New Publisher for Glanmire Area News

After 24 years of running the Glanmire Area News the current publisher will be stepping down and a new publisher will be taking over from

November 2023.

Any interested parties please contact the Glanmire Community Association at gacacork@gmail.com or Michael Burns on 087 259 7023.

We would like to thank all the advertisers, contributors and local clubs for their input, without your support the newsletter would not have been possible.

Wishing you all the best in the future.













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GLANMIRE CHAMBER OF COMMERCE





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 2nd DECEMBER 2023

AT THE VIENNA WOODS HOTEL

Tickets and further details will be available soon.

AWARD CATEGORIES



1	GLANMIRE BUSINESS OF THE YEAR	7	GREAT TASTE AWARD
	Name:		Name:
2	BUSINESS PERSON OF THE YEAR	6	BEST VOLUNTARY ORGANISATION
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4	SHINING STAR EMPLOYEE	9	GLANMIRE AMBASSADOR
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5	BEST USE OF DIGITAL	10	SPECIAL RECOGNITION
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Nominated by - Name: _ Mobile: _ E-Mail: _



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September 2023 Issue I Newsletter published monthly by Glanmire Chiropractic Clinic

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Health-Boosting Effects of Drinking Lemon Water



Starting your day with warm lemon water can offer significant health benefits. First, it's a rich source of vitamin C, which is crucial for the immune system, aiding in the fight against colds and flu. It also helps to rejuvenate skin from within, leading to a radiant glow.

Secondly, the pectin fiber in lemons assists in fighting hunger cravings. This can lead to weight loss as you're less

likely to snack on unhealthy foods throughout the day.

Lastly, warm lemon water aids digestion. The atomic structure of lemon juice is similar to the digestive juices found in the stomach, tricking the liver into producing bile, which helps keep food moving through your body smoothly.

Incorporating warm lemon water into your daily routine may be a small change, but its effects can be genuinely transformative.

Another great way to help elevate your health is with chiropractic care. Book an appointment today.

What to Consider in a Standing Desk

Buying a standing desk can improve your workstation ergonomics and possibly your health. Here are four key considerations to help you choose the best standing desk.

Desk Height: Ensure the desk can adjust to a height that's comfortable for you. Measure the distance from the floor to your elbows when standing to determine the ideal height.



Desk Size: Consider the size of the desk based on the space available and the equipment you use. Ensure there's enough room for your computer, mouse and any other equipment.

Ease of Adjustment: Easy-to-adjust standing desks are more likely to be used appropriately. Look for options with electric lifts or smooth manual adjustments.

Price: While standing desks can range in price, investing in your health and comfort is often worth the cost.

By considering these factors, you'll be able to find a standing desk that meets your needs and enhances your work experience.

The Power of Gratitude



Expressing gratitude is a powerful mood booster that has profound impacts on our mental wellbeing.
Regularly acknowledging what we're thankful for can help us appreciate the positive aspects of life, even in challenging times.

Gratitude works by shifting our focus from what's wrong to what's right in our lives. By recognizing and appreciating the good, we foster positivity and reduce negative feelings. This shift leads to an improved mood, reduced stress levels, and a general sense of happiness.

Moreover, the act of expressing gratitude creates a ripple effect. When we express our thankfulness to others, it uplifts our mood and positively influences the recipient. This reciprocity forms a cycle of positivity and appreciation, enhancing overall emotional wellbeing.

Incorporating gratitude into your daily routine is rewarding. It could be as easy as writing down three things you're grateful for each day. Start practicing gratitude today and experience its mood-enhancing benefits!





Charlie Wilkins

THE SHOW GOES ON

A winter garden has a stilled. silent beauty, unlike anything found in the height of summer. The effect is magnifthe later in the month by the arrival of the first frosts and a further lowering of the available light. Its arrival here in the Glanmire area may be a month and more off yet but it has already hit many parts of the country. It sees off sappy, tender plants such as Nasturtiums (the very first to go) leaving little more than a ghostly patch of yellow, spaghetti-likė mush and scattered seed on the cooling ground. Dahlias come a close second, followed by hostas and then semi-tender agapanthus. These early casualties are my 'barometer plants' and once they have gone, I make it a priority to bring in under cover all the tender and delicate plants that have been sitting out for summer. The most fragile go in first, Echeverias, then Clivias, large flowered Fuchsias and

Aeoniums all of which would be turned to a puree by subzero temperatures.

And yet nothing is more heartening in the cold (and wet) than gardening indoors; porches, greenhouses, sunrooms or conservatory!



Miracle cyclamen are available in red or white and do exceptionally well in pots, window boxes and containers of all shapes and sizes

In all such structures (and outdoors in warm sheltered gardens) away from the weather, many sémi-ténder plants will contribute generously to the home ambience, dispelling melancholy and the worst effects of winter gloom. Elsewhere, a very special plant will continue to delight giving as much pleasure as it did

since coming into bud.

