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Issue 2 - February 2016

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## Young Scientists from Upper Glanmire NS.



Trip to Young Scientists Exhibition 2016 with children from Upper Glanmire NS. See page 22.



**Glanmire Ladies Football - Fun Run -**  
Page 18 & 19

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Labour

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# DARA MURPHY TD

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The Glanmire Youth Initiative works with over 300 young people, aged between 12 and 24. I recently met with the dedicated team behind this local initiative and unveiled a plaque to acknowledge the contribution of the service to the local community.



I'm pictured here with members of Glanmire Football Club at a gathering to mark the club's receipt of funding under the Sport Capital Grant Programme

### **Constituency Office:**

*Camden House,  
Camden Quay, Cork  
Monday to Friday  
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# GACA NEWS

*Smokitty People, Thursday 24th December 1992*

*Riverstown Area Community Association Book Launch*

Members of the Riverstown Area Community Association pictured during the launch of their book on the activities of their association over the past ten years

Frank Houlihan, Hazelwood, Fr Kerry Murphy-O'Connor P.P. Glounthaune and Teresa Hassett, The Hermitage, Glanmire enjoying the launch

Josephine Brady, Sarsfield Court and Mary O'Dowd, New Inn, Glanmire pictured selling books at the launch of the Riverstown Area Community Association Book on the first ten years of the Association

Louise Power, Brookhill, Maria O'Callaghan, Barnavers Hill, Catherine Manning, School Terrace and Marie Lynch, Springmount, members of the Riverstown Area Community Association pictured at the launch of R.A.C.A.'s 'The First Ten Years' on Friday night last

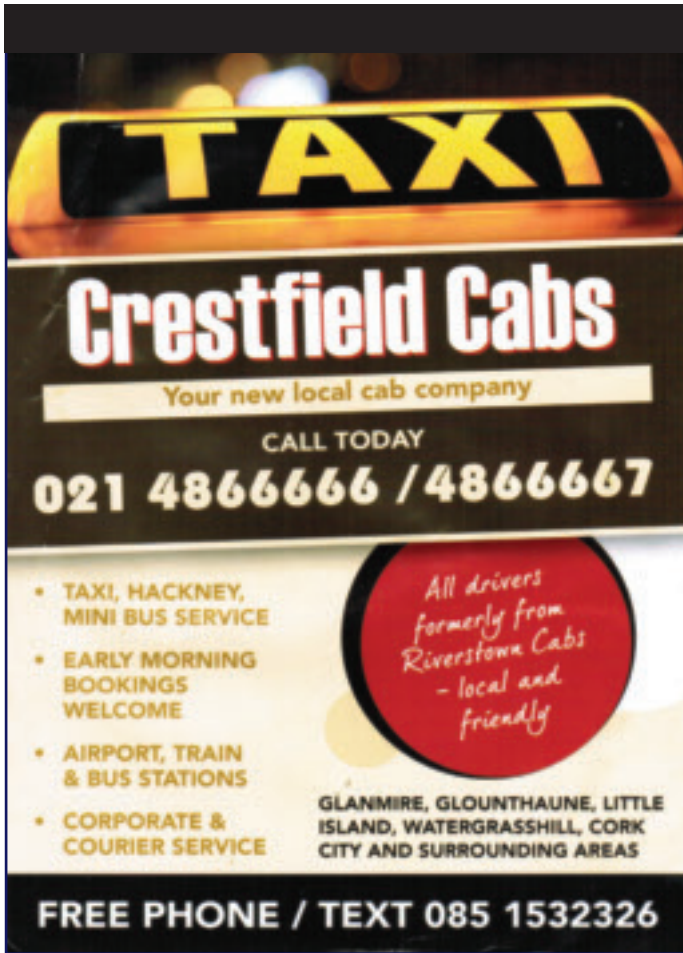
Glounthaune / Glanmire Meals on Wheels:  
 Cooks urgently required for Mondays Wednesdays 3 hours every 6 weeks.  
 Drivers required for Glanmire, Brooklodge, Riverstown area for Mondays, Wednesdays and Saturdays 1/1.5 hours every 5 weeks. Contact Pauline Walsh 4353557 or Mary Finn 4353893

**Glanmire Community Association Monthly Meeting February 8th 8.30 pm at the Community Centre.**

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 Over 18s, Male and Female, welcome.  
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**TIMES PAST**  
**COMMUNITY ASSOCIATION BOOK LAUNCH**  
**ON 14 DECEMBER 1992**

Josephine O'Shea, Chairperson Cork Community Development Institute who performed the launch pictured with Mary Crowley, Chairperson Riverstown Area Community Association at last Friday night's launch of the R.A.C.A. book 'The First Ten Years'



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## NÍL AON GLEANNTAN MAR DO GLEANNTAN FÉIN " GLOUNTHAUNE NEWS BY " THE FOREIGN CORRESPONDENT "

### "THE RAINY SEASON"!

Perhaps it tempts fate to suggest that it is over but the omens are good. The "stormy season" may have passed also but of course March; "in-like a lion-out like a lamb" lies ahead. We love to "talk weather" and descriptives relative to rain include; 'sort of, but it would wet you like, 'tis bucketing, 'tis just continuous like, will it ever stop? The wind then can be; windy, blustery, there's a bit of a lightish breeze there, 'tis blowing a gale, 'tis howling, 'that north-east would go through you. The phrase; "Blowing a hoolie" is another and this derives from happenings on the River Hooghly, which is a one hundred and sixty two mile distributary of the River Ganges in West Bengal. In steamship days when vessels were unable to sail upstream due to strong winds, the captains bawled; "it's blowing a hoolie up there". The classic phrase right now of course is; "there's a grand stretch in the evenings". Ireland has experienced varied weather conditions down through the years including; the snow of 1947, the coldest on record winter of 1962/63, the remnants of Hurricane Charley in 1986 as well as that of Hurricane Katia in 2011. However the worst storm in Irish history was on Nollaig Na mBan, January 6th. 1839 when a category three hurricane reached well over one hundred and fifteen mph. Up to three hundred people died, tens of thousands were left homeless, twenty five per cent of homes in Dublin were destroyed and forty two ships were wrecked. Estimates on the cost of damage at present-day values would be well in excess of Eur two hundred and fifty million. It became known as "The Night of the Big Wind" and an interesting sidetrack is that when the then Old Age Pension was introduced in 1909, which entitled those over seventy to an allowance of five shillings per week, many Irish Catholics had no birth registration and in order to establish proof of age one of the questions asked was whether the applicant remembered; "The Night of the Big Wind"! Were "Barney", "Clodagh", "Desmond", "Eva" and "Frank" simply "storms in a teacup then"? Well comparisons have no relevance whatsoever to the plight of those affected by recent weather conditions, and to apply such would be scant consolation for the hardship, the loss and the inconvenience which they experienced. The only difference of a home flooded to a depth of three feet as against four is a mathematical one. The first occasion that homes in Glounthaune Village suffered tidal flooding was on Sunday October 21st.1962 at a period when "Hurricane Ella" was also raging in the States and Ireland, particularly Cork, experienced widespread flooding. The six homes situated on the "Village Southbank" were flooded to a depth in excess of three feet, and surprisingly the two eastern facing ones, which were then in parish ownership, as well as the Parochial House, were not flooded - perhaps Divine Intervention?! The tide surged over the quay walls and gushed into the homes, which in any event were already

flooded due to back-up water in the shores and also a non-functional sluice. The residents were confined to upstairs and the village roadway was akin to a river. It would have been a far greater disaster but for the fact that a section of the quay wall at the western end of the estuary collapsed and farm-lands extending as far as the present-day Crompán Roundabout were flooded. This relieved the state of flooding in the village so it could be said that local rivalry was set aside for the day as Little Island played its part in "bailing out" Glounthaune! However the ever so popular, proud and most honourable "Thaunies" would respond by declaring that this was only a once-off and that in any event it was a case of; "any port in a storm"! The ebb tide eased the situation somewhat but there was further flooding on the morning tide of Monday 22nd. The village was flooded on three subsequent occasions; Ash Wednesday, March 6th.1963, Saturday October 22nd.1988 and on Wednesday October 27th.2004, which in fact was the last occurrence. This is noteworthy in that flood prevention measures were carried out in 2008 and included; raising the quay wall, up-grading and modifying the shore system and connecting village homes to the main sewer. It is significant that Glounthaune Village did not encounter tidal flooding recently, or when there was widespread flooding in November 2009 or, and in particular, February 2014. The residents are heartened by this and are hopeful that the works are a success. Indeed "The Foreign Correspondent" is so convinced such is the case that should the village experience another tidal flood he will immediately discard the speedos and skinny-dip in the estuary! Those rousing and encouraging distant squeals of delight are audible! It is interesting to note that there are only two residents in the village today who resided there when it first flooded in 1962. However one of the two may be too young to recall, or perhaps confused because of the mistaken belief back then that it was bath-time! Others who resided there on that infamous occasion are now residing elsewhere in our parish and beyond, and sadly another thirty two have passed to their eternal reward; féadfaidh siad chuid eile i síocháin. The area northwards of the access bridge to the village, adjacent to the side entrance gate to the church grounds could be classified as a Drainage Basin because it is here that surface water from "The Hills of Glounthaune", replenished by rain runoff, converges. It also emanates from housing estates, such as Cois Chuain, The Highlands, and Annmount etc. where well-manicured lawns have replaced the prior to developed state of wild hedgerow and pastureland. This has reduced the soil's ability to soak up water and therefore has increased the volume that now flows towards the Drainage Basin. There is very limited planting of native trees in these estates, which is regrettable because their deep roots would provide channels to send water a greater distance underground. Retired TCD botanist Dr. Daniel Kelly



