

# Mayfield Matters

**FREE COMMUNITY NEWSLETTER, HIGHLIGHTING LOCAL NEWS**

**ISSUE 55: APRIL 2011**

## **THREE GENERATIONS OF SAME FAMILY IN MAYFIELD BRASS BAND!**

by Andy Gibson

The 2011 St. Patrick's Day parade in Cork had a special meaning for one extended Mayfield family. Robert McDonald is a founder member of the band and has been an ever-present since it was formed back in 1973. Robert has been with the band in every St. Patrick's Day parade since its inception and also in the Royal Tournament back in 1996. What made this years parade even more special was that he was joined in the band by great granddaughter Kaia, granddaughter Fay, grandson Aaron and nephew Darren. The band performs at community events, parades, marches, festivals and masses on an on-going basis. For information on how to join the band call Lilly Marshall on: 021 4502135.

(For more St. Patrick's Day pictures, see inside.)



**Pictured before the start of the St. Patrick's Day parade are: Back row L-R: Robert McDonald, Darren McDonald, Aaron Lim. Front row L-R: Kaia Davies, Fay Hickey.**

Picture: Andy Gibson

Mayfield Matters is staffed by a dedicated team of volunteers who contribute to the Newsletter in all the various stages of production. All contributors who write for the Newsletter do so on a voluntary basis. Mayfield Matters operates independently and is entirely self-funded.

# **'A MORNING IN SPRING' CONCERT** **AT MAYFIELD LIBRARY**



**The Glee Club Choir poses for the camera after its first ever performance at Mayfield Library back in February. Pictured with the Choir members are Teachers Jacinta Budhlaeir and Christina Hayes and SNA's Geraldine Ryan, Elaine Hodnett and Georgia Barry.**

Picture: Andy Gibson

## **BOURKE'S PHARMACY**

**IONA PARK, MAYFIELD (021) 4502862**

Spend €10 or more in Bourke's Pharmacy between now and Wednesday April 20<sup>th</sup> 2011 and be entered into our FANTASTIC Easter Egg Give-Away!

The draw will take place on Thursday 21<sup>st</sup> April 2011. Winners will be notified by telephone. See in store for details.

Wishing all our customers a very Happy Easter!



**New ways to  
save every day**

**Real  
Rewards**  
Supervalu

**Always Ask**

**Scan the card at every transaction.**

**Every euro counts**

**Murray's Supervalu, Mayfield.**

## **Volunteers wanted for** **Mayfield Matters**

Mayfield Matters is looking for volunteers to help with the production of this newsletter. The newsletter is printed once every two months and is produced on a voluntary basis. The newsletter staff are always looking for people with fresh ideas to assist in the production of the publication and would welcome any, and all help.

Although experience is not essential, if you are experienced in writing, layout, design, desk top publishing, sales and marketing, fund-raising and distribution to name but a few, then the team at Mayfield Matters would be delighted to hear from you.

If you wish to get involved you can email us at:  
mayfieldcdp2@eircom.net or ring us on:  
021 450 8562

We look forward to hearing from you!

## ***Carnation Street Florists*** ***Lotamore.*** ***Telephone 4822211***

*"Beautiful Flowers we'll create  
to help you mark that special date"*

***Birthday, Thank You , Get Well***

***New Arrivals, Funeral Tributes and Wreathes.***

***Weddings are our Speciality.***



*We cater for all  
occasions!*

## **Julie's Hairdressing Salon**

021-4507201

103 Old Youghal Road  
Dillon's Cross, Cork.



***Creative Cutting***  
***Artistic Colour***  
***Easy Meche***  
***Perming***  
***Bridal Parties***  
***Debs & Grads***  
***Unisex***

***Confirmations and Communions***

**Open Mon-Fri. 9 a.m.-5.30 p.m.**  
**Saturday 8.45 a.m. - 5 p.m.**  
**Gift Vouchers available**

Frances Nolan,  
N.C.C.L.C.CH.M.I Ch.Pod.Org

## **CHIROPODIST**

Glanmire Medical Centre  
Glanmire, Co.Cork.

Gift Vouchers Available  
For appointments:  
Tel. 021.4866745  
Mobile:086-3693204



**Home Visits  
on Request**



# Mayfield Community Arts Centre Newbury House

Old Youghal Road, Mayfield, Cork.

021 4530434

mayfieldarts@gmail.com

www.mayfieldarts.org

## FETAC & Open studio sessions

The weekly open studio session continues every Thursday morning from 10.30 - 12.30. The class is €3 per session, with art materials and tea and coffee provided. FETAC courses in print, horticulture and arts and crafts are continuing at the arts centre, a new FETAC Horticulture course will begin after Easter. For more details, phone: 4530434



## Creative Connections

A two year arts and crafts intercultural training programme for women in Cork, run by Mayfield arts centre and Cork Midsummer Festival, is currently up and running. Sixteen women from various countries residing in Cork are being trained in a number of skills, knowledge and awareness of different art forms such as photography, printing performance and sculpture etc. On completion of the course, the group will be FETAC certified and the aim is for these women to be able to deliver workshops to groups themselves in the future, while developing understanding and knowledge of different cultures. For info. and updates on the progress of the project, check out: [www.creativeconnectionscork.com](http://www.creativeconnectionscork.com)

## Cúig artists exhibiting

Cúig, who are five artists with disabilities employed as artists in residence at Mayfield Arts Centre, are currently exhibiting some of their art work in two exhibitions. A group show at the Sirius Arts Centre, Cobh entitled 'Open House 4', will run over the coming months featuring a piece by each of the five artists. For more info log onto: [www.siriusartscentre.ie](http://www.siriusartscentre.ie). Angela Burchill and Ailbhe Barrett have work featured in an exhibition at Camden Palace Hotel Arts Centre, on Camden Quay, Cork as part of their 'April Fools' event. For more info. check out: [www.camdenpalacehotel.org](http://www.camdenpalacehotel.org). The five artists' work continues to be on display at Café ECO on Winthrop St. in Cork City Centre.



## Life Long Learning Festival

This years Lifelong Learning Festival will take place city wide from Mon April 11th until Sun April 17th. As part of the activities, Cúig will take part in events along with a number of groups and organisations from the local area, at the Mayfield GAA Club on Wed 13th April. They will perform a dance piece on the day as well as exhibit some of their art work.



## *Mayfield RAPID UPDATE – January 2011*



*RAPID is a process of community groups, local agencies, residents and councillors working together for the good of the area. This is an outline of the current activities in the Mayfield part of the Mayfield/Glen/Blackpool RAPID area. The initiatives outlined below are a result of the hard work on the ground by a variety of the people outlined above.*

### **Physical Environment**

Mick Murphy, the Community Warden, continues to work with residents and community groups on clean-ups and other local issues. He also works very closely with the Probation and Welfare graffiti removal service which is operating very successfully in the area.

A pilot weekly glass collection will take place in three locations in Mayfield, beginning in April. For more information on this new initiative, see elsewhere in this newsletter.

### **Community Safety Forum & Friendly Call**

The last community safety forum took place in February in St. Josephs Community Centre. This was led by the Garda Siochana and Cork City Council and representatives from both agencies were in attendance. Issues raised are being dealt with by the Community Safety Unit. The next forum meeting will take place in late May/early June.

A new free service called Friendly Call has recently expanded into the Mayfield area. This provides a phone call five times a week to those that are socially or emotionally isolated. See elsewhere in the newsletter for further information.

