



GLANMIRE Area News

www.glanmireareanews.ie | newsglanmire@gmail.com | 086 8294713 | March 2022

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GAP OF DUNLOE WALK IN AID OF THE IRISH CANCER SOCIETY



Let's go for another day to the Gap of Dunloe in aid of the Irish Cancer Society

Coach departs 26 March at 8:30am from the library and will be back 6:30pm

Cost min €50
Contact Liz Dwyer
0872785721

Wishing all readers of the Glanmire Area News a Happy and Green St. Patrick's Day



Glanmire Area Community Association Public Meeting
Tuesday 22 March 2022 at 8:15
At Community Hall, Riverstown, Glanmire.
All Welcome
Local Politicians are invited to attend



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Clinic Times:

Monday: 2pm-4pm (By Appointment)

Friday: 2pm-6pm (By Appointment)

Office Times:

Monday-Thursday: 10am-1pm

I am also contactable by email and phone.

Stay safe and continue to follow the public health guidelines.



Colm Burke

46 Thomas Davis Street (Old Post Office), Blackpool, Cork

021 456 4552 / 087 259 2839 / 01 618 3115

Email: colm.burke@oir.ie



Water infrastructure upgrade



Glanmire based Cork City Councillor Ger Keohane has written to Irish Water requesting that they upgrade and invest in water infrastructure in the Ballinglanna, Dunkettle areas.

Cllr Keohane says that he has been inundated with calls from residents living in and around that area stating that the water pressure has been affected in the Woodville, Fernwood, Glyntown, Ballinglanna estates, residents have replaced shower units and have to go to family and friends to use shower and water facilities.

Cllr Keohane stresses that the water supply is sufficient and there

is no issue with supply, Irish Water & Cork City Council have been very active to remedy the ongoing issues and have installed new water valves and repaired pipes, but ultimately the solution is to upgrade the water piping system, the current diameter of the pipes are too small to meet the demand and should be doubled in size, there are another 800 houses approximately earmarked for this area and now is the time to start the upgrades says Cllr Keohane.

Contact details

Councillor Ger Keohane

Mobile: 086 0263046

email:
gerkeohane68@gmail.com



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

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

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

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

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

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

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

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

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

Could This Be Your Solution?

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

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

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

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

Until March 18th you can get everything I've listed here for only €40. The normal price for this type of evaluation is €120 so you're saving a considerable amount by taking me up on this offer.



Call 021-4824450

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

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

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

P.S. Remember, you only have until March 18th 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.

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. We have been helping people with neuropathy and nerve problems for more than 15 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.

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Buying an electric or hybrid car?

Our Lady Crowned Credit Union has the car loan for you

Electric cars sales in Ireland are still on the up! In January 2022, 21.0% of all new cars licensed for the first time were electric or plug-in hybrid electric according to the latest CSO figures. Electric-only cars now make up 11.5% of all new cars, up from 4.4% in January 2021.

Generally, electric cars and hybrids are more expensive to buy (although this can be off-set by the fuel savings). So, it's important that these consumers are also not paying more than they should on their car finance. Headline rates on PCPs (Personal Contract Plans) can seem very low and appear like very attractive deals. In reality they are one of the most complex and least flexible forms of car finance. They also carry hefty balloon payments at the end of the deal. So, it is probably not the best option for someone paying for a more costly electric or hybrid car.

Loretto Dennehy McCarthy, Manager of Our Lady Crowned Credit Union is urging these consumers to ensure they are fully informed about PCPs – and says they should consider a credit union car loan before making the final decision to enter one of these finance arrangements.

"It's very encouraging to see the consumer make a more ethical choice when it comes to car purchases. We would also urge them to make a more ethical choice when it comes to their car finance. Credit unions are the most ethical lenders in Ireland, offering straightforward loans with very flexible terms and transparent terms and conditions. For example, there will never be any hidden charges or admin fees with our loans, nor will there be any stressful balloon payment at the end of the loan term. We will work with borrowers to ensure the loan repayments are structured in a way that best suits their financial circumstances. We are always happy to re-structure repayments if the borrower is under pressure, or alternatively, if they want to pay the loan off quicker than initially agreed. There are never any penalties for doing this."

With PCP agreements however, the contract terms are fixed, so consumers can neither extend



the term of the loan, nor increase their monthly repayments. Other limitations include sticking to an agreed mileage limit and committing to certain car services. Not to mention the fact that the consumer never actually owns the car until they pay off the balloon payment.

None of these limitations apply to a credit union car loan. Loretto says; "When you opt for a credit union car loan, you own the car straight away. You can drive it as much as you want, and sell it on whenever you might need to. This is simply not an option with a PCP as you are effectively only renting the car."

"We would really urge those opting for the electric or hybrid cars to seriously consider the benefits of a credit union car loan. They have already made the best choice for

the environment, now they need to make the best choice for their personal finances. Credit unions are not-for-profit, so our main concern when we are lending is the financial wellbeing of the borrower. We are delighted to have recently launched our lowest car loan rate ever for new cars which is only for the next 6 months"

To find out more about Our Lady Crowned Credit Union car loan, check out www.olccu.ie, call 021-4504923 or visit the office in Mayfield or Little Island.

You can also visit the Competition and Consumer Protection Commission website at www.ccpc.ie/consumers/money/loans/paying-for-your-car/pcp/ to become fully informed about PCP agreements.



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Figures correct as at 18/12/21.

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

ST. PATRICK'S DAY PARADE



One of the popular parish community events of the year is back to its original format this year; the Glounthaune St. Patrick's Day Parade. And the Community Association is calling out to anybody who would like to take part in the parade and village celebrations; such as sports groups, schools, musicians, dancers etc. Support from the community is so important for success and this can be so easily achieved by attending the event, which in effect equates to participation. The first St. Patrick's Day Parade held at Glounthaune was in 1996 and it had an international flavour with the Gaelic Column of the Boston Police Pipe and Drum Band taking part. Thirty members, all but three of Irish ancestry and the only Police Band in New England, attended mass at Glounthaune and following a piper recital in the church several hundred people gathered to accompany the band on a parade to the village. The event was a tremendous success and the clouds and rain moved away thus enabling a bright and colourful half hour event. A proud Jim Barry, the Boston Police Band Drum Major, described it as "a very moving occasion which none of us will ever forget". Their visit was filmed for a television special which was shown on BBC later that year. Well, many other noteworthy St. Patrick's Day Parades have been held at Glounthaune over the past twenty six years; such as the 2003 one which was featured by then Glounthaune resident Dixie Brazil in his popular column "Mainly about People" on the Evening Echo of Thursday March 20th. The header was: "Parading the Irish spirit of welcome". QUOTE: It was a St. Patrick's Day parade that showed the best of the Irish spirit. History will show that when Glounthaune on the eastern fringes of Cork city discovered over two years ago that its local hotel was to become an asylum accommodation centre, there was an outcry and expression of concern. Today, however,

more than one hundred such residents live at the former Ashbourne House Hotel at Glounthaune. It also has a luxury apartment block within a few hundred yards of the centre which is home to those seeking the right to stay, as are houses and apartments over a wide area of the adjoining Little Island and Glanmire. Today integration has worked wonderfully in Glounthaune, epitomised by a Christmas party for the "visitors" and their participation in the multi-cultural parade on St. Patrick's Day. It was a colourful event which saw hundreds of locals, often representing generations who have lived in the area, mixing with people from some seventeen nations worldwide who are living in Glounthaune while seeking the right to stay in Ireland. The parade was the brainchild of the Cork Area Development, Gráinne Duggan who is an English language resource teacher in Glounthaune National School, as well as residents from the local community. Claire and Ian Danks put huge effort into creating a float whose theme was "Act locally, think globally". The Glounthaune Asylum Support Group worked in conjunction with various local groups to create the multi-cultural St. Patrick's Day Parade.



