


JOAN O' KEEFFE - 101ST BIRTHDAY



Congratulations Joan O'Keeffe, celebrating her 101st birthday on the 18th December 2021. Joan is pictured here with a commemorative medal she received from the President last year to mark her 101st birthday.

Explore our 221 Offers!







GRANDONS
start your electric journey in a self charging Toyota hybrid

Tel: 021-4858300
www.grandons.ie

**FREE
VALUATION
FOR SALE**

Joe Organ
AUCTIONEERS

Looking to Sell in 2022?

Talk to Joe



28 Crestfield Centre,
Glanmire, Cork.

M: 086 6013222

T: 021 6019051

www.joeorganauctioneers.ie

PSRA Licence no: 001612



MARINA MOTORS.IE

Sallybrook, Glanmire, Cork, T45X409

Quality Used Cars

021-4824263

087-6712480

www.marinamotors.ie

sales@marinamotors.ie

Prop: Bryan O'Halloran

**O'Halloran
Motors**



Glanmire, Co. Cork

**SERVICING & REPAIRS
TO ALL MAKES & MODELS
PRE NCT CHECKS**

021 482 3333



Citizens Information 

We are here to support you in Glanmire

Phone us Mon - Fri, 10 - 4:30pm on **0818 07 6880**

Providing you with free and confidential information, advice and advocacy on

- SOCIAL WELFARE
- HOUSING
- HEALTH
- EMPLOYMENT RIGHTS
- FAMILY MATTERS
- INCOME SUPPORT



blackpool@citinfo.ie



National phone line 0818 07 4000
9am-8pm, Mon-Fri



citizensinformation.ie

Funded and supported by the Citizens Information Board



I am now a
Peace Commissioner,
which means I can sign
certain forms free of
charge for those who
might require
a signature.

If you require help don't
hesitate to contact me on:
086 1942285

Cllr John Maher

GLANMIRE Area News

HAPPY NEW YEAR 2022

Grow your
business
& advertise
with us!

Contact us on
086 829 4713



MONSTER CAR LOANS

**Our Lady Crowned
Credit Union Limited**

Drive away a new car today!

4.9%* (5.01 APR)

**Special lower car loan rate
Borrow €25,000 for €108 per week****

ENQUIRE ONLINE OR IN PERSON TODAY

CALL US ON 021 450 4923
VISIT US AT WWW.OLCCU.IE OR
IN OUR OFFICES IN MAYFIELD,
SILVERSPRINGS ROAD AND LITTLE ISLAND

IMAGINE MORE

Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Our Lady Crowned Credit Union Limited is regulated by the Central Bank of Ireland.

Typical APR Variable Car Loan Rate (5.01% APR*). For a 25,000 car loan over 5 years, typical monthly repayments will be €470.00 over 60 repayments. The total cost of credit will be €28,188.00** Lending terms and conditions apply. Figures correct as at 23/12/21.



**Our Lady Crowned
Credit Union Limited**



Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com

TRACTOR & TRUCK RUN in aid of **PIETA HOUSE** was an **OUTSTANDING SUCCESS**. The ideal came to Adam & Helen Dunne of 'Adam's Eggs'. Once they decided on the run they rounded up everyone they could think of within our community without haste.



'We just want to say a huge **thank you** to everyone who helped make **Glanmire/Watergrasshill's 1st ever truck & tractor run** on the **28/12/2021** a **HUGE success**.

Thanks to all drivers that came out in force to support such a great cause. Ye made the event so special !!

Tony, Anne Marie & Anthony O'Driscoll of O'Driscoll Transport who without their help the event may not have happened.



Peter Casey - Casey's furniture who provided the yard as the assembly for the run.

Julie Crowley & Ber Desmond who organised stewards and bucket collectors for Watergrasshill. There's a fantastic community spirit in Watergrasshill & they came together and ensured the run

went smoothly through the village. Thank you.

Ger O'Dea - National ambulance service St John's ambulance city division Glanmire Gardai & Sgt Mark Keating Noirin Doyle - Tony Doyle Transport Marie Coleman.

Well Bean Coffee Eoin Quigley & Tom Holohan, Bob's Catering.

John Gibson and Mark O Dowd for looking after the drone footage which we look forward to seeing.



Ger Moloney, Mick Sheehan Declan Hurley, FBD Insurance All the stewards, bucket collectors & raffle ticket sellers in Watergrasshill & Glanmire you all know who you are, too many to mention!

Thanks to the raffle prize sponsors Lynch & McCarthy Little Island, Musgraves, Ryall's Machinery, Watergrasshill, Supervalu Glanmire, Micheal O' Connor's Motor Factors, McCarthy Commercials-Watergrasshill CAM Transport, Mallow, Tony Doyle Transport, Sean Delaney & Son Oil McCarthy Sports.

We hope we haven't left anyone out. Sincere apologies if we have.

This event has highlighted that while Glanmire is now within the Cork city boundaries, there is still a strong rural presence.

So far we have raised €13,500

for Pieta House from registration, bucket collections and idonate.

IDonate is open until Tuesday January 4th. Please donate if you can. Pieta House is well deserving charity. The donation link <https://www.idonate.ie/GlanmireWatergrasshillCharityRunforPietaHouse>

We did light up Watergrasshill & Glanmire for Pieta House & we made lots of positive noise along the way!

For anyone who isn't feeling themselves at this time or anytime know there is help there. There is light even if you can't see it just now.

This was a truly magical event for our Community and one we hope to see on an annual basis. It highlights the wonderful team spirit and raised much needed funds for the incredible work carried out by Pieta House. Well done to each & every person involved and to Adam & Helen Dunne for putting this in motion... literally!

Happy New Year to all from Glanmire Area Community Association and if you would like to come on board in 2022 just contact us on the above contact info. We welcome new Directors who are keen to help their Community.

Three Directors are stepping down after years of dedicated work in GACA. We are very sorry to see them go but grateful for all they have done & brought to us on a voluntary basis over too many collective years to mention.

THANK YOU Judith Green Goodyear, Madge Fogarty & Pat Stacey.





Are You Living With Sciatica Or Back Pain... When There Is A Non-Invasive, Drugless Solution?

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!

Do You Have Any of the Following?

- 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 can afford 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" we'll 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.

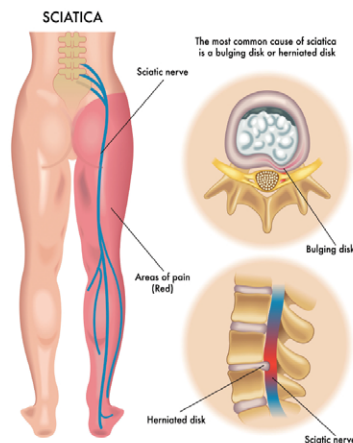
The Single Most Important Solution To Your Sciatica and Back Pain

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!

What does this offer include? Everything we normally do in our new patient evaluation.

- 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 and any findings so we can start mapping out your plan to being pain free.
- We will provide answers to your questions, like...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.

Don't Let Your Sciatica Get Worse

Untreated, sciatica can lead to a loss of muscle strength and muscle size that may be irreversible. Eventually, there can be problems with gait.

Sciatica can be **successfully treated**. You can recover. Healthy, pain-free living should be yours.

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

Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, Glanmire. (Over the bridge by Monkey Maze in Glanmire next to AIB)

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.