### **Employment & Training**

Project Refocus is a training/education project for 18 to 25 year olds from Mayfield and the Glen. It started back again with a new group in early November and takes place in St Josephs Community Centre. It is supported by local projects such as Glen Young Adults Project, Glen Neighbourhood Youth Project (NYP), Mayfield Training Centre, Mayfield NYP, Mayfield Local Employment Service and Ogra Chorcaí as well as agencies such as the Dept. of Social & Family Affairs, FAS, Cork City Council and City of Cork VEC. It runs for two mornings per week and focuses on helping people get closer to the workforce. The second phase began in mid February and the participants will be going on work experience in May.

---

## **HAPPY EASTER TO ALL OUR READERS!**

We hope you enjoy reading this bumper issue and we would ask you to support the local businesses who are advertising herein. Without these advertisers, the newsletter would cease to exist, so we thank them whole-heartedly for their support.

The Editorial Team.

## **News from Mayfield CDP.**

Community Resource Centre, 328 Old Youghal Road, Mayfield.

Telephone : 021 4508562

### ***Update on Integration Process with Cork City Partnership.***

As readers will know from previous newsletters, the CDP has been through a period of great change in the past year and as a result of these changes, staff of Mayfield CDP have now been transferred to Cork City Partnership. This was a long and arduous change and had many delays and problems. Finally, the process is almost complete and the two CDP core staff, Patricia Cotter, Project Administrator and Brenda Corcoran, Project Coordinator, are now employees of Cork City Partnership Ltd.

### ***What will this mean for the Mayfield Community?***

We hope this change will make very little difference to the community. The two staff will still be based in the CDP Resource Centre and will still be able to assist individuals and groups in the area with advice, information and support. The main difference is that the local people on the Management Committee will no longer be their employers. However, Mayfield CDP Ltd will continue to employ the other staff, i.e: Liz and Mary in the Community Adult Learning Project, Helena and Kathleen in Rainbow Childcare and David the CDP Caretaker. As previously outlined, these changes were enforced from Government level and the CDP had no input on the retention of staff.

### ***How will it work?***

Mayfield CDP is now responsible for delivering the Partnership's plan in the Mayfield area. We have to work under four very specific goals and any work undertaken will have to fit into these four goals. These are :

Goal 1: Promote awareness, knowledge and uptake of a range of statutory, voluntary and community services.

Goal 2: Increase access to formal and informal education, recreational and cultural activities and resources.

Goal 3: Increase people's work readiness and employment prospects.

Goal 4: Promote active engagement with policy, practice and decision making processes on matters affecting local communities.

Mayfield CDP had to prepare a plan for 2011 to say what work would be undertaken under these four headings and then submit this information to Cork City Partnership, who included it in their overall plan for Cork City.

### ***3 Year Strategic Plan.***

A further requirement under the new integrated system is that we have to produce a 3 year Strategic Plan for 2011 to 2013 for Mayfield. In order to prepare for this, the CDP together with Paul MGuirk, RAPID Co-ordinator, invited all groups listed in the Community Directory to attend a planning/review session in the Mayfield GAA Hall in March.

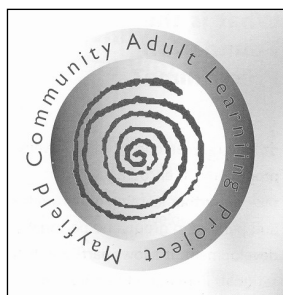
There was an excellent response to the invitation and forty people from various groups in the Mayfield Community attended. After registration, a short presentation was made by RAPID and Mayfield CDP on their current work and those present were then asked to break into smaller groups to discuss this and identify any gaps. Mayfield is very well served by many groups, voluntary and statutory, and the one major fact that emerged from the planning morning was the need for these groups to meet up at least once a year to share information on their services and activities.

Other ideas that emerged were the possibility of developing a Community Market to run weekly in the area. It is hoped that this would provide an outlet for local people who can bake or make crafts to sell their produce. The other possibility, but a more long term one, is a Community Garden and this could lead to selling fresh vegetables in the Market.

The CDP, together with RAPID, will invite people who are interested to get involved in planning and developing these ideas. Suggestions were also made about putting information, and possibly Mayfield Matters, on Facebook etc, and we will also look into doing this . If you are interested in helping with any of the above mentioned activities, please contact the CDP on: 021 4508562.

**Mayfield Community Adult Learning Project.**  
**C.A.L.P.**

C/O Community Resource Centre, 328 Old Youghal Rd.  
021 4508562



**Do you have a laptop and need help using it?**

C.A.L.P. wants to hear from you if you answer 'yes' to this question. We want to find out if there is a need to setup a basic course in this area. Just ring, or call into the office in the CDP Community Resource Centre, 328 Old Youghal Rd. to let us know.

**Occupational First Aid Qualification?**

C.A.L.P. wants to find out if there is a need to organise this course in Mayfield. Just ring 4508562 or call into the office in the CDP Community Resource Centre, 328 Old Youghal Rd. to let us know.

**Participants need to be living in the Mayfield area, places would be limited and a cost would apply.**

---

**TABLE QUIZ FUNDRAISER**

**THURSDAY, 12<sup>th</sup> May 2011 at 8.30pm**

**Mayfield GAA Club, Kerry Rd.**

**Tables of 4 €20**

Proceeds from the quiz will go towards the upkeep of the computer room in the CDP Community Resource Centre. For further details, contact Mayfield C.A.L.P.

---

Do you need access to a computer to write a letter, access the Internet or email, practice between C.A.L.P. computer courses and so on? If so, this is for you.

Access to computers in Mayfield is available at the CDP Community Resource Centre, 328 Old Youghal Road, just contact the centre to book a time.

A small fee towards the upkeep of the computers is charged.

**Opening times:**

Monday to Thursday - 9.30am to 5pm, closed for lunch from 1pm to 2pm. Evening opening: 7pm to 9pm.  
It is essential that you ring first to ensure that the computers are available for use.



# ***CORMAC O'CONNOR & SONS***

## ***Family Butchers***

### **6 DAY**

### **MEAL DEAL**

4 Loin Pork Chops  
4 Chicken Fillet  
4 Steak Burgers  
1 LB Lean  
Mince  
BACON JOINT  
+  
Free Large Chicken

**ALL FOR  
ONLY  
€19.99**

### **MEAL DEALS**

Large Chicken  
Bacon Joint  
5 Chicken Fillets  
4 Loin Pork Chops

**Any 2 for  
€10**

### **APRIL SPECIALS from 4th to 30th April.**

**Any 5 for  
€19.99**

3 Maryland  
4 Chicken Fillets  
4 Steak Burgers  
Plain Pork Steak  
Large Chicken

Bacon Joint  
4 Pork Chops  
1 LB Steak Mince  
Rashers & Hodgins Sausages  
2 Stuffed Chicken & Bacon Fillets

**Having a Party?**  
**Ask about our Catering Service**  
Boherboy Road, Lotabeg, Mayfield, Cork.  
Tel: 021 450 0974

---

**FREE 1LB OF CORK PORK SAUSAGES WITH EVERY €10  
PURCHASE OR MORE WITH THIS FLYER!**

**Enter your name & mobile number below and bring this form with you to our shop,  
so we can text our customers monthly with money saving special offers.**

**Name:** \_\_\_\_\_ **Mobile Number:** \_\_\_\_\_

**Opening Hours**  
Monday - Saturday: 8.30am - 5.30pm



## **GROW – TAKING CARE OF YOUR MENTAL HEALTH**

Mental health is an issue that affects us all, irrespective of age, gender, background or social status. It is the balance between all aspects of our lives – physical, social, spiritual and emotional. In these current times of economic uncertainty and the knock-on effect this is having on our finances, relationships and general well being, it is becoming increasingly important for us to take care of our mental health. It is easy to see when there is something wrong with us physically, but it is every bit as important to take care of our emotional and mental health and we should take steps to protect it in the same way we would look after our physical health.

