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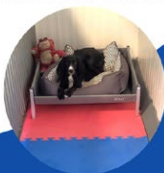


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I am also contactable by email and phone.

Stay safe and continue to follow the public health guidelines.

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IMAGINE MORE





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

AT THE VIENNA WOODS HOTEL

Tickets and further details will be available soon.



– AWARD CATEGORIES –

1 GLANMIRE BUSINESS OF THE YEAR

Name: _____

2 BUSINESS PERSON OF THE YEAR

Name: _____

3 BEST CUSTOMER SERVICE

Name: _____

4 SHINING STAR EMPLOYEE

Name: _____

5 BEST USE OF DIGITAL

Name: _____

7 GREAT TASTE AWARD

Name: _____

6 BEST VOLUNTARY ORGANISATION

Name: _____

8 SPORTS AWARD

Name: _____

9 GLANMIRE AMBASSADOR

Name: _____

10 SPECIAL RECOGNITION

Name: _____

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UPCOMING CLOSING DATE FOR NOMINATIONS: 12TH OCTOBER 2023



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August 2023 Issue | Newsletter published monthly by Wellspring Chiropractic

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Sneaky Ways to Get More Steps in Your Day



A daily recommended step count of 10,000 steps can seem daunting. But it doesn't have to be! With a few small tweaks, you can easily reach your goal without even realizing it.

Here are some sneaky ways to get more steps in your day:

If you're watching television, stand up and walk around during commercial breaks—this adds up quickly! Find small

opportunities to stretch your legs while at home or work. Park further away in the parking lot—and make it a habit. Go for a brisk walk during your lunch break. When standing, use one foot to balance on an object or chair to keep active. Dance while you do house chores.

These extra steps add up quickly and can help you reach your 10,000-step goal. Get moving and reach your goals today!

Afternoon Slump? Caffeine-Free Ways to Get Through Your Workday

Feeling the afternoon slump? We all know that feeling—when the coffee is gone and you're stuck in front of your desk, trying to keep focused. Instead of going for another jolt of java, try these caffeine-free ways to get moving.

Take a short break. Step away from your work for five minutes and stand up for a bit. Stretch, walk around the office, or even take a quick lap outside—you'll be surprised at how refreshed you feel when you get back to your desk.

Grab a snack and hydrate. Dehydration is one of the main causes of an afternoon slump. Reach for some hydrating snacks like watermelon, cucumbers, and celery.

Change your environment. A new view can really help get those creative juices flowing again. If you're stuck in a cubicle, try taking a walk around the office building or move to an open space to work.

Revitalize your afternoons and stay productive with these simple steps to beat the slump.



3 Health Benefits of Indoor Plants



Indoor plants have numerous benefits that make them the perfect addition to any home or office. They can improve air quality, boost mood, decrease stress, and add beauty and life to any space. Here are three incredible benefits:

Filter toxins. Plants filter toxins from the air by absorbing carbon dioxide and releasing oxygen. This process helps clean the air in your home or office which can reduce respiratory problems.

Reduce stress. Indoor plants have been proven to reduce stress levels. Studies show that people in offices decorated with plants report less stress than those without them. The natural beauty of greenery combined with their calming effects can help create an overall sense of wellbeing and relaxation.

Beautify your environment. Give life to your living space. Plants not only look beautiful, but they also create a sense of connection with nature and can complement any existing décor.



Gardening with Charlie Wilkins



Charlie Wilkins

A TREASURE FOR RAINY AREAS

When you have a damp area in the garden (and which of us don't) plant a dozen or more *F. meleagris* about two inches deep this month or next and in all probability they will run to spread handsomely and freely year after year. One of the principles of good gardening is to plant in generous groups, but nature can be more generous than even the most extravagant gardener. That dozen or more will give you a better return (in terms of increase) than any other bulb in the spring garden with the exception of *Chionodoxa* and *Anemone blanda*.

Fritillaria meleagris will be found extremely easy for it has a distinct preference for soil which holds moisture during every month, but especially during late winter and spring. In the garden these bulbs will relish persistent rain and give their best over a long period each spring. If the soil contains lime then so much the better! At flowering time, their slender stems and leaves will stand just under a foot in height whilst their flower buds will hang and inflate to become large, bulky, chequered bells immediately overhead (see illustration). Their colouring is generally mauve or similar like the colour of a guinea-fowl's

feathers, but selected forms can be pure white shading to cream which shows up particularly well against the mid-green narrow foliage. In shade, they will look supreme.



Fritillaria meleagris shows its proud stance, drooping chequered 'snakeskin' bells, and dainty foliage. These unusual and sought-after bulbs in white, mauve and purple are ideal for the shade garden. They go on sale this month.

Spring bulbs, like everything else, are subject to the whims of fashion. While the *Erythroniums* (Dog's Tooth Violets) and *Trilliums* were shining out in the limelight for the past decade or so, other had to take second place. Now however it's the turn of those *Fritillaria*! Get your supply asap for the horny-handed and knowledgeable will be looking for theirs once they arrive in the garden outlets.

'Snake's head' fritillaries are not the only beauties in this huge and beguiling family.

