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I am also contactable by email and phone.

Stay safe and continue to follow the public health guidelines.

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IMAGINE MORE



Glanmire Community Games

April - May Previews

March Review

It is hard to understand but Glanmire had no Quiz team U13 for County Event and we only had 1 chess team U16 who finished 3rd in their event.

Parents must ask themselves why this was allowed to happen.

We never had less than 2 teams in the quiz and some years we had 3 teams in the chess competition.

Sad but true.

April Events

Art - U8, U10, U12, U14 and U16 at Riverstick Community Centre on Saturday April 22 at 11 am.
Handwriting U10 and U12 at Riverstick Community Centre on Saturday April 22 at 10 am.



Lorin Huska with his parents after winning a Gold Medal in Cork Community Games handwriting u14 event



Glanmire Gold Medal winners in Handwriting at Riverstick Community Hall on Sat April 22

Athletics

Entry	Individual Track Boys and Girls
Age	Boys & Girls Under 8/Over 6 60M and 80M Boys & Girls Under 10/Over 8 100M & 200M Boys & Girls Under 12/Over 10 100M & 200M & 600M Boys & Girls Under 14/Over 12 100M & 800M Boys & Girls Under 16/Over 14 100M, 200M & 1500M
NB	4 children per event to qualify from County to Regional 4 children per event to qualify from Regional to National

The Athletics event will be held at The Mardyke on 24 June from 3-6pm.

Nominations are presently being accepted for Boys and Girls interested in competing.

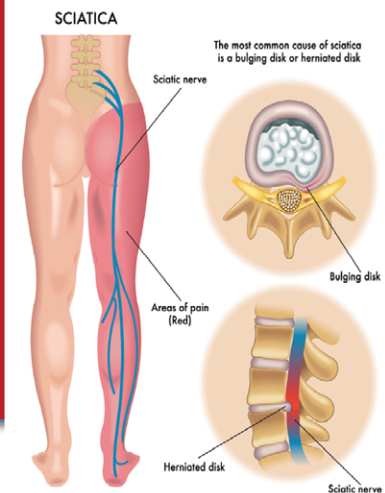
Nominations for events are now being taken by the Committee named below - Call or email.

For further information contact:

Michael Burns	087 259 7023	info@mburns.ie
Ailish Murphy	087 066 4687	ailishmurphy1@gmail.com
Sarah O'Shea	083 148 3472	sarahos6891@gmail.com
Martina Higgins	086 830 0136	martinadalyh@gmail.com



Are You Living With Sciatica Or Back Pain... When There Is A Non-Invasive, Drugless Solution?



Having back and sciatic pain is a miserable – even crippling – condition.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.

You may have a condition called "Sciatica" if you're suffering from any of these annoying conditions. Sciatica is a compression of the sciatic nerve, usually by an L4 or L5 disc herniations.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your back or sciatica hurts and the pain just won't go away!

Do You Have Any of the Following?

- Sharp pains in the back of the leg
- Lower Back Pain
- Herniated/bulging discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain
- Muscle spasm, sprains & strains

Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated with chiropractic adjustments.

"What's The Chance This Will Work For Me?"

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers like Tiger Woods, Venus Williams, Pádraig Harrington, Bradley Wiggins, Gisele Bündchen and Madonna.

These professionals can afford to hire any kind of doctors they want, and they choose to have a chiropractor on their team.

Here's what just one of our patients had to say:

"I can't believe how much I have improved and can tolerate more treatments and exercises. My quality of life is so much better and I get a full night sleep now. It has taught me how to rest, look after my back and sit up straight. At the same time, I have freedom from pain and a lot more movement."

This means in just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

Feel the Improvement – and Say "Yes" to Life Again

With our "Back Pain And Sciatica Evaluation" Dr. Subchuk and I will be able find the problem and work with you to correct it.

Think of how you'll feel in just a few short weeks.

See and feel your life change for the better. Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

As you begin to see motion returning to your joints, you're preventing and reducing chances of disability and a crippling future.

The Single Most Important Solution To Your Sciatica and Back Pain

It's time for you to find out if chiropractic will be your sciatic and back pain solution.

For 14 days only, €45 will get you all the services we normally charge new patients €120 for!

What does this offer include? Everything we normally do in our new patient evaluation.

- An in-depth consultation about your health and well-being where we will listen, really listen to the details of your case.

- A complete neuromuscular examination.
- A thorough analysis of your exam and any findings so we can start mapping out your plan to being pain free.
- We will provide answers to your questions, like...which position, mattress, and pillow you should use for a good night's rest.
...how to exercise the right way so you aren't making your pain worse.

Don't Let Your Sciatica Get Worse

Untreated, sciatica can lead to a loss of muscle strength and muscle size that may be irreversible. Eventually, there can be problems with gait.

Sciatica can be **successfully treated**. You can recover. Healthy, pain-free living should be yours.

Call today and we can get started with your consultation and exam as soon as there's an opening in the schedule.

Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, Glanmire. (Over the bridge by Monkey Maze in Glanmire next to AIB)

To avail of this offer just tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation.

We look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

Sincerely,
Dr. Eric Kelly, D.C.

P.S. You've got too many dreams left undone. Too many special moments waiting to be experienced. Life is too short to let pain slow you down.

Don't live another day like this. Call and schedule for your evaluation. 021-4824450.



Charlie Wilkins

DELIGHTFUL DAHLIAS

I have come to the conclusion that the more you get to know the subject, gardening becomes infinitely more puzzling! The more you get to know plants, the more you realise how differently they behave in certain circumstances, and, as years go by, you see how they vary according to the weather and their own whimsey. Some plants you never understand at all. Take dahlias for example.

Dahlias really are a gift but they fell from fashion two decades ago and it is only now that they are undergoing something of a revival. They're easy to grow and need minimal care. In recent years I have grown these interspersed with other bold, large-leaved, strong-coloured foliage plants, shrubs included. All they need in autumn is lifting and storing in damp peat in a frost-free shed or garage with just an occasional inspection now and again up to late March. Then, they're moved into separate pots and stood in good light in the greenhouse until all signs of frost have gone. Planted out in May, they can then be left on their own until they need staking so they won't flop about in windy weather. And if all that is too much for you, but pot-grown specimens this month of May from garden outlets.

