

2022 TOUR DE MUNSTER CHARITY CYCLE RAISES OVER €389K IN AID OF DOWN SYNDROME IRELAND



The 2022 Tour de Munster charity cycle has enjoyed another hugely successful year, raising €389,214.99 in aid of the Munster branches of Down Syndrome Ireland (DSI). The grand total was revealed at a cheque presentation on December 16th which saw cyclists, supporters and DSI Munster branches come together to celebrate the achievements of this year's Tour. In total, the tour raised a staggering €445,000, with some cyclists raising funds for other charities near and dear to their hearts.

...continued on page 9

231

- Online Finance Application
- APR from 3.9%*
- Open 6 Days




www.grandons.ie
 Drive into 2023 in style with a new
 Self-Charging Toyota Hybrid Electric


 021-4858300
GRANDONS

*t&c apply





Thinking of Selling?
 Ask Joe for a Daft Advantage Ad For

- More Buyers
- Smooth Process
- Great Sale
- No Regrets

**28 Crestfield Centre,
 Glanmire, Cork.**
M: 086 6013222
T: 021 6019051
www.joeorganauctioneers.ie
 PSRA Licence no: 001612



Sliver Bow Gifts
 For all your 2023 gifts
 7A Hazelwood Centre
 Riverstown, Glanmire, Co. Cork
 T45 KX57
 Website: www.silverbowgifts.ie
 ...continued on page 4

**O'Halloran
 Motors**



Glanmire, Co. Cork

SERVICING & REPAIRS

087-6712480
021 482 3333




Citizens Information

We are here to support you in Glanmire

Phone us Mon - Fri, 10am - 4:30pm on 0818 07 6880
For our drop-in opening hours please call or visit centres.citizensinformation.ie

Providing you with free and confidential information, advice and advocacy on:

- SOCIAL WELFARE
- HEALTH
- FAMILY MATTERS
- HOUSING
- EMPLOYMENT RIGHTS
- INCOME SUPPORT

cork@citinfo.ie National phone line 0818 07 4000 citizensinformation.ie
9am - 8pm, Monday to Friday

Funded and supported by the Citizens Information Board

Looking for a *meaningful* career in home care?



People who care for Cork North's ageing adults are *stars* in their communities

We're looking for *caring* and *compassionate* people to join our team of CAREGiversSM:

- Competitive pay with premium rates at weekends and bank holidays
- Access to our unique Home Care Professionals Academy
- Unrivalled support from our office team
- Range of opportunities to upskill and progress your career
- Many other benefits such as flexible work and appreciation activities

Learn more at [Careers.HomeInstead.ie/Apply-Now](https://careers.homeinstead.ie/apply-now)
Call (021) 4307 907
Email corknorth@homeinstead.ie

Home Instead
To us, it's personal

Each Home Instead® office is independently operated.



WE SUPPLY & FIT COWLS FOR ALL CHIMNEY PROBLEMS!

We can install any stove!

Our company has specialised in chimney work in Cork for the last 40 years!



We cover Cork city & suburbs

SHL Distributors LTD.
Tramore Road, Cork
PH. 021 431 0999 • WWW.CHIMNEYCHOICE.IE

COLM BURKE TD

Cork North Central


Constituency Office Walk in Hours

Clinic Times:
Monday: 2pm-4pm (By Appointment)
Friday: 2pm-6pm (By Appointment)

Office Times:
Monday-Thursday: 10am-1pm

I am also contactable by email and phone.

Stay safe and continue to follow the public health guidelines.



Colm Burke

46 Thomas Davis Street (Old Post Office), Blackpool, Cork
021 456 4552 / 087 259 2839 / 01 618 3115
Email: colm.burke@oir.ie

FINE GAEL



PROMOTIONAL OFFER - NOW EXTENDED!

MONSTER CAR LOANS

**Our Lady Crowned
Credit Union Limited**

Drive away a new car today!

4.9%* (5.01 APR)

**Special lower car loan rate
Borrow €25,000 for €108 per week****

ENQUIRE ONLINE OR IN PERSON TODAY

**CALL US ON 021 450 4923
VISIT US AT WWW.OLCCU.IE OR
IN OUR OFFICES IN MAYFIELD,
SILVERSPRINGS ROAD AND LITTLE ISLAND**

IMAGINE MORE

Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Our Lady Crowned Credit Union Limited is regulated by the Central Bank of Ireland.

Typical APR Variable Car Loan Rate (5.01% APR*). For a 25,000 car loan over 5 years, typical monthly repayments will be €470.00 over 60 repayments. The total cost of credit will be €28,188.00** Lending terms and conditions apply. Figures correct as at 23/12/21.



**Our Lady Crowned
Credit Union Limited.**

MAYFIELD • LITTLE ISLAND & SURROUNDING AREAS



Silver Bow Gifts

Silver Bow Gifts opened its doors in June 2021 Hazelwood Shopping Center Glanmire following the lengthy retail lockdown of that year! Since then we are delighted to say that we have gone from strength to strength due to the unwavering support of the Glanmire community.

Silver Bow stocks a wide range of gifts such as candles, jewellery, handbags, prints and unique homewares. We are very proud that we now stock over 30 Irish brands including many local gems! We are thrilled to support local authors Eleanor Kelly-Lynch - 'The Girl with Special Knees' and Cathy Fitzgibbon 'Eat with the Seasons' as well as handpoured candles from Rathcormac 'Cassie & Coco' to name a few.

The highlight of 2022 must be being nominated for the 'Emerging Business Person' and following that winning the award at a fabulous event put on by the Glanmire Chamber of Commerce at the Vienna Woods Hotel. We are truly grateful and humbled to have won this award and we cannot thank our customers and fellow Glanmire businesses enough for this recognition. Some other fantastic highlights of the year were our first birthday party where we were able to invite everyone to celebrate with us in a way which we were unable to do when we opened due to Covid restrictions. We had a brilliant day with live music, food, drinks, discounts and a great turnout from the community popping by to wish us a Happy 1st Birthday!

We also enjoyed some fun and fashion pop up shop events with Jennifer Thomas O'Driscoll of Love Life Fashion Fix!

Hosting a book signing for the inspirational author Eleanor Kelly-Lynch was a privilege, her debut novel 'The Girl with Special Knees' is available at Silver Bow and has been receiving fantastic reviews and is selling fast!

Finally to finish we would like to thank all of our amazing customers who have supported us throughout the year and in the run up to Christmas. Your support is appreciated so much. We look forward to getting to know you all better in 2023 and to welcoming new faces to our shop next door to St Vincent De Paul and Brooklyn Barbers. Happy New Year!

You can also visit us online at the following locations:

Website:

www.silverbowgifts.ie

Instagram: @silver_bow_gifts

Facebook: Silver Bow Gifts



Keith, Jacinta, Chloe and Adam Lynch



4 generations of family at Anniversay Party



Glanmire Chamber Awards with Joe Organ and Gail Dowling



Emerging Business Person Award with Joe Organ



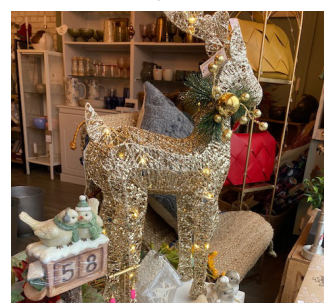
Emerging Business Person Nomination with Joe Organ



Book Signing with Eleanor Kelly-Lynch



Pop Up Event with LoveLifeFashion



Christmas Window at Silver Bow



Pop Up Event with LoveLifeFashionFix



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

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

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

If You Do Nothing Else, Read This:

More than 20 million people suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, Chiropractor at Glanmire Chiropractic Clinic. We have been helping people with neuropathy and nerve problems for more than 15 years.

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

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

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

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

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

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

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

Could This Be Your Solution?

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

For 14 days only, €45 will get you all the services Dr. Jenna Subchuk and I normally charge new patients up to €125 for!

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

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

Until January 20th you can get everything I've listed here for only €45. The normal price for this type of evaluation is €125 so you're saving a considerable amount by taking me up on this offer.



Call 021-4824450

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

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

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

P.S. Remember, you only have until January 20th to reserve an appointment at this significant discount. Why suffer for years in misery?

That's no way to live, not when there could be an easy solution to your problem.

P.P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt – and the pain just won't go away!

Take us up on our offer and call today 021-4824450.