I refer this morning to pot grown 'Miracle' cyclamen which need a degree of care unlike their totally hardy cousins in the open garden. Despite being hardy to minus 2 degrees these cyclamen are now filling the benches in garden centres and thousands will be sold between now and the end of year festivities. Sadly, the majority will be fading by Christmas but that is all olf three months away. These special cyclamen (Miracle strain) detest central heating and they dislike intensely any prolonged periods of rain, They perform happiest in good light, and cool temperatures.

you strike correct balance you can keep these lovely plants in flower for many, many weeks. I have had most success by moving them around and taking them out of heated reception rooms when humans are sitting around and demanding to be kept warm and comfortable.

THE OCTOBER GARDEN

AUSTERITY; The garden is entering a time of austerity and there is no point in denying that winter is fast approaching. The cold, northerly wind will return and I would argue that it never really left us-even during our lamentable, sodden summer. It affects many of us strangely and none more-so than myself. There are nights in winter when I am woken by low rumbling as the wind rocks the substantial silver birch back and forth and the branches lash each other noisily in an orgy of selfflagellation. In the dark, the noise sounds tremendous. There may be leaves to sweep by morning and once again the gutters will need attention but now is not the time for worrying. Winter darkness swaddles the arrival of the morning light so I nestle back beneath the warm covers. There'll be time for all these later.

PLANTINGS; If you haven't lifted dahlias, cannas and other tender bulbs and tubers do so as soon as possible and store in a dry, cool place for winter. Even if winter is going to be mild, excess

wet can be a killer and these summer wonders will succumb. They are also expensive to renew so it pays to save them. Allium and daffodil planting should be completed by now and as we enter the month of November it's the turn of tulips (also any Asiatic and Oriental lilies you can source). Place tulips deep in the ground or in pots (eight inches or more if possible) and they may not break up into four or more little pieces following flowering in April and May. Species tulips, tiny by comparison, can be planted more shallowly and these will return year after year unlike their larger cousins.

HOT SPOTS; Following on from our disappointing summer, many will be familiar with the sunniest areas within their gardens. These 'hot spots' would be ideal for the establishment of pink Nerines along with other hotclimate bulbs such as crocus, anemones in red and blue, alliums, gladioli, lily-like crinums and hardy Amaryllis Belladonna.

POKERS; As the flower spikes of Red Hot Pokers fade, cut them off for they soon begin to look

unsightly. Late varieties will naturally continue to bloom for a number of weeks yet, adding an important wash of colour to the late autumn garden. The general run of pokers may not be to your liking but if you want one with a distinctive, appealing colour see can you source a variety called 'Brimstone' at your local garden centre. This stunning plant for September through to the end of November has keeled leaves with canary yellow and jade green blooms atop modest sized spikes (to 40" or so) which need no support or staking.

INVEST now in a leaf rake! What I have in mind are those with a wide fan of black, plastic tines, and a lightweight handle with rubber grip. These are totally different from soil rakes or general garden rakes and believe you me, they're worth their weight (which is very little!) in gold, for all the work they save the gardener during the months of September to December. Delightful to use and no bother to store, this leaf rake may only be used for a short period each year but I wouldn't garden without one ever.



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GLANMIRE LADIES FOOTBALL CLUB

Intermediate

Our Intermediates played Valley Rovers in the 1st round of Championship and came away with a fantastic win to start off their campaign. In the 2nd round they travelled to Donoughmore and again a strong display of football gave them a good win going into their final group game and looking to top the group. Continuing with their strong run, they came out winners against Abhainn Dalla to book their top spot and a semifinal spot against Rosscarbery.

U10

Our U10 group were recently presented with a new set of jerseys. Thank you to Supervalu for their continued support.

Well done to Aoife, Amy, Emily, Cliodhna, Emily, and Ali who recently played with East Cork in the recent U15 PDP Monster Blitz in Mallow.

Our U16 squad had a titanic battle with St. Val's recently in the U16A County Quarter Final. 4 points down with minutes left our girls gave it everything with a quick point to make it 3 points. They were then awarded a close range free, and it was sent to the back of the net to level the game. This took us to extra time and another fantastic display by both teams could not separate them, we were headed for free kicks. The girls showed great courage to come through and book their place in a county semi-final against Mourneabbey. Unfortunately, it was not to be against a good Mourneabbey side, but you could not fault the effort of the girls! They are now waiting for an East Cork League Final against Erins Own.

Congratulations to our U14 squad on a fantastic victory in the County QF against O' Donovan Rossa on a very warm day in the Pike. They played some fantastic football and picked off great scores to make it to the semifinal against Kinsale.

U11

Our U11's played with Carrigaline recently in Pairc Ui Chaoimh. They enjoyed a great night of football and put in a

great performance.
The U11's and 12's participated in the Passage West blitz again this year. This is always a great event for the girls and well hosted by Passage. They enjoyed a wonderful day out and played some great football.

