


Tour de Munster Gets Pedal Ready

Thursday, August 10th to Sunday, August 13th



As participants gear up for the 23rd annual Tour de Munster charity cycle, cycling legend Sean Kelly officially launched this year's Tour at Cork's Field of Dreams on June 11th. The 2023 Tour de Munster will take to the road from Thursday, August 10th to Sunday, August 13th and will see over 100 cyclists venture 600km across the six counties of Munster to raise much-needed funds for the Munster branches of Down Syndrome Ireland (DSI)





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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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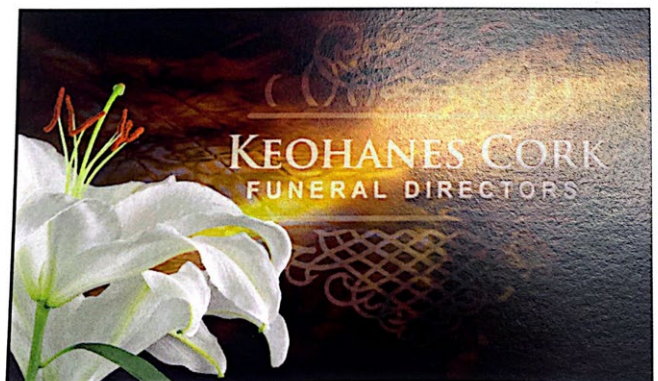
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UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

A memorial tree has been placed in our sensory garden to remember all the deceased members of our community.

The summer break will allow the committee to get necessary work done.

The heating boiler will be replaced. The floor in the sports hall will be sanded, lined and squared.

Let's all have a great summer. Our facilities are there for everyone to enjoy. We are lucky to have such fantastic facilities at our doorstep, just a reminder to any kids using the garden or sports field during the summer to take away any rubbish when leaving.

For those in our community who had state exams, enjoy your summer.

Check out our Facebook page during the holidays.



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Nutrition and Your Spinal Health



Good nutrition plays an important role in maintaining a healthy spine. Eating a balanced diet full of nutrient-rich foods can help support the spine, providing it with essential vitamins and minerals that are important for proper functioning. For example, vitamin D helps to keep bones strong and healthy, so it is especially important for those suffering from spinal issues!

Including plenty of fruits and vegetables in your diet offers anti-inflammatory benefits that can reduce swelling caused by spinal injuries or degenerative disc disease, while omega-3 fatty acids in fish like salmon and mackerel not only combat inflammation but also promote heart and cognitive health.

Finally, hydration is crucial for spinal health as it keeps spinal discs healthy and flexible; aim to consume around 8 glasses of water daily.

Advancements in Chiropractic Technology

Technology is changing around us rapidly every single day. Have you ever stopped to think about how it's revolutionized care in our practice?

While chiropractic care began with manual, hands-on adjustments (something that still works great today), the advancements in diagnostic technology and various modalities have allowed practitioners to better identify underlying conditions and create more tailored treatment plans.

Some of the most popular advancements in the field include electric muscle stimulation, which may help reduce inflammation and relax sore muscles; laser therapy, which may help promote healing; and ultrasound imaging technology, which helps provide real-time information about the spine's alignment. The use of these technologies gives us greater insight into a patient's musculoskeletal system than ever before.

Wondering how we can help you? We'd love to see you in the practice soon. Book a visit with us today!



Understanding Spinal Decompression Therapy



Spinal decompression therapy is a non-invasive option for patients who suffer from chronic or severe back pain. The goal of this therapy is to alleviate pressure on the nerves and discs in the spine, allowing the body to naturally heal and relieve pain.

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We've seen it help patients with chronic pain, and even those considering surgery or who have become reliant on pain medication. If you are experiencing chronic back problems, talk with us today.



Gardening with Charlie Wilkins



Charlie Wilkins

THE PEACH-LEAVED BELLFLOWER

Midsummer's day is hardly a memory and already the mood of the garden has changed. The garden is uncertain now, layered with ambivalence and suggestion, carrying something of both summer and early autumn in its strange chemistry. Plants are growing heavy now and the luminous quality of delicate blooms and foliage is taking on a faded grandeur and harder tone. In particular I notice the deterioration on a large planting of Cosmos, their diaphanous petals prematurely bleaching and fading like a butterfly's wings in late September. Gone now the youthful freshness of spring, the anticipation of June, and the first flush of 'balled' roses. However, whilst many plants in the treasure-chest of ornamental gardens may be aging we must remain positive and hopeful of good growing and weather for relaxing. Remember that there are still three months (and more) of potential colour, scent, and texture to be enjoyed if conditions improve.

