceann de na scéalta a insíonn Ulick sa leabhar ba ea tréimhse Brendan sa Borstal i Sasana. Bhí Brendan i dtrioblóid leis na húdaráis toisc gur bhris sé rialacha agus bhí sé i mbraighdeanas aonair. Lá éigin, tháinig an bairdeir chuige á rá go raibh teileagram facht a aige ón bPápa agus go raibh sé ag teacht chun labhairt leis. 'An bhfuil aithne ag an bPápa ortsa', arsa an bairdeir. Thuig Brendan gurbh é Eoin O' Mahony, pearsa cháiliúil i mBaile Átha Cliath, a raibh an leasainm 'The Pope O' Mahony' air a bhí i gceist.

B'fhéidir gurbh é an leabhar ba thábhachtaí a scríobh Ulick ná 'Celtic Dawn'. Baineann sé leis an athbheochan liteartha ag casadh an chéid. Déanann sé cur síos ar mhór-phearsana

## Micheál Ó Súilleabháin

na linne WB Yeats, George Moore, George Russell(AE), James Joyce, George Bernard Shaw, John Millington Synge. Is é an bua atá ag Ulick mar scríbhneoir ná go n-úsáideann sé mionphointí eolais chun pointí a léiriú. Tá stíl an-tarraingteach aige sa tslí go gceapfá gur úrscéal atá ann, uaireanta. Chruthaigh sé sárphorthráidí de na mór-phearsana úd a chruthaigh litríocht den scoth agus a thosaigh Amharclann na Mainistreach, chomh maith.

Choimeádadh Ulick dialann ina ndéanfadh sé cur síos ar imeachtaí suimiúla a bhainfeadh leis. Ní dialann laethúil a bhí i gceist. Luann sé an tréimhse i dtús na seachtóidí nuair a bhí an tír ina cior thuathail de dheasca an fhoréigin i dTuaisceart na hÉireann. D'iarr an Taoiseach, Jack Lynch, air a bheith mar chathaoirleach ar ghrúpa stiúrtha chun deimhin a dhéanamh de go gcuirfi tuairim Rialtas na hÉireann in iúl sna meáin thar lear. Bhí ionadaithe ó Roinn an Taoisigh, ón Roinn Gnóthaí Eachtracha agus ó ranna rialtais eile ann. Ceann de na heachtraí móra a tharla ina raibh an grúpa sáite ba ea Domhnach na Fola in 1972. Shocraigh Ulick go raghadh an tAthair Edward Daly go Meiriceá chun labhairt faoi na dúnmharuithe agus chun an fíor-phictiúr a chur in iúl. Chonacthas an tAthair Daly le ciarsúr bán agus é ag iarraidh teacht i gcabhair ar na daoine a lámhachadh sa chathair an lá sin, go Meiriceá chun labhairt faoi na dúnmharuithe. Cé go raibh na daoine a maraíodh neamharmtha, ba é an scéal a foilsíodh, go forleathan, ná go raibh gunnaí ag cuid acu. Rinne Ulick socrúithe le roinnt de na mór-chláracha i Meiriceá agus deir sé go raibh an-éifeacht ag an Athair Daly ar an scéal. Bhí sé in ann an pictiúr ceart faoi na daoine a maraíodh a chur in iúl.

D'fhan Ulick gníomhach le cúrsaí liteartha agus le cúrsaí cainte go dtí an deireadh. Fuair sé bás in 1919 ag aois 91 bliain d'aois.

### Gluais:

dornálaíocht = boxing

marcmheáchan = welterweight

contrártha = different

go neamhbhalbh = fortrightly

seandachtaí agus deismireáin = antiques and curios

abhcóide sóisearach = junior counsel

scrúdú iarbháis = autopsy

buaic-phointí agus íos-phointí =

highlights and lowlights

braighdeanas aonair = solitary confinement

ina cior-thuathail = confused

neamharmtha = unarmed





## OLD CHRISTIANS RUGBY CLUB

Here at old Christians we have gotten back to normal as soon as we could. All our teams are playing in leagues and or friendlies. The minis have been very busy either hosting teams or travelling to other clubs for games.



Under 7's who travelled to Kanturk recently.

Each week the minis coordinators have organised games or training so everyone gets game time.



Our Under 11's on a recent trip to Musgrave park to play Sundays well.

Not to be out done by the Rhinos our youths are also very busily participating in their respective leagues.