investigated restoring native oak woods and found that sessile Oak, Birch, Holly and Rowan are the chosen species to; "mend the hills and repair the streams". In past times open streams ran at each side of the roadway from the Moane Cross, past the Forge Cross and beneath the Dry Bridge as far as a culvert near the Church Gates. The joined streams then emerged inside the railway fencing and under the responsibility of CIE the water flow gushed down the embankment shore to another near the rail line. The greater part ran in a westerly direction from here, the lesser part easterly, for say two hundred metres and then beneath the rail line to a pond at Craigs Field and finally into the estuary. Due to flood related issues in the village the streams were piped underground circa twenty years ago; however the threat of flooding remains. For example; the flood in October 1988 was not of a tidal nature but rather because of blocked drains at the Drainage Basin and also at the western pump shore in the village. It is of course the responsibility of Cork County Council to ensure that culverts and drains are in a free condition and in this respect the council has failed miserably. When last was maintenance carried out? But it is also in the best interest of the community to monitor the situation closely and alert the authorities well in advance if any major problems are envisaged. There is no place for complacency. Follow-up action is required therefore the community has to exert continuous pressure to ensure that the matter raised is immediately acted on. Also, there is no solace derived from the fact that the authorities were pre-warned of the flood danger, moreover if one is relaxed in one of the renowned village parlours in the midst of a few feet of flood water! It is also important to work with rather than against officialdom and needless to say anger has never solved anything. The residents, as was the practice in the past, could readily attend to minor drain clearance issues on a routine basis and thereby minimise the flood risk. There was a village flood alert during the recent weather conditions when an inspection manhole at the Drainage Basin did not have the capability to withstand the abnormal volume and velocity of water. The prompt action of present and past vil-

lage residents, as well as fire brigade personnel, averted the danger but such incidents highlight the importance of monitoring and also the fact that residents should always be in a "Bí Ullamh" mode. The value of people's community spirit, solidarity and co-operation count a lot and in the many recently affected flood areas those shone like a beacon. There was tangible evidence of leadership and co-ordination and it begs the question; was such evident in Glounthaune? The simple answer is; "No", but hasten to add that the individual spontaneous reaction was admirable. The fact is that once again the "High Vis Jacket Troopers" were conspicuous by their absence, and engaging in photography at such a time is to say the least not very tactful or helpful. On this occasion there was flooding at the area adjacent to Fitzpatrick's Shop and O'Neill's Public House, with both sustaining business losses due to closures, as well as the Waterside Apartments Block. It appears that the high water level in the nearby pond and the resultant water back-up in the shores was the main cause. This area was never previously flooded. It is interesting to note that the Tidy Towns' Spring Newsletter of March 2015 referred to the "Ashbourne Pond Rejuvenation"; "the pond area has been a major focus for our tidy towns' efforts. One issue over the years has been the low levels of water in the pond and significant algae growth. After significant investigative efforts by GTT; Irish Rail inspected the complex drainage system and were persuaded to excavate the drains. The removal of two railway sleepers has significantly improved the flow". There was an accompanying photograph which showed a manhole inspection with the caption: "Irish Rail inspect diversion of inflow from rail-side to estuary and ensure main flow to pond". Incidentally during the recent flood a timber board, evidently inserted to prevent water from entering the tidal estuary and thus diverting same to the pond, was located in a rail-side manhole. That is interesting. There is an urgent need for all concerned to meet, discuss and by learning from the past; plan the way forward. Now is the time because; "Ní hē lā na gaoithe lā na scolb." SLÁN ANOIS ©

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Charlie Wilkins

## THE SCOURGE OF ELECTION POSTERS

My father advised me to never bear more than one trouble at a time for some people bear three kinds-all they ever had, all they have now, and all they expect to have! However, I am troubled today and in explaining it I have a feeling that it may make me sound grumpy and bad tempered but I shall have to risk it. My problem has to do with election posters.

Gardeners, I feel, fall not only victim to every life form that creeps, crawls, flies, sucks and stings but to pests of their own kind too. When you live on a busy main road, the problem is compounded especially during times of either local or general elections. You see, I cannot after all my years, understand why anyone not living in my area (and perhaps yours) can come along and plaster the pole outside the front gate with a multitude of election posters, making the whole place look as if a circus is coming to town. Isn't every area of this country littered enough with rubbish and dirt without these adding to it? Doesn't my area get enough bad press (in relation to littering) without these enormous billboards hanging from every electric pole? Does anyone agree or am I totally alone? This kind of electioneering undertaking was fine years ago when few had television, radio, or social media but today, everyone knows who is up for election and who is seeking yet another ride on the magic roundabout.

Long before the day of reckoning arrives, who has to sweep all the torn posters when wind and rain has blown them down, and who has to eventually remove them for binning? Not always those who put them up. I certainly have to get out there time and time again to clean what has not been of my creation and it's just not good enough. Even when the posters are eventually taken down (as required) who is responsible for

# THE SCOURGE OF ELECTION POSTERS



the plastic ties that remain? Are we ever going to learn about litter?

The galling thing is that if I write about a government approved weed-killer for controlling some of the tougher, more invasive garden and roadside weeds, (or suggest a peat-based compost) I can be assured of a bevy of letters condemning their promotion.

In conclusion I would ask all electioneering agents to respect the rights of property owners countrywide. I prompt them like a gentle fall of snow and not like a driving storm of hail. Do not devalue residential area with posters and unsightly ties, for true liberty exists in the privilege of enjoying our civic rights, not in their destruction. And the décor and clean appearance of our streets and parks is indeed a civic right.

## THE GARDEN IN FEBRUARY.

A cock's foot, by which length the days are supposed to increase during January and February is not a generous measurement, but those extra minutes of daylight every afternoon in February become a lavish hour by month's end! Short though February is, it begins in winter and ends in spring (especially here in Glanmire)) and during mild and moist spells it is easy to see life and a new greening return to the garden. Gardeners must remain vigilant of course, for winter will surely return on a number of occasions to strafe and pummel yet again. However these are the

actions of an antagonist losing ground! Victory and triumph are on the horizon and the trailers are showing in the form of snowdrops, crocus, and the earliest reticulata iris. I hope you have some of these poking up from the cold ground!

**SOLDIERS AND SAILORS;** As spring struggles to supplant winter, the variegated pulmonarias deserve a mention and these should be allowed grow into broad patches in otherwise untenanted ground between shrubs. One might suppose that these plants lack vigour (as variegated perennials often do) but I have not found this to be the case. The multi-leaved clumps wax fat and produce flower stems in multitudes if you let them grow as they like. Having loose morals, they are inclined to self-seed wildly, obscuring their parent lineage in the process. The flower heads of *Pulmonaria saccharata* (the most common form) change from pink to blue over a number of weeks and since they open successively, both colours can appear at the same time. I believe this to be the reason for their common name of "Soldiers and Sailors".

**ROSES;** Pruning roses is often considered a skilled job, essential and exacting if good results are to be had. For all that, the Royal National Rose Society doesn't agree and they're regarded as experts in the field of growing roses. In their trials some years ago, they simply sliced the top off the bushes about half way down with a hedge-trimmer and the results proved that the roses bloomed consistently better than

the same varieties pruned to age-old principles by the horny-handed! The state of the hedge-trimmed bushes may look rather untidy for small twiggy stems may not produce flowers but this could be a benefit-the more leaves on the stems, even if they are twiggy, produce more energy for the plant and more blooms overall. So unless you want to produce a few long, straight stems carrying one exhibition quality bloom, this method could benefit you! Just cut back your rose bushes any day this month bearing in mind that any cut will do! Now doesn't that make rose pruning and care a little less daunting?

**CLEMATIS;** Prune mid to late summer-flowering clematis now going down to three feet and less in many cases. Pull down all the old shoots and discard to the compost heap. Clematis that will bloom between spring and summer should be left untouched. Be sure to give a deep mulch of manure or compost to all varieties as this will ensure the soil holds a plentiful supply of moisture during periods of summer drought.

**LILIES;** Source and plant lily bulbs as soon as they become available in garden outlets. Choose firm bulbs which are firm to the touch and whose scales are not falling loosely apart. Best in deep pots, plant three at a time and stand in a warm spot until top-growth is noticed. Water at this stage and begin a course of feeding with any liquid preparation with a high potash content based on seaweed.



Children at Glanmire Library.