From the bevy of these, let me introduce you to a beautiful thing in bloom as I write the blue and white *Campanula* known and sold as 'persicifolia'. Rain suits them admirably! These are of the thin-leaved variety whose slender

stems are set with open cup-shaped flowers in shades of blue and white to knee height. Totally hardy, these reliable perennials (which anyone can grow from seed, cuttings, or division) can be sourced as mature plants



this month at garden centres all around the country. Their roots I assure you will fit in anywhere, even among crazy paving stones, beside a path, in the border with phlox and veronica or mixed through white *Watsonias* and *Bridal gladioli*. In a wet year like this, the peach-leaved bellflower will perform positively for it dislikes intensely ground which dries prematurely.

Among the named varieties you should look for and choose plain 'Alba' a magnificent and lovely white, worth having in any

situation or 'Telham Beauty' with its larger blooms in a pretty milky blue colouring. When this latter form opens to warm sunshine (both will also perform in light shade) the plant's flared ends look as if they had been dipped into watery blue ink and allowed stain the whiteness in the fast drying summer air. Being single-flowered, both 'Alba' and 'Telham Beauty' will stand handsomely upright without the need for staking or artificial support. I must admit to a little staking for the garden is high and exposed to regular damaging winds. The double-flowered forms (if you would prefer these) boast big blue waxy bells (contained one within another) up along their stems giving each broad bloom pronounced substance and longevity. Like many doubles in the plant world these are sterile and lacking in the wherewithal to make seed last longer than the singles. Still, it is to the singles that I look for sheer perfection in colour and texture.

Campanula persicifolia will be found good mixers, not only among themselves but with their neighbours in the border, in or out of direct sunlight. In fact, they can sometimes welcome partially shaded positions where their glowing hues will be found at their most intense, particularly telling at dusk.

THE JULY GARDEN

ROSES; Dead-heading roses on a fading summer evening is an occupation that can carry us back into a calmer age, and at times, even into a different century. How things have changed in the past decade and how fast (and cheap) life has become. So as the light fades, stillness reigns in the evening garden and apart from the drone of a distant lawnmower and the sound of low volume traffic on a busy road out front, one could easily imagine themselves completely alone. Add to this the gentle snip-snip of the pruners and you could think yourself standing in a garden away back in the late sixties. These are pleasurable occupations of course (when you have the time to spare) but it must be even more pleasurable for the roses as they get relieved of faded blooms and useless drooping stems. Dead-heading means not alone cutting off the faded blooms but going lower down to prominent if somewhat dormant buds. These are simply longing to develop!

MILDEW; Signs of powdery mildew diseases is now evident on roses and plants such as hollyhocks,

asters and fuchsias. If you are unfortunate enough to have both diseases (along with pests such as greenfly) you can find ready-mixed combinations of insecticide and fungicide that do the two jobs in one spray. Best known is RoseClear Ultra Gun! The product is available as a convenient hand sprayer that allows quick and effective treatment of the major rose problems in one ready-mixed spray.

CONTAINERS; Regular watering and feeding are essential to keep hanging baskets and decorative patio containers looking good. Find time also to pick over your containers in order to remove dead flower heads. This will encourage more flowering. Take extra time deadheading fuchsias or they will produce seed pods the size of grapes using up plenty of plant energy in the process.

Similarly, don't be frightened of cutting back long trailing plant material that is showing bare flowerless patches. Some trailing petunias, yellow bidens and orange nasturtiums are inclined to rampage but can be cut back quite hard without harming the plants. Feeding containers once a week

is recommended especially when these are in a rain shadow or under some form of protection. Use any of the commercial liquid feed you might have to hand.

GRAVEL; Keep your gravel paths free of weeds and wild grass growths. These are heart-scalds at the moment and I feel I am losing the battle yet again. Spray Weedol (if you get six hours of dryness) and be rid of most if these in a day or so. Pernicious weeds like dandelions and dock will need treatment with something stronger like Roundup or other herbicide. If your lawn contains broadleaved weeds such as buttercups, daisies, plantains and dandelions I suggest you apply the D50 I like to use. Creeping buttercup is a nuisance in many lawns but this will kill it off in a matter of days.

TOMATOES; If you are still buying 'coloured bags of water' (tomatoes) try a pot or basket of Irish grown baby tomatoes from Hooleys. Mine are already producing fruits (green as I write) but by the time this appears in spring, red fruits will be ours until late September. And if fruits are not to your liking have a look at the super glazed pots!



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GLANMIRE LADIES FOOTBALL CLUB

Intermediate

Well done to girls on their recent win against Inch Rovers in the Division 1 League.

Cork

Congratulations to Ellen Twomey and Abbie O' Mahony who were part of the Cork Senior panel that beat Kerry in the Munster Final. They were out in Championship action on Saturday 17th June against Galway, unfortunately losing out to a strong Galway team on the day. We wish them the best of luck in the next round of Championship.

Well done to Orlaith, Orna, Sophie, Ionnais and Sean who have been involved with the Cork U14A squad this season. They beat Cavan in the Platinum All Ireland Semi Final after a good display of football. This moved them onto the Platinum All Ireland Final where they came up against a strong Mayo team. They lost out on the day but the girls have been great ambassadors for their club.