Website: www.wellspringchiropractic.ie

SPECIAL OFFER

PHYSICAL THERAPY SPECIAL OFFER

30 MINUTES FOR €40*

@GLANMIRE CHIROPRACTIC CLINIC WITH MONIKA KELLY

TO AVAIL OF THIS GREAT DEAL YOU MUST CALL 021-4824450 & MENTION THIS OFFER

*NEW CLIENTS ONLY FOR FIRST TREATMENT. €55 REGULAR PRICE



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

THE TIDY TOWNS COMPETITION

This annual competition was first held in 1958, it was cancelled in 2020 due to Covid and the 2021 competition, again because of Covid, was restricted to remote judging and based on submissions attached to the participants' entry forms. There were a total of eight hundred and forty seven entrants nationwide which was seventy one fewer than 2019 and Glounthaune, entered in Category "B" which relates to a population range of plus two hundred to one thousand, secured three hundred and thirty one marks. This was an increase of eight on the 2019 figure and placed Glounthaune second of the fifteen entrants in the Cork South region, just two marks behind Innishannon and this was a similar placing in 2019 but the margin was seven back then. The "Sustainability – Doing more with Less" criterion was once again problematic, albeit there was an increase of one mark, and this is an obvious category to target as there are significant marks to be gained. The top marks secured, as in 2019, relate to "Nature & Biodiversity in your Locality". The following is a breakdown of marks awarded as well as extracts from the adjudicator's report:

Community – Your Planning & Involvement 48/60: The adjudicator remarked that Glounthaune would be seen as a large village; "if one can recall from my last visit which was a good number of years ago and if a GAA fan one would associate it with the Erins Own Club". He referred to "the number of public bodies, development agencies, local businesses and other local organisations that help you by way of funding and sponsorship indicates that your work is very much appreciated and of course this is very much reflected in the marks attained over the years in the competition". The communication methods are praised and this included "the oldest form of all – word of mouth". The National School was commended on its Green School Flag successes and the Tidy Towns committee was congratulated on getting substantial funding in collaboration with Birdwatch Ireland to develop a nature trail and provide bird hides on Harpers Island. The adjudicator appreciated the extensive photo collection of activities under this

category and remarked "you have been associated with the competition since the sixties, with a rest period in between! and your performance year on year is very praiseworthy". Streetscape & Public Places 43/60: The adjudicator acknowledged that because the benefit of a visit was not possible "one has to base all comments on your inputs coupled with photographic evidence – not the most satisfactory of ways but it is what it is. The photographic evidence of your work helps to get a feel for the projects that you are involved in and in collaboration with other partners. There is a large body of work undertaken in this, and indeed across all categories, and the adjudicator has examined all in detail but the nature of this year's adjudication does not allow for extensive comment. Feel assured that your work has not been undervalued in any way". The excellent work on the pedestrian and cycle lane was noted and the adjudicator remembers Fitzpatrick's of old remarking that the transformation in a year is quite staggering considering the times we have been living in.



Green Spaces & Landscaping 44/60: The following presentations were among those that appealed to the adjudicator: the Craig's Field picnic tables which "look to be of sturdy design and are sited in a popular location", the planting of yellow rattle or rhianthus minor in a number of locations "as it will allow other wild flowers to prosper", the nice upgrades of various areas – "particularly at the Railway Heritage Garden and the new planted area on the road side of the railway fence opposite the church".

Nature & Biodiversity in your Locality 41/50: The adjudicator remarked that the Nature Trail Development at Harpers Island is an example of a major nature related project that will benefit future generations. The habitat survey carried out in 2020 also received favourable mention; "this was an excellent undertaking and it encapsulates very succinctly that you

have a great understanding of what is needed under the guidelines of this category".

Sustainability – Doing more with Less 22/50: The guidelines relative to this category ask Groups to show that their activities help make their area more sustainable and thus more environmentally friendly. The adjudicator praised the Glounthaune Sustainable Energy Community on being involved with other stakeholders. Credits were bestowed for the excellent use of disused stone from rockfall which was dislodged from a local cliff area for the construction of a boundary wall that was part of a stone based elongated flower bed. Also the second-hand book shop and saving yellow rattle seeds "especially the use of waste saw dust for use as mulch on planting arrangements". Tidiness & Litter Control 62/90: The adjudicator remarked that "the amount of diverse work that you have undertaken under both the headings General Tidiness and Litter Control is quite something, particularly given the restrictions that your members were under because of Covid. The adjudicator is not going to comment in too much detail except to say that an extra two marks are awarded based on the photographic evidence alone". Other items that appealed to him included: "as a dog lover one is aware of the near scourge of the pandemic – dog poo and owners with no civic pride who wouldn't clean-up after their precious pooches. One was taken with the Cork Anti-Litter Poster "Paws for Thought" and the banner "This Place Is for You". You as a committee has put in place a number of initiatives that help to make sure that there is an ongoing awareness among the community to keep Glounthaune both tidy and as litter free as possible. The various projects have been noted and it is good to see that the younger generation is being actively encouraged to play their part as well".

Residential Streets & Housing Areas 37/50: "From the pictures that you have supplied the village looks in splendid condition and the presentation of homesteads and gardens is just superb. Yes, it would be good if an adjudication visit could have taken place as this is a category that benefits from a walk around and comments made in line with

the guidelines of the category. The visual enhancement and character preservation of Glounthaune is the main objective of the GTT and you are helped in achieving this by your local partners such as the Mens Shed giving unstinting support in helping with the upkeep of stone walls and communal areas etc. Some of the houses in the village street looked very well maintained and credit is due to their owners. The planters and the Village Pump were both admired as was the garden outside the Community Centre with the impressive heritage information panel in front".

Approach Roads, Streets & Lanes 34/50: The adjudicator referred to the 2019 report which commented that approach roads into the village generally looked well with neat hedging and lovely stone walls. "The input and pictures that you have supplied suggest that much the same comment could be made in 2021. Under normal circumstances the adjudicator would do all the entrances and make comment so this year one is reliant on what you have submitted so thank you for the excellent set of photographs. Some additional new work has been done upgrading verges and grass margins as one enters the village. The stone sculpture on the L3004 entrance was admired as well as the planting of beech hedging on the same road. The stone wall repairs at the Dry Bridge have also been noted. The adoption of the Godwit, as depicted in the sculpture, as your logo is an interesting fact because of the birds association with Harpers Island. Some very fine work on the stone wall to the village entrance was also enhanced by some prudent planting. The four photo collage suggests that road surfaces and verges are in good condition. An additional mark is awarded on foot of the extensive input in this category". The Adjudicator's Concluding Remarks: "It's been quite a while since the adjudicator has been in Glounthaune and on foot of your submission a long overdue visit is on the personal agenda. GTT is a very proactive group who has worked tirelessly for the betterment of the village and you are to be commended for this dedication to the cause. You have done well in the competition to date and you are wished well in the future".

SLÁN ANOIS ©



MAKE THEM LAST: 4 TIPS FOR SUCCESSFUL NEW YEARS' RESOLUTIONS

John O'Sullivan
Personal & Business Coach

Isn't there something about January that feels like a brand new day? After all the time and effort we put in to Christmas, there is a certain calmness in the weeks afterwards. This calm (after the storm) is a great time to reflect and to focus our attention on the year ahead.

Many people use this month to make their plans for the coming year. It's a chance to re-invent ourselves. To try to do somethings better than we did last year. Some will plan something totally new and use this new beginning as the chance to grow as individuals.

Many people try to create new habits in their lives which they hope will lead to better outcomes in areas such as health, school, career or life. But sometimes the commitments we make to ourselves don't last. As good as our intentions are, sometimes these new years' resolutions just don't work out as planned. For some this feels very deflating and can often leave us worse off than if we had never made the resolution in the first place.

So, what can each of us do to make sure this doesn't happen to us? The answer is simply a matter of

perspective! As with most unpleasant chapters in life, it's how we handle them that counts. It's our reaction to the rollercoaster ride that matters far more than ups and downs along the way.

Tip 1: Take some time in January to create a mind map. A mind map, if you've never heard of one before, is a great way to visualise your aspirations. You begin with a blank page and jot down your name (or draw yourself) and from there you can begin writing down (or drawing) your ideas and plans around the page which you then circle individually. This can help you crystallise your thoughts and group certain aspirations together. Finally you focus on what small steps (or milestones) you need to achieve on the way to meeting each overall goal.

