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## CHRISTMAS PROFILE

**Name:** Rudolf the Reindeer

**Nickname:** Red Nose

**Job:** Driving Santa to deliver all the presents all over the world with the other reindeers

**From:** North Pole

**Favourite Colour:** Red

**Favourite Person:** Santa Claus

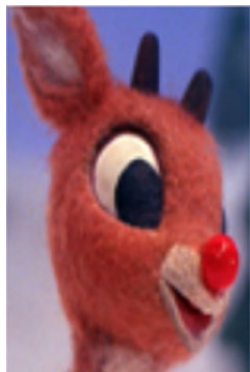
**Favourite Food:** Carrots

**Favourite Song:** We Wish You a Merry Christmas (although I've heard that there might be a song about me . . .)

**Favourite Time of Year:** Winter of course!

**Best Thing about your Job:** That I get to help Santa make Christmas special for kids around the world and reading all of the lovely letters I get each year.

**Finally, do you have a New Year's resolution?**  
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Cork North Central

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

### CHRISTMASTIME



Blían eile a d'imigh ar n-ós na gaoithe agus tá an Nollaig buailte linn arís. It is a joyous time for many and people are considerate, kind and helpful but such natural neighbourly outpouring should not be just confined to the festive period. Christmastime for teenagers and young adults, as well as the young at heart, is a period when party-time fever takes control whereas for the "golden oldies" it is invariably a time for reminiscing as those many bittersweet memories of bygone days come flooding back. Christmas is a magic season for children whose innocence and radiant smiles display a sense of excitement, anticipation, wonder and enormous happiness. And of course there are also the school holidays! Christmas publications are varied and a look-back at those published in times past make interesting reading today. An example of this at local level is the sixth edition of the Glounthaune School magazine in 1983 - almost forty years ago and costing 50P! The late Padraig Ó Néill was school principal back then and he outlined a general breakdown of expenditure for the year; Cleaning, Labour, Equipment and materials amounted to £2,532; Oil £1,400; Paper, including art materials and charts £1152; E.S.B. £640; Insurance £1,000; Sundries such as phone, repairs and postage £500. The amounts today compared with the foregoing figures for 1983 must be staggering. Incidentally, the total shortfall of £1,500 for the year, the Department of Education paid £5,700, was provided via the collections taken at Sunday Mass. Three hundred and forty four pupils; one hundred and eighty boys and one hundred and sixty four

girls attended the school in 1983 and that, after just two years of opening, was the maximum number that could be accommodated. The Christmas stories section of the magazine included the following: **Santa Claus**: "Developed from a real person, Saint Nicholas who lived around the year 300 A.D. was Bishop of Myra which is now in Turkey. He was a very kind man and often went about at night taking presents to the poor. His fame spread after his death and he became the patron saint of children. They were so fond of Saint Nicholas and his habit of bringing gifts that the customs of celebrating his feast day was maintained. Dutch settlers brought the custom with them to the USA and English speaking children tried to pronounce the Dutch name St. Sinterklaas but because they said it quickly and excitedly the name soon changed to Santa Claus". **The Christmas Tree**: "According to legend the custom began with an English missionary named Winfrid. While travelling through Germany about twelve hundred years ago he met a group of Druids at an oak tree. The Druids were about to sacrifice young Prince Asulf to the God Thor. Winfrid stopped the sacrifice and cut down the oak. A young fir tree immediately appeared where the oak had stood and Winfrid told the Druids that the fir was to be their new holy tree. The Germans were the first to decorate the tree". **Mistletoe**: "In Scandinavia the mistletoe is considered the plant of peace. Enemies declared a truce if they met under it and perhaps this is the origin of the present custom of kissing under the mistletoe". The magazine outlined how Christmas is spent in Europe: "In **Switzerland** young people visit nine fountains on their way to mass and take three sips of water from each fountain. A legend says that when they do this they will find their future husband or wife waiting at the door of the church. As in other countries they believe that

animals are able to speak at midnight in honour of their presence at Christ's birth". "In **Italy** people fast on the day before Christmas and most gifts are given on January 6th because according to legend a kind old witch comes down the chimney with gifts. She carries a bell in one hand to announce her arrival and in the other she holds a piece of coal which she uses to beat the naughty children". "In **Sweden** the celebration of Christmas begins on St. Lucia's Day, December 13th. The eldest daughter in the house dresses in white and wears a green wreath with seven candles on her head. She brings coffee and buns to the rest of the family and the children believe the little elves bring them their presents". "In **Poland** an empty chair is at the table for the Holy Child and a few straws are scattered on the table to remind everyone of the stable in which Christ was born". "In **France** children put their shoes in front of the fireplace on Christmas Eve so that Father Christmas or the Christ Child can fill them with gifts. Adults however exchange gifts on New Year's Day. Oysters are very popular in Paris for the main meal while goose is served in rural areas. Rolled chocolate cake in the shape of a Yule Log is a popular dessert". The pupils, in their fifties or thereabouts today, submitted articles, poems, short stories etc. for the magazine and these were interesting, varied and the following gives a flavour. A poem entitled "**Christmas Time**" was submitted by ten year old David Luskin: "Christmas time is near, and all the trees are bare, we made some wine so we could dine, 'cause Christmas time is near. Christmas time is here and I began to cheer, I got some toys from all the boys, 'cause Christmas time is here. Christmas time is over; lucky enough my Dad is sober. I shed a tear at the start of the New Year, 'cause Christmas time is over". Ten year old David Toal penned "Glounthaune": "As I gaze out of my window I can see

the road below, the village and the railway line and the gentle waters flow, the cattle as they quietly graze among the meadows green, and Fota in the distance is only barely seen. I love this little beauty spot my Mum and Dad have found, to make a home for all of us 'mid the scenery around". Ten year old Siobhán O' Shea contributed a poem called "**The Christmas Tree**": "The Christmas tree is tall and bright, it glitters and glows by the candle light. I like the tree when silver balls are hung, and tinsel and stars are put among. I love the tree with its candles alight, where Santa lays my present by night. I like to look at it burning bright, Oh the Christmas tree is a glorious sight". David Keane submitted a poem entitled "**On Stage**": "I'm ten years of age and I'm going on stage, in a Christmas play on St. Stephen's Day. On my way that day I'll be ever so gay, I'll act with all my might and I hope I won't get stage fright. I don't mind if we have flaws, as long as we get applause. Hoping at the end of the day the audience will say, hip hip hurray and all of us actors will be jolly and gay". A poem from nine year old Grainne Murphy was called "**Grandad**": "My grandad old and shaky sits on a rocking chair; he smokes a pipe and cigarettes and blows it in thin air. He worked upon the railway when he was in his teens; he toiled from dawn to dark and wore quite shabby jeans. He often tells us stories of how when he was young, he had so many worries of battles to be won. But now he's old and worn, his clothes no longer thorn, he smiles as he remembers the days of long ago".