Grow is a Community Mental Health Movement, which provides a support network. Its main strength is the support its members give to each other from their own experience in relation to mental health. In a GROW peer support group, one learns how to change ones thinking and behaviour – for the better. GROW aims to help you to take control of your problems and to gain and maintain positive mental health.

Whether you suffer from depression, stress, anxieties, isolation, panic attacks, lack of self esteem, GROW's 12 Step Programme can offer assistance in a practical, positive and confidential manner.

GROW offers:-

- A free, support network for positive mental health
- A safe, confidential and non-judgemental environment to discuss your problems
- A programme of personal growth
- It can help you to get your life back on track
- The GROW Programme shows you how to find and tap into your own abilities
- With the help and support of your group, it helps you to learn how to use what's inside of you to work on your own problems
- Opportunity to learn and develop skills in objective thinking
- Helps you to understand feelings and to gain control of how you feel

The meetings are held every week and last about 2 hours, and are followed by a cup of tea/coffee afterwards. Meetings are held throughout Co. Cork and the local Mayfield meeting is held every Tuesday evening, 7.30pm in the Mayfield Community Resource Centre, 328 Old Youghal Road. No introductions are needed, just come along.

If you are in need of support or would like further information on behalf of yourself, a friend or a relative, please contact Finola on: 086 7702807, our local office: 021 4277520 Mon-Fri 9am-1pm, or lo-call: 1890 474474. You can also check out our website: [www.grow.ie](http://www.grow.ie)

***“You alone can do it, but you can't do it alone” – GROW wisdom***

---

## **MAYFIELD MEN'S GROUP**

The group is meeting every Monday afternoon from 2pm to 4pm at Mayfield CDP, where group members share their skills. Recently, Roger Clough gave a very informative talk on sourcing products on the Internet, particularly through eBay.

Members are joining in a spring-clean of the gardens at the CDP, with a view to laying out a children's garden for The Rainbow Crèche.

Meetings are followed by a tea break and an informal chat. New members are welcome, so just come along any Monday afternoon at 2pm. For further information contact Mayfield CDP on: 021 4508562



# Mayfield Citizens Information Centre

## Roseville House, Old Youghal Road, Mayfield

**Tel: (021) 4508300**

*Now open every morning (Mon – Fri) 10.30am – 12.30pm  
Tues to Thurs 2pm – 4pm and Wednesday 7.30pm – 9pm*

### Know Your Rights

#### Question:

What are the changes to One-Parent Family Payment? I heard that it will be discontinued when your child turns 14. I have three children who are all under 14 at the moment. How will this affect me?

#### Answer:

This change will not affect you in the short term. From April 2011, new claimants will no longer get a One-Parent Family Payment once the youngest child in the family reaches 14. There will be some limited exceptions to this rule including lone parents who are getting Domiciliary Care Allowance on behalf of children with a disability or people parenting alone because of a recent bereavement.

If you are currently getting One-Parent Family Payment the new age limit will be phased in over 6 years as follows:

Phasing-in of new age limit	
2011 and 2012	The age limit will remain at 18
2013	The age limit will be 17
2014	The age limit will be 16
2015	The age limit will be 15
2016	The age limit will be 14

This means that there is no change to your entitlement to the payment in 2011 and 2012. From January 2013 you will no longer be entitled to the payment when your youngest child reaches 17 and from 2014 when your youngest child reaches 16 and so on. In 2016 your youngest child must be under 14 for you to continue to get the payment.

If you are entitled to a One-Parent Family Payment based on the age of the youngest child in the family, you will continue to get an Increase for a Qualified Child for any children in the family until they reach 18 (or 22 if in full-time education).

### 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: (021) 4508300. *Opening hours are Monday to Friday 10.30am – 12.30pm, Tuesday to Thursday 2pm – 4pm and Wednesday Evening 7.30pm – 9pm.*

Citizens Information is also available through the Cork City (North) Citizens Information Service at 021 4302301, the Citizens Information Phone Service 1890 777121 or online at: [www.citizensinformation.ie](http://www.citizensinformation.ie)

# IN PRAISE OF MAYFIELD

by Bernadette McIntyre

## **Air: The Boys of the County Cork**

There's not a man on earth who can forget his native home  
No matter where on land or sea forever he may roam,  
So though I'd stroll the universe or cross the ocean foam  
I'd ne'er forget old Mayfield she's the place I call my home.

The sun did shine the daisies twined the trees they did grow tall,  
The conkers came in Autumn time we waited for their fall  
On Kerry Lane where once we played below The Cotton Ball.  
Three cheers for good old Mayfield she's the greatest of them all.

We danced and played and then we strayed down to the Glen below  
By Rice's Lane and Dillon's Cross in those days so long ago;  
In happy times we sang our rhymes and played our skipping games  
Here's a health to good old Mayfield she's a place of ancient fame.

Now there's Sallybrook and sweet Glanmire and Riverstown as well  
There's Lotamore and Lotabeg of those you've all heard tell,  
Montenotte too and Silversprings and Boherboy on high  
But I won't forget old Mayfield for this there I'll live and die.

I won't forget those girls and boys in Guardian Angels School  
Where once we toiled but still were spoiled so simple was the rule,  
Those names I knew at roll call time I still can bring to mind  
They're the Lottys and the Lynchs and the Dorgans and their kind.

They're the Meaneys from the Village and McCor-macks from the Park,  
There was Ann who sat alongside me singing like a lark  
Our marching songs of Irish pride – A Nation Once Again  
The Foggy Dew The Jackets Green and Kelly from Killane.

They're Aherns up in Lotabeg and more down Tivoli,  
All those who came from up the Drive – St Pa's was full you see;  
In no other school in Ireland could you meet the likes of these  
We'd a boy named Michael Collins and beside him Padraig Pearse.

Up the road was Kevin Barry to that much I can swear,  
O'Riordans and O'Shaughnessys, O'Callaghan's were there;  
Cunneens and Murphy's, Daly's and Ray Cremin playing the bass  
All lived along by Looney's field, a most illustrious place.

The Harp that once thro' Tara's Halls for Thomas Moore did play  
But we'd no need of Tara's Halls take heed of what I say,  
For Dinny O'Leary he made harps – their soul of music shed  
The length and breadth of Erin's Isle from Cork to Malin Head.

The Buckley's and the Cronin's the Brennan's and the Rawls  
O'Connor's and McSweeney's too and Walsh's one and all,  
In later days some rose to fame Ger Wolfe who sings so true  
So we'll sing fair dues to Mayfield for she gave us Roy Keane too.

Now 'tis fifty years since first I saw the Mayfield Street Leagues play,  
The whistle blew and down Forde's Field we cheered them on their way;  
Sean South's were there O'Hanlon's too all valiant in the fray  
And don't forget the Drag Hunt that set on Christmas Day.

We were children picking blackberries and Wren Boys in the band,  
Our pastimes were all countryside but you must understand  
What drove us down to St Luke's Cross - 'twas the beat that made us roam  
In those heady days of rock 'n roll by the jukebox near my home.

## IN PRAISE OF MAYFIELD

(CONT'D)

I can't forget that day in June in nineteen sixty three  
We stood outside of Henchy's store our hearts were  
light and free;  
Those stars and stripes were waving as we welcomed  
JFK  
Yes! There he stood the President of the mighty  
USA.

So for rhythm and for rhyming and for rambling tales  
of yore  
For Joe O'Donovan the dancer his like we'll see no  
more  
For Acker Bilk who came to Cork and played The  
Cotton Ball  
For the one and only Ricky Lynch the greatest of  
them all.