Ensure that all your dahlias have cane supports or similar. This really is important. And if you prefer large, single blooms on your plants 'disbud' any competing flower buds by snapping off those located at either side of the central,

largest bud. Keep feeding with tomato food once flowering commences. This is essential for dahlias to have the ability and the stamina to go on flowering without interruption until the first really hard frosts. In the far south and in all coastal counties this can be as late as the second week in December. So for minimal input you get a miraculous output, one tuber



Dahlias are back in fashion following decades in the doldrums and just now, some very desirable forms are available in most garden outlets. Plant before the month's end for early and continuous blooming.

giving you 400 to 500 flowers in a constant stream from early July until the end of November. 'Moonfire', which I have covered in the past, remains one of my favourite decorative forms, having attractive leaves of purple and black and single flowers with a pleasant apricot-yellow and a central ring of red. It does extremely well in a pot (which can then be taken for a stroll around before deciding where it is to be finally placed) and if you dead-head regularly, it blooms non-stop into December. Another super variety is Procyon

(I found this in a Glanmire supermarket) and now it takes pride of place in the back garden from June to November.

You may not realise it but dead-heading of all varieties pays handsome dividends. Many gardens can easily slide into premature decay as early as the opening days of August (due to prolonged heat and drought) and regular dead-heading is essential in order to prevent much of this. For certain plants, such as the non-repeat flowering roses, the aim is purely cosmetic. But many plants, especially dahlias (also cosmos, penstemons and late flowering salvias) can be induced to flower indefinitely if none of their blooms is allowed to set seed.

There are rare instances of dead-heading where it is acceptable simply to snap off spent flowers with finger and thumb and this is certainly the case with daylilies. But in general, secateurs or a stout pair of scissors will be needed for dahlias. It is essential with these to trace the stem of a spent flower back to some definite point, as any bare stalks you leave behind will disfigure the whole plant. This point will be where a new shoot or a fresh flower arises or is likely to arise. Done diligently and with care, your dahlias will excite and please you up to the very beginning of winter. All varieties may be planted out now in their flowering positions. However, if the foliage appears above ground before the final frosts, then protect with some form of covering on cold nights.

IN THE GARDEN MAY 2023

How can anyone ignore the changing seasons, the arrival of spring with its brand new light highlighting the buds on trees and blossom covered branches? The tide of spring (late as it is) is quite unstoppable, and it sweeps us into action, ready or not! These first quiet spring notes are the beginning of a crescendo that will peak in the blast of trumpets from Regale lilies in July. Before then however, there are preparations to be made.

Weeds and long grasses growing under hedges are often overlooked but they need pulling out. Left undisturbed they will rob the soil of moisture and nutrients to the detriment of the hedge itself. If you work carefully, these growths can be

quickly and easily killed with 'Weedol' even when conditions are cold and miserable. A damp sponge wetted with a solution of Weedol gently brushed over offending weeds will cause them to die in under two days (add a squirt of washing-up liquid to increase its stickiness). The chemical won't kill the likes of dandelion and dock but all the softer kinds, grasses too, will certainly succumb. Naturally, you will have to avoid getting the weed-killer onto the hedge itself or on any green growths on nearby ornamental plants.

Conditions, as I write, are ideal for moving plants and shrubs, for dividing perennials and for applying lawn food and moss-killer. If moving shrubs try not to break the root-ball as you lift the

plant and do have the new hole dug and ready in advance. Don't neglect watering for the first six weeks following the move. Perennial plant divisions are also more likely to succeed if, having lifted the clump, you carefully slice off as many pieces as you want with a sharp knife. Outer sections will be found the most reliable, for the inner, central portions usually grow hard, woody, and unproductive.

A good chemical control of lily beetle and weevil is still available. Called 'Bug Clear Ultra' it is specifically for eliminating most garden pests. The product will also kill scale insects. Now what are these you may ask? Well, if your camellias, for instance, suffer 'black leaves' they're most likely to be suffering an attack from scale insects.



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GLANMIRE LADIES FOOTBALL CLUB

U16

Our U16 squad have continued with their winning ways with two more East Cork A League victories over Fermoy and Inch Rovers. Their next game will be against Rockban. Congratulations to Ellie and Laura who were part of the Cork U16B squad who recently won the Sharon O Keeffe U16 A Munster Championship Final. Laura also chipped in with 0-1 at centre forward on the day!



Laura and Ellie U16B Munster Champions

Minor

Best of luck to Ava and Caoimhe who are involved with the Cork Squad playing in the Minor A Munster Final on Wednesday 19th April!

Senior

Well done to our Intermediate panel who had a good win in their Rd 1 of the Senior League against Clonakilty. Their next outing will be against Kinsale.

Well done to Lucy Greene who has been named on the Cork Senior B squad for the year ahead!

U15

Our U15 squad were out in Feile action recently. They beat Fermoy and Bride Rovers and lost to Inch Rovers in their group games. They then went on to beat Bride Rovers in the semi final, meaning they would face Inch Rovers in the Final. Unfortunately it wasn't to be on the day, losing out to a strong



U15 Feile Squad

Inch team. The girls will still go forward to A County Feile and we wish them the best of luck.

U21

Our U21's were out in yet another U21A County Final. This time their opponents on the day were Naomh Aban. Glanmire started out well and were well in the game at half time. Unfortunately some good play from Naomh Aban and early second half goals made for a difficult comeback and Naomh Aban ran out winners on the day. Hard luck to our girls and no doubt they will be back next year!

Junior

It was victory for our junior 1 team with an away win against Dohenys. The girls played some great football and came away with a great win.

Our Junior 2 team were out with a home game against Douglas. Douglas got a good start with early goals and this put us on the back foot. But the girls came out with a fighting attitude in the second half and gave a great display of football but unfortunately it wasn't to be.

Best of luck to both squads in their upcoming games!

Easter Camp

Well done to everyone involved in this year's successful Easter Camp. Thanks to all who organised and coached over the 3 days even in some poor weather!



Junior 2 Team



Sophie, Orlaith and Orna Cork U14A



Emma and Clodagh Cork U14B



U9 v Rockban

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Dan Donnelly, Trodaí Dorn-Nochta - (Cuid 1)

Micheál Ó Súilleabháin

Thar na blianta, bhí cáil ar dhornálaithe na hÉireann. Bhain cuid acu cáil amach sna Cluichí Oilimpeacha. Airímid ainmneacha mar Fred Tiedt, John Caldwell, Mick Dowling agus, dar ndóigh, Michael Carruth a bhuaigh bonn óir. Bhí dornálaithe gairmiúla mar Barry Mc Guigan, Steve Collins agus Katie Taylor a bhuaigh Craobh an Domhain ina réimsí féin. Ach bhí ré ann sular cuireadh rialacha Marquis of Queensbury i bhfeidhm go raibh dornálaithe nó trodairí dorn-nochta ann. Duine díobh ba ea Dan Donnelly a bhain cáil amach mar churadh an phobail ag tús an 19ú Céad.



