

GLANMIRE COMMUNITY GAMES



Tara Blanchard winner u12 Solo Singing with Ailish Murphy Committee and Julie Dennehy Teacher



Oliver Joyce Glanmire represents Cork on Saturday July 23 in U8 Boys 80 mts sprint -seen here with Ailish Murphy Glanmire Committee



Arthur Craise Glanmire will represent Cork in Boys Art u12 competition in Carlow in August



Becky Murphy Watergrasshill with Glanmire secretary Finbarr Harty-Becky was Cork winner of u12 Solo Recitation



Jennifer O'Keefe U16 Solo Singing and Melanie O'Keefe Solo Music U12 will represent Cork in National finals in August in Carlow -seen here with Glanmire Secretary Finbarr Harty and Teacher Julie Dennehy

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Community GamesSwimming Gala



The Cork Heat of the Community Games Swimming Gala was held in Mayfield swimming complex on Sunday 19th June and it welcomed a record 20 entries from Glanmire. By far the biggest region in the Cork heat, Glanmire built on its success in previous years with 14 swimmers bringing home a medal from the event.

Glanmire swimmers taking to the podium on the day were:

Eoin Manson – Gold U10 25m Backstroke
 Elin Manson – Gold U14 50m Butterfly
 Antonina Sech Gold U16 50m butterfly
 Madison Casey – Bronze U14 50m Freestyle
 Annabel Collins – Silver U14 50m Breaststroke
 Nina Collins – Bronze in U12 50m freestyle
 Elin Ward silver in the U10 25m freestyle
 Nessa Martin – silver in U10 25m backstroke
 Rosie Monahan – bronze U12 50m Backstroke
 Kevin Murphy – Silver U12 50m Breaststroke

The U13 girls relay freestyle team of Roisin Brannigan, Annabel Collins and Clodagh Martin and Orna Higgins swam an excellent race to take silver.

Gold medal winners Eoin, Elin and Antonina will represent Cork at the National Finals in UL in September.

They will be joined by Orna Higgins and Evie O'Connell, who didn't face any competition in their events to get out of the Cork heats. In addition to these five swimmers a talented U16 girls Glanmire relay team comprising Shauna Murphy, Antonina Sech, Elin Manson, Chloe Hurley, Evie O'Connell and Madison Casey will represent Cork in the girls U16 medley relay. The best of luck to all of our Glanmire swimmers at the National finals.



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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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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.

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With our "Back Pain And Sciatica Evaluation" we'll be able find the problem and then correct it.

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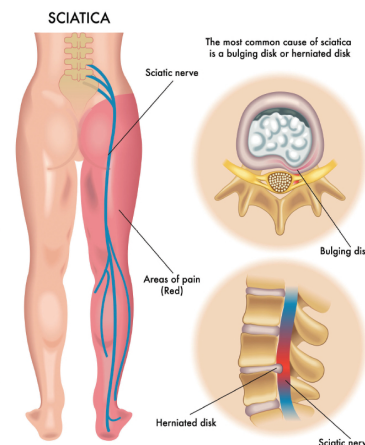
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- We will provide answers to your questions, like...

...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.

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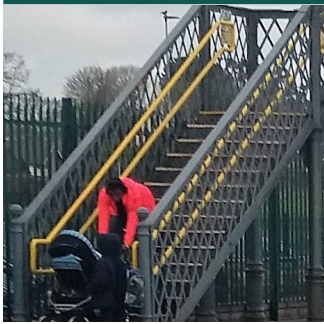
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"NÍL AON GLEANNTÁN MAR DO GLEANNTÁN FÉIN" GLOUNTHAUNE NEWS BY "THE FOREIGN CORRESPONDENT"

A LIFT FOR THE TRAIN SERVICE!



Endurance Test At Glounthaune Station

The "Examiner" of June 8th. reported that the frequency of the Cork commuter rail network between the city, Cobh and Midleton was set to double and "that this marks the start of a decade of delivery for the region". Meantime since July 18th. the daytime off-peak weekday on both the Cork to Cobh and Cork to Midleton service has increased from every sixty minutes each way to a frequency of every thirty minutes. With both services sharing the line between Glounthaune and Kent Station it means that there is a train every fifteen minutes each way between six, forty five am and seven, forty five pm. for the Glounthaune and Little Island communities. This frequency was one of the key improvements for the city's commuter rail network, as outlined in Cork Metropolitan Area Transport Strategy's. The improvement of the service is of course welcome but it is disappointing that the "late night" departure times remain unchanged. The last train ex Cork servicing Glounthaune and Little Island is the ten, thirty pm to Cobh and on Sundays' it departs at ten pm. Taking-in a show at the Opera House or attending some other social event is out of the question! The last departure back in the days when customers were a bit of a nuisance and classified as passengers was at eleven, twenty five pm. The last train ex Cobh is at eleven pm and on Sundays' at ten, thirty pm whereas in the "old days" it was at midnight. The last departure ex Midleton is at ten, forty five pm and on Sundays' at eight pm. Could there not be a sixty or ninety minute each

way service during the night, or could the present times be extended somewhat? This would be an attractive and safe means of accommodating the youth generation in particular. Iarnród Éireann's future plans include a sixty two kilometre high-frequency network between Midleton, Cobh and Mallow, a ten kilometer of dual-track to Midleton and the eventual electrification of the Cork commuter network. Iarnród Éireann also confirmed that it plans to unveil details later this month of investment on a second track between Glounthaune and Midleton and will begin public consultation. It also plans to install a new footbridge, and lift for mobility-impaired customers, at Little Island station as well as installing a new passenger information system at all stations on the Cobh and Midleton lines by the end of this year. The planned installation of a lift at Little Island station once again highlights the deficiency of such a vital facility at Glounthaune station and this has been referenced in this column for the past number of years. And it is also interesting to note that commuters utilising Little Island station have presently roadside access and egress for both platforms; Cobh and Midleton destined trains from the northern car park side, and the southern footpath side for the Cork bound trains. Now the number two platform at Glounthaune station, which serves the Cork destined trains via the inbound from Midleton and Cobh, can only be accessed via the footbridge which is of course a problem for wheelchair users' as well as those with mobility difficulties, and also for parents with small children who have to experience the trial of being obliged to negotiate the bridge while carrying a buggy. Handrails were installed back in 2018 which are of assistance to the infirm but the problem for the wheelchair user and the parent predicament remain because the rails reduced the width of the steps and this exacerbates the task. The