Tip 2: Another sheet of paper this time and write down your reasons why each of the goals are important to you. What is the burning desire you have to attain each of those goals? Get detailed about this and describe the benefit from achieving it as well as the consequences if you don't. If you find yourself struggling with self-discipline later this month or

during the year, it's very valuable to be able to look back and read your "why".

Tip 3: How do you eat an Elephant? One bite at a time! Goal setting is important in life, but if you don't normally set yourself goals, try not to set too many at the beginning. Pick between 1 & 3 goals you'd like to achieve. These will be goals you really want to attain. You can give them your full focus and increase your chance of success. By trying to take on too many goals, you risk not achieving any.

Tip 4: If you do find that you are struggling to reach your goal, or that you go backwards, please don't beat yourself up about it. This one is so important. Everybody has setbacks, and that's all part of personal growth. It's not easy to improve ourselves as we face the habits we have been used to for years. So setbacks are normal – therefore please don't give up when they happen. Don't be too hard on yourself. Remember, you're doing your best so simply dust yourself down and pick up where you left off. Life is tough – so make sure that your very own inner-voice is on your side!

It's a new beginning for us all every year and a great time to

think about some areas of our lives we would like to change. But if you find yourself slipping back into those old habits, remember every day can be the 1st of January. There is no reason why you cannot begin again any day of the year. Change is difficult, it takes time, and if you're trying to make positive change in your life then you are worthy of serious respect.

I would like to take this opportunity to thank you all for reading these articles and for all the lovely feedback you have given over the past year. Finally, I would like to wish you all a happy and successful 2022!



John O'Sullivan
Personal and Business
Coach

Direct Goal Coaching

<http://directgoalcoaching.com/>

(021) 482 0941



Gardening with Charlie Wilkins



Charlie Wilkins

EMOTIONS

When the emotional clutter of Christmas and the New Year have finally become a memory, clear thinking and confidence returns to rejuvenate my faltering spirit. I can then begin to appreciate the emptiness of winter! At first glance, winter speaks of barrenness and desolation, but in fact it hides a lovely truth: the beauty of silence. The trees and shrubs, even the landscape may appear silent, but in truth they are simply resting, so there's really no need to say anything. They are not thinking about what lies ahead, whether spring is going to be early or late, or what pest or new disease might arrive to torture them.

We too, I believe, could do with a little more silence, reflection, and contemplation at least every January. We worry about so many things and yet few are imperative or essential. That said, Covid and climate change remain extremely worrying and we must continue to meet them head-on, until they are fully resolved.

As gardeners we have found that climate change has in recent years brought about milder winters and it has allowed garden weeds to continue in leaf and stalk without as much as a hard frost to sap their vigor and knock their enthusiasm for invasion. I notice the long trails of speedwell now mixed through the whorled, un-sticky (for now) goosegrass, and find it easy to remove but it's only one of many.

There seems to be a constant procession of all weeds this month and the list includes shepherd's purse, groundsel, and hairy bittercress.



Spring primroses are already pushing up through the goosegrass, creeping buttercup, and debris of all kinds and whilst they won't bloom until much later their imminent arrival can now be observed.

These, even as I write (and it is January) are rising and spreading. Unfortunately, time has caught up with me and age means that I am reluctant to seek ruthlessly, and totally remove these young offenders, but their rankness mocks my ability to get down regularly to their level. But I can, and do get down, but it takes greater effort and full concentration.

Now, when I go hand weeding, I bring a soft, waterproof kneeler, a bucket for the weeds, and a stainless-steel hand-fork, but if this method is not for you, there are other ways of achieving satisfactory results.

Existing annual weeds can be eliminated this month by smothering them with a two-to-three-inch layer of mulch material. Weeds and their seeds which are deprived of light and air will

certainly not live or germinate. Anything in the organic line will suffice, well-rotted manure, garden compost, wood or bark chippings, gravel, pine-needles (wonderful beneath acid-loving rhododendrons and all lime haters) or best of all, 'GeeUp' horse manure. As well as smothering weeds, these materials will keep within the soil the moisture we now frown upon and release it when conditions demand. Who could forget the drought conditions on occasions last year, and how plants everywhere were put under overpowering stress? Similar conditions will no doubt return this year but by mulching now, you'll stave off its worst effects.



Wild garlic is another early riser and green shoots are already along the roadway on the approach to New Inn

Kill existing weeds on drives and gravel areas with Pathclear or Weedol, both of which can be used during cold weather. The former will stay active for six months, the latter will not. It can however be applied to all unwanted soft green foliage even in the coldest conditions. Keep these chemicals clear of ornamentals and on no account treat weeds in lawns.



LANDSCAPING LIMITED
We provide a wide range of Services

- Grass Cutting & Hedge cutting
- Shrubs & Trees Supplied & Planted
- Maintenance & Clean-ups
- Power Washing Gutters & Drain Cleaning
- Lawns Laid
- Fencing (Timber & Concrete)
- Patio & Decking

Free Quotations
Contact Declan
M: 087-2079978
P: 021-4866572

**3 Tonne
Dumpers and
Diggers for hire**



Contact 0862440276
or 0214513686

Pat Geaney

**Lawn Mower Sales & Service
OPEN 6 DAYS**

Mon. – Thurs.
9.00a.m. – 8.00p.m.
Fri. & Sat.
9.00a.m. – 6.00p.m.

Your Lawn Mower Man
52 weeks of the year
www.thelawnmowerman.ie

**021-4822465
Brooklodge,
Glanmire, Co.Cork**



AN IMMINENT ARRIVAL

Spring is eager to show us its first flowers, and this causes our creative endeavors to activate and stir. The weather may still be unkind, but winter is on the wane, losing its vicious grip on the land and its occupants. Doubt and hesitation may be the hallmark of the opening days of this month, but the spirit of renewal is strong and every day that passes sees the buds of hope not alone trying to break through but opening to the new light and increasing temperatures.

WINDFLOWERS

Anemones are also known as 'windflowers' for they can appear during late spring and early summer when the wind is constantly out of its lair. There are many forms but the Coronaria varieties 'St.Bridgid' and 'De Caen' can be planted anytime now through to late March. Anemone

corms look very unpromising, being quite small, dry, and often wrinkled, so soak in tepid water overnight before planting to help them swell. Plant any which way really for they have neither top nor bottom, but do choose a warm and sheltered sunny spot, about 3" deep and as much apart. Flowers form in summer but dallying too long with planting will delay the onset of early blooms. There is only one point to remember. The coronaria anemones (other varieties too) only open their rays of petals in full sunshine, so they are not for a shady place. I have had a better return from these over the years than many other bulbs, but you must put them in positions they'll appreciate. They'll reward you yearly for a decade and more.

THE JANUARY GARDEN 2022

On many occasions over recent years, I meant to mention something unusual

about garden snails. Not only have they become fat and bulging, but when wet weather is forecast, they can be found (in our garden) positioned securely, high on all kinds of support! Six to eight feet would not be unusual. Do they know or can they sense when torrential rain is due? It's uncanny to say the least. If I were living in France, the largest in the garden could surely be sold, for there they are normally bred there for consumption with garlic butter.

It takes up to four years for snails to grow large and in doing so chomp through our choicest delphiniums, lupins, and hostas. To control them I lay bait in the form of pellets hidden under pieces of slate or tile supported on small stones. The snails and slugs find them easily. The only problem with stamping on snails is they make a disgusting mess on decorative paving!



GLEANN MAGHAIR

GLANMIRE LADIES FOOTBALL CLUB

Well done to all groups who finished out the year with one last training session, while some also went ice skating! Everyone had an enjoyable afternoon after a great year of football. We look forward to another successful year in 2022!