The king of the spring border may indisputably be the crown imperial, *Fritillaria 'imperialis'* for it stands sentinel-like in the border rising to three feet and showing great pendant bells of flowers surrounded by a tufted crown of leaves much like those of an exotic pineapple. It is well known that these prefer sharp drainage and a good loam so when planting the large bulbs add some humus for enrichment purposes and sharp sand or grit to improve the drainage. As well, rest the bulbs at a slight angle so they lie to one side without creating an air pocket around their base. Personally I like to stand the bulbs upright but on a generous fist or two of grit before backfilling with enriched friable soil.

A group of the popular yellow Crown Imperials would look striking on their own against the dark background of an evergreen hedge. Three bulbs should be the minimum number used even though they're going to cost a couple of euro each. However, this will be the best investment you'll ever make for they'll remain with you for half a lifetime given that you feed generously, during, and especially after flowering. Any liquid food based on seaweed will be found particularly beneficial.

TIMELY TIP

Lavender can get gnarled and woody if left un-pruned, and early September is the ideal time to take the shears to these even if they're still showing a few pathetic little flower spikes. Remove all the flower heads, their stalks and a couple of inches of spiky foliage as well, aiming to make the whole bush into a rounded shape. With old lavender this may not be possible for the plant may already have developed a series of undulating, roundish lumps, but so be it. Over the next six weeks the bushes which have been trimmed will produce more silvery spiky leaves making for an attractive feature over the winter months.

CHOCOLATE COSMOS: The delightfully scented Chocolate Cosmos is still showing off in its blooms of deepest plum. Free flowering and full of an ever continuing profusion of fragrant flowers the plant is a must-have for chocoholics! Plant it in full or partial sun but do enrich the spot beforehand with any kind of organic material so that the ground eventually becomes friable, easily worked and free draining.

The chocolate Cosmos originates in Mexico where in the wild it is almost extinct. Strong plants will reach about 24" in height with a modest spread of about 12" (30cm). It will also do well in pots for balcony gardeners.

HIDEAWAYS: There has always been a tradition in our extended family for having some sort of recreational sanctuary into which a male person could abscond for long or short periods. Normally, such places are where people store their household DIY tools, and run to put the canvas chairs when it looks like rain in summer. My thinking is that if the garden is a place of refuge, then a hide of some sort can be a haven within it. I offer you a peep into my inner sanctum! On a tottering shelf on the back wall there's a rickety old cardboard box simply bulging at the corners. It is a depository of good intentions, crammed with packets of vegetable and flower seed. Sometime around the middle of February I'll probably add another set of duplicates having forgotten what was and wasn't there, and sort through the whole container yet again whilst marvelling at my Swede turnip collection and

tomato archive. Men are 'funny' in many respects.

GRASS SEED sown between now and mid October (later in southern counties) will have time to establish good roots before winter sets in. The area to be sown should be cleared of all perennial weeds (thistle, dock, dandelion etc) be deep-dug then raked to a fine tilth before sowing. If the soil is heavy it should be lightened with the addition of coarse sand or grit to improve drainage for we all know how winter rains can lodge and persist. Finally, remember to sow the seed up and down the area then across it from left to right. Finally, Rake it lightly to partially cover. Water well if we get a dry spell. The rate of application is an ounce and a half of seed per square yard.

HARDY PERENNIALS can be bought and planted during September and bargains are available as many outlets are selling off surplus stock to lighten their workload during winter and although the top growth on many varieties may look shabby, it's the roots that count. Go shopping now and be able to give the plants the very best start for next year



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GLANMIRE LADIES FOOTBALL CLUB



Intermediate Squad

Junior

After their 1st round win our Junior 2A were hoping to back this up with a second win, unfortunately they were beaten by the minimum against Eire Og. Their final group game was against Aghada and a win here would send them through to the semi-final. After a bright start Glanmire went into the lead but a strong second half showing from Aghada gave them a win, sending our girls out of Championship. Well done to the girls on a great year!

Our Junior 2B made it through to the Junior 2B Championship Semi Final against Castlehaven. After a long trip down west our girls came out of the blocks the quickest with 2 points in a row. Unfortunately 2 quick goals from Castlehaven put us on the back foot heading into the second half. The girls put in a huge effort against a strong Castlehaven squad but it wasn't to be. They now look forward to East Cork Championship.

U15 Player Development Programme
Well don't to Emily, Amy, Aoife, Clíodhna, Aoife, Eimer and Emily who are part of the East Cork PDP that played West Cork recently. The girls have been playing some great football and improving each week. The will look forward to the muster Blitz in the coming weeks.

Intermediate

Our Intermediate squad recently

contested the Senior League Final against Eire Og. This was a repeat of last year's final where Eire Og came out on top. Our girls started brightly and contained a threatening Eire Og forward line during the first half. But our girls found scores hard to come by with an experienced Eire Og squad. Eire Og came out winners in the end but credit to our girls on reaching another Senior League Final. They will take this experience with them into the intermediate County Championship with their first outing against Valley Rovers at home.

The girls also played Fermoy recently in the East Cork Senior Championship Semi Final, coming away with a good win. They now wait on the winners of Inch and Aghada in the other Semi Final.

U9

Well done to our fantastic U9 group who played a blitz with Rockban and Watergrasshill recently. The girls were excellent throughout and even enjoyed some well-deserved treats after.

U11

Well done to our U11 squad who played in a Munster Blitz in Nemo recently.

Minor

Congratulations to our Minor B squad on reaching the East Cork Final after coming from

behind against St. Colmans to take the win in a great game of football.

