

## SHARING THE JOURNEY TOUR DE MUNSTER 2022 ANNOUNCES CHARITY PARTNERSHIP WITH DOWN SYNDROME IRELAND



Details of the charity partnership, that sees the annual 600km Tour de Munster charity cycle once again share the journey with Down Syndrome Ireland (DSI) Munster branches have been officially announced.

This will be the 13th successive year that the national charity has been the beneficiary of the popular cycle around the six counties of Munster, which this year is set to take place from Thursday 4th to Sunday 7th of August.

...continued page 2

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## TOUR DE MUNSTER 2022



...continued from page 1

Entering its 22nd year, Tour de Munster has raised over €3.9 million for its beneficiaries, with over €3.5 million for DSI alone since it became the main beneficiary of the tour in 2010.

Last year was certainly a year to remember for Tour de Munster, as it raised its largest sum to date for the Munster branches of Down Syndrome Ireland - a staggering €522,201.

Funds raised as a result of Tour de Munster play a significant role across each Munster branch of Down Syndrome Ireland who provide a range of vital supports and services to children and adults with Down syndrome and their families.

**Commenting on the partnership, Paul Sheridan, who established Tour de Munster, said**

*"The Munster branches of Down Syndrome Ireland are an extremely worthy beneficiary of the Tour and over the last 13 years of our partnership, we have received a huge amount of support from the six branches and families themselves who benefit from the funds raised. The amazing children and adults who rely on the services provided by their local DSI branches are the reason we put so much hard work in. Over the past 13 years, I have seen many members grow up to become wonderful*

*young adults and to see what they achieve, big or small, spurs us on to keep the pedals spinning."*

**Speaking about the Partnership Announcement, Ray Connolly of Down Syndrome Cork and past Tour de Munster participant said,**

*"We are so thankful to Tour de Munster for their commitment to our charity and the help and support that they provide and we appreciate every cent raised. The funds raised have played such an important role in enabling the Cork branch of Down Syndrome Ireland to continue providing therapies and supports to our children and adults with Down syndrome. The Tour has created a fantastic community here in Munster and we can't wait to cheer on cyclists this August."*

The 2022 tour de Munster will kick off from Cork City on Thursday, August 4th and continues over four days around the six counties of Munster before returning to Cork City on August 7th.

For more information on the Tour de Munster visit [www.tourdemunster.com](http://www.tourdemunster.com), find it on Facebook, or follow the tour on Twitter @TourDeMunster.

For further information on Down Syndrome Ireland see [www.downsyndrome.ie](http://www.downsyndrome.ie).



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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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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.

### 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.

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

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

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

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

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

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

### THE POSTAL SERVICE



A 1939 photo of Tom "The Post" outside Glounthaune Church

Glounthaune P.O. was located at Ahern's / Mc Carthy's cottage on the "Back Road" at the turn of the last century. In 1914 the postmistress of the "Post & Telegraph" office at Glounthaune was, according to Guys postal directory, a Miss Mary Ahern. The post office was located at Maud Barry's house in the village during the early forties and Peter O' Sullivan, who was known far and wide as "Sonny", was postmaster and he earned a weekly wage of fifteen shillings. Interestingly, in the late fifties Cork County Council unearthed a wooden tube which had carried the very early telegraph system to the village. The Murray residence, adjacent to "The Arch" in the village, housed the post office from 1946 and the postmistress was Mrs. Josephine Murray and she provided a quality service for the people of the parish. Mrs. Murray was meticulous at her work and her dedication went above and beyond the call of duty. She was most helpful and had the ability to find humour in serious situations. Customers were comforted by the knowledge that their business was treated with the utmost confidentiality. The post office had, similarly today, numerous functions and there was an additional service with the launch of Teilifís Éireann on December 31st. 1961; the issuing of TV licences. The fee back then was four pounds and a radio only licence, which was abolished in 1972, cost one pound. "The Telegram" was another service and this played an important role in community life in bygone days. There were not many house phones in the parish and, apart from the Parochial House; the only one in the village was at the post office. Who remembers those phones which incorporated a black box with the push-buttons "A" and "B"? Actually, there was a similar phone in the "Library" at Fitzpatrick's Shop. The only expedient method of

communication back then was the green coloured envelope which contained the telegraph message and sadly it was often utilised to advise of bereavement. Mrs. Murray was always on the "look-out" for somebody to deliver the telegram and during the school holiday period it was invariably a student. Knockraha, the post office located there did not have "telegram" status and indeed likewise with Little Island, was a lucrative destination for the chosen person; the fee was one shilling and sixpence and the amount for collection was shown on the top left hand corner of the envelope. The "telegram boy", it was never a "telegram girl", was happy with the earnings and a bicycle which was owned or borrowed was the delivery mode. The telegram was glamourised from May 16th. 1960 with the opening of Ashbourne House Hotel as the "best wishes" telegrams for wedding receptions, and there could be a couple of hundred for some functions, were routed via Glounthaune P.O. Mrs. Murray noted the congratulatory messages which she received per continuous phone calls from various post offices and she then issued same in official format. This was an enormous workload moreover when she was also obliged to deal with other day-to-day business. The "telegram boy" made multiple trips to the hotel throughout the day delivering several batches each time but they were not that lucrative because of the hotel's close proximity to the post office. Glounthaune post office and Mrs. Murray was synonymous and she was the postmistress for almost fifty years. She drew energy from mysterious sources and her working day exemplified this; she commenced at five fifteen am to receive the mail delivery for sorting and she finished at eight fifteen pm to dispatch the outgoing mail. In early years the mail was collected by one of the two postmen from the five twenty am goods train at the then Cobh Junction station and was brought to the post office for sorting. The mail was sorted at Cork for direct to house deliveries from the eighties. Mrs. Murray's daughter Siobhan filled the position for a period following her retirement and then for a brief spell thereafter some services were conducted at the Community Centre. The post office was housed at Fitzpatrick's Shop from September 1986 until January 2001 when the business was transferred to its present location at "The Cliff", and at both locations under the attentive eye of postmistress

Geraldine O' Neill and staff. By-the-way, and referencing Mrs. Murray again; she always served tea and a few "cuts" of bread, no "sliced pan" back then, to the postmen before they set off on their own pushbikes to deliver the sorted mail. The postmen appointed to serve in the Glounthaune / Little Island areas have always been diligent, reliable and helpful. They have also been extremely courteous and their trade mark smile, friendly chat and perhaps a little mischievous banter are noted characteristics, which in fact appear to be a requisite. They are also infamous for spinning yarns such as the one related by a local postman many years ago; he said that the front wheel of his bike fell-off when cycling over Killacloyne Bridge but because he was travelling so fast he only became aware of the mishap on his arrival at the post office some two miles further on! Many became household names and a few that springs to mind include; Daw Barry, John Moroney, Paddy Mc Carthy, Johnny Hayes, Patsy Carroll and Tom "The Post" Murphy who was the longest serving and interestingly, his grandson Kieran is now serving our area. Patsy Carroll, who delivered the Glounthaune destined post whilst Tom "The Post" attended to that for the Little Island area, served together for many years. Their routes were chosen by a postal official at Cork and the criteria used was frequently based on a communication received from an influential person residing in the area thus ensuring the mail for that home would have priority delivery. Tom also covered Rockgrove which surprisingly included the Good family farmhouse as well as three houses northwards which were located on the Caherlag Road. Houses west of these and encompassing Caherlag and Rougrane were served by the Glanmire postman hence the origin of the oft-discussed topic; is it Caherlag, Glanmire or Caherlag, Glounthaune?! Tom, having collected outward mail from the post-box located outside D.B. Sullivan's entrance gate in his morning run, collected mail from Little Island post office at five pm, and then from the post-box outside Ashbourne. He delivered same to Glounthaune post office and this plus the Glounthaune mail was collected by a Cork postal van at eight fifteen pm and brought to Brian Boru Street sorting office. Prior to the mid-fifties the postman brought the said mail to Cobh Junction station for dispatch to Cork per goods train. The aforementioned Patsy was a fluent native Irish