It was somewhat ironic to see the flags of Iraq, the USA and Britain carried and representing just some of the nationalities of those now living in the area. The success of the parade was largely due to the huge effort by the children in Glounthaune National School assisted by the support of the following groups: Jacinta O'Sullivan's Irish Dancing School, Mayfield Brass Band, Brownies and the Lackenroe Girl Guides. There were under-age teams from Erins Own, Glounthaune Tae-kwon-Do Club, Gospel Choir and the East Cork Vintage club. The traditional Irish music group CBS4 also attended while the Community Timebank – an EU concept for community co-operation and support – supplied back-up volunteers during the event. For people

like John and Betty Mc Donald, it was an occasion that was moving as it was for well-known solicitor Sandra Mc Nally who is a recent arrival in the village, Patricia Horgan who has done so much for refugee support, and Martin & Geraldine O' Neill proprietors' of "The Rising Tide Bar & Restaurant" in the village. We met with people who moved to Glounthaune many years ago, such as Seamus Keegan who later took a leading role in training the under-age lads who went on to enjoy great success with the Erin's Own club. We met Mary Waterman whose family has long been local publicans and now operates the popular "Junction Bar". We met local curate Fr. Charlie Kiely, a native of Belgooly and who was an auctioneer with Cohalan, Downing & Associates before joining the priesthood. Charlie, as he is known to all in the area has been a wonderful contributor to community spirit and development and he received a great welcome on the day. The vintage car display was also a very attractive aspect of the parade with former Chamber of Commerce President Bill Cuddy and his wife Valerie turning up in their vintage jeep. Jim Murphy and Conor Hayes, construction expert Derry Delaney, sports fanatic Gerry Ryng and wine expert John Murphy were also enjoying themselves on a glorious sunshine day. Food and refreshments were supplied by the local Community Association. We also met with another popular solicitor, Teresa O' Sullivan who is a former chairperson of the Association, Councillor Gerry Kelly, Ray and Mary Kelly, Maeve and Garry Tomlins, Conor O' Brien, father of Irish Examiner award-winning journalist Carl, the Collins family including Alicia's boyfriend Andrew Farleigh, the Yorkshire lad who made a fine St. Patrick. Parish Priest Fr. Liam, Water-Rock golf club's Claire Healy O'Brien, local doctor Terry O' Brien and Anne O' Keeffe were also on hand. The Imokilly Vintage club was well represented by several vehicles and Fian O' Mara led the parade in the company of his wife Marie. What occasion would have been without the company of Glounthaune's own Des Daly? All the various other nationalities which have become part of the new Glounthaune were very well

represented. Jill Doyle led the catering corps with her usual efficiency, good humour and excellent food. The weather certainly helped and it was an occasion to remember – surely a great advert for bettering community and multi-cultural understanding. The overseas visitors present, many dressed in their national costumes, mixed warmly with long-time locals, their children playing together in the village square. A Nigerian group provided wonderful music and song. It was a moment when you just sat back and asked how anybody could suggest we are a racist society. This was an event that deserves to be acknowledged worldwide as the Irish showing hospitality and understanding UNQUOTE. Well, that report will reawaken memories; not least the names mentioned which sadly include those who in the intervening nineteen years have passed on to their eternal rest. Féadfaidh siad eile i siocháin. "Ashbourne House Hotel" is another memory. The property was purchased by German national Wolfgang Tgahart in the late fifties and his sister-in-law Timothea Garde opened it as a hotel on May 16th. 1960. The official ceremony was performed by the then Lord Mayor of Cork Stephen Barrett T.D. The hotel was a very popular venue for the local community; let it be to celebrate a wedding, a birthday, a first communion, a confirmation, or holding a dinner-dance, a family gathering, or organisations in the parish utilising the venue for meetings. It was a gem of a place for children as they were able to play in a carefree environment and perhaps some of today's young adults were reared at Ashbourne! Alas, the hotel closed exactly forty years later and it was then converted to an accommodation centre for those seeking asylum. It is noteworthy that when it first opened the then Minister of Justice John O' Donoghue told the Dáil that the Ashbourne House Centre would be a short-stay one for applicants – that was twenty two years ago! Will this year's Glounthaune St. Patrick's Day Parade be as colourful and successful as that in 2003? There is a role for everybody and the parade offers a great opportunity to celebrate our National Day – "Níl Aon Tír Mar Do Tír Féin".

SLÁN ANOIS ©



'FOCUS-POCUS'

Anna Machura

Teaching With A Therapeutic Twist

Do you believe in magic? Well, you should. What happens in your brain when you focus your attention resembles pure magic. Among 20,000 active words that an English adult speaker is said to have in their vocabulary bank, one has drawn my special attention. PRESENT. 'The here and now'. 'A gift'. 'To be in the current moment'. If the past is gone and the future has not happened yet, then what really exists and matters for us is the present moment, doesn't it? No, we cannot be present in two places at the same time (OK, fair enough, it is a topic for a longer discussion with quantum physicists; for the time being - at least living in our bodies - all we can see is NOW. WOW.

You've probably heard a famous statement: 'You can achieve it if your mind can perceive it'. Being a person of inquisitive mind who tends to question almost everything, let me share my view on that. In my humble opinion, the word in a dictionary that should probably be revisited, so that humanity can progress even faster, is 'unimaginable' (= 'inconceivable', 'unthinkable') ... I much prefer the opposite - 'imaginable'. Even the word 'impossible' says I'M POSSIBLE. It's all a matter of perspective. What is it then that makes the magic happen? ABRACADABRA, FOCUS-POCUS! Creative thoughts, innovative ideas, breakthrough inventions - where do they all originate? Let's focus and go deeper to find out! In my opinion, the best present you can give yourself is 'to be present'. Why is that? Well, undoubtedly, time is the most precious thing we have been given in this world. Time is the invisible fortune! Spend your time wisely like you spend your money. Have you ever wondered what stories are likely to get the most powerful effect? Probably, those written in the Present Tense so we can feel the moment as if we were there. Isn't that amazing? Another interesting thing to notice is that taking photos has a similar feature - the best shots usually come out when we pause and focus, or adjust the focus, if you like.

A quick digression - it seems the current world is becoming not so healthy for our brains. Do it quicker, work faster, scroll it, skip it, more and more... We are human beings, not human doings. Isn't it bizarre that the human of the 21st century must learn how to be, to breathe and to find time to truly enjoy the precious 'here and now'? Another connotation - we need to pay for the worldly things which we perceive as dear, precious, of significant worth. Please pause and think about the following expressions for a second:

- to pay tribute;
- to pay respect;
- to pay homage;
- to pay attention.

I hope that concept brought a slightly different perception in focus or 'fired

and wired' a few new neural connections for some.

What strikes me is that we learn all our lives how to DO things, yet so little time is given to BEING.

Be careful!

Be quiet!

Be good!

Be yourself!

What about just: Be?

Here's a quiz sort of question for you: Has the neocortex got anything to do with a different dimension? Answer: It certainly has. Every time you focus your attention on the present moment, remember - energy goes where attention flows. Like Neo in the 'Matrix' movie, when you make a conscious effort to set your brain, you tune into the incredible flow of abundance. Almost a different reality. 'You have to let it all go: fear, doubt, disbelief... Free your mind!' But first - focus.

For the time being, a full comprehension of our complex cognitive abilities still remains in the sphere of unknown, despite the intensive current research and numerous studies. Scientists, researchers, other 'tough minds' are trying to deliver clear answers in this area, attempting to make it easier for everyone to unlock the door to endless possibilities, a different state of mind.

If you're a neuroscience novice, for the start, I recommend listening to gamma state tunes. If you're interested in the topic, you might have already discovered the benefits of prayer, meditation and alike.

As a professional linguist, teacher, dyslexia tutor, a therapist, a translator, a certified practitioner of CBT (Cognitive Behavioural Therapy), the Therapeutic Use of Mindfulness, NLP (Neuro-Linguistic Programming); holding in hand an advanced diploma in hypnotherapy, appreciating the positives of Neurolanguage® coaching, let me give you some advice hidden in my short poem below:

Mindful moments - a treasure without measure,

Around us a cacophony of voices - mind your choices,

Gentle subconscious whispers - our humble mumble,

The power of awareness - apprehension without tension,

Divine abundance awaits - just open the gates,

By breathing life, exhaling the dense - it makes sense.

Focused, holding on to hope like a strong rope.

Insecurities appear when the future's unclear.

Yet, the clouds of blindness anticipation give in to creation,

Incomprehensible becomes now possible,

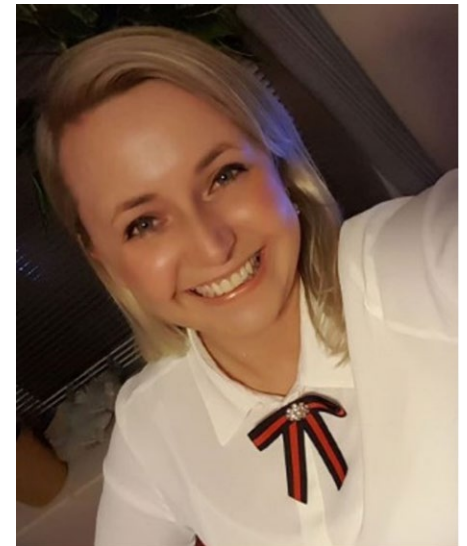
And you start achieving after perceiving.
Focus-Pocus, abracadabra. Neurons - 'Think or Shrink'.

Feel it yourself now, the cleansing power - the mind shower.

We should put the present moment first, not second, I reckon.

Awareness harnessed in the current is so apparent...