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

THE TIDY TOWNS COMPETITION

The primary focus of the competition is to encourage communities to improve their local environment and make their area a better place to live, work and visit. The Dept. of the Environment, Community and Local Government supported by SuperValue, sponsors for the past thirty one years, organises the competition and emphasises the importance of participating rather than winning as the very act of taking part brings benefit to the community. A disappointing aspect at local level is the fact that once again Little Island was a non-entry. It participated in the years 2013 and 2014 and secured an impressive fifty six and fifty one per cent marking. Little Island is a large area but surely the plus one thousand businesses located there could give a helping hand to the local community. The Little Island Business Association motto is Promoting People, Promoting Business, and Promoting Little Island; "Tidy Towns" involvement would be an appropriate way of promoting the latter. The Tidy Towns adjudication is based on eight criteria with a total of five hundred and fifty marks on offer and there are eight population categories. Glounthaune was entered in Category "B" which relates to a population range of plus two hundred to one thousand. The adjudicators referenced this and pointed out that the 2016 Census reveals the population of Glounthaune to be one thousand, four hundred and forty persons: "a figure that is likely to have risen further over the past six years. Therefore your area is now considered to be a Category "C" small town – one thousand and one to two thousand five hundred". It is interesting to note that Shandon was the only Cork South Category "C" entrant in the 2022 competition and was awarded two hundred and seventy one marks, seventy three fewer than Glounthaune. Actually there was a somewhat similar occurrence in the winning "three-in-a-row" years; having won the 1967 Southern Regional Award in Category "A", a population of less than two hundred, the then Bord Fáilte placed Glounthaune in Category "B" for subsequent years with its spokesperson Mr. Greavy advising at the time that the population according to the 1961 Census was two hundred and forty nine. There was an abundance of much publicised controversy at the time but the decision stood and this led to the resignation of two local members, the late Peter "Sonny" O' Sullivan and the late Eddie Murphy but they rejoined later that year when the competition results were announced and Glounthaune had secured back to back awards, and in fact went on to win "three-in-a-

row" in 1969! The total number of entrants in the 2022 competition was eight hundred and twenty two and Glounthaune, adjudicated on June 15th, secured three hundred and forty four marks. This is a whopping thirteen marks greater than 2021 which, similarly in 2020 was restricted to remote judging due to Covid and was based on submissions attached to the participant's entry forms. Such an increase in marks is put in perspective by the fact that one single mark is so precious; it was that thin margin that separated the 2022 overall winner Trim, on three hundred and sixty six marks, from Clonakilty and Rosscarbery was one further mark behind. The "Sustainability – Doing more with Less" criterion was once again problematic for Glounthaune; a 42% marking was awarded therefore it is an obvious category to target going forward as there are significant marks to be gained. The top mark secured, as in previous years, is that relating to "Nature & Biodiversity in your Locality"; a marking of 78%. Eight hundred and eighty two centres entered the 2022 competition and Glounthaune along with Cong, Co. Mayo was placed in one hundred and thirtieth position, twenty two marks less than the overall winner. Ninety nine centres from Cork participated and Glounthaune with twenty one marks fewer than winners' Clonakilty was in twenty third position. There were three hundred and thirty nine entrants nationwide in Category "B" and Glounthaune was thirty fourth. Cork had forty four centres in Category "B" and Glounthaune was placed tenth, twenty marks less than top entrant Rosscarbery. Cork is subdivided into three regions and Glounthaune, one of nine Cork South entrants in Category "B", was third to Kilbrittain obtaining nine marks fewer. The following is a synopsis of the adjudicators report relative to Glounthaune.

Community – Planning & Involvement 49/80: The adjudicators were pleased to note that the hard-working committee of eight is assisted by up to twenty volunteers and commented that: "it is clear from your entry form that you are a very active group with frequent area cleanups and beach cleans taking place along with a host of community activities". The adjudicators were impressed by links established with other community groups, commenting that they would like to hear of the collaborations that take place on tidy towns projects. The good working relationship with Cork County Council and connections with the schools were acknowledged, as was the strong support from local businesses.

Streetscape & Public Places 45/80: The report commenced on a misleading note: "We would like to congratulate the committee and

volunteers on their excellent work in delivering the new bicycle path which was launched in October last". Shhh! Other related aspects of the Walk/Cycleway were also referenced and the adjudicators: "look forward to seeing these projects completed next year". The adjudicators remarked that the presentation standard of commercial premises was exceptionally high, with the Elm Tree standing out: "The Post Office, Church Centre, Flower Shop and Community Hall also deserve praise for their well-kept appearance. We acknowledge that improvements have taken place to Fitzpatrick's Shop and the Rising Tide Bar and both buildings looked very well during our visit".

Green Spaces & Landscaping 46/80: The adjudicators referenced the Walk/Cycleway related improvements: "the new triangular landscaped area adjacent to the cycleway near the Elm Tree looked exceptionally well with its abundant pollinator friendly planting that included white daisies and lavender". The (naturally grown) wildflowers and new trees that line the road margin were also appreciated. The heritage railway garden, the centenary garden, the village garden and that at the entrance to the Highlands received favourable comment as did: "the attractive and colourful landscaping around the perimeter of the village green where the colourful lobelias, white daisies and lupins were eye-catching". The adjudicators applauded the 4km of beech hedging alongside the Walk/Cycleway and urged the committee to identify further locations where natural boundaries would be more suitable than solid walls or fencing.

Nature & Biodiversity 43/55: The adjudicators were pleased with the development and extension of the wildflower meadow at Johnstown and also the addition of pollinator friendly bulbs. The monitoring of the Ashbourne Pond water quality and establishing the reason for its deterioration, as well as successfully dealing with it, was acknowledged. The adjudicators classified banning the use of chemical herbicides / weed killers as a positive step and suggested that the committee should urge householders in the locality to do likewise. The adjudicators asked if locating Barn Owl boxes at Harper's Island was a success and they noted that a second bird hide was built. The committee's "no mow" policy to encourage pollinators and wildflower planting was acknowledged, and the adjudicators pointed out that this should only be done in areas where there is either no or degraded vegetation as existing vegetation that is thriving should not be displaced.

Sustainability – Doing more with Less 23/55: The Walk/Cycleway is again referenced and the adjudicators suggest that its

usage should be monitored over time in order to establish if it is leading to behaviour change among transport users. The rainwater harvesting at the Community Centre was praised and the adjudicators wondered if it could also be developed in other areas of Glounthaune with the suggestion that perhaps it could be a schools project. The reuse of stone and wood was commended and the adjudicators were particularly interested to hear about sawdust being used as a weed preventing mulch and that further details of this would be appreciated. The adjudicators would also like the committee to submit details in 2023 of the activities undertaken to raise awareness of the need to reduce waste and conserve energy.

Tidiness & Litter Control 64/90: The adjudicators remarked that the standard of litter control was exceptionally high and aside from pieces of litter adjacent to a picnic table on Ashbourne Walkway, no litter could be seen anywhere. The strategy to eliminate dog fouling was noted and: "it appears your approach is working as no problems could be identified". They were pleased to see that all areas in Glounthaune appeared to be weed-free and neatly swept, and that signage and sign poles were carefully maintained. There were some minor issues raised but: "the overall standard of tidiness was particularly high".

Residential Streets & Housing Areas 38/55: The adjudicators admired: "the lovely mix of housing areas within Glounthaune from the period terraced dwellings in the centre of the village to well-kept modern suburban properties". They remarked that work relative to preserving the character of the older houses in the village could clearly be seen: "as the centre of the village and the green looked particularly well with its neatly cut grass and well maintained planting schemes". The adjudicators wondered, and would like advice in 2023, if maintenance of other residential areas is undertaken by residents.

Approach Roads, Streets & Lanes 36/55: The adjudicators reported that: "the main approach roads into Glounthaune looked marvelous on adjudication day". The Elm Tree and surrounds received special mention, and the repurposed phone boxes were greatly admired, as were the citing of townland markers.

Concluding Remarks: The committee and volunteers were congratulated on an excellent performance and the adjudicators were most impressed with the range, quality and high standards of the projects presented.

SLÁN ANOIS ©



GLANMIRE LADIES FOOTBALL CLUB

Camogie

Congratulations to all of our girls involved with Sarsfields Premier Minor and Minor A squads who recently won both the Premier Minor and Minor A County titles.