Captain Barclay traenálaí Dan

Saolaíodh Dan Donnelly i Sráid Townsend i mBaile Átha Cliath in 1788 nó, b'fhéidir, in 1776, de réir tuairiscí áirithe. Ach glactar leis go coitianta go bhfuil 1788 níos cruinne mar dháta. Tá éiginnteacht ann mar níor cláraíodh breitheanna, póstaí agus básanna go dtí 1846 agus, dá dheasca, níl aon chinnteacht ann faoina dháta breithe. Ba é Dan an naoú páiste i gclann a raibh seacht bpáiste dhéag ann ar fad. Thuill a athair, Seosamh, ocht scillinge in aghaidh

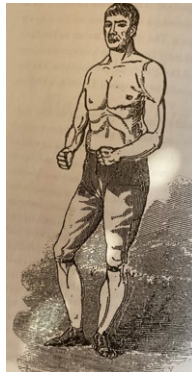
na seachtaine mar shiúinéir. Duine láidir, ciúin, ba ea Dan ina óige. Sheachain sé bruíonta ag am, nuair a bhíodar coitianta ar na sráideanna. De ghnáth, bhíodh dronga ar dhá thaobh na Life ag troid go rialta. Cuimhnigh nár bunaíodh na póilíní go dtí na 1820-idí. Is cosúil nár thaitin an scoil ró-mhór le Dan agus bhíodh ar a mháthair é a thionlacan go dtí an seomra ranga go minic. In óige Dan, bhí an bhochtaineacht forleathan i mBaile Átha Cliath. Bhí dífhostaíocht an-ard, pá íseal agus cíosanna arda ann. Bhí galair mar fhiabhras tífóideach agus calar an-choitianta. De dheasca na bochtaineachta, bhí coiriúlacht go forleathan.

Ina óige d'imir Dan iománaíocht, liathróid lámh agus cluichí eile. Fuair se post i gclós adhmaid Connery, ach is cosúil nach raibh mórán suime aige san obair. Thosaigh sé ag dhá bhliain déag, nuair a d'fhág sé an scoil.

Trí sheans a fuair Dan amach go raibh mianach an dornálaí ann. Bhí Dan ag ól lena athair i dteach tábhairne, nuair a tháinig taom casachtaí ar a athair. Bhí mairnéalach mór groí ann agus mhaslaigh sé athair Dan. D'iarr Dan ar an mairnéalach roinnt measa a léiriú agus rinne an mairnéalach bagairt air. Bhí leisce ar Dan dul ag bruíon leis, ach, ar deireadh, ní raibh aon dul as aige. Chuir an mairnéalach dúshlán ar Dan. Ghlac Dan leis an dúshlán. Lean an bhrúon ar feadh cúig nóiméad déag agus fuair Dan an lámh uachtair air. Gan mhoill, bhí cáil ar Dan ar fud an cheantair mar throdair den scoth. Bhí dornálaí áitiúil ann a d'fhéach air féin mar laoch agus ní raibh sé ró-shásta faoin chlú a bhí bainte amach ag Dan as an ngaisec a rinne sé. Chuir sé dúshlán ar Dan agus, faoi dheireadh, ghlac Dan leis an dúshlán. Lean an babhta troda ar feadh sé bhabhta dhéag agus bhí bua mór ag Dan. Fógraíodh é mar churadh Bhaile Átha

Cliath. Níor chuir duine ar bith eile dúshlán air agus bhí sé an-sásta leis sin.

Ag an am seo, bhí comhrá i Sasana idir bheirt dornálaí. Chaitheadar anuas ar na hÉireannaigh. Dar leo, ní raibh misneach ar bith iontu. Chuir an masla olc ar roinnt Éireannach agus chuaigh an Captaen William Kelly, traenálaí capall agus fear ar thaitin an dornálaíocht leis, go Baile Átha Cliath ag lorg duine a bhréagnódh masla na Sasanach. Faoi dheireadh, cuireadh Dan in aithne dó. Bhí leisce ar Dan glacadh le hiarratas Kelly, ach dúirt sé go smaíneodh sé air. Ar deireadh, ghlac Dan leis an tairiscint agus gheall Kelly go bhfaigheadh Dan traenáil den scoth ó dhuine darbh ainm Barclay. Iar-oigeacha airm ba ea an Captaen Barclay. Mhuin Barclay scileanna na dornálaíochta do Dan.



Scitse de Dan Donnelly

Ba é seo an chéad chomórtas mór a bhí ag Dan. Bhí Tom Hall, dornálaí mór le rá ó Shasana ar chamchuairt in Éirinn. Bhí taispeántais dhornálaíochta á dtabhairt aige ar fud na tíre. Nuair a cuireadh ceist air an dtroidfeadh sé Dan, bhí fonn air é a dhéanamh. Níor chuala sé trácht ar bith ar Dan agus mheas sé go ndéanfadh sé airgead go héasca. Socraíodh go mbeadh an troid ar siúl ag Currach Chill Dara in 1814. Bhí céad gine mar dhuais, seasca don bhuatóir agus daichead don té a chaill. Faoin am seo, bhí nós na dí dulta i bhfeidhm ar Dan agus chaitheadh sé mórán ama sna tábhairní seachas ag an traenáil. Ach bhí sé ullmhaithe go maith don troid. Tháinig na sluaite ó chian is ó chongar le haghaidh an chomórtais. Déantar amach go raibh fiche míle duine i láthair.

Cé go raibh rialacha de chineál áirithe ag baint le troideanna dorn-nochta ag an am san, ní raibh aon teora babhta nó ama leis an troid. Chríochnaigh an troid, nuair a ghéill duine amháin nó nuair a bhí sé gan aithne gan urlabhra. Ní raibh am ar léith leagtha síos do bhabhta. Má leagadh duine amháin, bhí an babhta thart. Munar éirigh sé laistigh de thríocha soicind, bhí an troid buaite ag an trodaí eile.