Joshua and Liana, Gasono



Fionn and Sean Reddy, Returning overdue books.



Sophie and Emily Lynch. Church Hill



Faye, JJ and Tess Foley Summer Reading Scheme Glanmire Library

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Emma Walsh, winner of the "Name the Parrot" Competition at Glanmire Library



## Erins Own Hurling & Football Club Caherlag, Glounthaune, Cork. (Puc Fada)

Lotto Results: For Wednesday the 13/01/2016 no winner this week, Numbers drawn were 2,13,20 & 23, 30 to Mary Moore, Maura O'Keefe & Aidan O'Brien, Next weeks Jackpot is 1,260, you can know play Erins Own club lotto on line on our website, Thanks to all those who support our Lotto.

Club Shop: The shop will be opened on Saturday 10am to 12pm & Sunday 11am to 12:30pm, any queries or questions on stock or orders just drop an e-mail to Dara at [erinsowngaclub@gmail.com](mailto:erinsowngaclub@gmail.com) or phone or text Michael on 086 8699145 or Kieran on 087 7787759



Club Secretary Jamie Murphy with The club regester Shane Murphy, Medical officer Greg Twomey & Kilian Murphy



Juvenile winners of Erins Own Puc Fada



Erins Own Puc Fada Senior winners, Gus Collins, Ian O Mahony,



Event organiser Timmy Lambe pictured with Brendan Lambe & Jamie Murphy



Erins Own Ladies Juvenile runners up



Erins Own Puc Fada Ladies winners.



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I am Catherine Hassett and I am a Reactive Eating Specialist. HAPPY SHAPE is an approach built on my own experiences in life and of the people I have worked with professionally, over the years. I know what it is like to live a busy life, playing many roles in just one day; looking after children, parents, partners, going to work or running a business, organising the household, playing Mum's taxi, volunteering, shopping, cooking, cleaning; we are always DOING and we generally put everyone else's needs first.

How many times have you put off doing something for yourself because you felt guilty or selfish? Feeling selfish is probably one of the biggest reasons we don't do more for ourselves; this is a huge contributor to Reactive Eating. At the end of a busy day or week, we are desperate for a way to relax and unwind. After all we DESERVE it, don't we? The problem arises when we associate relaxing and unwinding and being kind to ourselves with food.

My approach is largely about you taking time back for YOU. Not in a selfish way; you DON'T have to be selfish when making time for you. It is about recognising your own needs and meeting them, so that you can be HAPPIER and in turn care for everybody else even BETTER. It is a Win/Win.

My approach will teach you how to do this; my approach is NOT a diet in disguise. I do not sell products, shakes, bars or pills.. You will learn how and be empowered to change the things in your life that are causing you to gain weight. As a result you will improve your life dramatically AND lose weight as a result.

A 7 Week Course is already running in Glanmire, but I will be starting a new 7 Week Course at the end February, on Thursdays from 7.30-9.00pm. At the Riverstown Community Ctr. Course fee €90, payable at first class. If you would like to reserve your place, please contact me, as they will fill up fast. Call/text me on 0871770804 or follow my facebook page HAPPY SHAPE Groups for more information. Be your Best, Be HAPPY! Catherine Hassett (APC)

### Are you pregnant ?

Would you like to prepare for becoming a parent?



Why not attend an Information Afternoon entitled "Preparation for Parenthood" delivered by experienced Public Health Nurses in your area. If you are interested, please contact : Public Health Nurses - Riverstown Health Centre, Glanmire, Co. Cork - Tel 021 4822307

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## WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

Renewed Sponsorship Deal  
Hennessy's Daybreak Service Station at White's Cross has recently agreed a second term as main sponsor to the White's Cross GAA Juvenile Club. In line with the previous arrangement this once again will last for three years, up to the end of the 2018 season. White's Cross is hugely grateful to Hennessy's Service Station for continuing this partnership, and sees it as a great match-up, with both entities at the heart of our community.

The Hennessy family have been outstanding supporters of White's Cross GAA for many years now – indeed there is a connection that goes back right to the purchase of our Club Grounds as this was purchased from the Hennessy clan. Eileen and Michael Hennessy, at the Stirrup Bar, very generously sponsor the first prize in our Christmas Draw each year. On top of these significant annual contributions the family came on board recently again as one of three primary sponsors for the Fight Night event co-hosted by White's Cross GAA and Carraig na bhFear GAA – there will be pictures and details of this night in next month's copy of the Glanmire Area News. In order to propel the fundraising efforts around this event, Hennessy's Service Station sponsored the White's

Cross corner for Fight Night.

### Juvenile AGM

The election of officers at the recent White's Cross GAA Juvenile AGM was a most straightforward process with all the outgoing officers re-elected for another term. In his address to the meeting that took place at Scoil Naomh Michéal, Upper Glanmire, the chairperson Mike O Flynn said he was hugely satisfied with the 'major improvements and major strides' made in 2015. Mike referenced the 'excellent working relationship with the adult club and officers' and said that both adult and juvenile club officers '...all have to continue working in improving player welfare in what is a never ending journey'.

Mike listed some of the projects successfully completed during 2015: Astro surface laid as access route to the main pitch; Astro surface laid underneath and around car park fencing; Astro surface laid between walkway and external wall; Sanding of the main pitch with 90 tonnes of sand and verti-draining; Weed control and slow release fertiliser on the pitches; Poles erected for stop ball netting in main pitch; Additional poles erected in the juvenile pitch for stop ball netting; Four player dugouts in the process of being manufactured; Walls modified and fencing

erected to give our neighbours greater privacy and protection from balls/sliotars; Hurling wall got a makeover with 'targets' painted; Lighting installed in the hurling wall and the astro pitch areas; Landscaping and laying of grass seed in areas around walkway; Mound of earth moved beyond the hurling wall in preparation for levelling, draining and seeding; Many painting projects completed; Petrol strimmer purchased for weed and grass control.

Mike stated that there are five cornerstones that will continue to support the growth and expansion of White's Cross GAA Club: 1. the players across the club; 2. the coaches; 3. the infrastructure / facilities; 4. the support and help within the club and the wider community which includes parents, schools and local 'and not so local' businesses and 5. the club's committees and membership. Mike said it's a case of '...drive on hard together and solidify the cornerstones' throughout 2016 and beyond.

Rounding off a most eloquent address Mike quoted Michelangelo: "The greatest danger for most of us is not that our aim is too high and we miss it. ....but that it is too low and we reach it".

White's Cross GAA Juvenile Club Officers 2016:

Chairperson: Mike O Flynn (returned); Secretary: Sean Coughlan (returned); Treasurer: Teresa Quain (returned); Communications Officer: Finbarr Pyne (returned); School Liaison Officer: Imelda O Connell (returned).

### Lotto Up-Date

Having taken the annual break for the month of December the White's Cross GAA Club Lotto is now back in action and helping raise vital funds for the club. Indeed without this particular initiative it would simply not be feasible for White's Cross GAA to pursue its ongoing development works.

Tickets costing €2 for this draw, that takes place every second Monday, are for sale from Hennessy's Service Station, the Boothouse Bar, the Blackman Bar, the Stirrup Bar, McCarthy's Sportsworld, Esther's Barbers and from committee members. Alternatively they can be purchased very easily online via our club's website – whitescross.gaa.ie. All support is greatly appreciated and we hope that you agree from your visits to our facilities that the money is being put to very good use.

Results from January 11th 2016:  
No jackpot winner: Numbers drawn 14/18/19/ 23

Lucky dips 50 euro winners: 1. Lorraine O'Brien, Paul O Sullivan & Teresa Ring.



Congratulations and best wishes to Conor Buckley and Pamela Mangan who were married at St. Oliver's Church, Ballyvolane. Here current and former team-mates of Conor at White's Cross GAA celebrate the day with the happy couple at the Rochestown Park Hotel.



Hennessy's Service Station has recently entered a second three year term as main sponsors of White's Cross GAA Juvenile Club. Pictured with Lorcan Hennessy, at the announcement of this latest sponsorship is Sean Coughlan (Juvenile Secretary), Mike O Flynn (Juvenile Chairperson) and Imelda O Connell (School Liaison Officer). White's Cross GAA is hugely grateful to Lorcan and the Hennessy family for the outstanding support they continue to offer the Club

**Glanmire Youth Club**  
 would like to thank SuperValu  
 Glanmire for their donation  
 of selection boxes for the kids  
 Christmas party. We would like to  
 thank Dunnes Stores Ballyvolane  
 for allowing us to Carol sing in  
 their store. Thank you to Aldi  
 for their donation of drinks and  
 sweets for the Christmas party. We  
 are very grateful to the Companies  
 above for their continued support.

Virginia O' Hehir - Chairperson,  
 Glanmire Youth Club.

**Cllr Ger**  
**KEOHANE**

Cork North Central Independent candidate  
 Glanmire


Ger was elected into Cork Cork Council in the 2014 Local Elections. Ger is 47, has lived in Glanmire for over twenty years. He is married and has four children. Ger grew up in the Gardiners Hill/Dillons Cross area. He attended St Patrick's National school on Gardiners Hill and Mayfield Community Secondary School. A keen sportsman, Ger is a life long member of Brian Dillons Hurling & Football GAA Club and has won many honours with his club during his playing career. He has also played with Old Christians Rugby Club.