Under 13's who recently travelled to Middleton for their first game under lights and they won.

Our under 14s have had mixed results but never gave up. Our under 16s are gelling really well together for a new group of players. Our 18.5 are performing well for a new group of players.

If you have a son or daughter of any age that would like to try rugby please get in contact we are always recruiting new players of all ages.

Contact me on facebook or instagram with any questions and I'll point you in the right direction.



Our Minis have started provided much needed colour and noise for our J1's home games, thanks to all the parents who come up with the rhinos.

Our J1 have recently kicked off their league campaign. With an away game and a home game. They currently have 6 points and are 4<sup>th</sup> in the table after securing bonus points in both games.



Oscar who joined the J1's this year and is performing well.

Finally don't forget to play our Lotto. Details on website and across social media the jackpot is currently €5,000.  
Hilary Clarke, P.R.O.



**HAVE YOU A BOY OR GIRL AGED 5 AND OVER ??**  
**JOIN US IN RATHCOONEY EVERY SATURDAY MORNING FOR MINIS RUGBY**  
**AND**  
**SEE THE MANY WAYS IN WHICH MINIS RUGBY CAN BENEFIT YOUR CHILD**



**CONTACT OUR MINIS COORDINATORS FOR MORE INFO**  
**LIAM :085-1722532** **RAY : 087 - 6324012**







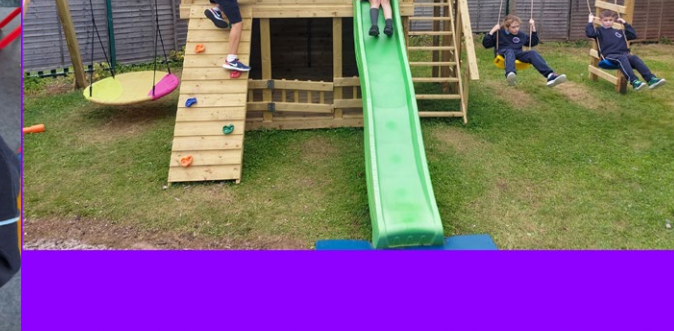
## New Inn School

## Welcome Junior Infants class 2021

*Spraoilann our  
new Place of  
Fun has been  
officially  
opened.*



## Walk to Mace Glanmire







# Glanmire

Area Community Association

[gacacork@gmail.com](mailto:gacacork@gmail.com)

[www.glanmireareacork.com](http://www.glanmireareacork.com)

There is so much going on in your local Community Centre.

This month we welcomed **Sarah Connolly & her students at the Connolly Dance Studio.**

Friday classes are in full swing and it's fantastic to see so many happy faces.



Some of the dance students at CDS

This month we are delighted to welcome **Gigi D'Avilez of GiGi's Energy** for her new fitness class. This will take place every Thursday at 6.45pm on a pay as you go basis. All levels are welcome. You can book direct with Gigi on 085 7581088.

## Gigi's Energy Blast Class - Update ♥

The Blast Class will now run on Thursday evenings commencing next week..

**Start date - Thursday the 21st of October!**

- Same time of 18:45 to 19:30
- Still in Glanmire Community Hall
- Every thursday evening

This is to accommodate the numbers & avail of a larger space!

Thank you so much for all the support! ♥



**Pictured below (from left to right)** are Foroige Glanmire Youth Project members: Abdul, Sean, Tony Fitzgerald (Deputy Lord Mayor) Mubeen, Michael, Abdul and Meeschach having completed in the Meitheal Mara Ocean to city race in September abnd winning the Trophy for fastest Foroige team. They rowed from Blackrock to Cork Port in under 24 minutes. Huge congrats.



## **Glashaboy River Drainage Update:**

**Finally almost ten years on from the biggest flood disaster ever to hit Glanmire, the Glanmire drainage scheme is to commence in 2022.**

The work on the Glashaboy River Drainage Scheme look set to start in April 2022. This has been a long and protracted campaign led by Meadowbrook residents, many who had to leave their homes for long periods and many still cannot get flood insurance for their homes. Many local businesses were also seriously affected.

Local Councillors together with TD Pdraig O'Sullivan and Colm Burke have pushed for a positive outcome.

**This is a 14-million-euro Project and when completed will transform the whole area.**

**The tenders for the scheme** were published in early October. The works comprise the construction of new flood defence flood defence walls, pumping stations, new reinforced concrete culverts, drainage and utility diversions, hard and soft landscaping and other associated works.