Well done to our Minor A squad on an impressive victory over Bride Rovers in the East Cork Semi Final. This now puts them into Minor A County.



Minor B Semi Final



U9s after their blitz



U11 Munster Blitz



U11 Munster Blitz



Junior 2B Squad



U9

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Coláiste an Phiarsaigh, 1973-2023: 50 bliain faoi bhláth

Micheál Ó Súilleabháin

Caoga bliain ó shin, ghlac grúpa beag daoine cinneadh meánscoil lán-Ghaeilge a oscailt. Cinneadh misniúil a bhí ann mar bhí ag teip ar oideachas trí mheán na Gaeilge ag an am úd agus bhí fórsaí láidre sa tír a d'fhéach air mar rud a bhí as dáta agus a dúirt gur cheart dúinn a bheith mar chuid den saol nua-aimseartha. Bhí Éire díreach tar éis dul isteach i gComhphobal Eacnamaíochta na hEorpa agus, dar leo, bhí sé in am an maoithneachas a chaitheamh i leataobh.



Cormac Mac Cárthaigh

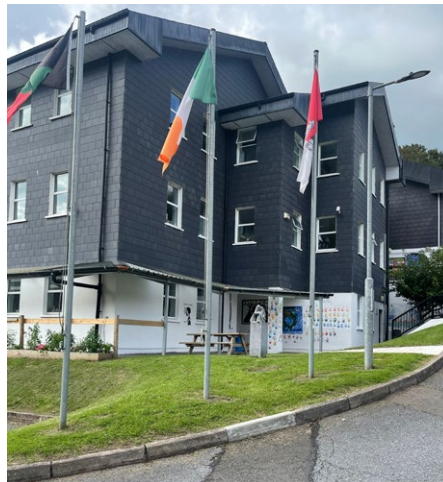
Eibhlín Ní Drisceoil

De dheasca na bhfórsaí polaitiúla agus eacnamaíochta, bhí an Ghaeilge imeallaithe le fada an lá. Ón 18ú Céad anall, bhí an córas oideachais, córas riaracháin, cúirteanna, nuachtáin á rith trí mheán an Bhéarla. Bhí fostóirí móra mar iarnróid agus oifig an phoist mar chuid den chóras seo. Bhí an spórt amhlaidh. Nuair a bheartaigh Micheál Cíosóg Cumann Lúthchleas Gael a bhunú, rinneadh gach iarracht an cumann a mharú sna blianta tosaigh. Marach dornán beag daoine mar Chíosóg, Muiris Ó Daimhín agus Dúghlas de h Íde, ní tharlódh an athbheochan ar an gcultúr Gaelach ag deireadh an 19ú Céad. Bhí sé frith-chultúrtha. Ach as an athbheochan san, tháinig bród nua sa chultúr Gaelach agus bunú scoileanna mar Scoil Éanna an Phiarsaigh, a mhúnlaigh daoine óga a bheith bródúil as an gcultúr Gaelach agus a spreag iad dul ar thóir na sairse. I bhfocail an Phiarsaigh, 'tír gan teanga, tír gan anam'.

Tugadh aitheantas don Ghaeilge sa chóras oideachais don chéad uair in 1922 le bunú Shaorstát Éireann. Sna blianta a lean, bhí an Ghaeilge mar chuid den churaclam. Bhí an teanga éigeantach sna scrúduithe stáit nó chun post a fháil sa státseirbhís. Bhunaigh an rialtas an Gúm in 1926 chun ábhar léitheoireachta, leabhair scoile a chur ar fáil as Gaeilge. Bhí mion-athbheochan sa chultúr Gaelach tosaithe. Caithfear cuimhneamh, áfach, gur éirigh formhór an phobail as an oideachais ag 14 bliain d'aois ag an am. Chomh maith leis sin, cé's moite den chóras Stáit, ní raibh an Ghaeilge ag teastáil chun slí bheatha a bhaint amach.

Nuair a bhris Cogadh Domhanda amach in 1939, d'fhan Éire neodrach. Ach chuir tréimhse seo na héigeandála daoine ag smaoineamh faoi thodhchaí na Gaeilge. Ba é seo an tréimhse seo in ar bunaíodh irisí Gaeilge mar Chomhar, Feasta, Inniu. Rinneadh athbheochan ar Oireachtas na Gaeilge nár tionóladh ó aimsir an Chogaidh Chathartha. Ba é an cogadh a spreag dornán daoine i gCorcaigh chun an chéim chinnititheach a thógaint. Mheasadar go bhféadfadh todhchaí

na Gaeilge a bheith i mbaol dá ndéanfaí ionradh ar an tír. Ina measc bhí Cormac Mac Cárthaigh, Séamus Mac Gearailt, T.D., An Captaen Seán Feehan, iaroirigeach airm a thosaigh an Mercier Press ag an am agus Paddy Mackesy, fear gnó sa chathair. Thosaigh siad Coláiste Samhraidh i nGarraí Bhoithe in 1944. Bhí orthu go leor constaicí a shárú toisc go raibh gach cineál ábhair gan i dtréimhse seo na ciondála. Ach d'éirigh leis an iarracht. Ba é an mana a bhí acu ná 'níor theip fear an mhisnigh riamh'. Tógadh céim eile in 1956, nuair a cheannaíodar Teach Ghleann Maghair agus an talamh a bhain leis. Bhí an teach mar áit chónaithe roimhe sin ag roinnt úinéirí Angla-Éireannacha. Ina measc, bhí Anne Sullivan a phós Diúc Westminster agus a raibh an capall cáiliúil, Arkle, aici sna seascaidí.