In his roll to date as an elected Cork County Councillor Ger is very active dealing with issues such as housing, flood prevention, campaigning to save the Ballyvolane Bog, road resurfacing, derelict sites, housing estates taken in charge, securing amenity and capital grants for sporting and community organisations to name but a few. Ger will get the job done and will fight for what is right.

Ger became unemployed due to the recession in 2008 and knows first hand the hardship that the austerity measures imposed by the Governments responsible has on people, especially families on middle to low incomes, single parents, the elderly and people who had to bare the brunt because of other people's mistakes and greed. Ger knows the hardship of trying to raise a young family on a very low income.

As an Independent Cork County Councillor and a Cork North Central Candidate for the next General Election, Ger will continue in his role to stand up for the most vulnerable in our society, fight for what the people of Cork North Central deserve and to give voters a voice in Dáil Éireann.

**Contact details:**  
 086 0263046  
 Email: [gerkeohane68@gmail.com](mailto:gerkeohane68@gmail.com)



**NIGEL OWENS IRB WORLD CUP FINAL REFEREE 2015 - DELIVERS AN INSPIRATIONAL SPEECH TO THE STUDENTS OF GLANMIRE COMMUNITY COLLEGE**

On Thursday, 21st of January, Glanmire Community College had the honour of inviting Rugby World Cup referee, Nigel Owens, as a guest speaker to the school. Nigel Owens is one of the best known referees in the rugby world and in the sporting world. He has overcome many personal challenges to rise to the pinnacle of his profession, when he refereed last year's Rugby World Cup final, which saw New Zealand beat Australia in Wembley.

School Principal, Mr Pat McKelvey introduced Nigel Owens and welcomed the sporting hero to GCC. Nigel started his presentation explaining how he started out in rugby and how he always knew he was going to be a referee. Then he recounted the gloomier period of his life that shaped his personality for the two decades before his rise to the top of his profession. He spoke about growing up in a Welsh village and how he struggled to come to terms with his homosexuality at the age of 19 years. How depression, steroid abuse and bulimia blighted him.

Owens, whose tough reputation saw him chosen to referee the 2015 World Cup final, said accepting himself was the biggest challenge of his career. "The biggest challenge anyone comes across in their life is accepting who they are. I spent years and years trying to accept who I was. Only then could I get on to the next stage, which was seeking help

by speaking to friends, family and even strangers. By doing that, I was able to get to where I am today and get on with my life. Getting through those challenges in his life he said "has made him who he is today. A lot of people are struggling with who they are. They can't tell other people they're gay because they're fighting it themselves".

Nigel had a final piece of counsel for the students; he told them "never underestimate how important each and everyone of you are to your friends and family, just by being you. It doesn't matter who you are, what religious beliefs you have or your sexual preference, we are all different, all unique. All that matters is that you are a decent person, and that you respect people around you and are respected. Whatever you end up being or achieving in life, give it your best shot. No one can ask anything more than this. Life is short, make the most of it, and enjoy life. The IRB World Cup Final referee was very generous with his time after his presentation, allowing plenty of photo opportunities and discussion with the students. The Management of the school expressed their gratitude to Nigel Owens for taking time out of his busy schedule, ahead of his match in Toulouse next weekend, to come and deliver such a powerful, honest and memorable presentation to the students of Glanmire Community College.



Mia Furlong, Second year student and Nigel Owens IRB World Cup Final Referee 2015



Eoghan O' Leary, Nigel Owens IRB World Cup Final Referee 2015, Owen Cashman and Ryan Murphy.



Tim Murphy, Cork City's FC CEO, Nigel Owens IRB World Cup Final Referee 2015 and Pat McKelvey, Principal, Glanmire Community College



Ms Niamh Dwyer, Business teacher, Nigel Owens IRB World Cup Final Referee 2015 and John Kavanagh, Cork City FC and past pupil of GCC



Matthew Twomey, Eugene Redmond, Nigel Owens IRB World Cup Final Referee 2015, Emmet Fahy and Aaron Lehane

## GAA Glanmire AGM 2015

The Glanmire Football Club AGM took place on Sunday November 29th in the Clubhouse in Sallybrook. Tributes were paid to Michael O'Leary (RIP) who passed away earlier this year. Oliver Brennan was elected as the new President of Glanmire Football Club in succession to Michael. In addition, Martin McGrath, Paul Kingston, Damien O'Regan and Angela O'Callaghan were thanked for their work for the club as outgoing Chairperson, Vice Chairperson, P.R.O and Secretary respectively.

We would like to wish all officers the very best of luck for the coming year. Here is the list of officers appointed on the evening for 2016:

Chairperson: Dermot O'Connell  
 Vice Chairperson: John McCarthy  
 Secretary: Conor Burke  
 Asst. Secretary: Angela O'Callaghan  
 Treasurer: Neil O'Sullivan  
 Asst. Treasurer: John McCarthy  
 Public Relations Officer: Daniel Spillane  
 Registrar: Declan O'Connell  
 Cultural Officer: Denis Kelleher  
 County Board Delegate: Denis Kelleher  
 Proxy: Drew Long  
 East Cork Board Delegate: Robbie Burns  
 Proxy: Oliver Brennan  
 Coiste na nÓg Delegate: Denis Kelleher  
 Proxy: Drew Long  
 Executive Committee Members: Mar-

tin McGrath, Angela O'Callaghan, Joe Organ, Michael Burns, Oliver Brennan, Drew Long, Kevin Whooley, Michael Kelleher.

Glanmire GAA Annual Fundraising Draw:

The Glanmire GAA Annual Draw took place on December 4th in the Clubhouse in Sallybrook. Newly elected Club President Oliver Brennan conducted proceedings and was ably assisted by our new Club Secretary Conor Burke. We would like to thank all members and supporters who bought or sold tickets for the draw.

Congratulations to all our winners on the night: the results are as follows:

1. Castlemartyr Resort overnight for 2: Harry Quinlan
2. €150 voucher for McCarthys Sportsworld: Eoin Mc Grath
3. €100 voucher for Sheehans Butchers: Jim Darcy
4. €100 voucher for Cafe Beva: Ger O'Brien
5. Digital Wireless Printer: Drew Long
6. €100 Voucher for Lee Travel: Marian Dunlea
7. €100 Voucher for Southern Fencing: Ciara O Mahony
8. €100 Voucher for Porcelain Beauty Salon: Shane Collins
9. €100 Cash: Brian Lotty
10. €100 Gift Cheque from Glanmire

Credit Union: Ned Kirby

Scór Activities

We would like to extend our Congratulations to the Marron Family who represented the club and won both the East Cork And County Scór Na nÓg instrumental titles recently. They represented the club in the Munster Semi final but were unlucky not to progress further. The Club would like to the Marron's for their tremendous efforts.

The East Cork Scór Sinsear Finals will take place in Lisgoold on January 31st at 7.30, the deadline for entries is Friday 22nd of January. Scór na bPaistí, which is confined to Primary School students, will take place in early February.

Cork GAA Clubs Draw/Sarsfields & Glanmire Weekly Lotto.

It is not too Late to enter the Cork Clubs Draw, The draw is an important source of fundraising for the club and there are some excellent prizes to be won. Please Contact Denis Kelleher at 0879488385 if you are interested in purchasing tickets. Congratulations to the Long Family of Sallybrook and Des & Gertie Relihan who won 14th prize and 27th prize respectively.

The Local Glanmire/Sarsfields Club Lotto takes place every Monday evening. At time of printing the Jackpot stands at €8,400.00. Tickets are priced at €2 and are available from all local shops and bars.

Intermediate Football Championship Draw 2016.

The IFC championship draw for 2016 took place at the County Convention on Sunday December 13th. Glanmire

were drawn v Kinsale, with the winners playing the winners of Mayfield and St. Finbarrs. The Losers will play the losers of Mayfield and St Finbarrs.

Fixtures

The Intermediate team will open their league campaign at home to Youghal on the 7th of February. The exact time and venue is to be confirmed, for all fixtures, please visit [www.glanmiregaa.ie](http://www.glanmiregaa.ie)

The intermediates opened their campaign on January 17th in the Tom Creedon Cup, unfortunately coming up against a very strong Beal Atha An Ghaorthaidh side. The final score was 5-9 to 1-5

Presentation to Teddy McCarthy

On Monday December 21st, Glanmire GAA and Sarsfields GAA gathered at Sarsfields Pavilion to Honor the 25th Anniversary of Teddy McCarthy's Dual Senior All Ireland success. Cork County Board Secretary Frank Murphy was on hand to give a poignant and intriguing speech in tribute to Teddy. Both Glanmire and Sarsfields made presentations to Teddy as well to commemorate this truly unique achievement.