speaker and he also held Irish dance classes at the YMS Hall at Ballyverry. Now Tom had a bit of the lingo also but he reserved it for the occasions he had to encounter Justice D.B. Sullivan's lengthy and irregular surfaced driveway at Carrigrennan, now the location of the treatment plant, with just one postcard! At six thirty am in the post office Tom would murmur, "having a great time, wish you were here"! When Tom commenced employment his weekly wage was in the region of twelve shillings and it is interesting to note that under the postal archaic system he was still classified a "temporary postman" on his retirement in May 1970! An ad hoc committee, with Christy Twohig as chairman and Mabel Verdon as secretary, organised a function to mark the auspicious occasion and this was held at the YMS Hall Ballyverry. There was a large gathering of family and friends and glowing tributes were paid to Tom and reminiscences were warmly related. Tom was presented with a wallet of notes and his wife Addie was the recipient of a cutlery set. The "Southern Star" of May 23rd. reported on the event and referenced some of those who were present; "Charlie Doherty is a native of Derry's own Bogside. He joined the engineering section of the army in Buncrana and came south in 1941 during the emergency. He worked on the building of the army huts at Rockgrove and regularly goes back to the Bogside on visits and says there are no people like the Cork people for friendliness. John O' Connor, a native of Beaufort, Co. Kerry, was another "stranger" at the presentation. John has been twenty eight years at Cork and he was also with the army at Rockgrove. Joe Duncan is a native of Dundee but has been in Ireland for thirty years, the past seventeen in Co. Cork". Others present included; Mrs. Conway, Mrs. Duff, Mrs. Gillis, Mrs. White, Mrs. Murray, Gerry Ryng, Josephine Twohig, Margaret Crowley, Violet Goggin, Doreen Goggin, Margaret Hayes, and Helen Dorgan. Fifty plus years has since elapsed and the parish has changed considerably in the intervening period. But envisage the changes that Tom "The Post" experienced from the time he set off on his first mail delivery, when Little Island was a non-industrial neighbourhood, until his retirement in 1970. The foregoing gives a brief outline of the local postal service in bygone days and sadly many of those mentioned have gone to their eternal rest. Féadfaidh siad chuid eile i síocháin.

SLÁN ANOIS ©





## GLANMIRE LADIES FOOTBALL CLUB

### Cork Football

Well done to Abbie O' Mahony and her Cork Senior teammates who beat Waterford in their Munster Semi Final and will now go on to play Kerry in the Munster Senior Final.

Congratulations to Ava Fitzgerald, Sinead Hurley, Orlaith Walsh and Ava McCarthy who were part of the Cork U16 panel that won the recent U16A Munster Final.

Congratulations to Evie Twomey, Lucy Greene, Clodagh O' Donovan and Caoimhe Richmond who were involved with the Cork Minor panel that also won the Minor A Munster title.

Well done to Aoife Treacy and Ionnais O' Connell (Coach) who were part of the Cork U14 panel that beat Armagh in the All-Ireland Platinum Quarter Final and then went on to beat Down in the Semi Final. They go on to play Kerry in the All-Ireland Platinum Final.

### Underage League Campaigns

Well done to our U14's who have had good wins over Bride Rovers and Erin's Own in their recent East Cork League games and are going extremely well so far. Our U16A have been on winning terms as well with good wins over Aghada and Midleton.

The U15 group have also been going well with wins over Cobh, Aghada and a tightly contested draw with Rockban, which should see

them through to a league final.

### Adult League Campaigns

Our Junior 1 team have also started well with a win against Inch Rovers and look towards their next league game against Fermoy. They also recently played the 2021 League Final against St. Val's in what was a brilliant game of football. The score difference was never too much but, in the end, Val's ran out winners by 2 points.

Our Junior 2 team have also had a good start to the league. After their win against Nemo Rangers, they went on to play a tough and physical game against Doheny's. Although they were down by a few points heading into the second half that didn't stop them putting in a big half and taking a draw in the end. They will now play Bride Rovers in their next game.

Our Intermediate girls have also acquitted themselves well in the Division 1 League, after a rocky opening game against Clonakilty that ended in a loss, they have come back strong beating Valley Rovers and a strong Bride Rovers team in their next two games. Their next game will see them take on County Champions Mounseabey.

### Camogie

Many of our girls have also been involved with Cork Camogie panels who have been successful over the last few weeks.

Congratulations to Tara Elliot who was part of the



Aoife Treacy and Ionnais O' Connell



Ava Fitzgerald PDM

Cork Minor team that took Munster and All Ireland titles. Congratulations to Olivia McAllen who played for the Cork Seniors in the Senior Munster Final that went into extra extra time, with Cork winning in the end.

Finally, well done to Ava Fitzgerald, Sinead Hurley, Nessa Treacy, Ciara Rice, Anna Nestor, Kate Fennessey and Laura Dunlea who were part of the Cork U16A panel that won the Munster Final. There were double celebrations for Ava Fitzgerald as she was also named Player of the Match.



Tara Elliot with Cork Minor Captain Orlaith Mullins



Cork Minors Munster Champions



U16 Munster Champions



U10s



Evie Twomey Captain

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## Gardening with Charlie Wilkins



Charlie Wilkins

### NATURE'S FULNESS

The magnificence and splendour of May and June have no equal! Both are gratifying and gracious in their characteristics. The scents and sounds in the garden lure my spirit into seeing miracles on a daily basis and I accept it in wonderment. I sigh with contentment and praise my Higher Being for nature and the most generous gift of creation. Its potential to nurture and care for my bodily needs is just what my inners need. No, May and June have no competition from either the lushness and youth of spring, or the fulsomeness of mid-summer. Listen now and share with me the secret of gardening for the soul.

Of course advice on any subject should be like a gentle fall of snow, and not like a driving storm of hail. It should descend softly and not be uttered hastily. It should inform without overstating, and be of interest to the newcomer and horny-handed alike. As for gardening advice, the best will come from hands-on experience from a man or woman who gained their knowledge from working with plants rather than from books. This has been hard won, it's accurate and complete.

Flowers in June will come in great succession. I never mind the constant change: the 'here this week, gone the next' for it marks the time and the seasons better than any calendar or man-made timepiece. It's not all changed of course. I still have permanent shapes and what I like to call 'imposing structure'.

Believe it or not, the real pleasure in summer gardening comes from stolen moments in the very early morning (for example) long before the rest of the family even consider rising, for then, plants which have worked up my anticipation over a number of weeks are liable to suddenly ambush me with their youthful look, all fresh-leaved and innocent.

Last week this happened with some English irises (they're not in

the least English, however), showy bulbous plants with lavender blooms spotted yellow atop blue-green foliage of a modest nature. These come and go in under three weeks but their fleeting beauty only makes my desire to see them again next year all the more intense. Not so with the range of Osteospermums I see as I travel this suburb and my own.