U16

Well done to our U16A squad who were recently crowned U16A County Champions after a titanic battle with Mourneabbey. This was a repeat of last years and it was another cracking final. At half time Mourneabbey led by a point but in the second half some cracking goals, in particular, from Ava Fitzgerald gave us a 4-point lead. Mourneabbey continued to fight back but our girls held onto a 1 point lead to become County Champions. Well done to the girls and management on a fantastic year and they still have the East Cork Championship to look forward to before the Christmas break.

U15

Our U15 squad were out next to contest an U16 East Cork Championship Final against Bride Rovers. A quick start by Bride Rovers gave them an early lead, which they held onto starting the 2nd half. But our girls dug deep in awful conditions to take home the trophy in the end. Well done!

Minor

Our 2nd Minor squad also contested the Minor C East Cork League Final against Carrigtwohill on a wet night in Carrigtwohill. Despite being down 8 points at half time, they had a never say die attitude to take the win against a good Carrigtwohill side. Well done to the girls and management on a great year.

Christmas Raffle

Our Christmas Raffle was back this year and we had some fantastic prizes on offer! Many thanks to all who sold and bought tickets and to all our

prize sponsors. In particular, thanks to our 1st - 3rd prize sponsors, McCoy Solicitors and Glanmire Credit Union. It was another successful raffle for our club, raising some great funds for the future of our club.

Junior

Our Junior squad finished out the year with a session of bowling in The Planet, along with some finger food. Thanks to the management for a great year that saw many players take the step up to adult level football and some making a return to football!



Junior Squad



1st Prize sponsors McCoy Solicitors with Committee Members



Conor at our Christmas Raffle



1st Prize sponsor McCoy Solicitors



Gaby, Anne and Michael selling raffle tickets



U16 East Cork winners



Caoimhe accepting the Minor C cup



Minor C League Winners



U16A County Champions

Garreth Fitzgerald CRASH REPAIRS



- Panel Beating • Spray Painting
- All Bodywork • Low Bake Oven
- Insurance Claims Handled
- Chassis Alignment

Unit 2, Pat Dwyer's Ind. Estate,
Glanmire, Co. Cork
Contact Garreth Fitzgerald
086 3787758

Sponsoring this page on behalf of the Glanmire Ladies Football Club



Gardening with Charlie Wilkins



Charlie Wilkins

BOWLES MAUVE, A WINTER WINNER

The longest and severest of winters eventually come to an end. Spring arrives, (reluctantly most years) but it holds the promise of increased temperatures, coupled to glorious new light, and joyous hope. Signs are slow to manifest themselves, but be assured they're on the way. Occasional 'pet' days will dawn to lift our spirits with a medley of colour and perfume, released from early shrubs and emerging perennials. These are more vital than ever, for in these depressing, pinched, penury-stricken days, many believe that spring has nothing to offer, and that it's certainly not 'just around the corner'.

For those without a home, without enough finance to live what we here in Cork call a 'normal' life, the cold is enduring, life remains stagnant, and no birds sing in the gardens of their mind. However, a whiff of an evocative flower fragrance, can often raise their spirits and bring about hope for better times ahead. No wonder aromatherapy has gained such favour in today's busy world! In reality we cannot have every fragrant plant growing in our

gardens, but there are a few hardy kinds worth sourcing. One in particular which I wish to promote today is the old-fashioned biennial wallflower and its longer lasting relations. Biennial wallflowers were (and still are) raised from seed and sold under the name Erysimum. The best variety, the most floriferous and longest lived, is that sold as Erysimum 'Bowles Mauve' named after E.A. Bowles owner of Myddleton House near Enfield in the UK.



Bowles mauve in the autumn garden makes a refreshing sight but should be replaced with new specimens after about five years

This grey-leaved bushy wallflower, packed with violet flower spikes (see illustration) loves to live its entire life of four to five years in light, sun-drenched soil which drains easily in winter. During all of this time it will produce a non-stop

succession of flowering spikes (which do not set seed) so if you have room for only one plant this is the one to choose. Noted for its nine month flowering, my own plant of evergreen 'Bowles Mauve' has been in full bud and partial bloom since early December, despite the wind, wet, and cold. As I write (it's still freezing cold) the promise of 'best is yet to come' is very evident.

Left to its own devices, this garden-worthy wallflower would in time become woody and leggy but the way to extend its lifespan and keep it short-jointed and bushy is to cut it back hard towards mid-summer. By August, it will have recovered and go on to flowering size before autumn grows old. An established plant will measure as much as thirty inches across with a similar height. Cheap as plants go, this variety is normally easily sourced and most garden outlets will have stock on the benches. Add sharp grit to heavy soil before planting and choose as sunny a spot as possible. Totally hardy, this plant is reliable, and easy to manage. Try a plant in a pot on the balcony or terrace and be delighted all year.

WELCOME SPRING

On the first day of next month (February) we celebrate La Feile Brid, and enter the season of compensation. It reminds us (gardeners in particular) that life, and new growth as it returns, was really worth the wait! The harbingers are already in bloom. The most delicious of them all is still my all-time favourite Daphne Jacqueline Postill! I don't wish to keep on repeating myself about the delights that this magnificently scented evergreen brings to dripping nostrils in the half light of winter but I must repeat it!

When you consider that there will be moments (perhaps only one or two during the year) when your nostrils will once again flood with a glorious perfume, the experiences must not be allowed to pass unrecorded. I know that in the depth and bareness and squalor of January, it is sometimes hard to imagine that things will ever be different, but Jacqueline Postill, as a frontrunner, proves they will. Surely, it is showing in a garden

or arboretum near to you, so keep looking and following your nose. THERE ARE THOSE.....

There are those who garden irrespective of atrocious conditions, and those that play safe. The horny-handed and keen are familiar with the joys of a frosty morning stung to silence, and the hushed tone of a cold foggy afternoon. Instead of moving outside they value the idiom 'it can always be done tomorrow'. The careless however will crouch against the wind, and shelter from biting hail rather than go inside before their appointed time. Their war cry is hope, things will surely improve. They insist on being part of the ever-changing scene, the observance day after day of the arrival of all of winter's wonder. Into which bracket do you fall?

THE JANUARY GARDEN

Shrubby dogwoods, grown for their colourful winter twigs, can be cut now and used as material for propagation. Begin now. It's so easy and it costs absolutely nothing. The material should be cut below a leaf joint, and then inserted

into the soil where it can be left undisturbed until autumn. Alternatively, you can pull suckers from the base of an established plant and either pot them up or simply plant out. I am not asking readers to go out and remove pieces of cornus from the side of our major roadways (where they are grown in their millions) but you may be able to beg a bit here or there! There are many around this area and I admire them both up around Fernwood and out beyond Grandons. THE DEVIL'S COACH-HORSE.

The glasshouse is more or less out of bounds during the months of December and January but soon, I will be returning to its confines. Wildlife exists there all year round and in among the stacked clay pots and along the mottled wall, pest eating spiders find a perfect winter hide-away. Here too, the nimble black beetle commonly called the devil's coach-horse lives and waits for a re-awakening of slugs and leatherjackets. He has a voracious appetite for both. His work is valuable, so I let him be in his cosy hideaway.

3 Tonne Dumpers and Diggers for hire



Contact
0862440276 or
0214513686

Pat Geaney

Lawn Mower Sales & Service OPEN 6 DAYS

Mon. - Thurs.
9.00a.m. - 8.00p.m.
Fri. & Sat.
9.00a.m. - 6.00p.m.
Your Lawn Mower Man
52 weeks of the year
www.thelawnmowerman.ie

021-4822465
Brooklodge
Glanmire
Co.Cork





Tour De Munster

...continued from page 1

Celebrating 22 years since its inception, the popular Tour de Munster charity cycle has now raised over €4.6 million. This is the 13th successive year that DSI has been the main beneficiary of the charity cycle, with the Tour raising €4 million alone for Down Syndrome Ireland's Munster branches.

The funds raised will continue to make a tremendous difference to the lives of people with Down syndrome in Munster, as well as their friends and families by providing vital services and facilities in each county which they so heavily rely on.

Led by cycling legend Sean Kelly and Olympic rower Gary O'Donovan, more than 100 amateur cyclists took part in the event. They travelled more than 600 kilometres over the course of four days, visiting some of Munster's most famous towns and villages in an endeavour to raise vital funds for the Down Syndrome Ireland branches throughout Munster.

