

GLANMIRE COMMUNITY GAMES 2022 COMPETITIONS FOR CORK FINALS

Winners go forward to All Ireland Finals in August 2022 in Carlow Art Centre

All Competitors must be under age on 31 July 2022

The following events will take place as follows:

Art: Boys and Girls at 11 am.

Model Making: Boys and Girls at 11 am.
U8-U10-U12-U14-U16

Handwriting: Boys and Girls at 2pm. U10-U12
Above Events will be held on Saturday **May 28** in Riverstick Community Hall, P43DX99

Table Quiz: Boys/ Girls/ Mixed
U14 Team of 4 and 2 subs in Riverstick Community Hall on **June 11** at 12 Noon

Chess: Boys/ Girls/ Mixed
U12-U14-U16 Teams of 5 players and 2 subs in Riverstick Community Hall on **June 11** at 1.30PM

Glanmire Boys Gaelic Football Team
U10 in Ballincollig GAA on Sunday **June 26**

Sars Boys Hurling Team
U11 - In Ballincollig GAA on Sunday **June 26**

Girls Gaelic Football
U12 and U14 in Ballincollig GAA on Sunday **June 26**

Swimming Gala in Leisureworld on **18/19 June** - Date to be confirmed
Draughts, Singing, Dancing, Debating

All interested parents should contact any member of committee

Committee:

Michael Burns
087 2597023

Finbarr Harty
087 2215307

Sarah O'Shea
083 1483472

Ailish Murphy
085 7303542

Calling all swimmers

Would you like to represent Glanmire and partake in the CORK final of the Community Games on 19th June?

If so please send your details to martinadalyh@gmail.com

All Boys and Girls from 8 to under 16 welcome.



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ABOUT US

Barróg Healthcare is a family run health and social care organisation based in Dublin and Cork with services nationwide, providing residential care and day packages to enable people who need support across the areas of mental health, disability, aftercare, transitional and mainstream social care.

Our programmes are built around our central philosophy; to embrace the possibilities for each person in our care and work with support agencies and local community groups to grow and foster independence towards an outcome of social interaction and purposeful contribution, celebrating the best of each person's ability.

We pride ourselves on working to support and champion both our service user's and staff and welcome applications from any person that feels they would be a good fit within our organisation. The right candidate for our team will strive to enhance the lives of the individuals by promoting their community inclusion and equal citizenship.

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Office Times:

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I am also contactable by email and phone.

Stay safe and continue to follow the public health guidelines.



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IMAGINE MORE



HOW TO CALM AN ANXIOUS & ANGRY MIND

Anna Machura

Teaching With A Therapeutic Twist

Emotional well-being in education

1. Label the emotions or feelings but do not reinforce fears too much. For example: 'What is it you're feeling right now?' serves better than 'You must be scared right now.'

2. Acknowledge the fact the child is experiencing a difficult emotion but remind them they need to learn to use the action plan. For example: 'What can you do now?'

3. Ask the child about the self-talk that is probably going on in their mind. For example: 'Tell me what is your "inner voice" whispering to you now?' (Metacognition).

4. Remind the child of the fact that thoughts are...just thoughts. If we learn how to ignore them, the emotional attachment decreases and gradually goes away. Thoughts help us to understand the environment we live in. It's what we believe to be true that affects our perception of the reality.

5. Practice mindfulness and conscious breathing. A simple exercise of deep breathing can slow down the heartbeat and calm down the body. Also, being mindful increases concentration and awareness.

6. Use distraction to regain focus. Thoughts lead to feelings, feelings lead to actions. Breaking this circle at the early phase when a disruptive thought appears, gives the child a better chance to drop off the urge to act on the disturbing feeling immediately.

7. Encourage the child to stay with the emotion and experience it. The plan should include: learning to process the emotion, then letting it go. This approach enables the child to take control over their thoughts and actions. Understanding the process is key.

8. Observe the child and their body language. Non-verbal signs are as important as explicit verbal messages. Our mind is like an iceberg; the visible 10% is the Conscious Mind, the other 90% is the Subconscious Mind. Generally, we can see just the tip of the iceberg and most of the inner feelings and emotions are hidden under the surface.

9. Avoid comparing, judging, shaming or blaming. Giving

constant instructions, despite the adult's good intentions, might be regarded as too patronising, which in turn can provoke a defence wall in the child's mind.

10. Encourage positive thinking, visualisation and creativity. Create opportunities for nurturing the child's emotional development. Apply the growth mindset.

11. Nurture curiosity, motivation and discovering potential through new experiences.

12. Assist the child to work on their organisational and time management skills. Being able to plan the day, to find time for both work and relaxation, is an essential life skill.

13. Set smart goals. Breaking down tasks into manageable chunks helps the child to avoid getting overwhelmed. Take a step-by-step approach to challenges.

14. Healthy mind in a healthy body. Introduce a healthy daily or weekly routine including sleep patterns, nutritious meals, physical exercises or additional activities.

15. Be a role model. Children learn by observation. Both boys and girls may try to mask their anxiety, therefore they need extra care, support and positive role models. Typically, anxiety in boys may look like anger.

16. Listen and foster open communication. Some feelings and emotions are very hard to express and it takes time for the child to reveal them. Be patient and approachable.

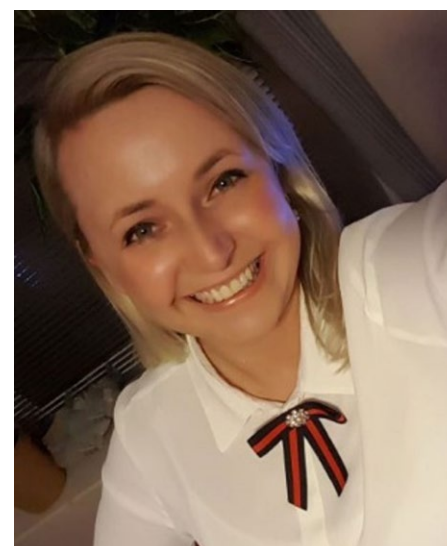
17. Be empathetic and compassionate. We are all human beings who learn how to live and experience the world. See the world through the eyes of a child.

18. Write down your thoughts, ideas, desires, worries, fears, etc. in a diary. Encourage the child to do the same. Keeping a journal helps to clear the mind, recognise the needs and wants, prioritise them and take action accordingly.

19. If the child has been depressed, withdrawn or anxious for a long time, consult a specialist to seek further advice.

20. Last but not least, prevention is always better than cure; hence,

it is extremely important to keep educating children about the workings of the mind and brain, the nature of different emotions and feelings, the influence of these on the learning process. The aim is to 'programme the mind for positive responses', to activate and embed coping mechanisms in the mind and body so that the occurrence (or recurrence) of emotional breakdowns in the future can be minimised.






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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CONTACT ANNA: 086 35 96 805

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Teaching with a Therapeutic Twist



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.

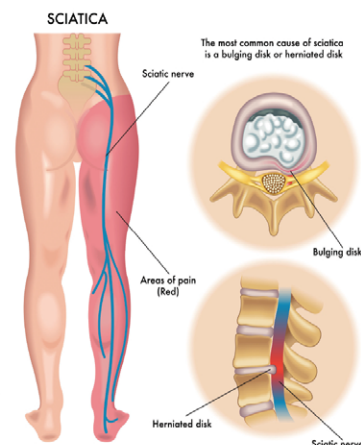
The Single Most Important Solution To Your Sciatica and Back Pain

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.

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

A LOOK BACK



The Glounthaune Community Association responded to a Cork County Council request in May 2000 to participate in the formulation of the County Development Plan for the 2001 to 2007 period. The Association produced a very comprehensive and well-presented submission with then Chairman Finbarr Clayton remarking; "it will serve Glounthaune well". The submission set out seven key policy areas and the following are relevant extracts from same.