P.S. Do unleash your mind sometimes, unlock the realm of God's divine abundance, let your dreams manifest, allow the inner instincts and desires emerge to the surface... at least once in a while. Maybe you are a genius, but still asleep, not awake yet? Focus-Pocus, Wake up! NOW SMILE.






Anna Machura

Cambridge-qualified ESL Teacher and Law Specialist. Certified practitioner of NLP (Neuro-Linguistic Programming) and CBT (Cognitive-Behavioural Therapy)

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Gardening

with Charlie Wilkins



Charlie Wilkins

THE WINSOME CHERRY

No flower is as mysteriously winsome as the cherry, but then spring flowers have always touched a soft streak in human nature! I have never been to Japan but if I were there now, the plum, peach, and cherry trees would be flowering (in succession) even though bitter winds and vicious scuds of snow often mingle with the delicate petals. The East's spectacular season of blossom begins in early March as the plum tree buds unfurl and step into centre-stage limelight. Their beauty is cursory and despite their allure it fills the heart of Easterners with sadness so short is their peak of perfection. Thereafter comes the season of peach blossom, followed in turn by the cherry which in China and Japan commands the highest admiration and affection. In both countries expeditions to the mountains are organised so that city workers can observe this spectacular spring phenomenon first-hand. Travel brochures reveal tit-bit chocolates of information about these cherry-time celebrations, and many tell of informal tea stalls opened for visitors (serving the equivalent of our 'queen cakes') presented with green tea on bamboo tables whilst paper lanterns (suitably decorated with cherry drawings) float away on the evening breeze. It must be spectacular and I would love to see it!

Compared to the veneration of blossoms shown in these far-flung countries our view of cherry trees is rather dismal. We have used the variety 'Kanzan' (in particular) as street 'furniture' in Ballyphehane and these live out their dusty, traffic-fumed lives in suburbia devoid of proper attention and refinement. Their rather gangling habits bore us and their colours we exclaim, are far too garish.

It's hardly their fault however, for there was no real thought or advice ever given about their positioning or needs, and for our sins they are now seen much the same in their vices and virtues; one superb show of flower (if the weather holds) then dullness for the remainder of the summer. The planners I know, failed to choose the better forms!



Incisa never grows very large which means that it will take kindly to pot culture and in the open garden

There is a neglected group of cherries that are much more biddable than 'Kanzan' and their ilk. Where garden space is limited *Prunus incisa* should be the cherry of choice. Its blossom comes early, the autumn colour is spectacular and even the leaves are interesting. *Incisa* never grows very large which means that it will take kindly to pot culture and in the open garden. More often than not, this particular cherry is found as a shrub rather than a small tree. The small potted specimen that I grow is easy to maintain and it flowers profusely (in a sheltered spot I must admit) for the garden is high and often windswept. For all that, I lavish it with my most abundant commodity, neglect! It is pruned annually after flowering (and pinched like fuchsias once or twice during summer to promote short-jointed growths) to restrict its size. The only drawback I must admit is shortness of flowering.

A CARRIER OF BEAUTY

The spring equinox is almost upon us, a time when day and night are of equal length. Once it is reached,

the hours of daylight quickly begin to exceed those of darkness, and people everywhere rejoice. Gardeners reckon (quite correctly) that light reveals the world to us. Body and soul crave it. It sets our biological clocks, and it triggers the sensation of colour in our mind's eye. More than that, light feeds us by supplying the total energy needed for plants to grow and mature. It shines for all except those denied the gift of sight. For these, light may never illuminate their world, but it does permeate their inner vision and continues to be the amazing tool that it is, a carrier of beauty, a giver of light.

I NEVER KNEW THAT!

Have you ever wondered about the contents of those small packets of 'plant food' that come with cut flower bouquets? Do you use it or dump it? I suggest you treasure the contents of the packs in future for they really help prolong the life of the flowers in question. Cut flowers always start to deteriorate when placed in water. The lowest (cut) portion of their stems starts to break down first, and when they reach this stage, they are unable to take up water (gerberas are the most likely to break down in plain tap water). The contents of cut-flower food packets slow the rotting process as well as fertilising. The food element is sugar but because this also increases bacterial activity the addition of a weak crystalline powdered bleach and an acidic component that slightly changes the acid/lime content of the water is added. The concoction is fine for cut flowers but is of no use should you decide to sprinkle it around the open garden. Some advocate using lemonade or aspirin in the vase water. The former causes bacterial problems and the latter, whilst effective, is costly.

first cut. Moss can be killed by dissolving a mug of Sulphate of Iron in a gallon of water and applying this via the watering can or sprayer. Drenching is not necessary—a mere misting will suffice. Repeat as often as is necessary. Weed control must be left until early May when the nights become warmer.

PRUNING ROSES: Old rose bushes, really old bushes, should

be cut back extremely hard then mulched with manure or garden compost. These organic materials will add life to the soil especially on rose beds (perennial beds also) where artificial fertilizers (such as Rose-plus) have been used for year after year. Continue with Rose-plus for it is ideal but do get some organic material onto the rose bed also.



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THE MARCH GARDEN

LAWNS: The recent spell of dry cold weather worked wonders on sodden ground and a start can now be made on lawn cutting and general maintenance. The first cut should be a 'topping' only, nothing lower, or the grass will go into shock and turn yellow. Frost will not be a problem should the cold continue following the



GLANMIRE LADIES FOOTBALL CLUB

Cork U16 Panel

Congratulations to Ava Fitzgerald, Ava McCarthy, Sinead Hurley and Orlaith Walsh who have all been named on the Cork U16 panel for 2022. Well done and best of luck to the girls for the season ahead.

Cork Senior Panel

Congratulations to Abbie O' Mahony who is, again, involved with the Cork Senior Footballers for the upcoming season.

Cork Minor Panel

Congratulations to Clodagh O' Donovan, Caoimhe Richmond, Evie Twomey and Lucy Greene who have all been named on the Cork Minor Panel for the upcoming season. Special mention for Evie Twomey who was also named as Captain for 2022.

UCC Scholarship

Well done to Intermediate player Annaliese Murphy who was awarded a Sports Scholarship in UCC.

Schools Camogie Final

Congratulations to two of our Intermediate players, Gaby Cashman and Tara Elliot who recently won a Munster Senior Camogie Schools medal and are now awaiting an All Ireland Final. Congratulation's girls and best of luck to Gaby as she leads the team out as captain.

Easter Camp

Our Easter Camp returns for another year! The camp will take place on the 13th, 14th and 15th April in the Pike Field. We look forward to see many boys and girls down in the Pike for another enjoyable and successful easter camp.

Colleges

Well done to Abbie O' Mahony and Sandra Dinan who were involved in MTU's victory over DCU and then went onto beat UCC by a point in the Moynihan Cup. That win sees them through to an All Ireland Semi Final. Ally McCarthy, Ellen Twomey and Lucy Cashman were involved in the UCC team that lost out to MTU but they still go on to play in the All Ireland Quarter Final. Hard luck to Shauna Murphy who was involved in the

UL team that lost out to UCC.

U14

Well done to our U14B2 squad who were winners against Inch Rovers in the 2021 U14 Development Championship Final. Congratulations girls on a great win and we look forward to more wins in 2022.



Orlaith Walsh



Clodagh O' Donovan



Ava Fitzgerald



Ava McCarthy

EASTER CAMP

13th, 14th & 15th April
9:30am - 1pm

Age 6-14

Location Pike Field

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2 Children €75
3+ Children €100

For boys & girls!



Sinead Hurley



Caoimhe Richmond



Abbie O' Mahony



Evie Twomey



Lucy Greene



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Mrs Lindsay agus Luíochán na Druipsí- Cuid 2

Micheál Ó Súilleabháin

I Nollaig 1920, bhí cruinniú sa Bhlarnain a raibh Seán O' Hegarty, a bhí ina chomharba ar Thraolach Mac Suibhne i gCéad Bhriogáid Chorcaí de na hOglaigh i láthair. Bhí ceannaire agus leas-cheannaire an 6ú Briogáid, Jackie O' Leary agus Frank Busteded i láthair, chomh maith. Dúirt O' Hegarty go raibh "dúnmharfóirí agus coirloisceoirí de chuid Arm na Breataine ag taisteal trí cheantar an 6ú Briogáid gach re lá gan cur isteach orthu." Chuir O' Hegarty in iúl go raibh campa traenála ullamh ag Kilocullen, ceantar cúlraideach idir an Domhnach Mór agus Réileán. Thosódh traenáil díreach i ndiaidh na Nollag do 60 fear agus chaithfidís coicís ann. Dúirt O' Hegarty le O' Leary: "Ionsóidh sibh an Manchester Patrol nuair a bheidh sibh réidh."