Works are scheduled to begin on site in April 2022 with construction anticipated to take 32 months

The Documents are up on

E-tender for this much awaited project and finance has been included once again in the National Development Plan. The Site Team and the successful Contractor will engage with the local residents and business owners in advance of the contract starting on site, and throughout the contract. The project website ([https://www.floodinfo.ie/frs/en/gl\\_ashabo\\_y/home/](https://www.floodinfo.ie/frs/en/gl_ashabo_y/home/)) will also be updated on a regular basis.

Ref—GLACA, Evening Echo , Cork County Council

Please do not hesitate to contact the Executive Engineer if there are any queries.

Graham Whittaker | Executive Engineer | Coastal & Flood Projects Department

Cork County Council | County Hall | Cork | T12 R2NC | Ireland  
T +353-(0)21 - 482 4183 | M +353-(0)85 - 804 8167

[graham.whittaker@corkcoco.ie](mailto:graham.whittaker@corkcoco.ie)  
| [www.corkcoco.ie](http://www.corkcoco.ie)

Customer Portal:

[www.yourcouncil.ie](http://www.yourcouncil.ie)

Glanmire Community College has opened a a new state of the art all-weather Astro turf facility which will benefit both students attending the College and the wider local Community

The project came about because of a lack of PE resources within the school for its 1200 pupils.

The project includes a floodlit all-weather pitch (65meters X37.5 meters). A Hurling wall. A 3-metre tarmacadam walkway around the existing grass pitch, and lighting on the walkway. Those people in the Glanmire Community who campaigned for this College for almost twenty years, sadly some have gone to their eternal reward, would not have envisaged such a tremendous thriving College and these excellent facilities in the centre of our community

Sincere Congratulations to the Principal & staff.

**If you have any queries in relation to booking the Community Centre please feel free to contact Lorraine O'Neill on 086 8046314.**





Crosaire An Fhaoitigh  
C.L.C.G.

# White's Cross GAA News

whitescrossgaa.ie

## Shoot for the Stars!

Saturday October 12th saw a huge crowd gather at our club grounds in Ballinrisking for our major fund-raising event for the astro-pitch development. The sun shone throughout the afternoon which was a big help. However, the real 'stars', pardon the pun, were our juvenile club members who set about their goal of scoring 9896 goals in record quick time. A great afternoon's sport was had and we can report that our young heroes had no problem attaining their 'goal'! It was also great to see so many parents and other members of the community present on the day. It was a real community occasion. Those present on the day could see first hand the progress that is being made. While the players were busy scoring goals into portable goal-posts spread throughout the field others present may have observed that our larger goal-posts were removed and heavy-duty excavating machinery were in its place. This is the signal that this project



Some of the groups that took part in the Shoot for the Stars fundraiser

is now real. While, we reported last month that our president, Con Delaney, did the ceremonial turning of the sod, we can now see that work has started in earnest. This astro-project will be completed in the coming months and will be there for generations of present and future White's Cross players.

A lot of work has gone in behind the scenes in planning the various aspects of the project. There are several project teams working on various aspects. Huge credit must go to club chairman Mike O'Flynn who has set up many of the teams and is really leading by example in pushing this project. Of course, it is too early to say that we are 'over the line' and while we are very grateful for all the support we have received from everybody thus far, we know that we will continue to rely on the community to continue to support the developments with the club going forward.

## Junior Hurling

The junior hurlers have had a very busy month and have been the only adult team in action in the last while. The highlight was a cracking championship quarter-final victory over Glen Rovers. Trailing at the break, the team put in a dominant second half performance to turn a four-point half-time deficit into a four-point victory at the final whistle. Seamus Reid and Ronan Aherne got the key goals in a 2-11 to 0-13 victory. Unfortunately, the side



Our 7 boys sides that played in an under 17 football blitz that was played in Pairc Uí Chaoimh

exited the championship at the next stage. Despite some outstanding performances from the likes of the Quinlan brothers, Ronan Quain and Ross Murphy, we were unable to convert our dominance into scores early in the game. Our opponents, Mayfield, made us pay in their purple patch. They got the goals needed to secure a final berth for them. Our junior A hurlers lost their McCurtain Cup semi-final to Whitechurch. This was disappointing given how well they played against, championship finalists and league winners, St. Vincents. It was one of those days where things did not go well. Nonetheless, a lot of progress has been made on the hurling field this year and there is a lot to look forward to in 2022. Coach Padraic Kelleher and his team of Eoin Murnane, John Barry and Brian O'Connor have done a lot of very positive work this year and hurling is on the upward trajectory.

