

Community Games Athletics Cork



Chairman Michael Burns meets Fia Comerford after her 3rd place in the 800m event



Some of Glanmire athletes gather for the start of the events

Community Games Athletics Cork finals were held at the Mardyke on Saturday June 24. 25 girls and boys represented Glanmire and a most enjoyable day ensued.

Fia Comerford will now travel to Ennis on August 20 for the Munster Finals.



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The Glanmire Business and Community Awards are back!

Please take a moment to vote for your favourite local businesses
and fill in the nominees names in the form below.

The winners will be announced at the Gala Awards Dinner on

SATURDAY 4th NOVEMBER 2023

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Tickets and further details will be available soon.



– AWARD CATEGORIES –

1 GLANMIRE BUSINESS OF THE YEAR

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2 BUSINESS PERSON OF THE YEAR

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3 BEST CUSTOMER SERVICE

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4 SHINING STAR EMPLOYEE

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5 BEST USE OF DIGITAL

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7 GREAT TASTE AWARD

Name: _____

6 BEST VOLUNTARY ORGANISATION

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8 SPORTS AWARD

Name: _____

9 GLANMIRE AMBASSADOR

Name: _____

10 SPECIAL RECOGNITION

Name: _____

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Please use block capitals. Email your nominations
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form and drop it into a voting boxes in
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Nominated by - Name: _____

Mobile: _____

E-Mail: _____

UPCOMING CLOSING DATE FOR NOMINATIONS: 12TH OCTOBER 2023



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

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

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

If You Do Nothing Else, Read This:

More than 20 million people suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions. Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

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

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

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, Chiropractor at Glanmire Chiropractic Clinic. I have been helping people with neuropathy and nerve problems for more than 20 years.

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

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

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

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

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

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

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

Could This Be Your Solution?

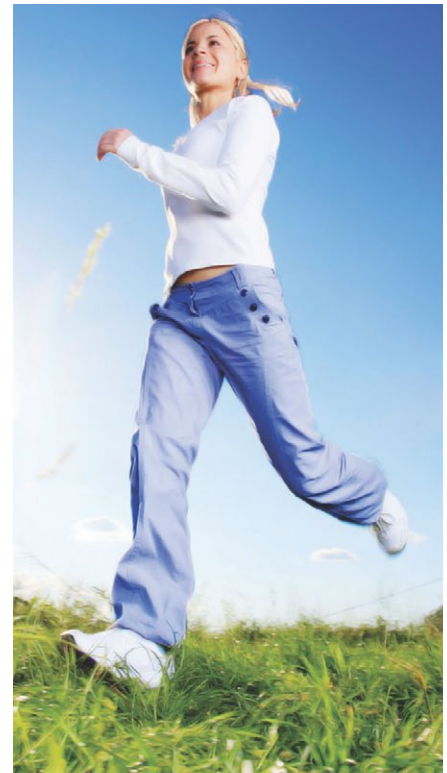
It's time for you to find out if chiropractic will be your neuropathy solution.

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

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

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

Until August 14th you can get everything we've listed here for only €45. The normal price for this type of evaluation is €125 so you're saving a considerable amount by taking me up on this offer.



Call 021-4824450

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

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

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

P.S. Remember, you only have until August 14th to reserve an appointment at this significant discount. Why suffer for years in misery?

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

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

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



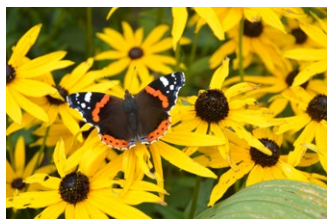
Charlie Wilkins

THE DEMISE OF THE BUTTERFLY

The freshest of all the late summer flowers must surely be white phlox, beloved by virtually every cottage gardener and many more besides. Phlox will also bloom in various shades of lavender, pink, red, purple, each shade possessing its own distinctly rich, old fashioned perfume, like something from a bottle dabbed behind a favourite aunt's ear. And if you are ever lucky enough to stand in a well-planted cottage garden you'll find it rather like a little flowery meadow; a square of coloured tablecloth thrown down on a hillside. Summer profusion reigns and flowers spill and tumble over beds and borders so that not an inch of soil is visible. This year however there seems to be a distinct lack of butterflies supping from cottage garden blooms. It begs the question "where have all the butterflies gone?"