Minors

Our Minors played Eire Og in a delayed Minor A County QF in heavy underfoot conditions on Saturday 11th December but the girls put in a great effort to come out eventual winners on a score line of 4-10 to 0-9. This sent them to the Semi Final the following Wednesday against Mournabbey. It was a cold Wednesday night, but conditions were good and we were given a great game of football. It was evenly matched at the beginning of the game but as the second half began Glanmire showed some great determination, especially from Lucy Greene and Aishling McAllen, to ensure they came away with a victory. This saw us compete in another Minor A County Final against familiar rivals Aghada. Having been beaten by Aghada earlier on in the year they knew a tough game was coming. Both teams were worthy county finalists showing some fantastic skill and the score was tight throughout, but a determined Glanmire side led by captain Orlaith Roche came out eventual winners on a scoreline of 2-19 to 3-07.

U16

Our U16A squad finished out the year on a high winning the East Cork Championship against Youghal. This makes them League and Championship winners for 2021.

U14

Well done to our U14B squad who played Midleton in the East Cork League 1/4 Final, it was a great game! Next up was a semi final against many of their friends, our other U14 squad. The U14B1 took on the U14B2 in the East Cork Semi and what a brilliant display

of football with our B2 running out winners. They then went on to play Rockban in the Final and went on to have a great win.

Congratulations to Aoife Tracey who has been selected for the Cork U14 panel in 2022! We wish Aoife the best of luck for the year ahead!

U12

Well done to our U12 (yellow) who took on Lisgoold in the East Cork League Final and came out winners. Well done girls!

U9

Our U9 group also played their last match of the year against Mayfield. Both teams played some great football, and the girls were delighted to be wearing their new jerseys.

Junior

Our Juniors finished out the season playing the East Cork Junior D Final against Inch Rovers on a cold and wet night down in Killeagh. The girls played some great football but unfortunately it wasn't to be as a strong Inch side ran out eventual winners. Well done to the girls on a great year



Minor County Winners



Orlaith Roche Captain



Ava Fitzgerald Minor



Olivia McAllen Minor



Aishling McAllen Minor



U14B2 winners



U16 East Cork Winners



U9



U14B1 and B2



U12 Yellow



Ice Skating



Last Session

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



Donncha Ó Dúlaing, 1933-2021

Micheál Ó Súilleabháin

Fuair an craoltóir, coisí agus Gae, Donncha Ó Dúlaing, bás le déanaí. Chaith sé breis is caoga bliain ag craoladh agus is fíor go raibh bá ar leith aige le muintir na hÉireann, i gcéin is i gcóngar. D'fhéach an pobal éisteacha agus an pobal ar bhuail sé leo go rialta air mar chara. Thuigeadar a chéile go maith. Duine díobh féin ba ea iad seachas strainséir ó Bhaile Átha Cliath.



Donncha Ó Dúlaing

Saolaíodh Donncha i nDún ar Aill i dTuaisceart Chorcaí mar a raibh a athair ina sháirsint leis an nGarda Síochána. Sa cheantar máguaird, bhí Teach Dhún ar Aill, Bowenscourt agus an seachas a bhain leis an scríbhneoir agus sagart, Canon Sheehan. Bhí tionchar acusan ar fad air agus chothaigh sé nós na léitheoireachta i nDonncha ina óige. Bhí fiosracht aige faoin chineál saoil a bhí sa Teach Mór agus faoi na nósanna a bhí ag gnáth-phobal na tíre. Chabhraigh an fhiosracht seo leis ina shaol craoltóireachta.

Nuair a bhí Donncha ocht mbliana d'aois aistríodh a athair go Ráth Luirc agus d'fhreastail sé ar scoil na mBráithre Críostaí ann. Blianta roimhe sin, shiúil Éamon de Valera go dtí an scoil chéanna agus ar ais go Brú an Rí i gContae Luimnigh gach lá. Nuair a bhí Donncha cúig bliana déag, fuair a athair bás agus b'éigean dó an scoil a fhágáil chun airgead a thuilleamh dá mháthair agus dá dheartháireacha. Fuair sé post mar theicneoir fiacloireachta agus chaith sé ocht mbliana ag gabháil don cheird seo. Chuir Donncha agus Vera Galvin, múinteoir, aithne ar a chéile ag an am seo agus ghríosaiigh sí é chun céim ealaíne a dhéanamh i gColáiste na hOllscoile, Corcaigh. Ansin fuair sé post leis an gcomhlacht gluaisteán, Ford, agus thraenáil sé mar bhainisteoir ag Dagenham mar a raibh mórán Corcaíoch ag obair. Nuair a d'éirigh Ford as tarracóirí a dhéanamh i gCorcaigh, d'aistrigh mórán den fhoireann oibre go Dagenham. Thugtaí na Dagenham Yanks orthu.

Bhí fonn ar Dhonncha fillleadh abhaile, áfach. Chonaic sé fógra le haghaidh cúntóir cláir i stáisiún RTÉ i gCorcaigh. Fuair sé an post agus tar éis tamaill, bhí sé ag cur 'A Munster Journal', clár faoi imeachtaí suimiúla ar fud Chúige Mumhan, i láthair. Charaoltaí an clár gach seachtain. Fuair sé deis labhairt le gach cineál duine faoi ábhair iomadúla. Go tráthúil, fuair sé amach go raibh Éamon de Valera ar cuairt chuig cara leis i mBrú an Rí. Thapaigh Donncha an deis chun bualadh le Dev. Ar aghaidh leis lena thaifeadán agus micreafón chun agallamh a chur air. Ní raibh Dev sásta labhairt leis ag an bpointe sin ar théip, ach dúirt sé le Donncha go

ndéanfadh sé teagmháil leis i gcionn tamaill. Rinne Dev amhlaidh agus tugadh cuireadh do Dhonncha teacht go hÁras an Uachtaráin chun agallamh a chur air faoina óige. Tháinig sraith cláracha ón agallamh sin. Tugadh 'A Boy from Bruree' ar an tsraith. Labhair Dev faoi theacht go Brú an Rí ag dhá bhliain go leith. Cé go raibh Dev os cionn ochtó bliain d'aois ag an am sin, bhí cuimhne shoiléir aige ar bhlianta a óige. Luaigh sé na huaireanta an chloig a chaith sé ag buachailleacht bó ar thaobh an bhóthair. Ní raibh ach cúpla acra ag mórán tionóntaí ag an am agus dá mbeadh cúpla bó acu, chuiridís amach ar féarach iad ar thaobh an bhóthair. Ba é an cúram a bhí ar Dev óg ná aire a thabhairt dóibh agus súil a choimeád amach do na póilíní a bhí ag iarraidh an nós a stopadh. Labhair sé ar na cruinnithe móra a bhíodh ar siúl ag leithéidí Parnell, chomh maith ag an am. Labhair sé ar a laethanta scoile i Ráth Luirc, nuair a shiúil sé seacht míle go dtí an baile agus ar ais gach lá.