Well done to our U9's who played with Douglas recently and displayed some great football. It is great to see these girls improving with every game



U15 PDP



Intermediate vs Valley Rovers



Passage Blitz





U10 New Jersey Presentation



U14 Squad



U9 with Douglas



Passage Blitz



U9 with Douglas



Passage Blitz

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William O' Brien, Gríosóir Talún agus M.P.- Cuid 1

Micheál Ó Súilleabháin

Duine de na polaiteoirí, agóidithe agus iriseoirí ba thábhachtaí le cúpla céad bliain anuas ba ea William O' Brien. Bhain sé níos mó amach do phobal na tíre ná mórán dá chomhaoisigh. Ach, fairíor, tá dearmad déanta air inniu, cé's moite de shráid i gCorcaigh agus sráid i Mala atá ainmnithe as. Bhí páirt lárnach aige sna hagóidí a tharla maidir le ceist na talún in Éirinn agus sa pholaitíocht a bhí nasctha leis lena linn. Chaith sé, ar a laghad, naoi mbabhta i bpríosún de dheasca a chuid iarrachtaí. Rinne sé a dhícheall teacht ar chomhréiteach idir náisiúnaithe agus aontachtaithe maidir le Rialtas Dúchais ach, ar deireadh thiar. theip ar a chuid iarrachtaí sa réimse seo. De dheasca na scoilteanna a tharla sa pholaitíocht i ndiaidh cholscaradh Katherine agus William O' Shea agus an bhaint a bhí ag Parnell leis an gcúis seo, bhí scoilt mhór sa pholaitíocht in Éirinn. Bhí lucht leanúna láidir ag William O' Brien i gCorcaigh ach bhí scoilt ann, chomh maith. Nuair a athaontaíodh Páirtí Parlaiminteach na hÉireann faoi cheannas John Redmond, tháinig ceannaire na náisiúnaithe i dTuaisceart na hÉireann, J.G. Devlin, a raibh an A.O.H., an Ancient Order of Hibernians mar lucht tacaíochta aige isteach sa scéal ar son Redmond. I gCorcaigh, chiallaigh sé go raibh an chathair scoilte.



William O' Brien

Bhí tuaisceart na cathrach ar son William O' Brien agus deisceart na cathrach ar son Redmond. Bhí mór-naimhdeas idir an dá ghrúpa agus bhí bannaí ceoil dá gcuid féin ag tacú leo. Bhí an Blackpool Brass and Reed Band ar son O' Brien agus banna ceoil dá gcuid féin ag na Redmondites agus Hibernians i ndeisceart na cathrach. Bhíodh bruíonta ar na sráideanna idir an dá ghrúpa. Bhí amhráin náisiúnta dá gcuid féin acu, 'God Save Ireland' ag leantóirí O' Brien agus 'A Nation Once Again' ag leantóirí Redmond. Luann Frank O' Connor na sceitimíní a chonaic sé féin ar na daoine ar shráideanna na cathrach ina dhírbheathaisnéis 'An Only Child' cé nár thuig sé cúis na trioblóide. Saolaíodh William O' Brien i Mala. Contae Chorcaí in 1852. Ina óige, bhí mór-thionchar

ag Thomas Davis ar a chuid smaointe inar

aithin sé cineálacha éagsúla Éireannachais.

Chuir sé aithne ar Patrick Augustine Sheehan, Canon Sheehan mar is fearr aithne air. Bhí an-chairdeas eatartha thar na blianta. Bhí fadhbanna airgeadais ag muintir William in 1868 agus bhí orthu bogadh go cathair Chorcaí. Bhí ar William tacú lena mháthair agus lena dheartháir agus deirfiúr, nuair a fuair a athair bás in 1869. Fuair sé post mar thuairisceoir leis an Cork Daily Herald.

Óna óige bhí tionchar ag na Fíníní agus ag bochtanas na dtionóntaí feirme air. Bhí sé gníomhach sna Fíníní ar feadh roinnt blianta ach i lár na 1870-idí, scar sé leo mar chonaic sé nach n-éireodh leo saoirse a bhaint amach le réabhlóid armtha. Mar chuid dá phost mar iriseoir, chonaic sé fulaingt na dtionóntaí feirme. Mar iriseoir leis an Freemans Journal in 1877, thaistil sé go ceantar na nGaibhlte agus d'fhoilsigh sé sraith altanna a rinne cursíos ar ar na drochchoinníollacha maireachtála inar mhair na tionóntaí. Cuireadh amach na haltanna i bhfoirm paimfléid ina dhiaidh sin. Ón am sin ar aghaidh, chreid William go bhféadfaí dul i bhfeidhm ar an bpobal trí thionchar na nuachtán agus go raibh leasú parlaiminte ag teastáil chun ceist na hÉireann, a chur chun cinn go bunreachtúil agus trí vótáil.