I don't know about you, but apart from some Cabbage White butterflies looking at clumps of untidy nasturtiums, I haven't

seen a single 'traditional' Irish butterfly this summer. The varieties I miss most are those encountered in their hundreds during my youth; Peacocks, Red Admirals, Painted Ladies, Brimstones, Small Tortoiseshell and Commas.



A Red Admiral on Rudbeckia blooms

I am told that as many as 60 butterfly species visit this country but only a dozen or so are willing to visit decorative gardens for the nectar-rich flowers which give them fuel for flight and egg-laying. Some, like the Red Admiral and Painted Lady are natives of North Africa and migrate here each summer but even these have been in noticeable decline for

the past decade or so. Peacocks, Brimstones, and a hand-full more actually hibernate here, but cold winters, wet springs (and ever wetter summers) don't help increase their numbers.

I have also been watching for butterflies in the countryside as many species insist on specific types of plant on which to lay their eggs. Some of the best nectar providers in the garden may include Buddleja, golden rod, Michaelmas daisies, phlox, lavender and aubrieta, but it's to nettles, thistles, and ivy that many turn to for egg-laying.

If you can set aside a wild corner in the garden and allow stinging nettles to establish, they will provide an excellent food source for the caterpillars of the Small Tortoiseshell, Red Admiral, Peacock and Comma. Nettles should be cut twice during the year; once in spring to bring about a flush of new leaves favoured for egg-laying, and again in early winter. Thistles are the favoured food of that summer migrant the Painted Lady, while the Holly Blue lays its eggs on ivy.

THE AUGUST GARDEN

WEEDS; Have you noticed the condition of the major roadside verges? With the exception of the new cycle and walkway from Glanmire and Riverstown down to the Elm Tree and beyond, weeds grow in legions and battalions. ; Ragwort, thistle, and dock, once classed as 'noxious weeds' are everywhere. At one time, these were strictly monitored and under pain of prosecution had to be removed once noticed. Many is the unfortunate farmer who was brought to court for allowing these to proliferate on the land! How times have changed since then!

Some neglected gardens are similarly smothered but also with pernicious weeds such as bindweed, ground elder, and the dreaded horsetail. Horsetail (*Equisetum arvense*). These seed and 'escape' to road verges and nearby gardens. If you have Horsetail in the garden bear in mind that it must be bruised and battered before treatment with a glyphosate based chemical such as Roundup otherwise it will be found almost impossible to eradicate. Trample it down with boot or shoe, knock it with rake or hoe, or roll it almost flat but get those 'Christmas tree' growths damaged at all cost. Be assured that the product

Roundup kills only through the leaf, not the soil, so it is quite safe if applied to weeds beneath young shrubs, so long as you do not spray the shrub itself.

Horsetail reproduces by spores and small tubers attached to its roots. Established roots can reach a length of 23 feet and grow to a depth of 7 feet. The only useful purpose that this plant is particularly good for is in helping sand dune erosion. At one time it was valued for its silica, and in Holland, arm-full amounts were used to scrub pans and polish metal.

PEONIES; Garden lore has it that peonies cannot be moved, and will never flower if disturbed. If that were really the case then no plant bought from a nursery would ever flower and flourish. They do however resent disturbance, and are far better left alone to mature, but if you have a peony that is not performing well, or has outgrown its site, the end of August or beginning of September is the best time to move it. Sometimes taller shrubs will have grown up around a plant and shade can result in poor flowering. If your shrubs cannot be cut back, then move the peony to a well prepared site in full sun. Lift the plant with as much root as possible. After all, the less you disturb the roots, the quicker

the plant will re-establish itself. Make sure the soil is free-draining and enrich it with compost and a good dollop of GeeUp horse manure. The dormant growth buds on the crown of the plant should be about one inch, and no more, below soil level.