Congratulations to Brendan O'Connell

We would like to congratulate Brendan O'Connell for reaching the Cork Senior Football Panel, no doubt Brendan will represent Glanmire with diligence, as he always has before.

Is Mise Le Meas Donal O'Spileáin

Oifigeach Píobíochta

Cumann Peil Ghleann Maghair.



Harry Quinlan of Castlejane receives his 1st prize in the Glanmire GAA Annual Draw



Martin McGrath (represented by Oliver Brennan), Timmy Walsh and Mark Hopkins received awards from Tim O'Callaghan of The Widows Bar for their contribution to Glanmire GAA and the overall community over the past years. Well done to all.



Oliver Brennan receives a portrait painted by local Artist Carol Breen from outgoing Club Chairman Martin McGrath to mark his appointment as Club President of Glanmire GAA

# CORK FIGURE SKATING ASSOCIATION



Chloe Kearney



Clare Mc Donnell



Telan Abdullah.

Cork Figure Skating Association (CFSA) is the first inline figure skating in Ireland. It was founded in 2011 and training takes place in Little Island Sports Complex four/five days a week. There is a great atmosphere in the club, and a strong voluntary contribution from coaches, parents and supporters. CFSA operates as a non-profit organisation. Our senior coach is a retired high

level ice skater, Liane Seiler, originally from Germany. Inline figure skating is a relatively new sport, which has seen a massive development all over the world in recent years. It is the equivalent of ice skating on dry land, making it more accessible, affordable and environmentally friendly. As building and maintaining an ice rink is extremely expensive, inline figure skating is likely to grow

as a sport in the future, as many countries that do not have ice rinks can still train high level athletes. Figure skating requires great strength, coordination, balance and technique, as well as artistic skills, and it is very pleasant to watch. Competitive inline figure skaters take part in international competitions. Last year CFSA skaters travelled to France and

Switzerland, taking home a number of medals and great satisfaction from having represented Ireland at such great events!  
**This year our skaters are competing in Rome, Madrid and the World Opens in Milan. More information can be found on our website [www.corkfigureskating.com](http://www.corkfigureskating.com) and on our facebook page.**



Minister of State Dara Murphy in Gaelscoil Ui Drisceoil, Dunkettle, for the launch of the Blue Star Programme.





"Committed to Excellence"

# St Patrick's College Cork

Gardiner's Hill, Cork. Tel: 021-4503055

St Patrick's College Cork  
Gardiner's Hill, Cork. Tel: 021-4503055  
[www.stpatrickscork.org](http://www.stpatrickscork.org) / [office@stpatrickscork.org](mailto:office@stpatrickscork.org)  
Principal: Brian Cronin  
Deputy Principal: Eileen Lombard

**1st Year Entrance Scholarships**  
St Patrick's College is pleased to be able to offer 2 entrance scholarships for 1st Year students entering in 2016 to the value of €500 each. The scholarships are funded by past pupils of the school who wish to remain anonymous. The scholarships are to be allocated to pupils who show academic promise and a willingness to work hard. Application forms are available in the school or from [office@stpatrickscork.org](mailto:office@stpatrickscork.org).

**University Entrance Scholarships**  
Well done to Linda Pentony and Mary Quill (Leaving Cert 2015) who won entrance scholarships to UCC and UL respectively. Linda is the lucky winner of an All Ireland Scholarship presented by JP McManus and Mary is the recipient of a Stryker scholarship to UL.

**Young Social Innovators**  
Our TY class are continuing with their Young Social Innovators project, which aims to raise awareness of the problem of human trafficking. They have stage demonstrations in town, invited guest speakers and raised money for the Sexual Violence Centre. Recently, they designed a flag to raise awareness of human trafficking and had them flown by the Lord Mayor outside City Hall during Human Trafficking Awareness Week. See

their Twitter Account @patricks\_school for more info.

**Reading Room**  
The Reading room has been completed and is now used as a comfortable space for students to read and for our Book Club. The book club meets once a month to review their book. The reading room was decorated by Art teacher Ms Hennessy and her 2nd year art students and is located beside the school library. Our school library will shortly be getting new books to go with our Accelerated Reader Programme.

**Homework Club**  
Homework Club started again last week and over 40 girls have chosen to take part. Homework Club is run by the school and UCC tutors who work with groups of students on their homework assignments.

**Gaelic Players of the Year**  
All in St Patrick's College were delighted to hear that students Amy Cronin and Katelyn Chantry were given Gaelic Football players of the year awards by Mayfield GAA. TY students Michaela Broe won the Most Improved Player with Brian Dillons Camogie. Well done to the girls and we wish them continued success in school and with their clubs.



Linda Pentony, Irismar Pentony, JP McManus & AP McCoy.



Reading Room



Homework Club



Amy & Katelyn



Mary Quill



Micheala Broe.



YSI flags outside City Hall.

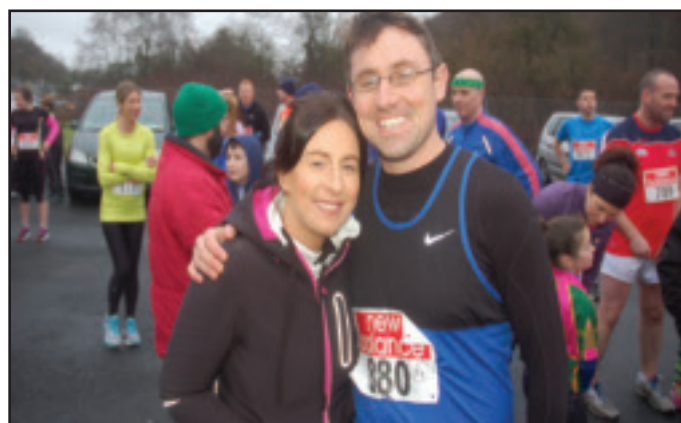
## Glanmire Ladies Football - Fun Run



Nessa & Eimear O'Callaghan with Dad Brendan



Kerry Constants, Mary & John Delaney and Dolores Duffy



Sharon & Michael Colohan



Sister Act: Jill McCarthy & Lisa O'Brien



Katie Elliott and Mum Lynda.



Katie Walsh & Dad Kevin - Laura Scannell & Dad Ger

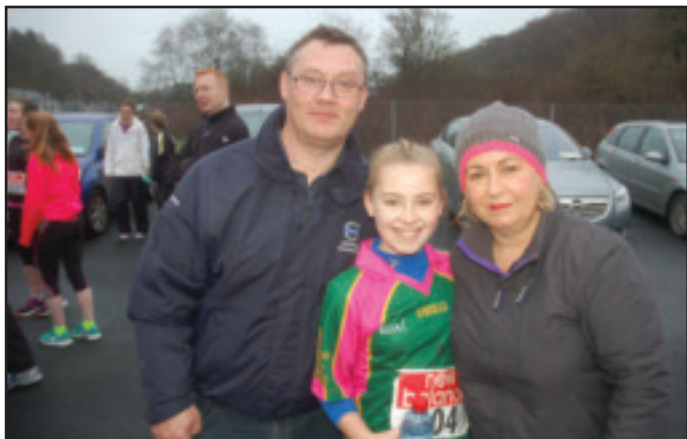


John & Anne Cashman



Junior Members of Glanmire Football Club.

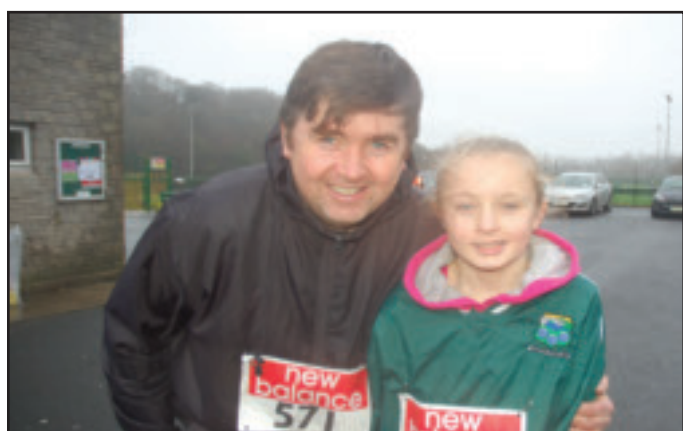
# Glanmire Ladies Football - Fun Run



Emily Brennan with Mum & Dad, Ger & Valerie



Susan Farrelly & Maura Dennehy



Faye Lonergan & Dad Pat



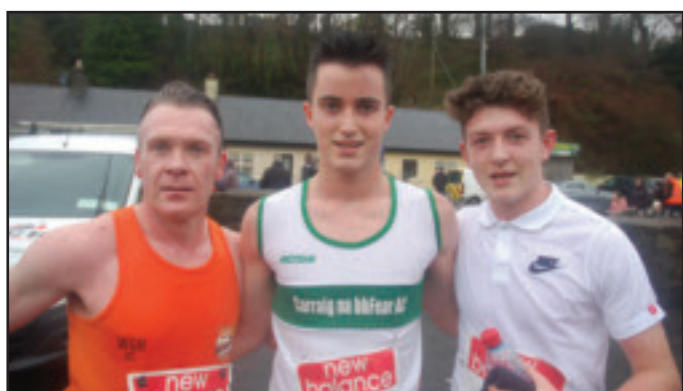
Valerie Foley & Mary McCarthy



Tracy Walsh & Marie Nyhan



Danny Connolly



Bryan Crowley, Sean O'Sullivan and Luke O'Connor.