Osteospermums in any variety are a must for the adventurous gardener and newcomer

In spite of their grand name and exotic South African origin, Osteospermums are merely daisies-the simplest of flowers. The spirit or simplicity is a great magician. The form which it takes in the gardening world is infinite in number, and when it comes to these South African charmers it works in many delightful guises. Get to know any named form and you'll end up hooked on their willingness to perform for months and months on end. From a planting made this week or next, any variety will settle in warmed, hungry soil, more easily than you or I would settle in a cosy bed during winter. In no time they'll have bedded in and started the business of forming hummocks of foliage that gets broader as the season advances. By mid-July, expect a profusion of wiry stems to rise up from these mounds and to display elegantly poised blooms in a stunning range of colours. These blooms can be white by day, blue later (as in Silver Sparkler for example) or deep dull red on top and silver-pink beneath or yellow and bronze respectively (Buttermilk).

The priority with these will always be putting them in full sun and deadheading as it becomes

necessary. It surprises me how many keen gardeners ignore the latter, or begin to give up from late August onwards. For perfectly sound reasons, the removal of dead heads (on annual flowers especially) has the most marvelous results. They are frustrated in their main aim of setting seed and dying back. They have to set buds and start flowering all over again, usually within 20 days of their seed-bearing efforts being interrupted. In short, it's a sort of floral contraception.

In the open garden, or in a larger sized terra-cotta pot try a single plant of Osteospermum 'Silver Sparkler' (or whatever is available) and be totally satisfied with mats of large daisy-type blooms radiating in pure white from dark blue centres. Most grow to just under two feet in height and associate well with dark shrubs.

Many varieties are on sale but my favourites are both the deep coloured 'Port Wine' and gracious 'Sunny Sonia'. Either will satisfy no end provided they get what sun is going and a spot of liquid feeding every now and again. When it comes to the soft yellow and brown of 'Buttermilk' you'll delight in how it blooms non-stop from about the time it is bought, right up to the very first frosts. Cheap, reliable, easily sourced, and ideal for those hot sunny positions on the patio or exposed border, Osteospermums in any variety are a must for the adventurous gardener and newcomer.

To close let me remind you that even the best variety will insist on a place in the sun and very precise drainage. Given their place of origin it follows that shade and water-logging are not part or parcel of their lifestyle so choose carefully and you may have them for more than a couple of years. In the best of situations and in hungry soil (too rich a setting will have them producing far too many leaves) they'll continue happily into old, old age.



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### JUNE WATCH

Box (Buxus fruticosa and varieties) continue to froth, and if you intend to do some clipping and re-shaping, then put the job off until a cloudy

day comes along. Sheared during bright sunshine, the cut leaves will scorch and burn readily, later becoming shabby and ugly. Done under cloud cover however, the plants will dry their wounded

leaf edges in the amount of time it takes to gather up the clippings. Box is wonderful for year round structure and interest and all it needs is clipping twice a year; early summer and in the autumn.





## Ag Bailiú Airgid Agus Ag Léiriú Tacaíochta Don Úcráin



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**Thall Is Abhus**

Iardhaltaí ag imirt iomána ar son Abu Dhabi na Fianna i gCraobh Chomórtas an Mhéan Oirthir. Deiseal, tá Mairtín Pléimeann, Brian Ó Suilleabháin agus Lúcas Ó Cuirrí, An Rinn. Togha fir! Thall: Dhá fhoireann a ghlac páirt i gcomórtas Mata Fheidhmeach. Tháinig Séan Ó Buachalla, Leo Ó Duinnín agus Anna de Barra sa triú háit agus Séan Ó Loinsigh, Laoise Ní Aodha agus Ciara Ní Bhrádaigh sa chúigiú háit.







## Paul Singer - Cuid 3

## Micheál Ó Súilleabháin

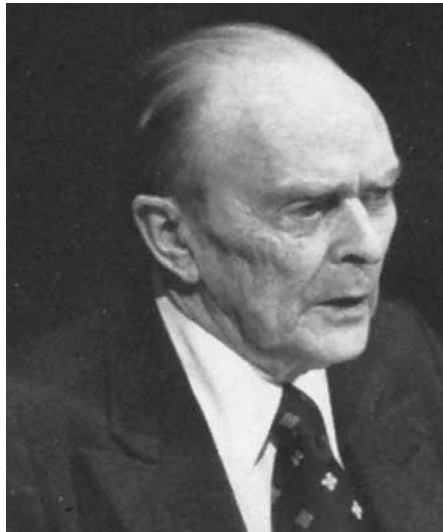
Ar an tríú lá, dúirt Singer go mbeadh an comhlacht faoi bhláth fós ach amháin gur tharla an robáil stampaí. Dá dheasca, bhí scaoll ann a raibh bainc na hÉireann agus nuachtáin Shasana freagrach as. Léirigh sé ar chlár dubh don ghiúiré chomh mór agus a bhí Shanahans. D'fhógair sé gur theip ar an ionchúiseamh a chruthú gur sáraíodh an conradh idir an comhlacht agus na hinfheisteoirí. Shéan Singer gur úsáid an comhlacht airgead infheisteoirí i mbealach áirithe chun díbhinní a fháil dóibh. Ní raibh aon chur i gcéill ann. Rinneadh infheistiú ceart, a dúirt sé. Chuir Singer deireadh lena haitheasc, nuair a d'éiligh sé go raibh a dheanaim millte, gur scriosadh é ó thaobh airgeadais de agus go raibh air teacht os comhair cúirteanna éagsúla 135 uair. Bhí ceithre lá caite ag Singer á chosaint féin sa chúirt.

Ina shuimiú, thagair an Breitheamh Haugh don phríomh-cheist. Cár imigh na mór-shuimeanna airgid a aistríodh thar lear in ainm Singer? Níor thagair Singer ina aitheasc don cheist sin. Bheadh ar an ngiúiré a bheith cinnte go raibh rún ag Singer fear saibhir a dhéanamh de féin bunaithe ar chaillteanas na n-infheisteoirí. Mhair an triail 27 lá. Tar éis 10 nóiméad, fuair an giúiré Singer ciontach i naoi gcúis déag de chalaíochais a raibh breis is £700,000 i gceist. Dúirt an Breitheamh Haugh go dtabharfadh sé seachtain do Singer a chur in iúl don leachtaitheoir cár chuir sé an t-airgead. Bheadh dualgas air dian-phionós a chur ar Singer dá ainneoin. Níor ghlac Singer leis an tairiscint.

Seachtain ina dhiaidh bhí Singer ar ais sa chúirt. Níor thug sé aon eolas faoin airgead. Labhair Singer leis an mBreitheamh Haugh. Shéan sé go raibh an t-airgead ar fad úsáidte aige chun stampaí a fháil. Dar leis, bhain an t-easnamh leis an luach a chuir an saineolaí stampaí, Robson Lowe, ar na stampaí. Nuair a chríochnaigh suimiú an Bhreithimh, gearradh téarma ceithre bliana déag ar Singer. Ach chomh luath agus a chríochnaigh an Breitheamh, d'éiligh Singer go dtabharfaí cead dó achomharc a dhéanamh. Bhí seacht gcinn déag de chúiseanna aige.