Donncha Ó Dúlaing, a bhean agus páistí leis an Uachtarán, Éamon de Valera

Bhí tionchar mór ag an tsraith agus tugadh post do Dhonncha mar cheann ar chlár i mBaile Átha Cliath. Ach tar éis tamaill, thuig Donncha gurbh é a bhí uaidh ná a bheith ar an mbóthar ag bualadh le muintir na tíre agus ag caint leo. Thosaigh sé clár darbh ainm 'Three O One' agus tar éis tamaill aistríodh an t-ainm go dtí 'Highways and Byways'. Chraoltaí an clár ó Luan go hAoine agus thug sé deis do Dhonncha taisteal ó cheann ceann na tíre ag labhairt le daoine suimiúla i gcúrsaí spóirt, sóisialta, cultúrtha. Iris an aeir a bhí ann inar thug sé guth don ghnáth-dhuine. Bhí bá ar leith ag éisteoirí ar fud na tíre leis an gclár, go háirithe ag muintir na tuaithe. Léirigh sé meas don ghnáth-phobal. Ní raibh sé riamh ag tochas ar a cheirtlín féin agus thuig an pobal é sin. Deirte nach raibh beirt in RTÉ lena linn a raibh muinín ag muintir na tíre astu. B'shin iad Donncha agus Frank Hall. Bhíodh daoine roimhe mar Sheán Mac Réamoinn, Ciarán Mac Mathúna, Proinsias Ó Conluain a dhéanfadh taifeadadh ar ghnáth-dhaoine ar chuir muintir na tíre fáilte rompu. Bhídís ag léiriú saibhreas an chultúir a bhí acu mar a bhíodh Donncha. Ach bhí cleas nua in RTÉ nach raibh aon mheas acu ar ghnáth-mhuintir na tíre. Ní rabhadar sofaisticiúil go leor dóibh. Eisceacht ba ea Donncha.

Sna blianta seo, rinne Donncha mórán siúlóidí ar fud na tíre ar son carthanachtaí. Céann éachtach ba ea an tsíulóid a rinne Ó Súilleabháin Béarra ó iarthar Chorcaí go Contae Liatroma ag tosach an tseachtú céad déag. Gach oíche i ndiaidh na síulóide, rinne Donncha clár cainte agus ceoil leo siúd a bhí á thionlacan i rith an lae. Rinne sé síulóid cháiliúil eile sa Talamh Naofa inar thug sé féin agus a chomh-choisithe cuairt ar na háiteanna a shiúil Íosa Críost fadó. Rinne sé síulóid eile i Meiriceá inar bhuail sé leis na 'Choctaw Indians' agus inar labhair sé leo faoin chabhair a chuir siad chuig muintir na hÉireann i rith an Ghorta Mhóir.

Léirigh na húdaráis in RTÉ, áfach, nach raibh aon tuiscint ná bá acu leis an obair a bhí ar siúl ag Donncha mar chuir siad deireadh leis an gclár gan choinne. Caithfidh go raibh an-díoma ar Dhonncha mar a bhí ar mhuintir na hÉireann. Ach níor lig sé don díomá cur isteach air. Thosaigh sé clár nua ar thug sé 'Donncha's Sunday' air. Bhuair sé le pearsa cháiliúil gach seachtain agus labhair sé leo faoina saoil. I measc na ndaoine ar chuir sé agallamh orthu, bhí Canon Sydney Mac Ewan, Kenneth Mc Kellar, Cavan O' Connor, Michael O' Duffy.

Ansin, sa chuid deireanach dá shaol craoltóireachta, chuaigh Donncha i mbun 'Fáilte Isteach' a bhíodh ar siúl gach oíche Shathairn. Chruthaigh sé carachtair shamhlaíocha mar Daisy the Cow, Gandal the Gander. Bhíodh an clár á chraoladh ón 'Parlour of Dreams'. Sa chlár d'imigh sé timpeall na tíre agus go Sasana ag labhairt leis na Gaeil i gcéin agus i gcóngar. Bhí an-ghnaoi ag an bpobal ar an gclár sin.

Lean Donncha ag craoladh go raibh sé os cionn ochtó bliain d'aois. Fuair sé bás ag tosach Mheán Fómhair. Seachtain roimhe fuair a bhean, Vera, bás. Suaimhneas sioraí dóibh beirt.

Gluais:

Craoltóir=broadcaster

b'éigean dó=bhí air

teicneoir fiacloireachta=dental technician

go tráthúil=timely, opportunely

buachailleacht bó=tending the cow

iris an aeir=magazine of the air

ní raibh sé ag tochas ar a cheirtlín féin=

he wasn't working in his own interest

sofaisticiúil=sophisticated

eisceacht=exception

éachtach=extraordinary

a chomh-choisithe= his fellow walkers

carachtair shamhlaíocha=imaginary

characters



OLD CHRISTIANS RUGBY CLUB

Here at old Christians we have had a very busy first half of the season. Our Mini's have either travelled for games or had great fun training at home.



Under 7's

The Organisers split the age groups up and one group each week travels for a game.



Under 10's

Not to be out done by the Rhinos our youths are performing very well. Our 16s have already started in their plate games and are doing well. U18s are participating in the pan Bowl



Under 16s

Our under 14s are doing well in their league and so are our u13s.



J1s

Our J1 have finished their conference league games 3rd on the table after a mixed bag of results. They will resume playing in Jan on the 9th with a home game v Newcastle West. If you want to call up and support the lads you won't be disappointed.



Nathan Conroy

In some good news from down under Nathan who played his Rugby with Old Christians has been made a Mayor in his adopted Australian City. Well done Nathan.



Our Christmas calendar a few still available. 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**





Woods Walk



The Murphy, Thompson and the Vaughan families from Leamlara enjoying St. Stephen's Day



Ellie, Freya and mum Leanne Goodwin enjoying a picnic Moanbaun Woods Watergrasshill



Ergin from the Real Turkish Barber giving a trim to Santa before he departs back home to the North Pole after delivering all the toys to the good boys and girls of Glanmire



Simon Community Christmas Swim

Christmas swim in aid of the Simon Community at Whitebay Beach East Cork



Lachlan from Australia taking part in the annual Christmas Simon Community swim with Santa



Hennebrey family Glanmire taking part in the Christmas morning Simon swim



Tim Healy and Eimer Sheehan at the Christmas Simon Swim



Santa visiting Mary McCarty, Glanmire Village on his way back to the North Pole, Ho ho ho

Christmas Trees



The Davis family Watergrasshill choosing their Xmas Tree at Leahys Farm



Matilda and her Grandmother Julia Donovan at Leahys Farm



The Lane family at Leahys Xmas Tree Farm



White's Cross GAA News

whitescrossgaa.ie

Christmas Draw

The club held its annual Christmas Draw at the club house on Tuesday night the 21st of December. The event was streamed live on our Facebook page. The first prize of €600 which was kindly sponsored by the Stirrup bar was won by Jerome and Eileen Curtain from Dublin Pike. Emma Corcoran won the 2nd prize of €250 which was sponsored by Unique Fitout. The 3rd prize stayed within the club as our Rebel's Bounty co-ordinator and committee member Pat Reid was the lucky winner of €150 sponsored by Tom Harte. The winner of the 4th prize of €120, sponsored by Siobhan Kelleher Coaching, went to Jacinta Kerrigan. Brendan Halpin from Coole East as he won the 5th prize of €100 AND the 10th prize also of €100. The sponsors for these prizes were The Boothouse Bar and Billy Kelleher MEP respectively.

We would like to congratulate all of our winners. The full list can be seen on our Facebook page and on our club website. A big thank you to all those that bought tickets. The income received from ticket purchases is vital to the day-to-day running of our club. We are also grateful to all our ticket sellers. Once again this year, social restrictions made this job quite difficult but credit to all for their efforts. A special word to Conor Kelleher who puts in a huge effort each year in co-ordinating the draw. It is not an easy or indeed very rewarding, task but one that is, nonetheless, vital to club operations. Finally, a big thank you to all our sponsors. For many, trading was significantly curtailed in the past year, with many spending more days closed than open. Yet they continued to generously support our draw. Hopefully, 2022 will bring more prosperous times for them all and the community can get behind our local businesses and show them the same support.



Astro Turf Development

The major project that is taking place in White's Cross presently is our astro-turf development. The builders have been on site the last few weeks and significant progress has been made. The area itself is now fully fenced. The footpath are the field is now fully extended (up to now, walkers used to walk through part of the car park). Lighting is being erected along the perimeter of the astro-turf which will light up the walkway. Crucially, the carpet for the astro-turf itself is now onsite. We expect that by the next edition of the Glanmire Area News we should be able to show some photos of a near complete project. For now, it's great to see that the fundraising efforts of all those that donated and collected the monies is being put the use.