PLANNING & DEVELOPMENT:

Improve the safety of the road network by the provision of traffic calming measures / constructions along all local roads, with a target of having three measures in place per each year of the plan. Relative to planning criteria; the developments should be small scale with low visibility and integrated with the local environment. Such should include facilities for young and old with the developer contributing to community objectives, most notably traffic calming measures and recreational facilities.

ECONOMIC & COMMERCIAL DEVELOPMENT:

Provide incentive designation for Rockgrove Industrial Estate with prescribed uses and an accomplished target date of 2003. Support local hospitality businesses by erecting signage at major access points to Glounthaune and such to be erected by 2001. Also, install ATM facilities at retail outlets by the same year.

PROTECT THE ENVIRONMENT:

Prevent industrial development and limit housing to low density developments. Provide mandatory connection to the main sewer for any new housing estates. Integrate housing with nature by retaining trees and field banks with a target of minimising tree felling in

developments with multiple replacement a requisite. Conserve and maintain woodlands and create enclaves for wildlife by mixed tree planting in copses with a target of one stand per annum during the development plan period. Erect signage at observation points such as at the village and train station to highlight the various species of wildlife. Protect the estuary environment and obtain protected status for the tidal mudflats. Reduce damage to the environment from car usage by improving public transport, both rail and bus service, with a target of increasing public transport usage by ten per cent per annum during the plan period. Improve the visual amenity of the area by participating in the Tidy Towns Competition. Repair the existing stone walls and screen the profile of the N25, and also the Rail Depot at North Esk, by planting trees and shrubs. Continue with the annual "Clean-Up".

RECREATIONAL FACILITIES:

Include casual leisure and recreational facilities in the planning of new housing developments. Provide additional recreational facilities by zoning land for same and construct all-weather sports pitches on public land such as North Esk. Zone an area for the development of community sports bearing in mind suitability for such use and proximity to the school location. Construct footpaths / traffic calming measures to facilitate leisure walking and cycling, as well as a walkway / cycle lane along the former main road to connect parks, rail stations, retail outlets and the village centre. A target year of 2000 was set to complete Kilcoolishal Park, road narrowing by 2002, fifty per cent of footpaths by 2004 with total works to be completed by 2007.

PARKS & OPEN SPACES:

Develop parks for use and enjoyment by young and old. Zone and develop a sports facility and play area for community sports events and also for children's recreation. Develop Craigs Field as a primarily use for adults. Enter the Tidy Towns Competition. Under the classification of a planting and fixture policy; develop a number of identified locations within the locality by

planting trees and shrubs and also the provision of bins and seating. The target being to improve four locations per year in the lifetime of the plan as well as the planting of two hundred trees per year during the same period. Maintain and improve common areas adjacent to existing housing.

SOCIAL ISSUES & COMMUNITY SERVICES:

Promote community spirit and preserve community identity by encouraging community development at the centre of the district rather than at the fringes. Review the electoral boundary by 2006 with the aim of including Glounthaune with East Cork rather than the city suburban areas. Improve care and facilities for the elderly by zoning or directly providing retirement homes / sheltered housing within the locality. Develop a resource centre suitable for use by the elderly as a day centre by 2004, and provide footpaths and walkways suitable for elderly use. Encourage a pharmacy to be located within the district and improve the postal service by providing extra counter space in the sub post office and also with a later mail collection time. Improve educational facilities and services for children with the provision of better playing facilities in tandem with a community sports ground. Improve local security and crime prevention within the locality by an increased presence and patrolling of Gardaí.

TRANSPORT & COMMUNICATIONS:

Improve road safety by constructing a traffic calm zone with a series of measures to restrict vehicle speed. Provide footpaths and cycle lanes along the former N25. Provide street lighting at various junctions and busy pedestrian points by 2003. Continue the speed limit restriction zone from Glashaboy Waterworks to Johnstown and from Burys Bridge to Killacloyne Bridge. Erect warning signage of schools, churches and shops by 2003. Provide a height restriction to car parking at Little Island station. Protect the "Dry Bridge" with a bridge order. Deny parking facilities for HGV's and this to be accomplished by 2002. Improve rail service and access by utilising large capacity trains at peak times. Improve signalling and upgrade the track to achieve more

frequent services. Raise the platform and provide ramps at Glounthaune station to facilitate the elderly as well as pram / buggy traffic and same to be achieved by 2002. Display train running times and associated information. Develop car parks at each station to facilitate and encourage commuters. Provide pedestrian crossings and public lighting at the stations by 2003. Re-open the Dunkettle rail station to service the Glanmire and Dunkettle district. Provide an increased bus service to the city and local areas. Improve communications by erecting local townland place names thus offering a local identity and a sense of place. Erect improved sign-posting to Glounthaune, especially on the N25, indicating both access and services available.

COMMENT: The foregoing was launched in a blaze of publicity some twenty two years ago and well, it makes interesting reading. It is admirable that some one hundred and seventeen in the community were involved in the project. A survey was also carried out at this time when twenty three per cent of residents, which was considered to be a valid community representation of views, were asked to comment on thirty seven specific issues. This survey helped to identify three themes of concern; the universal one related to road safety which included traffic speed and the need for traffic calming measures. Lack of facilities for cyclists and pedestrians was also brought to attention. Ninety nine per cent of respondents saw increasing danger on the roads as being a big problem and in fact the top six ranked items of the survey were all road safety issues. A second area of concern was the lack of leisure and recreational facilities; such as walkways, parks and play areas for children. And the third related to development issues which included a lack of alternative housing for the elderly and unsympathetic developments in the locality. Incidentally, if a submission was prepared for the next County Development Plan; seventy per cent of the aspirations listed above and presented twenty two years ago would be still relevant!

SLÁN ANOIS ©



Citizens Information

Student Grant Scheme (SUSI)



The Student Grant Scheme is the main financial support scheme for students studying in Ireland and abroad. It is also known as the SUSI grant because the Student Universal Support Ireland (SUSI) is the awarding authority for the Student Grant Scheme.

Q. When does the application process for SUSI Grants open?

A. The student grant application process is open to all applicants from Thursday, 28 April 2022.

If you are already getting a student grant, you can submit a renewal application from 10 March 2022. The closing date for applications last year was November. The closing date for student grant applications in 2022 is to be confirmed.

Q. What do I need before starting my application?

A. You must make your grant application on-line. To register with SUSI and apply online for a student grant, you will need your Personal Public Service (PPS) number, an email address and a phone number. The applicant is the student not the parent.

Q. Do I need to know the course which I will be taking before applying?

A. No, you do not need to know what course you will be taking to apply online.

Q. Who qualifies for a student grant?

A. There are a number of conditions which applicants must satisfy and to qualify for a student grant, you must meet all the conditions of the scheme. You should contact your local Citizens Information Service for more detail about these conditions and how they apply to you.

Q. What does the student Grant cover?

A. Student grants are divided into Maintenance grant and Fee grants. Maintenance grants help students with their living costs. Fee grants pay tuition fees for students who do not qualify for the Free Fees Scheme. Fee grants can also pay the Student Contribution and the cost of essential field trips. Students doing Post-Leaving Certificate (PLC) courses do not get fee grants, but if you qualify for a maintenance grant, you are exempt from the PLC participant contribution.

Q. What is taken into account in the means test?

The means test for a student grant in 2022-2023 is based on you or your family's gross income for the previous full tax year (2021). However, if you or your family have had a change of circumstances (which is likely to be permanent) since 31 December 2021, your changed circumstances will be taken into account.

Q. Is that the parent's income only?

A. No, that is the parent's income and the student's income, however €4,500 of the student's income which they earn outside term time is excluded.

Q. What type of limits apply to the grant?

A. Well, it varies, but if the student was coming from a family with less than four dependent children, in order to qualify for the maximum rate of grant the total net income in the previous tax year would have to have been €40,875 or less. However, if there is more than one student attending college from the same household, the limit may be increased by €4,950.