Ar an 11 Aibreán, 1961, thosaigh iarracht Singer go gcuirfí an ciontú ar ceal. Bhí 23 mí caite aige i bpríosún. Bhí triúir Breitheamh ann chun breith a thabhairt. Labhair Singer ar feadh 27 lá. Choimeád sé an argóint mhór a bhí aige go dtí an deireadh, is é sin go raibh an príomhghiúiróir, Mr. Davis ina infheisteoir leis na Shanahans. Bhí éileamh £375 ag Mr. Davis in aghaidh an chomhlachta. Conas a fuair sé an t-eolas? Cén fáth nach raibh an stát tar éis iniúchadh a dhéanamh ar na giúirí? Ní fios. Bhain Singer lán-úsáid as an rún a bhí scaoilte aige.

Ar an 23 Meitheamh, chuir an triúr Breitheamh ciontú Singer ar ceal. D'ordaigh siad triail nua. D'ordaigh siad, chomh maith, nach mbeadh ach naoi gcúis ina choinne sa triail arbh fhiú £2,000 iad. D'ordaigh an breitheamh go n-íocfadh an stát na costais a bhain le hachomharc Singer agus a bhainfeadh le triail nua. dDéirigh le Singer laghdú ar bhannaí pearsanta go £3,000 a fháil agus £1,500 don té a raghadh i mbannaí air. Bhí Singer saor ar bhannaí ach bhí an teach mór imithe. Bhí árasán ar cíos ag a bhean i nDún Laoire.



Seán Mac Giolla Bhríde

Rinne an leachtaitheoir iarracht é a thabhairt os comhair na cúirte chun ceisteanna a fhreagairt faoin £750,000 a bhí ar iarraidh ach d'éirigh le Seán Mac Giolla Bhríde, a labhair ar son Singer, an iarracht a stopadh mar dúirt sé go bhféadfadh sé réamhbhreithiúnas a thabhairt ar an triail nua. Bhí trí mhí le caitheamh ag Singer ag feitheamh leis an triail. Bheadh Seán Mac Giolla Bhríde agus beirt abhcóide á chosaint sa triail nua. Bheadh an stát ag íoc astu. Phléadail Singer neamhchiontach. Lean an atriail 47 lá, an cás ab fhaide i leabhair thaifid na hÉireann. Bhí na cúig lá dheireanacha bainteach le hargóintí dlíthiúla, a chuir Seán Mac Giolla Bhríde agus a chomhleacaí, Paul Callan, chun cinn. Chuireadar ocht argóint déag chun cinn a chuir dulagas ar an mbreitheamh, dar leo, ordú a thabhairt don ghiúiré Paul Singer a fhógairt neamhchiontach.

Ina shuimiú suas, labhair an Breitheamh Breathnach ar feadh 20 nóiméad. Dúirt sé go raibh mionscrúdú déanta ag iniúchóirí an chomhlachta leachtaithe ar na cuntais do chúig mhí in 1959 agus nár éirigh leo a bhruthú go raibh seiceanna íoctha le hairgead an chomhlachta nó le hairgead na n-infheisteoirí. Mar sin, níorbh fhéidir an cás a chruthú go dearfach nó go díúltach. Caithfear cás an ionchúisimh a chruthú go dearfach agus, mar sin, teipeann ar chás an ionchúisimh. Mar sin,

fuarthas Paul Singer neamhchiontach. Bhí 262 lá caite aige i gcúirteanna éagsúla.

Dúirt Singer leis na nuachtáin go mbeadh sé ag dul go Ceanada chun a mháthair, a bhí tinn, a fheiceáil agus go bhfillfeadh sé chun roinnt fiontar gnó a iniúchadh. Is cosúil gur imigh Singer agus a bhean, Irma, ar an mbád farantóireachta ó Dhún Laoghaire an oíche sin, 24 Eanáir, 1962. Níor fhíll sé ar Éirinn riamh.

Ina dhiaidh sin, rinneadh iarracht Mrs Diane Shanahan agus Irma Singer a ionchúiseamh. D'fhógair abhcóide Diane Shanahan, Ulick O' Connor, go raibh a chliant á chiapadh go leanúnach ag an stát. Ach ar deireadh, níor lean an stát ar aghaidh le hionchúiseamh Diane Shanahan nó Irma Singer. tugadh an £10,000 a chuir athair Irma Singer suas mar urra di ar ais dó le hús.

£12 déag in aghaidh na seachtaine. Ba iad na Shanahans, go háirithe, Desmond, ba mhó a bhí thíos leis an tubaiste. Ciontaíodh Desmond agus chaith sé 11 mhí i bpríosún. Bhí saol maith acu in Éirinn roimh theacht Paul Singer. Bhí orthu an teach cónaithe a dhíol agus imeacht go Sasana mar a bhfuair Desmond obair mar fhear stórais ag £12 in aghaidh na seachtaine. Tuairiscítear gur chaith Paul Singer an chuid eile dá shaol i gCeanada agus go bhfuair sé bás in 1985.

Léirigh an cás neamhéifeacht an Stáit maidir leis an gcás a chuireadar chun cinn. Bhí nach mór trí bliana acu chun an cás a ullmhú. Caithfear iompar an Stáit a cheistiú ag pointí áirithe, nuair a bhuail Singer, duine a bhí ag foghlaim an dlí sa phríosún, orthu maidir le Habeas Corpus. Bhí ar an Stát cúiseanna nua a chumadh ar an bpointe chun Singer a choimeád i bpríosún. Leis na saineolaithe ar fad a bhí ag an Stát, níor éirigh leis a chruthú go ndearna Singer calaíoch. B'fhéidir nach ndearna, ach is cinnte go raibh go leor daoine thíos de dheasca a iompair mheargánta mhístuama.

### Gluais:

giúiré=jury

cur i gcéill=pretence

caillteanas=loss

calaois=fraud

leachtaitheoir=liquidator

ciontú=conviction

príomh-ghiúiróir=jury foreman

ar ceal=cancelled

réamhbhreithiúnas= to prejudice

leabhair thaifid=record books

á chiapadh=being persecuted

meargánta, místuama=reckless,

imprudent





# INTERVIEW SKILLS

**John O'Sullivan**  
Personal & Business Coach

So many people I know have spoken to me recently about changing jobs or even changing careers. It's a sign of the times for sure as technology has shaken up the traditional office based 9 to 5 job. In addition to this, it's an employee's buffet as good people are hard to find these days.

However, if you haven't interviewed in a while, the prospect can be daunting, no matter how good you are! The prospect of bearing your soul to an external panel, or even worse an internal one, can be terrifying. Fear of judgement, or tricky questions, or simply fear of being caught out make interviews a scary albeit necessary part of finding a new job.

So what's the deal with interviews and how can you make the most of your next one? First of all, job interviews are a little like speed dating. It's your new employers chance to see what you're made of and to see if you would be a good fit for the culture of their team. There is little more to it than that really, and this gives you an excellent opportunity to bring your best self to the table.

Before we look at how you can ace your next job interview, there's an important point to make about the application process. International research shows us that men are more likely to apply for a job even if they don't meet all the criteria. By contrast, women tend to ensure they tick all the boxes before submitting their application. Why is this relevant? Well, suffice it to say, not every candidate will have every competency an employer is looking for so don't rule yourselves out ladies –

the worst thing that can happen is you don't get an interview. You never know what the potential employer is looking for and maybe you have an abundance of the skill they need the most.