If it's the rule as we learned in school that all  
must come to dust  
There's no escape through any gate and so it  
seems I must  
Go down in earth and then rebirth if what we're  
told is right  
So I'll hope to land in Mayfield such a place of  
love and light

No there's not a man on earth who can forget his  
native home  
No matter where on land or sea forever he may  
roam  
So though I'll stroll the universe or cross the  
ocean foam  
I'll ne'er forget old Mayfield she's the place I  
call my home

---

## MAYFIELD ACTION ON SUICIDE

Thanks to everyone who took part in the recent Darts Tournament organised by Kevin O'Sullivan in the Cow Bar. Winners were Finbarr O'Brien and Jamesie Corcoran who beat John McCarthy and Ian Gray in the final.

Thanks to Dolan's Bar and Rory O'Reilly, from Synergy Security, who sponsored the trophies. The event raised over €450 for the MAOS group and this money goes towards subsidising the costs of counselling for local people who may wish to use the service.



**Pictured on the night of the darts tournament are L-R: John Dolan, owner of Dolans Bar and Kevin O'Sullivan, tournament organiser and MAOS Fundraiser.**

# MURMONT RESIDENTS ASSOCIATION

## TANK FIELD CLEAN-UP



**Chairman Roland Steinmetz and members of the Murmont Residents Association are pictured after their recent Tank Field Clean-up.**

Picture: Andy Gibson



**Bernard, Tracy and Luke Kelleher pause for a picture at the Tank Field Clean-Up.**

Picture: Andy Gibson



**Chairman, Roland Steinmetz and members of the Association show the full bags of rubbish they collected.**

Picture: Andy Gibson

All pictures included in this issue are available for purchase from the Mayfield Community Development Project in Old Youghal Road. Priced at a very reasonable €7, the photographs are sized 7" x 5". Other sizes are available on request. Contact the CDP for orders or more details on: 021 450 8562.



# Glen - Eire Cabs

The Glen Supermarket Complex, 28B Mc Curtain St,  
Cork

**021 4500500 or 021 5005009**

24 hrs/365 days a year

Taxi, Hackney, Minibus, Wheelchair Acces

special prices quoted for

regular journeys/ contract work

Serving the people of Cork for 50 years  
Eire cabs bringing satisfaction to our customers

You've tried the rest, now try the best

## Cork City Adult Guidance Service.

Supporting your return to  
Education.

This is a free, confidential and impartial  
service.

To make an appointment you can drop in to  
our Resource Centre, at 22 South Mall,

**Monday to Thursday  
10am to 12noon 2.30 to 4p.m**

or

Telephone: 021 4907149

Email: [guidanceinfo@corkvec.ie](mailto:guidanceinfo@corkvec.ie).

## **CAKE SALE TO BE ORGANISED BY MAYFIELD/THE GLEN YOUNG ADULTS.**

A cake sale is being held to raise funds for suicide awareness and education in the St. Josephs Centre, Mayfield on **Tuesday 10th May at 11am** (building beside the library). This idea came about due to a number of young people in the Mayfield/The Glen area attending a programme called Refocus.

The main aim of Refocus is to assist young people into education or jobs. There are 17 young people attending this course in St Josephs at present with 4 other Refocus groups in Cork City.

Refocus, in its first phase, is delivered over 2 days per week for 12 weeks and the second phase is for 14 weeks, 3 days per week. The course content includes C.V. preparation, interview skills, job skills, personal development, skills sampling, computers, personal grooming as well as many more.. There is an emphasis on individual as well as the group needs.

There is an opportunity for participants to sample short courses and to meet with adult guidance to ensure that they pursue the right career choice. At present there is great success in the group, with one participant being offered a barbering course and others attending various colleges in Cork. Many of the participants are doing voluntary work in the community.

Participants at present are looking for work experience and will be undertaking this shortly. The course is very client centred which allows each individual an opportunity to look at what specific needs they have in order to change their lives.

For the cake sale the young people will be baking cakes with local chef, Linda, as well as serving teas, coffees and all the trimmings. There will also be a raffle with the funds raised being donated to the Mayfield Action on Suicide Group.

For more information you can contact Breda Ryan Long on: 086 2337805

# CHARLIE WILKINS: GARDENING

## A CHANGE OF TEMPO

The whole garden is singing a hymn of praise and thankfulness for not alone the milder conditions, but a gentle washing with soft rain. Cold burning winds from the north had prevailed for much of March leaving vegetation parched with drought, and coated with adhering wind-blown dust and fumes from the busy roadway. Many of the early spring flowers were left in a pitiable state of dirt and suffocation until the arrival of the refreshing and cleansing rain. How pleasant it was to wake during the night to hear the quiet welcome patter of rain and to know that clogged foliage was being washed clean and thirst roots were having their fill. Always brightest after rain, the morning garden shone with new life and abounding gladness.

As April advances into its second week and temperatures continue to improve, all thoughts of winter are forgotten. From every part of the spectrum flowers are arriving. Day by day their numbers swell and for the first time the borders are beginning to look properly furnished. I can now finally indulge myself to the full in the presence of well-loved, welcoming plants.

Just outside the garden studio, a clump of Crown Imperials (*Fritillaria imperialis*) stand bold and upright as if seeking some of the exclusive attention recently given to neighbouring *Erythroniums*. Of all the horticultural events of spring, none is more evocative than, or looked forward to with so much sentiment, as the eruption of these fritillaria as they come into bloom. For once, the old varieties still remain; best-clumps of 'Lutea maxima' with their fresh green leaves and stems, complementing bright yellow flowers, and 'Rubra Maxima' with maroon-brown stems and rusty orange flowers. Both smell decidedly of foxes when in bloom and even more-so when the large bulbs are being planted in September. The flower-heads resemble giant pineapples with tufts of leaves above the clusters of hanging bells. The whole plant grows to four feet and unless the garden is excessively exposed, no staking will be needed. These are such imposing plants that I like to see them isolated in clumps of fives and sevens in the border with a background of green to set them off. You could mass forget-me-nots or wallflowers around them to make a billowing foil, but my choice of companion planting is the pure white, low-growing and spreading perennial, sold as *Iberis sempervirens*. There is nothing subtle about this plant as it develops into a mound of dazzling white which stuns the garden during April and May. Being evergreen it is useful for powerful colour schemes, but never more eye-catching than when associated with those *Fritillaria* or indeed inter-planted with vivid red tulips (*Praestens fusilier*) or flame-coloured wallflowers.

The only species you are likely to be offered is *sempervirens* or 'Snowflake'. The flowers are borne in closely packed heads, each flower exhibiting the 4-petalled arrangement of the Cabbage family. The flowering period is May-June and the height and spread are variable depending on the variety chosen. I would argue the better form is snowflake and in reality it reaches a height of 9 inches with a spread 18 inches. Cheap, reliable and easily sourced this month and fully evergreen when it decides to stop flowering, either variety will please the most fastidious gardeners.

## IN THE GARDEN LAST WEEK.

The box plants are frothing, the forget-me-nots are at their bluest and they complement the tulips growing in every spare metre of vacant ground. The really nice thing about these is that the forget-me-nots grow taller as the tulips go over, and will presently tenderly engulf them altogether and so hide the shame of decay in their embracing arms. With gratitude, I give thanks to the lady who years ago brought me my very first clump. "You'll never again be without these" she scolded, and how right she was! Today, they come up in their hundreds and have to be restricted on a regular basis.

The box plants are indeed frothing and care must now be taken to keep them free from box blight. This disfiguring fungal disorder is best prevented by regular spraying with fungicide (Dithane 945 or even Roseclear), not allowing them stand for prolonged periods in wet soil (improve drainage) and to let them go hungry. No feeding is better than promoting new growth with stimulants and try to open their position to the movement of more air.