G4M&O's

Fantastic morning in the pike for the G4M&O blitz! A huge thanks to Mayfield, Rockban and Watergrasshill for joining us. Great to see all the ladies out enjoying themselves! A huge thank you to Tara Twomey and Isabelle Kearney for doing an amazing job refereeing!

Junior

Our Junior 2 squad played a challenge game against Lisgoold recently and came out on top 1-7 to 0-7. Some great football was played on the night against a strong Lisgoold team.

Minor

Well done to our Minor B squad on an excellent win against Mayfield.

Youghal and Glanmire finished all square at the end of an entertaining Minor A East Cork Ladies Football League game in sunny Youghal. Some excellent scores by both teams on the night. Well done to both sets of players and to our own girls who worked hard on the night to earn the draw.

Golf Classic

Well done to all who participated in our recent Golf Classic and a huge thank you to pharmacy First Plus for their continued sponsorship of the event!

U8

Our U8's recently played in a blitz hosted by Delany's GAA. Other teams involved on the night were Rockban and Na Piarasigh. This was the girls first blitz since starting football.

U9

Well done to our U9 squad who played a recent challenge against Bishopstown. The girls have been improving with every game and were even showing off their soloing skills throughout the match.



Cork U 14A



Minor A



Minor B vs Mayfield



G4M&O's



U11 vs Inch



U9



U8 Blitz



U8 Blitz



U8 Blitz



Golf Classic



Golf Classic



Golf Classic

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Bernardo O' Higgins, fuascailteoir Chile

Micheál Ó Súilleabháin

Ambrose:

I ndiaidh Chonradh Luimnigh, a chuir deireadh le Cogadh an Dá Rí in Éirinn, d'fhág mórán Éireannach an tír. Gheall an Conradh go mbeadh saoirse creidimh ann agus go bhféadfaí tailte a choimeád. Briseadh na geallúintí, áfach, agus, dá dheasca, d'fhág mórán an tír. Duine díobh ba ea Ambrose O' Higgins ó Ballinacorney, Contae Shligigh. Cháiligh sé mar shuirbhéir agus mar línitheoir. D'imigh sé go dtí an Spáinn in 1751 agus d'oibrigh sé do chomhlacht ceannaithe Butler in Cadiz. Mar chuid dá chúraimí, thaistil sé go Meiriceá Theas in 1756 thar ceann an chomhlachta. D'fhill sé ar an Spáinn cúpla bliain ina dhiaidh agus chuaigh sé isteach in Arm na Spáinne mar fhear cunta an ghobharnóra in Valdivia. Tugadh ardú céime do Ambrose san arm agus ceapadh é mar mharascal machaire. Ceapadh é ina ghobharnóir ar Chile agus, ar deireadh, mar Fhear Ionaid an Rí ar Chile. Bhronn Rí na Spáinne an teideal 'Barún Ballinar' air. Níor phós sé riamh agus lena bhás, tháinig deireadh leis an teideal. Ach bhí caidreamh rúnda aige le Maria Requelme ó theaghlach mór le rá in Chile. Dá dheasca, saolaíodh mac, Bernardo Riquelme. Nuair a fuair Ambrose bás, bhain Bernardo úsáid as sloinne a athar agus Bernardo O' Higgins ba ea é feasta.



Ambrosio O' Higgins

Bernardo:

Saolaíodh Bernardo in 1778. Chaith sé a óige le muintir a mháthar. Níor aithin Ambrose é mar mhac, go hoscailte, riamh, cé gur íoc sé as a chuid oideachais. Nuair a bhí sé seacht mbliana déag, chuaigh sé go Londain chun a chuid oideachais a chríochnú. Rinne sé staidéar ar Stair agus ar na hEalaíona. Chuaigh tuairimí faoi shaoirse i Meiriceá i bhfeidhm air. Bhuaigh sé le Francisco de Miranda ó Venezuela, a bhí an-tógtha le neamhspleáchas a bhaint amach do Mheiriceá Theas.

In 1798, thaistil Bernardo go dtí an Spáinn. Chuir Cogai Napoleon moill air a aidhm chun filleadh ar Mheiriceá Theas a bhaint amach. Nuair a fuair a athair, Ambrose, bás in 1801, d'fhill sé ar Chile. D'fhág Ambrose, mórán talún dó, thart ar 4,000 acra, mar oidhreacht. Thug sé Bernardo O' Higgins air féin feasta.

In 1808, thóg Napoleon smacht ar an Spáinn. Dá dheasca, shocraigh bodaigh mhóra na polaitíochta agus an ghnó, in Chile, rialtas féinrialaitheach a bhunú thar ceann Ferdinand VII na Spáinne, a bhí i bpríosún sa Spáinn. Socraíodh go mbunófaí Comhthionól a rialódh thar ceann Ferdinand. Bhí Bernardo mar ionadaí. Faoi 1813, shocraigh Fear Ionaid an Rí an 'réabhlóid' a chur faoi chois. Chuir sé arm chun an Comhthionól a dhúnadh síos.