footbridge was very rarely used in past times because it was possible to cross at the western end of the platforms which were sloped downwards to rail track level. Sleepers were firmly positioned between the tracks at these locations and thus formed a level-surfaced crossing. This facilitated traversing platforms so the problem being experienced today did not exist back then. It was of course pre "Health & Safety" days but is the present scenario compliant with such? Glounthaune was one of the stations where it was planned to have a lift installed but this was during the "Celtic Tiger" years and the associated funds exhausted. However there were ample funds available in 2009 for the construction of a thirty metre span overbridge at Tivoli to serve a few houses that were already accessible and at a cost of five million euro. However, Iarnród Éireann has devised an Irish solution to this problem at Glounthaune station and it is interesting to point out that this was offered in a "tongue-in-cheek" fashion in this column on the June 2018 edition of Area News! Signs have recently been erected at both platforms at Glounthaune station; "Access & Egress: Access to opposite platform by footbridge only. If you are unable to use the footbridge you must travel to Cork (to Cobh is shown on the Platform One sign), remain on-board and return to exit at your destination". Now a person affected would presumably have already disembarked from the train so having read the notice would then have to wait for the arrival of the next train! Such an "arrangement" also means that it is not possible for such customers to utilise the last trains ex Midleton or Cobh unless they arrange overnight accommodation and travel on the first departure train ex Cork the following morning! That is assuming that they had not already disembarked from the train because otherwise it would entail "sleeping rough" overnight at Glounthaune station and then continue on the lengthy hazardous journey

home via Cork per the first train the following morning! The EU "Passenger Rights Regulation" is relevant as it stipulates; "passengers with reduced mobility can travel in a way that is comparable to other citizens. Railway companies and station managers have to establish non-discriminatory access rules for the transport of disabled persons, and persons with reduced mobility, including the elderly". The regulation is in force since 2007 and yet fifteen years later the foregoing scenario exists at Glounthaune station. This glaring requisite should be addressed as a matter of urgency and it is not an issue for consideration away down the line – quite simply; it should be fast-tracked!

THE BUS (BY) PASS!

There are only six weekday departures ex Cork which serve Glounthaune whereas there are twenty to Carrigtwohill which begs the question relative to the differential; why cannot these fourteen buses exit the N25 at Junction Two, Little Island and Glounthaune, instead of the Carrigtwohill West, Junction Three? Naturally there is no bus stop between the two Junctions on the N25 but if Junction Two was utilised both Glounthaune and Little Island would have a further fourteen services per day, and there would also be an opportunity for Bus Éireann to secure additional customers. Glounthaune is served by five buses on Saturdays' and Sundays' whilst the Carrigtwohill figure on Saturdays' is fifteen and eleven on Sundays' therefore the total differential number of services for the week is thirty. Similar figures apply to Cork destined departures; the total ex Glounthaune for the week is fifteen whereas the number ex Carrigtwohill is forty six. There would be an additional thirty one services ex Glounthaune if those buses accessed the N25 at Junction Two rather than Junction Three. Unreal.

SLÁN ANOIS ©



GLANMIRE LADIES FOOTBALL CLUB

Cork Football

Hard luck to Abbie O' Mahony and her Cork teammates who lost out to Mayo in the All Ireland Quarter Final. Abbie has represented herself, her family and club so well throughout the year and finishes up the year as a Munster Champion.



Abbie O' Mahony Cork Senior

Hard luck to Ava Fitzgerald, Ava McCarthy, Orlaith Walsh and Sinead Hurley who lost out to Dublin after extra time in the U16A All Ireland Final. These girls have been great representatives for the club and have done themselves proud, finishing up the year as Munster Champions.

Best wishes to Evie Twomey (captain), Clodagh O' Donovan, Lucy Greene and Caoimhe Richmond



Ava McCarthy, Sinead Hurley, Ava Fitzgerald and Orlaith Walsh



Clodagh, Evie, Caoimhe and Lucy who play Cavan in the Minor A All Ireland Semi Final on Wednesday 20th July.

Championship

Hard luck to our Junior 2 team who lost out to Doheny's in the first round of the Junior 2B Championship. These girls played with heart and determination with only having 15 players in warm conditions. We wish them the best of luck in their 2nd round game against Bishopstown.

League

Best wishes to our Intermediate panel who play Clonakilty on Thursday 21st July in the Senior League Semi Final. The girls played a tough quarter final against Fermoy but came through with a strong second half display. Congratulations to our U16A panel who beat Rockban in the East Cork League Semi final and can now look forward to a league final. Our Junior 2 squad played their last league game against Bride Rovers and were unlucky to lose out in the end. After a sluggish

start and being down on the scoreboard, the girls put in a tremendous second half to bring the game right back but there wasn't enough time on the clock to take the win.

Well done to our U11 who played a blitz in Bishopstown and with some great skills on display there is no doubt there is a bright future ahead.

Hard luck to our U14(2) squad who lost out to a strong Rockban team in the U14D east cork league semi final. We wish them the best of luck in championship.

G4M&O

Congratulations to our G4M&O squad who played in their 1st provincial blitz in Mallow. The ladies enjoyed a great day of games and laughter and no doubt are looking forward to their next outing.



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U8



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Gardening with Charlie Wilkins



Charlie Wilkins

SUMMER STARS

In all areas of Cork, pretentiousness is increasing to the point of vulgarity, and it's leading to arrogance and bile-like snobbery. Discrimination follows at a slower pace. I have experienced it and lived with it for over seventy years. To give you a few multifarious examples of how it works let me start with postal addresses, in other words, where you live. There are the 'leafy' areas the auctioneers and valuers love to promote, and those which contain social housing. Into which bracket does your home fall? Next comes place of employment and your position therein, followed by the type of car you drive (with up to date 2022 number plate), the sporting club or gym you attend, and the involvement you and your partner play in the social calendar. But the most arrogant of all I have found is your accent, for as soon as you open your mouth, you are pigeon-holed into a specific category. In Cork there are three, all beginning with the letter N. Accent, it seems, determines (rightly or wrongly) your social standing!

In recent decades snobbery has even permeated the gardening world, evident in the gardeners choice of plants and accessories. So when I use the word 'aristocratic' to describe the world of the Heuchera family, I am not trying to be haughty. They really are elite and pride themselves on their endless range of qualities. These can bamboozle us with their foliage for it is endlessly beautiful, and flowers which many would describe as sublime.

In my plantings I remove all their blooms even as they develop,

for once removed the leaves expand in size and increase in colour intensity. At least that's my experience with varieties of Heuchera and perhaps it would be worth trying it in your garden. The same treatment should be given to Brunnera 'Jack Frost', removing all those sky blue flowers before they get the chance to vamp you and make you change your mind.



A really good specimen of Heuchera growing in a terracotta pot

With today's modern strains there is no whimsy in asserting that a Heuchera plant is more than the sum of its parts-you will love them I assure you, for their long list of likeable characters including their very modest demand on maintenance. Even the effects of the dreaded vine-weevil seems to have tapered and eased in recent years. I find very few grubs among their roots now.