Bhuail William le Charles Stewart Parnell in 1878 ag cruinniú faoi Rialtas Dúchais. D'athain Parnell acmhainn William mar iriseoir agus mar scríbhneoir. Cúpla bliain ina dhiaidh sin, cheap sé William mar eagarthóir ar United Ireland, iris an National Land League. In 1881, bhí coimhlint idir Parnell agus Páirtí Parlaiminteach na hÉireann le rialtas Gladstone faoi chúrsaí talún. Chuireadar ina aghaidh an Bhille Talún a bhí curtha chun cinn i dTeach na dTeachtaí i Londain. Cuireadh William, Parnell agus ceannairí talún eile i bpríosún Chill Mhaighneann. Sna míonna a chaith sé i bpríosún, scríobh William an 'No Rent Manifesto' a chuir stailc cíosa ar bun chomh maith le roinnt mhaith foréigin ar fud na tíre. Mheas Gladstone go bhféadfadh sé cumhacht an Land League a bhriseadh nuair a chaith sé na ceannairí i bpríosún ach níor éirigh leis. Bhí léirithe ag William go raibh uirlis chumhachtach anois ag an Land

Bhi William ina M.P. idir 1883 agus 1885 do Mhala. Cuireadh deireadh leis an toghlach sin agus bhí sé ina M.P. do Thír Eoghain idir 1885-1886, do Chorcaigh Thoir Thuaidh idir 1887 agus 1892, do Chathair Chorcaí idir 1892 agus 1895 agus ar deireadh do Chorcaigh idir 1901 agus 1918.

Rinne Rialtas na Breataine iarrachtaí éagsúla chun fadhb na talún a réiteach le hAcht Talún 1881 agus le hAcht Ashbourne in 1885, a thug deis do roinnt tionóntaí móra a gcuid feirmeacha a cheannach. Ach bhí fadhb fós ag na tionóntaí a bhí ar bheagán talún. In 1887, chabhraigh William le John Mandeville stailc cíosa a eagrú mar chuid den Plan of Campaign inar eagraíodh stailc cíosa in aghaidh tiarnaí talún áirithe. Ar an 9 Meán Fómhair 1887, bhí léirsiú mór le 8,000 tionónta ag eastát Lady Kingston gar do Bhaile Mhistéala. I rith an léirsithe, lámhach na póilíní triúr de na tionóntaí agus ghortaigh siad daoine eile lasmuigh de theach na

cúirte mar a raibh William O' Brien agus Mandeville ar thriail. Cuireadh i leith O' Brien agus Mandeville gur spreag siad na tionóntaí chun foréigin. Úsáideadh Acht Comhéigin chun na cúiseanna a chur ina leith. Cuireadh an bheirt acu i bpríosún in éineacht le daoine eile. Cuireadh léirsiú ar siúl i Londain ar son na bpríosúnach. In 1889, bhí William os comhair na cúirte arís. D'éalaigh sé ó theach na cúirte agus theith sé go Meiriceá. D'fhill sé arís agus ghéill sé do na póilíní. Chaith sé ceithre mhí i bpríosún ina dhiaidh. Tógadh naoi gcúis ina leith thar na blianta. Bhain sé leas as a chuid ama sa phríosún chun úrscéal rómánsúil a scríobh. Foilsíodh 'When We Were Boys' in 1890.



Plaic Wm 0' Brien

In 1890 bhí géarchéim i bPáirtí Parlaiminteach na hÉireann faoi cholscaradh Katherine agus William O' Shea. Ainmníodh Charles Stewart Parnell mar chomhfhreagróir sa chás. Chruthaigh sé seo mór-aighneas laistigh den pháirtí agus tharla scoilt dá dheasca. Bhí an móramh in aghaidh Parnell agus d'fhan mionlach dílis dó. Rinne William O' Brien iarracht fanúint neodrach sa choimhlint. Mhair an scoilt i rith na 1890-idí agus rinne sé an-damáiste do pholaitíocht na hÉireann. In 1890, phós William Sophie Raffalovich. Saolaíodh Sophie in Odessa de bhunadh Giúdach. De dheasca na bpogram a cuireadh ar bun in aghaidh na nGiúdach, bhí ar a muintir imeacht. Lonnaigh siad i bPáras mar a raibh athair Sophie ina bhaincéir. Bhí mórán airgid ag Sophie agus chuir sí an-suim i gcúis na dtionóntaí agus i saol polaitiúil William. D'úsáid sí a cuid airgid féin chun tacú le William agus leis na tionóntaí. [Leanfar de i mí na Samhna]

Gluais:

gríosóir talún = land agitator bruíonta = fights coimhlint = conflict toghlach = constituency léirsiú = demonstration Acht Comhéigin = Coercion Act géarchéim = crisis comhfhreagróir = co-respondent de bhunadh Giúdach = of Jewish pogram = marú ar ghrúpa, de ghnáth ar Ghiúdaigh nó ar mhionlacha eitneach áirithe.