*Baile Beag Community*

*Childcare Ltd*

Ardbhaile Community Centre,  
ArdBhaile,  
Old Youghal Road,  
Mayfield,  
Cork  
021 450 6977



## Parent And Toddler Group

Mondays 2p.m. - 3.15p.m.

Age 1 - 3 years

Limited Places Available. Register Now!

# Andy Gibson Photography

*Confirmations, Communion, Portraits,  
Graduations, Debts, Sports, Landscapes,  
Photo-Journalism etc.*

*All photographic work undertaken at very  
competitive prices.*

*For more information call Andy on:*

**086 738 8863.**

## COUNSELLING SERVICES

Are you experiencing a difficult time in your life?

Very low cost counselling offered by a professional  
counsellor.

Problems resolved include:

Low Self-Esteem, Stress, Anxiety, Depression,  
Bereavement, Relationship Issues



**Karen O'Donovan**  
RGN, BSC,  
Post Grad Dip Counselling

**086 173 7384.**

## SILVERHEIGHTS PLAYSCHOOL

**Over 30 years experience.**

**Qualified FETAC Level 5 & Montessori Teacher**

HSE Registered

Classes: Monday to Friday

09:30am - 12:00 noon



For further information contact:

**Pauline O'Brien**

**021 450 7547**

# *Swimming*

## **My favourite tranquiliser**

by Aidan O'Shea. ©



**WYLIE'S OCEAN BATHS, SYDNEY**

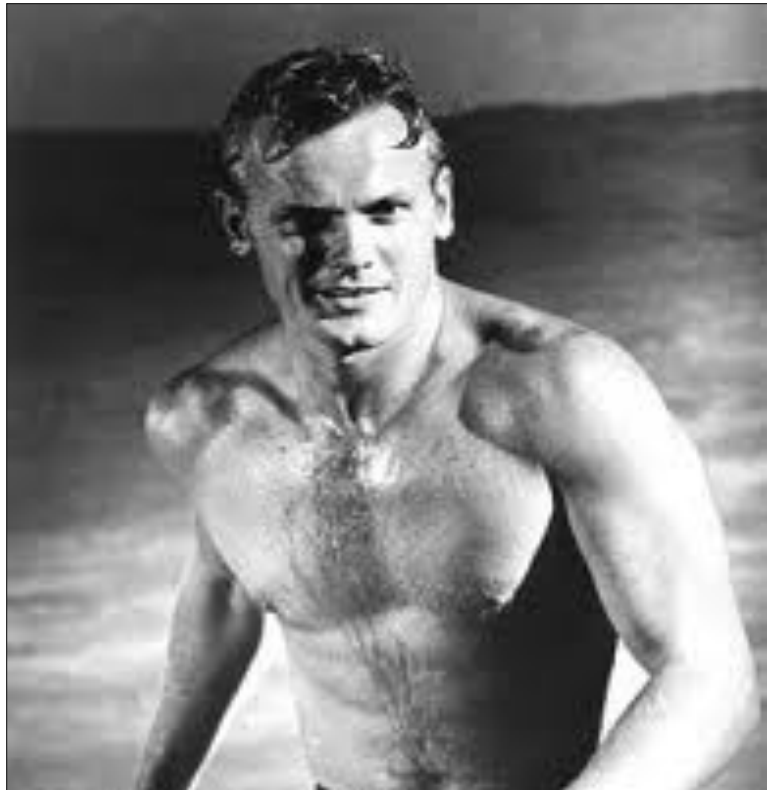
At 8am on a damp spring morning I am swimming gently in the pool, stretching my limbs and expanding my lungs. It is a simple elemental pleasure. My concentration moves from the clamour of modern life to pacing the rhythm of the strokes, the breaths and the turns. Perhaps my body and mind are reaching far back in time, when prehistoric creatures vaguely like us first crawled out of the sea. Or is there an embedded memory of floating in the warm sac of the womb? Either way, swimming rebalances my feelings and thoughts, and kindles my hopes for the day ahead. No prescription, no tablets, no side-effects, just a gentle surge of well-being which flows through me. For this I must thank Mr Bygrove, lifeguard and swimming coach at Cork's indoor baths on Eglinton Street.

On the first day we met, Mr Bygrove threw a sceptical eye over my skinny eight-year old frame. He barked over the din of the crowded pool: "Right! Get yourself into the shower room NOW and jump to it!" There I joined the other learners, none more than half my height. Under his command we mimed the arm and leg positions for the breast stroke, dipping our heads on the leg beat and drawing air in on the arm beat. Ten minutes of this and we had mastered the rhythm, on dry land at least. "You are first in the water" he said to me, brandishing a strange device with straps attached to a long pole. It was a cross between a parachute and a very large bra without the cups. I stood in the shallow end of the pool, blushing all over, if that is possible. He then attached the straps across my chest and pulled me through the water, shouting out the time: "Arms, legs, arms, legs!". I thrashed away swallowing chlorine water and organic substances, but I "swam" twenty metres! His parting command "Same time next week, and practise!" cut through the derisive laughter of the younger kids swimming freely all around me.

Three weeks later I had graduated from the bras-a-chute to a timber flotation panel, which I held while kicking my way across the pool. I progressed from that to the crawl on my back which remains my favourite, as it cuts down on the intake of chlorine water or brine. Then I learned to dive at the more challenging outdoor baths on the Carrigrohane Road. Thank god that I never fell for the tyranny of competitive swimming, with its 6am starts and frantic parents bellowing with stopwatches in their hands.

My Holden Caulfield early teenage years involved little swimming, with so much time being spent addressing acne in the mirror, following unattainable girls home from school and sneaking into adult only movies. Due to my bony figure, I saw myself more as a broody James Dean in *Rebel Without a Cause*, rather than a muscle-bound Tab Hunter in the beach movie *Operation Bikini*. There were occasional family outings to the coast at Oysterhaven or Garryvoe, often marked by heroic efforts to ignite a paraffin stove in the pouring rain, as I waited shivering for my turn at the family's only bath towel.

At age 15 there was a breakthrough moment on holiday in Ardmore with an aunt, uncle and cousin. I quickly learned that the family was both ascetic and athletic. Each day began with Mass at 8a.m., fasting of course, followed by a brisk walk to the pier and a dive into really deep water: uncle first, then my Tab Hunter cousin and last of all myself.



**TAB HUNTER**

It was sink or swim, and I crested to the shore. “Put a bit of beef in!” crowed my cousin, surging past me as if powered by giant webbed feet. A thin smile played around my blue lips as I followed him up the slipway. I came ashore a poor third, but I had lost my fear of swimming.

People who have difficulty falling asleep are sometimes advised to call up pleasant memories, using a technique called visualisation. My visualisation memories are of favourite or unusual swims. I recall a number of them, ranging from a tiny cove at the mouth of Inch Beach, County Cork, to a freezing mountain lake above Honolulu, but my favourite image is shown above. The beaches of Sydney Harbour, including Manly, Bondi and Coogee are famous for powerful surges of surf and laid back beach parties. Because of the dangers of the powerful waves, and the fairly wild booze culture, safer areas have been set aside for moderate swimmers like me. The best of these ocean baths is Wylie's. It has changing rooms and showers, a sunbathing area and a really safe seawater pool. As you can see, occasional waves break over the edges to give a superb swim. Yet there is no danger of being swept away. No alcohol is allowed, and the small café serves snacks and ice cream. Wylie's is a really elegant combination of swimming pool and sea, best experienced from January to March, the depth of the Irish winter.

The water temperature at Wylie's in mid-February, as I write this, is 22C. Bliss!