SLÁN ANOIS ©

Nollaig Shona Agus  
Athbhliain Faoi Mhaise  
Daoibh





## GLANMIRE LADIES FOOTBALL CLUB

### U16

Well done to our U16's who beat Tadhg Mac Carthaigh in the U16A County Semi Final and now go on to play Mounseabey in the U16A County Final on Sunday 20th November.

### U7

The U7's also finished up recently with some pizza and goodie bags. Again, another successful year of football for our future stars.

### U8

Our U8's enjoyed a Pizza Party, some music and treats before finishing up a great year. The girls had a great year of football and will be back again next year to show their skills.

### U10

Our U10 group enjoyed their end of season night in AirTastic! Well done to the girls on a great year and no doubt their skills will be on show again next season.

### Camogie

Hard luck to our girls involved with Sarsfields Camogie who lost to Seandun in the Senior County Final. Congratulations to those involved with the U16 panel who beat Ballinhassig in the U16 Premier County Final.

### Halloween Disco

Well done to everyone involved in the set up and completion of our Halloween Disco. Everyone had a great night and there were some great costumes on the night! Thank you to all on the committee for a successful night.

### Development Squads

Well done to all our girls involved with the U13 East Cork squad who won the Divisional Plate v North Cork.

Well done to our U15 girls involved with East Cork who played North Cork in a recent

### U14

Hard luck to our U14 squad who lost out to Inch Rovers in the U14A East Cork Championship Final.



U7 End of year party



U8 Pizza party



U10 Airtastic



U13 East Cork Squad



U15 East Cork Squad



Halloween Disco



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## Gardening with Charlie Wilkins



Charlie Wilkins

### WINTER

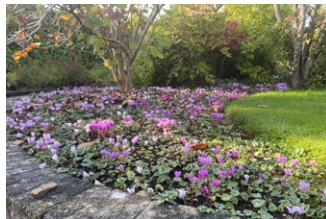
Winter darkness swaddles the long evenings covering the garden with stillness. Lack of light is the bane of gardeners in these high, northern latitudes. Anaemic, washed-out days follow each other in monotonous succession causing many to suffer depression and despair. Even when the clouds do part, the sun seems loath to heave itself above the horizon.

Eventually, when it rises above the tiled expanse of my neighbours rooftops, and peeps through the narrow glazed columns of the church steeple, it remains wan and drawn.

With the ache of regret we now look back to summer and the heat of long days, and yearn once more for a fraction of their radiant light. But it's gone and that's the end of it.

For the best part of the four months to come, we will have to live in a world which is flowerless, damp, cold, and poorly lit. It's recurrent, mundane, a fact of life for

most. Conditions normally began to deteriorate early each October and continue through to sometimes the very end of May. Here on the outermost western tip of Europe, our green island will have to wait patiently until the encroaching darkness begins to wane.



Cyclamen still grow at this hotel, however the display has gone downhill in recent years. This is how I remember them

Winter is therefore a season of waiting. It requires confidence and belief that the malaise we suffer will not last forever. Though all appears dead and devoid of movement, there is, I believe, always quite growth taking place. Even during the darkest days, gestation continues to occur. In the

coldest soils, flower bulbs continue to strengthen for their future journey upwards towards the light and air. On frozen branches, observe if you will, how the terminal buds grow fatter with passing time, and silent seeds sown with confidence earlier, prepare for the amazing new growth which follows as days once again lengthen.

So the season of winter asks us to live with that mystery, and to wait patiently for spring. And spring will indeed come! For just as every other season eventually departs, so too, will winter. It will of course return again when it is time, for each seasons entrance and departure is part of this great circle of life

Those among us who understand and accept this waiting really believe that winter is simply hiding temporarily, the vibrancy of life. I know and accept this for already, the hard noses of eager snowdrops can be felt through slipped feet! What a great thought and high hopes to fall asleep with.

### WINTER RELIABLES

Winter colour when it does appear in the open hands of the yellow Mahonia, in the tatty Titian tints of witch hazels, or the flaming wands of dogwood-is the more arresting for its very paucity. For all that, it is the solid evergreens which hold sway at this time of the year and I am thankful now that variegated Hollies, small leaved Pittosporums (of which there are many), tightly-clipped box and glossy camellias were always high on my list of desirables.

#### SAD TALE OF NEGLECTED GARDENS.

I know an old country house turned hotel not far from Riverstown and Glanmire, where neglect has been the order of the day. Perhaps this is symptomatic of the times we live in but whichever, it's a sad state of affairs. The fine stone balustrades where guests wined and dined in the open during summer have in recent years crumbled and fallen. Its bog garden and ponds have silted up, the cypresses sagged, and the grand old, castellated yew walk (which was unequalled in the country) has been overwhelmed by competition. And yet, the snowdrops (and cyclamen in season) of an earlier age have simply spread and spread, so that those who knew the hotel used to sneak in from far and near to see them in bloom. Today,

security denies entrance so the early spring spectacle comes and goes without admirers. All except yours truly! I still go back there every so often, unannounced, furtively, and cautious, armed with a camera and stick to battle the wild growth. Roll on early February!

#### TIDY UP HOSTAS.

Clear Hosta foliage in the garden before the worst winter weather puts in an appearance. Left where they are, the rotting leaves will become home to slugs and snails of all kinds. Eggs will be laid and these will develop in springtime to haunt you for yet another season. Once cleared, top dress with manure (for preference) garden compost or commercial compost sourced.

#### WINTER TREE PRUNING.

Selective tree pruning carried out during winter will hardly spoil the canopy of remaining branches but bear in mind that not all trees can be pruned then, or when it becomes apparent. Older trees are more tolerant than others, but beech, it should be made known, will not sprout readily following severe pruning. I myself have flopped into that trap!

Never prune walnut trees in winter; they will bleed for days, even weeks. Prune these when in active growth and in full leaf. Cherries are another species which cannot be cut when the notion strikes the owner. These

must be attended to only when their foliage is in strong growth for they have a proneness to verticillium wilt, when denuded of leaves. Even screens of the thuggish Leyland's Cypress which blight the rural and urban landscape can become even more discordant and grotesque when subjected to severe cut-backs. Because they have no epicormic buds, a hideous stubby mixture of live and dead branches forever remain in full view. Better to remove these altogether I think, than look at such a desecrated absurdity.

#### CHRISTMAS GREETINGS.

As Christmas and yet another New Year approach I hope the year ahead will bring readers, as it has brought me, another satisfying period in their busy lives. My plants have taught me that life is a continuous circle, one of growing, maturing, and eventually one of rest. Gardening has also given me bountiful days of fun, health, and immense knowledge of how things evolve. It has given me innumerable, loyal GRA readers, none of whom I would change for even the most desirable of ornamental plants. Best of all, it has given me laughter and tears and pictures of almost incredible beauty, unlike any I have ever seen on canvas or board. A Happy Christmas, and Joyous New Year, to all readers.

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## Carúil na Nollag

Micheál Ó Súilleabháin

Ceann de na nósanna sean-bhunaithe faoi na laethanta agus na seachtainí roimh an Nollaig is ea grúpaí cantairí a bheith ar na sráideanna. Is gnáthach go mbíonn Carúil na Nollag á gcanadh acu agus bailiúcháin á dtógaint suas acu le haghaidh carthanachtaí.

