


## Coláiste an Phiarsaigh celebrating 50 years



Visit for Minister for Education, Norma Foley to Coláiste an Phiarsaigh, which is celebrating fifty years providing education through the medium of the Irish language on its campus in Glanmire. ...continued on page 12



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# Glanmire Community Games

## Athletics

At Mardyke on Saturday June 24 from 3-6pm

Entries Close on 17 June

Glanmire can Have 3 entries in each event

### Events

Boys & Girls U8	60M
Boys & Girls U8	80M
Boys & Girls Under 10	100M & 200M
Boys & Girls Under 12	100M & 200M & 600M
Boys & Girls Under 14	100M & 800M
Boys & Girls Under 16	100M, 200M & 1500M

Relays U8, U12, U14 and U16 4x100M-Boys Girls and Mixed

### Field Events

Ball throw U1, Discuss U14, High Jump U14, Javelin U14, Long Jump U14, Shot Putt U14, Hurdles U10 and U14

Each athlete can run in 1 athletics event and compete in 1 Field event and also run in a relay team.

**All entrants must be under age at 31 July 2023**

### **NB**

U8 - means you cannot be 8 before 31 July 2023

U10 - means you cannot be 10 before 31 July 2023

U12 Means you cannot be 12 before 31 July 2023

Michael Burns      087 259 7023      info@mburns.ie

Martina Daly      martinadalyh@gmail.com

Finbarr Herty      coille2006@gmail.com

Ailish Murphy      ailishmurphy1@gmail.com

**NB This is a TOWN/VILLAGE event and NOT a school event**





# Wellspring Chiropractic

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May 2023 Issue | Newsletter published monthly by Wellspring Chiropractic

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## Poor Posture and Its Effects on Your Body



Did you know that poor posture can cause more than just back pain? When we slouch or hunch forward, it puts unnecessary stress on our spine and can lead to a variety of other symptoms throughout the body.

One of the most common issues caused by poor posture is headaches. When the head is held in front of the shoulders, it can cause strain on the neck muscles

and nerves, leading to tension headaches. In addition, poor posture can lead to digestive problems. When the spine is not properly aligned, it can affect the function of the digestive organs and lead to issues such as acid reflux.

If you're experiencing any of these symptoms, it may be time to focus on improving your posture—and we're here to help! Contact us today to book an appointment.

## Finding Joy in Everyday Life

Wondering how you can live your best life?

Mindful living is a practice that can help us find happiness in our daily lives, and involves being present and fully engaged in each moment, rather than allowing our minds to wander.

By focusing on the present, we can reduce stress and anxiety, increase our sense of calm and contentment, and improve our overall well-being.

One way to cultivate mindfulness is to take time each day to practice breathing exercises. This can help us develop greater awareness of our thoughts, feelings, and physical sensations, and become more attuned to the world around us.

Another important aspect is cultivating gratitude. By focusing on the things we're grateful for, we can shift our attention away from negative thoughts.

It's also important to take time each day to engage in activities that bring us joy, whether that's spending time with loved ones, a hobby, or taking a walk in nature.



## Headache Prevention



Headaches can be a major source of discomfort and can interfere with daily activities, but the good news is that they can often be prevented. Chiropractic care is one effective approach that can help reduce the frequency and severity of headaches.

Chiropractors focus on correcting spinal misalignments that can interfere with how our body functions. Sometimes, misalignments lead to pressure or nerve irritation, which can result in a wide range of symptoms throughout the body, including headaches.

Adjustments work to realign the spine and remove interferences, which may help reduce inflammation and tension. By addressing the root cause of the problem, chiropractic care may provide long-term relief from headaches, rather than just masking the symptoms with medication.

In addition to adjustments, there are other steps you can take to prevent headaches like maintaining good posture, staying hydrated, getting enough sleep, managing stress, and avoiding triggers such as certain foods or environmental factors.





Charlie Wilkins

## GONE TO POT

In gardening, less can sometimes be more, and many beginners tend to over-plant and over-ornament. It is a mistake to introduce too many ideas, objects, or plants into too small an area. Most properties are small these days and there's a natural tendency to want everything that takes one's eye in other people's gardens. As well, it is all too easy to divide up a garden into too many compartments, making it seem smaller than it actually is. Ease up I suggest over-heavy planting but increase the number of stopping points, and places of interest where one can sit and rest.

An easy way to create interest near garden seats and rest areas (and especially on balconies) is to use pots containing appealing and engaging plants. Herbaceous perennials are often neglected as suitable subjects, yet many lend themselves to simple pot culture. Let me give you a few examples.

Perennial wallflowers are made-to-measure container plants. Although they belong to the cabbage family (which make tap roots) in pots and containers their roots spread and divide. These evergreens often flower continuously through winter as well as summer but they're probably at their best right now. Many have dark

buds opening to paler flowers that become more colourful as they age. All are wonderfully fragrant. Erysimum Bowles' Mauve is probably the best but 'Plant World Lemon' has flowers fading from pale yellow through bronze to mauve. Others are easily and cheaply sourced at garden centres.



Hosta 'Gold Standard' delights from March to November in its large glazed pot. This variety (and most others) enjoy cool, shade conditions and as such are ideal for apartment balconies and the like. Remember to water often as the large leaves can act as a kind of umbrella!

Another good perennial is the Hosta. One plant on its own in a simple hand-thrown or glazed pot makes a spectacular sculpture, moving through a series of different forms from tight, sharp spikes to huge open leaves. Hosta 'Gold Standard' (illustrated) is a classic in our garden. Its elegant green/yellow foliage has a grape-like

bloom from early spring to late autumn and elegant blooms in midsummer. Needless to say slugs would love it any night but to keep these rampaging gastropods away the pot is stood in a shallow tray of water to make a simple 'moat'.

Heucheras which I have covered in the past but don't forget that all are ideal when cultivated in pots and they have a range of qualities with which to bamboozle us. Apart from the fact that this family of ornamental foliage plants came through the last two winters here at Villa Marie without as much as a damaged leaf, their foliage is endlessly colourful, it has a good texture and the 'foam flower' (its colloquial name) always looks elegant and stylish. Best of all, they extract very modest demands on the compost and the prevailing conditions of sun or shade. Generally, heucheras do best in light shade during the hottest part of the day for full sun would burn and discolour its foliage during very hot spells. Dappled shade therefore suits them admirably. The worst insect pest on these is vine weevil but they're easily controlled with Provado Vine Weevil Killer. My personal heuchera choices include; 'Tiramisu', 'Lime Cordial', 'Marmalade' and 'Electric Lime' but believe me no variety will be found less than good.