Coláiste an Phiarsaigh inniu

In 1958, osclaíodh Scoil na nÓg ann mar scoil chónaithe do chailíní. An bhliain dár gcionn, osclaíodh Scoil na nÓg do bhuachaillí i dTrabolgan in oirthear Chorcaí. Bhí mórán rudaí ag tarlú sna seascaidí ag an leibhéal náisiúnta. Bhí brat na Gaeilge fós ar foluain sna meánscoileanna a rith na Bráithre agus na Siúrach. Bhí sé coitianta gur mhúineadar roinnt de na hábhair trí mheán na Gaeilge i sruthanna. Ach, ba é seo, chomh maith, an t-am ina raibh brúgrúpaí ar nós an LFM, an Language Freedom Movement, gníomhach. Fuair an eagraíocht seo mórán poiblíocht ó na meáin chumarsáide, a bhí diúltach, nó fiú namhadmhar don Ghaeilge. Bhí tacaíocht acu ó pholaiteoirí áirithe, chomh maith. Theastaigh uatha nach mbeadh an Ghaeilge éigeantach sa chóras oideachais agus sa chóras stáit le haghaidh postanna sa státseirbhís. Nuair a tháinig an saoroideachas meánscoile isteach in 1967, bhí méadú mór i líon na ndaltaí a lean ar aghaidh ar scoil go dtí leibhéal na hArdteiste. Os rud é go raibh easnamh mór sna háiseanna do mhúineadh na n-ábhar trí Ghaeilge, mheas go leor scoileanna go mbeadh sé ró-dheacair dóibh leanúint ar aghaidh ag múineadh ábhar mar Stair, Tíreolaíocht, Eolaíocht srl. trí mheán na Gaeilge agus d'éiríodar as.

In 1973, bhí olltoghchán ann agus tháinig Comhrialtas idir Fine Gael agus Páirtí an Lucht Oibre i gcumhacht. Thóg an tAire Oideachais nua, Richard Burke, cinneadh go

gcuirfí deireadh leis an riail go mbeadh pas sa Ghaeilge riachtanach chun pas a bhaint amach sna scrúduithe Stáit. Chomh maith leis sin, ní bheadh an Ghaeilge ag teastáil feasta chun gnáthphost a fháil sa státseirbhís. Buille mór don teanga a bhí ann, cé go ndearnadh iarracht cuma dhearfach a chur air.

Ba é seo an bhliain chéanna a raibh cinneadh déanta agus cead faighte meánscoil nua lán-Ghaeilge, Coláiste an Phiarsaigh, a oscailt. D'oscail an scoil i Meán Fómhair, 1973. Bhíothas ag brath ar sheomra anseo agus ansiúd sna blianta tosaigh. Bhí saotharlann shoghluaiste ann ina mbíodh na dóirí Bunsen ag gluaiseacht timpeall i mbosca! Bhí 30 dalta i láthair an chéad lá. De réir mar a mhéadaigh na huimhreacha sna blianta tosaigh, bhí sé an-phrainneach go bhfaighfí foirgneamh buan. Chaith an príomhoide agus an bainisteoir blianta ag tathaint ar pholaiteoirí cead a fháil foirgneamh scoile a thógáil. Faoi dheireadh d'éirigh leo agus i Samhain 1978, d'oscail an tAire Oideachais, Séan Mac Uilliam, an scoil nua go hoifigiúil. Ba í Eibhlín Ní Drisceoil a bhí ina príomhoide ón tús go dtí lá a báis in 1991. Bhí sí ina príomhoide ar Scoil na nÓg i nGleann Maghair ó 1958 anall. Bhí Cormac Mac Cárthaigh mar bhainisteoir ón tús. Cé go raibh mórán deacrachtaí ó thaobh airgid agus ó thaobh spáis de, thóg an scoil cinneadh oideachas leathan, Gaelach a chur ar fáil ón tús. Bhí cúpla teanga Eorpach ar fáil agus béim ar na heolaíochtaí, chomh maith. Sna blianta a lean, cruthaíodh nár chuir an Ghaeilge bac ar bith ar oideachas den scoth a chur ar fáil. Bhí na daltaí in ann páirt iomlán a ghlacadh i saol an oideachais agus deiridís, fiú, gur chabhraigh an Ghaeilge leo teangacha eile a fhoghlaim. Ó 1973 anall, tá borradh tagtha ar an oideachas trí Ghaeilge ó thuaidh agus ó dheas. Tá muinín ag cainteoirí Gaeilge astu féin. Tá Coláiste an Phiarsaigh ar tí céim mhór eile a thógaint le foirgneamh úr nua. Tréaslaímid le gach éinne a raibh agus a bhfuil baint acu le bunú agus le forbairt na scoile thar na blianta. Cuimhnimis ar na ceannródaithe atá imithe ar shlí na fírinne. Leaba i measc na naomh go raibh acu go léir. Go raibh gach rath ar an scoil sna blianta atá amach romhainn.