Chuaigh Bernardo isteach san arm, a bhí faoi cheannas Carrera, duine uasail óg a shanntaigh cumhacht dó féin. Ní raibh aon oiliúint ag



Portráid de Bernardo i Leabharlann na Parlaiminte, Chile

Bernardo mar shaighdiúir, ach fuair sé comhairle ón gCoirnéal John Mackenna, a saolaíodh in Éirinn. Ag cath El Roble, theith Carrera agus thóg Bernardo ceannas ar an arm. Bhí an bua ag a chuid saighdiúirí. Cuireadh Bernardo i gceannas ar an arm, go hoifigiúil ansin. Chuir Carrera in aghaidh cheannas O' Higgins. In Iúil 1814, tháinig Carrera i gcumhacht, nuair a chuir sé coup d'état i bhfeidhm. Bhuaigh fórsaí Carrera ar fhórsaí O' Higgins ag Cath Las Tres Acequias. Ach ansin, shocraigh an bheirt acu an t-arm a athaontú agus tabhairt faoin namhaid comonta- na Spáinnigh- cé nár aontaigh an bheirt acu faoin bheartaíocht ab fhearr. Chruinnigh O' Higgins a chuid fórsaí i mBaile Rancagua. Thimpeallaigh fórsaí na Spáinne iad agus bhí an bua acu, cé gur éirigh le O' Higgins agus roinnt dá chuid fear briseadh amach. Chúligh O' Higgins go dtí an Airgintín lena chuid fear agus chaith sé trí bliana ann.

Nuair a bhí sé ar deoraíocht, bhuail O' Higgins le Ginearál ón Airgintín, José de San Martín, agus d'fhill an bheirt acu ar Chile in 1817 chun dúshlán na Spáinneach a thabhairt. Bhí 1500 saighdiúir ag O' Higgins agus idir a chuid fórsaí agus fórsaí San Martín, fuair eadar an lámh uachtair ar na Spáinnigh. Maraíodh 500 saighdiúir Spáinneach agus gortaíodh 600. Ach i gCath Cancha Rayada, bhuaigh na Spáinnigh. Faoi dheireadh bhain fórsaí O' Higgins agus San Martín an bua amach. Fuair San Martín tairiscint a bheith mar cheannaire ar an tír ach dhiúltaigh sé glacadh leis mar theastaigh uaidh leanúint ar aghaidh ag troid ar son an neamhspleáchais sa chuid eile de Mheiriceá Theas. Ansin ghlac O' Higgins leis an tairiscint. Tugadh cumhachtaí deachtóireachta



José Carrera, namhaid Bernardo

dó mar Phríomh-Stiúrthóir. Fógraíodh Chile mar phoblacht neamhspleách.

Bhí an naimhdeas idir Carrera agus O' Higgins fós beo. Chruinnigh Carrera a chuid fórsaí chun O' Higgins a ionsaí. Ach ghabh fórsaí O' Higgins Carrera agus básaíodh é. Chuir sé deireadh leis an naimhdeas idir an bheirt acu, cé nach raibh go leor sásta nach ndearna O' Higgins iarracht an bású a stopadh.

Bhí rial O' Higgins rathúil ar feadh sé bliana. Bhunaigh sé margat, cúirteanna, coláistí, leabharlanna, ospidéal agus reiligi. Chuir sé tús le forbairtí tábhachtacha sa talmhaíocht. Rinne sé leasuithe san arm. Bhunaigh sé Acadamh Míleata Chile chun oifigigh ghairmiúla a oiliúint. Bhunaigh sé Cabhlach agus Cór Muirí Chile. bhí fonn ar O' Higgins, i gcónaí, go mbainfeadh Meiriceá Theas ar fad saoirse amach.

Ach le himeacht aimsire, mar is dual, cothaíodh naimhdeas idir O' Higgins agus grúpaí tábhachtacha polaitíochta. Mhol sé leasuithe móra liobrálacha, mar shampla, córas daonlathach a bheith in Chile agus deireadh a chur le teidil uaisleachta. Chuir na húinéirí móra talún ina choinne. Chuir sé olc ar Easpag Santiago, chomh maith. Ansin, chaill sé tacaíocht lucht gnó na tíre. Bhí an rialtas bancbhriste agus bhí ar O' Higgins iasacht £1 mhilliún a fháil ón Ríocht Aontaithe. In 1822, tugadh bunreacht nua isteach a bhí conspóideach. Chuir a naimhde polaitiúla ina leith go raibh mí-úsáid á baint aige as a chuid cumhachtaí. Mheas na cúigí go raibh an chumhacht á lárnu aige agus, dá réir, cumhacht á baint ó na cúigí.