NEGLECT: I'm amazed and saddened at the conditions of the Port of Cork Millennium Garden at Tivoli! The garden, designed by Glanmire resident Brian Cross is today weed infested, unpruned, shabby and vandalised. It's been neglected for years but that's typical of all of Cork's northside. The gates at both entrances are all that is left of a once beautiful creation. Close it now, or renovate this once loved riverside masterpiece

ANTS; Pity the Germans who are forbidden by law to kill ants! To be caught in the act of destroying an ant's nest is to invite the heaviest of fines in the local court. The reason behind the ban is that these highly valued insects help control Nun Moths which can attack conifers thus leading to defoliation and eventual death. Anyone in Germany who wishes to remove a nest must first of all apply for a permit and only then can the ants be collected and moved away to wooded areas.



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GLANMIRE LADIES FOOTBALL CLUB



U15 V Tramore

Intermediate

Well done to our Intermediate squad on their recent Division 1 League Semi Final victory over a strong Fermoy. They girls now go on to play Eire Og in the League Final.

Junior

Our Junior 1 squad had a good win over Mourneabbey in the first round of the Junior 2A Championship. The game was played in tough conditions but the girls dug deep to get the win. They then played Eire Og in the second round. It was a tough game from start to finish, unfortunately the girls lost out to two late goals to lose by the minimum.

Our Junior 2 squad started the Junior 2B Championship against Bride Rovers. It was another tough game in wet conditions but the girls played some excellent football to take the win. They will play Dohenys in the second round.

Cork

Congratulations to Ellen Twomey and Abbie O' Mahoney on their recent Senior Championship victories. They beat Tipperary in a must win game to set up a Quarter Final against Armagh. In what was a tough and physical game Cork prevailed to make it to the Semi Finals where they will play the winners of Donegal and Dublin.

Best of luck to Caoimhe and Ava who will be out with the



Ava and Neveah Cork U17

Cork Minors on Wednesday 19th July in the All Ireland Semi Final against Kildare.

Well done to Ava and Neveah who took part in the National U17 Blitz representing Cork. All 3 Cork teams made the cup Semi Finals with Cork winning the competition. Well done to both girls who contributed throughout the day for their respective teams.

U15

Our U15/16B squad made the trip to Tramore recently to play a challenge against Tramore. The girls enjoyed some great football and afterwards made their way to Tramore Amusement Park to top off a great day!

U8

Our U8 squad enjoyed a fantastic East Cork blitz held recently in the Pike. We were delighted to host Aghada, Middleton, Na Piarasigh, Inch and Fermoy on the day!

U9

Our U9's were also in blitz action in Pairc Ui Chaoimh. They played against Bishopstown and Lisgoold and there was some great football on show in all games!



U8 Blitz



U9 Blitz



U9 Blitz



U8 Blitz

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Domhnall Ó Corcora (1878-1964)

Micheál Ó Súilleabháin

Múinteoir, scríbhneoir agus polaiteoir ba ea Domhnall Ó Corcora. Saolaíodh é ag Cnoc Ghairdinéir i dtuaisceart Chathair Chorcaí in 1878. Bhí beirt deartháireacha agus beirt deirfiúracha aige. Bhí sé bacach de dheasca cnámh a bheith míchumtha. Bhí stad sa chaint aige, chomh maith, ach le himeacht aimsire, bhí sé in ann an stad a sháru. Nuair a bhí Domhnall ceithre bliana d'aois in 1882, bhuail an eitinn a athair, William, agus fuair sé bás in 1884. An bhliain roimhe, in 1883, fuair duine dá dheartháireacha, Richard, bás, chomh maith. D'aistrigh an bhaintreach, Mary, agus an ceathrar páistí go Sráid na Beairice. Bhí siopa aici ann ar feadh roinnt blianta. Faoi 1901, bhíodar ar ais i dtuaisceart na cathrach ag 91 Rathmore Buildings.