## Underage Matters

Our underage St Colmcilles sides were busy playing a number of finals recently. Last into action were our under 17 football team. Unfortunately, they came up short against our neighbours Glenville. Both these sides, with many of the same players met in the under 18 football final a few weeks ago. Colmcilles won on that occasion and were very confident of annexing the under 17 title also. Alas in a tight, low-scoring game we lost out by a solitary point. The side can still be proud of what they have won and reaching two finals is a very good achievement for these young lads. We can't win them all!

Another football final that we did win was the under 15 Rebel Og A North championship. This title was secured with a win over Duarigle Gaels (Cullen/Millstreet). Our under 15 team has been very successful over the past two seasons. This was their fifth final. The two finals so far this year both ended

in defeat and, trailing 2-8 to 2-7 and a man down at the 2nd quarter, the odds of them making it third-time-lucky were definitely stacked against them. However, the side has character in abundance and this shone through in the final quarter as they dug deep and blitzed our North Cork opponents to earn victory on a final scoreline of 4-11 to 2-08.

We have also had some success with the small ball! The under 13 hurlers played Shamrocks on the 13th of October in Aghada. These sides had met earlier in the competition with the Ringaksiddy based side narrowly winning on the that occasion. A powerful start in this game ensured that they would not repeat the trick. Alex Flynn, who was captain for the day, put in a commanding first half performance which saw him score a hat-trick of goals as well as a few points. Colmcilles lead at handsomely at the break. They never let up in the second half and further scores from Davyn Maher and full-back Joe Harte among others ensured victory on a score of 8-08 to 3-09.

This is a group of players that have really gelled over the last two seasons, and have now complemented their win in Under 12 football in 2020 with a hurling title in 2021 – just rewards for their hard efforts. However it hasn't been all fun and games, with this team suffering great heartache, when young Rowan O Connell died tragically last April, just weeks before the 2021 season was scheduled to commence. In their last game together, the 2020 final, Rowan had worn the number 10 shirt and in his honour, the players decided that this jersey should be stood down for the season. In each game, in both codes, the number 20 jersey was worn by the left wing-forward, with the number 10 jersey displayed respectfully on the side-line.







## Cluiche Caide

Mór chomhghairdeas leis an bhfoireann caide, Fe15 a bhuaigh go slachtmhar ar Choláiste an Chroí Naofa, Carraig na bhFear ar na mallaibh. Bhí na coinniollacha imeartha dúthlánach go maith, áfach. Cad é báisteach throm a thit a mhic ó, ach léirigh ár n-imreoirí a gcumas caide go seoigh. D'imir gach buachaill cluiche iontach agus fágadh an fhoireann eile in áit na leathphingine ar an lá. Ach beidh lá eile ag an bhfreasúra agus b'fhéidir go mbeimis leo arís ambaiste féin. Ár seasamh oraibh a bhuachaillí.



## Turas Staire



Eagraíodh turas staire go dtí Dún Eilíse sa chathair do dhaltai na hidirbhliana le déanaí. Cuireadh béim ar Chogadh na Saoirse ar an dturas seo agus tugadh eolas do na daltaí faoi eachtraí a tharla sa chathair le linn an chogaidh úd. Thug an Máistir Ó Colmáin léargas suimiúil faoi na heachtraí le linn na hócáide móire. Bhí lá den scoth againn go léir agus bhí an uain go diall.