Chuir coup d'état as cumhacht é in 1823. Thóg Ramón Freire, a bhí ina chomhghuaillí aige cheana féin, a áit. D'fhág O' Higgins Chile lena mhac Pedro, lena mháthair agus lena leas-geirfiúr, Rosa. Bhí sé beartaithe aige dul go hÉirinn, ach chuir Simón Bolívar ina luí air fanúint in Peru agus tacú leis na náisiúnaithe a bhí ag lorg saoirse. Mheas Bernardo go dtabharfadh Bolívar post oifigigh dó ina arm ach níorbh amhlaidh. In 1842, vótáil parlaimint Chile go bhféadfadh O' Higgins filleadh ar Chile. Ach nuair a bhí sé ar a shlí ann, buaileadh breoite é. D'fhill sé ar Lima agus fuair sé bás ann i nDeireadh Fómhair 1842. Cuireadh in Peru é, ach in 1869 aistríodh a chorp go Chile. Déantar comóradaí inniu ar Bernardo O' Higgins in Chile, in Éirinn, in Guatemala agus i Sasana.

Gluais:

suirbhéir=surveyor
línitheoir=draughtsman
marascal machaire= field marshal
bodaigh mhóra na polaitíochta= important politicians
caidreamh rúnda= secret liaison
comhthionól= assembly
a shanntaigh= who coveted
coup d'état= cumhacht a fháil le lámh láidir
beartaíocht=tactics
ar deoraíocht=in exile
dúshlán= challenge
rathúil=successful
básaíodh é= he was executed
naimhdeas=hostility



Glanmire Community Games

Cork Community Games Talent Events

Glanmire winners at the County Finals
on Saturday 18 June, Watergrasshill





Citizens Information

Maintenance and lone parents



Maintenance and lone parents

If you are or have been married or in a civil partnership, you are entitled to apply to the court for maintenance from your spouse/civil partner to cover your own expenses. If you are in a cohabiting relationship, you have no such right.

If the cohabiting relationship subsequently breaks down you may not apply to the court for maintenance for yourself, unless you satisfy the eligibility criteria for the Redress Scheme for Cohabiting Couples. You will have to show that you were/are financially dependent on your partner.

Redress Scheme for Cohabiting Couples

The aim of the redress scheme is to protect a financially dependent member of the couple if the long-term cohabiting relationship ends (either through death or separation). Under the redress scheme, cohabiting couples can get similar orders from the court as are available to married couples when they separate or divorce (for example, a 'maintenance order' or 'property adjustment order').

The rules of the scheme are set out in the Civil Partnership and Certain Rights and Obligations of Cohabitants Act 2010.

To apply for court orders under the redress scheme, you must be a qualified cohabitant. This means you must have been:

- A cohabitant (living together in an intimate and committed

relationship) for at least 5 years, or

- A cohabitant (living together in an intimate and committed relationship) for 2 years if you have had a child with your partner

Children & Maintenance

Married couples and civil partners are legally obliged to maintain their dependent children in accordance with their means. Their maintenance responsibilities following a judicial separation, divorce or dissolution are determined by the courts.

If you have had a child outside of marriage and cannot come to an agreement about maintenance, you may apply to the court to order the other parent to pay child support. In most cases, it is the parent with main custody of the child that makes such an application.

If the court decides that the parent of a dependent child has failed to provide such maintenance for the child as "is proper in the circumstances", it may order that parent to make regular maintenance payments to support the child. The court may also order a parent to pay a lump sum.

The Children and Family Relationships Act 2015 has amended the Family Law (Maintenance of Spouses and Children) Act 1976 so that a cohabitant who is a guardian of:

- Their partner's child or
- The child their partner has

the day-to-day care of has a financial responsibility to the child. It allows for a court to order the cohabitant to pay maintenance to support a dependent child who is under 18 years of age.

Rules

A dependent child is a child who:

- Is under 18 years old or
- Is over 18 and under 23 years old but is still in full-time education or
- Is suffering from mental or physical disability to the extent that he or she cannot maintain himself or herself.

When the court is deciding whether to make a maintenance order in respect of a child, it will consider the income, earning capacity, property and other financial resources of both parties. It will also consider whether either party has other financial responsibilities such as a spouse or other dependent children.

The children of parents who are not married to each other may have to prove paternity in order to get their maintenance or inheritance entitlements. This is not necessary if the father acknowledges paternity or is named as the child's father on the child's birth certificate.

As this is a complex area, you can find more information on our website or by contacting your local Citizens Information Centre. Staff there will be happy to discuss your situation and help you explore your options.

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.



SUMMER STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



Summer time brings warm temperatures, lighter layers. The arrival of planned vacations, cruise holidays, city breaks, staycations.

We find ourselves having to purchase swimwear which can cause a certain nervousness about our image.

Are you are leading a busy life? heading off on vacation but don't have the time to shop? Feeling frustrated at the thought of what to pack? I can help you! Book your time saving shopping session. I do the groundwork preparing your holiday wish list, suited to your shape, budget and considering your holiday activities and climate. Contact me on the details below for further information.