Speaking at the cheque presentation event, Paul Sheridan, founder of Tour de Munster, said, "I am incredibly appreciative and proud of all the participants in this year's Tour de Munster. We are thrilled to have raised €389,000 euros, as it will go a long way toward assisting the life-changing work carried out each day by the Munster branches of Down Syndrome Ireland. Without the tremendous devotion and work put forward by cyclists, volunteers, and supporters, none of this would have been possible. In particular, I would like to thank this year's title sponsor u-blox for their ongoing support. We are very thankful to the many businesses and the general public who have supported the Tour as we celebrate its 22nd edition."

Also speaking at the cheque presentation, Gerard O'Carroll, the newly elected Down Syndrome Ireland President, said, "I am delighted to be here tonight to celebrate this incredible milestone for Tour de Munster and Down Syndrome Ireland. The fantastic partnership between these two charities never fails to amaze me and we can see this tonight. I would like to thank Paul Sheridan, our Munster branches and the many sponsors, supporters, volunteers and of course cyclists for their outstanding fundraising efforts this year. The money raised will have such a fantastic impact on our Munster branches and we are so grateful for this wonderful community."

Thanking all those who supported the Tour de Munster this year, Jason Bane, Chairperson of Down Syndrome Cork said, "I want to express my gratitude to cyclists, volunteers and sponsors who have given tremendous effort and commitment yet again to the Tour. In particular thank you to Paul Sheridan for continuing to be the driving force behind this event. The incredible fundraising efforts and awareness campaign will help to enhance the lives of children and adults with Down syndrome. A lot of friendships have been made this year between the organisation, the families, the cyclists, and the volunteers throughout the four days of the Tour. We cannot thank those who gave up their time and money to support this special initiative enough"

The Irish Examiner, Clare FM, Tipp FM, WLR FM, Red FM, SPIN South West and Pure Radio were the Official Media Partners of Tour de Munster 2022.

For further information about Tour de Munster visit www.tourdemunster.com or find it on Facebook.

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





Ricardo Wall, Príomhaire

De dheasca imeachtaí polaitiúla in Éirinn, d'fhág mórán de na huaisle Gaelacha agus a lucht leanúna an tír sa 17ú Céad. I dtosach báire, i ndiaidh Chath Chionn tSáile agus neartú riail na Breataine in Éirinn, d'imigh Ó Néill agus Ó Dónaill agus a lucht leanúna. Tugtar Teitheadh na nIarlaí air seo. Ag deireadh an 17ú Céad, bhí Cogai an Dá Rí ar siúl agus chríochnaigh na cogai in Éirinn le Conradh Luimnigh. Go luath ina dhiaidh, d'fhág grúpa eile an tír. Ba iad san Na Géanna Fiáine. Chuaigh siad go dtí an Fhrainc, an Spáinn, an Ostair agus mar sin. Chuaigh cuid acu isteach in airm na tíre ina rabhadar lonnaithe agus ghlac roinnt eile acu páirt i gcúrsaí gnó. Ceann de na teaghlaigh a d'imigh i ndiaidh Chonradh Luimnigh ba ea muintir Wall.



Ricardo Wall

Saolaíodh Richard nó Ricardo Wall i gcathair Nantes na Fraince in 1694. Mheall Nantes mórán de na Gaeil. Calafort tábhachtach a bhí ann agus bhí mórán gnó ar siúl ann. Nasc an chathair lárthar na hEorpa le hiarthar na hAfraice. Rinneadh easpórtáil ar airm agus ar theicstílí ón gcalafort agus malartaíodh na hearraí do sclábhaithe. Díoladh na sclábhaithe i margaí Mheiriceá agus ar an mbealach ar ais iompraíodh earraí mar shiúcra agus tobac le haghaidh mhargaí na hEorpa. Bhí uaisle Nantes saibhir de dheasca na trádála seo.

Tháinig athair Ricardo, Matthew Wall, ó Chill Mhocheallóg, Contae Luimnigh. Bhí sé i seirbhís le Henry Fitzjames, duine de mhic mhídhlisteanacha Shéamais 11. Thug fostaíocht Matthew deis do Ricardo aithne a chur ar shaol na n-uaisle. Rinneadh giolla de Ricardo. Bhí sé ag freastal ar Bhandiúc Marie Anne de shliocht na Bourbons. Fuair sé oideachas den scoth agus, de dheasca a chuid seirbhíse, bhí cur amach aige ar uisce faoi thalamh na cúirte.

Ag tús an 18ú Céad, fuair Séarlas 11, Rí na Spáinne bás. Ní raibh aon oidhre díreach aige agus d'ainmnigh sé Philip, Diúc Anjou, garmhac le Louis XIV, mar chomharba air. Níor theastaigh ó chumhachtaí na hEorpa go mbeadh Bourbon de chuid na Fraince

mar Rí na Spáinne agus thosaigh Cogadh Chomharbas na Spáinne chun é a stopadh. Ach i ndiaidh na coimhlinte, deimhníodh Pilib mar Rí na Spáinne. Bhí fonn air an tír a neartú agus a dhéanamh nua-aimseartha. Rinne sé leasuithe riaracháin agus míleata. Ceann de na leasuithe ba ea Scoil Chabhlaigh a oscailt ag Cadiz. Bhí Ricardo Wall i measc na gcéad daltaí cabhlaigh ann. Faoin am seo, 1718, ba é Cadiz an calafort ba thábhachtaí a bhí ag déanamh trádála le Meiriceá, Thuaidh agus Theas. Bhí pobal Éireannach rathúil ag maireachtáil sa chathair. Bhí pribhléidí acu nach raibh ag náisiúntachtaí eile agus, dá dheasca, bhí deiseanna trádála acu le Meiriceá Theas agus Thuaidh.

Nuair a cháiligh Ricardo mar oifigeach cabhlaigh, ceapadh é mar bhall de chabhlach na Spáinne. Ach in 1723, ghabh na Briotanaigh é in iarracht na Spáinne chun an tSicil a athghabháil. Nuair a scaoileadh saor é, thuig sé go mbeadh sé níos fearr dó a ghairm a leanúint ar talamh. Mar sin, d'aistrigh sé go dtí Arm na Spáinne. Fuair sé coimisiún mar alferez (dara leifteanant) i Reismint Hibernia. Oifigeach cumasach ba ea é ach chun ardú céime a bhaint amach, ba é nós na haimsire ná é a cheannach agus ní raibh an t-airgead ag Ricardo chuige sin.

Duine uaillmhianach ba ea Ricardo mar sin féin. Bhí cairdeas aige le James Fitzmaurice Stuart, Diúc Liria, a chabhraigh leis caidreamh a dhéanamh le cúirt na Spáinne. I Márta 1727, chuaigh Ricardo agus James ar mhisean go dtí an Rúis. Rinneadar iarracht a chur ina luí ar an Sár tacaíocht na Rúise a fháil don Spáinn agus don Ostair in aghaidh na Breataine, Fraince agus na Prúise. D'fhoghlaim Ricardo bunús na státaireachta ar an misean.

Chaith Ricardo cuid mhaith de na 1730-idí ar fheachtas san Iodáil agus mar aitheantas dá chuid seirbhíse, rinneadh ball d'Ord Santiago é. Bunaíodh an tOrd seo chun cosaint a thabhairt d'oilithrigh ar a slí go dtí Santiago de Compostela. Bhí stádas ag baint le ballraíocht in ord míleata mar seo.

In 1745 gortaíodh Ricardo agus bhí air deireadh a chur lena shaol míleata. Nuair a tháinig Ferdinand VI i gcomharbacht ar a athair, Pilib, bhí fonn air polasaí eachtrach measartha a chur ar bun agus, go háirithe, teacht ar chomhréiteach le sean-namhaid na Spáinne, an Bhreatain. Thuig Príomhaire na Spáinne, Carvajal, go bhféadfadh Ricardo a bheith úsáideach chun an polasaí síochánta i leith na Breataine a chur chun cinn. Mar sin cuireadh Ricardo go dtí an Bhreatain ar mhisean rúnda. Ba é an cúram a bhí ar Ricardo ná conradh síochána a dhéanamh idir an Spáinn agus an Bhreatain agus é sin a dhéanamh gan cur isteach ar an bhFrainc. I dtosach báire bhí Ricardo faoi amhras ag na Briotanaigh toisc go raibh cúlra Éireannach aige ach d'éirigh leis dul chun cinn a dhéanamh tar éis tamaill. Ceapadh Ricardo mar ambasadóir na Spáinne chun na Breataine in 1749. D'éirigh leis dea-chaidreamh a chothú le Príomhaire na Breataine. Bhí fonn air, áfach, fillleadh ar an Spáinn agus nuair a fuair Carvajal, an

Micheál Ó Súilleabháin

Príomhaire, bás bhí deis fillte aige. Cuireadh ina luí ar an Rí, Ferdinand, go bhféadfadh polasaí eachtrach na Spáinne titim as a chéile dá dheasca. Dá bhrí sin, moladh Ricardo Wall mar chomharba air mar Rúnaí Stáit nó Príomhaire na Spáinne.