Sa chéad bhabhta leagadh Hall. Sa dara bhabhta, chúlaigh Hall. Bhí sé ag iarraidh Dan a mhealladh ina threo ag súil go n-ísleodh sé a chosaint. D'oibrigh an beart agus d'éirigh le Hall buille láidir san aghaidh a thabhairt do Dan a scoilt a liopa. Ansin d'éirigh Dan níos ionsaithí agus leag sé Hall roinnt uaire. Cé go raibh sé soiléir go raibh an lámh uachtair ag Dan, níor ghéill Hall, ach, ar deireadh, ní raibh a chuntóirí sásta é a ligint ar aghaidh. Roinneadh an ciste £100 eatarthu. I ndiaidh an troda, cheiliúir Dan gan stad ar feadh ocht lá agus faoin am sin, bhí an £50 imithe. Bhí air filleadh ar an siopa siúinéara.

Ansin, tháinig scéal chuig Dan gur theastaigh ó bheirt fhear labhairt leis i dtábhairne áitiúil. Ba é an toradh a bhí ar an gcuinníú ná gur socraíodh troid eile idir Dan agus Sasanach darbh ainm Cooper.



George Cooper a throid Dan

Bhí cáil ar Cooper mar throdair sciliúil, a bhí comhdheasach. Cé go raibh leisce air mórán traenála a dhéanamh, d'fhéadfaí an rud céanna a rá faoi Dan, a tháithíodh na tábhairní ró-mhínic, b'fhéidir. Eagraíodh an troid don 13 Nollaig 1815. Bhí na bóithre go dtí an Curach plódaíthe agus daoine ag tnúth leis an gcomórtas. Deirtear go raibh thart ar fiche míle duine i láthair. Níor bailíodh go leor airgid don troid, áfach, agus íslíodh an tsuim a thabharfaí don bhuatóir go seasca punt agus ní bhfaigheadh an té a chaill rud ar bith. Bhí buntáiste ag Dan mar bhí sé níos troime agus níos airde ná Cooper. Sna babhtai tosaigh, bhí an lámh uachtair ag Dan agus leag sé Cooper roinnt uaire. Ach bhí teacht aniar i gCooper agus bhuaíl sé Dan go láidir roinnt uaire á leagadh. Ach, de réir a chéile, fuair Dan an lámh uachtair air. Faoin aonú babhta dhéag bhí an comórtas thart nuair a leagadh Cooper agus fágadh é gan aithne gan urlabhra. Laoch ba ea Dan dá lucht leanúna agus theastaigh ó gach éinne ceiliúradh a dhéanamh leis. Bhí leisce ar Dan, áfach, a chuid airgid a chur amú arís faoi mar a rinne sé cheana. Ach nuair a shroich sé Baile Átha Cliath, ní raibh sé in ann an ceiliúradh a sheachaint.

Tá an cuntas seo bunaithe ar an leabhar: Dan Donnelly le Patrick Myler

Gluais:

curadh an phobail=people's

champion

bruíonta=fights

dronga=gangs

fiabhras tífóideach agus

calar=typhoid and cholera

mianach an dornálaí= the qualities

of a boxer

camchuairt=tour

ní raibh aon dul as=there was no alternative

ó chian is ó chongar=from far and near

troideanna dorn-nochta=bare

knuckle fights

gan aithne, gan

urlabhra=unconscious

comhdheasach=ambidextrous

a tháithíodh= who used to frequent

teacht aniar= stamina



Glanmire Chamber has had a busy year.

- We held monthly members meetings featuring talks on a range of topics from Social media to Finance to Public Speaking.
- Dave Moran Office Supplies sponsored our Awards night which was hosted by Vienna Woods.
- Our Voucher scheme continues to be a great success: A lot of unspent vouchers around though so get spending!

Our new membership year starts in July and we welcome all local business to join!



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Cork Based Educational Charity Are Fully Funding 9 Young People From Cork To Travel Abroad This Summer

Cork based charity, EIL Intercultural Learning, a leading non-profit organisation in intercultural learning and exchange, is excited to introduce the participants from County Cork selected for its prestigious 2023 Explore Programme. This year's participants include Brian, Sharan, Alexandria, Darragh, Niamh, Orna, Jules, Dean, and Francis, who will embark on fully-funded, transformative cultural immersion experiences around the world.

EIL Intercultural Learning believes in the importance of fostering global citizens through intercultural learning. With this in mind, the Explore programme is designed to offer both under 18s and over 18s the opportunity to immerse themselves in new cultures and experiences. Participants should be curious, tolerant, open-minded, and willing to engage with challenging situations. Upon their return, they are required to complete an Action at Home Project to critically reflect and share their learning with their communities.

The Explore programme consists of several distinct projects for both age groups. For under 18's, offerings include the Japan Award, the Youth Activist Award, and the International Summer School Award. Over 18's can participate in the Global Awareness Programme and the MTU Cork Award, among others. Each of these experiences aims to enhance participants' open-mindedness, global awareness, self-reflection, and self-improvement.

This year's Explore participants from Cork will participate in the following programmes:

Brian Slocum (21, Glanmire) will join the Global Awareness Programme in Mexico where he will have a two week intensive language course in a vibrant little city called Oaxaca before 6 weeks volunteering at the "Barra de Potosi" turtle sanctuary and library project. The Global Awareness Programme works alongside the United Nations Sustainable Development Goals and Brian will engage with both social and climate justice. With a background in psychology and experience as a Foróige volunteer, Brian is well-equipped for this opportunity.

Sharan Shaju (22, Watergrasshill) and Francis Hayden (25, Glounthaune) have both won the MTU Cork Award, a co-funded award between EIL Intercultural Learning and MTU Cork's Volunteer Abroad Programme. Sharan, a final year student of visual communications, and Francis, a



Alex, Sharan, Niamh, Alannah, Orna and Brain - 2023 EIL Explore winners at the Enrollment Day at EIL offices on Washington Street, Cork

first-year student of popular music with a focus on drums, will bring their own diverse skill sets to Vietnam and teach English at a summer school as well as engage in an after school activity programme called "Friends of Ireland" that is connected to the Irish Embassy in Vietnam. This project sees local Vietnamese communities actively embrace and engage in Irish cultural activities and Sharan and Francis will both act as Irish ambassadors where their interests in arts, film, food and music will be shared among their Vietnamese counterparts.