So now you've been asked to attend an interview, what next? There are a few basic rules that many overlook these days. We will cover three of these in this article. These apply to in person interviews as well as online. First of all is your appearance. Remember you are representing you! This is a very big deal so make sure you dress professionally, spray a little cologne and walk tall. Even if it's online, making an effort to look (and smell) your best is a great confidence booster. Next is your competency. This is the skill you have and your capacity in the role. Many job interviews are competency based these days. This means you're likely to be asked; "Tell us about a time when you did X" rather than "What would you do if X happened". There is a subtle difference, in a competency based interview the employer is looking for experience rather than a hypothetical response. To prepare for this you have to do your homework. My advice is to look at the role you are applying for and then think about the likely questions you will be asked. Then you will need to rehearse 2 or 3 responses to each question based on your work life so far. This can be a challenge, but a good approach is to think of your answers as short stories. Everyone likes a good story, so practice yours and make them engaging for the person who has to listen to them! This leads nicely to the final tip. Likability

is an often overlooked factor when it comes to interviews. You're not facing a firing squad so remember to smile and to bring the best of your personality out to play. Job interviews are an opportunity to chat about your ability and to meet new people. Think of it as a conversation and stay relaxed. Making a conscious choice to actually enjoy the meeting will help reframe it and make it a more pleasant experience. Remember your potential employer is looking for someone they are going to have to work with, and it's always easier to work with someone you get on with. So think of your next job interview as a chance to show how personable you are and you'll give yourself the best chance. Simple things like a smile, a little humour and an engaging conversation go a very long way in interviews. Finally, it's worth remembering that it's not all about them! Indeed interviews are a chance for the employer to find out about you, but it's also an opportunity for you to get to know them and the company. Pay attention to clues about the company culture and the type of organisation it is. A pay increase is meaningless if your work / life balance suffers. Make sure the conditions are suitable to you – will your commute be the same or far longer, or is the organisation flexible and can you work from home when you like? These factors define the quality of the jobs we have and far more than salary, these impact on our daily lives in a very tangible way either positively or negatively. So if you're considering a change of career remember it's not as

daunting as you may think. A job interview doesn't need to scare you into submission, instead it can be a lot of fun. Remember, your opinion of the new company counts every bit as much as their opinion of you. So the next time you sit on front of an interview panel, maybe you'll think to yourself, "These people better impress me!"

*I had just finished writing this article when I made a quick trip to Supervalu in Glanmire. At the checkout my card was declined. Quite embarrassed, I turned to leave and head for an ATM, when a lady in the queue walked up to the till and paid my bill. She said, "I know what it's like, just promise me you'll pay it forward". To say I was blown away by this unexpected act of kindness is an understatement. I want to dedicate this article to that lady, and yes, I will pay it forward!*



**John O'Sullivan**  
Personal and Business Coach

**Direct Goal Coaching**

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**(021) 482 0941**





# UPPER 19 COMMUNITY ASSOCIATION 79 GLANMIRE

Since the start of the year things have gradually started returning to normal and therefore that has meant that many of our regular events and activities were able to resume normal service.

On March 5th we had the first of this year's two Roadside clean-ups which was very well supported as usual.

St. Patrick's Day saw the return of our Parade for the first time since 2019 with a huge attendance of both participants and spectators.

The Active Retirement sessions returned on Monday 9th May and continue every Monday from 10am to 11am.

The Upper Glanmire Community Association annual general Meeting took place on May 19th and a new Committee was elected on the night.

Our concert hall reopened on 25th March after Covid with laughter, song and craic with Jon Kenny. This was followed in April by Many Young of Twenty. We also had the Cork Prison Officers Choir proceeds for Whites Cross GAA.

In May we had Seamus Begley and Jim Murray with a great night of music song and dance. Our final show before Summer was Don't Dress For Dinner a hilarious comedy. We are now preparing for Autumn details later.

The last few months have also seen the return of Set Dancing on Wednesday nights, Beatz Discos for 13 to 16 year olds, and the formation of Upper Glanmire Tidy Towns Group.

## SITE WORKS

The work of harvesting the water from the roof of the Community Centre and tarmac of the car park is almost finished. All the work will be finished by July. The external of the dome is complete and the inside is almost ready for planting.

We must also congratulate The Address UCC Glanmire Ladies Basketball and The Rebel Wheelers Basketball teams, two long term users of Upper Glanmire Community Sports Hall, who both completed trebles this season.

## **BOOKING OF SPORTS HALL/CONCERT HALL.**

**GYM membership: yearly €215**

**6 months:€155**

**3 months:€80**

**Monthly:€28**

**Contact Dermot Cambridge 087 0981940**



## Citizens Information

### Know Your Rights: Passport Applications

**Q. I noticed recently that my Passport will expire shortly. What is the quickest way to renew it?**

A. The Passport Service processes Passport Online applications as a priority. Applying online is the fastest way of getting your passport. You can track the progress of your passport online. In general, adult renewals when all the information on your passport is the same as your previous passport are processed within 10 working days.

If you are renewing through the Passport Express service, you should allow at least 20 working days for your application to be processed (not including postage times). This period may be extended at certain times of the year due to increased application numbers. It is important to note that if you have already submitted a paper application, you cannot apply online. Updates on services and the latest turnaround times are available on the Passport Service's website <https://www.dfa.ie/passports/>

**Q. My partner is applying for a Passport for the first time. Can this be done on-line?**

A. Passport Online is open to all applicants. However, it is important to note that first time applications are complex and require additional time to process. This is because the Passport Office have to verify all documents submitted and to ensure the identity of the applicant. These applications can take approximately 20 working days to process.

**Q. Can I apply for my passport in person at the Passport Office?**

It is not recommended to apply directly to the Passport Office for your first passport. The counter service in the Passport Office is designed to accommodate people who need to renew their passports urgently, and don't have enough time to apply in other ways. You can make your first-time applications using the counter service, but it cannot be processed urgently – it will take at least 20 working days (not including postage times). Applications made in person are more expensive than applying online or through Passport Express.

Q. My sister is living abroad. Can she use the on-line service when she is outside of Ireland?

You can renew online from anywhere in the world, as long as your previous Irish passport is no more than 5 years out of date.

**Q. How much does it cost to apply for a passport?****Standard 10-year, 34-page passport**

- Passport Online - €75 (+ €5 postage if you live outside Ireland)
- Passport Express - €80 (+€9.50 fee)
- In person - €95

**Large 10-year 66-page passport**

- Passport Online - €105 (+ €5 postage if you live outside Ireland)
- Passport Express - €110 (+€9.50 fee)
- In person - €125

An Post also offers a 'Family Application' option where up to 4 passport applications can be enclosed in one envelope. The additional charge for a Family Application is €16.

**Q. What happens if I lose my passport or it is stolen?**

If you are an Irish citizen living in Ireland and you have lost your Irish passport, or it has been stolen, you must let the Passport Office know immediately and report the loss or theft to the Garda Síochána.

If you lose your passport or it is stolen abroad, you must contact the local police and request a written statement that you have reported the loss of your passport. The Passport Service will not provide you with a new travel document without a police report. In addition you must contact your nearest Irish embassy or consulate. They may be able to give you a replacement passport that will let you finish your trip or an emergency travel document that will get you home.

If you are in a country where there is no Irish representation, you may contact an embassy or consulate of another EU member state. In some cases, the embassy or consulate of another EU Member State may issue you with an EU Emergency Travel Document (ETD).