UPPER 19 10 79 COMMUNITY ASSOCIATION GLANIE





On September 6th a group from our Lady Crowned Credit Union visited the Sensory Garden to view the tool shed that they had funded through their Community Chest Awards initiative and also to launch this year's Community Chest Awards which totals €10000 this year.

On Friday the 13th October Cor Geal will perform at St Michael's Church Upper Glanmire in what promises to be a very enjoyable event.

November will see the Glen Theatre Group from Banteer perform again at the Upper Glanmire Community Centre putting on three one act plays on the night.



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ERIN'S OWN LADIES CLUB

Camogie Underage Football

Well done to our U10 footballers who took part in the annual mega Passage West Blitz on the Saturday the 9th of September. The girls had a day to remember which started with a parade of the 50 clubs involved, followed by matches v Mitchelstown, Carrigtwohill, John Locks of Callan & Kilmacud Crokes with music and ice-cream keeping the girls going on a very hot day! Thanks to the girls parents, coaches and the club for the support especially the videos of support from the U9s, U13s, U16s, Minor & Junior Ladies Footballers and Robbie O Flynn. Special thanks to Passage West for organising this super blitz.

Erins Own fielded two teams for the Nemo 8 a side U12 Football Blitz which proved to be a very successful day out for the girls in their new jerseys with fantastic play from both teams. Hugh thanks to Jonathan O Callaghan of Callos Construction for his sponsopship. The girls were also victorious playing St Vals in a hard fought battle recently and enjoyed a team building day out in Ballyhass Lakes in Mallow.

Well done to our U11 footballers who played 2 great games V Glanmire in Caherlag with both teams showing great skills.

Well done to our U11 Camogie team who played a Blitz in Caheralag Midleton, St Finbarrs Bishopstown. Hard luck to the U16 Footballers who lost v Mounabbey in the County semi final, to the U14 Footballers who lost out to Castlehaven in their county semi final and to the U16 Camogie team who came out on the wrong side v Sars and Eire og.

Junior Camoigie & Football

Our Junior Camogie team lost v Banteer & Rockban and finished with a win v Kilbree. Our Junior Football team played St Michaels, St Columns, Beara & St Peters winning all games, best of luck to the girls with upcoming games v Ballinora and Mallow.

























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AUTUMN 2023 STYLING, SHOPPING, WARDROBE TIPS AND ADVICE



On a personal shopping session recently my client experienced vast variations in sizing compared to a few years ago. This is becoming more common than before as many companies seem to apply smaller sizes to increase sales. We desire to fit into smaller sizes and tend to buy more form companies that facilitate this practice. Sizes vary from brand to brand and between similar items of the same brand. In the one shop my client tried on sizes ranging from ten to sixteen in different style trousers. I understand the psychological effect varying sizes can have, leaving us feeling deflated or elevated depending on which way it goes. Sizing has become so varied let's look at the fit of the garment rather than the size tag. Cut off the size tag if it is playing on your mind.

Your clothes make you visible, but visibility is more than being seen its about embracing everything about yourself. I work with many to help them become visible in a level they are comfortable with. If you do not feel confident in your clothes don't fret, confidence is not something you were born with.

It's a dedicated daily practice that over time can be built. Contact me if you want to work through any clothing barriers, holding you back form the authentic you.



TOTE BAG

When you're looking for an that accessory combines practicality with fashion, nothing beats a tote bag. It's truly the most useful option when you need to carry a laptop, phone bottle of water, (if you are like me)a change of shoes!, make-up bag, keys, wallet, glasses - phew - and whatever else you need to get through the day.

Myself I like to go for one with a compartmentalized interior so that A) you can find things inside it and B) it's more secure and safe when on the move.

There are varieties also which come with multiple straps and handles. For that polished look I would recommend a neutralcolored tote which will suit various outfits so go for something that can be worn with both work and leisure wear.

BLAZERS

A tweed blazer, plain crisp white t shirt or buttoned-down shirt. Plain would be preferable not to compete with the tweed pattern. Keeping jewelry simple also to complete the look.

Blazers can be such a fashion chameleon. Work wear piece or over a delicate camisole for date A co- Ord trouser and night. blazer are a great purchase as you will always have a complete outfit at the ready. Look for the blazer



style that suits your proportions. You might prefer a tailored style, with a nipped-in waist for example, or one that's cropped, checked, single, double-breasted, or pocketed. Avoid the blazer hem finishing at the widest part of your hips, go above or below.

Pay attention to the shoulders.

If you have broad shoulders, go for blazers that are less structured in the shoulders, or one without a collar. If you have smaller or narrower shoulders, but larger hips, try a more structured piece - or even shoulder pads that will complement your body shape. Cropped blazers complement the petite shopper to perfection.