Therefore, if you can provide dampish soil and a sheltered woodland-type setting (beneath a garden tree or shrub perhaps) then the foliage of all Heucherases will continue to work their magic for the whole of winter. These were the only plants which survived unscathed from the extreme conditions experienced during the winter of 2010/2011. This is surely one of their greatest strengths for the coloured foliage is guaranteed to remain evergreen and attractive through the worst that winter can throw at us.

THE GARDEN IN AUGUST

LAVENDER

If you try to grow lavender where the ground or compost lies heavy and wet it soon falls victim to a disease called shab, an ugly condition where patches of growth turn black to begin, later dying slowly. Later, the whole bush gives up. On free-draining ground or where the compost in containers is lightened with sand, grit or small gravel, lavender can be

an enchanting plant. Try it as suggested recently or as a low hedge in place of box, as an under-planting to roses or as an edging to beds and borders. Flowering in July and August, it conveniently comes between the two main flushes of roses-and has the further merit of keeping most of its silvery, aromatic leaves through the winter.

PHLOX

Of all the garden scents, the soft peppery smell of phlox

Try Heucherases in pots and containers and above all as part of window-box plantings. In the open garden, they'll relish well-drained, neutral soil. Avoid planting yellow forms in full sun for it will readily burn and discolour the foliage. Generally, they will do best in light shade during at least the hottest part of the day.

My personal Heuchera choices are 'Tiramisu', 'Lime Cordial', 'Marmalade' and 'Electric Lime' but believe me, no variety will be found less than good.

SUMMER PERFECTION

By early August a spirit of indolence and inactivity begins to come over the gardener who grows flowers! Some would say they are simply taking a well-earned rest and this can be true. However, it is not until late July that the garden becomes swamped by a great sea of growth and in the presence of all this the modest grower can do little but stand aside and gaze with wonder and enjoyment! What a wonderful hobby this gardening is.

TOPICAL TIP

Wise gardeners will have preserved precious soil moisture for their plants with a mulch layer of organic material such as bark chippings, cocoa shells, garden compost, or other organic-type material. Ideally, these are applied early in the season and certainly long before drought conditions arrive, but it is never too late to put down such a covering. Do make sure that the ground is already wet if laying down mulch materials this month. Whatever about the weather at the moment (and it's great) I do expect August to be the driest month of the year.

is the one which reminds me most of schooldays and youth. So as they continue flowering watch the moisture content in the ground for these really insist on plenty of water. They will bloom regardless, may I add, but in a tired, limp kind of way, and the plants will have a tendency to collapse and droop to expose unpleasant stems and browned leaves. In a wet summer, they will reward you with a long succession of huge powder-puff flowers in pleasing clean colours.

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John C. Bowen-Colthurst Cuid 2

Micheál Ó Súilleabháin

De dheasca na n-eachtraí ina raibh Colthurst páirteach i rith Eirí Amach 1916, tháinig armchúirt le chéile ar an 6 Meitheamh 1916 i nDún Richmond i mBaile Átha Cliath. Bhí trí bhall déag ar an gcúirt. Bhí Hanna Sheehy Skeffington, baintreach Francis i láthair. Cuireadh dúnmarú i leith Colthurst as bás Sheehy Skeffington agus na cúisimh chéanna ina leith maidir le básanna Dickson agus Mc Intyre. Phléadail Colthurst neamhchiontach sna cúisimh go léir. Dhiúltaigh abhcóidithe Colthurst é a ghlaoch chun fianaise a thabhairt ar na ghlaodar ar fhinnéithe chun fianaise faoina thréithe agus faoina mheon aigne a thabhairt. Mhol an Maor-Ghinearál Bird é mar oifigeach díograiseach ach, dar leis, nuair a d'éiríodh sé corraithe nár dhóigh leis go mbíodh sé freagrach as a chuid gníomhartha. Luaigh sé eachtra a tharla le linn d'Arm na Breataine a bheith ag cúlú ó Mons. Thóg Colthurst buíon saighdiúirí chun fianais a dhéanamh ar na Gearmánaigh, cé gur ordaíodh dó a mhalairt a dhéanamh. Dá dheasca, bhí air Colthurst a bhriseadh ón gceannas a bhí aige. Thug an Dochtúir Alfred Parsons fianaise faoi mheon Colthurst. Dúirt se go raibh an-éifeacht ag sliocht ón mBíobla, Lúcas 19: 27, a léigh Colthurst an oíche roimh lámhachadh an triúir, air. *

Fuarthas Colthurst ciontach as dúnmarú ach cinneadh go raibh sé as a mheabhair ag an am. Faoi mhír 130 d'Acht an Airm, cuireadh é go Gealtlann do Choirpigh le linn chaoithiúlacht Rí Shasana. Briseadh Colthurst ó sheirbhís mhíleata ar an 10 Meitheamh 1916 agus cuireadh é in Ospidéal Rí Seoirse V i mBaile Átha Cliath. Ar an 5 Iúil, aistríodh é go Gealtlann Broadmoor in Berkshire, Sasana.



Broadmoor Asylum

Thosaigh feachtas gan mhoill chun Colthurst a shaoradh ó Broadmoor. Ghlac daoine cáiliúla agus daoine a raibh tionchar acu ar na húdaráis páirt san feachtas. Faoi dheireadh, ar an 26 Eanáir, 1918, scaoileadh Colthurst saor ó Broadmoor. Cuireadh é faoi chúram an Dochtúra Crouch i ngealtlann phríobháideach i Surrey. Tar éis trí mhí, thug an Dochtúir Crouch breith ar mheabhair aigne Colthurst. Ina thuairim, bhí Colthurst go hiomlán ar a chiall ach, dar leis, bhí iompar guagach ag baint leis, is é sin go raibh an claonadh ann gníomhú gan na torthaí a chur san áireamh. Fad a bhí sé faoi chúram an Dochtúra Crouch, bhí cead aige dul amach ag obair i monarcha áitiúil. In Eanáir 1919, chuir Rúnaí Baile na Breataine in iúl go raibh cead ag Colthurst imeacht ó Ascot Heath Lodge mar a raibh sé le tamall lena bhean agus a pháistí. D'iarr Colthurst coinne leis an mBord Leighis mar bhí rún aige aistriú go Ceanada go luath.