**Q. What happens if I need to renew my passport in an emergency?**

A. In the case of an emergency situation such as the death or serious illness of an immediate family member, or for emergency medical treatment of the applicant, you should contact the Passport Service's Customer Service Hub. Further information will be requested by the Passport Service including verifiable proof of emergency.

In cases of genuine emergency, the duty officer at the Department of Foreign Affairs can issue an emergency travel document of limited validity. There is a charge of €110 for this out-of-hours emergency service. It is not possible for an emergency travel document to be issued to minors (except in extremely limited circumstances) or first time applicants.

**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](mailto:hollyhill@citinfo.ie) or log on to [www.citizensinformation.ie](http://www.citizensinformation.ie) for further information.**





## FROM ANXIOUS & ANGRY TO MORE CONFIDENT & EMPOWERED

**Anna Machura**

*Teaching With A Therapeutic Twist*

### Emotional well-being in education

"Overwhelming", "Crushing", "Heavy" – these are a few adjectives that came to a boy's mind when he was asked to describe a moment of anxiety/anger he has experienced. "I have to shout", "I want to run away from the place", "I am so scared", he said after an episode, which was more of an inner cry of his anxious and angry mind. "It's coming and I can't control it. It's very strong!", he added with visible signs of resignation. You could tell there was an emotional battle going on in the boy's mind. A very tough one.

Indeed, managing powerful emotions, such as anger or anxiety, is always challenging. For a child who is not familiar with a sense of losing control in a difficult situation, especially when suddenly confronted with a perceived threat, this feeling might be truly crippling. The worry and fear – commonly known as anxiety – are often linked to anger, which in turn, is coupled with a sense of annoyance. Even though most of adults would probably be able to sense and react to danger in time, a child needs a lot more guidance here. The inner mental "shield" to be put on requires both strength and courage to face the situation, before fear takes over and the amygdala in the brain sends out an impulse to "fight flight or freeze".

#### The acronym of FEAR is

**"False Expectations Appearing Real".**

In fact, if we imagine something vividly, our body is going to react to the image. Real or false – it does not really matter. It's the power of imagination, the subconscious mind. Our **thoughts** produce physiological responses while **actions** just follow our thoughts. Therefore, it is beneficial to plant a lot of helpful, constructive thoughts in our heads.

When it comes to emotional outbursts, can we talk about single episodes only or is it a more complex issue? What we normally observe in case of anxiety is a gradual build-up of disruptive impulses, emotions or feelings such as dissatisfaction, resentment, rejection, sadness, worry, guilt, fear or hurt. Then, this pulsating negative energy gets trapped in the body, and once accumulated for a prolonged period of time, it's ready to explode. It can be triggered by even the smallest of incidents, seemingly unrelated.

Bottling up emotions, i.e. frustration, fear or suppressing an emotional conflict, while being unable to cope with stressors, lowers the child's self-esteem and often leads to passive aggression or even depression. Although it might seem that sudden outbursts of anger are rather uncontrollable, there are effective ways

children can use to manage the emotions, at the conscious level. Applying such techniques regularly reinforces positive changes and teaches a young mind how to take control over one's individual reactions. Consequently, it boosts the child's self-esteem and increases overall self-confidence and trust in one's abilities. Eliminating negative emotions is neither possible nor recommended. Instead, the focus here should be on empowering the child to be able to act, rather than react. We all need to work out an action plan in advance to avoid so called "amygdala hijack". Teaching emotional intelligence brings amazing results. It often turns out that the real problem is not just anger or anxiety as such, but communication. When a child is unable to express what they feel, it exacerbates the whole situation making it more complicated than it really is. Communication is the key. "You don't understand!" – a statement like that heard from a child can be a masked projection of their own feelings of confusion and powerlessness. In fact, "you" can be replaced with "I". What the child is actually trying to say is: "I don't understand what is going on now. Help me, please!"

#### Realising what is happening in the moment is the first step before taking action.

Anxiety does not appear overnight; anger is often a secondary emotion. These two are frequently preceded by a period of a low depressive mood, withdrawal from social interaction with peers or total avoidance. Therefore, the approach should be aimed at gradual transformation. Not only is it therapeutic in nature but also very constructive in the long term. This way, we can break unwanted patterns and start developing the right mindset; steering away from "anxious" towards "more confident and empowered".

It's crucial to teach children about different emotions and feelings. Anxiety and anger are somewhat natural responses of the mind – they often signal the "true" hidden subconscious reactions. When anxiety is unacknowledged or unexpressed, it often leads to frustration, which in turn can lead to anger. Therefore, every effort should be made to recognise and calm an anxious & angry mind as early as possible. Strong emotions can be managed and controlled up to a certain level; however, they should generally be prevented. Experiencing frequent stressors puts the mind and body in the "survival mode", which is neither healthy nor needed in a safe environment.

Please remember that everyone is

different, and so are our triggers. Children need to be told clearly what is happening to them and how they can process their emotions themselves. Being overprotective – by trying to remove the root cause of a negative reaction every single time – might lead to creating (and reinforcement) of a false belief that negativity can be eliminated from the environment in an instant. Instead, it's much better to identify certain events or situations that can be the triggers for the young mind, for example feeling ignored, rejected, unappreciated, undervalued or humiliated.

As we know quite well, it is not possible to control everything around us, and we cannot guarantee that only pleasant "bearable" experiences are going to happen in the child's future. The duality of our existence – good days versus bad days, positive feelings blended with negative ones – forces us to acknowledge the fact that happiness is not a lack of uncomfortable moments, but the state of a balance between our experiences. Similarly, keeping the balance between "happy" and "not-so-happy" moments is the right approach when dealing with emotions and feelings. Children usually experience more than we think – that's why they need a supportive environment and great care.

**Let's continue to support them on their journey to becoming independent individuals!**

**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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## SUMMER WARDROBE INSPIRATION



Just who doesn't love a city break? Planning a break away in Ireland or abroad is great fun and gives us an opportunity to explore different cultures, sight-seeing and compare styles. Valuable tips can be achieved from sitting outside a café watching people's outfits as they stride past you. You may spot someone with a similar height and body shape to yourself, giving you ideas on maybe putting together an outfit a certain way you wouldn't have thought have yourself. Looking at different color combinations might inspire some who are nervous of incorporating color into their daily outfits.

But what do I pack? This month I am going cover some tips on packing for a city break as this can differ from your regular summer week beach/ pool holiday. Packing for a city break requires taking a handful of great pieces that provide variety, comfort and have you looking stylish and feeling fabulous.

Packing wisely will save you money and results in carrying less luggage up cobbled streets looking for your accommodation. How many times have you returned from a holiday with items that you did not wear while away? It happens to many. Make a list of pieces you are going to take. Bring essentials you can mix and match, make sure you have comfortable shoes for walking. Large sun glasses for coveted vacation anonymity!

Pack a smaller going out bag in your luggage. Bum bags, belt bags which ever you prefer are back, you will be glad to know they are very on trend, very convenient to hold your necessities while city sightseeing. Arranging your outfits before you pack is a must. Create your day looks taking into account your activities and also check the weather forecast before you pack. Give yourself plenty time to pack, as leaving it until the last minute could end up in random pieces being thrown in to a case and nothing matching! Here I have some tips on classic city break pieces that you can refer to when packing.

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." What you wear effects how you feel and how other people see you in the world. Your image and clothes are an extension of YOU."