Cathain a thosaigh nós seo na gCarúil Nollag? Is cosúil go dtagann an focal 'carúil' ón Sean-Fhraincis nó ón Meán-Bhéarla, 'carole', a chiallaíonn 'ag damhsa'. Téann carúil siar chomh fada leis an tríú céad déag nó níos faide fiú. Bhí nasc ar leith idir an Eaglais agus carúil. Ba í an Eaglais Chaitliceach an t-aon Eaglais Chríostaí (cé's moite den Eaglais Cheartchreidmheach) ar fud na hEorpa go dtí gur tháinig an Reifirméisean sa séú céad déag. Le teacht chun cinn na bPiúratánach, a raibh darcadh diúltach acu faoi cheiliúradh, cuireadh carúil agus ceiliúradh na Nollag faoi bhrú. Sna 1650-idí cuireadh ceiliúradh na Nollag sa Bhreatain agus in Éirinn faoi chois. San áireamh, dar ndóigh, bhí na carúil Nollag. Ach níor mhair Ré Chromail ró-fhada agus bhí carúil le cloisint ar na sráideanna agus sna heaglaisí arís.



Bású na Neamhchiontach

Ceann de na carúil atá fós coitianta inniu is ea 'God Rest You Merry, Gentlemen.' Tá leaganacha den charúil seo le fáil chomh fada siar le 1650. Ba é an bhrí stairiúil a bhí le 'God Rest You Merry' ná 'Go dtuga Dia síocháin agus sonas duit'. Rinne Charles Dickens tagairt don charúil seo in 'A Christmas Carol'. Rinne Shakespeare tagairt don nath, chomh maith, sa dráma 'As You Like It' a scríobhadh in 1599. Inniu, dar ndóigh, tá an claonadh ann aidiacht a dhéanamh den fhocal 'Merry' i nathanna mar 'Merry Christmas.'

Le teacht i gcoróin na Banríona Victoria sa Bhreatain in 1837, tháinig borradh faoi Charúil na Nollag. Bhí fonn ar Victoria moráltacht a chur chun cinn in aimsir na Nollag le béim ar luchanna an teaghlach. Ceann de na carúil Nollag atá coitianta ón ré seo is ea 'The Coventry Carol' atá ainmnithe as cathair Coventry. Déanann an carúil tagairt don scéal ón mBíobla, nuair a d'iarr Héaród ar na Trí Ríthe scéal a chur chuige faoin áit in ar saolaíodh Íosa ionas go bhféadfadh sé Íosa a 'adhradh'. Dar ndóigh, níorbh é sin a bhí i gceist aige a dhéanamh. Ach cuireadh in iúl do na Trí Ríthe i mbrionglóid gan an láthair a

chur in iúl do Héaród agus mar sin d'fhill siad abhaile ar bhóthar eile. Mar dhíoltas, d'ordaigh Héaród go gcuirfí gach leanbh faoi bhun dhá bhliain d'aois chun báis. B'shin é 'Marú na Neamhchiontach.' Rinne an fáidh Irimia fáistine faoin eachtra seo seacht gcéad bliain roimhe. Tá an scéal inste i Soiscéal Matha, chomh maith.



Cantairí Cearúil

Carúil Nollag coitianta is ea 'The Twelve Days of Christmas'. Níl aon chinnteacht faoin bhrí atá leis ach deir staraithie eaglaise áirithe gur amhrán é a mhúineann eolas faoin chreideamh i Ré Éilíse 1, nuair a bhí géarleanúint ar siúl in aghaidh na gCaitliceach sa Bhreatain agus in Éirinn. Saghas cóid atá sna línte. Is é Íosa an Phatraisc. An Dá Fhearán is ea an Sean agus an Nua-Thiomna. Na Trí Chearc Fhrancacha is ea na trí shuílce dé-eolaíochta, creideamh, dóchas agus grá. Na Ceithre Éan ag glaoh is ea na Ceithre Shoiscéal, Matha, Marc, Lúcas agus Eoin. Is é a chiallaíonn na Cúig Fháinne Órga ná na Cúig Leabhar Thosaigh sa Bhíobla, An Torah nó Leabhar Geiniseas, Leabhar Eaxodus, Leabhar Léivític, Leabhar Uimhreacha agus Leabhar Deotrainimí. Is é a chiallaíonn na Sé Ghé ag Breith ná na sé lá a chaith Dia ag cruthú an domhain. Is é atá i gceist leis na Seacht nEala ag Snámh ná seacht mbuanna an Spioraid Naoimh: eagna, tuiscint, comhairle, misneach, eolas, cráifeacht agus eagla roimh an tiarna. Is é a chiallaíonn Ochtar Maighdean ag Crú ná na hOcht mBeannaitheacht. Dar le Soiscéal Matha is iad san ná

"Is méanar dóibh seo atá bocht ó spiorad, óir is leo ríocht na bhflaitheas."

"Is méanar do lucht an dobróin, óir sólasófar iad."

"Is méanar dóibh seo atá ceansa, óir gheobhaidh siad an talamh mar oidhreacht."

"Is méanar dóibh seo a bhfuil ocras agus tart chun na fíréantachta orthu, óir sásófar iad."

"Is méanar do lucht na trócaire, óir déanfar trócaire orthu."

"Is méanar dóibh seo atá glan ó chroí, óir feicfidh siad Dia."

"Is méanar do lucht síochána a dhéanamh, óir glaofar clann Dé orthu."

"Is méanar dóibh seo a d'fhulaing géarleanúint mar gheall ar an bhfíréantacht, óir is leo ríocht na bhflaitheas."

Is é a chiallaíonn Naonúr Ban ag Damhsa

ná naoi dtoradh an Spioraid Naoimh faoi mar a léirítear iad i Litir Naomh Pól Chuig na Galátaigh: Is é toradh a thugann an Spiorad uaidh, áfach, grá, lúcháir, síocháin, foighne, cineáltas, dea-chroí, dílseacht, láchas agus measarthacht.

Maidir le Deichniúr Tiarna ag Léim, Is iad na Deich nAitheanta atá i gceist: Ná bíodh déithe bréaga agat, ná déan íoladhradh, ná tabhair ainm Dé gan fáth, coimeád an Domhnach, tabhair onóir dod' thuismitheoirí, ná déan marú, ná déan adhaltranas, ná goid, ná tabhair fianaise bhréaga, ná santaigh bean do chomharsan, ná santaigh maoin do chomharsan.

Is é a chiallaíonn Aon Phíobaire Dhéag ag Píobaireacht ná Aon Aspal Déag a bhí dílis, Peadar, Aindrias, Séamas, Eoin, Pilib, Parthalán, Matha, Tomás, Séamas (mac Alphaeus), Thaddeus, Síomón an Dfograiseoir (ag fágaint lúdais Iscariot a rinne feall ar Íosa as an áireamh, dar ndóigh).