Alex Gravina (17, Midleton), who's currently a 5th year student, has been awarded the Japan Award. Alex was actually first awarded the prestigious award in 2022 but due to travel restrictions due to COVID-19, Alex was deferred to this year. The Japan-Ireland Friendship Link programme is EIL Explore's longest serving award which was first introduced in 1994. Alex will take on her role as an ambassador for Ireland, where she will share various aspects of Irish culture while learning about Japanese traditions during her homestay for 4 weeks in Japan. Alex is a well accomplished musician and hopes to use her pianist skills to illustrate some Irish traditional music whilst in Japan. Alex has been self-teaching Japanese for several years now and recently acquired formal lessons to sit this as an exam subject for her Leaving Certificate. We are sure her language proficiency will improve immensely through this amazing programme.

Darragh Walsh (16, Gortagrenane), Niamh Bugler (16, Glounthaune), and Orna O'Brien (17, Drinagh) have won the Youth Activist Award. They will join a group of five Irish youths at The Vermont Governor's Institute in Vermont, USA. There, they will meet and learn from around 60 American young leaders as well as engage in activism workshops with some impressive guest-speakers. US Senator Bernie Sanders has been a guest speaker in the past as well as other high profile politicians and activists. This programme will challenge them to find

solutions to local and global problems that directly impact young people and empower them to take positive actions within their own communities. The three young people are activists in their own right already with huge local and national engagements along with their involvements with Foróige and YMCA Ireland.

Jules Kelly (17, Glanmire) and Dean Coade (17, Ballinlough) have won the International Summer School Award. This exciting four-week programme, in collaboration with the Cork Life Centre and their students, is based in beautiful Denmark at the Ranum Efterskole College. The International Summer School will give participants the opportunity to attend a school with a mix of traditional and alternative subjects as well as excursions, while experiencing an amazing community of young people from all over the world. "This partnership with Cork Life Centre is something we are proud to be part of as we really admire the incredible community up in the centre which is led by the powerful and inspiring duo of Don O'Leary and Rachel Lucey with huge support from staff and a huge volunteer network. Jules and Dean will be the sixth and seventh students to participate on an Explore programme. To think that there's now seven students who found themselves out of mainstream schooling for various reasons, who have re-engaged with education under the guidance and support of the amazing Cork Life Centre, and now will have challenged themselves by leaving their comfort zone to participate in a summer school is just amazing and we are so privileged to be part of their personal development and learning journey" Adam Peerbux, Manager, EIL Intercultural Learning.

To learn more about EIL Ireland's Explore Programme and how to apply, please visit the organisation's website. Keep an eye out for important application dates and deadlines to ensure you don't miss the chance to embark on a life-changing experience.



UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

Hope everyone had a lovely Easter- great to see the kids return to school! Upper Glanmire held a quiz in the Boothouse Bar 20 tables took part. The result was decided by a tie-breaker. Everyone enjoyed themselves and we would like to thank Brian Kenny for setting the questions and acting as Quiz Master on the night. The winning team was composed of Patrick Dawson, Richard Crotty, Matt Murphy and Conor O'Connell. Runners up were Brian and Linda O'Callaghan, Jerry Burke Jnr and Brendan Murnane. Third place Derry, Robert, Bernie Kenny and Heather Twomey. We would also like to thank Brian and Louise Kenny for refreshments generously provided on the night.



On Tuesday 4th April Upper Glanmire Sensory Garden hosted the launch of the 2023 Pride in Our Community Competition by The Lord Mayor Councillor Deirdre Forde. Speaking at the Launch, the Lord Mayor commented that "it was fitting that the Launch was in Upper Glanmire as it was the winner of the Overall 2022 Pride of Cork City Award." The competition is organised by Cork County Federation Muintir na Tire and sponsored by Cork City and Cork County Councils.

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Glanmire Library

Children's Corner



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Music Morning



Glanmire Library Tuesday 16th May is the place to be where music lovers can meet to share their appreciation of music. There is something for everyone. It takes place 11.00 to 12.00 and everyone is welcome to attend.

Flying off this Summer !

Drop into the library and pick up one of our travel books



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Citizens Information: KYR Maternity Leave & Maternity Benefit

Having a baby is a major life event. The following are some common questions that arise for new mothers who are leaving work to have their baby:

How much maternity leave can I be entitled to take?

As an employee, you have the right to take 26 weeks' maternity leave if you become pregnant. You also have the right to take up to 16 weeks' additional maternity leave. You can take this time off work from full-time, casual or part-time employment. It does not matter how long you have been working for your employer.

You must take at least 2 weeks' maternity leave before your baby is due, and at least 4 weeks after the baby is born.

Can I take time off work for medical visits?

While you are pregnant, you can take time off for medical visits connected with the pregnancy. You can take as much time off as you need for these visits, including the time for travelling to and from the appointment and for the appointment itself.

You must give your employer a note from your doctor to confirm the pregnancy, and give 2 weeks' notice of your medical visits. You should show your appointment card if your employer asks to see it at any time after your first appointment.

You can also take time off for medical visits, for up to 14 weeks after the birth. You have the right to be paid while keeping these medical appointments, both before and after the birth.

Can I take time off for antenatal classes?

You can take paid time off work to attend some antenatal classes. You are entitled to attend one set of antenatal classes except for the last 3 classes of the set. Fathers can take paid time off to attend the last 2 antenatal classes immediately before the birth.

Does my employer have to pay me when I am on Maternity leave?

In general, employers do not have to pay women who are on maternity leave. You should check your contract of employment to see whether you are entitled to pay and pension contributions from your employer during your maternity leave.

What is Maternity Benefit?

If you have enough social insurance (PRSI) contributions, you are entitled to Maternity Benefit (including self-employed) for the 26 weeks' of basic maternity leave. Maternity Benefit does not cover additional maternity leave. You should apply for Maternity Benefit at least 6 weeks before you plan to go on maternity leave (12 weeks if you are self-employed). You can apply online for Maternity Benefit at MyWelfare.ie if you have a verified MyGovID account or you can get an application form from your local Citizens Information Centre or Intreo office.

How does being on Maternity Leave impact on my employment rights?

In general, you are treated as being in employment while you are on maternity leave or additional maternity leave. This means you can continue to build up your entitlement to annual leave. You are also entitled to leave for any public holidays that occur during your maternity leave (including additional maternity leave). Maternity legislation protects you

from unfair dismissal. If you have a dispute with your employer over maternity rights, you can make a complaint to the Workplace Relations Commission. You should talk to your local Citizens Information Centre about the steps in making a complaint.