## THE JUNE GARDEN

JUNE is surely the most effervescent and ebullient month of the year. Growth is frothing and the sensation of newness abounds in the hedgerows and all through the countryside. In the garden, miracles are now a daily occurrence. Swollen buds on a tree peony opened only recently to reveal resplendent flowers and I had the privilege of not alone holding it in my hand but drinking in its perfume whilst marvelling at its very existence but wondering at its fragility. Yes, miracles are to be found in all gardens this month..

HERBACEOUS plants (and in particular lilies) should be watched carefully and their stems tied as they develop, otherwise they may be damaged by wind and wet conditions. Link Stakes are still one of the best options for neatness and practical support for floppy plants but bamboo can be used, so too pea sticks, pushed in among lengthening stems and growths. Be on the lookout for bright red lily beetles and pick these off once noticed. An infestation would quickly defoliate an entire stand of lilies. Dot confuse these with Ladybirds/ Lily beetles have no spots, are generally oblong and raise their young in black droppings.

SWEET PEA; Beware dryness at the roots of sweet peas. Never allow them to go short of water and feed them regularly with a liquid fertiliser. I like

to use liquid feeds, especially those based on seaweed, during the period May to late June, thereafter liquid tomato food, as often as needed. Flowering will then be generous and prolonged.

DAFFODILS; Remove the foliage of daffodils now that June has arrived. If clumps have been growing in the same spot for a number of years and are not flowering well, then overcrowding may be the cause and now is the optimum time for tackling the problem. Lift and divide the daffs, replanting immediately the fattest, more substantial bulbs. Keep two inches between these. Excess stock can be used in new planting positions.

APHIDS; Watch for aphids and greenfly on roses and other ornamentals including lupins. Regular spraying may be necessary to prevent damage and poor flowering. The insects can usually be found feeding on the young shoots especially towards the tip of all soft growths. If you want to remain chemical-free, try using a good squirt of washing-up liquid mixed with a few litres of water applied where needed.

ROCK ROSES; The 'tissue paper' flowers of Cistus (rock roses is their common name but they're not true roses as we know them) are charming, especially those which are white with carmine red centres. They may be as large as three inches across and although they last but for a day at a time, the shrub will produce them in great numbers

for up to two months in summer. Ideal for clothing sloping banks, steep inclines which cannot be grassed, or hungry dry sites, the plants are best bought in bloom for their colours will then be evident. Be warned however that they resent being transplanted or pruned. Once you decide on a sunny, well-drained position and planting has taken place, leave well alone.

CLEMATIS; Here's a bright idea you might like to copy. Next time you visit your local garden centre see if you can source a clematis called 'integrifolia'. This delightful variety from central Europe enjoys full sun and is ideal for a border among other perennials for it only grows to about three feet with a similar spread. It's captivating two inch mid-blue, bell-shaped flowers formed from four petal-like sepals, appear from mid-summer to early autumn. It flowers on the current year's shoots so should be cut down to a pair of buds six inches above ground in very early spring. The leaves are mid-to-dark green and the flowers are followed by silvery brown seed heads. This clematis likes fertile, humus-rich soil which drains easily. Failing this, any of the Raymond Evison clematis (from Guernsey) will certainly delight for they grow and flower at around six feet or less and be ideal for training up through low-growing shrubs. Try one on a metal or willow 'teepee' and you'll have a feature as well as enchanting blooms for much of summer and autumn.



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## GLANMIRE LADIES FOOTBALL CLUB

### Minor

Our Minor B squad were out in East Cork League recently, playing games against Carrigtwohill and St. Colmans. After a good performance against Carrigtwohill, they were unlucky to lose out by 4 points. Against St. Colmans, the girls came from 6 points down with 15 minutes to go, to come back and get the win.

In the Minor A East Cork League, Glanmire came away from Aghada in a hard fought game! Well done to the girls on some excellent scores and football on the night!

to Pharmacy First Plus in Glanmire for their sponsorship of this event and to all the businesses that sponsored tees and greens on the day!

### Cork

Congratulations to Emma and Clodagh on their recent Munster Championship success. The girls were involved with the Cork U14B squad that won the U14 Johnny Hayes Tournament A Final.

Lucy Greene was involved with the Cork Senior B squad in their recent game against Clare. Unfortunately they lost



Emma and Clodagh Munster Champions

are part of the Cork U14A squad that beat Dublin in the recent U14 Platinum All Ireland Quarter Final. They now go on to play Cavan in the semi-final.



Cork U14A Players and Management

girls on reaching the semi final of the county qualifiers and doing themselves proud!

### Intermediate

Well done to our Intermediate panel on their recent Senior League wins against Clonakilty, Kinsale and Inch Rovers, only losing out to Eire Og by 1 point.

### Junior

Our Junior 1 squad have had wins against Dohenys and Eire Og, with only 1 loss against Aghada.

While our Junior 2 team, which is the clubs 3rd team, have had some tough losses against the 2nd teams of Fermoy, O' Donovan Rossa and Douglas. In saying this the girls have improved with every performance and look ahead to some challenge games before Championship.



Minor B Squad



Minor A Squad

### Golf Classic

Our annual Golf Classic took place on Friday 19th May in Castlemartyr Resort. The weather was on our side for this great event and everyone enjoyed a great round of golf on the day. Thank you

out on the day to Clare's first team. They then went on to beat Kerry with Lucy chipping in with 2-2 on the day.