Roghnaíodh Godfrey's Cross, leath-shlí idir Ath an Chóiste agus Druipseach mar láthair don luíochán. Dar leis an 6ú Briogáid, bhí an áit oiriúnach toisc go raibh cúinne ar an mbóthar roimhe, bhí an talamh ard taobh istigh den chlaí agus bhí nasc-bhóthar go Domhnach Mór láimh leis. Ní raibh O' Hegarty cinnte faoin láthair mar dúirt sé go raibh taithe ag na Manchesters ar chogaíocht sna tríní.

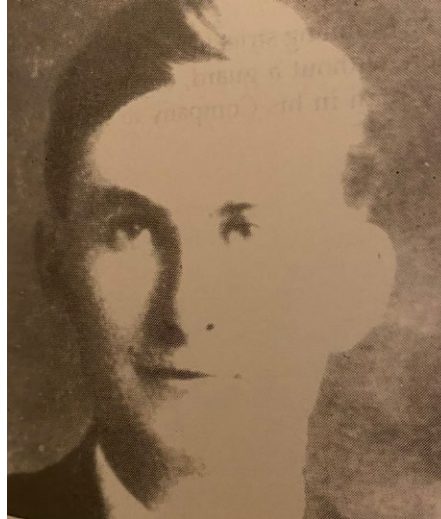
Mí ina dhiaidh sin, thaistil O' Hegarty, Busteded agus O' Leary chun an láthair a iniúchadh. Ar an 27 Eanáir 1921, tháinig 68 fear le chéile ag an láthair. Bhí teach tréigthe ag na Bowen-Colthursts in aice láimhe agus bhí cuid díobh chun an oíche a chaitheamh ann. Bhí scabhtaí ag pointí straitéiseacha.

Ach léiríodh go raibh fadhbanna ag baint leis an láthair go luath. Go luath ar maidin an 28 Eanáir, dúisíodh Mrs Godfrey. Chuala sí cros-sábh ag gearradh trí chrann agus coit ag glanadh driseacha. Cheistigh sí a tiománaí agus dúirt sé go mb'fhéidir go raibh baint aige le luíochán. Chuir sí an tiománaí g hAth an Chóiste chun teileagram a chur chuig a deirfiúr, a bhí chun teacht ar cuairt chuici an lá sin. Dúirt sí sa teileagram gan teacht. Ansin tháinig fear an phoist. D'ordaigh na hOglaigh dó gan labhairt le duine ar bith faoin luíochán ach phléigh sé é le roinnt daoine. Ansin bhí fear áitiúil ag obair don Bháicéir agus Grósaer, Tim Sheehan, in Ath an Chóiste. Nuair a shroich an t-oibrí an siopa, dúirt Tim Sheehan leis go raibh sé luath. D'fhreagair sé go raibh air imeacht níos luaithe toisc go raibh luíochán le bheith ann an lá sin.

Ag 11.30 i.n., chuaigh Mrs Lindsay isteach sa siopa. Dúirt sí leis go raibh sí chun taisteal go Baile an Chollaigh go ndéanfaí tástáil ar a gluaisteán. Mhol Tim Sheehan di gan dul trí Dhruipseach mar go raibh ráflaí ann faoi luíochán ag Godfrey's Cross. D'ordaigh Mrs Lindsay don tiománaí, James Clarke, an gluaisteán a chasadh timpeall. Thaistil siad ar bhóthar eile go Baile an Chollaigh. Ar an slí, bhuail sí leis an Athair Shinnick agus d'inis sí dó cad a bhí ag titim amach. Nuair a shroich sí Baile an Chollaigh, chuaigh sí caol díreach go Stáisiún na bPóilíní. D'inis sí don chigire cad a bhí cloiste aici. D'iarr sí air teagmháil a dhéanamh le General Strickland. Ansin, d'imigh sí go Beairic an Airm.

Iidir an dá linn, d'inis an tAthair Shinnick an scéal don sagart paróiste in Achadh Bolg. Chuaigh sé ansin go dtí an scoil

áitiúil. D'iarr sé ar na múinteoirí na daltaí a chur abhaile luath. Ansin, chuir an tAthair Shinnick teachtaire chuig Jackie O' Leary le cur in iúl dó go raibh scéal an luíocháin ar eolas ag Arm na Breataine agus gur cheart dóibh an luíochán a chur ar ceal. Tar éis dóibh plé a dhéanamh air, shocraigh siad leanúint leis an luíochán. Bhí cuid acu amhrasach faoin sagart mar bhí a fhios acu go raibh sé glan in aghaidh an fhoréigin.



Jackie O' Leary 1921

Um thráthnóna, ag 3.30 i.n., d'fhág Arm na Breataine Baile an Chollaigh. Bhí seasca sa ghrúpa. Roinneadh iad i gcúig ghrúpa. Ba é an plean a bhí acu ná lucht an luíocháin a thimpeallú. Faoin am gur thuig Jackie O' Leary go rabhadar timpeallaithe, bhí sé ró-dhéanach. D'ordaigh sé dá chuid fear cúlú agus do roinnt den ghrúpa an cúlú a chosaint. Sa chúlú, ghabh Arm na Breataine deichniúr de na hOglaigh. Bhí cúigeir díobh gortaithe. Tógadh na príosúnaigh go Beairic Bhaile an Chollaigh.

Theastaigh ó na hOglaigh a fháil amach cé a thug eolas faoin luíochán don sagart. Seachtain ina dhiaidh, chuaigh beirt díobh go tigh an tsagairt. Chuireadar brú ar an sagart agus d'admhaigh sé dóibh gurbh í Mrs Lindsay a thug an t-eolas dó. Thosaigh Cúirt Mhíleata ag Dún Victoria i gCorcaigh ar an 4 Feabhra 1921. Bhí ochtar os comhair na cúirte. Scaoileadh beirt díobh saor cheana féin.

Shocraigh na hOglaigh gníomhú láithreach agus Mrs Lindsay a ghabháil. Bhíodar chun í a choinneáil mar ghiall. Cheapadar go bhféadfaidís í a mhalartú do na hOglaigh a bhí os comhair an Bhinse Mhíleata. Cuireadh an Chúirt ar athló go dtí an 8 Feabhra. Ach bhí a fhios ag na hOglaigh cén toradh a bheadh ar an gcás. Chuaigh grúpa díobh i ndorchadas na hoíche go Teach Leemount. Ghabhadar Mrs Lindsay agus an buitléir, James Clarke. Tógadh iad go Réileán i dtús báire agus ansin go dtí teach eile sa chomharsanacht.

Fuarthas triúr de na hOglaigh neamhchiontach. Fuarthas cúigeir de na hOglaigh ciontach: Thomas O' Brien, Daniel O' Callaghan, John Lyons, Timothy Mc Carthy, Patrick O' Mahony. Bhí beirt eile a bhí le ciontú níos déanaí, James Barrett agus Denis Murphy. Bhí ar James

Barrett dul faoi obráid chun a chos a theascadh. Fuair sé bás tamall i ndiaidh na hobráide. Chuir Mrs Lindsay litir chuig General Strickland ag impí air gan na príosúnaigh a chur chun báis. Chuir na hOglaigh in iúl dó go scaoilfí í féin agus James Clarke saor dá n-éireodh léi beatha na bpríosúnach a shábháil. Ach ní raibh General Strickland sásta géilleadh di. Básaíodh an cúigeir ar an 27 Feabhra in éineacht le príosúnach eile ó Chontae Thiobraid Árann, John Allen. Sheasadar i mbeirteanna os comhair scud lámhaigh. D'iarr na gaolta ar na húdarais na corpáin a thabhairt dóibh chun sochraidí a thabhairt dóibh. Dhiúltaigh na húdarais. Tógadh na corpáin go Príosún Chorcaí ar an mBóthar Iartharach agus cuireadh iad in aol beo. Chuir Mrs Lindsay an dara litir chuig General Strickland ar son James Barrett agus Denis Murphy. Bhí James Barrett ag fáil bháis agus bhí Strickland sásta beatha Denis Murphy a shábháil ach téarma fada príosúnachta a chur air.

Dúirt na hOglaigh le Mrs Lindsay agus James Clarke go raibh siad le scaoileadh saor. Ach níorbh amhlaidh a bhí. Tógadh iad go dtí áit ar an slíabh idir Domhnach Mór agus Réileán darbh ainm Flagmount. Lámhachadh an bheirt acu agus cuireadh iad in uaigh ann. Ach thosaigh Arm na Breataine dian-chuardach agus bhí eagla orthu go bhfaighfí na corpáin. Aistríodh iad go portach agus faoi dheireadh in 1924, cuireadh iad i bpoll uisce domhain. Níor thángthas ar chorpáin na beirte riamh.



Nochtadh Leacht Cuimhneacháin Luíochán na Druipsí in 1938. Ba é Séamus Murphy, an dealbhóir dúiteach, a rinne an leacht.

Tá an t-alt seo bunaithe ar na leabhair seo:
Lady Hostage: Tim Sheehan;
Execution: Seán O' Callaghan.