Is é a chiallaíonn Dáréag Drumadóir ag Drumadóireacht ná dhá phointe dhéag atá i gCré na nAspal:

Creidim i nDia, an tAthair uilechumhachtach, cruthaitheoir neimhe agus talún; agus in Íosa Críost, a aon mhacsan, ár dTiarna, a gabhadh on Spiorad Naomh, a rugadh ó Mhuire Ógh; a d'fhulaing páis faoi Phontius Píoláit, a céasadh ar chrois, a fuair bás agus a adhlacadh; a chuaigh síos go hifreann, a d'éirigh an treas lá ó mhairbh; a chuaigh suas ar neamh; atá ina shuí ar dheis Dé, an tAthair uilechumhachtach; as sin tiocfaidh sé chun breithiúnas a thabhairt ar bheo agus ar mhairbh. Creidim sa Spiorad Naomh, sa NaomhEaglais Chaitliceach, i gcomaoin na naomh; i maithiúnas na bpeacaí, in aiséirí na colainne, agus sa bheatha shíoraí. Amen. Ní ghlacann gach éinne go bhfuil sé seo go léir fíor ó thaobh na staire de ach deir staraithie eaglaise áirithe go bhfuil sé cruinn. Pé scéal é is míniú é a dhéanann ciall de línte a fhéachann áiféiseach inniu gan an comhthéacs. Tá a fhios againn, chomh maith, i gcás na hÉireann, go raibh sé coitianta san ochtú céad déag amhráin fháthchialla a chumadh i gcomhthéacs na ré polaitiúla a bhí ann.

### Gluais:

cantairí=singers;

carthanachtaí=charities;

nasc=connection;

claonadh=tendency;

brionglóid=dream;

beannaitheacht=beatitude;

moráltacht=morality;

buanna=gifts;

feall=betrayal;





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Sophie Burns with Santa, who we all know from The Late Late Show

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Unfortunately this had to be suspended since then due to covid but we are delighted to announce we will be kicking it off again this year.

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## Glanmire-Watergrasshill Charity Run Thursday 29/12/2022

Fundraiser for Pieta House and other local charities

**Location:** Sallybrook Industrial Estate - T45CF65

**Registration:** €20 per vehicle

• Online via QR Code

• On the day

Meeting between 1:30 -3:00pm

**GoFundme:  
Pieta House**



**Run starting @ 3:30pm  
(30km route)**

**Enquiries: 087 348 7898**

Food and coffee available on the day

*Vehicle decorating is appreciated*

**Vehicle  
registration**



## WEIGHT LOSS VS FAT LOSS

**Conor O'Regan** Physical Therapist

When it comes to losing weight, we need to understand a few things first, so let's become more informed about how it works.

We all have a number of calories we need to eat each day to stay the same weight, this is called your maintenance calories. When we eat more calories than we need to stay the same weight, we are in what's called a calorie surplus and our weight increases. When we eat less calories than we need to stay the same weight, we are in a calorie deficit and our weight decreases. There are lots of calorie calculators out there to help you find this based on a few questions and measurements. The main factors that change how many calories we need is our current weight, age and how active we are.

Sounds simple doesn't it, but here is where people trip up. Dropping too many calories and exercising too much in a last-ditch effort to lose weight quickly. And yes, weight will go down but is this something that you can sustain and is it healthy? When people try to lose weight on very low calories while exercising, you are likely losing healthy muscle mass when your goal is to lose FAT not MUSCLE. The more muscle you have the higher your BMR (Basil Metabolic Rate) is, this is the rate at which our body burns calories. So, we want to keep our BMR up and not let it drop by strong lean muscle.

**Why is maintaining a healthy amount of muscle important?**

Having a healthy amount of muscle mass can lead to less body fat, a stronger immune system, improved energy levels and reduced stress. Fat on the other hand is mainly

for energy storage, insulation and organ protection. When your body contains too much body fat it impairs the bodies responsiveness to insulin, raising blood sugar and insulin. This leads to major causes of death and disability, including heart attacks, strokes, high blood pressure, cancer, osteoarthritis, fatty liver and depression.



To make sure we are not losing muscle as we age, it is important to exercise as this along with a balanced diet helps maintain strong healthy bodies. Losing fat at a gradual rate makes you more likely to keep it off. If you are looking to lose fat and not muscle here are a few helpful tips to make it happen.

Reduce your daily calories by 300 calories per day. Decrease the amount of fat and increase the amount of protein you eat. Exercise regularly 2-4 times per week.

The more consistent you are the better your results will be. Be patient, and find activities you enjoy. Look beyond the weighing scales, as losing fat is more important than losing weight. If you are losing weight gradually while exercising and eating a balanced diet the likelihood that you are losing fat, gaining a little lean muscle and raising your metabolism increases along with all the health benefits. Avoid quick fixes and start being consistent with small changes.

For anyone seeking guidance, feel free to drop me an email or message and I'll be more than happy to answer any questions.



**Glanmire Church gate collection  
11<sup>th</sup> and 12<sup>th</sup> December  
Please give what you can afford  
Seasonal greetings from the  
Glanmire SVP**



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## PARKING PROBLEMS IN GLANMIRE

Traffic volume in Glanmire has grown massively over the years due to population growth, and congestion regularly occurs due to the poor road structure, ongoing roadworks and humpback bridges which were built a number of centuries ago, plus a vacant Barleycorn site.

School traffic AM and PM is a major issue because of the following student numbers (approx.):

|                              |        |
|------------------------------|--------|
| St. Joseph's National School | - 720  |
| Glanmire Community College   | - 1300 |
| Brooklodge National School   | - 450  |

The above three schools are all within a quarter of a mile of each other, and combined with:

Colaiste an Phiarsiagh - 450

means a total of approximately 2900 +/- students travelling to and from school each day.

At present St. Joseph's parents are using a 0.8acre site for drop and collection, which is critical to the school's operation. The site is now for sale, targeted for building and urban renewal.

It is critical that this site is retained and properly developed for parking and school use. There is a major challenge here for the stakeholders, especially the local population, councillors, politicians, the Department of Education, City Council, the Church, etc.

It is now urgent that a major effort is made by all the above to retain this site.

Are the people of Glanmire going to regret not shouting STOP?!

James D'Arcy  
Hermitage  
Glanmire



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**Wishing you a Merry Christmas & Peaceful New Year**





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We extend a very warm welcome to parents to visit our school

- To meet the principal and staff
- To answer any questions you may have
- To consider enrolling your child for the coming academic year.



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Thanks to all for supporting  
the shoebox appeal.