Well done to Sophie, Orlaith, Orna, (players) Sean and Ionnais (management) who



U15 Feile Squad

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## Dan Donnelly, Dornálaí: - (Cuid 2)

Micheál Ó Súilleabháin

Leath cáil Dan i ndiaidh an bhua ar Cooper. Bhí an seasca punt imithe gan mhoill. Ní raibh fostóir Dan sásta, áfach, lena chuid oibre mar shiúinéir, mar bhíodh éifeachtaí na dí air go minic agus ní raibh sé in ann a chuid oibre a dhéanamh go sásúil. Rinne sé tairiscint go mbunódh sé Dan mar thábhairneoir, dá mbeadh Dan sásta oibriú go díograiseach ag an ngnó. Ghlac Dan leis an tairiscint. Bhí cúrsaí ag dul ar aghaidh go maith ar feadh tamaill. Bhí an-trádáil á déanamh sa tábhairne. Dúirt Dan go raibh a shaol mar dhornálaí thart, cé's moite de bhabhtaí taispeántais. Faoin am seo, bhí Dan pósta agus bhí an bhean ag cabhrú leis sa tábhairne. Ach de dheasca Dan a bheith ró-cheanúil ar an deoch, chuaigh an gnó i léig. Bhí Dan i bhfiacha. Bhí airgead le déanamh i Sasana mar dhornálaí, ach ní raibh fonn ar Dan dul ann. Fuair sé ceadúnas do thábhairne eile i mBaile Átha Cliath. Ach léirigh Dan na laigí céanna mar thábhairneoir agus gan mhoill bhí fiacha air arís. D'oscail sé an tríú tábhairne ach, fairíor, bhí an scéal amhlaidh. Bhí sé sa ghnó mícheart toisc go raibh sé ró cheanúil ar an deoch.



Jim Byrne le Lámh Dan Donnelly

Ní raibh aon dul as aige ach filleadh ar an dornálaíocht. Bheadh air dul go Sasana mar bhí leisce ar Shasanaigh é a throid in Éirinn. Dar leo, rinneadh caimiléireacht ar na Sasanaigh a throid Dan in Éirinn agus ní bheidís in ann cothrom na Féinne a fháil ann. Rinne sé teagmháil le Jack Carter, dornálaí, an trodaire ab fhearr i Sasana, de réir dealraimh. Socraíodh roinnt babhtaí taispeántais eatarthu. Chuir Gaeil Learphoill fáilte roimhe. Bhí tábhairneoir Éireannach ann darbh ainm Regan, a bhí toilteanach lóistín saor in aisce a chur ar fáil dó. D'eagraigh Regan roinnt cóisirí a lean ar feadh na hoíche agus bhí Dan páirteach go fonnmhar sa tsiamsaíocht. Ach d'ól Dan an iomarca agus bhain daoine áirithe leas as an riocht ina raibh sé i ndiaidh na dí chun é a scarúint óna chuid airgid. D'éirigh go maith leis na taispeántais i Learpholl agus tháinig cuireadh ó Londain ansin. Chuaigh Dan go dtí an phríomh-chathair chun páirt a ghlacadh i roinnt taispeántas eile. Tháinig na sluaithe chun iad a fheiceáil. Ansin fógraíodh go mbeadh babhta troda idir Dan agus Tom Cribb, curadh Shasana. Fairíor, bob amadán Aibreáin a bhí ann.

Socraíodh troid idir Dan agus Tom Oliver, duine de na dornálaithe ab fhearr i Sasana. Socraíodh go mbeadh an troid in Buckinghamshire ach aistríodh é ag an nóiméad deireanach go Sussex, a chuir



Tom Oliver a throid Dan thar 34 babhta

olc ar mhórán a bhí tar éis turasanna fada a dhéanamh. Dhéantaí é seo chun an dlí a sheachaint mar bhí troideanna duaise mídhleathach ach, in áiteanna áirithe, thug na póilíní cluas bhodhar dóibh.

Thosaigh an troid ag a dó a chlog. Sna babhtaí tosaigh, bhí an troid cothrom go leor. Sa seachtú babhta leagadh Dan. Bhí 30 soicind ag an té a leagadh chun éirí arís. Bhí babhta coraíochta ag an mbeirt san ochtú babhta. Bhí Oliver ag cur fola go tiubh. Faoin 12ú babhta, bhí Oliver ag tuirsiú. Sa 14ú agus sa 15ú babhta, leagadh Oliver. Bhí cúis dóchais ag Oliver sa 24ú babhta, nuair a leagadh Dan. Bhí Dan ag cur fola óna bhéal. Faoin 27ú babhta, bhí an lámh uachtair ag Oliver. Leagadh Dan arís sa 28ú babhta. Bhí uair an chloig imithe faoin 30ú babhta.

Sa 31ú babhta rinne Dan teacht aniar. Leag sé Oliver le buille clé. Bhí muinín Dan ag méadú. Ach bhí Oliver fós sa chomórtas. Tugadh faoi deara nár úsáid Dan an lámh dheas i rith na troda. Comhairlíodh dó úsáid a bhaint as. Ghlac Dan leis an gcomhairle agus bhuail sé a chéile comhraic go láidir san aghaidh. Sa 34ú babhta, thug Dan sonc sa chloigeann dó. Baineadh tuisle as Oliver agus bhuail Dan é go láidir sa chluais dheas. Leagadh Oliver. Rinne a chúntóirí iarracht é a athmhúscailt sa 30 soicind a bhí ceadaithe ach iarracht in aisce a bhí ann. Bhí Oliver gan aithne gan urlabhra, nuair a fógraíodh deireadh leis an gcomórtas. Mhair an babhta troda uair an chloig agus deich nóiméad.

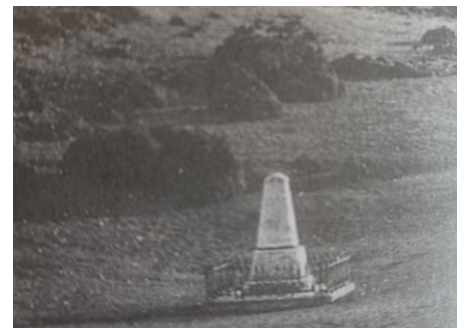
Bhí an-cheiliúradh i Londain an lá dár gcionn. Canadh 'Donnelly's Sprig of Shillelagh', bailéad a chum Éireannach anaithnid in onóir Dan. Cé go raibh an bua ag Dan, bhí díomá air nach raibh sé i mbarr a mhaitheasa. Nuair a rinne dochtúir scrúdú ar Dan, fuair sé amach go raibh droch-éifeacht ag nósanna beatha Dan ar a shláinte. Shroich an scéal Baile Átha Cliath agus shocraigh a bhean cuairt a thabhairt ar Londain. Bhí sí an-tuisceanach agus chuir sí an milleán ar an gcathú a cuireadh air i Londain. Faoin am ar thóg Dan Londain, ní raibh ach £20 aige ina phóca, cé go raibh suim mhaith déanta aige le sé mhí. Chaill sé mórán airgid ar chearrbhachas agus, dar ndóigh, ar an alcól. Ach nuair a bhí sé ag dul isteach sa chóiste chun dul go Learpholl, seirbheáladh eascair air agus bhí air £18 a íoc. Bhí £2 fágtha aige tar éis dó sé mhí a chaitheamh i Sasana.