*Community Adult Learning Project (CALP), Newbury House Ltd & Mayfield Community Arts Centre, Home School Community Liaison, Write-On Basic Adult Education Service, Health Action Zone, Lotamore Family Resource Centre Ltd., Mayfield Men's Group & St Laurence Cheshire Home.*

## **8<sup>th</sup> City of Learning Festival    Mayfield CEN Local event**

Opening by the Deputy Lord Mayor of Cork

**Wednesday, 13<sup>th</sup> April 2011.  
10.30am to 1pm.**

Mayfield GAA Club, Kerry Rd

### **Displays of**

Craft & Art work  
Cookery/Massage  
Science Experiments  
One Book One Community Project  
Photography  
Participate in Print making  
Different dance types: Belly dancing, salsa, ballroom etc  
Choirs from local schools  
Irish Speaking Group (Ciorcal Comhrá An Ghoirt Álainn)  
& much, much more...

**Tea/Coffee provided**

The City of Learning Festival runs from the 11<sup>th</sup> to the 17<sup>th</sup> April 2011 and different events are hosted across the Cork City. Look out for posters and free programmes.

---

### **Water Conservation Lecture by Patrick Treacy**

Wednesday, 13th April 2011, 2.30pm to 3.30pm

Mayfield CDP Community Resource Centre, 328 Old Youghal Rd, Mayfield

Further details: 021 4508562

# **NEWS FROM NOWHERE**

by Michael O' Donnell.

Diogenes, the Greek philosopher, used to stroll around Athens in full daylight with a lamp. When asked what he was doing, he would answer; "I am looking for an honest man." Diogenes looked for a human being but reputedly found nothing but rascals and scoundrels.

Were Diogenes around today, his lamp would illuminate the corruption, cronyism and financial skulduggery of our time. While we have a new Government and an interesting opposition, we must be forever vigilant, with lighted lamp, at all times.

In his speech to the new Dáil, Enda Kenny stated, "Honesty at all costs and a 'Covenant' with the Irish people." Now, can we see an end to Parochialism? Local councillors are best placed to look after the parish pump. A new sense of what community means must be fostered. The spirit of co-operation must be encouraged and the philosophy of the 'Rugged Individualism' cast aside. Organisations such as Mayfield Community Development Project have a vital role to play in this new 'Covenant' with the people.

Community policing must take priority in dealing with anti-social behaviour. More Gardaí on foot patrol would reassure vulnerable people, especially the elderly. Local councillors should be more innovative and local forums to discuss issues relevant to the community, should be held on a regular basis. Paying lip service only to peoples concerns must cease.

The quality of life impinges on our physical and mental well-being. When that disintegrates so do we all. The eternal optimist always looks on the bright side with the assistance of Diogenes' lamp.



**Diogenes searches for an honest man. Painting attributed to J.H.W. Tischbein (c. 1780)**

---

## **NEW PHOTOGRAPHY CLASSES AVAILABLE IN MAYFIELD**

Time: Tuesdays at 2pm  
Place: New centre next to Roseville  
Group: Complete beginners with compact digital cameras (not professional ones)  
Teacher: Maureen Considine  
Contact: 086 8828557  
Email: [maur.considine@gmail.com](mailto:maur.considine@gmail.com)

### **MAYFIELD NOVICE CAMERA CLUB**

Mayfield Novice Camera Club meets on the 1st Monday of every month to discuss project work and on the 3rd Monday of the month to learn basic photography related computer skills. Each meeting is held in Mayfield Integrated Community Development Project from 7pm onwards. New members and former students are always welcome. For more information, ring Maureen on: 086 8828557

# **St Joseph's Parish Mayfield, Holy Week Ceremonies**

## **HOLY THURSDAY 21<sup>ST</sup> April 2011**

MASS OF THE LORD'S SUPPER 7.30pm

HOUR OF QUIET PRAYER 9pm TO 10pm

## **GOOD FRIDAY 22<sup>ND</sup> April 2011**

STATIONS OF THE CROSS 12 noon and 7pm

CELEBRATION OF THE LORD'S PASSION 3pm

## **HOLY SATURDAY 23<sup>RD</sup> April 2011**

EASTER VIGIL 6pm

CELEBRATION OF CHRIST'S RESURRECTION FROM THE DEAD

## **EASTER SUNDAY 24<sup>th</sup> April 2011**

MASSES 10am and 12 noon

## **HOLY WEEK CONFESSIONS**

Monday 18<sup>th</sup> at 7.30pm

PENITENTIAL SERVICE

## **HOLY THURSDAY**

VISITING PRIESTS WILL HEAR CONFESSIONS

12 noon to 1pm

## **GOOD FRIDAY**

AFTER 12 noon and 7 pm STATIONS OF THE CROSS

## **Holy Week**

When someone who is very close to us dies, his or her death leaves us full of sadness. Memories of days and years filled with love and friendship crowd into our minds. We think, perhaps of a father or mother who so lovingly made countless sacrifices on our behalf. Possibly we remember the husband or wife with whom we shared our dreams and our every moment. Those loved ones filled our lives with beauty and now they are gone we feel a certain sympathy with the poet who wrote, "The beauty of the world has made me sad, this beauty which must pass."

## **Sharing the Memories of the Cross**

Mary and the friends of Jesus must have shared these feelings as they stood under his cross. Memories of the good and beautiful times must have welled up in their tears. Because of him their days had been filled with love, healing, forgiveness and hope. Now, as they watched the battered and bruised Christ writhe in agony on the cross, it must have seemed those days were over. They even heard him cry out; "It is finished!"

It is not difficult for those of us who have lost someone we love to share in the sadness of Calvary. And that is a blessing. For it is only when we begin to share in the sadness of those who stood under the cross, that we begin to understand the mysteries of life and death, sadness and joy.

## **Christ Shows us the Way**

During Holy Week, the Church invites us in the liturgy to take the road with Mary and those few friends and follow Christ to Calvary. It is the Via Dolorosa, the way of sadness; and all of us at one time or another have taken it before. But this time Christ is our guide and he is at great pains to show us a little known road which leads from hill of Calvary to an empty tomb.

Try hard this week to take a full part in the Church's liturgy. Stand with Mary under the cross and be reminded of your own sadness. Then follow her to the empty tomb and remind yourself of our greatest joy which, sadly the poet did not share. The beauty of the world does not pass. When we follow Christ, even death cannot destroy our love and our friendship.

# **OUR LADY CROWNED PARISH PASTORAL COUNCIL**

Tel: 4551276

Email: [office@olcmayfield.ie](mailto:office@olcmayfield.ie)

Website: [www.olcmayfield.ie](http://www.olcmayfield.ie)

## **HOLY WEEK CEREMONIES 2011**

### **HOLY THURSDAY 21<sup>ST</sup> April**

Mass of the Lord's Supper: 7.30pm

Church will remain open until 10.30pm

### **GOOD FRIDAY 22<sup>ND</sup> April**

Stations of the Cross: 12 noon

Celebration of the Lord's Passion: 3pm

Taize Prayer Around the Cross: 8pm

### **HOLY SATURDAY 23<sup>ED</sup> April**

Easter Vigil Mass: 9pm

### **EASTER SUNDAY 24<sup>TH</sup> April**

Masses 9.00am, 10.30am and 12noon

## **SACRAMENT OF HEALING AND RECONCILIATION**

Palm Sunday 17<sup>TH</sup> April 7.30pm

## **CONFESSIONS**

Holy Thursday: 3pm to 4pm

Good Friday: After each of the ceremonies

Holy Saturday: 11am to 12 noon and 3pm to 5pm

Please join us as we celebrate our Holy Week and Easter Liturgies.  
We hope that Easter will bring new beginnings, new hope and new joy to  
you and your family.