Domhnall Ó Corcora

Fuair Domhnall a chuid oideachais ag an Mainistir Theas, scoil a bhain le Bráithre na Toirbhirte. Bhí sé cumasach mar scoláire agus bronnadh scoláireacht air. Sna blianta déanacha aige ar scoil, bhí sé ina mhonatóir. Níos ba ea é seo ag an am. Bhí na ranganna ollmhór agus bhíodh an monatóir ag cabhrú leis an múinteoir cuid den rang a mhúineadh. Bhí oiliúint bunmhúinteoirí ag an am bunaithe ar an monatóir. Cineál printísigh ba ea é. D'fhan daltaí scoile a bhí idir 12 bhliain agus 14 bliana ar scoil mar mhonatóirí. Ina dhiaidh sin, chaith Domhnall bliain i gColáiste Phádraig, Droim Conrach, le cáilíocht a bhaint amach mar bhunmhúinteoir.

Sna blianta seo, chomh maith, thosaigh Domhnall ag scríobh altanna sa Leader. Ba é seo iris DP Moran, a chuir náisiúnachas Gaelach chun cinn. D'úsáid Domhnall an t-ainm cleite 'Lee' le haghaidh na n-altanna seo. Thosaigh sé ag déanamh ealaíne, chomh maith, sna blianta seo. Bhí suim aige sa drámaíocht agus scríobh sé roinnt drámaí. Bhí sé ar dhuine de bhunaitheoirí Chumann Drámaíochta Chorcaí. Is anseo a bhuail sé le Traolach Mac Suibhne agus le Lennox Robinson. Scríobh Domhnall dráma, 'The Embers' agus cuireadh ar an stáitse é i Halla Chonradh na Gaeilge.

In 1913, fuair Domhnall post i Scoil Naomh Pádraig do bhuachaillí ag Cnoc Ghairdinéir. Bhí tionchar mór aige ar na buachaillí a bhí faoina chúram. Ina dhírbeathaisnéis, 'An Only Child' tá an méid seo le rá ag Frank O' Connor, a bhí ag freastal ar an scoil: 'Lá



Coláiste na hOllscoile, Corcaigh.

amháin tháinig cúntóir nua agus bhí tionchar aige ar mo chuid samhlaíochta láithreach. Fear beag ba ea é a raibh cos bhacach air. Ghluais sé go mall timpeall an ranga. D'fhéach sé an-óg. Bhí guth an-ait aige a bhí gan mhodhnú. Ina dhiaidh sin, mhínigh duine dom gur chleas a bhí ann chun an drochstaid sa chaint a bhí air a leigheas. Tráthnóna amháin ag a trí a chlog, choimeád sé an rang siar. Scríobh sé roinnt nathanna as Gaeilge ar an gclár dubh. Ní raibh Gaeilge mar chuid den churaclam ag an am. Thaispeáin sé roinnt pictiúr a bhí tarraingthe aige féin don rang. Fuair mé roinnt leabhar Gaeilge ar iasacht uaidh. Rinne mé aithris ar an modh labhartha a bhí aige agus fiú ar an modh siúil a bhí aige. Shiúil mé abhaile i ndiaidh scoile ina theannta.'

Líon Domhnall bearna i saol Frank O' Connor. Bhí easnamh sa ghaol idir Frank agus a athair agus líon Ó Corcora an bhearna sin. D'fhorbair intleacht Frank O' Connor go mór de dheasca an tionchair a bhí ag Domhnall Ó Corcora air.

Dalta eile a raibh an-tionchar ag Ó Corcora air ba ea Séamus Murphy, an dealbhóir. Bhí Murphy ocht mbliana d'aois ag an am. Is cosúil gur aithin Ó Corcora acmhainn i Murphy. In 1965, scríobh Séamus Murphy go mbíodh sé ag faire ar Ó Corcora agus é ag péinteáil. Thosaigh sé ag déanamh aithrise air. Ar seisean: 'Léirigh Ó Corcora spéis ionam agus mhol sé dom níos déanaí dul go dtí an Scoil Ealaíne.' Bhain Murphy cáil amach mar dhealbhoir ina dhiaidh sin. Lean Ó Corcora ag múineadh i Scoil Phádraig go dtí 1921. Bhí sé ag súil go gceapfaí é mar Phríomhoide ag an am sin ach ceapadh duine eile. Dar le Séamus Murphy, ní bhfuair Ó Corcora an post de dheasca a chuid polaitíochta.