Ar an 15 Feabhra 1820, bhí Dan an-bhreuite. Chuaigh sé amach ag siúl mar cheap sé go gcabhródh an t-aer úr leis. Ach d'éirigh sé lag agus bhí air filleadh ar an tábhairne

a bhí aige ag Pill Lane. Bhí air dul a chodladh. Nuair a dhún a bhean chéile an tábhairne san oíche, fuair sí amach go raibh drochbhail air. An mhaidin dár gcionn, chuir sí fios ar dhochtúir. Ní raibh mórán dóchais ag an dochtúir go bhfeabhsódh Dan. Chodail sé i rith an lae go dtí 11 a chlog san oíche. Dhúisigh sé nuair a bhuail taom trithí é. An mhaidin dár gcionn, bhí Dan ag éirí níos laige. Chuir sagart an ola dhéanach air. Faoi mheánlae, bhí feabhas áirithe air. Rinne sé iarracht eirí ach thit sé i bhfanntais. Fuair Dan bás ar a haon a chlog ar maidin, 18 Feabhra, 1820. Bhí sé 32 bliain d'aois. Chaoin gnáthphobal na tíre bás Dan. Bhí na sluaithe bailithe ar dhá thaobh na sráide, de réir mar a rinne an cóiste marbh a shlí go Cill Mhaighneann. Ansin scoireadh na capaill agus tharraing roinnt dá lucht leanúna an cóiste go Bully's Acre. D'úsáidí Bully's Acre do dhaoine a bhí ar an ngannchuid a chur. Fairíor, ní fios inniu cén áit sa reilig ina bhfuil Dan curtha. Ach comóradh gaiscí Dan i mbailéid a scríobhadh, ní amháin i mBaile Átha Cliath ach ar fud na tíre.

Trí chiliméadar ó Chill Chuillinn i gContae Chill Dara, tá Donnelly's Hollow. Tá leacht aoil ann a dhéanann comóradh ar bhua cáiliúil Dan ar George Cooper. Cé go bhfuil éifeachtaí na haimsire agus na gcreachadóirí tar éis cur isteach air, stopann cóistí le turasóirí ann fós mar a gcloiseann siad scéal bheatha Dan ón treoraí. Scéal caithréimeach agus scéal tragóideach a bhí ann.

Bunaithe ar an leabhar: Dan Donnelly le Patrick Myler



Leacht in onóir Dan ag Donnelly's Hollow

### Gluais:

caimiléireacht= trickery nó dishonesty  
cothrom na Féinne=fair play  
páirteach go fonnmhar=participating enthusiastically  
bob amadán Aibreáin=April fool joke  
a chuir olc ar=which enraged  
cluas bhodhar=ignore  
babhta coraíochta=a wrestling round  
teacht aniar=recovery  
seirbheáladh eascair air=he was served a writ  
drochbhail=poor condition  
taom trithí=convulsions  
ola dhéanach=last rites  
creachadóirí=vandals  
caithréimeach agus  
tragóideach=triumphant and tragic





# UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



The month of May already soon we will be into holiday season and summer begins – bring on the sunshine.

On Friday 28th of April the Upper Glanmire Community Association welcomed the Deputy Lord Mayor, Cllr. Joe Kavanagh to officially unveil the plaque depicting the works carried out regarding the rainwater harvesting, the erection of Geodesic Dome and the improvement works to the community grounds. This project was funded by the Department of Rural and Community Development and Cork City Council under the Town and Village renewal scheme 2020. Chairman of the Upper Glanmire Community Association, Jerry Burke welcomed the Deputy Lord



Mayor, Colm Burke T.D., County Cllr. Sheila O'Callaghan, Principal and Deputy Principal of Scoil Naomh Mícheál, engineers and officials of Cork City Council, and the many sponsors and volunteers present. He thanked all for their help, support, and sponsorship of this and of other projects without which the completion of these works would not have been possible. Jerry took the opportunity to remind the City Council Officials now the Community have finalised their part of these works, and now await confirmation of the start date for works to be undertaken by the City Council as their part of the project, namely the necessary road safety measures, footpaths, lighting, and the landscaping of the Upper Glanmire village. Jerry called upon Cork City Cllr. Sheila O'Callaghan to continue her endeavours to improve Buckleary's Cross junction. Jerry wished to acknowledge the role of Peter Falvey who first submitted an expression of interest to the Council the results of which were evident for all to see. The Deputy Lord Mayor, Cllr Joe Kavanagh, complimented the Community Association and the people of the area on the wonderful spirit and cooperation that exists and urged everyone to volunteer and continue their support and sponsorship to enhance the various activities in the area. Continuing, the Deputy Lord Mayor, speaking of those assembled that he has been pursuing this service for years and that, three

years ago, he, along with Peter Falvey, Jerry Burke and others had travelled by bus through the Ros Ard Estate in Upper Glanmire, and in so doing, were able to prove the National Transport Authority the proposed bus service was a viable option. Cllr. Kavanagh said that he was confident that the approved Bus Connect Cork Bus Network, which includes Upper Glanmire, a service which is badly needed, should be up and running early next year. He promised to continue in his efforts to ensure that this would happen sooner rather than later. The large gathering was then entertained with some refreshments and a very sociable afternoon was had by all.