Thaistil Colthurst go British Columbia i Meitheamh 1919. Bhí beartaithe aige feirm a cheannach ann. I Márta 1920, d'fhill sé ar Shasana. In Iúil 1920, dhóigh baill an IRA Oakgrove House go talamh. Dóth teach eile inar chónaigh a dheirfiúr. I Samhain 1921, fuair máthair Colthurst bás i gCorcaigh agus cuireadh í in Achadh Fhíonach mar a raibh a fear céile curtha cheana féin. Níor fhill John C. Bowen-Colthurst ar Éirinn riamh. Faoi 1923, bhí sé féin, a bhean agus a bpáistí



Oakgrove House

lonnaithe in British Columbia. Chuireadar fúthu i mbaile mór darbh ainm 'Terrace' a bhí 450 míle ar an taobh ó thuadh de Vancouver. Bhí deontais thalún tugtha ag Rialtas Cheanada d'inimircigh agus fuair a bhean, Rosalinda, talamh mar oidhreacht óna muintir, chomh maith. D'fhás na Colthursts bia, choimeádadar ba agus sicíní. Chaith Colthurst tamall ag obair mar ghnáth-oibrí, chomh maith, nuair a bhí bóthar nua á thógáil. Cheannaigh Rosalinda 60 acra talún ar 600 dollar agus thóg Colthurst féin teach agus bothán samhraidh. Ansin fuair Rosalinda leas mionlaigh i ngabháltas 310 acra ar dhollar amháin.

In 1929, bhog na Colthursts go baile beag lasmuigh de chathair Victoria ar Oileán Vancouver. Ach ní fhéadfadh John Bowen Colthurst dearmad a dhéanamh ar an droch-cháil a bhí curtha ag an gCoimisiún Rioga air. Scríobh sé go rialta, chomh maith, chuig an Maor-Ghinearál Bird agus faoi dheireadh rinne Bird gearán faoi. Scríobhadh sé litreacha chuig nuachtáin áitiúla ag gearán faoi iompar na maor seilge, chomh maith.

Thosaigh Colthurst ag cur suime sa pholaitíocht agus, go háirithe, sa Pháirtí Liobrálach. In 1934, cuireadh a ainm ar aghaidh mar iarrthóir Liobrálach i dtoghchán réigiúnach. Níor roghnaíodh é, áfach. Ansin thosaigh sé ag cur suime i gcóras ar tugadh Creidmheas Sóisialta air. Dúirt an córas seo gur cheart airgead a athdháileadh chun seans a thabhairt do dhaoine ar ioncam níos ísle chun earraí a cheannach. Níor chuir ach fíor-bheagán daoine suim sa chóras seo, áfach.

Fuair Rosalinda bás in 1940. D'fhág sí formhór



JC Bowen-Colthurst 1959

dá cuid maoine ag a ceathrar páistí agus úsáid roinnt den talamh ag a fear céile. Cúig mhí ina dhiaidh phós John Bowen-Colthurst arís. Bhuaíl sé le Priscilla Bekman roinnt blianta roimhe nuair a bhí sé ar cuairt sa tSeapáin. Cúpla seachtain ina dhiaidh rinne sé uacht a d'fhág a chuid maoine ar fad aici agus ag a bpáistí dá mbeidís acu. Chuireadar fúthu in áit darbh ainm Sooke. Bhí beirt pháistí acu, cailín agus buachaill, Georgina

agus Greer. Bádh Greer nuair a bhí sé trí bliana déag d'aois. Bhí ceathrar páistí ag John Bowen-Colthurst óna chéad phósadh. Bhí David Lesley ina iascaire, Robert St John ina mhianadóir óir agus ina ghaisteoir. Ina dhiaidh sin, d'oscail sé óstán. D'fhill Dorinda ar an mBreatain agus d'oibrigh sí le Críostaithe Soiscéalacha. Bhí Theobald George ina dhlíodóir agus ceapadh é mar bhreitheamh i gcúirt chúige.

In 1950, labhair Colthurst le club an Kiwanis. Rinne sé cursíos ar an am a chaith sé san arm, san India, san Afraic Theas agus sa Chéad Chogadh Domhanda. Níor luaigh sé 1916 i mBaile Átha Cliath, áfach.

In 1959, chuir tuairisceoir ón Penticton Herald agallamh air. Luaigh sé Francis Sheehy Skeffington. Dúirt sé go mbeadh a shaol éagsúil ach amháin gur bhuaíl sé leis. Luaigh sé go bhfuarthas doiciméid inchoiritheacha ina sheilbh agus dá dheasca gur lámhachadh é. Dar ndóigh, ní raibh sé seo fíor mar loirg sé doiciméid i ndiaidh lámhachadh Sheehy Skeffington chun a iompar féin a chosaint. Tar éis na mblianta a bhí imithe thart, ní raibh aithreachas ar bith ar Bowen-Colthurst as a iompar a d'fhág, ar a laghad, cúigeir neamhchiontach marbh. Dar leis, in ainneoin na fianaise ar fad, chomhlíon sé a dhualgas.

Fuair John C. Bowen-Colthurst bás i Nollaig 1965. Bhí sé 85 bliain d'aois. Cuireadh é i Lakeview Cemetery, Penticton.



Leacht JC Bowen-Colthurst

Gluais:

armchúirt= court martial
cúisimh=charges
caoithiúlacht Rí Shasana=at the King's pleasure
iompar guagach= unstable behaviour
deontais thalún=land grants
leas mionlaigh=minority interest
airgead a athdháileadh=to redistribute income
Críostaithe Soiscéalacha=Evangelic Christians
doiciméid
inchoiritheacha=incriminating documents
aithreachas=repentance
* "Ach na naimhde úd agam nárbh áil leo mé bheith i mo rí orthu, seolaigí i leith iad agus déanaigí iad a choscairt i mo láthair."

*Luke 19:27-"But as for those enemies of mine, who refused to have me for their king, bring them here and kill them in my presence."



The Glanmire Business and Community Awards are back and we have some new categories for 2022!

Please take a moment to vote for your favourite local businesses
and fill in the nominees names in the form below.
The winners will be announced at the gala awards dinner on

SATURDAY 15th OCTOBER 2022

AT THE VIENNA WOODS HOTEL

Tickets and further details will be available soon.
Closing date for nominations 10th September 2022.



— AWARD CATEGORIES —

1 BUSINESS PERSON OF THE YEAR

Name: _____

2 EMERGING BUSINESS PERSON

Name: _____

3 SHINING STAR EMPLOYEE

Name: _____

4 BEST USE OF DIGITAL

Name: _____

5 GLANMIRE BUSINESS OF THE YEAR

Name: _____

6 BEST HOME BASED SMALL BUSINESS

Name: _____

7 GREAT TASTE AWARD

Name: _____

8 BEST VOLUNTARY ORGANISATION

Name: _____

9 SPORTS AWARD

Name: _____

10 SPECIAL CATEGORY AWARD

Name: _____

11 GLANMIRE AMBASSADOR AWARD

Name: _____

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Please use block capitals. Email your nominations
to glanmirechamber@gmail.com or fill in this
form and drop it into a voting boxes in
Glanmire Credit Union or AIB Bank Glanmire

Nominated by - Name: _____

Mobile: _____

E-Mail: _____



Tour de Munster



Sean Kelly and Paul Sheridan

Ready, Set, Go! Tour de Munster is Primed for Annual 600km Charity Cycle

As this year's Tour de Munster charity cycle quickly approaches, cyclists will be entering the final stages of their training regimes to make sure they are flying fit to tackle the testing 600km route across the six counties of Munster on their quest to raise vital funds for Down Syndrome Ireland's Munster branches.