## An Idirbhliain Cois Trá



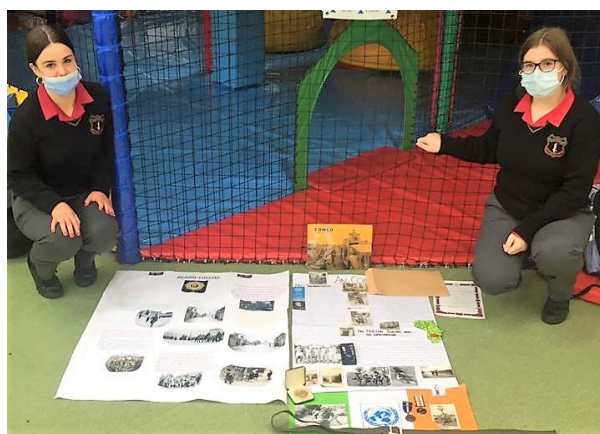
## Ar Cuairt



## Seó Bóthair



## Taispeántas Staire



Laura Uí Mhathúna is ainm dom. Laura Ní Dhálaigh ab ainm dom nuair a bhí mé ag freastal ar an scoil. Rinne mé m'Ardteist i 2004 agus lean mé ar aghaidh chun staidéar a dhéanamh ar an Dramaíocht i gColaiste na hOllscoile Corcaigh. Lean mé ar aghaidh chun Máistireacht a dhéanamh sa Bhéarla. Ach anois is 'stand up comedian' mé chomh maith le láithreoir raidió ar an gclár bricfeasta ar Red FM. Bhí mé gafa le grúpa ghrinn darbh ainm Cahoots ar feadh tamaill freisin. Is aoibhinn liom mo shlí bheatha. Tá sé i gcónaí difrúil, uaireanta deacair, ach don chuid is mó is saol iontach é lán de sceitimíní agus craic. Bhí sé de phribhléid inniu agam teacht chun cainte le daltaí na hidirbhliana. Tá sceitimíní orm go bhfuil a dturas díreach ag tosnú. Tá an saol iomlán amach rompu agus tá súil agam go ndéanfaidh siad rudai iontacha dóibh féin agus don domhan!

Thuas tá Róisín Ní Chinnéide, iardhalta na scoile ag cur Seó Bóthair le Conradh na Gaeilge i láthair, do dhaltai na scoile. Bhí léiriú iontach déanta ar an úsáid laethúil a bhaintear as an teanga, fud faid na tíre. Thíos tá daltaí an tríú bliain ag cur MRB staire i láthair. Bhí caighdeán den scoth sna tionscadail. Chugainn aniar sibh a dhaltai.







## ERIN'S OWN LADIES CLUB

### Junior Camogie and Football

Congratulations to the Junior Camogie team and management on winning the Junior 13 a side Championship vs St Colums in Castle Road on the 9th of October last, making it two wins in the one day for our club. Special thanks to Paul Geasley of GPG Hardlandscaping and Landscaping for kitting the team out in a new set of jerseys for the team. Well done to the Junior footballers who had two wins over St Colums and St Michaels recently. They lost against Mallow and Tadgh Maccarthaigh. Next match is against Carrigaline.



Junior Camogie Team



Junior Camogie Team

### U14 Camogie and Football

Congratulations to our U14 camogie team and management on winning the U14 Premier Plate Final Vs Aghabullogue on Saturday 9th of October last. Well done to our U14 football team who beat O Donovan Rossa and are through to the U14 A County football final V Kinsale, we wish the girls best of luck.



U14 Camogie Team

### U9 & U10 Football

Well done to our U10 footballers who had a super match vs Na Pairsaigh and our U9s who finished up the season with a game vs Glanmire.

### Minor Camogie and Football

Our minor camogie team beat Dungourney in the semi final of the Minor C County Championship and are now through to the final vs Barryroe date to be confirmed. The very best of luck to the girls. Our minor footballers recently had games v Youghal, Aghada, Glanmire and Fermoy in the East Cork A league.

### U16 Camogie and Football

Our U16 team beat Valley Rovers and Rockaban to qualify to the semi final of the U16 Premier Cup championship vs Cloughduv. The

girls were disappointed to lose this game, we will take on Cloughduv again shortly in the league final. Our U16 footballers beat Dromtariffe and Ballinora and are now through the the County C Final vs Tadgh Maccartaigh. Best of luck girls.



U14 Camogie Team



U9 Girls Football Team



U10 Football Team



U13 Camogie Team



Sandra & Katie

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



## FIONA TWOMEY SOLICITORS

3 Eastgate Village, Little Island, Co Cork

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## Sarsfields Camogie Notes

As we approach the business end of the season our Minor Premier, U16 Premier League & Championship plus U14 Premier league finals are all outstanding.

Our Senior girls had a great run with victories over Milford, Newcastown, Ballygarvan & Courceys but eventually losing out to Seandun in the county semi-final. Junior A's went under to a strong Ballinora team at quarter final stage but had a great campaign overall. Our young minor A's (Sars 2) performed heroically throughout a tough campaign and it was a great achievement to reach the last four, narrowly losing out to Cloughduv.

Huge thank you to Roy Loftus of Loftus Demolition who came onboard as the Senior team sponsor providing a set of jerseys and full training kit for the panel. We are delighted to be associated with Loftus Demolition and look forward to working together going forward.