Movie Night







## 'The Girl with Special Knees'

by Eleanor O'Kelly-Lynch. Books available in Silver Bow Gifts, 7A Hazelwood Centre, Glanmire. Book signing with local author Eleanor O'Kelly-Lynch

**TUESDAY 13 DECEMBER at 11am**



# THE GIRL WITH SPECIAL KNEES



ELEANOR O'KELLY-LYNCH



Eleanor O'Kelly Lynch, Derek O Kelly Lynch & John Gilroy

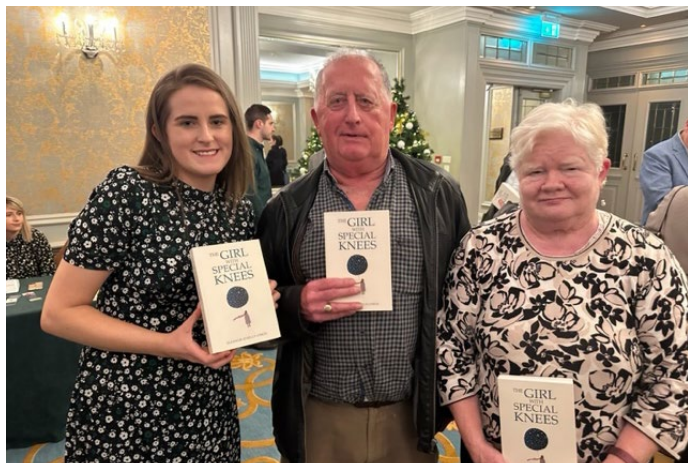


Melissa Horgan, Emer O'Reilly & Sorchia Horgan



Teresa Kiely, Jackie O Leary, Angus's Cummins & Robyn Kiely





Rachel Cunningham, Michael Crowley & Mary Crowley



Joe Crowley & Ann Phelan



Mary Looby, Lisa Barry & Chloe Barry



Eileen McNeela, Cecilia Kareem & Rose O Leary



Carol Breen, Marian Giroy, John Gilroy & Julia Quinn



Carol Gilmartin, Geraldine Horgan, Niall Horgan & Ruth Magnier



Alanna OKelly Lynch & Sophia Kenneally



Donal Greene & Derek O Kelly Lynch





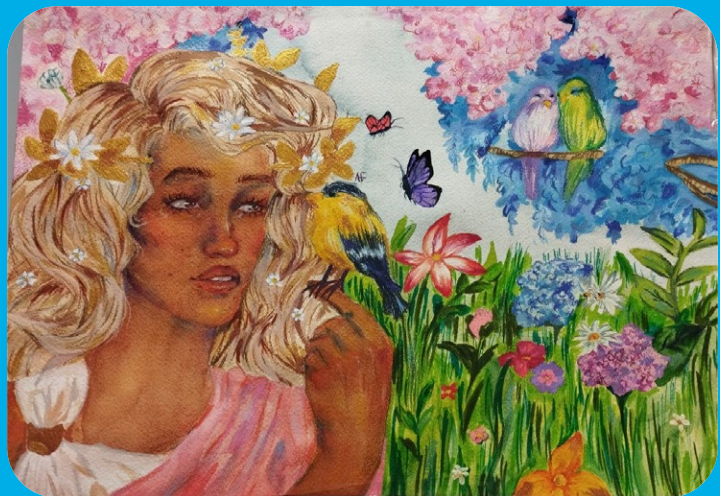
## GLANMIRE & DISTRICT CREDIT UNION LTD

### 2022 ART COMPETITION WINNERS

Winning pictures from Finalists Abimbola Fashade, Eoin Minihaane Sullivan and Layomi Tijani, who are now through to the overall final on 5th December.



**Abimbola Fashade**  
Finalist



**Abimbola Fashade - Finalist**



**Eoin Minihaane Sullivan**  
Finalist



**Eoin Minihaane Sullivan - Finalist**



**Layomi Tijani**  
Finalist



**Layomi Tijani - Finalist**





## GLANMIRE & DISTRICT CREDIT UNION LTD 2022 ART COMPETITION WINNERS



Nell Claffey



Aisling Lynch



Hollie Dennehy



Reece O'Mahony



Christian Jones



Josh Hogan



Lacey Hickey



Joshua Foley



Emily Davies



Sam Dawson



Maebh Hurley



Riain Colema



Emily Holmes



Tillie O'Callaghan





## ST. STEPHEN'S PITCH AND PUTT CLUB

The club was presented with the Northside & District Sports Award for October to mark the occasion of our 50th Anniversary. The club is always open to new members and delighted to welcome green fees.







# UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



## White's Cross Lady - Sheila O'Regan celebrated her 100th Birthday on November the 9th.

Her grand-daughter Karen Hickey wrote a lovely tribute to her Gran which was published in the evening echo. We got an insight into Sheila's life where family and friendships were everything to her. A long history of friendships with families within the area and beyond. Hardworking, Resilient, admired and respected along with fun and stylish come to mind when you read Karen's article and the comments from well-wisher's who knew Sheila. Local radio stations and Facebook lit up with well wishes for Sheila and her family a testament to the Lady she is. An invite was put up near Sheila's home inviting Friends and neighbours to call to celebrate this momentous occasion. Sheila was born in a significant year in Irish History and the beginning of our Country as we know it. Congratulations just doesn't seem enough for a lady who has seen so



much over the last 10 decades. Age hasn't dulled the sparkle in Sheila's eyes. To Sheila, her family and friends hope ye had the best time celebrating together and making memories. Happy 100th Birthday a special day for a special person.

## Upper Glanmire Community Hall

Our local halls are available to rent for parties or events -please contact Diarmuid -0870981940

See our facebook page for upcoming events.

**Bingo:** Upper Glanmire Hall Thursdays at 8pm -All Welcome.

UGCA would like to thank its members and everyone who has volunteered throughout the year. We remember at this time the people from our community who have passed away and our thoughts are with their families this Christmas. We would like to send Best Wishes for a Wonderful Christmas and wish everyone peace and happiness throughout the Christmas Season and New Year.



## BOOKING OF SPORTS HALL/CONCERT HALL

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understand God's purpose for our  
lives. In Him there are answers for  
all our questions and for all our  
burdens in lifetime.

**Contact: 083-3823860**





## ERIN'S OWN LADIES CLUB

### U16 Camogie

Well done to the U16 camogie team who won their semi final v Fr O Neills and best of luck in the U16A County final.

### Minor Football

Well done to our Minor Football team who won their semi final v Carrigaline and best of luck in the Minor B County final.

### U10 Football

Well done to the U10 football girls who had a great year and finished up with a trip to Airtastic recently.

### Sciath Na Scol Chorcai

Well done to the girls and boys team in Glounthaune National School who both

reached the finals of Sciath Na Scol. The boys had a great win on the day, the girls lost out to Kilbonane. Congratulations to the girls in Knockraha National school who also reached a Sciath Na Scol final v Shanbally, unfortunately the girls lost out to Shanbally. Many of our girls were on both school panels and did their schools, teachers and mentors proud.



## Glounthaune v Kilbonane



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## Sarsfields Camogie Notes

Our senior team had a great run - losing out by two points to divisional side, Seandun in the County Final and another disappointing two point defeat to reigning champions Scarriff Ogonnoloe in the Munster club semi final. Even-though we've no silverware to show for the year we can reflect on a very productive and progressive journey, making huge strides in every game we played! The future is surely bright! Some small consolation for our defeats was the selection of three of our players on the Reardens All Stars Cork team of the year for 2022 - Cliona Lynch, Orlaith Mullins & Lucy Allen. Congratulations girls and well deserved.