Jessica McCarthy, Dolores Duffy and Gill McCarthy.

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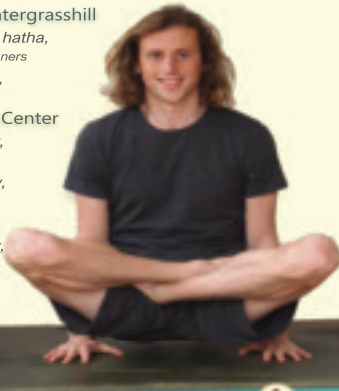


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Brooklodge Community Center  
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Fri 7:30pm - Hatha Flow, All levels  
Glanmire Football Club  
Thur 7:30pm - Hatha Flow, All Levels  
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Ian Revins 0851803829



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# Glanmire Macra NEWS

## Glanmire Macra's busy start to 2016!

2016 might be only be a month old but already Glanmire Macra has hit the ground running with a national final and wedding!

The year started in sumptuous style at the Radisson Blu in Little Island where Carrigaline hosted their New Year's Ball. The club danced the night away to Red Effect after a champagne reception and a five course meal! A great night was had by all- well done Carrigaline Macra for organising yet another great night!

Following that, the club hit the road for Kerry to see their former secretary Kathryn Fleming tie the knot with Padraig McCarthy of Tralee. Kathryn is a long-standing member of the club, and has held many positions over the years. with After beautiful ceremony in Lixnaw Church, the wedding party headed for the Ballyroe House Hotel to celebrate with the lovely couple! Congratulations Mr & Mrs McCarthy!

Not willing to let go of the Christmas season, members of the club took in the Adult Pantomime last week in An Spailpin Fánach. The show proved to be highly entertaining, and hysterically funny! The outing topped off a Christmas packed with social events in the club, including ice-skating and a club dinner in Captain America.

Jenny Murphy then did the club proud in the National Impromptu Public Speaking Final. The final round of the competition was held in the Gleneagle Hotel in Killarney, having been previously postponed due to Storm Desmond. The night was very entertaining, with stiff competition from all over the country. The competition was won in the end by Thomas Strich of Freemount Macra.

## Glanmire Macra Winter Woodcutting

Last weekend saw Glanmire Macra members partake in their most long standing charity event- their winter woodcutting. The event has taken place on an annual basis for almost thirty years, with the club paying visits to a constantly growing and changing list of between forty and fifty local residents.

A different club member hosts the event each year, and this year it took place on the O Callaghan farm in Scatbarry, Watergrasshill. Members of the club were onsite for most of the day with chainsaws and axes, cutting and bagging blocks for delivery. After a huge lunch laid on by Mrs O Callaghan, the club loaded up and took to the roads to deliver.

Despite the teeming rain the club met plenty of Glanmire residents who were delighted to receive the firewood and touch base with the club members. Many residents have come to expect an annual visit from the club, and members find it very rewarding to be able to help out and give something back to the people who made Glanmire what it is today. Club chairperson, Dónal O Callaghan, said that the annual event is an important opportunity for club members to reconnect with the older residents of Glanmire, and urged people to contact the club if they know of anyone who may be deserving of winter firewood in the future.



Tanya O Sullivan, Denise Kelleher, Dónal O Callaghan, Karen Cashman, Mairead O Callaghan, William O Neill and Seamus Reid pictured at the Carrigaline Macra New Year's Ball



Members of Glanmire Macra pictured with the lovely couple Kathryn Fleming and Padraig McCarthy at their wedding in Tralee



Left: Jenny Murphy in action for Glanmire Macra at the Impromptu Public Speaking National Final in Killarney

Below: Karen Cashman, Dónal O Callaghan, Cathal Cashman, Seamus Reid and Ian O Connell pictured with some of the firewood cut for Glanmire residents



Left: Seamus Reid, Karen Cashman, Cathal Cashman, Donal O Callaghan, Will Daly, Con O Callaghan, Ian O Connell, Tomas Cuffe and Sean Keegan after a top class lunch provided by Mrs O Callaghan during their woodcutting event.



## Upper Glanmire Community Association



[upperglanmirecommunity@gmail.com](mailto:upperglanmirecommunity@gmail.com)

Facebook page: Upper Glanmire Community Association

### St. Patrick's Day Festival!

It's not too early to start talking about the Upper Glanmire St. Patrick's Day Festival! The St. Patrick's Day Festival has been a great success in Upper Glanmire for the last few years with many floats, clubs groups and associations participating with great colour and excitement and great craic with traditional entertainment. Music and dance for all the family afterwards in the Sports Hall. Any group or club wishing to take part in the parade can contact (087) 2327159 for details.

### Visit to Young Scientists Exhibition

A wonderful day was had in January on the annual trip organised by the Community As-

sociation to the Young Scientists Exhibition. A happy group of 5th and 6th Class children from Upper Glanmire NS along with their parents and neighbours in the Community Association enjoyed the robots and buzz in the RDS. For more photographs, see our Facebook page.

### Community Clean-Up

The December Clean-Up was cancelled due to bad weather. The Community Clean-Up with White's Cross GAA took place in January. Informal clean-ups by locals continue throughout the year.

The Council has advised us that if you see dumped Litter and Waste, report it to 021 4285417 or email [antilitterunit@corkcoco](mailto:antilitterunit@corkcoco).

ie. If possible, take photos of dumped bags.

### Community Planting

2016 will be a busy year for community planting. There are 3 sites planned. The Ballyphillip Lane verge which bloomed with poppies and marigolds in 2015 will be developed again. We're working with White's Cross GAA on the Forde's Cross junction. The front of the Sports Hall will also be planted. All are welcome to get involved. For more information about this and the clean-ups, contact 086 382 4405.

### Text Alert Network Database

Upper Glanmire Community Association has set up a Text Alert Network

Database. This network is used to send out texts about community events. The Community Garda is also using it to send texts regarding suspicious activities, recent crimes and crime prevention advice. This service is free as it is sponsored by the Community Association. It is data-protected. Please email your mobile number to: [upperglanmirecommunity@gmail.com](mailto:upperglanmirecommunity@gmail.com) or contact 086 382 4405.

### Bingo

Join us for Bingo in Upper Glanmire Community Centre every Thursday evening 8-10 pm. Friendly atmosphere with free tea, coffee and biscuits.



Trip to Young Scientists Exhibition 2016 with children from Upper Glanmire.

## UPPER GLANMIRE ICA GUILD

Update on Guild activities

- in spite of the floods and really bad weather, 22 members met and enjoyed a wonderful meal at the Ambassador Hotel in Military Hill on the 6th January. We were also given complimentary prosecco on arrival and petits fours with our coffee! (Cf: Our F.book page for photos)
- Guild Meetings will resume in February, and Craft sessions in early March.

February Recipe:

Savoury Tartlets  
ingredients  
Pastry: 10 oz plain flour  
Salt, pepper and herbs  
5 oz Stork marg  
1 egg  
A little water

Filling

Tomato purée mixed with tom sauce  
1 medium onion shredded  
Shredded ham  
Grated cheese  
1 tomato chopped very small

**Method**

Make pastry, cover with cling film and put in fridge  
Prepare fillings and grease patty tins  
When ready, cut out pastry circles to fit tins  
Brush inside of tartlets with tom purée/ sauce  
Build up filling, finishing with chopped tom.  
Sprinkle with herb of your choice  
Put in oven at 170deg for about 25m



Savoury Tartlets



Eileen Ryan and Mary O'Dowd at the Ambassador Hotel on the 6th Jan



Maura Bullman and Abina Morley at the Ambassador Hotel

## The Gap of Dunloe

On April 2nd, this year, a bit later than usual, we will be going on our walk through the Gap of Dunloe. This a walk we have been doing for the last ten years, in aid of cancer research.

The story is: On Saturday April 2, at 8.30 am we will be leaving by coach to Killarney and on to Kate Kearny's cottage.

Next we will be able to have a coffee or tea and a most delicious scone, before setting off for the 11km walk through the Gap of Dunloe; an easy enough walk for anyone who is reasonably fit.

At Lord Brandon's cottage time for lunch, and at 2 o'clock Tadgh will be ready to take us across the lakes in his boats to Muckross. Hopefully the azaleas and rhododendrons will be flowering and we get a chance to enjoy those beautiful shrubs. Finally the coach will take us back to Hazelwood where we would/should be back by 6.30. Some of us tend to round off the day with dinner in the Brook Inn, but that can be decided at a later stage.

The cost of this is 40 Euro per person. I will have sponsor cards available, but this is not something you have to do. For more information and to book please ring me at 087 2785721.