Molly Lynch made national news by winning the All Ireland Senior Poc Fada title for 2021 held over the tough Cooley mountains terrain in Louth. Congratulations Molly, you've put us on the map for sure – even making the "Nine O'Clock News"!

Many thanks to Ryans SuperValu for generously donating new hurleys to the Juvenile & Camogie clubs recently – this is very much appreciated!



Senior Capt, Niamh receives new jersey set from Roy Loftus



Senior v Seandun



Molly Lynch & President of Camogie Assoc, Hilda Breslin



Minor 2's



U12 team that performed in the Tesco Caman Festival



Stephen Goggins of Ryans SuperValu presenting both clubs with new hurleys



U6s in Mallow





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## AUTUMN WARDROBE INSPIRATION

### MENS FASHION/ AUTUMN ESSENTIALS

My love of style and fashion was inherited by my late Father who wore a shirt and tie every single day of his adult life. He took such pride and interest in his style. He always received compliments on his smart dress code. Even on a low budget,, you can own staple classic pieces that will carry you through every season and through multiple years with the proper care'. The changing season and cooler temperatures will result in layering our outfits to create a tailored look.

I am a huge advocate of buying the best quality you can afford. You will find versions of the same item in different retail stores across all price ranges that will suit your budget. Step up your style game in more ways than one.

As we are back to more social occasions such as sports activities and the return for some to the office we may need to consider some new wear purchases. We have seven seconds to create an impression so let's make the most of it. Remember to wear your clothes rather than let your clothes wear you! Considering our ever changing climate conditions I have picked out a few wardrobe essentials that will keep you warm , dry and stylish which may result in head turning this Autumn.!! so be warned.

The following below would be welcome additions in starting off to create your Capsule Wardrobe.

#### 1: A WAXED JACKET



The key difference between a regular jacket and a waxed jacket is the special waxed treated outer shell resulting in a waterproof coating which is welcome to withstand our showery forecast. Available in a range of colors.

#### 2: CREW NECK / BUTTON UP SWEATER



A good quality heavy cotton knit or wool, viscose sweater is an off duty essential. Worn under a wool coat for that extra bit of luxury. Cashmere and wool requiring extra attention in washing but with care will result in a well worn piece year after year. Knitwear sits well with every outfit . Wear suits and shoes or jeans and sneakers.

#### 3: CHINOS



In terms of versatility chinos can be worn by any age. Most chinos are made from 100% cotton , straight fit, which can be breathable whilst providing warmth. Dark colours would be recommended for this time of year. Worn with chocolate brown shoes, boots or trainers is a trendy look.

#### 4: A BOMBER JACKET



Bomber jackets are going to be popular Autumn/Winter 21. This piece bridges the gap between smart and casual in your wardrobe. A wide range can be found ranging from different prices and across several labels, e.g. Tommy Hilfiger to Zara and Next. Popular in various materials from suede to leather or lightweight material . Wear a round neck t shirt or fine

knit sweater to create an on trend look this Autumn.

#### 5: A PAIR OF GOOD FITTING BLACK JEANS WITH A LEATHER BELT



Jeans need to be treated well to retain their deep colour which means following the washing instructions closely . Black jeans can be such a versatile item. Look at the tag when purchasing to see the amount of stretch to stay comfortable all day long. Pair with a cotton shirt in various colours or a black shirt for a sleek night time look. Invest in a good quality leather belt, black and brown as this is one of the most worn items you will own. As resulting in a well fitting look it finishes off an outfit.

#### 6: A BUCKET HAT



A Bucket hat was worn primarily by fishermen and farmers in Ireland to protect them against the rain. Now once again they are a trendy accessory by many. Its downward slanting brim and a flat top resulting in its distinctive style. Don't be afraid to experiment with different hats and styles throughout our different seasons.

E-mail me at [lyndmurray@gmail.com](mailto:lyndmurray@gmail.com) if you have any fashion queries and I hope to be able to offer you some personal advice. Check out my **Instagram** and **Facebook page** on **lynda.dibiasi Personal stylist and Wardrobe Weeding** for more style inspo and tips.







## GLANMIRE MACRA

The last week of September was a busy one for Glanmire as we joined Seandún Macra for a round of footgolf on Sunday. Although it was a rainy day, that didn't dampen the spirits of our eager members as they completed the 18 hole footgolf course in Kinsale. With gorgeous views, our members and indeed all Seandun clubs enjoyed themselves. We sat into the cafe afterwards as we enjoyed some food and a well needed rest. A great day was had by all who attended. Thanks to Selina for organising the day out. We're looking forward to the next one already.