Q. How much is the maximum amount of Student Grant?

A. The SUSI grant rate you get depends on the following factors:

- Your assessed means
- The distance you normally live from the college you are going to attend
- If you are a disadvantaged student

If you normally live 30 kilometres or less from your college you get the adjacent rate. If you live further away than 30 kilometres, you get the non-adjacent rate. This is based on the distance of where you ordinarily lived in the year before you started college.

The maximum adjacent rate is €3,225.

The maximum non-adjacent rate is €1,415.

Disadvantaged students can qualify for a special rate of maintenance grant.

Q. How do you qualify for the special rate of maintenance grant?

A. In order to be considered a disadvantaged student one of the parents would need to have been on a long term social welfare payment on the 31st of December 2021 and their net income would have to be less than €24,500, not including Qualified Child Increases and standard exclusions.

If this is the case a special rate of grant is paid.

The adjacent special rate of grant is €6,115.

The non-adjacent special rate of grant is €2,575.

For anyone needing information, advice or who has an advocacy issue, you can call a member of the local Citizens Information team in Cork City North weekdays from 10am to 4.30pm on 0818 07 6850, they will be happy to assist. Alternatively you can email us on hollyhill@citinfo.ie or log on to www.citizensinformation.ie for further information.



Gardening with Charlie Wilkins



Charlie Wilkins

Blossoms and Bulbs

Blossoms and bulbs herald the opening days of May, but by the middle of the month their thunder is stolen by the magnolias and in particular the variety 'Stellata' which takes on the look of a white bridal hat, joining the riot of blossom on the almonds and ornamental cherries in neighbouring gardens. Their flowers creep up on you like nasal hairs - nothing one day, then there they are right before your eyes! To ignore them is impossible. On naked branches, 'Stellata's' star-shaped, pristine white blooms look wonderful, filling dull spots and drab corners alike, (light shade suits them admirably) in much the same way as snow does. This variety is certainly one of the very best for a small garden and it comes not alone in the white described, but also with a pink flush! An even finer, more upmarket magnolia called 'liliiflora' is freely available and

this too is shrub-like in growth habit and nicely shaped for confined spaces. It also has generous sized blooms which look like slender Maytime tulips, deeply maroon on the outside and cream within, the perfect combination for small gardens with houses or bungalows faced with either fancy brick or pebble-dashed



A fine specimen of *Magnolia stellata* growing in Fota arboretum. This variety is ideal for the smaller garden.

walls. In a word, it oozes distinction and if you value your property, you'll want to invest in one of these. If you cannot find plain 'liliiflora', then look for 'liliiflora nigra' for it is equally as good in a maroon purple colouring. Both flower for a very long period,

often starting in April and continuing to the end of May if not longer. Bear in mind that most magnolias bloom for only three weeks or so and you have to live with the tree for the remainder of the year.

Take your time choosing. They are not cheap (even as small plants) and the bigger they come in their pots, the more expensive they become. Buy large if at all possible, and if you are over 50, buy doubly large! There's not much use in having to wait years perhaps for your purchase to achieve full flowering potential. I'm not saying they take this long to bloom, certainly not the smaller garden kinds I have mentioned. When you do buy, splash out another few pounds on a good soil enricher and dig this in before planting and staking. What kind of foolish gardener would €30 for a dark-flowered, specimen magnolia and then skimp on enriching the soil with a few quid's worth of goodness?

THE MAY GARDEN

CUCKOO This is the weather the cuckoo likes, and so do I, but the days and nights are still cold (as I write) and our winged visitor from South Africa has yet to be spotted. However, the shadows continue to shorten and the church spire, which, since early autumn has acted like a sundial genome, no longer casts a spire-like image across the tarmacadam grounds. The slim outline of a tall Thuja at the gateway (normally slow to show its magnificence) is now resplendent in its summer finery and it too, casts a shadow barely larger than its overall height. In the lawn grass-growth has increased with the timid rise in temperature, and cutting can now commence on a weekly basis. The problem with grass clipping has always been one of disposal, for too much at a time, added to the compost heap, produces a sodden slimy mass which smells to high heaven and draws millions of tiny flies. As well, it weeps a continuous trickle of evil-looking fluid which can stain and burn in a trice.

Always mix other materials (even shredded newspapers) with grass clippings before adding to the compost heap.

OUTDOOR FUCHSIA

Cut back all outdoor fuchsias immediately, going down to within nine to twelve inches of the soil. When finished, scatter a little bone-meal fertiliser or similar about their positions. Scratch this into the soil and before long fresh new growth (if not already visible) will become evident. Both 'Genii' (with golden foliage and typical fuchsia-coloured blooms) and 'Versicolour' (ash-grey and rose pink leaves) will please the most discerning gardener. Celia Smedley is my all time favourite even though it is not fully hardy. All of these in the company of hydrangeas will come to perfection for both together make good neighbours excelling in the half light conditions of shade gardens.

TOPICAL TIP.

Gladioli are very easy to grow from corms planted now in deep fertile soil which is free-draining above all else. Place the corms about 6" deep with about the same distance between each

but do not mix the varieties. Choose the 'butterfly strains' if you want something really grand and good-looking but there are others in the family well worth having as well. Apart from the buxom "Dame Enda Everage" types, elegant new species are freely available. Examples include *G. callianthus* (formerly *acidanthera murielae*) with white, scented, pendant flowers and *G. papilio* with small nodding flowers flushed with mauve. This latter variety is invasive in my garden but I hang onto it (for its distinctive colouring) just the same. All need a sunny position, but only the large-flowered hybrids need staking as they grow.

TIME FOR TOMATOES

Once again I cannot stress too strongly the value one will get from a basket variety of tomatoes sourced from Dooley's Garden Centre. Bought now and kept frost free until hanging-out time later this month, the investment will give small, sweet fruits from the end of June through to the closing days of October. Give full sun, water diligently especially in dry periods, and feed weekly with any tomato food.



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GLANMIRE LADIES FOOTBALL CLUB

HEC Moynihan Cup Final

Congratulations to Abbie O' Mahony and Sandra Dinan who were involved with MTU who won their Colleges All Ireland Final against LYIT. Abbie also picked up Player of the Match and a Colleges All-Star.



Aoife, Keeley, Eve & Amy



Aoife Treacy Munster Champion

U21

In the U21A Final our opponents on the day were Mounreabbey. In what was a fantastic game of football our girls came up short on a score line of 3-08 to 3-10. Yet again our girls did the club proud in yet another county final and no doubt this will drive them on for the rest of the year.

2021 Senior East Cork Final and Intermediate League

The intermediate panel were out in their first competitive game of the season against seasoned senior side Inch Rovers. But that didn't stop the girls from putting in a fantastic display to gather their first piece of silverware for the season and the first senior title for the club. Well done to the girls and management.

Unfortunately, our girls came up short against a strong Clonakilty side in the first round of Division 1 League, we wish them the best of luck in their next game against Valley Rovers.



Intermediate Panel

Cork

Congratulations to Aoife Treacy who played at corner forward for the Cork U14A panel and coach Ioannis O' Connell in their recent Munster Final victory. They then went on to win all their games in the All-Ireland Stage 1 and can now look forward to an All-Ireland Platinum QF against Armagh. Congratulations to Aoife Soden, Keeley Goggin, Eve Kelleher and Amy Brickley who were involved with the U14B panel that were victorious in the U14 Johnny Hayes Tournament Final.



Evie Twomey Cork Minor Captain

Congratulations to Ava Fitzgerald, Sinead Hurley, Ava Fitzgerald and Orlaith Walsh who were involved with the Cork U16 in their recent Munster Rd 1 victory over Tipperary. Congratulations to Evie Twomey, Lucy Greene, Clodagh O' Donovan and Caoimhe Richmond who were involved with the Cork Minors in their Munster Championship Rd 1 victory over Tipperary.