Sna blianta ina dhiaidh sin, mhúin Ó Corcora ealaín don Choiste Oideachais go dtí gur ceapadh é ina Chigire Gaeilge in 1925. In 1929, bronnadh Máistreacht sna hEalaíona air. Ansin in 1931, ceapadh é mar Ollamh le Béarla i gColáiste na hOllscoile, Corcaigh. D'fhan sé sa phost go dtí 1947 agus ansin d'éirigh sé as múinteoireacht. Níor ghlac sé páirt ró-mhór i bpolaíocht an Cholaíste ach dúirt Seán Ó Tuama a bhí mar mhac léinn dá chuid gurbh é Ó Corcora an múinteoir litríochta ab' fhearr dár bhuail riamh leis. In 1951, d'ainmnigh Éamon de Valera é mar Sheanadóir agus in 1952, ceapadh é mar bhall den Chomhairle Ealaíon. Chaith sé

na blianta deireanacha dá shaol i mBun an Tábhairne mar a mbíodh sé ag péinteáil sceitsí uiscedhathanna.

Scríbhneoir cumasach ba ea Ó Corcora. Scríobh sé roinnt drámaí. Ina measc bhí 'The Labour Leader' in 1919, 'The Yellow Bittern' in 1920, 'Resurrection' in 1924. Foilsíodh cnuasach gearrscéalta, 'The Munster Twilight' in 1916 agus ina dhiaidh sin cnuasaigh eile 'The Hounds of Banba' agus the 'Stormy Hills' in 1929. Foilsíodh a chéad úrscéal 'The Threshold of Quiet' in 1917. Bhí an t-úrscéal suite i gCathair Chorcaí agus cuid de bunaithe ar a shaol féin. Bhí ardmheas ag Frank O' Connor agus ag Seán Ó Faoláin air.

Ba é an 'Hidden Ireland', staidéar ar fhilíocht na Gaeilge san 18ú hAois, ar an tsochaí agus ar an gcultúr a léirigh sé an saothar ba chonspóidí a scríobh sé. Foilsíodh é in 1924. Ar éigean a luadh an cultúr seo sna leabhair staire mór le rá a bhain leis an 18ú hAois. Ba é Stair na hÉireann in Ocht Imleabhar le William Lecky an mór-shaothar a bhain leis an 18ú hAois. Bhí sé dírithe ar an saol Angla-Éireannach a bhí go mór chun tosaigh ag an am. Níor aithin sé go raibh saol Gaelach ar bith ann. I súile Uí Chorcaí, bhí saol eile ann ina raibh filí ag déanamh cur síos ar an saol Gaelach, ar na cúirteanna filíochta agus ar na téamaí Gaelacha nach raibh tagairt ar bith orthu sna foilseacháin agus sna leabhair staire reatha. Ba é aidhm Uí Chorcaí ná a thaispeáint go raibh saol eile ann arbh fhiú cur síos a dhéanamh air agus sa mhéid sin, d'éirigh leis.

Fuair Domhnall Ó Corcora bás in 1964 agus cuireadh é i Reilig Naomh Iosaf i gCorcaigh.

Gluais:

cnámh mhíchumtha= deformed bone
an eitinn=tuberculosis
monatóir=monitor
ainm cleite=pen name
acmhainn=ability
staid sa chaint=stammer
gan mhodhnú=unmodulated
sceitsí uiscedhathanna= watercolour sketches
sochaí=society
Ocht Imleabhar=8 volume



UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

The heating boiler which heats the Community Centre has now been replaced and zoning has been added so that individual rooms can be now heated rather than heating everywhere at the same time. This was part funded by Cork City Council's Community Development Capital Grants 2023 Fund.

The Sports Hall floor has been sanded, re-lined and lacquered and is available for hire again. The work here was again part funded by a grant.