Gluais:

cinneadh=decision
moithneachas=sentimentality
a chaitheamh i leataobh=to cast it aside
imeallaithe=marginalised
frith-chultúrtha=counter cultural
cinnititheach=decisive
éigeandáil/éigeandála=emergency
brúgrúpaí=pressure groups
éigeantach=compulsory
cuma dhearfach=a positive spin
saotharlann shoghluaiste
ag tathaint ar=urging to do
práinneach=urgent
borradh=growth, expansion
ceannródaithe=pioneers



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UPPER GLANMIRE

SATURDAY SEPTEMBER 30TH

1ST - 3RD YEARS

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 very near future!

On September 15th at 8pm Upper Glanmire Community Association will host a free presentation by local historian Fiona Forde on "Education in Upper Glanmire through the generations".

Saturday 30th September will see the return of discos by Rev Discos to Upper Glanmire.

On Friday 13th October at 7.30pm Upper Glanmire Community Association and

Glanmire Parish will host an evening of song, music and laughter with Cor Geal at St. Michael's Church, Upper Glanmire. Tickets at €20 available by contacting:

The Parish Office 021 4820654
The Boothouse Bar 087 9645496
Jerry Burke 0879816481

September/October will see the return of most activities to the Community Centre including Glanmire Basketball, Little Kickers, Active Retirement Group, Kids Zumba, Cork Sports Partnership, Bingo, Set Dancing, Taekwon-Do, White's Cross Underage, Catherine's Play and Music and many more.

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Contact Dermot Cambridge 087 0981940



ERIN'S OWN LADIES CLUB

Underage Camogie

Our U12 Camogie group were back in league action recently after a summer break, with 3 games left to play against Glen Rovers, Ballinghassig and Castlemartyr. The U9 & U10 camogie groups were back on the hallowed turf of Caherlag once again with the reopening of the new pitch. Erins own hosted a massively successful blitz with approximately 100 girls from all corners of the county. Well done to our girls who put in some stellar performances on the day that would not be far removed from Croke Park All Ireland final days !! The U11 Camogie team hosted a blitz playing Carrigaline, Carrigtwohill & Midlleton and also played in another blitz playing Killeagh, Fr O Neills & Doughtourney. The girls played great camogie and showed all just how good this group are progressing. The U7 & U8 hosted a blitz playing Youghal & Watergrasshill showing great skills and teamwork on the day. Special thanks to all the wonderful coaches and mentors for all the time, work and effort they put into these underage groups.

2023 Summer Skills

The 2023 Summer Skills sessions commenced at the start of July on Monday evenings for the duration of the school summer holidays period, we had 30 plus girls & boys taking part each week in action packed fun and skill based sessions including fun activities, team building & bonding events to accompany the finer arts of camogie & hurling. A massive thanks to all the coaches of both

U8 girls and boys groups and coaches from other age grades who volunteered to support this annual club initiative.

Saoirse, Hollie, Gemma, Edith & Caoilin

Massive congratulations to Saoirse and the Cork U16 Camogie team winning the All Ireland final, congratulations to Hollie and the Cork minor camogie team on winning the Munster Final, to Gemma who was involved with the U15 Cork Camogie team playing in a blitz against Galway, Claire, Limerick & Tipperary, to Edith and the Cork Red Football Team on winning the cup at the 2023 national LGFA U17 PDP Festival day in Abbotstown and to Caoilín with the U14 Cork Camogie team who won the plate final v Galway, Caoilín also played in Dublin in an All Ireland final blitz and then got to parade in front of a record camogie crowd on Senior All Ireland Camogie final on the 5th of August last.

Minor Camogie

Well done to our Minor Camogie team who had two wins over Midleton & Cloughduv in the championship, the girls were unlucky to lose v Inniscarra by 3 points. Best of luck to the team going forward.

Croke Park

The Erins Own Ladies club organised a bus to Dublin for the All Ireland Camogie final which was a fantastic day out for our girls and coaches, well done to the Cork Senior camogie team on their outstanding win which made the day for all our girls.



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GLANMIRE MACRA



Jamie on the far right with the rest of the group from Macra na Feirme.

This last month has been a quiet one for Glanmire Macra. However our chairperson Jamie was of 5 people chosen to represent Macra na Feirme at the Rural Youth Europe Rally 2023 in Austria at the start of August. We've asked Jamie about his experience.

What is Rural Youth Europe?

Rural Youth Europe is a collection of rural youth groups from across Europe. We had rural and agricultural youth groups from 13 nations and in total 62 participants.

What was involved in going?

I was picked from a list of active Macra members who applied to go. We

all came from different areas of study or work industries but together we performed well in team discussions with a wide background of knowledge.

What topics did they discuss?

The topics for the rally were food systems, circular economy and sustainability; and how these affect global footprint, climate change and can help towards becoming more sustainable, reducing food waste and reducing carbon emissions.

What were the days like?

We had a few days of growing our knowledge of sustainability via team building exercises, study sessions, group

projects, brainstorming strategies, and learning and discussing farming techniques from Austrian farms and Ireland. We also had multiple farm visits from bee hives, organic dairy, beef, waste management facilities, breweries and pig farms.

What did you take away from it?

I think the quote of Grow - Eat - Repeat could sum up the week. Being able to see first-hand the differences between farms in Austria and Ireland and the different methods and ideas to produce on farms in a more sustainable way, especially by reducing the distance food travels from farm to fork.

What was your favourite part?

It was the overnight stay with a host family to experience and see the local and national Austrian culture, history and heritage. It was great meeting new people and learning a bit more about them and how they do things.