The Tour will launch from The English Market on Grand Parade in Cork City on Thursday, August 4th, and those participating will return to Cork on Sunday, August 7th, where the finishing line will see them tackle the heights of St. Patrick's Hill right in the heart of the city.

This year's charity cycle will be the 22nd in the event's history. Over the previous 21 years, Tour de Munster has raised a staggering €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. The funds raised support the provision of vital services to members across Down Syndrome Ireland's six Munster branches. International cycling legend and Tour de Munster stalwart, Sean Kelly, will once again get back in the saddle to take part in the charity cycle. He will be joined alongside amateur cyclists from all over Munster to tackle the epic 600km journey that will take those participating through the scenic cities, towns and villages of Munster.

Paul Sheridan, Founder of Tour de Munster, has praised the hard work and sacrifice put in by participants ahead of this year's Tour launch. "Tour de

Munster is not an easy ride for those who take part, it is a real test of fortitude and willpower. In order to stay the course, participants have been putting in a huge amount of hard work both physically and mentally to meet the demands of the Tour across its four-day duration. And while this level of commitment is required, our motivation does not wear thin. We are driven by passion and purpose to support the wonderful children and adults of Down Syndrome Ireland's Munster branches. Every cent raised makes a difference to their lives. We hope as many people as possible can come out to support us during the Tour, giving us that extra little push along the way."

Speaking ahead of this year's Tour, Ray Connolly of Down Syndrome Cork said, "Tour de Munster is a highlight of the calendar each year and we look forward to cheering on the cyclists throughout the Tour's four days. We are extremely grateful for the funds that this event raises every year towards Down Syndrome Ireland's Munster branches. These proceeds enable us to continue providing vital services and supports to our branch members. We hope that all those who are participating in this year's Tour have a safe and fun experience on their journey."

To donate to this year's Tour de Munster, visit www.idonate.ie/tdm22

For route information and the latest information and news log onto www.tourdemunster.com or find it on Facebook.

For further information on Down Syndrome Ireland please see www.downsyndrome.ie.

BE KIND Apparel



Be Kind Apparel is a family run leisurewear clothing brand based in Glanmire Cork. We were inspired by a very simple idea, imagine if the brand we wore reflected our values?

We wanted to design a clothing brand that reflects the kindness that exists all around us. We offer premium products that are ethically and sustainably sourced and only work with suppliers that reflect these values. We are also excited to donate 5 percent of all profits to local Charities.

We've created a fun brand with a simple message, let's wear clothing that's kind to the planet, kind to those who make the product and encourages us all to be kind to one another.



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WHERE TO FIND US



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UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

News from Upper Glanmire

Make memories to last a lifetime

Join us at Upper Glanmire Community Hall

on September 25th at 1pm

Harvest Festival– Family Fun Day.

Good old fashioned fun for all the family.

Something for everyone.

- Egg & Spoon Race, Sack Races, Parents race – who will win pride of the parish medal this year?
- Petting farm
- Classic Car Display
- Music
- Craft Tables/Stalls
- Local Sports Club's will be demonstrating on the day – you might find a new hobby
- Food Truck/ice-cream van
- White's X Bake off Get those Apron's out Ladies and Gent's!
- Dog Show
- Raffles and prizes
- Dates for the Diary – Calendars out - get booking contact Jerry Burke at 087-9816481
- The Community Association kick off the concert season with
 - The Music Man – Friday 2nd of September
 - The Glen Theatre Drama Group – Friday 22nd of September
 - Liam Ó Maonlaí – Friday 14th of October

The Community are so grateful on receiving official news of the proposed Bus Service for Upper Glanmire and Whites Cross via Ballyvolane and St. Luke's and also new services for Carrignavar via Ballinahina and Dublin Pike to Blackpool. We are also looking forward to the new Road Safety measures that the Cork City Council are to construct, this will benefit our community greatly and keep our community safe. Bingo every Thursday at 8pm all welcome. If you love your Bingo Lingo come along you may win the Jackpot €.



Sensory Garden

Upper Glanmire will be taking part in Pride of your community competition, let's all work together to keep our area clean- if you drop it pick it up! A special thank you to committee members who have sacrificed their own personal time to paint, lay footpaths, plant flowers, the work on the Sensory Garden and dome is exceptional. The beautiful and colourful arrangements of flowers and wild flowers amplifies the welcoming setting in Upper Glanmire. If we don't say it enough just know that we think ye are amazing for all the work ye do, we are all proud to be living in such an inclusive community. Well Done All. If anyone wishes to help out with the family fun day or with the community work, please contact anyone on the committee- connecting with your community is worth it – Many hands make light work. Enjoy the Summer everyone.

BOOKING OF SPORTS HALL/CONCERT HALL

GYM membership: yearly €215

6 months:€155

3 months:€80

Monthly:€28

Contact Dermot Cambridge 087 0981940



SELF-SABOTAGE AND WHAT TO DO ABOUT IT

John O'Sullivan
Personal & Business Coach

When I decided to write an article on this topic, I wasn't thrilled at the prospect. Facing the fact that self-sabotage is a difficult thing to admit, and that this short article couldn't possibly do the subject justice. But sometimes, facing the thing you don't want to do is, in fact, the very thing you need to do!

So what is self-sabotage? As the name suggests, it's the myriad of ways we jeopardise our own progress. This is true for our profession, health (physical and mental), financially and our relationships (romantic or other significant relationships). Sabotaging our own progress in life (or areas of life) can be subtle or overt, and sometimes only becomes apparent when a lot of damage has been done.

How do we self-sabotage then? As mentioned above this can be subtle or glaringly obvious. We can see it in other people all the time, however, we often have a blind spot when it comes to our own destructive behaviour. Think about a person who chooses to overuse alcohol or drugs. These are very obvious self-destructive behaviours and can cost a person everything and everyone they have. But more often our self-sabotage is subtle, seemingly harmless, and takes its toll over time.

Some examples of this are the jobs we have.

I've met countless people who feel unfulfilled or unfairly treated where they work, yet they stay put and grow resentful. They lose focus on the fact that they can drive their own career if they are pro-active about it. Another example is the overuse of the array of social media. If you tot up the hours spent by you (or someone you know) on everything from Netflix to Instagram and all the recreational apps that exist, I bet you'd be amazed at the time that is wasted by this activity. The worst part is there is nothing to show for it at the end.

Relationships are also an area where self-sabotage is remarkably common. This can happen in several ways, however. You may know someone who tends to go from one toxic relationship to the next time and again. Remaining in a toxic relationship, or one you know isn't right for you is another form of self-destructive behaviour as it holds you back from the potential to live an amazing life with the right person in the future.