Bingo in the Community Centre continues throughout the Summer and the jackpot is currently at €1400. All welcome.

Our Annual Harvest Festival/Family Fun Day will occur on Sunday 1st October. Any volunteers willing to help out would be most welcome! More details to follow on this in the near future!

Finally, we would like to congratulate Upper Glanmire natives Shane Cahill and Maria Drummy on their recent wedding which included photos taken in our Geodesic Dome.



Shane Cahill and Maria Drummy



Sports Hall floor



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Sarsfields Camogie Notes

Summer Camp: Our Sherry Fitzgerald Lettings sponsored Summer Camp was yet again a huge success. Held in early July, the weather held off until our final day but we had indoor contingency plans in place which worked very well. Thank you to all the fabulous coaches & the girls themselves who were exemplary all week.

Minors got their championship off to a great start with both teams successfully coming through their first round games.

Caman n' Chat's took part in a Blitz in Mallow recently and our fabulous ladies did outstandingly well. Going from strength to strength, the ladies train every Monday @ 8.00pm if anyone is interested in keeping fit, learning a few new skills & having the chat! Contact Gill (086) 6022333.

U16 Premiers are scheduled to play their league final vs Eire Og on Sunday, 7th August.

U13s Qualify for Imokilly Final: Congrats to our U13 Black team who have qualified for the Imokilly final.



Summer Camp



U16 Premiers



Summer Camp



U10 vs Mallow



Caman N Chat



Summer Camp



U7s in Mallow



Summer Camp



U13 Black



Crosaire An Phaoligh
C.L.C.G.

White's Cross GAA News

whitescrossgaa.ie



White's Cross GAA Cul Camp



Cul Camp

145 children took part in the 2023 version of the White's Cross GAA Cul Camp which went ahead on between the 3rd and 7th of July. This was a truly outstanding success. The kids enjoyed their treats and the visits of Cork senior players Rory Maguire, a few days after his memorable goal for the county footballers in Croke Park and Ellen Twomey. It wasn't Ellen's first time at the camp having attended every year whilst she attended Upper Glanmire National School. The weather was mixed throughout the week. Though the attendees were able to spend most of the time outdoors, we are grateful for Sandcastles pre-school being able to provide shelter on-site when the weather necessitated. Thanks to Sandcastles and the efforts of the coaches, the camp was able to proceed for the week.

Other camps that were scheduled locally were not as fortunate. The success of this camp is down to the organisers and coaches. A large team of internal (club members) and external coaches/assistants provided top-class coaching and fun for all of the kids that took part throughout the week. For all the parts to come together to make the Cul Camp the success that it is, it needs somebody to co-ordinate it all. Conor Kelleher has, once again, done an amazing job in delivering this camp for the children of the parish. There is a huge administrative burden behind the scenes to make this camp happen. However, as always Conor has stepped up and fruits of his labour were there for all to be seen. A massive thank you to Conor and to all that helped out.

Underage Success

Pride of place in the last month has to go the St. Colmcille's under 16 hurlers as they won their hurling league. St. Colmcille's mostly play in Rebel Og East competitions. For some reason, this team were entered into the Rebel Og North league. Their campaign involved three away trips to the Ballyhoura region where they played Doneraile, Kildorrery and St. Dominics (amalgamation of Glanworth and Shanballymore). Indeed the final itself was in the home ground (Shanballymore) of opponents St Dominics. In the group stage, it was Dominics who had a comfortable 10-point win over Colmcilles and therefore entered the final as favourites. However, from the outset Colmcille's approached this game with a different mentality and their workrate was much improved from the first encounter. The game was tense and tight throughout but it was Colmcille's that seemed to have their noses in front for most of the game. At half-time they lead 1-05 to 1-03 and as the game entered the final few minutes, they were still in the lead. The concession of a few soft-frees gave the home-side a chance to tie the contest. Indeed they could have won the game with a free in injury-time if it were not for a fine save from the Colmcille's keeper who stopped the ball from going over the bar. The game would be decided by two ten-minute periods of extra time. This was energy-sapping for the players involved and a few were treated for cramp. The scoring was low but our greater hunger saw Colmcille eek out a deserved one-point win on a scoreline of 2-08 to 1-10.