The large gathering in Upper Glanmire Community Centre on Friday the 28th of April were in stitches and treated to a fantastic night's entertainment by the wonderful artists of The Glen Theatre Drama Group from Banteer, with their hilarious comedy "Separate Beds" by Sam Cree. This not to be missed production was described by many as the best comedy ever, if you missed this play, make every effort possible to see this production when presented again and I'm told that the Glen Theatre Drama Group travelled to Armagh to stage the show on Saturday 6th of May. The Upper Glanmire Community Association hope to resume the 2023/2024 seasons concerts next September.



## BOOKING OF SPORTS HALL/CONCERT HALL

**GYM membership: yearly €215**

**6 months: €155**

**3 months: €80**

**Monthly: €28**

**Contact Dermot Cambridge 087 0981940**





## The Eucharistic Procession set to return to the streets of Cork on June 11th, the first time since 2019



"The Eucharistic Procession has been an important milestone on religious and community life for the city, and I am pleased to see it return. This will be the 97th celebration of the Cork Eucharistic Procession as we look forward to its 100th anniversary in 2026. Preparations have been underway for several months and we hope to reach out to as many people, parishes, and faith groups to welcome them to celebrate.

I invite you to join the Procession on Sunday 11th June to walk in faith as people and families from different parishes, age-groups, communities, and countries. Together, we look forward to a memorable and prayerful Procession this year."

The first Procession for all the parishes of Cork City took place in 1926 to help unite the people of Cork City in prayer after the divisions of the Civil War and was attended by 40,000 people.

The 2023 Procession has been revised to gather the Catholic community together as a Diocesan Community of Faith, walking together as one family of parishes.

Last night saw the launch of the 97th annual Cork Eucharistic Procession, taking place on June 11th, 2023. This will be the first Procession in the city since 2019, with the previous three being cancelled due to the Covid-19 pandemic and guidelines.

The 2023 Procession will begin at 3pm at the Cathedral of St Mary and St Anne, and, for the first time, will take a new route, crossing Christy Ring Bridge concluding at Ss Peter and Pauls Church for a Homily and Benediction celebrated by Most Reverend Fintan Gavin, Bishop of Cork and Ross.

It was officially launched at the Visitor Centre at the Cathedral of St Mary and St Annes by the Lord Mayor of Cork City, Councillor Deirdre Forde and Bishop Gavin with people from parishes throughout the city and county, priests and religious, representatives of youth and scouting groups, choir members and musicians from many parishes.

The Eucharistic Procession has been a milestone in religious and community life since the first one took place in 1926. Before this, each parish held its own Eucharistic Procession, but it was felt that it was needed to unite the people of

Cork city in prayer after the divisions of the Civil War. This worked, and the first Procession was attended by 40,000 people who took to the streets to worship as a community of parishes.

This year, as well as taking a slightly different route, people are being encouraged to join at the Cathedral of St Mary and St Anne, and walk the Procession collectively from this point, if they are able.

Speaking last night at the launch for the return of the Eucharistic Procession at the North Cathedral Visitor Centre, Bishop of Cork and Ross, Fintan Gavin said:







## **Glanmire Community Games**

### **Talent Events**

**At Watergrasshill Community Hall**

**Saturday June 17 2023**

**Entries Close On May 21**

#### **Individual**

Solo Dance Modern/Disco	U12 -U16
Solo Music	U12 -U16
Solo Recitation	U12 -U16
Solo Singing	U12 -U16

#### **Group**

Choir	U13 -U16
Group Dance Irish Contemporary	U12 -U16
Group Dance Modern /Disco	U12 -U16
Group Drama and Comedy	U12 -U16
Group Music	U12 -U16
Group Singing	U12 -U16

**Contestants must be under age on 31/07/2023**

#### **Nominations to:**

Ailish Murphy	087 066 4687	<a href="mailto:ailishmurphy1@gmail.com">ailishmurphy1@gmail.com</a>
Martina Daly	086 830 0136	<a href="mailto:martinadalyh@gmail.com">martinadalyh@gmail.com</a>
Finbarr Herty	087 221 5307	<a href="mailto:coille2006@gmail.com">coille2006@gmail.com</a>
Michael Burns	087 259 7023	<a href="mailto:info@mburns.ie">info@mburns.ie</a>

**NB: This is a TOWN/VILLAGE event and NOT a school event**





## Visit for Minister for Education, Norma Foley to Coláiste an Phiarsaigh

It was an historic occasion for Coláiste an Phiarsaigh which is celebrating fifty years providing education through the medium of the Irish language on its campus in Glanmire when Minister for Education, Norma Foley T.D. visited today. The Minister was accompanied by Pádraig O' Sullivan, TD for Cork North Central and who is a past pupil of the school. Minister Foley announced a €25 million investment in the current campus to facilitate the construction of additional facilities to include extra classrooms, specialist rooms an ASD unit and state of the art sports facilities.

Welcoming the Minister was Principal, Mícheál O Tuama, Deputy Principal Liam O Laighin, Chairperson of the Parents Association, Julie Ann Ni Cheallacháin, member of the Meitheal school leadership team, Caoimhe Ní Cheallaigh and member of the Student Council, Amhlaoibh O Síocháin Ó Beoláin.







## Cuairt Norma Uí Fhoghlú



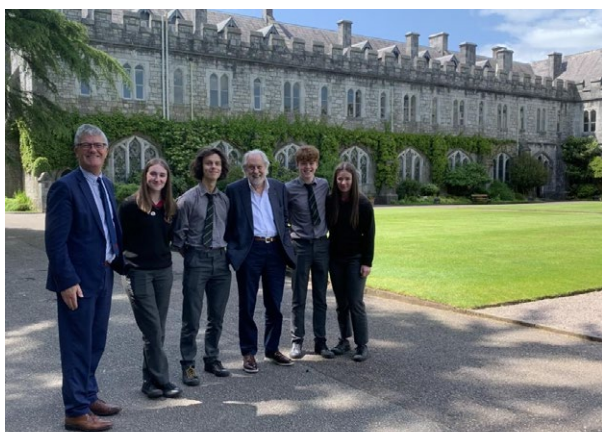
Bhí an tAire Oideachais, Norma Ní Fhoghlú, linn le déanaí chun pleananna ár scoile nua a sheoladh. Tá éileamh ar oideachas trí mheán na Gaelige in ár bpobal, agus tá gliondar croí orainn go mbeimid in ann freastal ar an éileamh sin. anam.