Our U16 Premiers won their title on a dreadfully wet night in Cloughduv. seeing off an early challenge by Ballinhassig. Well done girls!

Both our minor teams have qualified for their respective finals and await Fr O'Neills & Aghabullogue in each. Best of luck girls.

We held a very successful fundraising Fashion Show recently where our camogie & hurling stars showed us that they can scrub up well and put on the glam! We sincerely would like to thank all the local businesses and companies that supported us in this venture and all those that purchased tickets - it was very much appreciated. Please see attached poster of contributing sponsors.



Munster Club Final



U16 County Premier Champions



SARSFIELDS CAMOGIE CLUB

# AUTUMN/WINTER FASHION SHOW

## THANK YOU TO ALL OUR SPONSORS

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McCarthy Sports  
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Pharmacy First Plus  
Porcelain Beauty & Skincare  
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Sleek Hair & Beauty Little Island  
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The Barn Restaurant  
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Tony Doyle Truck Wash  
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Well Bean Coffee



Reardens All Stars



Sullivan Family at Muster Club



Fashion Show Models



Fashion Show





Croisire An Fhaoitigh  
C.L.C.G.

# White's Cross GAA News

whitescrossgaa.com

## Playing Matters - Under 19 Football

St Colmcilles, following their victory in the East Cork Under 19 A football championship, qualified to play Mallow in the county semi-final. This game was played in the Pairc Uí Chaoimh 4G pitch. The venue was ideal given the inclement weather conditions on the day. This was a cracking high-scoring game given the conditions. Unfortunately, it was St Colmcilles that came out on the wrong end of 2-16 to 4-07 scoreline. The margins were very fine, the lead changed hands a number of times throughout the game and every player from both sides gave everything. This has been a great tournament for the development of our younger players. This was the third really close championship game that they played. They also played one league game earlier in the season. It had been intended, by the county board, to have a full programme of fixtures for this age group. Alas this did not come to pass which, given the high standard of the few games that they did play, is a real pity. In an age where we want to keep as many younger players transitioning from underage to senior level, it seems that having an under 19 or under 20 competition that gives players regular games is something that all clubs might embrace. Well done to the St Colmcilles management team of Diarmuid McDonnell, Sean Coughlan and Liam Ryan and all the players who did give it their all in a disjointed season. All Change at the AGM

White's Cross GAA held its Annual General Meeting on Monday 14th of November. It is all change at the top-table as the three principle officers (Chairman, Secretary and Treasurer) have vacated their role. Katie Flynn served as treasurer for four years. Transparency is key in this role and for each monthly meeting for each of the four years, the club committee has been furnished with up-to-date, accurate accounts. Given the nature of the development the club has undertaken in the last few years and the associated fund-raising, loan applications,

account set-ups and grant draw-down, the role of the treasurer within the club has never been more demanding. Katie has excelled in the role. The detail of her final treasurer's report is testimony to the effort and diligence that she has brought to the role during her term.

The busiest role within any club is that of secretary. Alas, Ciara Cashman will also be vacating that position having spent three years within the role. She, too, has been instrumental in the development projects whilst also concerning herself most with the day-to-day secretary duties that are most demanding. There have been a number of off-the-field events that landed on her desk, so-to-speak, that put additional requirements on her during her time. Like all tasks, she managed them most effectively to their satisfactory conclusion. Away from White's Cross activities, she is a star ladies footballer and camogie player with Watergrasshill (unfortunately we do not have an adult team for ladies as of yet) and has also been in college while she changed career. Therefore, to say she has been busy is an understatement but her commitment to our club has been steadfast throughout this manic time.

Mike O'Flynn also steps down as chairman after spending three years in the role. However, it would be unfair to hint that his contribution to a leadership position within the club came when he assumed his latest role given that he was vice-chairman for several years prior to this as well as being the underage chairman from its inception to four years ago. The development in our club grounds over the last decade has been staggering. Though the most recent Astro-turf pitch construction is the most impressive, we have also laid a walk-way and lighting around the pitch, build a car-park, hurling wall, installed gym-equipment and leased a new juvenile fields. The grounds in effect have transitioned from a pitch to a complex in a short period of time. While Mike, in his address to the club, mentioned

the team effort that went into these developments (and this is true) a good team needs a good leader. In White's Cross, we have had a great-team and we have had a great-leader. Throughout, all of these projects Mike's drive to succeed was both relentless and infectious. Doubts were expressed regarding fund-raising targets and methods but Mike pushed these targets and through example ensured, not only were they met, they were exceeded. There are few people that can chase public grant-money like our departing chairman or would have secured FAS workers to maintain our grounds. However, it is because of this conviction that there are few clubs in Ireland, let alone one of our size, could build such a project in such a short period of time during a time of pandemic and rising cost and emerge almost debt-free. This, as was widely acknowledged at the meeting, is down to Mike's vision and leadership. The club is indebted to Mike, Ciara and Katie for the efforts that they have put in over the last few years. Thankfully, the departure is not a sudden one and all three will remain in the club and part of the committee. The new officers that come in (to be finalised in coming weeks) do so knowing that there will be plenty of support from those that are outgoing.

## Finbarr Kiely RIP

White's Cross GAA are saddened at the passing of Finbarr Kiely. Finbarr served as a coach in White's Cross for over a quarter of a century, as well as being our school coach in Scoil Naomh Michéal, Upper Glanmire National School for over a decade. Finbarr was one of the most sought after and respected Cork GAA coaches. His coaching career took him to three clubs: Delaneys, White's Cross and Mayfield. He also coached in three local schools including Scoil Naomh Michéal, Upper Glanmire National School, where he was based for over a decade, and guided school teams there to three Sciath na Scol titles. Finbarr accumulated a whopping 58 titles at adult level as player



Finbarr Kiely with son Stuart

and coach with the three clubs he was attached with, and a further 18 as a juvenile club coach. An extraordinary statistic around Finbarr's involvement with White's Cross was the fact that of the 34 finals he guided White's Cross Junior teams to, the Club only lost 6 (one was also a draw before White's Cross won the replay). Under Finbarr's guidance White's Cross junior sides won 10 finals from 12 played in the 1990s and 17 out of the 22 contested in the 2000s. An incredible achievement! Club members also offered their condolences to the Buckley and O'Callaghan families on their recent bereavements. May they all rest in peace!

## Christmas Draw!

Our Christmas Draw tickets are now in circulation for our 2022 draw. This draw represents our main fundraiser for the day-to-day running of the club and we are appreciative, as always, of the support of those that purchase tickets and our draw sponsors. We believe that with 60 prizes, and with 40% of those being cash prizes of €50 or more, our draw represents exceptional value when compared to other draws of its kind. Club members currently have tickets. A book of 6 costs €10. There are 3 for €5 or 1 for €2.

With Christmas mentioned, we will sign off our club notes in 2022 by wishing all of our members, families, supporters and those in the wider community a very Merry Christmas. We look forward to seeing you all in 2023!