## **Church Service Radio Broadcasts**

by John O'Gorman

The Parish Council proposes to provide radio broadcasting of some of the church ceremonies and is anxious to know how many parishioners would be interested in tuning into the broadcasted services. If the service commences, it will be invaluable for the housebound, elderly and those that find it difficult to attend the various ceremonies.

The cost of the receiver is estimated to be in the region of €25.00 per household. If you are interested in participating in this initiative, contact John on: 087 9384225 or telephone the Sacristy on: 021 4551276. We can also be reached by email on: [office@olcmayfield.ie](mailto:office@olcmayfield.ie)

We look forward to hearing from you, so please contact us, even if remotely interested.

# MAYFIELD HEALTH ACTION ZONE PROGRAMME

## Activities for the Mayfield Community From March to June 2011

- Walking For Fun every Monday at Roseville Community Centre 10am, new members welcome.
- Swimming Classes for Adult beginners, Mondays 3pm at Mayfield Community Sport Complex, all welcome. Cost: €5 per class.
- Health Stress Management Course, 5th April at 10am, Roseville Centre. All are welcome.
- Line Dancing Mayfield Sports Centre, Tuesday 11am €4 per class. This is in partnership with Mayfield Sports Complex.
- Massage Introduction Newbury House Community Centre €3 per class. This is a partnership with Health Action Zone and Newbury House. Dates and times to be confirmed.
- Bridge Practice every Wednesday at 2pm in Roseville Community Resource Centre.
- Ballroom Dancing, Thursdays at 11am St Joseph's Community centre, new dancers welcome.
- Fun Dancing with Jo every Thursday at 10am in St Joseph's Community Centre.
- Salsa Dancing Thursday at 7pm in the new Roseville Centre, €4 per class.
- Yoga every Friday at 10am in the Roseville Community Complex €5 per class.
- Flower Arranging, Wednesdays 10.30am, Roseville Community Centre This course is run in conjunction with Newbury House and Health Action Zone.
- Beauty Skin Care Tips new Roseville Centre Old Youghal Rd, Tuesdays at 10am.
- Art for Beginners Wednesdays, 1.30pm at Roseville Community Centre.
- Bingo for Fun Monday afternoons, 2pm in Roseville Community Centre.
- *Grow Your Own* Gardening Course, Tuesdays at 2pm at the Roseville Centre.
- Camera Course Tuesdays at the new Roseville Centre. This is a partnership with Health Action Zone and Newbury House.
- Food for a Healthy Lifestyle Information Course Thursdays, 10am, Roseville Community Centre.
- Interior Design in partnership with Health Action Zone and Newbury House, Fridays at 10am.

For information on these programmes and activities contact:

Patty O'Brien, Mayfield Community Health Worker, Health Action Zone on: 087 6534419



# *A Visit to Medjugorje*

by Ger McAuliffe

I have met many people over the years that have travelled to Medjugorje, and they seem to have a wonderful experience after visiting this special place. Last July, my husband, Tadhg, and I decided that it was time to go and visit Medjugorje. So with bags packed, we set out on our long journey.

When we entered Cork Airport, we met two other couples that were also going for the first time. We were more than surprised to find that all of us were staying in the same house. We all got on well and we were delighted that they would be staying in the same place as ourselves. We found the other couples to be cheerful and fun to be with.

Our flight arrived in no time as we had a lot to talk about on the journey. After exiting the airport, we were taken by coach to Bosnia-Herzegovina, formerly part of Yugoslavia. It was quite hot when we arrived, with the temperature around 30 degrees. Medjugorje is quite rugged and its mountains are rocky, with low level vegetation, and there are few forests there. The mild climate is ideal for growing tobacco and wines. Many families own their own vineyards and make their own wine. The population of Medjugorje is around 3,500 people and they speak Croatian with the majority of the population being Roman Catholic.

We learned that during the first fifteen years of Our Lady's apparition, the population of Medjugorje increased by one third. In 1982 the Parish of Medjugorje was formed and it was under the protection of St. James. A few years later the parish had its first Church called St. James. The people of Medjugorje firmly believe the Our Lady protected them during the Bosnian War. Medjugorje remained untouched by the conflict.

As pilgrims, our friends also joined us in attending the Evening Prayer Programme, and this consisted of Confession and the Rosary. During this time of prayer, Our Lady appeared to the visionary, and the visionary informed us that Our Lady wanted us to Pray the Rosary, go to Confession, receive Holy Communion regularly and fast each week on bread and water for two days. The visionaries are very famous people who had a visitation from Our Lady and one of them wanted people to stay in the church after Mass and remain with Jesus. So many people had received inner and physical healings by staying there.

Later that night we went outdoors for the Eucharistic Adoration and this was something special as hundreds of people gathered together. People from all nationalities began listening to the prayers and wishes of Our Lady. The hymns were sung by a most professional choir, while the Holy Eucharist was exposed.

The following morning, most couples climbed the Apparitions Hill whilst reciting the Rosary. It is believed that at the top of the hill pilgrims will experience joy and peace in their lives. It is here they will experience spiritual, mental and physical love.

Medjugorje is not only for Catholics, people come from many different faiths, and the most important message is that we change our lives and try and put God in first place, and the graces offered to everyone with an open heart will change their lives.



# **St. Patrick's Infants School**

## **St. Brigid's Day**

On Tuesday 1<sup>st</sup> February, the Spring sun shone as the boys and girls from Junior Infants walked the short distance to St. Joseph's Church to celebrate St. Brigid's Day in prayer and song. The boys and girls sang a favourite song: "Sing a Song to Brigid" in honour of St. Brigid and the beginning of Spring. A big thank-you to Father John-Paul for the generous warm welcome and well done to all the children on their excellent behaviour! Back at St. Patrick's school, the classes were very busy learning about Saint Brigid and making St. Brigid's crosses.

## **Open Morning in St Patrick's**

Back in February, our school was delighted to welcome the boys and girls who are hoping to start school here in September. Accompanied by their parents, they visited various classrooms where they were given a lovely, warm St. Patrick's welcome with the pupils entertaining them in song. We look forward to working with them and their families in the next school year.

## **Literacy Lift-off/First Steps**

Here at St. Patrick's Infants School we take great pride in all elements of education, paying particular attention to the area of literacy. We are pleased to say that all of the teachers in the school are trained and up-skilled in the use of the First Steps literacy resource, which aims to provide children with oral language, reading and writing skills. Throughout the course of the school year, all classes are given the opportunity to take part in a literacy lift-off programme which enables children to develop and improve their literacy skills through small group teaching. Providing children with these skills at an early age is vital in helping them to develop a positive attitude towards reading, which will have an invaluable impact on their later learning. Ideas you can use to develop your child's literacy skills can be as simple as reading them a bedtime story, pointing out letters and sounds on signs around you and writing simple notes to them and leaving them around the house. If you would like to improve your own literacy skills, there are agencies to help. Contact Ger on 086 03740419

## **Staff News**

Big congratulations go to Ms. Mary-Claire Hogan and her husband Donal on the birth of their beautiful baby son, Finn, at the beginning of February. May they enjoy every minute with their little bundle of joy!

We would like to extend a warm St. Patrick's Infants School welcome to Mr. Shane Donnellan who is teaching Junior Infants in Room 3 while Ms. Hogan is on maternity leave. Shane has been with us from time to time and has fitted in well with the staff and children.

The staff and pupils were very sad to see Ms. Sonia Falvey, special needs assistant, finish up in our school in January. We all wish her well with her career in childcare.