Junior

Our junior girls started the season with a good win against Nemo Rangers on a score line of 1-14 to 1-7. The girls put in a fantastic display at a quick pace, while some of last years U16's got their first experience of adult football and played some great football. The

girls will play Dohenys in their next league game.

Easter Camp

Yet again we had another fantastic and successful easter camp with over 150 girls and boys taking part. Thank you to Mark Byrne and Angela O' Callaghan for all the organising and to all our coaches over the 3 days.

East Cork Féile

After a hectic weekend of camogie Féile and losing out in the final after extra time the majority of the girls were due out again on Easter Monday for football Féile. The girls put in a fantastic display winning their first game against Fermoy and losing their second game to Erins Own. That put them into a semi final against Midleton and although there were a lot of tired bodies our girls gave it their all taking the game to extra time. Unfortunately, it wasn't to be as a late goal saw them lose out by the bare minimum. The club is extremely proud of the girls for their hard work and determination over the weekend and no doubt they will drive on for the rest of the season. Congratulations to Leah Walsh and Lucy Murray who were selected on the All Star 15.



Leah Walsh and Lucy Murray - Feile All Stars



Sandra Dinan and Abbie O' Mahony



U10 Challenge Match



Easter Camp 2022



U15 Feile Squad

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Paul Singer - Cuid 2

An mhaidin roimh an gcóisir, nuair a d'oscail an fhoireann doirse an chomhlachta i nDún Laoghaire, fuairéadar amach go raibh robáil tar éis tarlú. Bhí ceann de na bailiúcháin luachmhara, 'Bailiúchán Lombardo-Venezia' ar iarraidh. Nuair a fuair Singer an scéal amach, de réir dealraimh, níor chuir sé as dó. Dar leis, thabharfadh sé poiblíocht dóibh ar fud an domhain. Chaithfeadh an chóisir leanúint ar aghaidh.



Paul Singer agus a chairde

Ach laistigh de chúpla uair an chloig, bhí fiosruithe ar leith ar siúl ag na Gardaí. An raibh an robáil eagraithe ag Singer féin nó ag duine éigin a bhí ag obair dó? Gabhadh iar-fhostaí san Eilbhéis b'iaín ina dhiaidh sin. Bhí cuid de na stampaí ina sheilbh aige. An raibh árachas ar na mbailiúcháin a goideadh? Dar le Singer, bhí árachas socraithe le Lloyds i Londain, ach fuarthas amach ina dhiaidh sin nach raibh an táille socraithe ná íoctha roimh an robáil. Thosaigh na nuachtáin ag déanamh fiosruithe ach ní bhfuairéadar freagra ar bith ó Singer ná ón gcomhlacht. Bhí ceant fógraithe don 30 Bealtaine ina mbeadh bailiúchán Burrus ar díol. Ach ar an 24 Bealtaine 1959, bhí cruinniú de stiúrthóirí Shanahans. An mhaidin dár gcionn, d'fhógair dlíodóirí an chomhlachta, Arthur Cox, go raibh an comhlacht ag dul faoi leachtú toilteanach.

Faoin am seo, bhí buíon bleachtairí ag scrúdú mór-leabhair an chomhlachta ar ordú ón Ard-Aighne. Ar an 29 Bealtaine, gabhadh ceathrar stiúrthóirí an chomhlachta, Singer agus a bhean Irma agus Jerome agus Desmond Shanahan. Tógadh iad os comhair na Cúirte Dúiche ar an Luan, 1 Meitheamh. Cuireadh ina leith go rabhadar i mbun comhcheilge chun airgead a bhaint de Leo Hunt, Sligeach agus ó dhaoine eile trí airgead a infheistiú sa chomhlacht le haghaidh stampaí a dhíol agus a cheannach. Scaoilfí Singer amach ar bhanna ar £50,000 agus £20,000 don triúr eile. B'shin suimeanna ollmhóra ag an am. Laghdáíodh na suimeanna go £5,000 agus £2,000 san Ard-chúirt. Ach d'fhan Singer i bpríosún i bpríosún ar feadh 18 mí sular thosaigh an triail.

Nuair a cuireadh ar ais ina chill é i bpríosún Mhuinseo, thosaigh Singer ar an obair chun é féin a shaoradh. Bhí an oiread san leabhar dlí in úsáid aige sa phríosún go raibh ar na húdaráis an dara cill a chur ar fáil dó.

Rinne sé staidéar ar Habeas Corpus lenar féidir le saoránach ordú cúirte a lorg chun é a shaoradh. Chuir sé brú ar údaráis an phríosúin é a thabhairt chun na Cúirte Cuarda agus d'iarr sé ar an mbreitheamh a chás a chur ar siúl láithreach. Rinne sé gearán faoin moill a bhain leis an gcás. I gcionn míosa, bhí sé san Ard-Chúirt chun ordú cúirte a fháil é a shaoradh faoi théarmaí Habeas Corpus. Dúirt sé leis an gCúirt gur scríobh sé chuig an Ard-Aighne le cur in iúl dó go raibh sé á choinneáil go mídhleathach. D'éirigh le Singer ordú Habeas Corpus, le coinníoll, a fháil. Thug an t-ordú sé lá don Ard-Aighne agus do ghobharnóir an phríosúin teacht os comhair na cúirte.

Ansin chinn Singer ar an dlíodóir bunreachtba ba cháiliúla sa tír, Seán Mac Giolla Bhríde, a fhostú. Nuair a tháinig an chás os comhair na hArd-Chúirte, dhiúltaigh an Chúirt d'iartras Singer ach tugadh cead do Sheán Mac Giolla Bhríde achomharc a dhéanamh chun na Cúirte Uachtaraí.

Ar an 25 Bealtaine, 1960, d'ordaigh an Chúirt Uachtarach go scaoilfí Singer saor. Tháinig scaoll ar an Ard-Aighne. Bhí sé cinnte go n-imeodh Singer ó dhlínse an stáit. Lorg sé barántas nua chun Singer a athghabháil agus é a chúiseamh arís. Nuair a bhí Singer ag teacht amach ón bpríosún, bhí beirt gharda ag feitheamh leis chun é a ghabháil. Tugadh Singer ar ais go dtí an Chúirt Dhúiche agus cuireadh trí chúis nua ina leith: go raibh comhcheilg ar bun aige le Desmond Shanahan agus le daoine eile airgead a bhaint de dhaoine le calaóis, go raibh comhcheilg ar bun acu calaóis a



Catálogo de chuid Shanahans

dhéanamh ar shaoránaigh an stáit agus gur úsáid sé £33,456 a fuair sé ó infheisteoirí chun stampaí a cheannach agus a dhíol ar son leasa an chomhlachta gus ar son a leasa féin..

Dúirt Singer go raibh sé os comhair na cúirte go neamhdhleathach toisc gur scaoil an Chúirt Uachtarach saor é. Bhí an chúirt sásta é a scaoileadh amach ar bhannaí ar urra pearsanta £10,000 agus ar bhanna £10,000 ó dhuine eile. Ní raibh Singer in ann duine a fháil a chuirfeadh banna £10,000 ar fáil dó, áfach, agus d'fhan sé i bpríosún.

Bhí cás an stáit i dtrioblóid. Tógadh Singer agus a bhean agus Desmond Shanahan os comhair na Príomh-Chúirte Coiriúla agus

Micheál Ó Súilleabháin

rinneadh iarracht na cúiseanna a cuireadh ina leith ag an tús a chur ann arís. Bhí Jerome Shanahan scaoilte saor cheana féin mar ní raibh aon chás le freagairt aige.