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## Cuairt an ArdMhéara



Tháinig an Árdmheara Deirdre Bn. Uí Fhuartáin anseo chuig an scoil le déanaí chun labhairt le na scoláirí maidir le raon nithe ar nós ceartais aeráide. Bhronn an scoil bláthanna agus leabhar filíochta uirthi.

## Sábháilteacht ar bhóithre



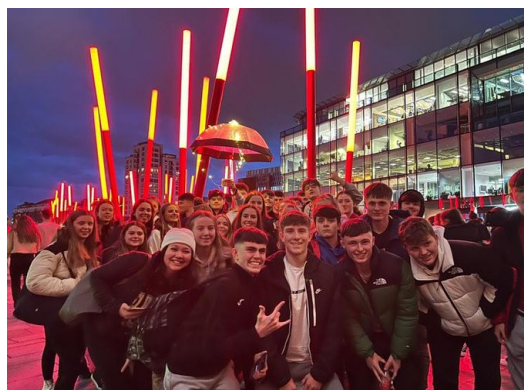
Thuas; Fuair daltaí Bl.1 banda frithchaithimh le cur ar a mála scoile leis. Níos sábháilte chun na scoile, níos sábháilte abhaile  
Thíos: Daltaí Eacnamaíocht Bhaile ar thuras go feirm bhubhaill i Maigh Cromtha

## Turas Eacnamaíochta Bhaile



Deiseal: D'imir an fhoireann cispheile fe16 babhta ceathrú ceannais Chorcaí ar na mallaibh. Bhuardar ar scór 34-30. Togha fir!

## Turas go dtí an phríomhchathair



Thuas; Daltaí Bl.5 agus iad ar thuras go Baile Átha Cliath chun faire ar an dráma Jersey Boys

## Parliamint na hEorpa



Thuas; Marc, Ciara, Orna agus Julianna ar thuras go parliamint na hEorpa sa Bhruiséal.

Thíos: Marc agus Robyn ag déanamh bronnadh airgid ar Liam Aherne ó Cork Down Syndrome.

## Bronnadh Airgid



## Cispheil na Buachaillí







## Glanmire MACRA

It was a busy month for Glanmire this month as we took part in many social events. It was great to see the rally back as many of our members travelled to Tipperary to enjoy all that the weekend had to offer. Some of our members even donned costumes on the Sunday morning for a colour run. A great weekend was had by all.

Following on from this, our members enjoyed many social events from a walk on Corrin Hill, to the Cork County Escape Rooms night, to sports night, to marathons, to the seandún round of soccer and we also held our monthly meeting and attended the Seandún regional meeting. It was a very social month and we are looking forward to the month ahead.

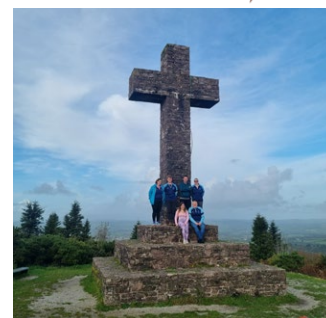
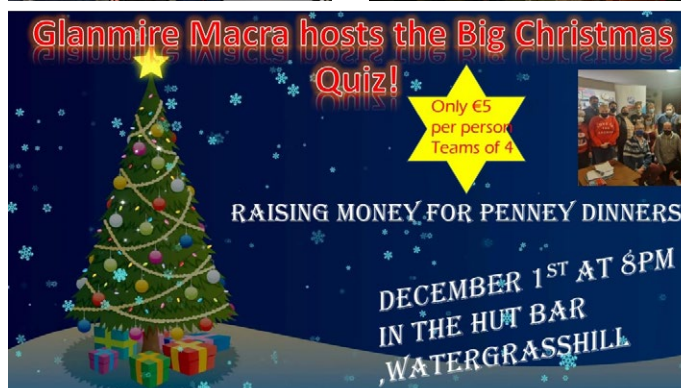
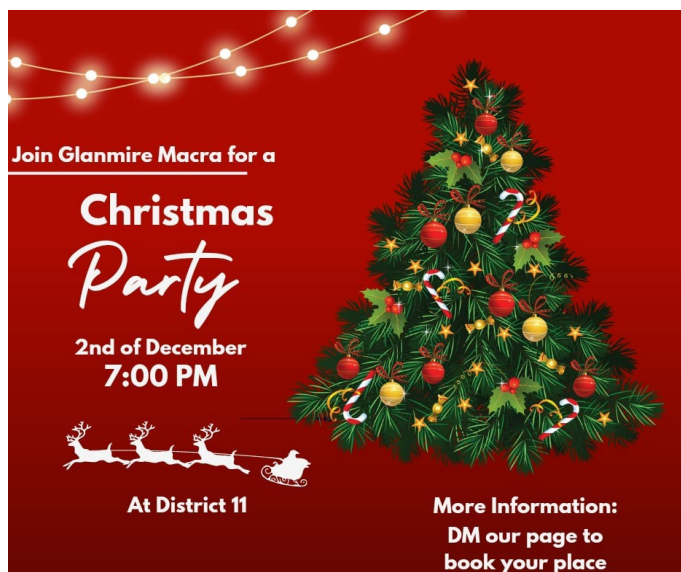
This month, we are holding our very popular annual Christmas quiz on December 1st in the Hut Bar, Watergrasshill at 8pm. This is always a very well attended event by not only macra members but by the local community also. All are welcome for a night of festive fun as we raise money for Penney Dinners.

This month also sees us have our Christmas party on December the 2nd in District 11, Glanmire at 7 pm. All are welcome especially new members. To book your place please contact us on social media.

Our weekly sports night also runs every Wednesday night at 7:30pm in Little Island Community Centre. New members play for free on their first night and are always welcome.

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

Article by Aisling Walsh  
(Glanmire PRO)







## FESTIVE STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



The arrival of December, (I don't know where that year went either!) brings colder temperatures along with festive social occasions.

Less stress more sparkle! This time of year, can evoke a sense of panic when we receive that lunch or party invitation. No stress, I have you covered to look your best. When we feel confident in our clothes we act with confidence. Let your clothes do the talking this festive season.

Statement accessories, some festive pieces like a velvet or faux fur collar will add luxury to your look. Revive a jacket or coat which you already have in your wardrobe. Dramatic diamante pieces, be it earrings or a necklace will elevate a plain neutral outfit.

If there was any doubt before, tights season is definitely here. There is something so classic and elegant about a sleek pair of stockings. This simple accessory can elevate dresses, skirts and shorts which are big on trend this season. Pair your skirt or shorts with a long cardigan and a heavy denier tights and ankle boots for a warm stylish look.

Pattern tights, embellished textures, there is a wide variety currently in the shops. Always carry a spare pair in your bag in case of laddering. Control top tights, meaning the top section of the tights are designed to have a slimming effect and hold you in for a shaping effect. These create a lovely silhouette under a dress or even trousers.

If you wear tights a lot the brand Uniglo have a fabulous range and reputation for their high-performance essentials. Their collections keep you at your preferred temperature and deodorizing material keep you feeling comfortable all day long. You know what they say when you find something you like buy two!