Would you recommend it?

I would highly recommend this trip! It was a great opportunity to make new friends from all across Rural Youth Europe, and to study and work together to find solutions towards sustainability. The team that organised it were really great, friendly, and they planned a jam packed week of great study sessions and activities.



Croisire An Phaoligh
C.L.C.G.

White's Cross GAA News

whitescrossgaa.ie



White's Cross under 13 girls team before their recent games v Rathpeacon

Championship!

Championship started for our adult teams in the last month. The first out was the Junior A Football team. They played Nemo Rangers in the opening round tie in Ballinlough. This was a closely fought game which disappointingly saw our side go down by two points on a scoreline of 0-12 to 0-10. The management will rue a slow start and finish to the game. Despite opening the scoring, White's Cross trailed 0-04 to 0-01 after 10 minutes. From here though the side found it's rhythm and were largely dominant for the 2nd and 3rd quarters and had moved ahead by the 51st minute. Indeed they sides were still level with only four minutes remaining when then Capwell side got a burst of late scores to secure the victory for them. White's Cross drew Bishopstown in round 2 after they had run Mayfield very close in their first round encounter.

The game versus Bishopstown was very close all the way through. Both sides swapped goals within one minute in the first half and there was a sense of Déjà vu as the same thing occurred late in the second half. There was no separating the sides and the game ended 2-08 apiece. White's Cross had scored a goal in the very last minute of the game, however, it was disallowed due to a square-ball infringement. In the first half of extra-time, Bishopstown scored the key score of the game when they scored a goal of their own when their big full-forward fisted the ball to the net. There was a significant question of a square-ball over this goal as well but the goal stood. White's Cross fought valiantly but the game was a story of goals both allowed and disallowed that proved decisive. With this 3-10 to 2-11 defeat comes the end of the season for the Junior Football team. There have been many positive performances throughout the year but alas we end the season without a championship victory.

The City Division of the GAA

is one of the last boards in the country to continue to play their championship using the back-door, second-chance system. Most other boards now use a round-robin or league based format which gives clubs a greater degree of certainty knowing when they would play and whom they would play. The back-door format continues to throw-up some anomalous situations which question integrity of the competition. This year for example, Passage West lost their opening football championship game, yet progressed to the quarter-final regardless while other teams had to play two games to get there.

The Junior B footballers were drawn against Douglas in the first round for the third consecutive year. This Douglas side has been one of the most consistent sides in the championship over the last number of years. The Douglas club has two teams in the tournament and only two years ago both of them contested the final which gives an indication of their playing numbers and strength at this grade. Naturally then, they went into the game against White's Cross then as overwhelming favourites and this is how events transpired on the evening. At half time the score was 3-08 to 0-02 points and effectively it was over. Our lads continued to battle in the face of an in-surmountable deficit and kicked some nice scores as they brought their final tally to six points. Douglas scored a late goal to put further gloss on the scoreboard from their point of view. The final score was 4-15 to 0-06. Douglas will go onto to compete for final honours in this tournament. For White's Cross there will be a back-door game against St. Michaels which will take place in the coming weeks.

The Junior Hurlers played their opening round against St Finbarrs in a tie played on the August Bank Holiday weekend. This game was very tight throughout as well. White's

Cross won on a final score of 0-16 to 0-15. There have been better performances throughout the year from this team but what is most important is that we got the championship win. This was the first win since 2020 (against Whitechurch on that occasion). Having the monkey off their back now, the side will face Nemo Rangers in the quarter final on Sunday September the 3rd in Ballinlough. This will be a tough ask against one of the championship favourites but White's Cross will be confident

that they can progress even further. There have been some very impressive performances this year; most notably in beating the likes of Whitechurch, Brian Dillons and Blackrock but also in narrow defeats against Passage and St. Vincents. We have played against all of the championship favourites and we have shown that we have been able to compete with them. There is no reason why we cannot expect to progress even further!



Eddie Coughlan in action against St Finbarrs in the Junior A Hurling Championship

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THURSDAY

9:30am **Yoga - Mixed Level** Parish Hall, St. Joseph's Church
1:10pm **Lunch Time Yoga** Supervalu Community Room
7:00pm **Yoga - Intermediate** Riverstown Community Centre



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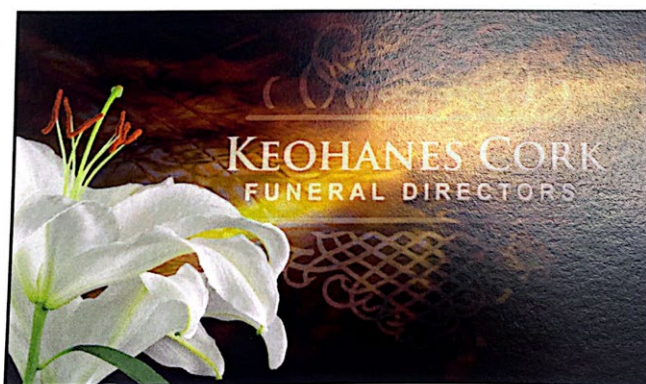
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At Glanmire Library, we run Lego Club for all ages every Saturday morning,
from 11.30am – 12.30pm

This is a free play hour, so children can express and build what they wish, it
also gives them the opportunity to meet other children and boost their social
skills.