Let's look at some tips to consider when shopping for your swimwear. Before purchasing I recommend considering what parts of your body you like to reveal and conceal.

1. TANKINI

Tankinis are making an epic comeback this summer and are a welcomed two-piece ensemble.



It comprises of two pieces, a long top and bikini style bottom. There are many styles available, look for hidden support if you do like the sweetheart style tops as these give a very feminine and curvaceous silhouette.

For a large bust, thick straps and underwire will give you added support, uplift, and a flattering shape as it will lengthen your torso.

Looking for a piece that gives you the option of removing the straps makes it very versatile. Strapless styles can be worn with wide leg linen trousers or sarongs when you are looking for a bit of cover while walking around the resort. For that Hollywood glam add your large floppy straw hat, chunky jewelry and you are ready for your lunch date.

2. SOLID COLOUR BLOCKS/ PATTERNS



I want you to accentuate your natural curves and features this summer. Another way to add coverage to your mid-section without losing your fashion sense is with tiered ruffles!

Solid block colors or diagonal colors can be very forgiving. Note where the lighter bands of color are placed on your body or pattern size as these will highlight these areas.

3. SWIM DRESS



If you would like to strike a balance between coverage and feminine flare, a swim dress maybe a glamorous option. You can still accentuate and flatter your figure, highlight an area you are comfortable with be it your legs, shoulders, bust line.

A perfect beach/pool cover up for women are lightweight, versatile sarongs. They come in short or long lengths. This ultra-light piece takes up virtually no packing room just roll and tuck away into your suitcase. Choosing a bright colored sarong will elevate a basic block color black or navy swim suit. Simply tie around your waist or over one shoulder while walking to the beach bar.

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

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



ERIN'S OWN LADIES CLUB

U9, 10s, 11s & U14s

Our U9 Camogie group fielded 2 teams playing a blitz in Blackrock v Blackrock, Ballincollig & Nemo Rangers. The U10 Camogie group took part in a Munster blitz in Nemo Rangers and a blitz in Musgrave Park v Sars and Castlemartyr. There were 26 teams in attendance and a great day was had for all. The U11 camogie team played a blitz in Carrigtowhill v Carrigtowhill and a blitz in Castlemartyr v Castlemartyr and Fr O Neills. Our U11 footballers played very competitive games v Bishopstown and Midleton.



U14 & U16

Our U14 football team finished their league with a semi final v Glanmire. It was a fantastic competitive game with both sides showing great skill and determination. Glanmire were the stronger team on the day and we wish them the best of luck in the final. The East Cork U13 Summer League will start in July so the girls will be kept busy over the summer months. The U16 footballers won all their league games v Glanmire, Inch, Midleton, Fermoy and Rockban and are now through to a semi final v Inch.



Gemma & Caoilin

Well done to Gemma Claassen on being selected onto the Cork Camogie U15 Development panel & to Caoilin Hartnett on being selected onto the Cork Camogie U14 Development panel. We wish both girls every success going forward.



Careplus Little Island

Special thanks to Sheila and the staff at Careplus for donating a massive First Aid bag to the U14 Ladies Football team, it was greatly appreciated.

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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June was a productive month for our adult teams with all three contesting their respective league finals – Senior & Junior 2's (Lillie O'Sullivan) coming away with the titles and our Junior A's unfortunately going under to an impressive Castlelyons outfit.

Not to be undone, our U13s won the prestigious Cork Garda Blitz hosted by St Finbarr's in glorious sunshine end of May. Our magnificent girls had to play five games to win the final which was a classic – late goal by POTM Jennifer Buckley sealing the victory over Aghabullogue by 3-1 to 2-2!

Well done also to Aisling Ryan who represented her school & Cork in the Primary Schools interval games during Cork vs Limerick Munster SHC recently.

Our U16 Premier team have advanced to their league final after a semi-final victory over Inniscarra recently.



Mullins Sisters



Maeve McCarthy



Sinead and Aisling O'Brien



POTM Jennifer



U16 Premiers



Junior 2 Winners 2023

Sarsfields Camogie Notes

Aisling Ryan
Selected on the Cork Primary Game Camogie team
which plays against Limerick on Sunday 28th May.



Congratulations on
being selected and
representing
Riverstown N.S.

Aisling Ryan St. Joseph's



Cork U 13 GARDA Blitz Winners



Senior League Winners



Senior League Panel



Crosaire An Phaoligh
C.L.C.G.