## Lá Spóirt



Bhí ár Lá Spóirt an-ráthúil againn agus bhí lá den scoth againn ar an Mhairdióg i gColáiste na hOllscoile, Chorcaí. a ghlac pháirt. Maireann croí éadrom i bhfad.

## Scannánaíocht i UCC



Sár-lá ag ócáid líonraithe san Aula Maxima inniu. Bhuaíl daltaí B1.4 le David Puttnam Uachtarán UCC agus slua daoine gairmiúla ar fud thionscal scáileáin na hÉireann.

## Ceoldráma - Siar go dtí na 80idí



Bhí an Idirbhliain lonnaithe sa Firkin Crane ar feadh seachtaine leis an gCeoldráma, 'Siar go dtí na '80idí'. Tá na léirmheasanna faighte. 5 Réalt!!

## Gaisce



Bhí turas den scoth ag daltaí na 5ú bliana in Iarthar Chorcaí mar chuid den chlár Gaisce. Bhíodar lonnaithe sna hAillichí ar feadh trí lá agus deirtear gur dhreapadar gach shliabh i mBéara! Maith sibh!

## Taisce Tuisceana le Coláiste an Phiarsaigh.

♪♪ Samhradh Samhradh, bainne na ngamhna,  
Thugamar féin an Samhradh linn! ♪♪

Nach deas an Samhradh a bheith ag druidim linn  
agus leis sin tá **buaicphointe na bliana** nach mór buailte linn.

I gceann cúpla seachtaine beidh **saol an mhadaidh bháin** againn.

Leis an Samhradh os ár gcomhair, beidh sé go deas **osna faoisimh** a thógaint ó na leabhair!

Táimid **ag súil** le bualadh le gach duine arís i mí Mheán Fomhair.



# Citizens Information - Travelling Abroad

## What to Consider Before You Go



### COVID-19 rules

"Some countries still have restrictions in place for travellers", warns John Beausang, Citizens Information Manager for Cork City North. "You should check the public health advice before you travel. Check what documents you need to bring and check if any restrictions are in place. Each country has different entry requirements. Some countries may need proof of vaccination for COVID-19 while others no longer need it. You can use the EU Digital COVID Certificate to show that you are fully vaccinated against COVID-19 if you are travelling to the United States for example. To avoid disappointment, always check the entry requirements of your destination before you travel."

### Travelling to China

If you are planning to travel to China, you should consult the Department of Foreign Affairs Travel Advice. Currently, Irish citizens are advised to avoid non-essential travel to China. If you are travelling to China, you should wear a face mask for the full duration of your journey. You should also ensure that you are up-to-date with all your COVID-19 vaccinations before you travel. There are no mRNA vaccines or other non-Chinese vaccines available in China.

### Before you travel

Check travel advice and entry requirements for your destination. Check the travel advice and entry requirements for the country you are travelling to before you travel abroad. You might need a visa, this depends on your destination. You can find out if you need a visa on the Department of Foreign Affairs website.

### Is your passport in date?

Check that your and your families' passports are in date before you book. Passport Online is open to all applicants. You can get information on how to renew your passport or how to apply for your child's first passport there, or by contacting your

local Citizens Information Centre.

### Do you have travel insurance?

You should get travel insurance for yourself and your family. If you have a travel insurance policy already, or travel insurance is included in your health insurance policy, you should check that you are covered for hospital treatment for COVID-19. You should bring your European Health Insurance Card with you if you are travelling to the EEA or Switzerland.

### Healthcare: United Kingdom

You cannot use your EHIC in the UK. But you can still get the healthcare you need. You will need to show your Irish passport to the GP or hospital. Make sure that it is in date, it must be renewed every 4 years and each family member needs their own. An EHIC does not replace travel insurance. Irish people travelling in the UK are entitled to access healthcare through the Common Travel Area.

### Healthcare: Australia

Ireland and Australia have a reciprocal health agreement. This means that Irish visitors to Australia will receive emergency services and assistance towards the cost of prescribed drugs and medicines on the same basis as persons ordinarily resident in Australia.

### Driving abroad

If you plan to drive while abroad, make sure that your Irish driving licence is valid and that you bring it with you.

Some countries outside the European Economic Area (the member states of the European Union, Norway, Iceland and Liechtenstein) may require you to hold an International Driving Permit (IDP) in addition to your Irish driving licence.

Always make sure you are properly insured for driving while overseas. You can get more information on driving abroad from the Road Safety Authority or by contacting your local CIC.

### While abroad

John advises "It is worth making a note of the address, telephone number and opening hours of the Irish Embassy or Consulate in the country you are visiting. In countries where there is no Irish diplomatic or consular representation, you may seek emergency assistance from embassies or consulates of other European Union countries. The Department of Foreign Affairs website provides advice on what to do to stay safe while abroad and what to do in an emergency."

### Travel tips

Before you travel abroad, these are some other tips to help with your journey.

- Check if you need any vaccines or immunisations before you travel (At least 8 weeks in advance)
- Make a note of the 24-hour emergency number of your bank so you can cancel your credit card or debit card if it is stolen.
- Check your mobile data allowance with your mobile phone service provider. (For travel outside of the EEA).
- Do you need to bring a special adapter to plug in your electrical devices?

### Useful Websites

The Department of Foreign Affairs in Ireland provide travel advice to Irish people planning a trip overseas – [www.dfa.ie](http://www.dfa.ie).

The HSE has information on preventing illness and infection while abroad – [www.hse.ie](http://www.hse.ie). The Health Protection Surveillance Centre provides advice for travellers on how to avoid illness on its website – [www.hpsc.ie](http://www.hpsc.ie).

The World Health Organization has information and advice regarding health and international travel – [www.who.int](http://www.who.int).

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





## Cork East Toastmasters

Eric Downey was awarded the coveted Paul G Murphy Award.

This trophy is awarded to Toastmasters who have made a significant contribution to the club and the organisation in Cork and Kerry setting up new clubs and being the Area 3 director three times. Many people down the years have benefited from Eric's mentoring.