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

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





October 2023

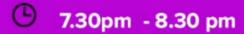
Scoil Ghleanna Maghair Íochtaraigh New Inn National School Glanmire



We extend a very warm welcome to parents to visit our

Open Evening







On the evening there will be:

- A presentation about our school
- · Tips to prepare your child for school
- · Opportunities to meet staff



















Keep up to date with our school:



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Robotics

If you are unable to attend our open night please contact us

to make alternative arrangements











Sensory Room



Citizens Information: Know Your Rights: Vacant Property Refurbishment Grant



What is the Vacant Property **Refurbishment Grant?**

The Vacant Property Refurbishment Grant provides funding so you can refurbish vacant and derelict homes. It can also be used to renovate properties that have not been used as residential properties before.

You can get the grant if you are refurbishing the vacant property so you can live there, or so you can rent the property out.

What are the qualifying conditions for the Vacant Property Refurbishment

To qualify for the Vacant Property Refurbishment Grant, you must meet the following criteria:

- The property must have been vacant for 2 years or more. You will not qualify if the property has been left unreasonably or purposely vacant so you can get the grant.
- · The property must have been built before 2008. (Before 1 May 2023, only homes built before 1993 qualified.)
- · You must own the property or be in the process of buying it.
- You must live in the property as your principal private residence when the work is completed, or make it available for rent. If you are going to rent the property when the work is done, you must register the tenancy the Residential Tenancies
- You must have tax clearance from Revenue and your tax affairs must be in order.
- You must have paid your Local Property Tax, if applicable.
- · You must not be a registered company or developer.

You can only get the grant twice. You can get one grant to refurbish a home to live in, and another for a home you are going to rent out.

How do I prove that the property was

Utility bills can be used to show that a property has been vacant at a particular time. If you can't get utility bills for the property, you can provide a signed affidavit stating that the property has been vacant for at least 2 years. Or, if you have recently bought the property you can get a letter from the seller's solicitor confirming that the property was vacant

How much is the Vacant Property **Refurbishment Grant?**

You can get up to €50,000 to renovate a vacant property and up to €70,000 if the property is derelict. The grant is inclusive of the VAT cost of the works. The grant amounts increased on 1 May 2023. If you applied for the grant before the 1 May 2023 and you haven't got your grant yet, the new grant amounts can be applied. If you are living on an off-shore island, you can get up to €84,000 to renovate a derelict building or up to €60,000 for a vacant property.

If the renovation costs more than the grant, you will have to pay for this. You can apply to the Sustainable Energy Authority of Ireland (SEAI) for the Better Energy Homes Grant Scheme. This grant helps improve the energy efficiency of your home, by helping with the cost of insulating your home or installing a heat pump or solar panels. Work covered by the SEAI scheme is not covered by the Vacant Property Refurbishment Grant

The grant must be approved before any work begins.

How do I apply for the Vacant Property **Refurbishment Grant?**

You should complete the application form and send it to the local authority. You can download the application form or get one from your local Citizens Information Centre. There is a checklist of supporting documents you will need to send in the application

The local authority will review your application and documents. They will arrange for a qualified person to visit the property to check that it is possible to do the work and to assess the cost. The local authority will send you a 'letter of approval' if your application is successful. This letter will tell you how much your grant will be. If you haven't bought the property yet, you will get a 'letter of approval in principle' for the grant. You must sign and return this letter to the local authority, as it forms part of your agreement with the local authority

You have 13 months to complete the works once your application has been

What happens if my application is not successful?

If your application is not successful, you can appeal the decision with the local authority. You should write to them within 3 weeks of the decision,

giving the reasons why you are appealing.

Your appeal will be reviewed by someone in the local authority who was not involved in assessing your application. The local authority will contact you with the outcome of this review. This can take up to 6 weeks.

What happens if I don't want to live in the property or rent it out?

If you got the grant to refurbish a property to live in and then you decide to sell or rent it out within 10 years of getting the grant, you will have to pay the local authority back. You will have to pay them back for any reason that you are no longer living in the property as your main home within 10 years of getting the grant.

If you got the grant to refurbish a property to rent and you decide to sell the property, or it is no longer available to rent within 10 years of getting the grant, you will also have to pay the local authority back.

The amount you will have to repay depends on how long you've lived in the property or rented it out. If you live or rent out your property for:

- · Less than 5 years, you have to repay the full amount
- · Over 5 years but less than 10, you have to repay 75% of the grant
- More than 10 years, you don't have to pay back anything

Is there a grant for conservation advice for refurbishing traditional farmhouses?

If you have a traditional farmhouse and want to apply for the Vacant Property Refurbishment Grant, you can get an additional grant of up to €7,500 for expert conservation advice on how to refurbish your vacant property.

The Conservation Advice Scheme for Vacant Traditional Farmhouses was launched on 14 June 2023. Under the Scheme, you can get an experienced conservation expert to complete a survey of your property and write a report with conservation advice on how best to refurbish it. To qualify for the scheme, the property must be a traditional farmhouse or cottage. This means that it is a modest house, built using traditional techniques and local materials, such as thatch, stone, slate, earth, wattle and un-sawn timber.