White's Cross GAA News

whitescrossgaa.ie

Adult Teams Round-Up

As we reach high-summer there is a lull in playing activity (in terms of competitive action) for our adult teams. Preparation is ongoing for championship games that are scheduled to begin at the start of August (provisionally) and challenge games are being organised as part of this process. However, July will not see any games in formal competitions while the month of June only saw one game. That particular match was a junior 1 hurling tie against Brian Dillons. White's Cross put on a great performance on the morning to run out seven-point winners. What was most impressive about this win was that five of the starting forwards, and seven players in total, scored from play. Though there had been many good performances throughout the league campaign the scoring burden was borne by only one or two players. It was refreshing, therefore, to see such a spread of scorers on the day. This was the first time in thirty years that White's Cross top-team beat Brian Dillons in a hurling tie. In the penultimate league game which was played at the end of May, we had to share the spoils in a home-tie against Blackrock. In the context of the game, it was a very disappointing result. The Rockies did start the game well, however, in truth, White's Cross dominated the match and even as the game ticked into injury-time, they were well in control. However, the concession of 1-03 in that period meant they were relying on a late 65 to equalise.

Reflecting on the seven-game, hurling-league

campaign, we have seen a big improvement in performances and results. We won two games, drew two games and lost three games in which we were competitive all the way through. We can look forward to our championship opening round tie against St. Finbarrs with a degree of confidence that we can go on a championship run.

Underage Roundup

There have been lots of blitzes played by all of the girls and boys under 12 years as the photos on this page show. We have played games against Rathpeacon (a newly formed underage Ladies Football team), St Vincents, Erins Own, Mayfield and Passage amongst other teams. The great weather and long evenings that we enjoyed at the end of May and beginning of June added to the excitement at these games.

St Colmcille's under 17 hurlers have had two very big wins in their league tie against Ballyhea and Blarney. They also beat Macroom in the football league but went under in a very tight high-scoring encounter at home to Kilshannig. The under 14 hurlers had a big win over Mayfield in the championship which saw them qualify for a quarter-final tie against Aghada. Incidentally, Aghada were the side that beat them in the football championship at the end of May. The under 12 footballers have qualified for their league final where they will play neighbours Glenville in the coming weeks.





GLANMIRE MACRA

Glanmire had a busy month as we focused on socialising as we head into the warmer summer months. Glanmire ran a three week jiving course in Upper Glanmire Hall with Derek. Thanks to everyone who attended and took part particularly those from other clubs and regions.



Some of our members attended a bottomless brunch in Dwyers hosted for Seandún by our member Aisling. The sun shone from start to finish and we enjoyed the hot weather and socialising with many different clubs as over 20 attended from the Seandún region.



This month also saw us hold our agm. I would like to thank the Glanmire Area News for all yer support and coverage over the four years that I have been PRO for Glanmire. It has been great to work with ye.



We also held a quiz night on the 15th of June in the Hut, Watergrasshill. This will be our final event before the summer. Thank you to everyone who attended. We have one last club trip before the summer break as we head to Spike Island. The date is to be confirmed on our social media pages.



Article by Aisling Walsh
Glanmire Macra PRO



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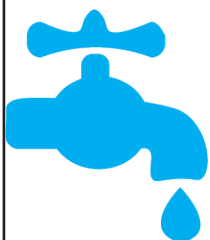
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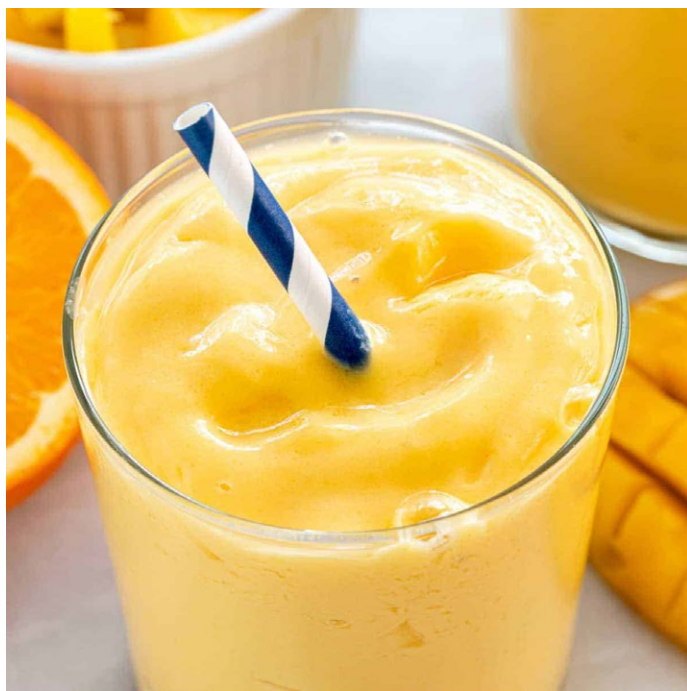
Make & Bake



Summer Make & Bake

Mango and Banana Smoothie

Makes 550ml [19 fl oz], serves 3-4



Ingredients

- 1 ripe mango, peeled, stone removed and flesh roughly chopped
- 2 bananas, peeled
- 200ml [7fl oz] natural yogurt
- 1 tbsp lime/lemon juice
- 1 tbsp honey, optional
- 200ml [7fl oz] ice, optional



Method

- Put all the ingredients – including the ice, if using – into a Blender and whizz up.
- Taste for lime juice and honey and serve.