Labhair Seán Mac Giolla Bhríde ar son Singer agus dúirt sé go raibh sé soiléir nach raibh dlínse ar bith ag an bPríomh-Chúirt Choiriúil ordú a dhéanamh i leith Paul Singer toisc go raibh sé os comhair na cúirte go mídhleathach agus d'éiligh sé go scaoilfí saor láithreach é faoi ordú Habeas Corpus. Dúirt an Breitheamh nár thug sé ordú ar bith go dtabharfaí Singer os comhair na cúirte. Dheimhnhigh Singer go ndúradh leis go mbeadh air dul os comhair na cúirte. D'ordaigh an Breitheamh go scaoilfí Singer saor. Ach lorg an Stát barántas eile agus nuair a shiúil Singer amach, gabhadh arís é.

Faoi dheireadh, thosaigh cás Singer ar an 17 Deireadh Fómhair 1960. Bhí Singer á chosaint féin mar dúirt sé nárbh acmhainn dó abhcóide a fhostú. Níor ghlaoigh Singer ar fhianaise ná níor thug sé fianaise. Ina aitheasc, dúirt sé go raibh a chás féin bunaithe ar réasún, ar loighic agus ar an gcóir. Dúirt sé go raibh bunús an dlí, is é sin go bhfuil duine neamhchiontach go dtí go gcruthaítear a mhalairt sáraithe sa chás. Ina thuairim, ghlac an giúiré leis go raibh sé ciontach. Cuireadh in iúl, go forleathan, a dúirt sé, gur duine ón taobh istigh a rinne an robáil. Rinneadh é seo chun amhras a chaitheamh air féin. Ach anois bhí póilíní na hEilbhéise tar éis iar-fhostaí a ghabháil agus stampaí arbh fhiú £290,000 iad ina sheilbh. Tá sé sa phríosún anois.

Dúirt Singer nár ciontaíodh é féin in Éirinn nó in aon tír eile riamh. D'ionsaigh sé an cás ina choinne. Ba é seo an chéad chás faoi stampaí in áit ar bith. Bhí an nuacht faoi os comhair an phobail ar fud an domhain. Chaith an stát an t-uafás airgid chun cás a dhéanamh ina choinne. Ach fuair an stát amach gur ritheadh an comhlacht go héifeachtach. Dúnmharaíodh an comhlacht ar an 24 Bealtaine 1959, nuair a goideadh stampaí. Bhí cás an ionchúisimh bunaithe ar an smaoineamh go raibh stampaí a bhain le siondacaít neamhdhiolta ag na ceaint. A mhalairt a bhí fíor, a dúirt sé. Mhínigh sé an difríocht idir ceant stampaí agus ceant troscáin. Dúirt sé go raibh smacht iomlán ag Mrs Diane Shanahan ar na cuntais agus, dáiríre, go raibh smacht ag muintir Shanahan ar an gcomhlacht le trí vóta in aghaidh dhá vóta do na Singers.

Gluais:

ar iarraidh= missing
iar-fhostaí=ex-employee
leachtú toilteanach=voluntary liquidation
Ard-Aighne=Attorney General
Cúirt Dhúiche=District Court
an Chúirt Chuarda=Circuit Court
achomharc=appeal
scaoll=panic
banna=bond
urra=surety
barántas=warrant
dlínse=jurisdiction
aitheasc=speech
ionchúiseamh=prosecution



THE GREAT RESIGNATION

John O'Sullivan
Personal & Business Coach

The past two years have been dubbed "The Great Resignation" due to the vast number of people who have quit their old job in search of a new one. Before this, there were many reasons why people remained with their previous employer. Ireland had been feeling the effect of the recession for many years and suddenly when Covid hit, many people realised there was a different way of working. A way that could greatly improve their quality of life and their work/life balance. However, many people I meet still remain in jobs that are not fulfilling them. Let's face it, a job must be more than something we do for a financial reward. Money can come and go, but the time we have is a finite resource – and none of us can buy any more of it! So therefore, trading our time for an hourly wage (regardless of how much) is not a good deal.

Many people have awoken to the realisation that things like autonomy, recognition and a sense of fulfilment are equally important when it comes to deciding where they want to work. Of course the financial return is important, and we need that, but it's not the only thing that matters. When we work for the money alone, we are more likely to feel dis-empowered and even resentful. While on the other hand, feeling like we have the ability to make our own

choices and feeling we are making a positive difference to the world by what we do, is immensely fulfilling.

There is a powerful message here too for employers. If your staff feel like they are trading their time for money and nothing else, then they are not going to give everything to their job. In this context employees won't go the "extra mile" or think "outside the box". Instead your team will more likely do the minimum and your customers and your business will pay the price.

This is recognised internationally as a powerful aspect to work. We know people need to feel connected, and that they have a sense of being recognised for the impact they have. These primal elements form the backbone of the SCARF model. Our brains are still guided by primitive emotions such as: Status, Certainty, Autonomy, Relatedness and Fairness. So when one (or more) of these aspects is missing it causes resentment and disengagement.

So what needs to change? Well, first of all, if you are in a job that makes us feel like we are dispensable, then something is lacking. Are you missing a sense of status, or job security? Do you lack the ability to make your own choices? Are you isolated or disconnected? Or maybe you feel unfairly treated or reimbursed?

Each of these emotional feelings will cause people to feel less connected and likely to contribute the least at work and make them even more likely to leave if they get another opportunity.

If the above sounds familiar, then maybe it's time to think about changing your circumstances. Maybe it's time to speak to your employer about how you're feeling. And it's very possible it's time to learn a new skill that will give you more employment options elsewhere. This is a powerful move as it will give you more bargaining power with your existing employer and give you more options if you choose to leave. Furthermore, learning a new skill is highly rewarding and makes us feel a sense of achievement personally that we may be missing at work.

I've met a number of people recently who are re-writing their CV's and preparing for job interviews. As daunting as this sounds, these might be the steps to finding a much more fulfilling role elsewhere. With remote working now a real possibility for many, the options are endless. But interviews can be unnerving for many people. If you are considering moving jobs, it's worth getting some advice about interviews – especially if you haven't interviewed in the past few years.

For employers this might be a wake-up

call. Many people are now switching jobs and for employers, finding great talent to replace them is not easy. So maybe it's time to think about the SCARF model and how your team might be enjoying (or lacking) some aspects. Aside from pay, our level of engagement is a powerful leading indicator of how we can expect our business to perform. This impacts directly on our customers, our business and our turnover. So maybe now (post lockdown) is the time to have that team building event or to take the time to meet your staff one to one in person, and find out how your business can trade more than just money for time with its employees.



John O'Sullivan

Personal and Business Coach

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GLANMIRE COMMUNITY GARDEN

There has been great excitement at the garden as we have been very busy preparing our new raised beds for the coming growing season. We have planted onion, potatoes and sown seeds for salads, vegetables and flowers to encourage bees to the garden.

It's not all work, we make sure we have time for chats and a well deserved cup of tea. The garden was set up by volunteers from the community who came together to learn, share knowledge and enjoy the food that we grow. We get together twice a week to work in our organic garden which is situated on the grounds of Glanmire Community College.

We are always quite happy to welcome new members who would be interested in learning about gardening or sharing their garden knowledge with us.

For information on the garden please contact

Ann Holland on **086 1948584** or email **glanmirecommunitygarden@gmail.com** or check us out on facebook at Glanmire Community Garden.



Work in progress



The completed raised beds



A selection of crops and flowers from last year



Cobh and Glanmire Union of Parishes
A Date for Your Diary



Spring Sale



**Cakes
&
Plants**



Saturday 14th May
1:00pm to 4:30pm

St Mary and All Saints Church
Church Hill, Glanmire



Delicious Teas will also be available



Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com

Hi all,
Hope everyone enjoyed a very
HAPPY EASTER

Crutches4Ukraine

We have set up a group to send crutches, walking aids, wheelchairs etc to Ukraine, where they are badly needed. Nearly every house in the country has crutches or other mobility aids lying about. If you are not using them, we are asking you to donate them to Crutches4Ukraine. The drop off point is at Ryan's SuperValu in Glanmire.