Can I return to my old job after maternity leave?

You are treated as being in employment while you are on maternity leave and additional maternity leave. This means that you have the right to return to work to the same job with the same contract of employment. If this is too difficult to arrange, your employer must provide suitable alternative work on terms that are not 'less favourable' than in your previous job. If pay or other conditions have improved while you have been on maternity leave, then you should get the improvements when you return to work. If you decide not to return to work after your period of maternity leave, you must give your employer notice in the usual way, as set out in your contract.

How much notice must I give my employer?

You must give your employer at least 4 weeks' written notice that you plan to take maternity leave and must provide a medical certificate confirming your pregnancy. You must also give at least 4 weeks' written notice if you want to take the 16 weeks' additional maternity leave. You can give both these notices at the same time.

You must give your employer at least 4 weeks' written notice that you intend to return to work. If you do not comply with these notice requirements, you may lose your rights.

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.



Set Dancing

Every Wednesday night from 8:00pm -10:00pm in the Upper Glanmire Community Hall





ERIN'S OWN LADIES CLUB

Erins Own U9, 10s, 11s and U14s

Our U9s & 10s ladies footballers had their first challenge match of the season playing St Finbarrs. It was a lovely sunny day and the girls showed off their football skills on a very muddy pitch. Our U11 footballers played very competitive games V Bride Rovers and Rockban and the U11 camogie team played games V Watergrasshill and Midleton, while the U14 footballers played their first league game v Fermoy.

Cork U16 Football

Congratulations to Niamh, Megan, Jenny, Eabha & Orlaith on winning their Munster Final with the Cork U16A squad and to Chloe Kent also winning a Munster final with the Cork U16B squad. The Erins Own girls have brought a total of 6 munster medals back to the club over the last couple of weeks. Congratulations to coach Martin Nagle who is also part of the U16A management panel. Super achievement by all.

Amy & Judy

Congratulations to Amy McSweeney & Judy Cogan on being selected for the Cork Primary games camogie team that played in Pairc Ui Chaoimh on the 30th of April during the Cork V Waterford game. Well done to both girls who had a great game. Future stars no doubt !!

Clodagh & Caoilin

Well done to Clodagh & Caoilin who are part of the Cork U14B football team who recently played in the Munster LGFA Blitz in Mallow.

Zoe Carr

Well done to Zoe Carr on writing a fabulous letter which went viral to her Irish Soccer idol Denise O Sullivan.

Kate & Farrah

Well done to Kate & Farrah on making the Cork U16B camogie

team. The girls have had two great wins so far in their Munster Championship.

Imokilly

Congratulations to Abbie, Chloe, Farrah, Kate, Orlaith and Saoirse on being presented with their U15 Camogie Blitz winners medals for 2022 playing with Imokilly. Congrats also to our Erins Own coach Mick Wallace who was part of the management team with U15 Imokilly panel.

New members

All new members are welcome to the club please contact secretary.erinsown.cork@camogie.ie for camogie and erinsown.cork@lgfa.ie for football.



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Sarsfields Camogie Notes

All our teams are actively involved in their Go Games blitzes and County Leagues are also well underway. Our U11s had the great pleasure of playing in Pairc Ui Chaoimh 4G which was a real treat.

Our U16s had a very enjoyable road trip to Kilmacud Crokes in Dublin during the Easter break, even taking in a bit of retail therapy afterwards in Dundrum. Kilmacud were great hosts and some of our girls even lined out with them to ensure everyone got full game time. Great day by all accounts.

Inter-county teams are also very active and we're well represented as follows:

Senior: Molly Lynch & Olivia McAllen

Intermediate: Orlaith Mullins & Lucy Allen

Junior: Tara Elliott
Minor: Sinead Hurlley (Capt), Ava Fitzgerald, Kate Fennessy, Ciara Rice, Laura Dunlea & Rachael Roche

U17s: Nessa Treacy & Anna Nestor

U16As: Eimer O'Callaghan & Sophie Pomeroy

U16Bs: Jane O'Brien & Ashling Desmond

U15s: Aoife Treacy, Elise Tierney, Aoife Collins, Ali Nolan, Eve Kelleher & Sally Barry

U14s: Emma Walsh, Maria Irwin & Sophie Duggan



U16s Road Trip



Kilmacud & Guest Players



Cork Minor Capt.



U10s Blitz



U10s vs Vincents



U14s vs Carrigaline



U11s in PUC 4G



U8 & U9s Blitz



U12s vs Vincents



White's Cross GAA News

whitescrossgaa.ie



White's Cross and St Vincents Under 9 boys teams

Junior Teams Round-up!

Our Junior A footballers have now played three games in the league. So far, however, we have only one win from three games; that was an away victory against Passage in the opening fixture. In each game though, we have got more scores than our opponents. Alas, as of yet, we are waiting to register our first goal. This has been a key reason why we have failed to win the other two games. We have plenty of possession, we are able to score but without a goal threat thus far we are not collecting the league points as a reward for the teams' efforts. This is something that coach Michael Prout will be keen to address as the season progresses. The

last year. To the surprise of many, the side has settled really well. They got off to the best possible start with an away victory over Whitechurch. There was a narrow defeat to Glen Rovers in a game that they could have as easily won that was played in terrible conditions. The defeat to St Vincents was a little bit more decisive but in the last game against Bishopstown they earned a point after a hard-fought draw. This was a game that they lead for the first 53 minutes so they may feel that they should have collected both league points on offer. Considering that we twice had to equalise as the game went into injury time, the players and management will have to settle for the point.



White's Cross Under 10 Boys Team

Junior 4 football team have only played two games so far. They beat Brian Dillons in their opening game but then suffered a surprise heavy defeat against Rochestown in round 2. The junior hurling team has played four games in their league. There was a certain nervousness about being graded in Division 1 of the league this year given some of the heavy defeats that we have endured over the

Action will continue apace over the next month in the leagues and in the opening rounds of the McSwiney and MacCurtain Cups. By the end of May, most of the league programme will be completed and we should have a greater idea of how the team is shaping up. Underage Action
The under 18 footballers' recent victory over Whitechurch has meant that we have qualified for our

first final of 2023. They will play Ballinora in the final of the football league. For any under 18, this will be their last game at underage level as minor action switches to under 17 for the remainder of the year. The final will be a tough contest as Ballinora inflicted a heavy defeat over our lads on the opening day. However, we know that our players and management are eager to play them again and show that the performance that day was not a true reflection of they normally perform. Best of luck to all in the final. Keep

you are newly promoted and it is early in the season. The footballers are also undefeated though they did draw one game when they played St Catherines away. The under 12s have played two games in the football league. They had a noteworthy 10-point victory over Na Piarasigh in their opening match. They didn't have it nearly as comfortable in their second game against Erins Own and they had show a different set of qualities here to come away with a narrower two point victory. However, the



Action from the under 12 camogie tie v Inniscarra

an eye on social media for the details and please support the lads.