Junior Hurling and Football Management Teams

These roles have been confirmed for 2022. Pdraig Kelleher will continue to manage/

coach the Junior hurling teams for the coming season. A lot of progress was made last year; particularly entering a second hurling team for the first time for the first time in nearly 40 years. This team did really well being the only team in the club to win a championship game. A large number of two players came onboard and now that they have settled in, they can hopefully develop further as a team next year. The remainder of the management team will be confirmed in the coming weeks. Eoin Murnane is not continuing as a selector in 2022. He has made a huge contribution to the team in that role over the last two years and before that was one of the star players when the club won its only county title in 2018. The club is indebted to his service.

Diarmuid McDonnell will continue as the Junior football coach in 2022. This will be Diarmuid's fifth year in that particular role. The year ended disappointingly with two

championship defeats in the A and B championship. Up to that point the year had been going well with 11 out of 12 games played in the A/B football leagues ending in victory. We also had a victory in the City Junior B football league which was the first football trophy won by the club in a number of years. There were quite a number of minors that broke into the team last year and made a big impression. These players will only get better in the next year. Diarmuid will finalise his backroom team in the coming weeks also.

Training will commence for all adult players at the start of January as they start with a strength and conditioning programme. There has been an enthusiastic response to this. The teams can expect to see the benefits of this later in the year. Happy New Year to All!

We hope that all of our members and supporters enjoyed their Christmas and we would like to wish all a healthy and prosperous new year!



Ag Ceiliúradh Um Shamhain 2021



Seachtain LADTI+ (LGBTI+) Bua Mór Ag Foireann Caide na gCailíní



Múrphictiúr 2021



Méara an Chontae ar Cuairt



Thug méara Chontae Chorcaí cuairt fhada ar an scoil ar na mallaibh. Ba mhór an onóir do dhaltaí agus do mhúinteoirí ranga an dara bliain gur ghlac an méara Gillian Ní Chochláin le cuireadh ón scoil, labhairt le ranganna dara bliain na scoile agus casadh lena comhleacaithe sa scoil. Labhair an

méara faoin tábhacht a bhaineann leis an nGaeilge di ina cúramaí oifigiúla agus mháigh sí go dtaipáinn sí an deis lá i ndiaidh lae, seachtain i ndiaidh seachtaine chun an Ghaeilge a chur chun cinn. Ba mhór an onóir di a mhaíomh sí freisin go raibh an deis aici labhairt le daltaí sa scoil.

Mhol sí do na daltaí an Ghaeilge a chomhéad mar theanga bheo agus léirigh sí dóibh gur seoid náisiúnta atá sa teanga agus gurbh iontach go deo an deis a bhí acu i gColáiste an Phiarsaigh an Ghaeilge a labhairt go laethúil, deis nach raibh ag mórán daltaí i scoileanna fud fairs na tíre.



ERIN'S OWN LADIES CLUB



Chloe Sigerson with Girls

U11 and U12 Camogie

Our U11 and U12 camogie teams played matches on the 4G Astro recently and a great night was had by all girls.

Special thanks to our Coach and player Niamh Ni Caoimhe who invited her team mate Chloe Sigerson to a training session with our U12 camogie team. It was a super session which the girls really enjoyed.



U11 Camogie Team



U12 Camogie Team

U13 and U15 East Cork Divisional Blitzs

Well done to Niamh, Chloe, Megan and Gemma who were part of the East Cork U13 Football Development team and to Eimear, Aoibhinn and Edith who were part of the East Cork U15 Football Development team. Both teams did very well in recent divisional blitzs. Our girls enjoyed the excellent coaching



Niamh, Chloe, Megan & Gemma



O'Neill, O'Regan & Drummey Sisters and fantastic experience. Special thanks to all the coaches involved including our chairman and coach Evan.

U14 Football

Congratulations to our U14 football team who trained exceptionally hard this year under all weather conditions with one thing in mind, lifting the A County Cup. Their hard work and determination secured them a win against a tough Kinsale team in the County final. No rest for these girls who were back in action the following week against a tough Glanmire team. At the final whistle Erins Own took the title of U14A East League Champions.



U14 County Champions



U16 County Champions

U16 Camogie and Football

Our U16 team fought hard but lost the Camogie League final by 4 points playing against County Champions Cloughduv.

Congratulations to our U16 footballers and management on winning the U16C County Final V Tadgh Maccartaigh. The girls played the East Cork league final V Rockan on the 3rd of November securing a win and another title.

Minor Camogie and Football

Our minor camogie team played Barryroe and lost by 3 points in the county final on the 6th of November. Our minor footballers beat Killvullen in the B County Quarter Final on the 17th of November and are now through the semi final playing Naomh Aban. Best

of luck to the girls.

Junior Football

Hard luck to our Junior Football team who lost the County Final to Carrigaline on the 12th of November. New members always welcome.



Minor Camogie Team



Minor Football Team



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



FIONA TWOMEY SOLICITORS

3 Eastgate Village, Little Island, Co Cork
021 4355405 and reception@fionatwomey.ie

Please contact us for all your legal needs

Special Rates for FIRST TIME BUYERS

Erin's Own Ladies Club Page Sponsor



WINTER WARDROBE INSPIRATION

Winter Fashion

January is a great month for looking at our wardrobes and decluttering. Letting go of items we are storing unnecessarily can be difficult for a variety of reasons such as guilt, nostalgia, shame.... Do you feel overwhelmed when you open your wardrobe or your kids' chest of drawers?

We can tackle this daunting task together. I can help you use your existing clothes more effectively, save time, money and stress in the morning when frantically searching for a matching outfit. You can ring /email me on the details below for extra info.

These are some of the questions you can ask yourself to see if your space is used effectively: Can you see clearly all the clothes you have? Would you like to only store items that suit your shape, lifestyle and make you feel confident when wearing them? Why am I storing items that I don't wear? Let's make positive changes to our wardrobes and our mind this year. Leave behind the track bottoms, leggings, oversized jumpers of 2021.

Invest in yourself this new year and let's step out in style. When stepping out take into account your coat is the first item people will see so let's start here!

From camel, oversized, to wrap, puffer, faux fur, vintage, designer, a coat will always be one if not the most important element in your wardrobe. When we purchase a coat, we have many tasks for it to fill. We expect it to take us from the school gate to the office, to a lunch date with the girls, weddings, race day to keep us warm, and withstand the icy rain showers while standing at the side of a pitch.

Here I feature some of the timeless classics along with trending options also. Let's make dressing for these colder months, fun, functional, fashionable, and suitable to your taste and budget.

1. CAMEL COAT



Camel coats are a forever favorite and are a quintessential wardrobe staple. I always advise on good quality, a wool blend can be priced reasonably, and a camel coat is such a versatile piece, you cannot go wrong. Worn with faux leather pants, trainers, white shirt, camel shade knit, finish off with a checkered scarf this classic clean look will take you trending through the new year. A recent royal family looked very elegant wearing a camel coat, the beauty of it being a natural tone that it matched her black evening dress, burgundy accessories, and black velvet high heels perfectly. A wide variety can be found in M&S, Zara, Mango, Karen Millen, H&M, & Other Stories, from fitted, belted to oversized, single / double breasted to all suit all size, shape, budget.

2: PUFFER COAT/ JACKET



Puffer coats are making a welcome return this winter from very voluminous to ankle grazing long line styles available to us. I know we need all the comfort we can get in our lives right now but choose wisely if purchasing a puffer coat. Be conscious of duvet like padded fabrics that result in adding bulk from your shoulders to your ankles.