There are some storage and shipping costs involved. We have set up a GoFundMe page at <https://gofund.me/3cdd2efe> All donations are welcome.

If you want to become involved – there are plenty of things that need doing – cleaning and wrapping items, moving them to storage, packing etc or if you wish to set up your own collection to join ours, that would be great as well.

For further information contact **John Gilroy 085 7759893** or visit our Facebook page Crutches4Ukraine



GACA Chairman Kevin Tobin reviewing future plans at the Public Meeting



Cllr Ken O'Flynn & Cllr Joe Kavanagh at the GACA Public Meeting

A Public Meeting Open To ALL Members of the Community was hosted on the 22nd of March. It was well attended, and many local issues were raised from the Glashaboy Flood Relief.

Agenda included the following, but chairman Kevin Tobin also brought the good news **that the application for over €100K town & village renewal grant was applied for & thankfully**

this has been granted. Majority of the application will fund the upgrade of the John O'Callaghan Park. Other elements covered are as follows:

Chairperson's address,
Secretary's address, Public representatives,
Flood prevention scheme / Compulsory purchase orders Open forum

Sub committees reports

GAEC (Glanmire Area Environmental Crew)
House management
Community games
Community garden
Indoor bowls
Youth leadership / Drug Taskforce Seniors
Heritage
CoderDojo
Sports grounds
SAFE



Sarah Connolly of Connolly Dance Studios & part of her dance crew doing us proud at the Patrick's Day Parade ... & they won an award! HUGE congrats.



Crosaire An Fhaoitigh
C.L.C.G.

White's Cross GAA News

whitescrossgaa.ie



White's Cross Under 9 Boys team

Junior Action Round-Up

Our Junior hurling and football teams have continued their league programmes with a busy schedule of games in the past month. The Junior football team lost their second game to Passage having won their opening game. However, they rebounded in round three with an impressive win against Delaneys. They dominated this game for the most part though the concession of goals at key stages meant they were never fully assert their dominance on the scoreboard. A late goal of our own eventually assured the victory. The concession of three goals in their fourth game against Nemo Rangers suggested that they were heading for defeat but they battled back to secure a share of the spoils as the game ended in a draw.

The Junior B football team won their first game of the year when they had a round three victory over Rathpeacon. This was a very impressive performance with seven different players getting the on the scoreboard from open play. The junior B hurlers had played the same opposition a week previously. Despite being in a strong possession at half-time and having the lion's share of possession in the second half, they were unable to recover from the concession of two goals which were the deciding scores of the game. The Junior A hurlers lost their league tie to Bishopstown a few days later. They were in this game throughout as there was very little to separate the sides. Perhaps it was the Town's ability to get more scores from play that was the difference in the end. The team continues

to evolve and plenty of younger players are getting their chance to play and this bodes well going forward.

Underage Roundup

Our girls teams have spent the months of February and March training on the club's new astro-turf facility. At the beginning of April though, they finally got the playing season underway when they played Rockban in a camogie challenge game played in White's Cross. In a busy spell, they followed a few days later with another challenge match, football this time, against Grenagh. On both occasions they had over twenty players available for selection which is very impressive. The training and practice put in since the start of the year was certainly evident on both occasions as two very impressive performances were put in.

The underage boys teams were also very busy. The under 8 teams travelled to Mallow on two successive Saturday mornings to take part in Monster blitzes organised by Rebel Og. The lads had the chance to play three different matches to hone their skills. On one of these mornings while our Under 8s were playing in Mallow we had an under 9 team on duty in Castletownroche while our under 11 team played a great game of football against Aghabullogue. Added to the girls playing above, these are almost unprecedented times for underage activity in White's Cross. Well done to all the coaches and the

committee for putting on this programme of fixtures.

St Colmcilles sides have also been busy. History was made on the 13th of April as the first ever under 19 side representing White's Cross (or indeed Carraig Na BhFear) entered a formal competition. This is the inaugural year of formal competition for this age group. After a few false starts, we got our campaign underway against St. Catherines in a football game. The history books will show that our opening game ended in victory. Other teams continue to do well. Our under 17s are undefeated thus far. They have won most of their games in very convincingly. In one of their more recent games against Shamrocks/Crosshaven they did not concede a solitary score. The under 13 hurlers are also undefeated. They followed up their first round victory over Mayfield with a hard-fought win over Cobh in round 2.

Cork Prison Officers Male Choir

The Cork Prison Officers Male Choir played in the Upper Glanmire Community centre on Friday 22nd of April. This was a very enjoyable evening which was also partially double-up as a fundraiser for the club. A great crowd turned up and were treated to a very enjoyable evening. Well done to our friends in the Upper Glanmire Community Association and our own Dominic Cahill for organising this fantastic event.



White's Cross Under 10 Girls team



John O'Sullivan, Pat Reid, Dominic Cahill watching a recent Junior Hurling game



Chugainn Aniar Sibh!



Bronnadh boinn ar na mallaibh ar na daltaí a ghlac páirt i gcomórtais treodóireachta sa cheantar máguaird. Ina measc bhí daltaí na chéad bhliana, a tháinig sa dara háit i gcomórtais Treodóireachta Chorcaí. Is mór an gaisce atá déanta acu gan aon agó agus táimid an-mhóralach astu go léir agus a múinteoirí a bhí faru. Chugainn aniar sibh a bhuachaillí.

Tráth na gCeist Uile Scoile Seachtain na Gaeilge



Daltaí ag baint súip as tráth na gceist a d'eagraigh rang 5A agus cuid den rang úd i mbun oibre thuas, nuair a craoladh na himeachtaí fud faid na scoile.

Ar Cuairt



Mór comhghairdeas le hiardhalta na scoile, Séamus Ó Muirghéasáin, thuas, a fuair cuireadh speisialta ó Uachtarán Mheiriceá Joe Biden, damhsa a dhéanamh sa Teach Bán, i Washington Mheiriceá le déanaí. Is ball é Séamus den ngrúpa Cairde a bhfuil aithne orthu fud faid na cruinne um an dtaca seo as feabhas a rinne. Tá clú agus cáil orthu i ndóthair ar ardán sóisialta Tik-Tok.

Blitz Caide Bunscoile



Tréaslaimid le daltaí agus múinteoirí uile na mbunscoileanna a ghlac páirt i Blitz Bunscoile a d'eagraigh daltaí na hidirbhlíana i gColáiste an Phiarsaigh, as a stuaim féin. Ghlac cúig bhunscoil áitiúil páirt sna comórtais agus thug Scoil Uí Drisceoil an sway leo. Bronnadh Corn Thomáis Uí Riordáin orthu. Tá an corn ainmnithe as iar-phríomhoide Scoil na nÓg.

Blúiríní



Ghlac Ellie-Cáit Ní Luasa bronnadh ó phríomhoide na scoile, Micheál Ó Tuama. Ghlac sí leis ar a son féin, ar son Abbie Ní Chonghaile agus ar son Lena agus Tess Ní Sheasnáin. Ghlac na daltaí páirt i gcomórtais rince Craobh an Domhain i mBéal Feirste agus is ar a shon san a deindeadh an bronnadh orthu. Ar fheabhas ar fad a chailíní.



ERIN'S OWN LADIES CLUB

Camogie Feile

Well done to our U15 Camogie team who participated in the Camogie Feile on Saturday 16th of April in Inniscarra playing two very competitive games against Inniscarra and Aghabullogue.

Football Feile

Congratulations to our U15 Football team on winning the East Cork A Division Football Feile on Monday 18th of April. Our girls had two wins against Glanmire and Fermoy to progress to a semi final playing Rockban. After securing a win v Rockban they progressed to the final against Midleton and secured another victory there. The girls now go through to the County Feile. Best of luck to the team and management.