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.

Coláiste an Phiarsaigh, Gleann Maghair, Co. Chorcaí

@colanphiarsaigh

https://issuu.com/colaisteanphairsaigh

Cuairt an Ardmhéara



Chuireamar fáilte Uí Cheallaigh roimh an Ardmhéara, Kieran McCarthy, ar maidin. Bhí atmaisféar spleodrach timpeall na scoile.

50 Bliain ar an bhFód



Bhí lá iontach againn inniu ag seoladh ár gceiliúradh 50 bliana. Ard-mholadh tuillte ag gach uile duine. Beidh níos mó le teacht i rith na bliana!

Idirbhliain in Iarthar Chorcaí



Bhí lá iontach ag Bl 4 in Iarthar Chorcaí. Níl mórán faoi rún i West Cork Secrets!

Peil Shinsearaigh



Mór comhghairdeas leis an fhoireann sinsir peile a bhuaigh ar Choláiste Chríost Rí i gcluiche cleachtadh. Cé go raibh foláireamh oráiste ann, ní raibh suim ag lucht Choláiste ach i mbratacha bána agus glaise. Togha fir.

Meitheal



Meitheal 2023-24 réidh chun oibre! Beidh Meitheal faoi stiúr Iníon De Búrca ag tacú le Bliain 1 socrú isteach i gColáiste an Phiarsaigh. Maith sibh agus go néirí go geal libh!

Taisce Tuisceana le Coláiste an Phiarsaigh.

Chuireamar **fáilte Uí Cheallaigh** roimh an phobal scoile nua le déanaí.

Cuireadh **tús spleodrach** leis an scoilbhliain nua lenár Seoladh 50 bliain.

Agus sinn ag tabhairt aghaidh ar théarma úrnua, tá sé tábhachtach go gcuimhneoimid ar an seanfhocal seo: "Is éigean don leanbh lámhacán roimh shiúl!!"

Bíodh is go bhfuil na leathanta **ag dul i ngiorracht,** agus an ghrian ag dul ina luí, táimid ag súil go mór leis an scoilbhliain atá os ár gcomhair.

Ní bhíonn bua gan dua!!





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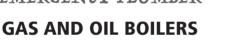
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Area News



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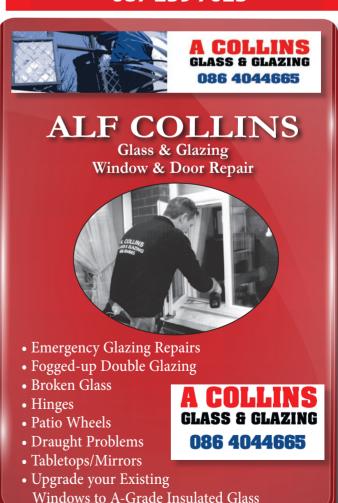
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White's Cross GAA New

whitescrossgaa.ie



Ciara O'Callaghan picking up the East Cork LGFA 'Rising Star' award

Adult Games

Unfortunately, all adult hurling and football games are now over for 2023. The Junior B football squad was stretched very tightly for their championship games this year. We played in Division 4 of the league against sides that all competed in the Junior football championship. Our performances in that competition were reasonably positive but there was not enough to suggest would be competitive in the B championship. Being pitted then against sides like Douglas and St. Michaels (two clubs with massive playing populations) always going to be a very daunting task. In both games, performances spirited but we were never in a position to the win either game. We lost both games by considerable margins. We were not the only club to be at the receiving end of larging scoring differences. The City Division board may look at the gradings going forward. In hurling our Junior A side bowed at the quarter-final stage to Nemo Rangers. In the previous round we had beaten St Finbarrs on a scoreline of 0-16 to 0-15. On that occasion Eddie Coughlan scored 12 of our 16 points. In a very significant blow to our chances, Eddie got injured playing in the Junior A football championship. Very teams can succeed without a player the contributes 75% of the scoring output; less so when you are a smaller club operating on a very tight panel as we are. On top of this. Nemo Rangers are the reigning champions and have qualified for the final again this year. Our lads gave a very

good account of themselves on the morning in Ballinlough but ultimately came up short on a scoreline of 0-17 to 0-13. Perhaps, if we had scored a few of the relatively easy scoring chances that we missed, the result could have been more in doubt. However, nobody in White's Cross will deny that Nemo were the much better team on the day and they very much deserved to win. We really needed a goal and it never looked likely that we would get one.

is disappointing having played six adult championship matches, to have only recorded one victory. We also failed to qualify for the round performances saw the lads out convincing winners. Our under 11 team have starting training together with the Carraig Na Bhfear under 11 over the last month or more. There are no formal games at under 11s for St Colmcilles so as such they play Rebel Og organised blitzes for their respective clubs. However, in order to prepare for formal under 12 competition in 2024 and to give the players the chance to get to know each other, they have come together recently. Large numbers have assembled for training. There have also been a series of challenge against Banteer, games

get goals have been a big feature of their games. They notched five in a football game against Aghada who did not raise a single green flag. While they did concede 4 goals in a hurling tie the week previously against St Catherines, they responded by scoring a very impressive seven goals. In both of their leagues they are sitting close to the top of their groups.