It is open to all ages, Lego is provided and it's a free to attend.
Hoping to see you there!

New Book Club starting in september.

Music Morning back



Glanmire Library book club will meet on the 1st Tuesday of the
month starting in September. Why not join us for a morning of chat
about your favourite books.
For more information please enquire at the desk.



Glanmire Library Tuesday 19th
September is the place to be where
music lovers can meet to share their
appreciation of music. There is
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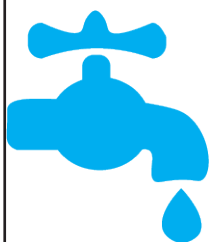
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AUTUMN 2023 STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



Whether you have just landed a new position/ job or are ready to put yourself forward for that promotion, I am here to help you achieve your career goals through style. You deserve to feel confident in your work wear and put the best version of yourself forward.

Do you get frustrated putting together an outfit? Do you have little time and end up wearing outfits on repeat.

Curating a selection of workwear pieces that can all be worn together or as separates will save yourself precious time in the morning. It can be easy putting together an outfit that fits, flatters your body shape, personality, and goals.

Through personal shopping sessions I have enhanced both male and female clients, work wear wardrobes. Those sessions are tailored to each individual budget's needs. Let me do the groundwork saving you precious time.

If you are interested, please contact me on my details below. Whether its tailoring, classic or a more modern approach to office attire I have you covered. This month I will touch on a few classic work wear pieces to inspire you.



1. CARDIGAN

If you familiar with our unpredictable weather or powerful air conditioning having a cardigan in your capsule work wardrobe can be an invaluable piece. Feeling comfortable in your extra layer yet still looking professional.

Bulky knits will add volume to your frame if this is your desired look, if not opt for finer light weight knits.

Consider the length of your cardigan into account, look at the pieces you will be wearing under neath. A long cardigan can be belted over a short, knitted dress, cinching in your waistline, one of autumn 2023 trending features. Belting your outfit gives that finished look as well as a sleek silhouette.

Fine wool and cashmere cardigans can instantly add an air of chic luxury to any outfit. Merion wool is an option for those who dislike the feel of cashmere against your skin.

Tucking a light weight fine knitted cardigan into a pair of pleated, well-tailored trousers, you will accomplish a simple, office-ready look in seconds.

Wrap styles compliment most body shapes. A wrap cardigan is very versatile piece, worn over a knitted dress, or a light weight top. Layer your classic cut cardigan over a crisp cotton shirt is also trending this season.



2. TAILORED TROUSERS

A good pair of quality trousers will result in feeling instantly put together and polished. This season we have a lot of options available.

Avoid voluminous pleats, pockets if you are conscious of your stomach area. Flat stitched pleats, side zips, wide legs are very flattering and a wide leg balances proportions if you are broad across the shoulder line.

The classic cigarette style pants are another timeless style option which look great paired with neutral loafers.

If you are sitting for long periods at a desk opting for fabrics with a bit of stretch in them will ensure comfort. Checking the garment tag will give you the amount of elastin in the garment.

Connecting your shoe colour to your trousers or to your top will and stream line your look from top to bottom.

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

Email me on lyndadiblas@yahoo.com. Check out my website www.lyndadiblas.com for various packages. FB or Instagram page, lynda.diblas. personalstylist.



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lochlan Bradley



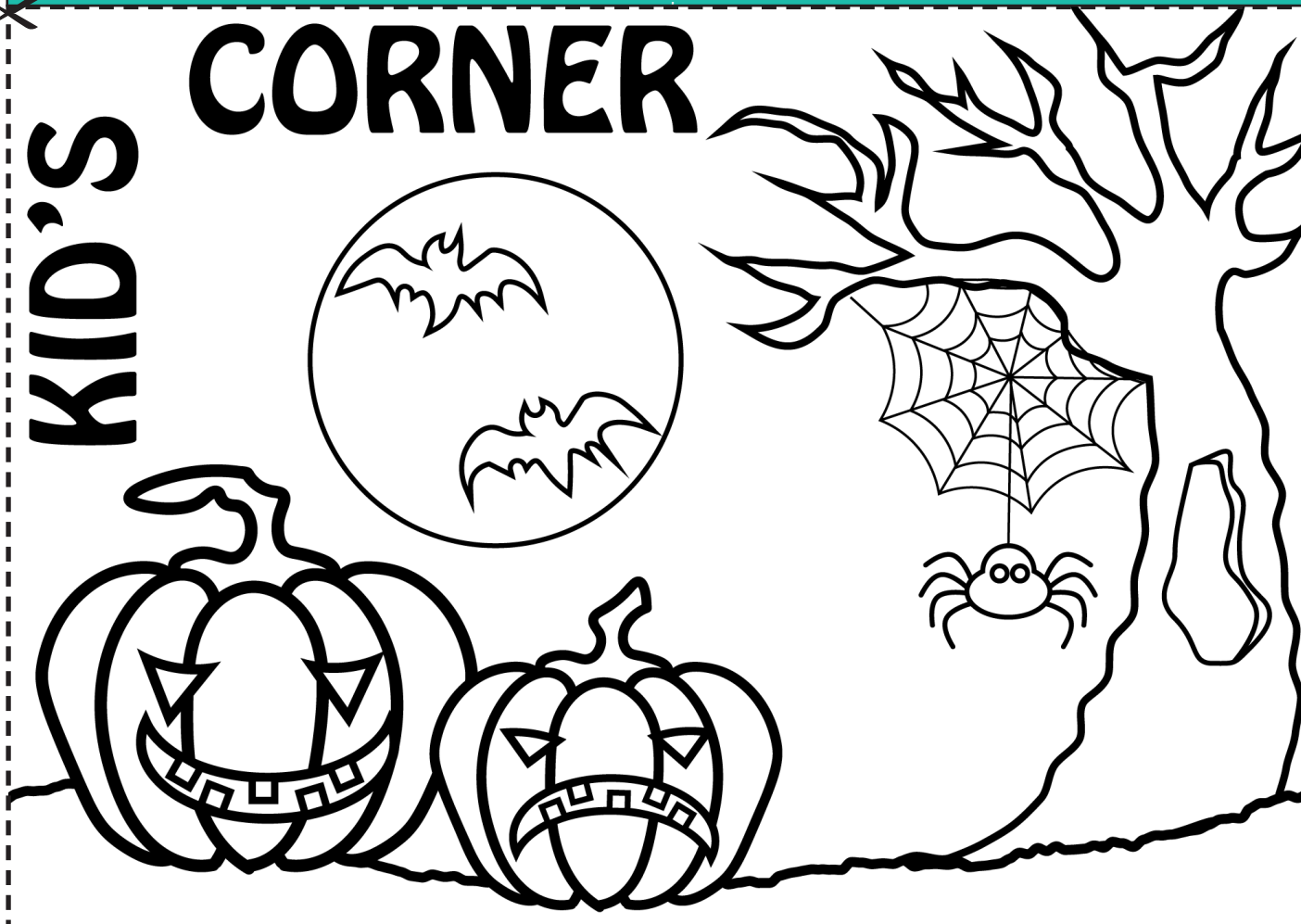
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KID'S