Callos Construction

We would like to shout out a big thanks to Jonathan O'Callaghan of Callos Construction for sponsoring our Feile team with a brand new set of jerseys for the Football Feile.



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secretary.erinsown.cork@camogie.ie for information.



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FEILE RUNNERS UP

Our Feile (U15) team had a great run in the Division 1 campaign reaching the final but unfortunately going under to winners Eire Og by two points after extra time. The girls were tremendous throughout the two days of competition, continuously producing first class performances!



U15s Imokilly

CORK MINOR WIN

We were delighted to have two players from the club involved with the victorious Cork All Ireland winning team which beat Galway recently - Capt, Orlaith Mullins & Tara Elliott! Both played prominent roles in the victory.

IMOKILLY U15's

Jane O'Brien, Ashling Desmond, Eimer O'Callaghan, Laura Scannell & Leah Walsh were members of the winning Imokilly U15 team which recently won the Inter-Divisional Cup in Mallow.



FEILE TEAM '22



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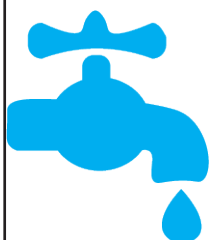
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Annual Xmas Whitebay
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€6,818.00-euro raised by Annual Whitebay Xmas day swim in aid of Cork Simon Community. A fantastic sum in aid of Corks homeless people. Míle buíochas to all our swimmers sponsors and supporters for making the event such a success, and a special Thank you to Daidí na Nollag(Santa) for remaining on to join us in beautiful Whitebay! Ní neart go cur le céile.

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GLANMIRE MACRA



This month was a busy one for Glanmire Macra as we travelled to Kilkenny for the 15th annual Mr Personality Festival. This year saw Conor Murphy from Whitechurch represent our region and he certainly did the region proud. We were also very proud of Jamie Flannery who did a great job judging. Friday night saw the lads take to the stage for interviews. The Saturday morning saw our member Zara Long join Donoughmore and Knockraha Macra for camogie. We also enjoyed a three course meal as we awaited the results of Mr P at midnight. A huge congratulations to Shane Quigley from Mayo on a very well deserved win and to fellow Cork Macra member John Lynch from Aghinagh on coming second. Here's to next year.



This month was also busy one as we made the trip to Skibereen for Carbery Macra's dinner dance. A great night was had as we danced the night away with Hell for Leather. Here's to many more events. We also attended Avondhu Macra's Ball. It was a brilliant night.

We also had a busy sports night this month as many of our members practiced

volleyball and basketball. Make sure to join us every Tuesday at 9:15 pm in Upper Glanmire Sports Hall. New members always welcome to join and play for free on the first night.

Easter Sunday saw us don our glad o rags as we joined Limerick Macra to celebrate their Easter Ball in the Charleville Park Hotel. We had some luck in the best dressed competition as our own member Patrick Healy won best dressed. Thanks to Limerick for a great night.

Some of our members also joined the Seandún planning meeting in advance of the regional meeting and we look forward to the many events coming up next month. Don't forget to follow our social media pages to keep up to date with whats happening.

Article by Aisling Walsh
Glanmire Macra PRO





SPRING WARDROBE INSPIRATION

May Spring-time, hopefully we will start to see warmer temperatures this month. We might not be able to off load our outer layers just yet, due the annual April showers, but we can refresh our wardrobes.

This new season it's all about stand out, bold colors. Picture cobalt blue, hot pink, neon green, bubblegum pink. Don't be afraid when you read this, I can suggest a few ideas of incorporating these fun bright uplifting colors in to our daily outfits. I see a definite shift in optimism and excitement for any opportunity to dress up and now is the time to have some fun with our fashion choices. Bold saturated colors are visible in our shops currently and we are seeing them styled in different fun ways. Make this a season that you swap your black items be it clothes or accessories for some feel good flattering brights. I offer color analysis service and wearing your suitable colors can make a huge difference to our appearance.

If you feel like you have lost your enthusiasm to put an outfit together post lock down. I offer a personal shopping session and my clients benefit in so many ways. I do the searching through the shops for you saving you time and money. A personal shopping session is more efficient in a number of ways such as, you can stop trying to figure out if an item suits you or not. The items I show you can be mixed and matched. You will see clothes that suit your body shape and lifestyle. I show you the basic foundations pieces to creating a capsule wardrobe. My clients are under no pressure to buy there and then, we take photographs of suitable pieces for you to look at your leisure. You will have these for future reference.

You can contact me below if you have any queries regarding style and de-cluttering. I would love to help you embrace your shape, introduce color into your life through your clothes. "Wear your clothes, don't let your clothes wear you. I hope you will find some stylish ideas to rev up your wardrobe this time of year.

1. LOAFERS



Loafers are currently visible in every shoe department from boutique to high street. Loafers make a great transitional shoe boasting a particular versatility. This spring When you are looking for something smarter than a trainer but much comfier than a heel, take a look at a loafer, which is very stylish. Loafers literally can be worn with everything from miniskirts to trousers. Loafers offer comfort yet they are smart enough for office wear. The classic loafer featuring a metal bar chain, or tassels give the style an extra elegant touch ranging from slip on to back out, suede to leather. Buying a good classic quality leather pair will become your wardrobe go to, this timeless style shoe can be worn with jeans and a shirt or a floaty maxi skirt, city shorts and a crisp linen shirt. Transitioning to autumn, getting longevity out of our purchases pair with tights, tailored trousers, and a cropped cardigan. Buy smart and look for neutral colored loafers, beige, black, navy, cream, brown that will see you through not only one season.

2. BAGS



If you love bags, you're in luck, we finally we have a reason again to carry a bag. Whether it's the daily commute to work, or attending an event bags are reclaiming their presence as a fashion treat! While tote bags will always remain favorable staple to me as I like to carry my own and my children's possessions around with me. One adjustment that signifies spring to me is the switch to a lighter colored bag. When I have the opportunity of socializing I do carry a bag that's more for fun than function. we have a new colorful fun contender in the race for the most

sought accessory of the year, the knot bag. They are available on the high street for very reasonable prices. A knot bag is fun and can vary in size from just fitting you mobile to a mobile, lipstick, keys and sun glasses. I have seen them in citrus lemon to blush pink but also in neutral shades which will compliment any spring, summer attire.

3. WIDE LEG TROUSERS



Wide leg trousers are big on trend this spring summer. I have seen a lot of trousers in bright colors which I would pair with neutral pieces on top. Don't be turned off if you are like myself and quite short in height. Look for a cropped style, high waisted are a petite option for the office or weekend attire, paired with your knot bag is sure to score compliments. A fitted top paired with the high waisted trousers, crop jacket looks very chic and will balance out your silhouette. A cropped wide leg linen pants are a personal lightweight option to take us through the summer.



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



Glanmire Library



Your new and improved online library system is now up and running. When you log in for the first time, you be asked to reset your pin. Thank you for bearing with us during the switch. .

Glanmire Library has a full programme for the Beaultain festival

May Weekend: The Library will close on Friday April 29th at 5.30 and will reopen on Tuesday May 3rd at 10.00 am

Children's Corner

Music in the Library.



Gardening is a terrific way to get children involved with nature. It has the power to teach children about the beauty of flowers and vegetables, whilst also teaching them valuable life lessons like patience and self-confidence.

Call into Glanmire children's Library to pick up books aimed at children today, and get your green fingers going!!!