### LEATHER



Leather skirts and trousers are utterly chic. That sleek glossy fabric portrays chic and sultriness to every outfit. Leather can be worn at any time of the day making it such a versatile wardrobe essential. Style your leather skirt, either A line or

mini whichever is your preferred style with a pair of high boots, cozy knit or a silk shirt. One of the most adaptable items we can own this month is a pair of straight legged leather trousers or leather pencil skirt.

You can wear them in a variety of ways. For a casual cozy look pair with a cozy knitted jumper and boots. Heading out to a party, add a camisole, a silk shirt and heels. Leather is a timeless wardrobe essential and always looks effortlessly chic. Leather is very easy to maintain and can be wiped down with a damp soft cloth rather than washing.

### COATS



A seasonal coat is a real investment piece. Investing that little bit extra on good tailoring will last a life time. Your coat is the first layer on show so make it count.

Look at the shoulder seams when trying on coats, before you purchase. If the seam is up to high on your shoulder, near your collar bone as this can bring tightness across the chest. If the seam of the coat is below your shoulder bone, the garment is too big in size for your frame. The seam should sit in the middle of your shoulder.

Consider fabrics when purchasing a coat, wool and other natural fibers, down, merino wool mixes will be

warmer and breathable to wear ensuring you are genuinely warm and comfortable. The length and shape of your coat will really enhance your body shape so it's worth considering and spending time, trying different styles. Considering our winter season can run for several months an investment coat will see you to several occasions throughout the winter, from weddings, lunches, race days. If you would like to know what style coats suit your body shape and frame contact me for a personal style appointment.

### SEQUENCES



Have fun this December, if you can't wear sequins this month, when can you? A sequin dress will draw the attention at the Christmas party. If you are not brave enough for a full sequined dress, separates are an alternative. Metallic and sequin will draw attention so consider this purchasing. A v neck or cowl neckline are very flattering.

A sequined top with wide leg trousers and a high heel can be very chic. Drape your blazer over your shoulders is a particularly good look if you have a puff sleeve you don't want to ruin.

Join me next month where we will continue on tips that make you look and feel great. Please contact me below if you would like more personal advice. The most stylish thing you can wear is confidence and confidence is not possible if you are comparing yourself or your lifestyle to someone else.

**Contact me by phone on 086 -2599539 if you have any fashion queries.**

**Email me on [lyndadiblas@yahoo.com](mailto:lyndadiblas@yahoo.com). Check out my website [www.lyndadiblas.com](http://www.lyndadiblas.com) for various packages. FB or Instagram page, [lynda.diblas.personalstylist](https://www.facebook.com/lynda.diblas.personalstylist) for various tips.**





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## GLANMIRE PARISH NEWS

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Office: 4820654



## Christmas Masses in Glanmire

|  | <b>St Joseph's</b><br>Springhill, Glanmire | <b>St Michael's</b><br>Upper Glanmire  |
|---|--|--|
| <b>Christmas Eve</b>  | 4:00pm<br>6:00pm<br>9:00pm                 | 7:30pm   |
| <b>Christmas Day</b>  | 9:00am<br>10:30am<br>12:00pm               | 9:30am<br> |

## BOOK SALE (Church Painting Fundraiser)

Following the success of the last booksale, a further booksale will be held after each Mass on the weekend of 26th and 27th November at Glanmire Parish Centre, Springhill.

This is to help raise funds for the painting costs of the Church and is accordance with Fr Newman's wishes following his generous donation of top quality books. Interest categories include Fiction, Cookery, History, Biography, Travel, Politics, Gardening, Religion and much more. All are in excellent condition. Very reasonably priced.

Please drop by to support if you can!



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## Christmas in Glanmire Library



**Santa Claus will drop into Glanmire Library on Tuesday 13th December at 11am for story time**  
**Bring along your santa letters.**



## Music Morning



**join us on Tuesday 20th of December at 11am for a morning of christmas songs.**

**Happy Christmas from all the Staff in Glanmire Library**





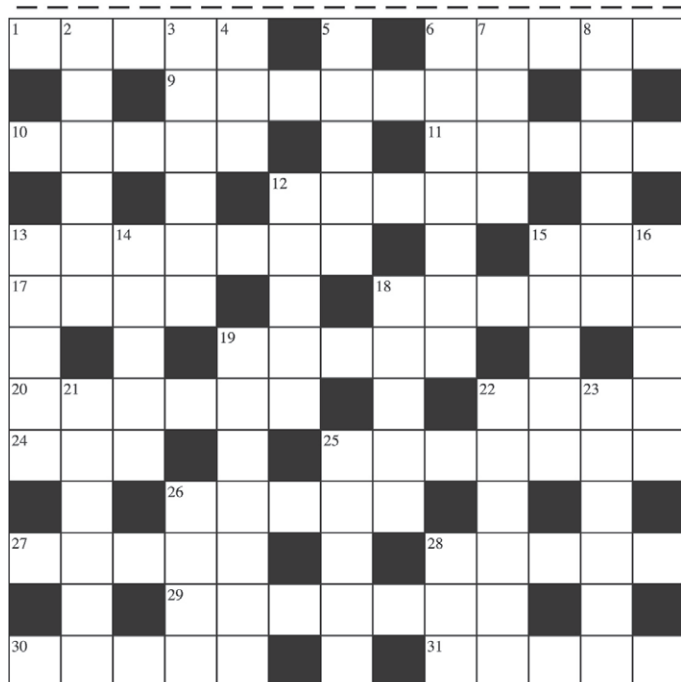
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**T: 086 6013222**SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by **18th December**, address and eircode is required. The prize is a meal in **DISTRICT 11** which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your email and your address.Across

1. Nice type of weather (5)
6. Covered in dust (5)
9. Hors d'-----, starters (7)
10. Night sky twinklers (5)
11. At no time (5)
12. Keep away from (5)
13. Indonesian country (7)
15. Cheering Spanish word (3)
17. Remove skin from (4)
18. City in Colorado (6)
19. 1998 Disney film (5)
20. Band helper (6)
22. As well (4)
24. Old unit of length (3)
25. Crosshaven nickname (7)
26. Daft, stupid (5)
27. Distributed (cards) (5)
28. Irish poet (5)
29. Liverpool racecourse (7)
30. Artificial opening in e.g. stomach (5)
31. Froth or foam on waves (5)

Down

2. False (6)
3. Usual (6)
4. Affirmative (3)
5. Dublin Stadium (5)
6. Inhabitant (7)
7. Second-hand (4)
8. Multiply by three (6)
12. Debate (5)
13. Part of a church (5)
14. Iron, copper, zinc, etc. (5)
15. Elliptical shapes (5)
16. Mistake (5)
18. Milk-related (5)
19. Armed forces (7)
21. Having the greatest age (6)
22. Not awake (6)
23. Part of the nose (6)
25. Fabric (5)
26. Shut violently (4)
28. Large kitchen stove (3)

**Crossword Winner: Dawn O'Calahan, Youghal, Co. Cork**

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