### FLORAL DRESS



Floral dresses in shades of orange, green, lemon, pink and lilac are some of the colour trends. A comfortable shirt dress if you like something buttoned up or a long flowy maxi style if you are more in to a bo ho look. Go bold with big floral or sweet with a ditsy floral. It's all up to you. Look out for a removable belt to give you the option of adding different belts yourself. Your floral print dress can be layered with many possibilities such as a denim jacket, a light colored cropped faux leather jacket or a blazer. The addition of some arm candy, layer up with bangles or layering delicate gold chains and you are summer ready.

### ACCESSORIES



The epitome of warm weather travel accessories is a straw bag. Casual yet statement making, it holds a certain essence of holidays. Take Jane Birkin's vintage style as inspiration. The actress styled her straw bag with every outfit she wore, denim, white and even to the Cannes film festival with a silk scarf wrapped around the handle! Currently in the shops you will find clutch style to cross body to a spacious tote which can double up as your no-flight bag. M & S, H&M, Parfois have many varieties and sizes.

**Sandals:** The power of getting this investment right should not be underestimated. A good quality leather

sandal accompanying cream or colored trousers, donning your wide brimmed straw hat, will give you a just off the yacht at Capri look. City exploring will mean lots of walking. Leather cushioned sandals will serve as the base layer for your summer wardrobe. Tan colored sandals and elegant gold chunky accessories will see you through the summer months.

### CO ORDINATED TWO PIECES



Patterned blouse and trousers can be valuable when space is limited in luggage. Wear your co ord suit together while traveling with a neutral blazer to tone down the pattern, the following day pair the patterned trousers with a plain cotton t shirt. Evening dinner reservations, match your patterned top with white trousers. Alternatively, pair with city shorts for a stylish outfit that will take you from afternoon sightseeing to your dinner reservations.

Are you leading a busy life? Tired of returning items. Like to elevate your wardrobe but don't have time to go around shops aimlessly! I can help. I offer a personal shopping session taking into consideration a variety of shops from, high street to boutiques. I match my clients budget, I do the ground work, gathering particular wish list items, saving you time and money. Take the stress out of shopping for a city break or beach holiday attire, occasion attire or 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.

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## ERIN'S OWN LADIES CLUB

### Football Feile

Congratulations to our U15 Football team on winning the Division A County on the 2nd of May. The All Ireland Feile competition is set for July 2nd and we wish the girls the very best of luck.

**U10, U11, U12 and U16 Football**  
Well done to our U10 footballers who had fantastic matches recently against Glanmire and Carrigtwohill where all teams showed excellent skills and team work.

Well done to our U11 footballers who were joined by a few U12s in a recent challenge match V Nemo, great fun was had by all. The girls also had a great start league playing Cobh on Sunday 15th of May. Well done also to our U12 Footballers who had a good win V Carrigtwohill at home. Our U16s have completed all games in the East Cork A League, securing wins against Rockban, Middleton, Aghada and Fermoy and losing to Glanmire.

### Caoilin Hartnett

Well done to Caoilin Hartnett on being selected to the Cork Primary games team representing Scoil Naisiunta an Chroi Naofa, Glounthaune playing with Cork at half time during the Cork V Waterford game recently. Caoilin is an up and coming star in our club !!!

### Hollie, Ella and Kiera

Well done to Hollie Healy, Ella Collins and Kiera Mulcahy on being selected onto the Cork U17 Camogie panel, we are very proud of the girls representing us at this level. The girls are busy training with the U17s and played Glen Rovers Senior team in a challenge match recently.

### Niamh and Gemma

Well done to Niamh Hartnett and Gemma Claassen on being selected to the Cork U14 development squad, the girls have been busy playing

intercounty games recently. Both girls are also involved with the Cork football U14 panels.

### Munster Finals

Well done to Megan Barrett and Niamh Hartnett on winning U14 Munster football final, Amy Corcoran on the Minor Football final and Jenny O'Neill, Eabha Nagle and Aoibhinn O'Neill on winning the U16 Munster Football Final. Also to Aoibhinn on the U16 Camogie Munster final.



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## Sarsfields Camogie Notes

Cork had three Munster Final successes at U16, Minor & Senior grade in the past few weeks. We had representation in all sectors – Olivia McAllen & Molly Lynch with the seniors; Captain, Orlaith Mullins and Tara Elliott with the Minors and we had an exceptional eight players on the U16 panel – Sinead Hurley, Anna Nestor, Ava Fitzgerald, Rachael Roche, Kate Fennessy, Laura Dunlea, Ciara Rice & Nessa Treacy. Well done all! An added bonus was Ava Fitzgerald receiving the Player of the Match award for her performance on the day.

Congratulations to Ali Nolan, Aoife Treacy & Sally Barry who were recently confirmed as members of the Cork U14 Development squads for 2022!

A huge thank you to Ryan's Supervalu for their continued and valued support of our underage teams. Lilian Twomey & Noel O'Riordain recently presented us with two sets of underage jerseys. We are hugely appreciative of Ryans Supervalu's sponsorship and acknowledge their valued support of so many community & sporting organisations within the locality. Our Seniors, Junior A's & Premier Minors have all qualified for the business end of their respective league competitions after unbeaten campaigns. Best of luck to all three teams.



POM Ava



Ali &amp; Aoife



Olivia &amp; Molly



Orlaith &amp; Tara



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**SARSFIELD HURLING CLUB**

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- Nearest the pin on the 15th hole
- Double your money to stay on the 5th green (bet of €5)

**Non-GUI**  
Max Handicap – Male 18 – Female 28

**PRESENTATION OF PRIZES**  
Sars Pavilion, 17th June @10pm



U9s vs Erins Own



Senior Team



U12s vs Vincents





# White's Cross GAA News

whitescrossgaa.ie

## Junior Leagues Roundup

Our Junior A footballers continue to do very well in the football league. There has only been one defeat in six games and they are in a good place to reach the league semi-finals in June. Their most recent win came against Brian Dillons. This was a narrow one-point win but it was a welcome following two drawn games against Whitechurch and Nemo Rangers in their two previous games. The Junior A hurling team have yet to win a game in their league as of yet. Their most recent performances have been very positive. The games against Blackrock and last year's league winners St. Vincents were very closely fought matches that could have gone either way. The Junior B footballers had a very good win over Ballincollig in their last match. They got off to a very poor start in that particular match where the home side got 1-05 without reply at the start of the match. White's Cross soon settled and played some great football to win on a score of 2-13 to 1-11. The Junior B Hurling team have seen less action this year. They have only three games played thus far. In their most recent match, they went down narrowly to Delaneys.

## Championship Draws

The draws for the City Division Junior championships were made in the last month. The championships will return to its pre-Covid 19 format in 2022. This will mean that there will be a 'backdoor' or second chance for all

first round losers. In Junior A Football, we have a bye in the first round. In the second round we will play the losers of the first round clash between Douglas and Mayfield. Douglas are the current Junior A champions and Mayfield are playing league football at intermediate level. Either of these sides will provide a stiff challenge for White's Cross. In Junior B football, we have been drawn against Douglas 2. We were beaten by the same opposition in the first round last year. Douglas went on to play in the final. Douglas are also the opposition for the Junior B hurling team. Our B hurlers had a great run in the championship last year and will hopefully get off to a good start here too. The only adult side that definitely will NOT be playing Douglas in the first round are the Junior A hurlers who have been drawn to play Glen Rovers. The championship will start in August.