The degree of warmth the jacket provides depends heavily on the quality of insulation material used, those filled with down insulation will provide a high level of warmth and lightness. Allow for adding layers underneath when sizing. Available in most stores, I do like Zara, Carraig Donn, H&M for a wide range.

3: WRAP COAT



Elegant and understated Wrap coats come in various sophisticated styles, snug fennel necks, self-tie belts, small/ large lapels. A belted style cinches you at the waist displaying an elegant and suitable option from the office to date night. A wrap coat is a style classic that will take you from every day to a dressed-up event effortlessly. H&M wool blends are popular in the Highstreet while, & other stories, Max Mara, COS at the higher budget scale all offer timeless options.

4: WATERPROOF PARKA JACKET



Unlike a normal coat the best waterproof coat is waterproof rather than water resistant with the difference being that a waterproof can withstand wet conditions for a long duration and will continue to deflect the rain long after a water-resistant alternative has started to absorb moisture. Ensure your waterproof jacket is breathable which is essential in Ireland and will stop you sweating when bursts of sunshine follow heavy showers. High quality jackets use the gore - tex material, North face, Columbia, Helly Hansen are all reliable brands.



Contact me by phone on 086 2599539 if you have any fashion queries. Email me on lyndadiblas@yahoo.com. Check out my website www.LYNDSDIBLASI.COM for various packages. FB or Instagram page, [lynda.diblasipersstylist](#) for various tips



Trades & Services

Chiropodist

Glanmire Medical Centre
Home visits also available

Gift Vouchers Available

FOR APPOINTMENTS

(021) 4866745

(086) 3693204

Frances Nolan

NCC, LCCH, M.I.CH.POD.ORG

PAT SMITH ELECTRICAL

Industrial, Commercial,
Domestic, Computer Wiring,
Frost Heaters
NO JOB TOO SMALL

087 237 9301

021 430 0495

PAINTING & DECORATING

DOMESTIC & COMMERCIAL

GLYNTOWN, GLANMIRE, CO. CORK

POWER WASHING • PATIOS • DRIVEWAYS • GUTTERS

Contact Mick

085 104 5134

021 482 4749

mdpaintinganddecorating@gmail.com

Glyntown

Glanmire, Co. Cork



CIARAN LOONEY
HEATING & PLUMBING



COMPLETE BATHROOM FITOUTS

TILING - PLUMBING - ELECTRICAL

Mobile: 086 3557235

www.clplumbing.ie



Alan's TYRES

Open

Mon-Thurs 8-6
Fri 8-7
Sat 9-4.30
Inc. Lunch hour

482 0202
085 8114595

5b Glanmire Industrial Est.
Glanmire, Co. Cork

- All Leading Brands
- Alloy Straightening
- Wheel Alignment
- Electronic Balancing
- Headlight Restoration
- Headlight Alignment
- Light Bulbs
- Wiper Blades
- Puncture Repair

fabriClean

**Carpet & Upholstery Cleaning
Services & Chimney Sweep**

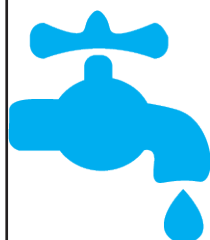
Denis O'Sullivan

t/a Fabriclean, Carrigaline, Co. Cork

Tel/Fax: 021 4377315

Mobile: 086 2070086

PLUMBER available



Reasonable Rates
Contact Martin
086 8777009

As new
Cleaning

Patrick Moynihan

www.chimneycleaningcork.ie
info@chimneycleaningcork.ie tel: 087 99 11 017

CHIMNEY SWEEP POWER WASHING

Driveways Walls Fascias Soffits
Gutters Downpipes Roof Surfaces
For all your Power Washings needs
Contact Patrick
087 99 11 017

Power Sweep & Vacuum Technology



GIVE YOUR HOME A FACELIFT

Fully Insured
Windows Cleaned,
including Frames & Exterior doors

Fascia, Soffit & Gutter Cleaning,
Gutters Emptied

Powerwashing of Patios,
Footpaths & Drives
Chimney Cleaning

For Bookings or Quotes call Glenn

021- 4642126

087- 9542828

www.kellywindowcleaning.ie



**Ryan Roofing &
Renovation**
0867263392

Fibreglass roofing, slate
tile, torch on.

All types of carpentry

Fully Insured

barryryanchippy@mail.com

References available

JCB Hire



Contact Dan
087-2532550



DESIGN BY SIMON

SIMON DOHERTY

WEB • GRAPHIC DESIGN • MULTIMEDIA

086 790 0803

designbysimon.com@gmail.com



★★★★★
GLANMIRE

THE REAL

TURKISH BARBER

Unit 2B, Hazlewood Centre, Glanmire, Co. Cork

086 4104796

TOP KNOT CONTRACTORS

*Extensions
& Renovations*

087-6633184 ☎ 086-3935084



Grinds

To Higher Level J. & L. Cert
Maths, Gaeilge, English, all
Sciences

Highly qualified and experienced teacher

State Exam Corrector

SEC accredited Home Tutor

Full J.Cert H.T. course – enquire for
details

Fáilte roimh cheachtanna trí Ghaeilge ~

Sessions via Zoom or covid-compliant

Study Room Individual tuition

Proven results

ph. Micheál 087 691 6575



A COLLINS
GLASS & GLAZING
086 4044665

ALF COLLINS

Glass & Glazing
Window & Door Repair



- Emergency Glazing Repairs
- Fogged-up Double Glazing
- Broken Glass
- Hinges
- Patio Wheels
- Draught Problems
- Tabletops/Mirrors
- Upgrade your Existing
Windows to A-Grade Insulated Glass

A COLLINS
GLASS & GLAZING
086 4044665



GLANMIRE MACRA

Our weekly sports night continued every Tuesday. Held in Upper Glanmire at 9:15 pm every week, new members are always welcome. New members play for free on their first night also so it's a great way to get involved with our club. We play a variety of sports from basketball, to volleyball, to soccer. New members are always welcome and we'd be delighted to see a big turnout.

The second week of November week was an exciting one as we went go karting with Carrigaline Macra at the National Go Karting Centre. Our members enjoyed a 60 minute fast paced grand prix race followed by a race between the top 3 to see who the overall winner would be. Thanks to everyone who turned up on the night. We really enjoyed it. Thanks Carrigaline Macra.

It was a very successful month for Glanmire as our capers cast and crew shone bright on stage in Éire Óg, Ovens for the Seandún round of capers. Lots of practice was put into our performance as we headed to the stage on Saturday night also. We were absolutely thrilled by our success as we not only claimed first place on the night meaning we are through to the semi finals but we also claimed best producer Tanya O'Sullivan and best male act Patrick Healy. Best of luck to our cast as they progress to the national rounds in January. Thanks a million to everyone for the support.

The second week of December saw us host our much anticipated annual Christmas Quiz. A huge turnout attended on the night

with plenty of festive costumes as there were also prizes for best dressed and best team name. James Browne once again took the prize for best dressed with his festive wrapping paper design. Everyone had a great night as there were many prizes up for grabs such as a Christmas tree amongst other prizes. Thanks a million to everyone who attended. We were delighted to collect €400 for the CUH Children's Hospital Fund.

Further good news as our PRO Aisling Walsh won a presidents medal and leadership award for her role as Seandún PRO for the last two years in the leaders of the year competition. She will now progress to the national semi finals in January.