Our under 13 camogie team have qualified for the final of the Seandun shield final. They had a big win over Na Piarsaigh. They lead the game from start to finish and ended up with a very impressive 7-04 tally. Hopefully they can find that form in the final. Though this was very much a team victory with those being introduced having a big impact on the game, one of the team was awarded with her own personal award. Ciara O'Callaghan has been a real leader on this team for a few years in camogie and in football so it was great to see that her talents recognised by were East Cork LGFA board when they awarded her with their 'Rising Star' award. Well done Ciara! The girls from under 8 to under 12 took part in Monster national blitz that was excellently organised by the Passage West GAA club. They had the chance to play against clubs from Clare, Dublin and Kerry. There was also time for plenty of other fun over the weekend.



The 2023 Future All-Star awards

league knock-out stages. Despite this though there are some positives from the year. We introduced some new young players which played extremely well throughout the year and the vibe from training was excellent. We have a lot to build on and hopefully we can continue to introduce new additions to the squad. We would like to thank all the players and management teams for their efforts in representing the club in 2023. Hopefully all will return in 2024.

Underage Roundup

The under 14 hurlers took part in the annual Seamus Coughlan memorial tournament that was played in Nemo Rangers recently. We lost narrowly in our opening two games against Donoughmore and Courcey Rovers but we qualified for the shield final where played our neighbours Whitechurch. A super all

Inniscarra, Ballycastle Gaels and Shamrocks clubs. A lot of promise was shown in these games and they will be well prepared for under 12 in 2024.

Hopefully. they will able to repeat some of the performances of the under . 12s of 2023. The ability to



The White's Cross Under 13 camogie team who won the Seandun under 13 semi final against Na Piarsaigh





Riverstown

Football Club



Club Shirt Sponsors '23/24

Huge thank you to Jason o
Callaghan from Ryans SuperValu
and Greg Murphy (ex Riverstown
Player) from The Brook Inn for
their huge contributions towards
the club shirt sponsorship for the
coming seasons.

Your sponsorship and partnership has been an incredible benefit to our Club and we are so grateful for your kindness. We cannot succeed without the generosity of supporters like you





Astro Pitch update

As you may of being aware we received planning for our full sized Astro pitch in Gaca earlier in the year but it has since had an objection and is now referred to An Bord Pleanála. We are hoping to hear back in the coming months with good news in this vital project for the local community of Glanmire.

In the last few few weeks alot of hard work went into the application for the Sports capitol grant with a max funding of €200,000 towards the Astro pitch. Even if we are successful in our application we still have alot of money to raise towards the costs to complete this huge project. If you are interested in helping to raise funds or help in any way please can you contact us on riverstownfc@gmail.com

CSL and CWSSL Leagues

The Cork School boys and Cork Womans and School Girl leagues kicked off in early September where we have 21 teams from u12-u16. Best of luck in the season ahead!!!





Mobility and Recovery seminar

Big thanks to Amanda Daly of AD Fitness and wellness who recently hosted a superb workshop for our u17 youths teams on recovery methods , mobility and foam rolling in local gym Xcelr8, Rathcooney. The lads learned alot.

Well done girls

Massive congratulations to these 4 U12's that recently made it through to the final stages of the CWSSL Cork trials

Éinín Comerford, Maisie O' Callaghan, Skye Collins Amelia Comiskey

Great achievement for the girls and the club







Adult Section

All 4 adult teams kicked off their new campaigns in September. Last years John Hayes Trophy winners started very well in Junior Div 1 with strong wins home and away.

Our new look Senior side under the new management of Ken O Neill just missed out on a cup final appearance with a narrow 2-1 loss against premier team Ringmahon in the Keane cup.

Our Junior A side recorded good wins on the road and September saw the start of the over35 league.



Glanmire Library

Glanmire Children's Library

Scary Puzzle Afternoon

For some trick or treat fun, why not make a visit to Glanmire Library for our spooky puzzle afternoon this Halloween

Tuesday 31 October from 3 p.m. onwards. All are welcome

Be there... if you dare!!!

What's on in Glanmire Library

...1st Thursday of the month .3rd Wednesday of the

month. etirement......1st friday of A the month

Age Action Computers.....Fridays Need to register with Age Action Starting in Mid October lking Group......Every Wednesday

at 10.15. Scrabble.....Thursdays at 11am

Book Club4th Tuesday of the month 11am (all are welc Music Morning3rd Tuesday of the month (all are welcome)

Children's Library Lego and Chess every Saturday at 11.30 am

Now taking enquires for My Open Library. To Register ask a member of the staff in Glanmire Library.