Ricardo Wall - Armas

Bhí Ricardo 60 bliain d'aois nuair a ceapadh é mar Phríomhaire in 1754. Lean sé in oifig go dtí 1763. bhí an Cogadh Seacht mBliaana ar siúl le linn a réime. In 1759, tháinig Séarlas 11 i gcomharbacht ar Ferdinand agus, cé go raibh meas aige ar Ricardo, ré ina raibh géarchéim agus athruithe ba ea é don Spáinn. Bhí an Bhreatain ag iarraidh Meiriceá Theas a oscailt do thrádáil na Breataine agus bagairt ba ea é sin do choilíneachtaí na Spáinne. Dá bhrí sin, theastaigh ó Séarlas athruithe a thabhairt isteach in Impireacht na Spáinne ionas go bhféadfaí riail a lárnú i Madrid. Idir 1759 agus 1763, bhí Ricardo Wall agus Séarlas gníomhach ag cur athruithe móra i gcrích sa Spáinn agus sna coilíneachtaí i Meiriceá Theas. Lena linn mar Phríomhaire, d'éirigh daoine de shliocht na hÉireann gníomhach in imeachtaí na Spáinne. Ina measc bhí William Bowles ó Chorcaigh, a bhí ina innealltóir agus a rinne staidéar ar gheolaíocht na Spáinne, Alejandro O' Reilly, Arnold Mahoney, Carlos Mc Carthy, Francis Nangle, Ambrosio O' Higgins agus Bernard Ward.

D'éirigh Ricardo as oifig in 1763. Léirigh Rí na Spáinne a bhuíochas dó as a sheirbhís le deontas talún. Fuair sé bás in 1777.

Gluais:

de dheasca=as a result of
lonnaithe=settled
uisce faoi thalamh=conspiracy,
scheming
oidhre=heir
i gcomharbacht ar= in
succession to
dea-chaidreamh=good relations
géarchéim=crisis
geolaíocht na Spáinne=geology
of Spain



UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

HAPPY NEW YEAR FROM UPPER GLANMIRE January 2023

UGCA would like to wish everyone good health and happiness for 2023 and thank everyone for their support in 2022.

Our Community is privileged to have two community halls available for hire, a gym onsite and an outdoor pitch and our award winning sensory garden/dome.

The Larger hall is a sports hall and the smaller hall ideal for clubs/meeting/classes/parties.

Please see our Facebook page to view our facilities and contact Diarmuid regarding availability 0870981940

Our January Calendar will commence with the following events:

REV Disco Glanmire January 14th 2023 8pm-11pm
(see their Facebook page for tickets)

The Glen Theatre Drama Group Banteer Present a Hilarious Comedy: "God Rest His Soul" Where there is a will there is a relative

Upper Glanmire Community Centre, Friday 20th January 2023 8pm doors open at 7.30pm

Admission €15 Booking essential
Contact Bernie Kenny
-0879816481 Jerry Burke
0879816481

Ceili upper glanmire community centre. Dancing every Wednesday night 8 pm to 10pm

UGCA made a donation of €750 to Ukrainian Blanket Relief, cheque was collected by Jim Quinn and George Cummins.



Upper Glanmire Tidy Towns are Pride of Cork City

Upper Glanmire Tidy Towns were delighted to be announced by Lord Mayor Cllr Deidre Forde as the overall winners of the Pride of Cork City Award at the recent Pride in Our Community 2022 Competition Awards Night. The entry was the addition of a Geodome to the Community Garden.

The Awards are organised by

Cork County Federation of Muintir na Tire in conjunction with Cork County and City Councils. Mr Sean Holland Chairman of the organising committee was keen to point out that competition seeks to make local people conscious of their local environment and also to promote litter free communities. National President of Muintir na Tire Mr. Paddy Fitzpatrick



said these projects highlight the important link between our surroundings and our quality of life.

Members of the Upper Glanmire Tidy Towns Group would like to express their gratitude to the many local and not so local businesses and to individuals who have donated to the Geodesic Dome and the Sensory Garden over the last few years.



The next few months will see further developments/improvements to the Geodome and Community Garden in the shape of new raised beds, a tool shed, and a new door and internal paving for the Geodome as well as other work around the village as we prepare to enter the national Tidy Towns Competition for the first time. With this in mind, new members and sponsors are welcome at all times.

Contact us on social media @ UpperGlanmireTidyTowns or 0868355330.



BOOKING OF SPORTS HALL/CONCERT HALL

GYM membership: yearly €215

6 months:€155

3 months:€80

Monthly:€28

Contact Dermot Cambridge 087 0981940



GRANDONS

CELEBRATING 10 YEARS OF TOYOTA



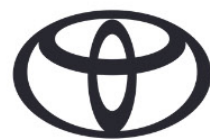
Grandons Toyota have just celebrated 10 years as a Toyota Dealership. Grandons headed by Dealer Principal, Ken Grandon is assisted by a dedicated and highly experienced Toyota Sales and After-Sales team whose aim is, at all times, to deliver superior customer service to their broad customer base here in Glanmire and across Cork City and County.

Offering competitive tailor-made finance packages available to suit every budget, we also offer a comprehensive warranty with all our Approved Used Cars which receive a 100-point safety check from our highly trained Toyota Technicians.

If you are thinking of an upgrade call in, a fantastic selection of New & Used Cars have just arrived. We would be delighted to offer our personal advice and assistance to you.



Tel 021-4858300
www.grandons.ie



GRANDONS

Best Wishes to John Crowley



Best Wishes to our
Sales Executive John
Crowley on his
appointment as
Sarsfields Hurling
Club Senior Manager
for 2023.

Does your Toyota need a
Service? Ask about
TOYOTA RELAX - a
12Mth/15K Warranty
included as part of your
service. For more
information:
www.grandons.ie/relax

Email:
service@grandons.ie

www.grandons.ie





Ceolchoirm na Nollag



Bhí dea atmaisféar sa scoil le linn ceolchoirm na Nollag.

Cuairt ó Rogha Éireann



Bhí áthas an domhain orainn inniu nuair a tháinig Rogha Éireann, seampainí Chorcaí, ar chuairt chuig an scoil.

Bronnadh Gaisce



Bronnadh na teastaisí agus boinn Gaisce cré-umha ar dhaltai Bliain 5. Chaith siad an idirbhliain ag comhlíonadh na míreanna ag cabhrú leis an bpobail.

Margadh na Nollag



Comghairdeas le Grace, Gráinne agus Ciara a bhain duais amach i Margadh na Nollag sa Mhargadh Marina d'eagraigh 'Cork Schools Enterprise' - Taighde Margaidh is fearr!



Camógaíocht Sinsir

Bhí bua mór ag na cailíní sinsireacha i gcoinne Ros Cré sa leath chraobh na Mumhan. I ndiaidh cath fíochmhara, bhuadar ar scór 3-8 go dtí 3-3. Beidh an craobh ar súil go luath. Togha Cailíní!

Taisce Tuisceana le Coláiste an Phiarsaigh.

An dteastaíonn uait do Ghaeilge a chleachtadh san athbhliain?

Athbhliain Fé Sheán is Fé Mhaise Duit ! (Bíodh bliain nua iontach agat!)

Dea-rúin na hAthbhliana (Slán leis an seacláid agus leis na criospaí agus fáilte roimh na glasraí is na torthaí úra!)

Ceithre Ráithe na Bliana (An ceithre tréimhse den bhliain)

An t-Earrach-Ráithe na mBachlóg

An Samhradh -Ráithe an tSonais

An Fómhar- Ráithe na Flúirse

An Geimhreadh-An Ráithe Chrua

Guíonn Coláiste an Phiarsaigh gach rath ar phobal cheantair Ghleann Maghair do 2023, líonta le sláinte is sonas, spiorad is spraoi.



Citizens Information: KYR : Gift Vouchers



What is a gift voucher?

Gift vouchers are any voucher, coupon or other document (including an electronic document) that can be used instead of money to pay (or pay in part) for goods and services. Gift vouchers come in different forms, such as paper gift certificates, electronic cards or gift cards. They can be issued by a single business or for a group of shops (such as a shopping centre).