So what to do about this common form of self-limiting behaviour? The answer takes a lot of work, but is seriously worth it. The key to unlocking the answer is simply self-awareness and ensuring you know what you want out of life. Admittedly it's easy to lose focus of these concepts when life is busy, but these are the foundations of a successful future.

Self-awareness first. This is the cognisant awareness of your own behaviour, actions and above all, your habits. Einstein defined madness as doing the same thing over and over but expecting a different result each time. So self-analysing your daily rituals and habits will often reveal (albeit sometimes uncomfortably) why you are where you are in life. If you've done the same repetitive thing for years and are still unsatisfied, then perhaps changing what you do will give an alternative result. We are the result of the habits we practiced for the past 5 years. If you've spent all your free time watching tv and eating junk food, you're likely to be in a different place than someone who took night classes and who works out every day.

The reason it's so difficult is that we often feel disconnected from the future version of ourselves. That's why having a clear picture of what you want in your future is vital. If you want to be fit and healthy in 10 years time, then what you do today will build towards that. If you want that amazing relationship in 10 years time, how you treat that relationship now will have an impact.

Many self-destructive behaviours are linked to very primal survival instincts as well as to our emotions. If we feel psychologically safe enough to try something and fail we stand a good chance of overcoming these

emotional booby traps. Furthermore, I'd argue that our own self-image is a key determining factor when it comes to how far we manage to get towards that goal in 10 years time. Ultimately if we don't believe we can become that person, then we will sabotage ourselves so much on the way, we will never get there.

By taking the time to consciously grow your own self-belief (Psychological safety), you will be able to grow your relationship with that version of you - who you'd like to be in the future. And building that relationship (like any relationship) generates commitment and dedication. This in turn, makes it easier to be aware of the little things we do each day that hold us back from becoming that person we know we are capable of becoming.



John O'Sullivan
Personal and Business Coach

Direct Goal Coaching

<http://directgoalcoaching.com/>

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Glanmire

Area Community Association

gacacork@gmail.com

www.glanmireareacork.com

Glanmire Youth Project celebrates 21 years serving our Community



Cynthia Kelleher & Dermot O'Connell founding members of Project. Retiring 21 years later

Glanmire Youth Project recently celebrated its 21st birthday with a function in the Youth Project Centre, where former members of the management team, representatives of local statutory and voluntary agencies, current members in the Project, and staff came together for a great reunion and to hear the many wonderful stories from the many now, not so young people. Stories on how the Youth project had benefited them over the years.



Brian O'Toole Project Leader

A local Management group was formed in 2001 and a detailed submission was made to **OGRA Chorchai** outlining the urgent need for such a facility at that time, as Glanmire had an increasing young population with very limited resources. This was supported by the CEO of **Ogra Chorchai Declan O'Leary** who has been very supportive over the years. Senior Officials from the Department of Education met with the proposers of the Project and readily agreed that the project was a priority.

The task then was to set up a steering group, find a premises to operate and hold interviews.

The original steering group was **Cynthia Kelleher, Dermot O'Connell, Michael Burns, Sergeant Teresa McHugh, Fr. Sean O Driscoll (Chaplain GCC, RIP) and Madge Fogarty.**

The group were fortunate to get a cohesive Management Group together with the same ideals and philosophy, that being - to try and meet the needs of the young people of the area, support the staff, develop the project and liaise with **Ogra Chorchai (now Foroige).**

The project was initially based in a room in **Glanmire Hair Studio** for a short period. The Project then moved across the road to the Glanmire GAA Clubhouse, where it was based for several years before acquiring their current accommodation beside **Sarsfield's Hurling pitch.**

From those humble beginnings the Youth Project has developed into one of the most Professional Youth Organisations in the City, working with over 100 young people on a weekly basis. The Project operates six days a week.

The Glanmire Area Youth Project is involved in a variety of development work which includes:

- Music (many have gone on to play with groups and bands)
- Sport
- A "Drop In" facility
- Group and individual work
- Educational Grinds (in association with the men's shed)
- Support to the children of those seeking Asylum, and more recently children from Ukraine.

Most importantly it gives young people a space to socialise in a safe environment, in an informal way, giving an opportunity to learn new skills by interacting with positive role models, staff and volunteers.

Glanmire Youth Project had a clean sweep in the Ocean to City boat race youth category and project recently completed a beach clean up as part of an environmental programme. The project made fairy doors for the Rocky Road walk.

In their summer programme, there are a variety of activities for young people organised by staff which include day trips, fishing trips, water sports etc.

There is no doubt that the project developed from humble beginnings in Glanmire GAA hall to the excellent Project that it is today.

Brian O'Toole has been our Youth leader for the past sixteen years. He has been the bedrock of the project, leader, and has been key to the development of the Project. Apart from running the Project he has developed excellent relationships with the young people, local schools, relevant statutory, community and voluntary agencies and community volunteers.

We were delighted to invite **Angela Ginnell** as a staff member. Prior to her appointment, Angela was an excellent volunteer in the Project and was able to hit the ground running.



Niall Brennock Volunteer Leader & Angela Ginnell Project Youth Leader

We would like to acknowledge the many volunteers with a variety of skills and expertise who have supported and continue to support the young people and enhance the project. We recently received a substantial financial contribution from a local businessman which helped to change physical structure of the project internally, making it more appropriate to the needs of the people in the Project.

Having spoken with several people who attended the anniversary function, they were absolutely blown away with the welcome and attitude of the young people who explained to them the value of the project and what they achieved from their involvement in the project. Clearly the steering group have a very important role to play in supporting staff and young people, liaising with Foroige and other agencies and individuals where appropriate, as well as advocating for staff. The steering group committee are made up of statutory, voluntary and community agencies and local volunteers, they are the eyes of the local community are in a very strong position to understand the needs of the young people and convey those needs to the appropriate authorities. We would like to thank Declan and **Annette of Foroige** for their ongoing support and direction, and John Fitzgibbon of the ETB for his ongoing support. We have no doubt with the knowledge and expertise of the current committee, the excellent staff and volunteers the project will go from strength to strength.



Represent Your Community

CALL OUT FOR NEW DIRECTORS
TO JOIN YOUR LOCAL COMMUNITY
ASSOCIATION

If you are interested & feel you can be an asset to the existing committee please contact:
GACACork@gmail.com



ERIN'S OWN LADIES CLUB

U15 Football Feile

Hard luck to our U15 Feile Team who lost out in the cup semi final of the All Ireland Feile on July 2nd to a strong New York Team. The girls did our club prou on the day and come away with New York Jerseys in a Jersey swap. They went to Ballyhass Lakes the following day for a well deserved day out.



U11 Football

Well done to our U11 Footballers who had a great game V Inch Rovers.