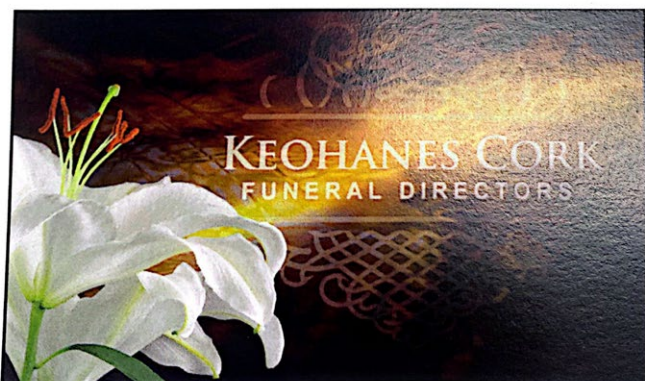
Picture shows from left to right. Eric Downey and Division A Director Aidan Coakley.



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## ERIN'S OWN LADIES CLUB

### Hollie Healy

Massive congratulations to Hollie Healy on winning the All Ireland Minor A final v Waterford with the Minor Cork Camogie team on the 7th of May last.

### Erins Own U6, U9, U10s & U11s

The U11 Football team played games v Nemo & Carrigtwohill. The U9 camogie team played a blitz in Musgrave Park v Grenagh. The U11 Camogie team played Dungourney & Sars while the U9 & U10 camogie teams played Sars in a blitz in Bucklearys Cross.

### U14, U16, Minor & Junior

Our U14 Football team played Aghada & Glanmire, the U14 Camogie team played Killeagh & Milford. U16 footballers played Glanmire, Rockban, Inch Rovers & Fermoy, the U16 Camogie team played Kilbrittan Timeoleague, Eire Og & Inniscarra. The Minor Footballers played Bride Rovers & Aghada, while the Minor camogie team played Clonakilty, Eire Og, Enniskeane & Aghabullogue. The Junior camogie team played against Blarney, Eire Og & Rockban and the Junior Football team played Beara, Tadhg MacCarthaigh & St Peters.

### Kate, Farrah, Clodagh & Caoilin, Aoibhinn & Eimear, Aimee & Aoibhinn, Saoirse

Congratulations to Kate & Farrah on their Munster Final win with the U16B Cork Camogie team. Well done to Clodagh & Caoilin on winning the Johnny Hayes U14A Munster Final with the Cork U14 football squad. Well done to Aoibhinn & Eimear on making Cork Camogie U17 panel and to Aimee & Aoibhinn on making Cork Senior B Football panel. Also congrats to Saoirse on beating Limerick & Wexford in the All Ireland U16A camogie championship.

### New members

Please contact secretary. [erinsown.cork@camogie.ie](mailto:erinsown.cork@camogie.ie) for camogie and [erinsown.cork@lgfa.ie](mailto: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 Hurley (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



Junior As 2023



Junior 2s 2023



U16 (2)s



Cork Minors 2023



Ashling Cork U16B's



Clodagh & Maria



Cup Comes To Training



Sinead Hurley Capt



Lucy Allen In Action



U12s Pizza Treat



Sophie & Eimer





Croisire An Phaoiligh  
C.L.C.G.

# White's Cross GAA News

[whitescrossgaa.ie](http://whitescrossgaa.ie)



Colmcilles Double winning squad

## Underage Success

The last month has seen the club collect its first silverware for 2023; and we did so on the double! The honour, pardon the pun, of bringing back the silverware went to our under 18 team who won their respective hurling and football leagues. The footballers went first and they had a very tricky final tie against a strong Ballinora outfit. When they had met earlier in the year, the mid-Cork outfit were completely dominant and won convincingly. The final, however, was completely different. Both sides exchanged points before Colmcilles got a crucial goal mid-way through the first half that set them on the way to victory. Despite receiving a black card and a converted penalty, they were never to fall behind in the game. A second goal mid-way through the second-half sealed a 2-09 to 1-07 win. A week later the hurlers had a home league final tie against Nemo Rangers. The visitors made the better start and lead three points to no score. However, once Colmcilles found their scoring touch to powered into a commanding lead. Nemo to their credit did not give up and they came right back into it. Colmcilles held on for a deserved 2-13 to

1-13 win.

All other teams have been in action regularly over the past month. The under 16 hurlers are back on track having suffered defeat at the hands of St Dominics. They had a huge win over Doneraile and followed this up three days later with a draw away to Kildorrery. They lead this game until a last minute point secured a share of the spoils for the North Cork lads.

The under 14s played a thrilling draw against neighbours Watergrasshill in the hurling league in mid-May. They got off to the worst possible start with the 'Hill getting 2-03 in the opening ten minutes with Colmcilles only managing one point in reply. However, the 2nd and 3rd quarters belonged to Colmcilles and when they scored a goal mid-way through the second half, they actually went to the lead for the first time. Both sides swapped points in the final quarter as the game ended in a 2-07 to 1-10 draw. The under 12 hurlers responded to their opening defeat to Nemo Rangers in the hurling league with an impressive 2-08 to 1-06 against Fr O'Neills.

The under 13/14 ladies footballers have been busy in action in the East Cork

leagues. They have at tough games against the likes of St Colmans (Shanagarry), St Nicks and most recently a great win over local rivals Rathpeacon.

## Junior Teams Round-up

The city division leagues have drawn to a conclusion in the month of May. There is now an eight-week gap to the championship where teams will have to fill the void with challenge games. The final month began with a win for the Junior A football team over Bishopstown. There were then two games against Douglas. We went under by five points in the McSwiney Cup while despite a positive start we lost a highscoring 5-11 to 3-06 league contest against them. The junior B footballers also lost both of their games in the last month. Unfortunately in both games they left themselves too much at half time. Against Ballyphehane we trailed on a score of 2-12 to 0-05 (13 point deficit) while against Nemo Rangers we trailed by 4-04 to 0-01 (15 point deficit). The positives from these defeats is the character shown to battle their way back into the game. In the end we lost to Ballyphehane by one goal and to Nemo Rangers by one point. The hurlers also

did not have any success in the last month. We were beaten by St Vincents in the MacCurtain Cup quarter final. On the morning in question, we had a lot of key players absent for various reasons. We battled gamely throughout but we were not able to inject energy into the game at the end and we lost by two points.