When you buy a gift voucher, you enter into a contract with the trader. The voucher is like cash that you hand over in exchange for goods and services.

What are the current rules that apply to Gift vouchers?

The rules for gift vouchers sold after 2 December 2019 are set out in the Consumer Protection (Gift Vouchers) Act 2019.

The rules state:

- Gift vouchers must have no expiry date or be valid for at least 5 years, - see 'Expiry dates on gift vouchers' below
- Traders cannot specify that a gift voucher is spent in one transaction
- Traders cannot charge a fee to change the name on a gift voucher (if you have to register a name on the voucher)
- If the balance remaining on a gift voucher is more than €1 after you buy something with it, a trader must reimburse the balance to you. You can give you cash, make an electronic transfer or give you another gift voucher

Are there any exceptions to the rules?

The rules do not apply to:

- Vouchers you can only use to buy specified goods and services at a discounted price, from a specified trader on a specified date, or for a specified period of 3 months or less. For example, vouchers from deal websites such as Groupon or Pigsback
- Vouchers issued as part of a customer loyalty or promotion scheme
- Vouchers issued as a refund for goods you returned to a trader
- Vouchers and gift cards sold before 2 December 2019. The expiry period and the terms and conditions that applied at the time of purchase still

apply to these vouchers

The rules do not apply to electronic money gift cards.

What is an electronic money gift card?

In general, electronic money gift cards (for example, One4all gift cards), are cards that can be used in a number of different shops.

Electronic money gift cards are regulated under the European Communities (Electronic Money) Regulations 2011. The Central Bank is responsible for enforcing these regulations.

Under the Regulations:

- You must be informed of the conditions for using the e-money card, including any fees before you buy the card
- Fees must be proportionate and in line with the costs actually incurred by the e-money issuer (that is, the business who issues the card to you)

Is there an expiry date on gift vouchers?

There is a 5-year minimum expiry date for all vouchers sold after 2 December 2019. This is set out in the Consumer Protection (Gift Vouchers) Act 2019. Under the rules, gift vouchers must either:

- Have no expiry date, or
- Must be valid for at least 5 years from the date the gift voucher is issued.

You must be given details of the expiry date in a durable format (for example, on paper or by email) at the time you buy the gift voucher.

The legislation does not apply to gift vouchers bought before 2 December 2019.

What are my rights if I still have a voucher bought before 2 December 2019?

You should have been made aware of the expiry date at time of purchase. Some traders print the expiry on the voucher itself, on the packaging, on the website or you can see the policy in the shop. If it is not clear, ask or look for the policy on the website before buying. Expiry dates can vary as the trader decides how long they are valid for.

Some traders may be flexible. If your voucher has expired, contact the trader to see if they will extend it. However,

if you bought the gift voucher before 2 December 2019, they have no legal obligation to do this and some may charge a fee.

What are my rights if I lose a gift voucher?

Gift vouchers are like cash, so if you lose them, the company does not have to replace them. If a voucher was made out to you specifically and is not transferable to anyone else, you may be able to get a replacement. This depends on the gift voucher's terms and conditions and the company's policy.

If you lose a gift card, you may be able to get a replacement card but you need to check with the retailer. You could be charged a fee for the replacement card.

What happens if a trader goes out of business?

If a trader goes out of business before you use the voucher, you may have difficulty getting your money back.

Usually, the trader will owe money to several people so your claim is just one of many. There are rules for the priority to be given to the various debts owed in the case of the business going into liquidation or receivership. Generally, you will be low in the order of priority.

You will need to make a claim in writing to the appointed administrator or liquidator (if applicable) providing proof of your voucher. However, it is unlikely your voucher will be honoured. If a new owner takes over, they do not have to honour your voucher.

For this reason, you should buy gift vouchers using a credit or debit card, as you may be able to use chargeback through your bank or credit card provider.

The Competition and Consumer Protection Commission (CCPC) has more information on companies going out of business on www.ccpc.ie

Where can I get more help?

If a trader refuses to honour a gift card, first try to settle the dispute directly with the trader.

If you bought the gift voucher after 2 December 2019, you should make the company aware of the rules under the Consumer Protection (Gift Vouchers) Act 2019.

If you cannot resolve the dispute, contact your local Citizens Information Service and they will advise you about your options for redress.

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



ERIN'S OWN LADIES CLUB

U16 Camogie

Well done to the U16 camogie team and management who won the 16A County final playing Aghabullogue. The girls had a great night celebrating their win thanks to our Captain Eimear Norton and her parents hosting a fantastic night for all the girls.



Minor Football

Well done to our Minor Football team and management who had a great win v Fermoy in the Minor B County final.



U14 Football

Well done to the U14 football team & management on winning the U14B East Cork Championship. It was a great win to end the season.



St Aloysius College

Congratulations to Ellie, Aoibhinn, Aimee, Farrah, Niamh and Orlaith on winning the Senior B Camogie County Final with St Als. The girls are now through to the quarter final of the Munster Championship. Best of luck to all the panel going forward.



Saoirse Cunningham

Massive congratulations to Saoirse Cunningham on making the Cork U16 Camogie panel for 2023. We wish Saoirse the very best of luck for the year ahead and we are so delighted to have Saoirse represent Erins Own on the panel.



Rising Tide

We would like to sincerely thank Kieran, Deirdre & all at The Rising Tide for hosting celebrations for our winning U16 camogie, U14 football and Minor football teams. As always the food and service is second to none.



FIONA TWOMEY SOLICITORS

3 Eastgate Village, Little Island, Co Cork

021 4355405 and reception@fionatwomey.ie

Please contact us for all your legal needs

Special Rates for FIRST TIME BUYERS

Erin's Own Ladies Club Page Sponsor



Sarsfields Camogie Notes

November was a busy month for our minors but what a successful one, winning both the Premier & Minor A county titles! Huge congrats to both panels and their joint management team that had to overcome so many challenges but none more so than the dreadful weather conditions throughout.

We wish to welcome & thank our new Minor sponsor Brendan Comerford of Canopy, Castlemartyr Resort for coming onboard and what a productive start we had wearing the new set!

2022 was a hugely successful year for the club with our U12s, U14s, U16s & Minors all winning the Premier grades of each competition. Not to be outdone, our Minor As, U13s & U15s all came out on top of their respective competitions also, plus a Minor Premier league title! Our seniors lost out narrowly to Seandun in the Senior county final and likewise in the Munster Club semi final to Scariff Orgonnolloe.

Thank you to all our sponsors, Loftus Demolition, Ryans Supervalu, Canopy, Vincy Barry Construction & Sherry Fitzgerald Lettings for all their financial support – it is so much appreciated.

Wishing all our players, coaches, parents, supporters & everyone who supported us in any way a very Merry Christmas & Happy New 2023!



Minor Premier Winners



Minor A Champions



2022 Winning Captains



Winning Premier Captains



POTM Evie



New Minor Sponsor



Minor Premier Capt Aisling



Minor A Capt Hazel



POTM Rachael



Crosaire An Fhaoitigh
C.L.C.G.

White's Cross GAA News

whitescrossgaa.ie

Christmas Draw 2022

Our main annual fundraising draw took place on Thursday the 22nd of December in the Upper Glanmire National School. The first prize of €600 was again sponsored by the Hennessy family and the Stirrup Bar. This is amazing generosity considering the bar did not trade in 2022, partially due to Covid restrictions but predominantly due to the illness and then, very sadly, the subsequent passing of Michael Hennessy who ran the pub for decades. The winner of this prize was Barry Shorthall.

The second prize of €300 was sponsored by the Boothouse Bar who also hosted our annual puc fada competition award-giving ceremony on St Stephen's Day. Michael Kearney took this prize. Michael's luck was definitely in as he also collected the 10th prize of €100 sponsored by Judith Whooley, widow of our former president Dermot (RIP).

Former Junior footballer Alfie McEvoy collected the third prize of €250 which as always is donated by Sydney McElhinney's Unique Fitout. Michelle Whooley's reward for the thousands of photos that she has taken and posted to our club's Facebook page over the years was to have her name pulled out as winner

of the fourth prize of €150 sponsored by Tom Harte.

There were three local winners for the 5th (Richard Duncliffe), 6th (Margaret Burns) and 7th (Patrice Linehan) prizes sponsored by Jimmy Forde, Siobhan Kelleher Coaching and Health 4U Glanmire respectively. Auto Express gave the 8th prize which was on by the club itself.