The under 16s have only played two games. There was a narrow defeat to Whitechurch in the opening round of the football league. In hurling, they are the only club team to play in the Rebel Og North competition. In their opening game they lost by 10 points to St Dominics (Glanworth/Shanballymore amalgamation).

The under 14s have had a very impressive start to their season. They are playing in Division 1 of the hurling league. The hurling by this side has really improved and they have shown that they are well able to compete in Division 1. They drew their opening game against St Colmans (Cloyne/Russell Rovers) which would have given them confidence. In their second game, they went under to Killeagh. This was a very high-scoring game and the defeat was a narrow one. Often the performance is as important as the result; particularly when

highlight for this group over the last month was their trip to Croke Park to play in a hurling blitz. This is a memory that the lads will remember for a life time. They played teams from Waterford, Tipperary and Clare. Hopefully, we'll see some of them back playing on the hallowed turf of Croke Park in the future.

The girls team have also been back in action. The under 12 camogie team put in a strong performance against Inniscarra in White's Cross while the under 14 ladies football team also had an impressive showing away to Mayfield in their opening match.

The above are the formal league competition that are now in full swing for all club teams of age. The younger boys and girls have also been very busy. The under 8s played a game in Pairc Uí Chaoimh while the under 9s, 10s and 11s also had challenge matches organised against St Vincents, Bishopstown and Clyda Rovers respectively.



Cispheil Cathaoireacha



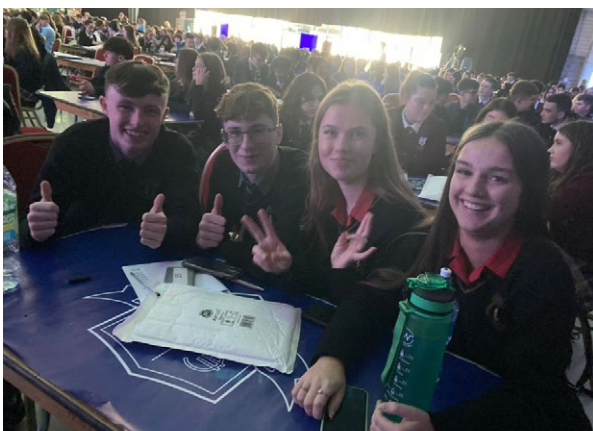
Bhíomar co-sásta páirt a ghlacadh sa chomórtas Cispheil Cathaoireacha Rothaí a bhí ar siúil i UCC. Tá ardmholadh tuille ag gach dalta a ghlac páirt. Thug ár gcarra, Máistir MacAlastair, an cuireadh dúinn.

Gradam Sparántachta



Bhronnamar ár ngradam sparántachta mór le rá ar Chloe Alavoine. Bhronn Greg Ó Murchú, úinéir The Brook Inn, atá ina iardhalta ar an scoil seo, an sparántacht fhlaithiúil ar Chloe. I láthair ag an mbronadh bhí Pádraig O'Sullivan TD, iardhalta eile.

Dúshlán 'Money Smarts'



Ghlac daltaí na 5ú bliana páirt i dTráth na gGeist 'Money Smarts'. D'eagraigh Banc na hÉireann an comórtas agus bhí lá iontach ag na daltaí sa Chathair Mhór!

Teastais PGSS



Bhí lá speisialta againn nuair a bhronn an Príomhoide na teastais PGSS ar dhaltaí na hIdirbhliana ar son na hoibre iontach a rinneadar i rith na Sraithe Shoisearaigh. Mol an óige agus tiocfaidh sí!

Rogha Ábhar



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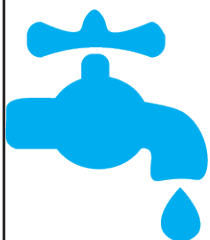
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Glanmire Heritage Society will give a Talk on Local Heritage at Glanmire Library:
On Friday, 12th May 2023 at 2.30 p.m.
All welcome

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SPRING STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



Style begins in your wardrobe. It's where your personal shopping choices hang. Your personal expression to the outside world, it stores pieces that enhance your best features, colors that on wearing you receive compliments. Fabrics that make you feel comfortable and create inner confidence. Outfits that cater for every event so you don't experience panic when you receive a short notice invite.

It can be daunting and time consuming creating a wardrobe that fits all the above. You do not need vast amounts of clothes but you do need clothes that suit your shape, coloring and your lifestyle.

That's why I can help you let go of items you no longer wear, lost interest in your everyday outfits or your lifestyle has changed but your wardrobe has not. Work with me and together let's curate a wardrobe that makes dressing enjoyable and gives you that confidence boost. Contact me through the details below for more information.

This month let's look at pieces that can be work for work but with minimal changes can create also a polished leisure look.



Let's talk suits! Suits have been around forever and in many wardrobes, I declutter I often come across suits which still look great after many years. Suits can be worn in each season and investing in a well-tailored is an investment. In your work space or a social event, they express style, status, mirror achievement and success.



Striped shirts are very popular this spring. The classic blue and white striped shirt is one of the easiest trends to mimic. In 2018 Megan Markel looked chic wearing a striped nautical oversized Ralph Lauren shirt with crisp wide leg trousers to Wimbledon.

For work wear wearing a crisp striped cotton shirt under your trouser suit or with navy or cream trousers expresses office chic. These striped shirts come in a wide variety of prices and I would recommend a breathable cotton fabric coming into spring.

This cotton striped shirt will make a valuable packing item for a city break or a sun holiday. If you are lucky to be somewhere hot wear the shirt open over a tank top and shorts. Basically, this shirt could become one of your most worn spring summer item.

When it comes to versatility a white t-shirt is essential. It might seem simple to find but actually it's easier said than done. A white t-shirt has a whole lot of work to do considering how many situations it can be picked the handle.