Look forward to hearing from you, Liz Dwyer

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& Kieran Goss**  
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## LIIDC Present Plaque to Little Island NS: Michael Kirk, from LIIDC, (Little Island Industries Development Company)



Concert: A Story Before Bed.

### LIIDC Present Plaque to Little Island NS:

Michael Kirk, from LIIDC, (Little Island Industries Development Company) presented a plaque to us recently to acknowledge the ongoing partnership between local industries and businesses and our school. LIIDC have been very generous and helpful to us over the years and we look forward to continuing this positive relationship. Our refurbishment of our classrooms last summer would not have been possible without the help of the LIIDC. Michael is pictured here with some of our students and our Principal, Micheál Rea.

### Concert: A Story Before Bed:

Shortly before Christmas our school performed a concert over two nights in The Radisson Hotel, Little Island. Our children were amazing and we are very proud of them. Each class performed their own take on a well-known fairy tale. Our whole school community pulled together to make it all possible. Our staff deserves a special mention for making the two nights successful and for creating an event that our children will remember for many years to come. Thanks to the management and staff of The Radisson for helping us so much and for providing a magical environment for our stars to shine in. Pictured here are some of our actors.



Simon Appeal and meitheal team

Third year students and staff from Mayfield Community School present a cheque to representatives of Special Olympics Ireland for a sponsored cycle from Malin to Mizen Head"



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Dodgeball : Some local Kids enjoying a game of Dodgeball at iKIDS Fun & Fitness Glanmire See Page 2



Bikes: The Interactive Virtual Reality Bikes and Crosstrainers are real hit with the kids at iKIDS Fun & Fitness Glanmire See Page 2

**Mayfield Citizens Information Centre**  
 Roseville House, Old Youghal Road, Mayfield  
 Tel: 0761 07 6880

Mayfield CIC is now open Wednesday evenings from 7.30 to 9pm for information, advice and form filling

**Know Your Rights**

**Question:** I heard that the minimum wage has increased to €9.15 an hour. My employer says that this only applies to adults and that, as I am under 18, he won't be increasing my hourly rate of pay. Is that right?

**Answer:** No. Since 1 January 2016, the statutory minimum wage for an experienced adult has increased to €9.15 per hour. Under the National Minimum Wage Act 2000, there are also pro-rata increases for those aged under 18 and for trainees. The new rates are as follows:

	Minimum hourly rate	% of minimum wage
Experienced adult worker	€9.15	100%
Aged under 18	€6.41	70%
First year from date of first employment aged over 18	€7.32	80%
Second year from date of first employment aged over 18	€8.24	90%
Employee aged over 18, in structured training during work:		
In the 1 <sup>st</sup> one-third period	€6.86	75%
In the 2 <sup>nd</sup> one-third period	€7.32	80%
In the 3 <sup>rd</sup> one-third period	€8.24	90%

If your employer is not paying you the appropriate minimum wage, you can make a complaint to the Workplace Relations Commission (WRC) using the [online complaint form](#) available on [workplacerelations.ie](http://workplacerelations.ie). In the complaint form you have two options. You may either request an inspector from the WRC to investigate a claim that the national minimum wage is not being paid or you may refer a dispute to a WRC adjudicator. However, you can only refer a dispute if you have requested a statement from your employer outlining the calculation of the average hourly pay. You can get more information on the minimum wage and your employment rights from the WRC Information and Customer Service (Lo-call 1890 80 80 90 or [workplacerelations.ie](http://workplacerelations.ie)) or from the Citizens Information Centre below.

**Further Information**  
 Further information on this and other matters is available in confidence from the Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880. Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm and Wednesday 7.30pm to 9pm.  
 Citizens Information is also available through the Cork City (North) Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at [www.citizensinformation.ie](http://www.citizensinformation.ie)

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## Tai Chi a gentle way for optimum health

If you're looking for a way to reduce stress and optimum health consider tai chi. Originally developed for self-defense, tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Head Instructor of Ireland Tai Chi & Qi Gong Association, John Collins will be commencing classes in Glanmire on

Wednesday the 10th February 7pm to 8pm, Glanmire Community Centre. John has studied in China, Australia and the UK, receiving the highest honour in tai chi, been accepted as direct lineage holder of Chen Tai Chi under Grand Master Chen Zhenglei and a Senior Indoor Student of Grand Master Liming Yue, in Manchester. Good health depends on harmony and balance, which is what tai chi does by balancing ying and yang in the body, it is the perfect way to keep the body and mind in ease and balance. Classes are suitable for all ages and fitness levels, pre booking is advised. Contact John 0868377147. [www.irelandtaichi.com](http://www.irelandtaichi.com)

"At the center of your being you have the answer; you know who you are and you know what you want." Lao Tzu

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John Collins - Head Instructor Ireland Tai Chi Association  
 Contact: John on 086 837 71 47  
[www.irelandtaichi.com](http://www.irelandtaichi.com)

## Alcohol in Pregnancy: "Even one is one too many".

Until very recently, the main message for healthy pregnancy was to encourage and support women to stop smoking. This has been incredibly successful, and 50% of mothers successfully quit smoking once pregnant. Stopping smoking has enormous benefits for the pregnancy, and newborn infant.

**Alcohol in Pregnancy:** Did you know that alcohol in pregnancy is really toxic to the baby? A study in Dublin showed that 63% of women drank alcohol during pregnancy, and most continue drinking during their pregnancy. Pregnant women in other countries such as US, UK, Australia and New Zealand are much less likely to consume alcohol. Teenage girls in Ireland drink as much, or more, than teenage boys.

**Alcohol: one for the baby?** The baby in your womb gets all its nourishment from its mother's bloodstream. Alcohol in the mother's blood can pass through the placenta to the baby's blood. When you drink alcohol, so does your unborn child. Alcohol is toxic, and it can poison the developing baby. The unborn babies liver cannot

handle alcohol, and it persists in the babies blood for a very long time. The amniotic fluid acts as a reservoir for alcohol, so the baby is actually immersed in alcohol. The damage depends on which part is developing at that time. The brain is continually forming for the full nine months, so it can be damaged at every stage of pregnancy. In the first three months the heart, eyes, and kidneys might be harmed. Later, when the baby is growing fast, alcohol can slow this down resulting in an underweight baby, or stillbirth. Foetal alcohol spectrum disorder (FASD) is a group of disorders which are caused by exposure of the foetus to alcohol. The US Senate has declared FASD the leading cause of (non-genetic) intellectual disability.

What if I was drinking alcohol before I knew I was pregnant? We're unsure exactly when and how harm begins. If you are trying to conceive or feel you may be pregnant then it's best to avoid drinking alcohol. The sooner you stop drinking, the better for you and your unborn child. Regular binge drinking

(more than six units of alcohol) or drinking heavily on regular occasions during the early stages of pregnancy is harmful to the unborn child, especially the developing brain.

What is the long term outlook for FASD? There is no cure so babies born with FASD will be affected throughout their lives. They are likely to do less well in school, and get into trouble more. They tend to have problems making friends. When they grow up they are more likely to get into trouble with the police and end up in jail. They might become addicted to alcohol or drugs. This is because they can't see the consequences of their action and they cannot control their impulses.

How can FASD be prevented? FASD is 100% preventable. We can avoid the physical, psychological, educational and social challenges of FASD. If you are pregnant and do not drink alcohol, you cannot have a baby

with FASD. Heavy drinking and binge drinking are especially damaging to your baby. It's safest not to drink any alcohol at all. One drink is one too many.

**Conclusion:**

- If you are pregnant or planning a pregnancy, don't drink alcohol at all.
- Drinking in pregnancy harms your baby: the more you drink, the greater the risk.
- Women who find out they are pregnant after already drinking during early pregnancy, should avoid further alcohol. Thankfully it is unlikely for most women that their baby has been affected.

Dr Diarmuid Quinlan  
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### Letter to the Editor

I would like to bring your attention to the Glounthaune News as appeared in the January edition of the Area News.

As you can see I am the General Manager of the Radisson Hotel in Little Island.

Part of the article that is covering the Erin's Own Strictly Come Ballroom Event.

I would like to thank you for the part on where you mentioned we are a superb Hotel on the doorstep but I am very disappointed with the part about the plastic glass and further more the picture of it.

Perhaps if we were asked why we had plastic glasses that night we would have had the opportunity to explain the reason and it would not have been written like it was. I fully appreciate some people may not have liked their drink in a plastic glass and yes 99% of the time we serve drinks in real glass. For that event with 800 people sitting in the ballroom it would have been a serious Health and Safety issue if we had allowed people bring glasses into the ballroom where they would have been left on the floor.

As we tried to get as many chairs as possible into the room for the event we did not have any large round or pod tables that people could perhaps leave the empty glasses on and as you might have seen all the plastic glasses were left on the floor and under chairs. If we had used real glass it could have lead to an injury where someone might have fallen or walked on a glass and received a serious injury.

Thankfully there was not one incident on the night and I do believe that the plastic glasses lead to this.

For us in the Hotel we have to look at each event separately and make a decision what works for that event.