## May 23rd!

May 23rd just passed was a day like any other. However, it did have some minor historical significance for White's Cross GAA. Our club was founded in late 1957 to cater for the playing needs of the upper half of the Glanmire Parish (or Upper Glanmire specifically). For 20 years, there had been no team specifically for Upper Glanmire with Sarsfields being the sole club serving all of the parish. However, for a period prior to this a number of teams and clubs had existed for 15 or so years. The first club specifically serving the area was formed in 1923 and it was on May 23rd of that year that the team named as Upper Glanmire played their first ever game. Obviously May 23rd of this year marked 100 years to the day of formal GAA activity in the Upper Glanmire parish.

The game was played in the Upper Glanmire sportsfield in front of a large attendance and it was part of the newly formed East Cork League. It was one of the very first games in the competition in fact. The East Cork board was not officially formed until 1926 but a league begun in 1923 after what had been a tumultuous time politically for the country as a whole. For the record despite being level at half-time Upper Glanmire lost that game to Little Island on a score of 2-02 to 1-01.





## GLANMIRE MACRA

It was a busy month for Glanmire Macra as we attended many dinner dances and the national agm. This month saw us support Avondhu Macra as some of our members attended the dinner and afters. A great night was had by all.

The 13th of May saw us venture further afield as we made the trip to Bantry for the national AGM in the Maritime Hotel. We'll done to all who got roles.

Our members embraced the warmer weather as we took to the outdoors and tries our hand at Farm skills. This involved building a fencing area and reversing the tractor and moving bales of Hay. A great attempt was made by our team of Jamie, Ciarán and April.

We took part in many other competitions and attended many dinner dances also throughout the month such as tag rugby. We attended Mr Personality in Clonmel to support Seandún Macra's James who secured the national runner up title. Some of our members attended the Limerick Easter Ball and we also held a recruitment day in Supervalu glanmire. Glanmire Macra would especially like to thank everyone who supported our fundraising games night to collect money for Siobhán's recovery. We raised over €500 on the night. We hope that this will help Siobhán in her recovery.

Make sure to attend our sports night held every Wednesday in Little Island Community Complex at 7:30pm. New members play for free on their first night.

Article by aisling Walsh  
Glanmire Macra PRO







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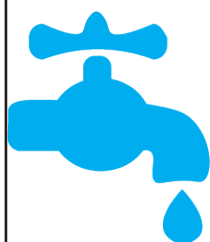
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## IMAGE STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



With summer on the horizon and spring in full swing, it's a perfect time of year to get your wardrobe summer ready and take the opportunity to elevate our everyday outfits.

Are you guilty of reaching for the familiar items of clothing daily, even yearly?

Are you storing pieces incase .....?

Very quickly we find our wardrobes full of clothes we don't actually wear.

Clothes are symbolic of your personality, Clothes are the way you express yourself to others and the outside world. Ask yourself how you would like to be perceived by the people you interact with?

Contact me if you would like to finally assess what you own and let go of what doesn't align. It can be a daunting task alone so with professional help it's a much faster and very rewarding task. Have a wardrobe that matches your goals in life.

### **SHAPEWEAR**

Invest in your undergarments, have your daily pieces and then if needed a good support piece to give that stream lined silhouette if wearing a dress.

The best approach to sizing is to purchase what's through to size. Sizing down can

lead to bulging, rolling down and excessive tightness and discomfort. Support wear should enhance you figure, feel comfortable to wear, allow movement. A wide variety from brief style, cycling shorts and shape



wear slips for under dresses are available.

While Spanx has held the test of time, newcomers like Skims have risen to fame status in a short few years.

### **PRINTED MIDI DRESS**



No matter what the occasion is there is always an opportunity to wear a dress. Throwing a dinner party or day two of a wedding festivity a floral midi dress will leave a lasting impression. There is a wide variety of bright floral midi dresses available this summer season. Small floral prints are very flattering for all figures. If you have fuller bust line avoid buttons as this may lead to unsightly gaping.

A feminine empire neck line or v neck is very elegant, elongates your neckline and open chest area

Floral dresses can be worn with many foot wear options

such as a trainer for a casual day garden party or with a wedge or platform heels for a more evening look. Finish off your look with a colored cross body bag, matching the print of the dress and you are effortlessly ready for any summer invitation.

### **SUMMER HANDBAG TRENDS**



Textures like straw, suede, woven fabrics in natural colors add that wanderlust element to our summer time wardrobe. A tote bag is my go to, if like me you need to carry around all of your essentials. A woven tote bag can make a great travelling companion for travel as it will take you from the beach to dinner. This summer we are seeing the compact baguette bag widely available. This compact bag is quite tidy but still holds a phone, a compact, purse. Perfect for an occasion.

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

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





## Notice Board

### GLANMIRE INDOOR BOWLS

Community Centre,  
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Wednesday Nights

7.30pm to 9.30pm

Over 18s, Males &  
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### May KID'S CORNER Art Winner

**Cillian Burke, age 5**



### KID'S CORNER COLOURING IN COMPETITION SPONSORED BY JOE ORGAN AUCTIONEER

Win €25 voucher from U Party Glanmire, Crestfield Shopping centre.  
Submit your entry specifying your age, to "Aitinn" Sarsfields Court, Glanmire by the 20th of the month.







# Glanmire Library



## Getting Outside with Kids

With the longer evenings (finally) upon us and the sun starting to show his face, it's time get out and about. With children nowadays having so much screentime, it's more important than ever to spend some outdoor time with them. Here are some ideas to get you started for the summer months.

Have a picnic at your local park, forest or even backyard! To get the kids even more involved, have them help out making the snacks.

Go for a bike ride or walk, it can be around the area you live or further afield. No two trips are ever the same!

Let them help you in the garden as you prune, plant and water. They will be so excited seeing plants and flowers growing over the summer months if they were the ones that helped plant them.

Do what you parents did by playing good old fashioned games. Nothing beats playing hopscotch, rounders, or hide and seek. Why not have you or their grandparents teach them their favourite game when they were their age?

Whatever you do with your children this summer, the most important thing is to have fun!

## Music Morning



Glanmire Library Tuesday 20th June 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.

# Summer

If you are jetting off or just enjoying the sun in the garden there is nothing like a good book to read!

Pick up one of our new books or just download a book on the Borrow Box App.



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