What's on in the Library

Crochet.....1st Thursday of the month

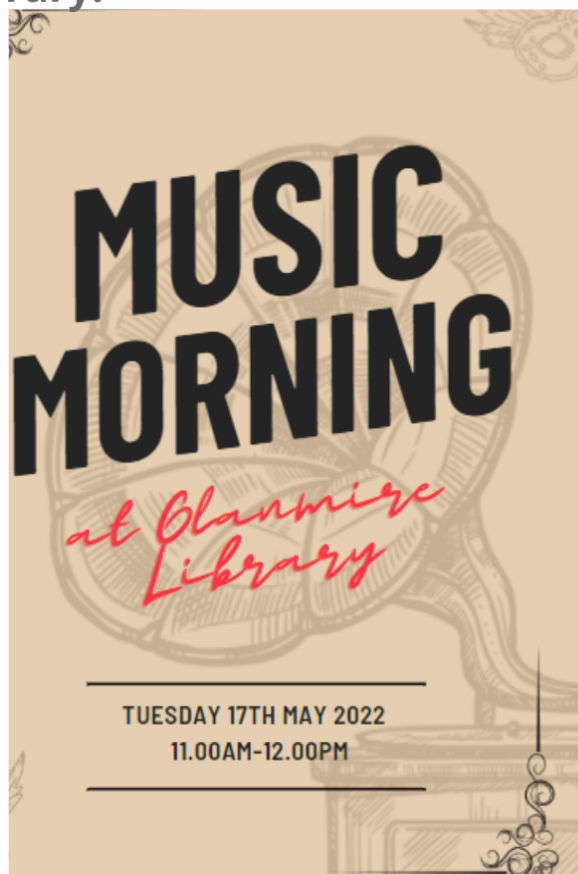
Knitting2nd and 4th Wednesday of the month

Active Retirement.....1st Wednesday of the month.

Age ActionFridaysLaptops , phone ,iPad

Walking groups.....Every Wednesday.

Scrabble12th May



Glanmire Library Tuesday 17 May is the place to be where music lovers can meet to share their appreciation of music. Our first very successful opening event on the 19 April was hosted by John O'Connell who shared his love, vast knowledge and stories of the music that that he played. He was ably assisted by Jim Ahern who has kindly offered to present our next musical extravaganza.

Every genre of music is catered for albeit it classical, opera or easy listening, there is something for everyone. It takes place 11.00 to 12.00 and everyone is welcome to attend.





Notice Board

GLANMIRE INDOOR BOWLS

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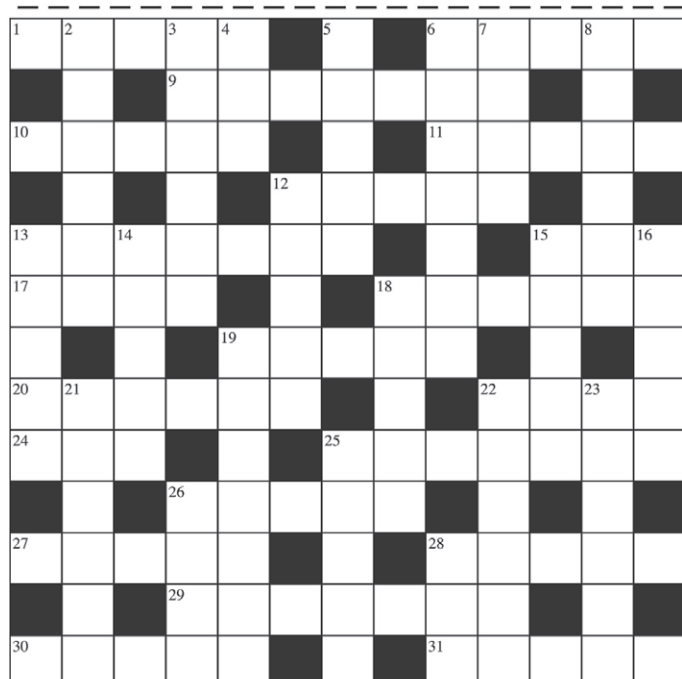
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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th May. The prize is a meal in BEVA CAFE which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your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

Across

1. Spice used in curries (5)
6. Normandy landing beach (5)
9. For the reason that (7)
10. Not bitter (5)
11. Group of lions (5)
12. Look fixedly (5)
13. Helps (7)
15. Prefix meaning new (3)
17. Greek cheese (4)
18. Poles carrying electricity (6)
19. Killer whales (5)
20. Brings to mind (6)
22. Gala, fair (4)
24. Tear (3)
25. Ring shaped (7)
26. Arms and legs (5)
27. Spring flower (5)
28. Father's brother (5)
29. Daybreak (7)
30. Applauds (5)
31. Make very happy (5)

Down

2. Not a good idea (6)
3. Spain and Portugal (6)
4. Used in fishing (3)
5. Pastries containing apple etc. (5)
6. Sea eagles (7)
7. Only (4)
8. Out of sight (6)
12. They twinkle at night (5)
13. At a later time (5)
14. Bend down (5)
15. Book, story (5)
16. Type of reed (5)
18. Aches (5)
19. Greek king who wed his mother (7)
21. Seeable (6)
22. Tube, conduit (6)
23. Type of small laptop (6)
25. End prematurely (5)
26. Speech impediment (4)
28. Stitch together (3)

Crossword Winner: Shane Burns, Cork city



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Monthly Meeting for Glanmire Chamber of Commerce presents

Judie Russell

Video Coach and Founder of The Vidacademy

At parish hall in Glanmire
THE PRESBYTERY, RIVERSTOWN, GLANMIRE, CO. CORK, T45 FF68

Networking with Tea\Coffee and refreshments from 18.00-18.30

With demonstration from Judie for 1 hour with Questions and Answers

Register online:

<https://www.eventbrite.ie/e/glanmire-chamber-of-commerce-presents-judie-russell-vidacademy-tickets-326689325567?utm-campaign=social&utm-content=attendeeshare&utm-medium=disc-covery&utm-term=listing&utm-source=cp&aff=escb>

Glanmire Chamber of Commerce Members Free
Non Members €25

Judie Russell is a video coach and founder of The Vidacademy. She simplifies video production by showing individuals and businesses how to create professional videos using their phones, affordable equipment and beginner-friendly apps and software. She coaches executives to bring their best selves to the camera and consults with large organisations who want to amplify their messages internally and externally.

Judie has worked on camera as a broadcasting journalist and behind the lens as an editor, camera person, producer and director. She has a Masters in Business Studies, a higher diploma in TV and Video Production, is a qualified Project Manager and has lectured at University level and presented at international conferences.

Learning Outcomes

1. **Learn** how mobile video content is planned, filmed, and edited.
2. **Gain confidence** in incorporating video production into future marketing strategies.
3. **Be better equipped** to collaborate with video professionals for more advanced video production as they will be familiar with the language, cost and time involved in video production.

There will be a raffle with the winner availing of \$249 Video bootcamp online course.



Townhall Meeting about a Proposed Festival in Glanmire

Date and Time Wednesday, 11th May 2022, 19.00-20.00

At parish hall in Glanmire-
THE PRESBYTERY, RIVERSTOWN, GLANMIRE, CO. CORK, T45 FF68

Register online:

<https://www.eventbrite.ie/e/townhall-meeting-about-a-potential-festival-in-glanmire-tickets-323052327207>

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Please complete online Questionnaire to help guide us:

<https://docs.google.com/forms/d/e/1FAIpQLSed0n3byuEzjQywdGo04xlwU7-cHTD0WZFTwzROdkcKUW1Efg/viewform?vc=0&c=0&w=1&flr=0>

Some of us thought it would be a good idea to develop a festival for the area. Something that would be good craic, give us joy after the last few years.

This is a dip the toe in the water, an initial investigation to see if there is enough people to share the load, as it could be a big undertaking. We are open to see what emerges.

Glanmire Chamber of Commerce meets monthly at different locations around Glanmire. We are interested in supporting local business and please get in contact, if you are interested in hosting or speaking at an upcoming event.

Please contact
Shirley Gallagher
Glanmire Chamber of Commerce Events Coordinator
E: eventsatglanmirechamber@gmail.com
T: 0858555792



GLANMIRE
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COMMERCE