Gluais:

comharba=successor
dúnmharfóirí agus
coirloisceoirí=murderers and
arsonists
cros-sábh=crosscut saw
coit=slasher
teagmháil a dhéanamh le=make
contact with
giall=hostage
cos a theascadh=to amputate a
leg
ag impí air=imploing him
scud lámhaigh=firing squad



WHY ARE WE ADDICTED TO SOCIAL MEDIA?

John O'Sullivan

Personal & Business Coach

Have you ever sat down to do a piece of work, only to find yourself distracted within a couple of minutes by an email, text, WhatsApp, Facebook or a phone call? The chances are, you have. As our use of technology has taken great leaps forward during the past 2 years, the number of communication channels have expanded beyond belief. While many of these are positive, us poor humans haven't evolved quite as quickly and often find ourselves feeling bombarded by endless distractions that call for our immediate attention.

How about other distractions? Have you ever tried to concentrate on a single task only to find your mind racing with all the other things you need to do? What's that all about? If these distractions sound familiar to you, then please read on.

The human brain, bless its cotton socks, is an amazing analytical tool. It's evolved over thousands of years and is undoubtedly the single most intelligent gadget on the planet. And the best part is, we all have one (with the exception of some international leaders, of course). However, advances in technology means we can trick the brain into doing things that are not in its best interest. Bright snappy apps, notifications from social media, bleeps, bings and tweets, all have a way of triggering our brains and distracting our flow.

When we post on social media, and our friends or followers like or comment on our post, our brains get a hit of dopamine.

This is a powerful (and addictive) chemical released by our brains to create what's called a "reward pathway". Research conducted by Harvard University, shows that dopamine is associated with food, exercise, love sex, gambling and, now, social media as well. This is especially concerning for our children who for the past two years have probably spent more time online than ever before.

While dopamine can be a powerful force for good, for example when it's released during and after exercise, it can equally reinforce self-destructive behaviour as we see in some of the above examples. So for me, awareness is power. If we know that dopamine is why we feel so good when our friends like our Facebook selfies, then we as individuals have to choose what happens next. If you find yourself using social media excessively, perhaps now is the time to make the conscious choice to do something about it.

Social media is designed to trigger this dopamine response, and therefore is addictive in the same way as alcohol or nicotine. For some people they can take or leave social media. But others are caught in the trap of the "Post. Like. Dopamine-hit. Repeat" cycle.

So enough with the problem, what about the solution? Like many problems, there is no single solution, but rather a set of steps we can take to counteract the issue. For example, if your kitchen is a mess you'll need to do a number of things to put it right. You might

empty the dishwasher first so you can then stack the dirty plates. Then you might clear the counters before washing the floor.

The same is true with the distractions from social media and other forms of technology. If your head is spinning with a never ending to-do list, then get it out of your head. Write it down! Keep a notepad by your bed so that if you remember an important task you can get it out of your mind and safely onto paper so it won't disturb your sleep. An important thing to remember about to-do lists is to prioritise them, otherwise you might be tempted to only do the easy or enjoyable tasks (remember the dopamine?) while you ignore the unpleasant stuff.

How about posting on social media, then spending the rest of the day counting the "likes"? What if you get lots – does that make you a happier person? What if you get less "likes" than last time? This dopamine release (or lack of), has a massive effect on our mood. Why not take control of how you feel and reduce the number of times you post online? Try remembering that you are your own biggest hero, and other peoples "likes" don't have any real value whatsoever.

Try turning off social media notifications. This was something I did a few months ago and I found it so liberating. I hadn't been aware of the sheer number of distractions caused by my phone, and turning the notifications off, felt like a weight off my shoulders. Even though I didn't realise they were a problem! Some other strategies

you might try could be, shutting off your emails when you're working on an important task, or setting the time you don't check your work emails in the evening. By creating off-line time, you can regain so much autonomy of your own life. Autonomy you may not even realise you've lost.

Finally, remember, the endless stream of distractions are just that. Distractions. How important are they really? What happens if you miss a notification? The truth is you'll miss absolutely nothing of any real importance. Not in the bigger scheme of things at least! So if you think you're a slave to your phone, try giving yourself a digital-detox, and enjoy the immediate benefit of headspace, peace of mind, and the most precious commodity of all, your time!



John O'Sullivan

Personal and Business Coach

Direct Goal Coaching

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GLASHABOY FLOOD RELIEF WORKS

GORDON SAVILLE

Let me start with a brief introduction. I have been living in Glanmire for almost 20 years and one of the things I love is the fact that we are so close to nature. There are trees and streams everywhere. We can walk out of our doors and into the woods without missing a beat. There are animals, birds, and fish everywhere you look. Fantastic.

I consider myself to be an armchair environmentalist. That's to say, I talk the talk and have made some changes to my lifestyle (I'm obsessed with turning off the lights) but I have not given up my car or my foreign holidays. I believe that it is the responsibility of local and national government, and of corporations, to make systemic change. I also believe that Ireland could, and should, lead by example in reducing the impact of climate change.

So, what's this about? Everybody living in Glanmire at the time remembers the horrendous floods that took place in 2012. Homes were very badly damaged particularly in Meadowbrook and, on a separate occasion, in Copper Valley Vue. Businesses in Crestfield were also badly damaged.

A couple of weeks ago I noticed some signs had been put up at the entrance to Copper Valley Vue. Nosey as I am I stopped to have a look at them. The signs had been put up by the County Council in conjunction with the OPW. These signs stated that flood relief works would commence in the coming months and gave a website address for further information <https://www.floodinfo.ie/frs/en/glashaboy/home/> "I'll look that up" I thought, "I hope we're not going to end up with some concrete nightmare a la Skibbereen or Bandon".



Crestfield shopping centre before



Crestfield shopping centre

A couple of days later I came home from work to a scene of destruction. Something that, in my horror, I could only describe as ecocide. From the bridge into Copper Valley Vue to the estate boundary, in the direction of O'Connell Transport, every tree on both sides of the stream had been cut down. Tall, mature trees and all undergrowth had been completely removed with only stumps remaining.



Copper Valley Vue Bridge

The following day I came home to find that trees on the other side of the bridge had been removed.

A couple of days later it was trees through the middle of Crestfield shopping centre. Again, all along both sides of the river.

Next to go, the trees around the circus field.



In Meadowbrook the plan appears to be to maintain the existing trees and to repair and raise the current wall. In other areas such as Kearney's Cross, Hazelwood, Butlerstown Stream, and Brooklodge Grove the plan is to dig out the bed of the streams, dig out the banks to a specified width, and then to build culverts and concrete walls. One need only look to Skibbereen to imagine the finished article. Whilst I agree that homes



Brooklodge Grove Copper Valley

and businesses must be protected this seems like a scorched earth solution to me.

These plans were put in place nearly 10 years ago and public consultations took place about 5 years ago. I think we are all aware that we are now in the middle of both a biodiversity crisis and a climate crisis. In fact, Eamon Ryan has gone as far as proclaiming that Ireland is in a Climate Crisis, and An Taoiseach Micheál Martin recently gave a speech at the international climate summit COP26. Opinions have moved on, creative solutions have been identified in other countries, but the OPW is still stuck in the dark ages. We should be planting more trees alongside our rivers and in other places. We should be looking at upstream solutions to slow the flow of water or to create flood plains which will never be built on.

It is, obviously, too late to save the trees that have already been removed but what can be done next? I have met with Oliver Moran (Green Party City Councillor) and he has promised to keep pushing for a post works mitigation plan. We must undertake considerable replanting when all the works are finished but we must also consider the type of planting. A few spindly young Birch trees are not good enough. We need to encourage biodiversity. We need to include flowering trees, fruit bearing trees, and nut bearing trees. We must consider wildflowers to grow under and alongside these trees. We must do our utmost to encourage the insects, the birds, and the animals back into these areas. We must protect our houses, but we must also protect our local environment.



Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com



Upper Glanmire Ladies 'Sip & Shop' at L Lifestyle' Little Island

Catherine Cashman of Upper Glanmire Creche and her friends headed to 'L Lifestyle' Little Island for an evening entitled 'Sip & Shop'.

This is an element of the New business started by local lady Lorraine O'Neill (from Glanmire). Small groups of ladies book in as part of their night out.

They enjoy complimentary chilled prosecco and nibbles in Lorraine's fashion studio and have the opportunity to shop in peace & good company as part of their night out. They then head off to another local business for drinks or dinner of whatever takes their fancy!

Lorraine's business 'L Lifestyle' is an online lifestyle clothing business for ladies based nearby in Euro Business Park. As well as selling from her website & social media she also arranges to meet ladies within her studio where ladies have the opportunity to call by and try on.