U6, U7, U8 & U9 Camogie

Well done to our U7 & U8 Camogie team who played Go Games Matches recently V Castlemartyre and to our U6s who played Sars. Our U9 Camogie Team played a blitz on the Paric Ui Chaomh 4G pitch against St. Finbarrs and Ballinora. Great day was had by all.



#20X20
#ShowYourStripes
#Can'tSeeCan'tBe

New members always welcome.
Please email
erinsown.cork@lgfa.ie or
secretary.erinsown.cork@camogie.ie for information.



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Our Premier Minors won the League title overcoming Aghabullogue in the final. Well done to all.

A huge achievement for Lucy Lynch who recently won the county section trials of the U16 Poc Fada, going on to represent Cork in the Munster trials in Thurles where she also triumphed! Lucy will now represent Munster in the National finals to be held over the challenging terrain of the Cooley Mountains in early August. Best of luck Lucy!

Our U14B's contested a league semi-final but unfortunately going under to Tracton. Our U14 Premiers await their Plate final vs Douglas

Held in glorious conditions in Buck Learys, our 2022 Camogie Camp returned in style proving once again a huge success. A sincere thank you to our sponsors, Sherry Fitzgerald Lettings who once again came up trumps! Thank you also to Maria, Sharon and all our fabulous helpers and coaches.

Molly Lynch made her Cork Senior Championship debut between the posts recently when the rebels accounted for Tipperary in their final qualifier game. Well done Molly!

Sarsfields Camogie Notes



Minor Premier League Winners



U14B's



Summer Camp



Minor Capt Caoimhe



Lucy Lynch Munster Poc Fada U16 Champion



Time out



Camp Buddies



Ice Cream Break



Molly Makes Her C'ship Debut



U16 Premier Vs Cloughduv



U15s v Killeagh



White's Cross GAA News

whitescrossgaa.ie



White's Cross GAA Cul Camp Coaches 2022

Cul Camp

Over 150 children took part in White's Cross GAA Cul Camp at the end of June. This was a truly outstanding success. Though the weather played its part and kids enjoyed their treats from the ice-cream van and the visits of Cork senior players Conor Cahalane and Orlaith Cahalane, the success of this camp is down to the organisers and coaches. A large team of internal (club members) and external coaches/assistants provided top-class coaching and fun for all of the kids that took part throughout the week. For all the parts to come together to make the Cul Camp the success that it is, it needs somebody to co-ordinate it all. Conor Kelleher has, once again, done an amazing job in delivering this camp for the children of the parish. There is a huge

administrative burden behind the scenes to make this camp happen. However, as always Conor has stepped up and fruits of his labour were there for all to be seen. A massive thank you to Conor and to all that helped out. This was also the first year that we have used the club's astro-turf facility for the Cul Camp. This facility allows for an enhanced range of activities to be incorporated into the camp which adds to its success.

Under 17 Success

There has been very little action for adult sides to report on in the past month. Our leagues finished at the end of June and the coaches are now preparing for championship which will begin at the start of August. However, all of our juvenile teams have been busy. Our under 17s have been racking up big victories in their league campaign all year. It was no surprise therefore to see them land the football league title with a comprehensive 5-10 to 2-08 victory over Midleton. Carrying their league form

into championship, they secured another victory over Erins Own in the first round of East Cork under 17 football championship. Two weeks later, the side showed they were equally proficient with the small ball when they beat Whitechurch 2-13 to 0-15 in the hurling league final to secure a notable double league success. For good measure they also beat Lisgoold in the first round of the hurling championship to round off a memorable month for this panel of players.

in the club and community. Many of us have great memories of Michael. We will all miss him. We extend our deepest sympathies to his mother Eileen, sister Pearl, brothers Lorcan and Colman and the extended Hennessy family.

Paul O'Neill

The club lost another former member/coach at the end of the month with the passing of Paul O'Neill. Paul was one of the best known members of our Club for many a year as



St Colmcilles Under 17 Double League winning squad

Michael Hennessy

All in White's Cross GAA were saddened at the passing of Michael Hennessy at the end of June. Michael, through the Stirrup Bar, has been a great supporter of our Club. He has kindly sponsored the first prize and hosted our Annual Christmas Draw, for many years, through good times and bad. Indeed, even despite the fact the Stirrup had never reopened its doors since the Covid restrictions forced their closure back in March 2020, Michael continued to sponsor the first prize in 2020 and 2021.

he was a distinguished match official at county and inter-county level; he was part of the late Willie Horgan's team of officials for the 1991 All Ireland Hurling Final. Paul represented the White's Cross club in this respect and served as a White's Cross referee for many years to the County Board, Seandún Board, what was Bord na n-Óg and also Inter-Firm GAA.

Paul also coached various teams, both juvenile and adult, in White's Cross during the 80s and 90s, and his teams won various silverware. He was keen on the importance of physical training, and often showed up young lads half his age, as he took part in the drills himself! His warm personality meant that there was always fun in his sessions.

We in White's Cross GAA extend our sympathies to those mourning Paul's passing.

Suaimehneas síoraí agus leaba i measc na Naomh go raibh ag Michael agus Paul.

More than this though, Michael ensured that his bar, with its walls decorated with the photos of our teams-past and present, was an effective clubhouse for our members. We gathered there for official club business and after matches to celebrate victories and to drown sorrows. At various times we were boisterous, rowdy and more. Every time Michael welcomed us warmly and without judgement. He was generous and tolerant. He was a great friend to many





GLANMIRE MACRA

It was a busy month for Glanmire as we elected our new committee for 2022/2023. Three of our members stayed on with Patrick Healy, Aisling Walsh and April Lynch all keeping on their respective positions of treasurer, PRO and secretary. We welcomed John Loneragan as our chairperson and Jamie Meskell as our YFDG officer. We wish them the best of luck. We're sure it will be a great year ahead. Thanks a million to our outgoing chair Mike Buckley for all his hard work and commitment over the past year. He has done a great job to keep us active and motivated during the difficult lockdown period. We eish him well as vice president of our club and treasurer of Seandún. Thank you Mike.

Many of our members have taken a break given the summer is now upon us so

we featured a number of throwback snaps this month from previous summers to show why its worth joining our club. We are looking forward to having a club activity day soon, a club exchange and bowling. Make sure to send us a message if you're interested in joining.

Seandún are also hosting a first aid course in Whitechurch Hall on the 17th of September with two spaces remaining. Organised by our own member Aisling Walsh on behalf of the region. If anyone is interested in doing this course please contact Aisling on any of the Glanmire Social Media Pages.

Make sure to keep an eye on our social media pages for the coming months as we take part in many activities.

Article by Aisling Walsh
Glanmire Macra PRO





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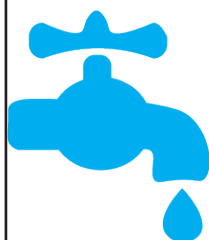
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Glanmire Library

Summer for Kids
at Glanmire Library.