Mini Summer Patchwork Cushion

Method

1. Large piece cotton for back of cushion, approx. 35cm x 44cm.
2. 3 different cotton colours for patchwork squares.
3. Make block square template approx. 11cm x 11 cm, cut out 3 squares from each colour, see picture.
4. Position squares in a pattern of your choice, join together to make a 9 unit block, see picture. Press squares.
5. Hem top row of squares and top row of backing. Place backing and squares right sides together, with backing hemmed edge over hemmed top 3 squares.
6. Stitch along outside edges. Trim sides. Turn right side out, pinch out corners.

Press. Place cushion or stuffing inside.





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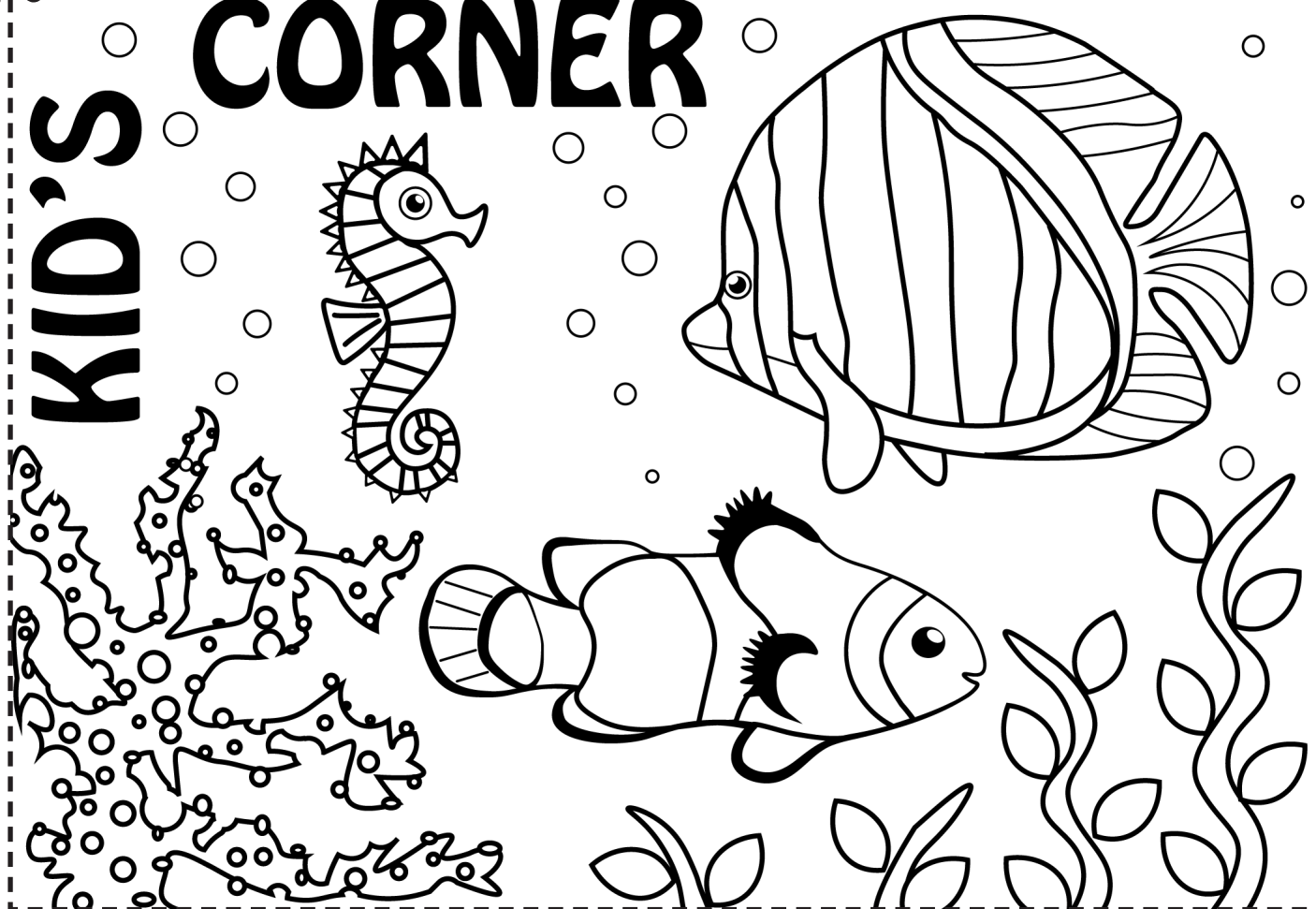
June KID'S CORNER Art Winner Holly Jenkins



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.

KID'S CORNER





Glanmire Library

Coming Soon



Music



Glanmire Library Tuesday 18th July 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.

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