For Example we had an event over xmas for 1200 in the hotel and we were able to use proper glasses for that event as the ballroom was laid out in a way that could take it.

I just wanted to bring it to your attention that it was a little unfair I feel and something that could have been left out of the article.

Regards  
Shane Fitzpatrick

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# An Mháthair Mary Aikenhead

Nuala Ní Loingsigh

Chualamar go léir, i gCathair Chorcaí agus in áiteanna máguaird, trácht ar Scoil Naomh Uinseann, bunscóil agus meánscoil i dtuaisceart na cathrach. Chomh maith leis sin, tá cur amach againn, i láthair na huair, ar Ospís Marymount, a bhíodh i mBóthar Wellington ach atá aistriithe anois go dtí An Curraichín. Ord na Carthanachta a bhunaigh na háiteanna seo dhá chéad bliain ó shin, 1816. Corcaíoch darbh ainm Mary Aikenhead a bhunaigh an t-ord. Rugadh í láimh le Sráid an Chapail Bhuí, an áit ba ghalánta sa chathair ag an am.

Nuair a bhí sí an-óg, bhí sí lag agus mí-shláintiúil. Chuir a muintir í amach faoin tuath le clann de mhuintir Ruairc. Thug siad ard-aire di agus bhí sí lán-sásta ag súgradh le páistí na háite le linn na sé bliana a chaith sí ann. Caitlicigh ab ea muintir Ruairc agus tugadh í ar an Aifreann gach Domhnach agus tógadh í le paidreacha na gCaitliceach. Bhí suim aici ann agus bíodh gur Protastúnaigh a muintir féin, d'fhill sí ar an gcathair in aois a sé bliana di agus chuaigh sí ar Aifreann i ngan fhios dá muintir. D'iompaigh sí ina Caitliceach in aois a cúig bliana déag. Bhí suim aici dul sna mná rialta ach níor theastaigh uaithi a saol a chaitheamh sa chlochar. Theastaigh uaithi oideachas a sholáthar do chailíní bochta agus cabhrú le cúrsaí sláinte, chomh maith.

Chuaigh sí go Sasana agus d'fhan sí le siúracha i York Minster ar feadh trí bliana. Bhí cara aici i mBaile Átha Cliath, an tAthair Ó Muirí, agus chuir sé comhairle uirthi. Nuair a tháinig sí ar ais bunaíodh Ord na Cartanachta chun freastal ar na bochta ó thaobh sláinte agus



An Mháthair Mary Aikenhead

ó thaobh oideachais de. Bhí a lán bochtanais i gCorcaigh ag an am agus ghoill sé uirthi. Lá amháin chonaic sí buachaill óg ón tuath ag díol guail. D'iarr sí ar a máthair gual a cheannach uaidh chun fóirithint air.

Osclaíodh Ospidéal Naomh Uinseann i mBaile Átha Cliath in 1834. Ag an am ní raibh a leithéid de ghairm bheatha agus altracht mar atá againn inniu. Theastaigh uaithi go mbeadh a siúracha cáilithe agus chuir sí roinnt acu go Páras chun traenáil a dhéanamh. Ba é Ospidéal Naomh Uinseann an chéad ospidéal Caitliceach a osclaíodh ó aimsir an Reifirméisín i leith sa tséú haois déag agus an chéad ospidéal a bhí faoi stiúir na mban rialta. Ba é seo aisling Mháire, ospidéal do na bochta. Diaidh ar ndiaidh osclaíodh ospidéal agus scoileanna, ní hamháin in Éirinn ach i Sasana, san Astráil agus i Meiriceá.

Thart ar chaoga bliain ó shin, ghlac Siúracha na Cartanachta páirt mhór i ngluaiseacht na hospise, bealach nua-aimseartha chun aire a thabhairt do dhaoine a bhí ag fáil bháis le hailse (nó galair eile). Tá cáil ar Marymount don aire iontach a thugtar do na hothair agus



Ospís Marymount

dá muintir. Déantar gach iarracht an pian a mhaolú agus an t-othar a bheith chomh compórdach agus is féidir. Ullmhaítear na h-othair don bhás agus cabhraítear leo a gcuid gnóthaí a chur ina gceart roimh an mbás. Moltar dóibh maireachtaint go dóchasach gach lá a éiríonn an ghrian. Cabhraítear leo a bheith gealgháireach agus muiníneach. Ní gá go nglacadh na hothair le fealsúnacht na Críostaíochta ach tugtar aire dóibh agus ní bhrúitear an Chríostaíocht orthu muna bhfuil sé uatha.

Bunaíodh ionad do chailíní a bhí dtrioblóid, ag iompar roimh phósadh, agus ionaid do mháithreacha agus leanaí. Is mó gearán atá déanta faoi na háiteanna seo le blianta beaga anuas agus faoin ord seo agus faoi oird eile. Ní féidir, gan dabht, glacadh le cruálacht ach ba thréimhse dhian an t-am sin. Caithfear a rá, dar liom, go raibh na smaointe ba uaisle ag Mary Aikenhead agus ag a lán dá siúracha. Is fuirist daoine a cháineadh sa lá atá inniu ann nuair is saol eile ar fad é. Ní mór dúinn go léir faire amach chun an rud is uaisle

a dhéanamh, pé aois ina bhfuilimid ag maireachtaint.

Tá cuma ar an scéal anois go bhfuil ré na n-ord nach mór thart. An fearrde an saol dá n-éagmais? Sin ceist.

Gluais:

máguaird = surrounding areas

ba ghalánta = most sophisticated

sa chlochar = in the convent

ghoill sé uirthi = it affected her

chun fóirithint = to come to their rescue

faoi stiúir = under the guidance of

cáilithe = qualified

ailse = cancer

mairachtaint go dóchasach = live hopefully

muiníneach = confidently

máithreacha agus leanaí = mothers and babies

a cháineadh = to criticise

an fearrde an saol? = is life better?



# Mayfield Community School NEWS

Web - [mayfieldcs.ie](http://mayfieldcs.ie) or follow us on twitter



Above: Sky Academy : Living For Sport. Kerry footballer Darren O' Sullivan photographed with students from Mayfield Community School

Left: School Bank Team photographed with a representative from AIB Blackpool

Area News now online at - [www.glanmireareacork.com](http://www.glanmireareacork.com)

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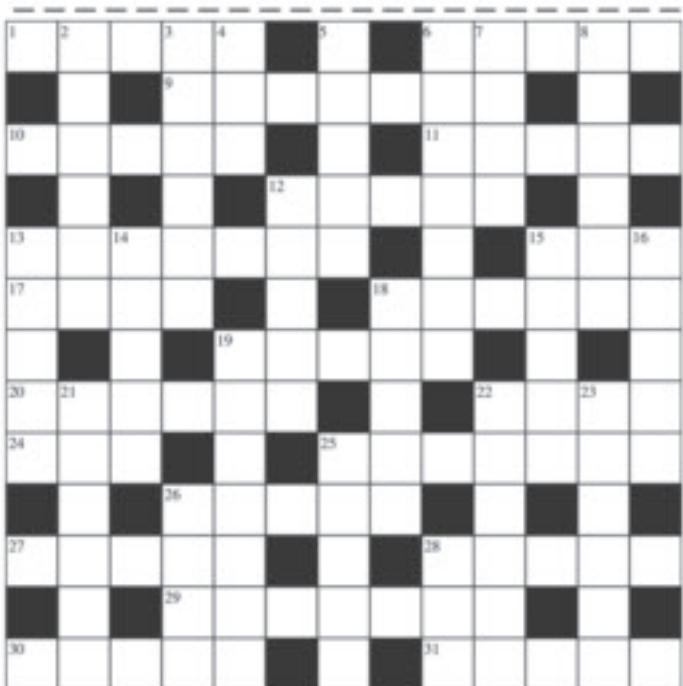


**Across**

1. The Thin White Duke (5)
6. Cork City FC owners (5)
9. Not artificial (7)
10. Happen (5)
11. Homers poem (5)
12. Elephant tusk material (5)
13. Varied (7)
15. Central Intelligence Agency (3)
17. Poems (4)
18. The taking of ----- 123 (6)
19. Conjecture (5)
20. Make certain (6)
22. Slang for professionals (4)
24. Regret (3)
25. Agrees (7)
26. Severe, rough (5)
27. Item of benefit (5)
28. Very thin and fine (5)
29. Dream (7)
30. Used in basketry (5)
31. Go furtively (5)

**Down**

2. Exotic flower (6)
3. Gets used to (6)
4. Organ of hearing (3)
5. Arc shape (5)
6. The little people (7)
7. ---- Murs, singer (4)
8. Middle Eastern country (6)
12. Edition, progeny (5)
13. White Cliffs of ----- (5)
14. Part of a poem (5)
15. Job (5)
16. Wrong (5)
18. Demoralise (5)
19. Larger, bigger (7)
21. Hospital workers (6)
22. Peacock's partner (6)
23. Tumour (6)
25. Item of benefit (5)
26. In this place (4)
28. Short for sister (3)



Crossword Winner Rosarie Burns  
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