Check it out on social media or www.lifestyle.ie



Watergrasshill & Glanmire Charity Tractor & Truck Run 2021

Adam & Helen Dunne would like to extend their sincere THANKS to every single person who supported the event which absolutely lit up and lifted the spirits of so many.

From the stewards/bucket collectors to the drivers, co organisers, to every single member of the community who turned out to cheer and support the event.

€14,760 was raised, which is fantastic... all in aid of Pieta House.

The team hopes to run this event next year. Such an amazing local initiative. Well done to all involved.

NEW COMMUNITY PITCHES IN BROOKLODGE

New Community Playing Pitches developed by the Glanmire Area Community Association for the people of Glanmire





White's Cross GAA News

whitescrossgaa.ie



the White's Cross junior A hurling team in training recently

Team News

In the last edition of the Glanmire Area News, we reported that the first training sessions had taken place on our new all-weather, Astro-turf training facility. Since then the facility has been in regular use, as it's design intended, as all of our teams gear up for the 2022 playing season.

The junior hurling team enter their second season under the stewardship of Pdraic Kelleher. A lot of progress was made in 2021. We entered a second team in hurling for the first time in several decades which was a huge success. A lot of new players joined the panel. There is a lot of optimism about that, following a year of settling in and getting familiar with each other, the side can compete for trophies in the City Division Junior A grade. We were narrowly beaten, in controversial circumstances, by a St Vincents side that reached the final. Early season training as gone very well so far. Mick Mangan, the Clare native, who has a lot of experience in coaching Harty Cup, Fitzgibbon Cup and club sides visited the club to lend his experience for a number of sessions. This was very beneficial for the side. The Junior A hurling league will commence with a trip away to Nemo Rangers on Sunday the 13th of March. These sides clashed in June of last year in White's Cross with the Trabeg side coming out on top on that occasion. The Junior B hurling team will play their opening games two night before when they travel to Knocknaheeny to play St Vincents under lights.

Our junior football team has also resumed training. Once again, Diarmuid McDonnell will be at the helm. This team has also played one challenge game against Glenville. The result did not go our way on that particular Sunday morning. However, it was very encouraging to see some players from last year's under 17 team make the step up to the Junior ranks. Luke Kelleher kicked a fine point on his debut while Ethan Ryan played a commanding role at center back. Luke Murphy and Adam Kent both came on in the second half and look comfortable when in possession.



Seamus Quinlan in action for the junior football team

The Junior A football team will play their opening league game away to St Vincents on Thursday March 3rd. Our second football team will get their season underway when they travel to Douglas on Sunday March 6th. Douglas were also the last side that we played in 2021 in a championship encounter; a game won by the southside team. This the only defeat

that the B team suffered last year having won the B league earlier in the year.

Our minor football team were meant to be the first team in competitive action this year. However, their opening game against St Nicholas was postponed due to the stormy weather. By time we report for the next edition of the Glanmire Area News most of our teams will have commenced their programme of fixtures. We wish all our club teams the best in their fixtures for 2022.

In memory of Dermot Whooley

A sandstone seat dedicated to the memory of our former Club President, Dermot Whooley, has been installed on our club walkway in the past week. Dermot passed away suddenly on May 26th 2020, in the height of Covid restrictions, and so we were unable to pay our respects to this great Club Stalwart in the customary manner. All going to plan, we will have occasion to mark his contribution to White's Cross GAA later this year.

in White's Cross GAA are most grateful to Dermot's wife Judith, and the Whooley family, for commissioning this sandstone piece in his memory.

John Crowley RIP

All at White's Cross GAA were saddened following the passing of Johnny Crowley on the 5th of February. Johnny was one of the clubs longest-serving players and also one of the best hurlers ever to play for the club. He was gifted player from the outset and was part of, an Upper-Glanmire dominated, Glanmire parish team that won county school-shields titles in hurling and football in the late 1960s. He started playing at adult level for White's Cross in the early 70s and was part of an under 21 side that reached an East Cork football final in 1974. Success eluded them on that and other occasions. However, with perseverance, success would come in the green and white many years later when Johnny was a key member, along with his brother Anthony (RIP), of hurling sides of the early 1990s that brought about the clubs most successful period heretofore. A City Division hurling championship, a McCurtain Cup triumph and a county final appearance in 1991 were the standout days. As success declined in the preceding years, Johnny continued to show his commitment to the club by toggging out for hurling games well past his 40th birthday. He encouraged a younger generation of player to come into the team before finally calling it a day in 1997; after over a quarter century playing adult level. He continued to support the club for many years and always took an interest in his local side. He was a fantastic sportsman to play with and a great character to be around. He will be missed by all but his family first and foremost. To them We offer our deepest condolences at this sad time. Seán O'Crualaoi . Ar dheis Dé go raibh a anam dilis.



Cúnamh

Ar an Aoine, an 21 Eanáir 2022 eagraíodh ócáid sa scoil chun tacú leis an Lárionad Foréigean Gnéis i gCorcaigh. Spreag dúnmharú Ashling Murphy múinteoirí agus daltaí chun gnímh. Iarradh ar dhaltaí éadaí bána, éadaí corcora, éadaí dearga nó éadaí bándearga a chaitheamh ar scoil an lá sin. Ar a shon san gearradh costas €2 ar gach dalta a chaith na héadaí. Bailíodh taoscán mór airgid agus tá sé seolta ar aghaidh chuig an ionad cheanna féin.

Maidin Dé hAoine freisin bhailigh grúpa ceoltóirí ón idirbhliain le chéile sa chlós agus sheinneadar ceol traidisiúnta ar feadh uair an chloig nó mar sin i gcuimhne ar Aisling Murphy. Táimid go léir faoi chomaoin ag na ceoltóirí a ghlac páirt.

Os comhair na hoifige bhí cuimhneachán eagraithe di freisin agus lasadh coinneal i ndíl chuimhne uirthi. Ina theannta san bhí aga againn go léir, idir mhúinteoirí agus daltaí leabhar comhbhróin a shíniú. Arís bhí sé sin ar fáil ag an bhfáiltiú agus bhí ríomhaire eagraithe faoina bhráid, óir is ar líne a deineadh an gnó. Ba léir go raibh tarrac ar an ríomhaire ar feadh na maidine agus is mó duine a shínigh ar líne an mhaidin sin.

Tá sé ar na biorráin ag Colaiste an Phiarsaigh an leabhar comhbhróin a sheoladh go dtí teaghlach Ashling Murphy in am agus i dtráth.

Ba mhór ag an Lárionad Foréigean Gnéis i gCorcaigh a leithéid de thacaíocht a léiriú dóibh. Ghaibh siad buíochas le gach éinne a bhí páirteach sa bhfeachtas. Ba mhaith leis an scoil buíochas ó chroí a ghabháil le gach múinteoir agus dalta a bhí páirteach sa ghníomh seo. Anseo thíos tá breis eolais faoin bhfeachtas úd.



Seasann an dath bán do na daoine a d'éag de dheasca an fhoiréigin.



Seasann an dath corcora do na mná ar deineadh ionsaí orthu toisc a ngnéas nó a gclaonadh gnéis.



Seasann an dath bán dearg agus an dath dearg do mharthóirí, ar deineadh éigeanú orthu nó ar deineadh ionsaí ngnéasach orthu.



Rang Garraíodóireachta



Tá sár obair déanta ag an Rang Garraíodóireachta san idirbhliain ar son na bitheagsúlachta le cúpla seachtain anuas. Bhíodar an-bhroidiúil go deo i ndóthair. An mhí seo a d'imigh tharainn thógadar taoscán ostáin do na feithidí agus ambaiste féin táid ag maíomh nach mbeidh aon cheal cluthair ar na feithidí céanna as seo amach. Tá na hóstáin lonnaithe timpeall clós na scoile. Is amhlaidh go mbeidh breis feithidí ábalta maireachtaint i gcomharsnacht na scoile anois mar thoradh ar saothar na ndaltaí. Ár seasamh oraibh go léir a bhí i

Comórtas an Eolaí Óg BT 2022

Comhghairdeas le cúig ghrúpa a ghlac páirt i gComórtas an Eolaí Óg i mbliana. D'éirigh leo ardchaighdeán na cáilíochta don chomórtas a bhaint amach. Cé nár bhuadar aon duaiseanna sa chomórtas, mar sin féin moladh na tionscadail a rinne siad. Lean na comórtais ar feadh seachtaine agus is ar líne a cuireadh i láthair iad, de dheasca na paindéime.

Is iad seo a leanas na daltaí a ghlac páirt agus na tionscadail a léirigh siad don chomórtas:

Sadhbh Ní Chróinín, Anna Ní Luasa agus Rebecca Ní Chróinín leis an tionscadal "An Tionchar atá ag Domhandú ar Bhlasanna"

Sean Mac Craith, Caoimhin Ó Murchú agus Stiofan de Búrca leis an tionscadal "Na héifeachtaí atá ag dianghlasáil ar shaol an déagóra"

Ceardlann Chré



Daltaí an tríú bliain ag baint taitnimh as an gceardlann chré a eagraíodh faoin mbráid ar na mallaibh.