Library Link



A new service is coming available in the Glanmire area . The Glanmire Library will deliver to your home or Nursing homes. If you are housebound due to illness/accident or you might know someone in your community who might benefit from this service.

For more information simply email denise_hourihan@corkcity.ie or call 0214929795 to register.

The service is free.

Heritage Week at Glanmire Library

GAA Exhibition

Centered on the GAA history surrounding the Glanmire area, Glanmire Library are pleased to be displaying an exhibit by GAA expert Danny O'Neill. Topics will also include the Sean Og Murphy and Andy Scannell cup's .

Saturday 13th August -Saturday 21st August 2022 10.00am-5.30pm.

War of Independence Exhibition

George Buckley presents his exhibition on the War of Independence in Ireland 1922. Pieces from his own collection of the time will be on display and as a real treat, George himself will be in period costume of the time!

Saturday 13 August 2022
10.00 am - 5.30 pm

Don't forget to drop into the Library to pick up your reading challenge booklet and receive prizes as you read .
Summer-long Colouring Competition throughout August.



On the 16th August the event will be hosted by John O'Connell who will share his love for music . There is something for everyone. It takes place 11.00 to 12.00 and everyone is welcome to attend.



Notice Board

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In Memoriam



2nd Anniversary Kearney

In loving memory of Seamus Kearney late of 12 Brooklodge Grove Glanmire and Inchigeela who passed away on August 27th 2020. Forever loved and deeply missed by your loving wife Geraldine his family and wide circle of friends. Loved and deeply missed by Wife Geraldine, his family and wide circle of friends

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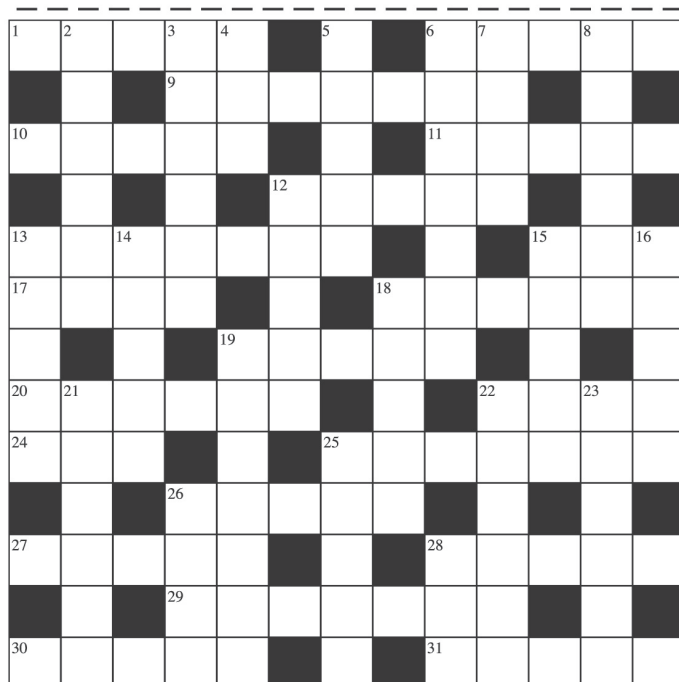
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SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th August. The prize is a meal in **DISTRICT 11** which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your email and your address.

Across

1. Heavenly being (5)
6. With no company (5)
9. Eighth planet from sun (7)
10. Storing place (5)
11. Tear-inducing vegetable (5)
12. Places for sitting (5)
13. Marked for attention (7)
15. Beer (3)
17. Wife of Jacob (4)
18. Dam-building animal (6)
19. Longest bone in body (5)
20. Uttered aloud (6)
22. Dry (4)
24. Female bird (3)
25. Ornamental staff (7)
26. The Royal county (5)
27. Curse (5)
28. Largest antelope (5)
29. Longest Asian river (7)
30. Backless seat (5)
31. Short musical composition (5)

Down

2. Used for sewing (6)
3. An adequate amount (6)
4. Allow (3)
5. Horse (5)
6. Additional person or thing (7)
7. Found in cameras, glasses (4)
8. Japanese noodle dish (6)
12. Days in a week (5)
13. Sudden burst of light (5)
14. Elvis' middle name (5)
15. Turn away, prevent (5)
16. Wear away (5)
18. Collection of grapes or bananas (5)
19. Relating to central government (7)
21. Lapwing (6)
22. Small application (computing) (6)
23. Pressed (6)
25. Platform in a theatre (5)
26. County of Westport, Castlebar (4)
28. Eberechi -, Crystal Palace (3)

Crossword Winner: Faye Lonergan, Barrymore, Glanmire



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50 Ballyhooley Road, Cork T23Y9TV €275,000

Superbly located 4 bed 3 storey townhouse within 15 mins walk of the city centre and Kent Train Station. The property has gas fired central heating and generously proportioned bedrooms, two receptions on the ground floor, a guest wc, main bathroom and en-suite bedroom. The property also offers huge potential as a family home that is close to the city.

The property has a front garden and small rear yard and parking is available on-street.

BER F BER No. 104917273



Main Street, Watergrasshill T56P991 €100,000

Mid terraced two storey house located in the centre of Watergrasshill Village with all amenities and services on the doorstep as well as a bus service to the city centre. The property is a 3 bed, 2 bathroom, 2 reception house which requires complete refurbishment and modernisation to provide a comfortable level of accommodation. There is great potential given its central location and large rear gardens. Mains water and sewerage services available.

BER (Due in)



49 Granary Hall, Mount Oval, Rochestown T12FP84 €215,000

Dual aspect 2 bed first floor apartment in a fabulous location.

Easy to commute to all parts of the city with excellent infrastructure to access the city centre, Cork Airport or Jack Lynch tunnel. The apartment enjoys lovely views from its balcony at first floor level accessed by a lift or stairs. Parking is available.

BER: D1 BER No.101095784



1 Factory Hill, Kilcoolishal, Glanmire T45TP27 €280,000

Original cottage constructed in 1900 which oozes charm and character. An addition was made to the cottage later doubling the original floor area to bring the total accommodation to 116sq.m/1,278sq. ft. Lovingly maintained by its current owners the property is ready to live in.

BER: D2 BER No.114506223



12 Thorndale Estate, Dublin Hill T23R9Y5 €230,000

Three bedroom semi detached house on a corner site. Located within walking distance of a secondary and primary schools, GAA and Soccer clubs and not to mention a short walk to Blackpool shopping centre and a 5 minute bus journey to the City Centre. This is an ideal starter home, Investment or family home located in a very sought after location.

BER: E1 BER No: 109852632



113 Mount Nebo Avenue, Gurrabraher T23X2D3 €185,000

Three bedroom mid terrace property which commands magnificent city views from the back garden. This is an ideal starter home or perfect for downsizing.

BER (Due in)

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