Maria and Shane!

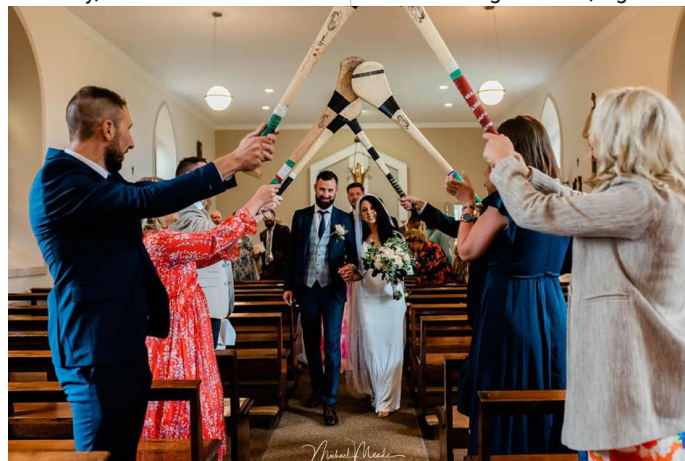
A massive congratulations to Maria Drummy and Shane Cahill who got married on the 6th of July at St. Michael's Church, Upper Glanmire. Shane is goalkeeper on our Junior Hurling team in White's Cross, where he has given fantastic service over the last 15 years, wearing the number one shirt. This is a jersey he inherited from his father Dominic who wore it with great distinction, also for many, many years. Meantime Maria's father, John Drummy, has also served

Employment Opportunity - White's Cross GAA

Eligibility to participate on CE is generally linked to those who are 21 years or over and in receipt of a qualifying social welfare payment for 1 year or more.

This is a developmental opportunity, no experience necessary. Accredited training will be provided to support your career. CE is 19.5 hours per week. Duties will include:

Upkeep of grounds and clubhouse/pitches, cleaning of dressing rooms, general



Shane Cahill and Maria Drummy on their wedding day

our Club with distinction, completing a number of terms as Chairperson at a vital stage in the Club's growth and development. He is currently a Vice-President and trustee of the club. Maria's brother John was also a long-time player with the club. He was home for the big-day; visiting with his wife and kids from their current residence near Melbourne, Australia. This marriage is therefore a truly happy occasion for all in White's Cross. Within two days Shane was back between the sticks for the club as White's Cross

maintenance, strimming, painting, DIY, securing of premises and other adhoc caretaking duties as required within the club itself.

This position is based in Whites Cross GAA club in upper glanmire. For enquiries: Contact Supervisor: Angela Murphy, Tel: 087-9888935 Please note eligibility criteria for a Community Employment Scheme will apply.

Applicants may forward a CV to - angela@glanmireceproject.ie



GLANMIRE MACRA

Glanmire Macra has had a fun month with lots of activities on! Our members had a fantastic time exploring Spike Island. The weather was beautiful and it was very interesting learning about all the history that has happened on the island.

Earlier this month some of our members also enjoyed a tour and tasting at Carbery cheese factory. A big thanks to Seandun macra for organising and Carbery for hosting!

Some of our members also attended a farm walk at Pat Aherne's farm aka The Homeopath Farmer, last Wednesday night. A very interesting and informative evening was had and we all learned a lot of new things to try. Thanks to Avondhu macra for organising and all the other guest speakers.

Don't forget our social sports nights are also continuing throughout summer in the Little Island Sports Complex every Wednesday from 7.30-9pm. We play a mix of basketball, volleyball and soccer. Everyone is welcome and the first night is free, after which it's €4.

April Lynch, Glanmire PRO



Glanmire Macra at Spike Island



Macra members at Carbery factory.



Members at the farm walk last week



AUGUST 2023 SUMMER STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



1. SATIN SKIRT

Investing in a satin skirt, an easy-to-wear wardrobe staple which combines classic and contemporary style.