September also saw Glanmire Macra return to our weekly sports night with lots of members returning for the first time since lockdown. It was great to see everyone as we played basketball and many other sports in a socially distant manner. New members are always welcome to join us with first time members being free for the first night so why not send us a message on our social media pages to join us. It was great to see Fermoy Macra members join us on the night also. Sports will continue every Tuesday night so make sure to send us a dm.

Kicking off our competitions in October, two of our members Patrick Buckley and Patrick Healy, represented Glanmire in the Seandún round of beef stock judging held on regional yfdg officer Vincent Murphy's farm. The boys certainly did Glanmire proud representing us in the first in person competition Glanmire have taken part in since we have returned to some sort of normality. Here's to many more.

October also saw our members get social as we also organised a social bowling night in Planet, Blackpool. It was well attended as our members were keen to get some practice in before the Seandún round which will be held later on in the month. It was also a chance for our members to socialise in a non formal setting and to see our new members who joined during lockdown. Everyone had a really enjoyable night. We are looking forward to the next one already.

The second week of October saw four of our boys Cathal Cashman, Owen Cashman, Donal O' Callaghan and Patrick

Healy represent the club in the Seandún round of Know Your Ag. They faced stiff competition as four clubs competed across eight rounds to test their agricultural knowledge. It was a tough competition but our lads certainly proved that they knew their ag as they came in in first place on the night and are now through to the national finals. Glanmire Abú.

This month also saw two of our club members April Lynch and Michael Buckley compete in the Seandún round of impromptu public speaking. It was a very entertaining night as competitors spoke on a range of topics including google, lidl, radio and many more topics. The competition on the night was strong and everyone did a great job. A huge well done to the winners on the night. We wish ye well in the next round.

Don't forget to keep an eye on our social media pages for upcoming events as we prepare for the new macra year. We also set up a new tiktok page this week so make sure to give @glanmiremacra a follow. We have also set up a new snapchat account glanmire\_macra. New members are always welcome so make sure to send us a message.

Article written by Aisling Walsh



Well done to our members who took part in the seandun round of stock judging, thanks a million to Patrick Buckley for the photo



A huge well done to our members Patrick Healy and Patrick Buckley who took part in the seandun round of beef stock judging, thanks a million to Patrick Buckley for the photo



April takes on the impromptu debating seandun round



Michael takes on the impromptu debating seandun round



Our know your ag team won the seandun round and certainly proved they knew their ag



Our member Aisling Walsh and Knockraha members Avril Mulcahy and Benitta at the seandun round of know your ag. photo credit: Mairead Twohig for this picture



We did a two year throwback to our last physical national final of question time in Derry



Our members Caroline, Aisling and April enjoying our social bowling night



Our members getting their bowling practice in on the night



Our members getting their bowling practice in on the night



Thanks a million to everyone who attended our social bowling night





# Glanmire Library



Welcome back readers! We are delighted to be able to offer newspapers, public computers, and study spaces at this time. Maximum numbers still apply and wearing of face coverings is mandatory. You can still renew your items on the phone or online. Under 12s must be supervised at all times. As maximum numbers will apply, we ask that you limit your visit to a quick visit. We regret we cannot accommodate visits from groups or classes at this time.

## Local History with Michael

Mary Elms



Mary Elmes, was born in Ballintemple on 5 May 1908, and she studied at Trinity College. During the Spanish Civil War (1936-1939), she set up and ran children's hospitals, moving from site to site as Franco's troops advanced. On 11 August 1942 she helped nine Jewish children to escape from the first convoy bound for Auschwitz. She bundled them into the boot of her car and drove them to the children's homes she had set up in the foothills of the Pyrenees. Between August and October 1942, Mary Elmes and her colleagues saved an estimated 427 children.

The Gestapo turned their attention to her in 1943 she was arrested and jailed for six months. When asked about it afterwards, she simply said: "Well, we all experienced inconveniences in those days, didn't us?" When the war was over, she married Frenchman Roger Danjou in Perpignan and they had two children, she never spoke of the war or what she had done, refusing all accolades in her lifetime. In 2013, she was named Righteous Among the Nations. She is the only Irish person to hold the honour, which is given to non-Jews who risked their lives to save Jews during World War II. On 27 September 2019 Cork's newest pedestrian bridge was named in her honour.