Comhghairdeas



Comhghairdeas ó chroí le hOrlaith Ní Mhaoláin [Captaen] agus le Emma Nic Giolla Phádraig a tá roghnaithe ar phainéal mionúir chamógaíochta Chorcaí. Cuirimid go léir na múrtha fáille roimh an dea-scéal iontach seo.



ERIN'S OWN LADIES CLUB

U14 and U15 Imokilly

Well done to Niamh Hartnett and Gemma Claassen who lined out with the Imokilly U14 Camogie team V Carbery on the 6th of February last and also to Orlaith Drummey, Abbie Wallace, Farrah Geasley, Kate Sexton, Chloe Kent and Saoirse Cunningham with played the U15 Imokilly team on the same day playing Muskerry. Both teams had two fantastic wins. The U15s also secured a second win V Carbery on the 13th of February. We are delighted to have such representation on both Imokilly panels this year.

Intercounty Panels

Congratulations to Niamh Hartnett and Megan Barrett on being selected to the U14A Cork Football panel and Gemma Claassen on being selected to the U14B Cork Football panel this year. Megan has been named as the U14A Cork Captain this year which is a huge honour for our club and we have no doubt Megan will excel in her new role. Congratulations also to Jenny O Neill who has made the U16 Cork Football panel, to Aimee Corcoran on making the Minor Cork Football panel and to Aoibhinn O Neill on making both the U16 Cork Football



Megan with her Dad & sister



Aimee



Jenny



Aoibhinn



Gemma



Gemma & Niamh

panel and the U16 Cork Camogie panel. Special thanks to all the coaches in Erins Own for their training and development of all players over the last number of years.

U16 Football

Well done to our U16 Football team who secured a win in their first football challenge match in very wet and windy conditions against Rockban in Carrignavar. Thanks to Rockban for a great game of football.

All our teams are back out training and we wish all teams and managements the best of luck for 2022.

As always new members are very welcome. Please email erinsown.cork@lgfa.ie or secretary.erinsown.cork@camogie.ie for information.



Orlaith, Abbie, Farrah, Kate, Chloe & Saoirse

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Sarsfields Camogie Notes

At this stage of the year the various Cork & Divisional panels are announced. The club is very proud of the following representation:

Cork Seniors

Molly Lynch, sub goalie to Amy Lee has been joined this year on the panel by Olivia McAllen who impressed with the Cork minors in 2021.



Molly Lynch



Cork U16s 2022



Olivia McAllen



Tara Elliot



Aoife Treacy & Ali Nolan

All Ireland Final For St. Als Carrigtwohill

St. Als Carrigtwohill have reached the Post Primary Schools All Ireland Final and we would like to wish everyone involved the very best of luck especially, Cliona Lynch, Gaby Cashman, Tara Elliott & Lucy Lynch.



Orlaith Mullins

Cork U16s

Phenomenal representation for 2022 with 8 of our players getting the call-up. Well done to Ava Fitzgerald, Kate Fennessy, Rachael Roche & Sinead Hurley who were also involved last year and are joined by Anna Nestor, Ciara Rice, Laura Dunlea & Nessa Treacy for 2022.

Imokilly U14s

Aoife Treacy, Ali Nolan & Sally Barry represent us on the Imokilly U14 development squad.

Imokilly U15s

Eimer O'Callaghan, Leah Walsh, Aisling Desmond, Laura Scannell, Jane O'Brien & Sophie Pomeroy are flying the Sars flag on the Imokilly U15 squad.

Cork Minors

Orlaith Mullins continues her second year on the Minor panel and now has the honour of captaining the team for 2022. Orlaith is joined by fellow clubmate Tara Elliott.

Well done to everyone and also to their coaches/mentors - this is some achievement! Extra honour for Sinead Hurley who carries the vice captain title.



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GLANMIRE MACRA

This month was a busy one for Glanmire as we took part in the national semi finals of Capers in Ovens on the 19th of February. Our team headed full steam into practice as we practiced on a weekly basis. Five teams took part on the night and our members gave it their all. Unfortunately, it wasn't our night but we wish everyone the best of luck going forward. A very entertaining night was had.

This month our senior debaters travelled to Aghinagh Hall to go head to head against Awbeg Macra. The topic was 'Macra na Feirme should change it's name, image and activities'. Glanmire were proposing and Awbeg were opposing. Our team of Mike, Gillian, Declan and Karen put on a great debate to take first place and our own Karen was delighted to win best debator on the

night. Best of luck to them in the next round.

Our weekly sports night continued this month as we were joined by members of Killeagh Macra also. Make sure to join us every Tuesday at 9:15pm in Upper Glanmire Sports Hall. New members always welcome and play for free on the first night.

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





SPRING WARDROBE INSPIRATION

March

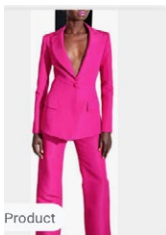
Spring time gives us the opportunity to introduce colour to our lives and wardrobes. If you are color shy, I would advise you start with a small introduction of colour through accessories. A colored scarf or handbag can be the first step.

The new season gives us an opportunity to say farewell for good to the elasticated waist and drawstrings. Our lives were in limbo the last two years and so were our wardrobes. C'mon ladies! Let's get a bit daring with our ensembles! The key is to know exactly what to look for to suit our shape and this will make us confident in our clothes straight away. Clothes are our secret confidence weapon and let's use the bright color and the return of old trends such as the mini's, boot cuts, colored neck scarves, to enjoy our wardrobes. We attend hairdressers and nail technicians so why not attend a professional to declutter our wardrobes and seek advice on how to create a capsule wardrobe that you will be able to add and adjust, to suit each evolving season.

You can contact me below if you have any queries regarding style and decluttering. I would love to help you embrace your shape, introduce colour into your life through clothes. Wear your clothes, don't let your clothes wear you!

Compared to this time last year, offices have reopened, meetings are happening in person, social events are marked in our calendars. Now zips and waistlines, clever layering, dopamine dressing, short skirts, oversized neon coloured trouser suits and shapewear are on our minds. I am receiving a lot of queries regarding dressing for confirmations, communions and social functions. I hope you will find some stylish answers to your outfit dilemmas.

1. TROUSER SUITS



From matching trouser suits to a co ord skirt and top. These have

proven to be wardrobe essentials this time of year and our shops currently have a wide variety suiting all shapes and heights. Very bright colors are currently on trend for spring summer 2022 ranging from solid green to show stopping red and hot pink. All look amazing and if you wish to add a bit of colour to your wardrobe after the dark winter months this is a perfect opportunity.

Trouser suits are a true investment addition to our wardrobes. I believe in making our wardrobes work for us, so when you are buying a trouser suit, think about how you can wear these pieces separately after the event. As for what you wear underneath your suit, if you are feeling brave you could pair a clashing coloured top underneath the blazer, try red and pink which can result in a beautiful rich combination. If this thought makes you nervous, a neutral white or cream feminine blouse will be just as eye-catching. The same for accessories, wearing a similar coloured shoe and handbag to your outfit will give a long streamlined look finishing off your outfit. Finally to give your suit longevity and versatility as I mentioned, when buying make sure you buy a trouser style that works for you. Pair the blazer with a white t-shirt and a pair of jeans for a smart day look. Alternatively pairing the trousers with a summer wedge and denim jacket will suffice for a spring summer outfit.



2: JUMPSUIT

When it comes to wardrobe staples I do include jumpsuits in my list. Jumpsuits were originally worn by parachuters in the military, hence the name. The style of these originally was about function, they included lots of pockets and were mainly worn in neutral tones, navy, black. Nowadays we can wear jumpsuits for a variety of events.

I advise my clients when deciding which style to buy, a slim belted variety is very flattering. This will cinch in your waist, flattering our smallest asset. Jumpsuits can also be a packing essential for a city break or a sun holiday. You can look incredibly glamorous when paired with a summer wedge or a classic stiletto heel. What I love

about jumpsuits is they are a perfect one outfit wonder. Have your jumpsuit readily prepared with your favourite accessories so that you can accept that short notice invitation with style and ease.

3. WRAP DRESS



Wrap dresses are so flattering to every body shape. A tie waist that cinches us in at our slimmest portion of the torso. The wrap dress results in giving us an ultra slimming effect. The elegant v neckline enhances our bust and slims over our hips. Wrap dresses are a firm favourite of mine. If you find the v neckline too low, try wearing a camisole in a tonal or complimentary colour underneath the dress. Alternatively double sided fabric tape will hold the fabric in position so that it will cover your cleavage. The layers of the wrap dress are very effective for concealing the tummy area resulting in a very flattering confident look.