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 by Aisling Walsh
Glanmire Macra PRO



Well done to James Browne from Carrigaline Macra who won best dressed on the night of our quiz



Our members at our annual Christmas Quiz



Well done to Jamie, Linda, Mark and Paul who won our quiz pictured here with our chairman Mike Buckley



Our girls Aisling Walsh, Caroline O'Leary, Marie Hayes and Aisling Murphy enjoying Glanmire's annual Christmas Quiz



Glanmire members Will Daly, Seamus Reid and Donal O'Callaghan enjoying our annual Christmas Quiz



Carrigaline Macra put great effort into their costumes at our annual Christmas Quiz



Carrigaline, Whitechurch and Ballincollig members enjoying our annual Christmas Quiz



Kinsale members Selina, Don, Lorna and Anna enjoying our annual Christmas Quiz



Glanmire members April and Zara at our annual Christmas Quiz



A huge well done to our PRO Aisling Walsh who has won a Presidents medal for her role as Seandún PRO in the Leaders of the Year competition and s through to the National Semi Finals



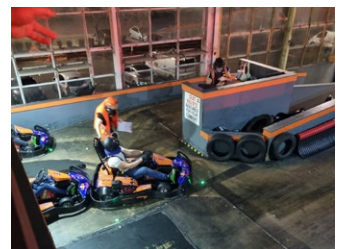
Our members lit up the stage at the Seandún round of Capers



Well done to Patrick Buckley best male act in the Seandún round of Capers



Our members enjoyed a club exchange with Carrigaline Macra at the national go karting centre



Glanmire and Carrigaline members had a great night go karting



A huge well done to our capers cast who won the Seandún round and is through to the national semi finals



Well done to Tanya O'Sullivan best Capers producer in the Seandún round



We also enjoyed a farm walk on Vincent Murphy's farm



Glanmire Library



Glanmire Library would like to wish all of our patrons a happy and healthy 2022. Whether you're looking for a new read to get you through the January blues or a starting point for a new hobby you'd like to try check out our collection for some great new finds. We look forward to seeing you all in 2022. Don't forget it is now free to join your local library and a library membership gives you access to the entire national library network.



Check out our online resources for free access to e-books, audio books, online courses, magazines and much more. For links and further information check out the Cork city Libraries website at www.corkcitylibraries.ie or ask at the desk.

For all of you with January New Years Resolutions let us help you get off to the right start with tips and tricks for living healthy. You can also join our Glanmire Walkers Group which meets up every Wednesday at 10:15 outside the Library for walks around Glanmire. Walkers of all levels are welcome. Register at the desk in Glanmire Library or email glanmire_library@corkcity.ie





Notice Board

GLANMIRE INDOOR BOWLS

Community Centre,
Riverstown

Wednesday Nights
7.30pm to 9.30pm

Over 18s, Males &
Females welcome

Contact: 021 - 4821333

Beech Grove Boarding Kennels

UPPER GLANMIRE HOME AWAY FROM HOME

Spacious out-door runs
Personal Supervision
Up to date
vaccines essential

Tel: 021 4858484

Mobile: 087 2163658

www.beechgroveboardingkennels.com



NoBillsTV.ie

Free TV

SAORVIEW Combi Pack

Over 100 channels



Only €299

We repair Sky systems

Call James 021 487 2817

Call or text 087 269 1215

"You Are Not Alone"

For those who are bereaved or affected by suicide.

The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from individuals who have experienced the loss of a loved one through suicide.

For more information contact

Collette on 087/1897315 or

Anthony on 087/6838861

BOOKKEEPER AVAILABLE IMMEDIATELY

AIRBNB ACCOUNTS
Do you need to give
your AIRBNB
ACCOUNTS to the
Revenue?

I specialise in small
family business

No job too small
Free first
consultation
Siun Ni Chrualaoui
087 2247151



Van & Driver for hire

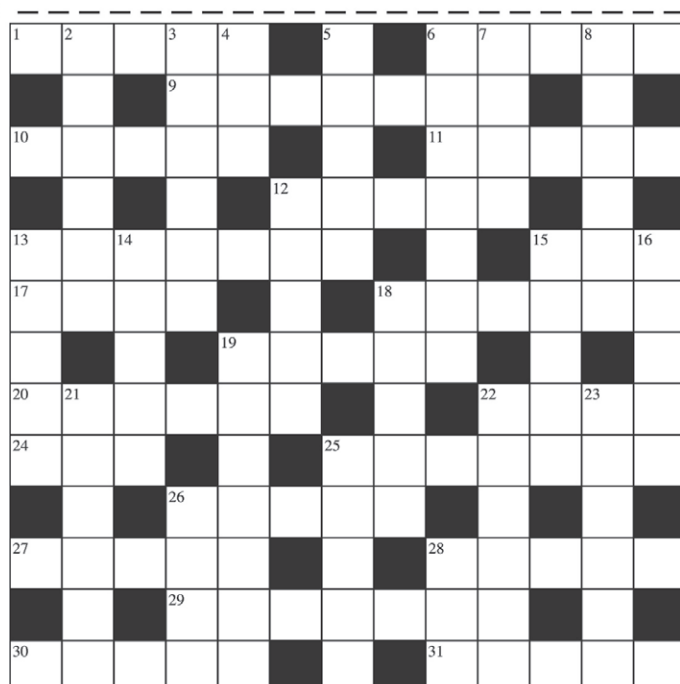
086 0606551



Joe Organ
AUCTIONEERS

Selling?

Talk to Joe
T: 086 6013222



Across

1. Type of sweet (5)
6. Liquid from oranges (5)
9. Speech (7)
10. Australian bear (5)
11. Bees live there (5)
12. Put into earth to grow (5)
13. Word for word (7)
15. Power supplier (3)
17. Get money for work (4)
18. Notice, placard (6)
19. Gone higher up (5)
20. Curtains, blinds (6)
22. Used in baking, cleaning (4)
24. Collection of items (3)
25. Pretty Woman singer (7)
26. Beyond (5)
27. Money holder (5)
28. Terminal (5)
29. Morally right (7)
30. Stockpile (5)
31. Not at any time (5)

Down

2. The ideal world (6)
3. Yellow in colour (6)
4. Aeon, age (3)
5. Market kiosk (5)
6. Boris, 'knucklehead' (7)
7. Quantity, measure (4)
8. Wrinkle, pucker (6)
12. Capital of France (5)
13. Goes in front (5)
14. Small gift, a nice surprise (5)
15. Essence, character (5)
16. Adams, Canadian singer (5)
18. Rose red city in Jordan (5)
19. Full (7)
21. Outcome (6)
22. Figure of speech (6)
23. Give for free (6)
25. Path of moon or satellite (5)
26. Exploiter (4)
28. Cooling apparatus (3)

Crossword Winner: Kate Kearney, Glanmire



While every care is taken in the compiling of this newsletter the publishers cannot accept responsibility for any errors or omissions. Services provided are between advertisers and clients, we do not accept responsibility for work / services carried out. Adverts created & designed for the news letter are the property of Glanmire Area News. The views expressed by contributors to the news are those of individuals and are not the responsibility of the news editor. Individuals writers must verify their article content.

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



Health4U

Diagnostic Health Screening & Nutritional Therapy

Home Nutritional Programme Packs

Gut Transformation – 6 week Programme Includes:

Supplements

Step by Step Instructions, Shopping Lists, Menu Planner, Lifestyle Tips, Recipes
3 Phone Consultations

Perimenopause – 4 week Programme Includes:

Supplements

Step by step instructions, Shopping Lists, Menu Planner, Lifestyle Tips, Recipes
2 Phone Consultations

Call 087 7905843

info@health4u.ie

Diagnostic Health Screening – Finger Tip Testing

Results in Minutes

Cardiovascular, Diabetes, Inflammation, Iron, Kidney
Adults & Children

Nutritional Therapy

Digestion, Heart, Hormone Health, Blood Sugar, Autoimmune, Inflammation,
Endocrine, Weight Management & Much More

Adults & Children

Book online at www.health4u.ie

Sinéad O'Flynn, Nurse & Nutritional Practitioner

Dip Nurs, GDip GI Nurs, MSc Adv Practice, GCert Clinical Trials, Dip Naturopathic Nutritional Therapy