The classic white tee is a casual basic but can be added to your investment trouser suit. The white t-shirt needs to hold its color and shape, adding effortless dependability to any outfit. This t-shirt can be paired with your jeans, leather trousers or a satin skirt. Why not contact me to book a personal fashion shopping session to save you time and pick up your spring wardrobe essentials.

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

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



Notice Board

GLANMIRE INDOOR BOWLS

Community Centre,
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Over 18s, Males &
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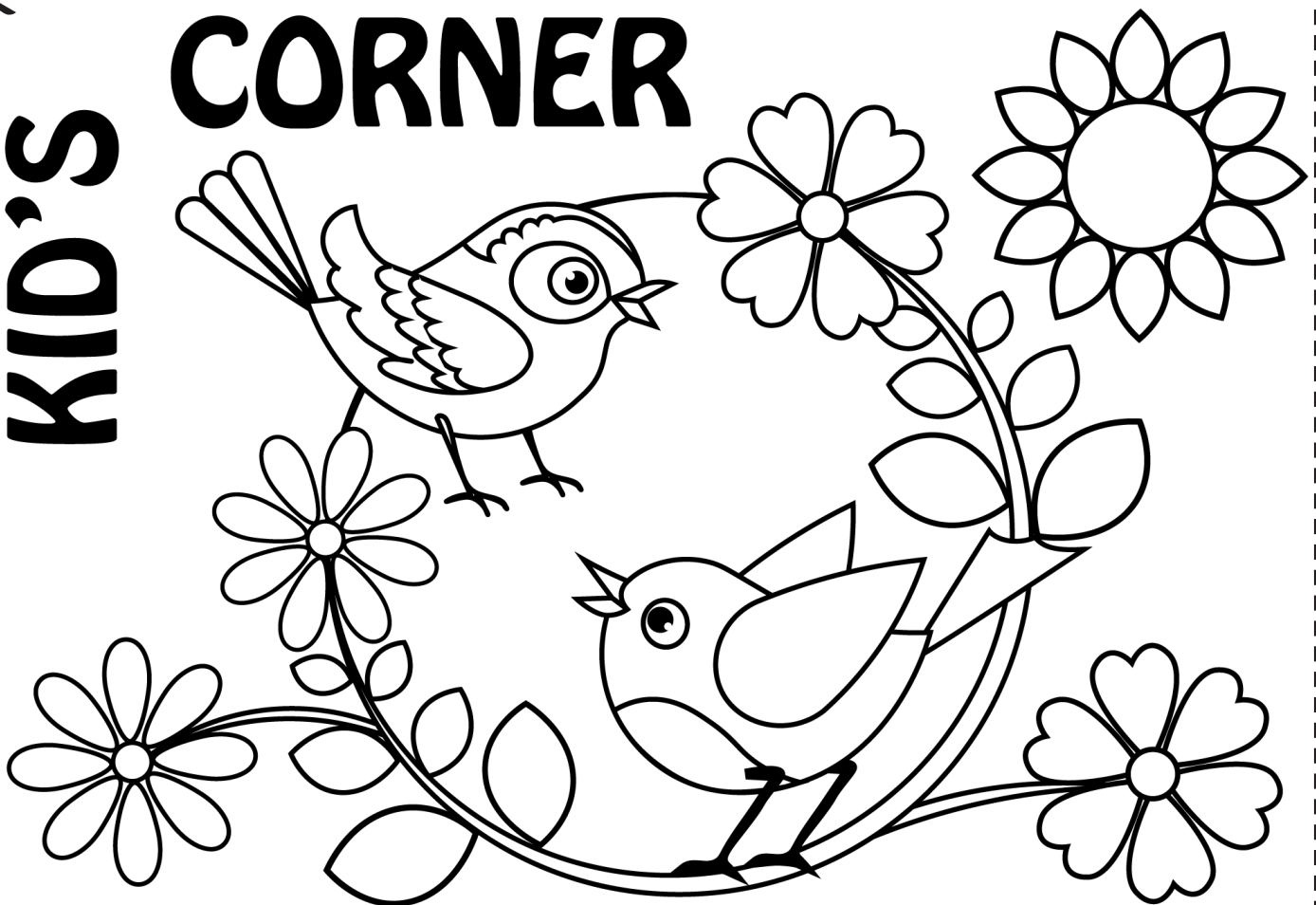
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Karen Doyle trading as One Plan Financial is regulated by the Central Bank of Ireland

'A good financial planner looks after the future so you can enjoy today guilt free'

If you wonder where your money has gone at the end of the month, wonder if your savings could be working harder, wonder what retirement will look like and how you can prepare, then you could benefit from using a financial planner. Local financial planner, Karen Doyle has created a unique solution to help people take control of their finances.

"We noticed a gap in the market for people that need direction with their finances and advice around pensions, investing and allocating money in general in the right places. We created **The One Plan** as a solution to help people in these areas and provide a roadmap for their future. Our Financial Healthcheck involves gathering financial details through an online fact find and doing an analysis of spending habits, debt levels, savings, insurances and pensions."

"The Life Plan involves getting to know the client by asking questions about their financial goals and plans for the future. Our consultation involves an hour long meeting during which we go through all aspects of their finances focusing on the specific areas that are needed. We start with advice around budgeting and

managing day to day expenditure. We then use cash flow modelling to project their finances out to the future taking into account inflation, investment projections and possible scenarios along the way. This gives them a picture of how the future might look based on what they're currently doing and changes they can make to change this picture."

"It is important to maximise the income you earn in your working life to prepare for when you are no longer able to earn it. We will focus on goals like child's education and other large expenses that might come your way. Whether your goal is paying off your mortgage early or retiring early, we will help you to achieve these and other lifestyle ambitions and then ensure that the income that provides for those goals is robust to health challenges."

Karen has recently qualified as a Certified Financial Planner which is an internationally recognised qualification which trains financial advisors to provide comprehensive financial planning services to individuals and businesses. They are knowledgeable in investments, financial planning, estate planning, tax planning and insurance planning. "Since adding this to my qualifications and experience as a financial advisor it has substantially improved the outcome for my clients. There are approximately 30,000 people



working in financial services in Ireland and only 1,000 approximately are Certified Financial Planners so it definitely gives me the edge!

What you will gain from The One Plan:

- Clarity around your financial goals and how to reach them.
- Understanding of your current cover and what you really need.
- Advice on your pension and how retirement looks so far.
- Guidance around how to make the most of your savings.