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



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## Kids Corner - Our picks of the month!

What is a superhero? A person with extraordinary powers? Yes, but that is not all! Reading the pages of this book you will discover that history is full of very talented men and women who have worked hard to preserve the earth as a nice place to live in. You are about to embark on a unique journey with super, yet ordinary people!



Meet 66 exceptionally brave and intrepid men and women. Read their epic tales of triumph in this celebration of achievements from throughout history and across the globe. Dive to the deepest depths of the dark unexplored ocean with Jacques Piccard or climb to the highest peak of Mount Everest with Junko Tabei.

This collection of outstanding adventurers is sure to inspire the next generation of courageous risktakers to reach for the stars!



They did it first features fifty trailblazing scientists, artists and mathematicians who were no afraid to dream big and become pioneers in their field. They defied the boundaries of possibility and went on to revolutionise the world.

These visionaries came from all walks of life and faced different challenges, but all of them went on to achieve great things and made outstanding contributions to their fields, paving the way for those who came after them.



Calling all Eco-heroes! This book is packed with facts and tips to help young people protect our incredible planet - from composting and reducing plastic waste to cleaning up beaches and helping wildlife



## Lord Mayor's visit to Glanmire Library

Glanmire Library was delighted to welcome Lord Mayor Coucillor Colm Kelleher to view the Burning of Cork Exhibition, The exhibit will be on display in Glanmire Library for the month of November.







# Notice Board

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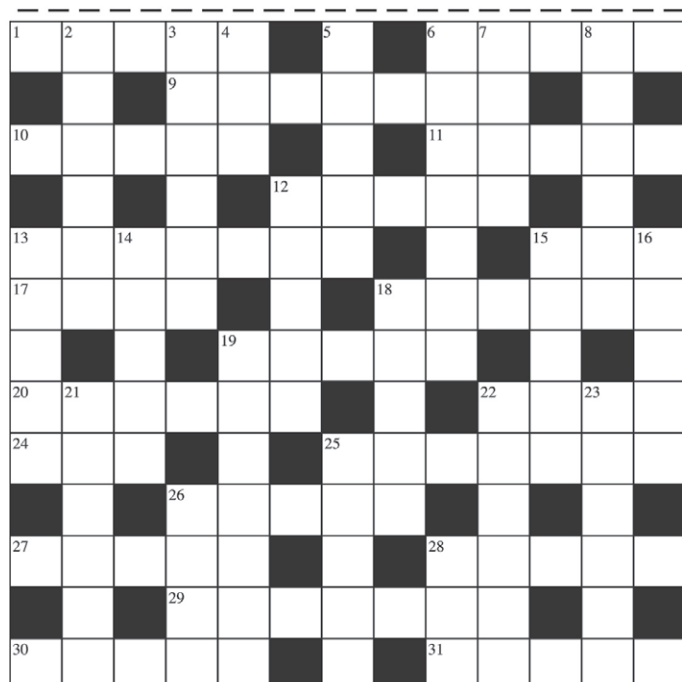
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### Across

1. Popular Heinz product (5)
6. Former Sinn Fein leader (5)
9. Exterior (7)
10. Hatred (5)
11. Food from heaven (5)
12. Danger (5)
13. Pilot, flier (7)
15. White fish (3)
17. Holds up trousers (4)
18. Male parent (6)
19. Ring of coral reef (5)
20. Takes the place of (6)
22. Eve's partner (4)
24. --- Burton, Henman (3)
25. Places for flowers (7)
26. Produced when crying (5)
27. Part of Iberia (5)
28. Walks on two legs (5)
29. Issue, version (7)
30. Grizzly, panda, teddy (5)
31. Concur (5)

### Down

2. Type of vegetable (6)
3. Sort of sweet (6)
4. Totla, add up (3)
5. Flower (5)
6. Fleet commander (7)
7. Share out, transaction (4)
8. Marilyn, actress (6)
12. Sulks, scowls (5)
13. Concerning, re (5)
14. Hip bone (5)
15. Rebuke (5)
16. Percussion instruments (5)
18. Tiny bugs (5)
19. Attaches (7)
21. Not complex (6)
22. Totting up (6)
23. Addition to a house (6)
25. Part of fireplace (5)
26. Layer, row (4)
28. Large snake (3)

**Crossword Winner: Sheila Hegarty, Mayfield, Cork City**



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