What's even better? The sumptuously smooth garment feels dressier than your average pair of jeans or pants, but still has enough versatility to be dressed up or down. Pair one with a perfectly understated white T-shirt and sneakers for a power-casual moment. Or breathe new life into your office wardrobe by styling a satin skirt with your go-to blazer and kitten heels.

The slip skirt is a truly versatile wardrobe hero, loved by A-listers

and street-stylers alike. Teamed with a fresh camisole top now or layered up with knits and boots come autumn, it's always a stylish choice - and investing in a good quality one now will mean you can turn to it time and time again.

A true wardrobe chameleon, the slip skirt can be as easily dressed up for weekends in the city, adding statement sunglasses for extra impact.

For an evening event, a silk camisole and pair of heels create an effortlessly chic look.

Whether you like a bright colour, or a neutral shade, made with a shimmering satin fabric, the skirt has a luxurious look. The elegant slip shape teamed with the elastic waistlines means the skirt is both sleek and comfortable. With a midi length, the skirt is a great wardrobe staple to dress up and down throughout the summer months.

There's so much to love about this slip skirt - from the champagne hue to the elegant silhouette it creates.

For stockists please see my Instagram account.

2. WEDGES

There are many different kinds of comfortable wedge sandals to shop - from classic raffia-heeled sandals, cork-sole wedges, platform sandals. While wedge sandals are the most comfortable heel option, not all are made the same. Wedge styles vary in height, cushioning, and fit, that properly supports your foot type or existing foot conditions.

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](#).





Bridge is good for the mind. It is a mental workout unlike any other and is one of the few activities to stimulate both halves of the brain in equal measure. Playing bridge uses and develops logical thinking, inferential analysis, problem solving skills, sequencing, visualization, lateral thinking, long and short-term memory, observation and psychology(or cunning).



Bridge brings health benefits. It is believed that bridge can boost the immune system through its stimulation of the dorsolateral cortex, which is involved in the higher order brain functions needed to play the game. Playing bridge regularly will keep your brain young and your mind alert and recent research has suggested that it may even stave off degenerative diseases such as Alzheimer's.

Bridge is great fun & Bridge is exciting! If you can play bridge you will never be bored. It combines the best qualities of all games – the cerebral challenges of chess, the suspense and psychology of poker and the excitement of a competitive football match. Bridge truly offers a unique combination of challenges and with every deal different, success depends on a combination of technique, teamwork and tactics.

Bridge is good value for money. It requires very little in the way of equipment and is thus a relatively inexpensive pastime. Unlike poker, it is not usually played for money.



New Member's Welcome



*The Highlands
Bridge Club*

**CONTACT:
MR MICHAEL
DEANE**

086 825 4745

Tuesday 7 - 10pm

Sept - May

Glounthaune Community Centre

Many games provide fun, but bridge grips you. It exercises your mind. Your mind can rust, you know, but bridge prevents the rust from forming. – Omar Sharif, actor and international bridge player.

Playing bridge reflects intelligence. It's one of the really great pleasures of life. Anybody who's missing bridge is missing so much in life. – Malcolm Forbes, entrepreneur and publisher





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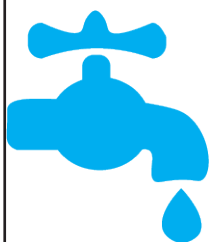
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GLANMIRE HERITAGE SOCIETY

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during
National Heritage Week from
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Summer for Kids at Glanmire Library



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glanmire_library@corkcity.ie

**NATIONAL
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Fiona Ford
will give a talk on Friday
18th August at 2.30
"Living Heritage":
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Glanmire through the
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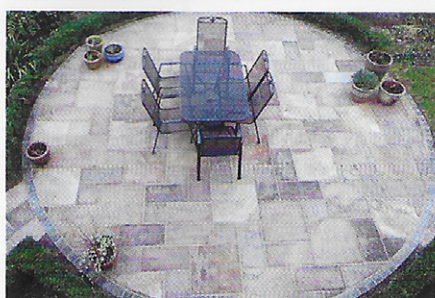
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