CORNER





Make & Bake



Autumn Make & Bake Easy Fit Beanie Hat & Hair Band

Ideal for Autumn / Winter – Make it for Family or Friends

Wool: Aran or Chunky wool – 200g

Needles: 6mm

Size: Hat measures 18 inches around – slightly stretched

Method

- Cast on 70 stitches
- Row 1 [Wrong side]* Purl 2, knit 2, *repeat from * to last 2 stitches, purl 2
- Row 2 [Right side]* Knit 2, purl 2, *repeat from * to last 2 stitches, knit 2
- Repeat rows 1 and 2 until work measures 10 inches from start, ending with
- with wrong side row.
- Shape Crown
- Row 1 [Right side]* Knit 2, purl 2 together (decrease 1 stitch), repeat from *
- to last 2 stitches, knit 2, - 53 stitches
- Row 2 [Wrong side] *Purl 2, Knit 1, Repeat from * to last 2 stitches, purl 2
- Row 3 *Knit 2, purl 1, repeat from * to last 2 stitches, knit 2
- Row 4 Repeat Row 2
- Next Row *Knit 2 together, purl 1, repeat from * to last 2 stitches, knit 2, - 36 sts.
- Next Row Purl 2, *knit 1, purl 1, repeat from * to end
- Next Row *Knit 2 together, repeat from * to end, - 18 stitches
- Next Row Purl
- Last Row *Knit 2 together, repeat from * to end - 9 sts.
- Cut yarn leaving a long end for seaming.

Weave yarn through remaining stitches, gather stitches up firmly and secure. Sew the back seam. Starting about 3 inches from the bottom, sew the seam on the reverse side as this will be turned up for the brim.

Hairband

Cast on 12 stitches. Knit 2 purl 2 each row. Knit to whatever length suits, adult approx. 10 inches. Cast off. Join ends together. Wrap several strands of wool around middle of band and tie off.



Autumn Flowers

- Simply Arranged

Don't forget to use whatever flowers you have in the Garden for a pretty display on your table.

The focal flowers in this picture are mainly Crocosmia 'Montbrecia' together with Hypericum 'Sweet Amber' both of which are common in gardens and hedgerows at this time of year. Autumn foliage or greenery that is in the garden can be

picked to create the textural elements for the arrangement.

Find a nice vase or other container, arrange flowers and greenery until you are happy with the overall look.

If you have any cellophane (clear or coloured) or any pretty paper, fold this around the outside of the container. Sellotape if necessary. Finish off with a bow in a contrasting or complimentary ribbon.

Recipe for Fruit Scones

Everybody loves scones with Butter, jam and whipped cream for tea

Ingredients

- 1 lb 4oz. Plain Flour
- 4 oz butter

- 4 dessert sp. Castor sugar
- 3 ½ Tsp. baking powder
- Dried Mixed Fruit as liked
- 2 eggs
- Sour Cream and Milk
- Pinch of Salt

Method

- Mix flour and butter together to crumbs.
- Add Baking Powder, salt, castor sugar and dried fruit.
- Whisk together eggs and cream/milk.
- Keep small portion back.
- Add this to dry ingredients and mix well.
- Turn onto floured board for dough, gently knead.
- Roll lightly to approx. 1" thickness. Cut into rounds.
- Brush each scone with some of the leftover egg mix.
- Add sprinkle of castor sugar to tops.
- Place on floured pre-heated baking sheet.
- Bake in preheated fairly hot oven 7.5 gas for approx. 20-30 mins (depending on oven) until golden colour.
- Cool on wire tray.