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





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Glanmire Library is delighted to welcome our clubs and groups back in branch after a long hiatus due to the dreaded C word. We do have some available time slots so if you are part of a local group looking for a meeting space contact us on 0212389795 or Glanmire_library@corkcity.ie for terms and conditions

Local History with Michael

Quirky Things about St. Patrick and St Patrick's Day Parades!

Shortest Parade St. Patrick's Day Parade on Bridge Street in downtown Hot Springs: The parade route is 98 feet long, the length of Bridge Street.

Largest parade. The St. Patrick's Day Parade in New York City is not only one of the oldest parades in the United States, it's also the largest. At almost six hours long with more than 2 million attendees and 100,000 participants.

Worst parade. When Chicago's South Side parade was cancelled in 2009, local bar owner Gerry O'Connell took matters into his own hands and hosted his own parade - around his bar Irish Eye "So what we're doing, is we're starting at the south side of the bar, and we're going to come around from the south side and parade the whole bar."

Smallest parade. It has occurred every St. Patrick's Day since 1993 in the town of Enterprise, Alabama. A different person of Irish descent each year holds the Irish flag high above their head, carries a pot o' gold and recites limericks as they walk past the local courthouse and around the Boll Weevil Monument.

Oldest parade According to new research unearthed in Florida, St. Augustine may have well over a hundred years on Boston and New York, holding its first St Patrick's Day celebration in 1600 and its first parade in 1601.

Weirdest parade. Nobody does it weirder than San Francisco on St. Patrick's Day, as the city has hosted 'snake racing' for the holiday in the past.

Longest celebration of The St. Patrick's festivities here go on for a solid week. Montserrat and Ireland consider St. Patrick's Day a national holiday. Montserrat has parades featuring costumed revelers wearing green shamrocks, concerts with calypso, soca, and iron band music, church services, and dinners, and a special commemoration of an attempted slave revolt in 1768.

The world's largest shamrock is painted on the road in the town of O'Neill, which is the 'Irish capital' of Nebraska. Every year, they install a huge blarney stone at the corner of the Shamrock and have many festivities, including a public reading of the book, "Green Eggs and Ham."

St. Patrick's Day officially became a national holiday in Ireland in 1903.

The shamrock was called "seamroy" by the Celts and was considered a sacred plant which symbolized the arrival of spring. According to legend, St. Patrick used the plant to explain the Holy Trinity.

St. Patrick's colours. The official colour of Ireland in heraldic terms is azure blue and in the 1780s it was used as the official colour of the Anglo-Irish Order of St. Patrick as a result blue was associated with St. Patrick for many years. Green later became the dominant colour of republicanism.

Chicago celebrations. In 1961, Stephen Bailey, received permission to turn the Chicago River green for St. Patrick's Day. A massive 100 lbs. of vegetable dye was used in comparison to the 25 lbs. used today. The Chicago River had stayed green for a full week.

Relics of St Patrick. A few of the Saint's relics can still be viewed in Ireland today: St. Patrick's Bell and shrines of the Saint's jaw and tooth can be viewed in Dublin in the National Museum.

St Patrick's crozier, with which he banished the imaginary snakes, was venerated for centuries in Dublin's Christ Church only to be publicly burned in 1538 under the orders of the archbishop, George Browne.

Celebrated in space. Saint Patrick's Day has been marked several times on NASA's International Space Station; astronaut Chris Hadfield filmed himself singing 'Danny Boy' on Saint Patrick's Day 2013, and in 2011, astronaut Cady Coleman played a flute in the satellite to honour the occasion.

Saint Patrick was born in Britain possibly Wales named "Maewyn Succat" but changed his name to "Patricius" (nobleman) after becoming a priest. He is believed to have been born at Banwen near Port Talbot.

Why is St Patrick's Day so popular in the U.S. As of 2019, 9.2% of the U.S. population (or roughly 30.4 million people) claims Irish ancestry, which is more than 6 times the population of Ireland.



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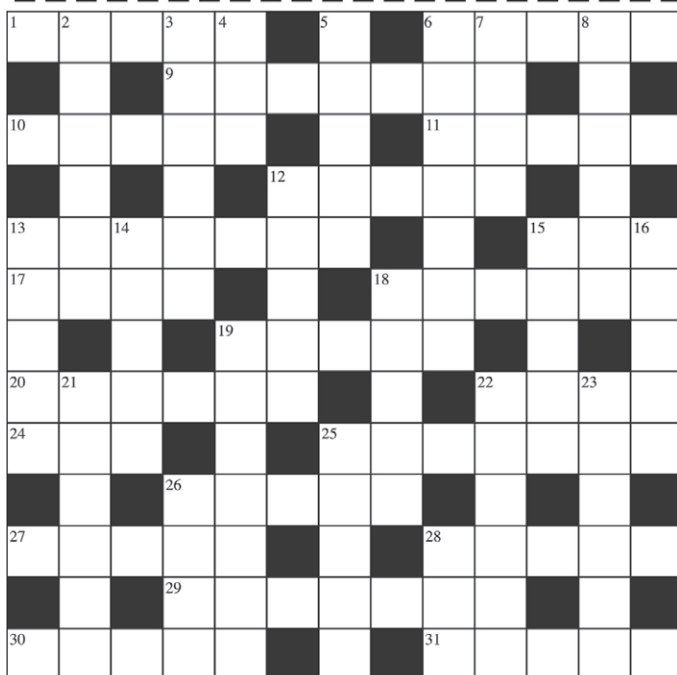
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Across

1. H2O (5)
6. In that place (5)
9. Formal, reserved(7)
10. Serious, unsmiling (5)
11. Related maternally (5)
12. Book of maps (5)
13. Unspecified person (7)
15. Music genre (3)
17. Stood on (4)
18. Skiing event (6)
19. Make a speech (5)
20. Avaricious (6)
22. Flatfish (4)
24. Maths problem (3)
25. Photographer (7)
26. Make changes (5)
27. Popular fruit (5)
28. Debate (5)
29. Still in progress (7)
30. Advantage, benefit (5)
31. Raising agent in baking (5)

Down

2. Writer (6)
3. Got a salary (6)
4. Move quickly (3)
5. Say (5)
6. Foot pedal (7)
7. Female birds (4)
8. Abstract painter (6)
12. Cross (5)
13. Male deer (5)
14. Internet connector (5)
15. Type of boat (5)
16. Traffic light colour (5)
18. Rise to one's feet (5)
19. Remnant, scrap (7)
21. Furore (6)
22. Common name for Euphorbia (6)
23. Madagascan animals (6)
25. Pry (5)
26. vera, plant used in ointments (4)
28. Doesn't matter which one (3)

Crossword Winner: Mary O Donoghue, Glanmire, Cork city



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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th March. 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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THINKING OF SELLING?

We at DNG Murphy Condon have been representing homeowners in this area for many years now.

Due to Strong Sales and Unprecedented Demand we **URGENTLY** require houses in the Glanmire area and surrounds.



10 Oakfield Drive, Glanmire T45YN26 €255,000

Beautifully positioned three bedroom, three bathroom semi-detached family home overlooking a green area. Within walking distance to Hazelwood Shopping Centre, Aldi and primary and secondary schools. The property is in good interior condition throughout. Also features long extended rear gardens that are not overlooked with patio areas.

BER C3 Ber No. 104247630



3 Glensprings, Lower Killeens, Cork T23V259 €510,000

Superbly spacious five bed detached dormer family home located in a stunning countryside setting yet only being located 3km from Blackpool Retail Centre and 4.1km from Cork city centre.

Site area extends to c.71 of an acre with generous parking and gardens to all levels.

BER B2 Ber No. 113275119



24 Kempton Park, Ballyvolane T23R6H9 €365,000

Spacious 4 bedroom, 3 bathroom, semi-detached property, with off street parking, enclosed back garden and patio area.

This property is in a very private setting facing a large amenity/green area, with "play ground activities" There is a gated entrance to the amenity park and walkway directly opposite this property

BER C1 Ber No. 101946697



8 Blairs Hill, Sundays Well, Cork T23A0D8 €340,000

Spacious 3 storey property with immense potential for the astute buyer in a most desirable location

BER D1 Ber No. 114609340



14 Liam Healy Road, Fairhill T23V8X8 €195,000+

Extended 3 bedroomed terrace property in excellent condition

BER F Ber No. 114312705



4 The Orchard, Glyntown, Glanmire T45F727 €265,000

Three bed townhouse set in a small private development of 6 only townhouses with parking in a central location adjacent to Riverstown and Glanmire village centres. In excellent interior condition with recently added gas boiler.

BER C3 Ber No. 105614382

Due to a high demand we **Urgently** require **Rental Properties** in all areas for reference checked clients.