Sandcastles Pre-school, which is of course located on our club grounds, provided the 9th prize. Ironically this was won by Siobhan Mulcare who works as a pre-school teacher in the Tots-to-Teens which is located in Carraig Na Bhfear.

The full list of draw winners are posted on our club social media pages (Facebook/Twitter) and in the news section of our website (whitescrossgaa.com).

The club committee would like to congratulate all of our winners and thank each and every person that bought a ticket to support the club. We are very grateful to all of the local business and individuals that sponsored prizes. We encourage as many people as possible to show their support for these business. Finally, the draw takes a lot of organising and co-ordination. Martin Flynn, Katie Flynn and Conor

Kelleher lead on that front this year. A big thank you to all of them!

Management Appointments

The search for new adult hurling and football management teams has ended with both roles now filled for the 2023 season. The hurling coach will be John Desmond. The Watergrasshill native coached neighbours Carraig Na Bhear in 2022. He was in charge of their hurling and football teams last season. With White's Cross, he will take charge of the hurling team only. Michael Prout will look after our football team in 2023. Prout is a former player with the Shamrocks club (Shanbally/Ringaskiddy). He has a dual inter-county minor players and played with the Cork senior footballers for a number of years. Both new managers can draw on a wealth of experience. There is a core group of younger players there presently, having graduated from successful St Colmcille's sides in recent years, for both management sides to work with and develop. We wish them the very best in their endeavours.

Officer Appointments

In our previous notes, we mentioned that Mike O'Flynn, Ciara Cashman



The club lost some close friends and members in the year just gone. Chief among them was Ed Buckley pictured here with son Edwin and grand-daughter Mia. May all our departed friends rest in peace.

and Katie Flynn had stepped down from their roles as chairman, secretary and treasurer respectively. Two of these roles have also been filled. Sean Coughlan assumes the role of chairman. He had been the vice chairman and the underage chairman over the last few years so it's a natural progression. Martin Kelleher will take up the position as treasurer.

Martin served as club secretary for many years so he will fit comfortably into his new role. As Sean Coughlan vacated his position as Juvenile Chairman, the opening there was subsequently filled by Ger Hayes. Ger has been involved in the underage scene in White's Cross for approximately 15 years (well before his own children were involved) as a coach of various teams and as a committee member. We wish Ger and all the incoming officers of both committees all the best for 2023.

Happy New Year

White's Cross GAA wishes all our members and supporters and the community the very best for 2023. Hopefully, it will be a happy, healthy and prosperous one for all!



The White's Cross Under 12 Camogie team that were the first girls side representing the club to reach a county final - probably the club's high point in 2022.



GLANMIRE MACRA

It was a busy month for Glanmire as we celebrated the festive season. Between Christmas parties, Christmas quizzes and mystery tours, we had something to offer for everyone.

The start of September saw us enjoy a night out in District 11 for a festive meal where we joined up with Whitechurch Macra in the Castle after. It was a great way to unwind after the planning of our annual Christmas quiz which we held on the 1st of December. A great night was had by all in the Hut Bar, Watergrasshill with plenty of prizes to be won on the night. Thank you to everyone who supported us and donated money in aid of Penney Dinners.

We also attended the Seandun mystery tour which was a great night. We danced the night away as we reached our final destination of Crossbarry. Thanks to Seandún for a great night.

As a local club, we woke up bright and early the next day to deliver wood to local elderly people in the area starting from Glanmire Football Club. Thanks for the use of yer premises and to everyone who helped out on the day. Our YFDG officer Jamie also attended a festive tractor run in East Cork and is looking forward to the annual Glanmire run on the 29th of December.

Merry Christmas to all from Glanmire Macra. We look forward to the new year and to hopefully gaining new members. New members are always welcome. Make sure to contact our page for more details on our club.

Article by Aisling Walsh
Glanmire Macra PRO





Trades & Services

Chiropodist

Glanmire Medical Centre
Home visits also available

Gift Vouchers Available

FOR APPOINTMENTS

(021) 4866745

(086) 3693204

Frances Nolan

NCC, LCCH, M.I.CH.POD.ORG

PAT SMITH ELECTRICAL

Industrial, Commercial,
Domestic, Computer Wiring,
Frost Heaters
NO JOB TOO SMALL

087 237 9301

021 430 0495

PAINTING & DECORATING

DOMESTIC & COMMERCIAL

GLYNTOWN, GLANMIRE, CO. CORK

POWER WASHING • PATIOS • DRIVEWAYS • GUTTERS

Contact Mick

085 104 5134

021 482 4749

mdpaintinganddecorating@gmail.com

Glyntown

Glanmire, Co. Cork

seai

CIARAN LOONEY
EMERGENCY PLUMBER



GAS AND OIL BOILERS

All general plumbing works
Mobile: 086 3557235
www.clplumbing.ie



Alan's TYRES

Open

Mon-Thurs 8-6
Fri 8-7
Sat 9-4.30
Inc. Lunch hour

482 0202
085 8114595

5b Glanmire Industrial Est.
Glanmire, Co. Cork

- All Leading Brands
- Alloy Straightening
- Wheel Alignment
- Electronic Balancing
- Headlight Restoration
- Headlight Alignment
- Light Bulbs
- Wiper Blades
- Puncture Repair

fabriClean

**Carpet & Upholstery Cleaning
Services & Chimney Sweep**

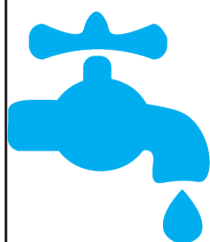
Denis O'Sullivan

t/a Fabriclean, Carrigaline, Co. Cork

Tel/Fax: 021 4377315

Mobile: 086 2070086

PLUMBER available



Reasonable Rates
Contact Martin
086 8777009
089 4095970

ACUPUNCTURE
FACIAL ACUPUNCTURE
TUI-NUI CHINESE
MASSAGE
CUPPING
NUTRITIONAL
CONSULTATION
REFLEXOLOGY

PLEASE CONTACT THE
CLINIC OF ACUPUNCTURE
HEALTH AND WELL BEING
GLANMIRE CHIROPRACTIC
CENTRE
GLANMIRE, CORK
087 6922678



www.kellywindowcleaning.ie

GIVE YOUR HOME A FACELIFT

Windows Cleaned,
including Frames & Exterior doors

Fascia, Soffit & Gutter Cleaning,
Gutters Emptied

Soft Wash Cleaning

Powerwashing of Patios,
Footpaths & Drives

For Bookings, Quotes and
Special Offers
Contact Glenn

Tel: 087- 9542828



**Ryan Roofing &
Renovation**

Extensions
Renovations
Roofing

All types of carpentry
Fully Insured

Contact Barry
086 7263392

for any advice & costings

JCB Hire



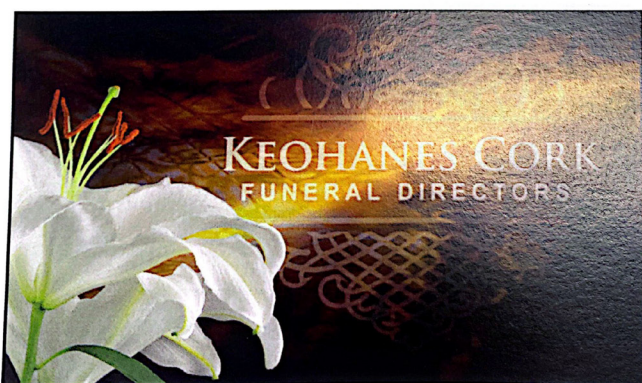
Contact Dan
087-2532550



KEOHANES CORK FUNERAL DIRECTORS

Providing excellent care when you and
your family most need it in Cork City and County

Knights Hill, Mayfield, Copley St
021-4311000



GLANMIRE

THE REAL

TURKISH BARBER

Unit 2B, Hazlewood Centre, Glanmire, Co. Cork

086 4104796

SOUTHERN SERVICES



Computerised Servicing for Higher Efficiency

MICHAEL DUFFY 086 - 2591116

Established 1991



LOOKING FOR HELP TO MAKE EXCELLENT FINANCIAL DECISIONS?

- RETIREMENT?
- PENSIONS?
- INVESTMENTS?
- ESTATE PLANNING?