## Under 13 Kicking Skills Competition

Well done to the St. Colmcille's team which finished runners-up in the City Division Final of the Under 13 Rebel Óg Kicking Skills Competition. Three players – Alex Sheehan, Fachtna Kelleher and Davyn Maher represented St. Colmcilles. The three had been chosen based on an internal club competition held a week prior. They were pitted against seven other clubs. Each player was tasked with 10 hook kicks for points off the 21 metre line - with 5 off

their left leg and 5 off their right leg. The maximum score attainable was 30 points. Nemo Rangers took the top spot with an outstanding score of 26 points while the St. Colmcille's trio finished on 24 points which was very impressive shooting! Well done lads. They did themselves and their club proud!



Alex Sheehan, Fachtna Kelleher, Davyn Maher



White's Cross Under 12 Girls team



White's Cross Under 7/8 Girls team



White's Cross Under 8 boys team





## GLANMIRE MACRA



This month has been a busy one for Glanmire Macra as we hit the road to Sligo for the national finals of impromptu team speaking.

With a strong team of Mike, Gillian and Declan, they took on Callan. A strong debate from both sides which lead to our own Mike Buckley taking the best speaker award a proud achievement in a national final. Well done to Callan on their win. We are very proud of our team who were crowned national



runners up. They had a great time at the national AGM banquet afterwards.

This month saw us also receive our club gear designed by BOF Sports. Similar to our previous club hoodie, the colours were blue and black. We proudly displayed them at our club meeting in May. Thanks to everyone who attended.

Patrick Healy also took part in Whitechurch Macra's variety show as practice for the ntc's. He did himself proud on the night. Well done Whitechurch Macra on a great night. Best of luck to our ntc acts in the national finals in Mullingar.

We would also like to extend our congratulations to club member Jennifer Barry on her marriage to Shane. We wish ye a lifetime of happiness.

Make sure to keep an eye out for our upcoming events on our social media pages.

Article by Aisling Walsh  
Glanmire Macra PRO







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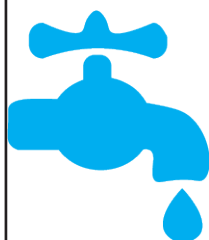
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Launch of Prayer Card for Vocations in the Diocese Of Cork and Ross by Bishop Fintan Gavin



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# Glanmire Library

Our 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. .

June Weekend: The Library will close on Friday 3rd June at 5.30 and will reopen on Tuesday 7th June at 10.00am

## Children's Corner

### Нові Книги/ New Books



Pop into Glanmire Kids Library to see our new stock of Ukrainian/ English books

Since bilingual books provide sentences in both languages, children (and adults) can more easily see similarities between words and will be able to compare/learn sentence structure, making them more eager to try out their newfound literacy skills in a second language.

With beautiful text and images, these are sure to be enjoyed by all!

## Local History



The Silverspring Starch Works were established by Denny Lane in 1881 at Glanmire, Cork. He was an ardent Nationalist and the owner of a distillery at Glyntown and land in Glanmire. Founder of the Cork Gas Co. in 1868. He was also a member of the Cork harbour board (1881-95), a Director of the Cork, Blackrock & Passage Railway Co., an investor in the Belvelly Brick and Tile Works (early 1860s), and a founder of the Cork Distillers Co. (late 1860s). Prior to the setting up of the business foreign manufactures monopolised the market especially German and Belgium firms. Fancy packaging, smaller popular quantities and finally cutting prices was the market into which this fledgling firm had to assert itself. Fortunately, modern machinery and the natural advantages of being close to an abundant supply of water and fresh air helped the firm to produce the best starch at a competitive price.

The Silverspring factory was the only rice starch manufacturer in Ireland and it quickly became the leading Irish producer winning a gold medal at the Dublin exhibition of 1882. Over time, one half of the total output of the starch works was exported to Britain. Laundry blue and starch enamel were also manufactured creating employment to a large staff of both men and women. The business lasted over 50 years until the breakup sale of plant and equipment by W. Marsh & Sons Auctioneers Cork on Tuesday 19 January 1932. So ended Glanmire's reign as the largest and most popular starch manufacturer in Ireland.



# Notice Board

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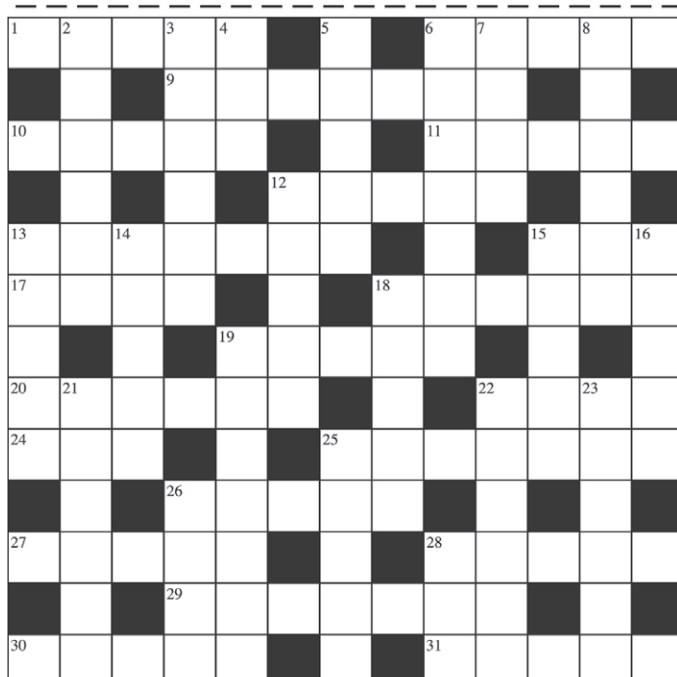
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## Across

1. Go away (5)
6. Looney Tunes duck (5)
9. Calls for more songs (7)
10. Put right (5)
11. Completely broke (5)
12. Gets up (5)
13. Ate little amounts (7)
15. Meadow (3)
17. Buzzword, trend (4)
18. Keeps away from (6)
19. Proverb (5)
20. Type of monkey (6)
22. Footwear (4)
24. Used on road surfaces (3)
25. Sweet alcoholic drink (7)
26. Dirty mark (5)
27. Backbone (5)
28. Type of worm (5)
29. Citrus fruit (7)
30. .... Alexandra, team (5)
31. Hoard, hide away (5)

## Down

2. Type of fur (6)
3. Canal city (6)
4. Finish (3)
5. Containing no hollow parts (5)
6. Merit (7)
7. Requests (4)
8. Surrounded with a barrier (6)
12. Grass-like plants (5)
13. Intelligent (5)
14. Goes with red and green (5)
15. Supple (5)
16. Popular flower (5)
18. Once more (5)
19. Puritanical (7)
21. Impede (6)
22. Most certain (6)
23. 16 in a pound (6)
25. Found in a pride (5)
26. White precipitation (4)
28. ...Dawson, Ferdinand (3)

Crossword Winner: Margaret Irwin, Glounthaune, Cork city



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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th June. 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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## 60 Ashmount Court, Silversprings T23 VX06 €320,000

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Access to stream

BER EXEMPT



## 12 Silverheights Drive, Mayfield T23V1W8 €295,000

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BER D2 BER No.114896921



## Rathcooney, Cork T23RR67 €200,000

Extended three bedroom single storey cottage on c. one acre mature site, this cottage is semi-derelict. The acre has excellent road frontage, facing onto 2 roads.

Services available in the area are mains water and electricity

BER EXEMPT



## 9 City View Mews, Banduff T23P7V7 €280,000

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