FIRST CONSULTATION AT OUR EXPENSE, CALL:

PAT LEAHY

TEL: (021) 450 8851

WWW.INFINITYFINANCIAL.IE

You are invited to
A Series of Meetings
upholding Jesus' teachings

**Upper Glanmire Community Hall
T23 EV2W**

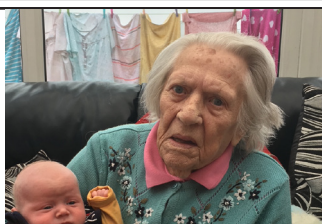
Every Tuesday 8 p.m. – 9 p.m.

The teachings of Jesus help us to 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

Nora (Nonie) Allen
Sixth Anniversary
3rd Jan 17

Always in our thoughts
Jerry, Breda, Grandchildren, Great-
Grandchildren and Great-Great-
Grandchildren



A COLLINS
GLASS & GLAZING
086 4044665

ALF COLLINS

Glass & Glazing
Window & Door Repair



- Emergency Glazing Repairs
- Fogged-up Double Glazing
- Broken Glass
- Hinges
- Patio Wheels
- Draught Problems
- Tabletops/Mirrors
- Upgrade your Existing

Windows to A-Grade Insulated Glass

A COLLINS
GLASS & GLAZING
086 4044665



NEW YEAR STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



January is a great month for looking at our wardrobes and decluttering and also a time to prioritize the most appropriate items of clothing appropriate for our lifestyles.

Letting go of items we are storing unnecessarily can be difficult for a variety of reasons such as guilt, nostalgia, fear, etcetera.

This year I look forward to helping discover the styles that are most flattering on our body shapes and helping to identify wow colors to wear. This within a wardrobe of coordinate outfits which you will feel confident wearing every day.

This time of year, is also about layering, with the chilly mornings and wintry showers. I advise you look at the labels of your clothes, this time of year wool garments are naturally breathable.

The breathability of wool reacts to any changes in your body temperature and you will not feel clammy when your body temperature rises.

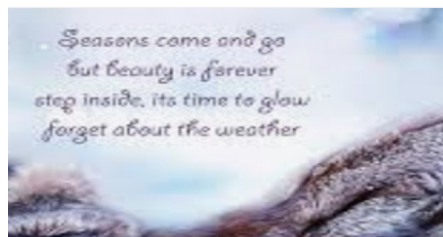
Merino wool being a popular choice comes from merino sheep in Australia and New Zealand. It's the finest and softest sheep's wool. It's now very popular in bedding and clothing brands.



CASHMERE

I am a big advocate of buying quality over quantity. Cashmere is soft, warm, it looks chic and when taken care of will last you years. Just keep in mind that the purer the cashmere the higher the price. Cashmere blends typically are not as soft but are far more affordable.

Investing in cashmere is a smart addition to your forever wardrobe. It will never go out of style, opt for a neutral color that stays clear from patterns so you can wear it for years to come. I recommend cashmere, which is available in a variety of colors. For anyone with a busy life schedule or who maybe travelling this winter season. Its durability will keep you warm while travelling. Your cashmere piece is so versatile it can be worn with almost everything you pack if you are limited on luggage space.



WINTER SKINCARE

Your wardrobe is not the only thing you should switch come winter. The cold air steals moisture from our skin. These conditions can also trigger skin sensitivity, redness and irritation. A few simple steps

will have a keep your skin looking hydrated and fresh for the new year.

Transition your cleanser to a moisturizing cleanser, a balm, oil or cream which can be worked into skin, massage your cleansing product right into your skin. Cleanse your neck and décolletage also. I now double cleanse my face after a day of wearing make-up and you would be amazed how much make up remains on our skin after the first cleanse.

Adding a serum to your skincare routine after cleansing. Some serums help to brighten your skin while others focus on boosting hydration.

Vitamin C in your moisturising facial cream will work wonders for reducing the signs of aging and suns damage to our skin. Vitamin C also boosts collagen production in our skin resulting in a brighter complexion.

Let's not forget using an eye cream, gently patting around your eye socket with your baby finger as the skin here is so delicate. Looking after your lips with a natural non-perfumed lip salve to prevent cracking. Don't forget to wear SPF even during the winter months, we are still exposed to harmful UV rays during winter months

Contact me on 086-2599539 if you would like to discuss decluttering, style, make up, color analysis.

Email me on lyndadibiasi@yahoo.com. Check out my website www.lyndadibiasi.com for various packages. FB or Instagram page, [lynda.dibiasi](https://www.facebook.com/lynda.dibiasi). [personalstylist](https://www.instagram.com/lynda.dibiasi).



Notice Board

GLANMIRE INDOOR BOWLS

Community Centre,
Riverstown

Wednesday Nights
7.30pm to 9.30pm

Over 18s, Males &
Females welcome

Contact: 021 - 4821333

Beech Grove Boarding Kennels

UPPER GLANMIRE HOME AWAY FROM HOME

Spacious out-door runs
Personal Supervision
Up to date
vaccines essential

Tel: 021 4858484

Mobile: 087 2163658

www.beechgroveboardingkennels.com



DESIGN BY SIMON

SIMON DOHERTY

WEB · GRAPHICS ·
MULTIMEDIA

086 790 0803

designbysimon.com@gmail.com

LOSE WEIGHT ..STOP SMOKING...REDUCE ANXIETY ...OR STRESS

THIS IS AN EXCELLENT COMBINED HYPNOTHERAPY/ ACUPUNCTURE AND NUTRITION TREATMENT TO GUARANTEE SUCCESS AND PROMOTE GOOD HEALTH.

PLEASE CONTACT THE CLINIC OF ACUPUNCTURE HEALTH AND WELL BEING
GLANMIRE CHIROPRACTIC CENTRE
GLANMIRE, CORK
087 6922678

BOOKKEEPER AVAILABLE IMMEDIATELY

AIRBNB ACCOUNTS
Do you need to give your AIRBNB ACCOUNTS to the Revenue?

I specialise in small family business

No job too small
Free first consultation
Siun Ni Chrualaoui
087 2247151



Van & Driver for hire

086 0606551



Joe Organ AUCTIONEERS

Selling?
Talk to Joe
T: 086 6013222

Across

1. Bees make it (5)
6. Sweets (5)
9. In the middle (7)
10. Buckets (5)
11. Nick, actor (5)
12. The cost of a thing (5)
13. Contra (7)
15. Small green vegetable (3)
17. Its built on a river (4)
18. Blood vessel (6)
19. Corrosive substances (5)
20. Enjoy immensely (6)
22. Mark left after a wound (4)
24. Before (3)
25. Wriggles in agony (7)
26. Hidden store (5)
27. US witch-hunt city (5)
28. Alcohol made from apples (5)
29. Shrimp, crab, lobster (7)
30. Horse (5)
31. Sea birds (5)

Down

2. Citrus fruit (6)
3. Long pastry with cream (6)
4. Affirmative (3)
5. Begin (5)
6. Serious growths (7)
7. --- Vera, medicinal plant (4)
8. Dally, delay (6)
12. Gear up, prepare oneself (5)
13. Conscious of (5)
14. Long passageway in church (5)
15. Slightly furry fruit (5)
16. Rock now know as Uluru (5)
18. Love unreservedly (5)
19. Sorry for one's actions (7)
21. Wayward (6)
22. Walk with long steps (6)
23. Sea by Greece (6)
25. Flour is made from it (5)
26. Yield (4)
28. Baby bed (3)

Crossword Winner: Michael Kirby, Glanmire, Cork City



While every care is taken in the compiling of this newsletter the publishers cannot accept responsibility for any errors or omissions. Services provided are between advertisers and clients, we do not accept responsibility for work / services carried out. Adverts created & designed for the news letter are the property of Glanmire Area News. The views expressed by contributors to the news are those of individuals and are not the responsibility of the news editor. Individuals writers must verify their article content.

SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th January, 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.



Glanmire Library

The New Year is here we can't help but feel inspired and where better is to join the Library and get involved in one of our clubs and meet new friends.

Free Clubs and Events.

Music Morning: 3rd Tuesday of the month at 11am

Knitting: 3rd Wednesday of the month at 10.30

Walking: Keep fit and join our walking group every Wednesday at 10.15.

Active Retirement: 1st Wednesday of the month.

Crochet: 1st Thursday of the month.

Scrabble: meets twice a month (check Dates at the Library.

Kids Hour at Glanmire Library.



Between 11.30am -12.30pm kids have the choice of learning and playing chess with our expert chess player(recommended age 10 +)Kids also have the choice to free play with lego.

Music Morning



Join us on Tuesday 17th
Jan. at 11am

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.