## **Important Reminders**

Please be reminded that classes begin each morning at 8.35am. It is important for the children to be in school on time so they don't miss out on vital aspects of the curriculum. If for any reason your child is late coming to school, a written note of explanation is expected. We request that all parents remain outside the school building when they come to collect their child at 1.15pm as there is a procedure in place under Health and Safety guidelines.

Every Friday morning a whole-school assembly is held in the halla at 8.45am to celebrate our school and pupils in song and verse. If your child's class is at assembly when you arrive at school please bring your child to meet their class and teacher in the halla.

Also, parking within the school grounds is reserved for staff members only and remember we operate a voluntary one-way system down Gardiner's Hill each school morning. Thank you for your continued co-operation!

# *St Patrick's Infants School Green Flag Programme*

by Andy Gibson

St. Patricks Infants School is heavily involved in the Green Flag programme, which centres on environmental issues, and the school and pupils are participating to make a positive change to the environment around them. The Green-Schools Programme is an international environmental educational programme, offering a well-defined, controllable way for schools to take environmental issues from the curriculum and apply them to the day-to-day running of the school.

The Green-Schools Programme is an holistic, long-term programme and also an award scheme. The Green-School award takes the form of a green flag which can proudly be displayed on school grounds. Does it make a difference? According to research, schools that have been awarded the Green Flag were diverting on average 45% of their waste away from landfill, in comparison to schools that were not participating in the programme.

St. Patricks has already received one green flag from An Taisce; this was obtained by changing attitudes towards waste, litter and recycling. It took a number of years of environmental work in the school to achieve the award. The school is now in the process of working hard towards its second flag, which is based on saving energy - i.e.: turning off lights, computers, radiators, closing doors to maintain heat etc. The pupils record the temperatures in their classrooms and around the school, and monitor their use of energy and heating. They are constantly looking at ways to save energy. The school is looking into retrofitting its current fluorescent light fittings to save energy and money. St. Patricks hopes to have its second flag by the summer.



**Teacher Trish Scully is pictured with the Green Flag Committee. Back Row - L-R: Sophie Cunningham, Ruby O'Connell, Charlie Wilkins, Thomas Holland and Zoe Brennan. Front Row - L-R: Shane Ryan, Ben Heffernan, Ruth Callaghan, Conor McDonagh and Corey Brooks.**

Picture: Andy Gibson.

# **MAYFIELD COMMUNITY SCHOOL**

## **Boxing Finalist**

On the 4th and 5th of March, Eugene Brady of Mayfield Community School, travelled to Dublin to fight in the Irish Amateur Boxing Association All-Ireland Championships. The competition took place in the National Stadium. Eugene, a member of Riverstown Boxing Club, did extremely well getting to the finals of the 48 kilo weight division. He was narrowly beaten by a Kildare boxer. No doubt Eugene will be back next year to compete again for the title. Well done, Eugene!

## **School Bank Award.**

The Mayfield Community School Bank won first place for Best Teamwork in the AIB Schools' Build a Bank Challenge. This win was achieved against stiff opposition from seventeen other schools in County Cork. Coming up towards the competition day, the Bank team put a lot of combined effort into their display. At the competition, each of the School Bank members took turns talking to the judges about what they had achieved during the year. The Bank members were delighted to hear their names called out for Best Teamwork. Afterwards the Bank Team said a special thank you to Ms. O'Donoghue, who put a lot of effort into the Bank, and Alan, our Student Liaison Officer with A.I.B. They also want to thank the Mayfield Community School staff and students for their support throughout the year.

The winning team included Manager Eoghan Ryan, Assistant Manager Jolene O'Donovan, Auditor Lisa Hogan, Sales and Marketing Executive Kayleigh Rall and Auditors Wayne Buckley and Nicole Keane.

***Eoghan Ryan, Transition Year***

## **Past Pupil Visits Mayfield Community School.**

Mayfield Community School was paid a visit by past pupil and ultra-cyclist Donncha Cuttriss. Students and teachers flocked around Donncha, who walked into the school carrying with him his bicycle. Donncha gave a talk about his life experience and what he has achieved since leaving our school. In his teenage years Donncha became heavily involved in boxing and went on to become an All-Ireland champion boxer. He later joined the Army after leaving secondary school and has gone all over Europe and Asia since. Donncha proceeded to tell about his other passions of Arabic and cycling. Donncha has become a fluent speaker in Arabic and plans to use his skills on a trip to Dubai next year. However, it is Donncha's cycling career which makes him most fascinating, having come first place in a race around Ireland in 2010. Next year Donncha plans to take part in a race across America in which he will have to cycle 250 kilometres a day and spend an impressive 22 hours daily on his bike, which is worth over €6000. A few jaws dropped when we heard that one!

Donncha says that he was able to achieve all he has by staying positive and seeing the best in any situation. He believes that if we have a passion in life, we can achieve anything if we put the hard work in. Donncha has proven there are no brakes on him; let's just hope his bike has though!

***Daniel Morley, Fifth Year***

## **International Soccer Cap.**

Congratulations to Ryan Goldsmith, a second year student in Mayfield Community School, who was recently capped for the Republic of Ireland under 15's soccer team. On March 24th, Ryan was in the team that played against Belgium where the final score was 2-2. Ryan hopes to add another international cap when Ireland plays against Wales in two months time. Well done, Ryan!

## Vive la France!

On Thursday March 10th, Mayfield Community School's 5th year French class took a trip to the Gate Cinema as part of the French Film Festival. The class saw "Persepolis", a film based on the graphic novels created by Marjane Satrapi. The film tells the story of Marjane, a young girl growing up in Iran during the Islamic revolution. Marjane faces many struggles living in Iran as an independent girl growing up in a country where women have few rights. As a teenager, Marjane is sent to Vienna to study while the war worsens in Iran. Marjane faces many difficulties as a teenager, involving friendships and boyfriends.

In 2007, the film won the jury prize at the 2007 Cannes Film Festival. This film was also nominated for an academy award for Best Animated Feature. "Persepolis" is told through French with English subtitles. Students have described the film as "a real eye-opener" and "educational yet entertaining". We hope to use this film in our French oral leaving certificate exam in 2012. Everyone had a really enjoyable time at the cinema and we're all looking forward to the next French Film Festival in Cork.

***Daniel Morley Fifth Year pupil.***

Le jeudi dernier les élèves de Mayfield Community School sont allés voir un film français au Cinéma Gate. Le film s'appelle "Persepolis" et c'est tiré sur une petite fille qui habite en Iran pendant la révolution islamique. On a trouvé ce film très intéressant et éducatif car il nous a permis d'expérimenter les difficultés de la vie pendant cette époque dramatique.

***Ashvin Marwin Valaydon Fifth Year pupil***



**Mayfield Community School Choir and Conductor Siobhán Carne are pictured after the Morning in Spring concert at Mayfield Library in February. The Choir has been in existence for four years and it performs year round for the local community.**

Picture: Andy Gibson

# **ST. JOSEPHS (MAYFIELD) NO NAME CLUB**

Throughout the past two months, the members of the St Josephs (Mayfield) No Name Club have been busily involved in taking part in both their clubs wide ranging programme of activities besides attending a number of events that form part of the National Annual Programme of Competitions that involves young people in No Name Clubs' countrywide.

To begin with, the members of St Joseph's Club took part in their club's internal competition to select their representative in the 2011 National Youth Awards event. Following a very competitive selection process Danielle O'Brien, a student in St Patricks College, was chosen to represent our club in the Hostess Category at the Regional Finals that took place in the Malton Hotel, Killarney on the 5<sup>th</sup> February.

Both Danielle in the youth awards event and our two representatives in the Karaoke Competition, Rachael McCarthy and Tara Curtin, did themselves and our club proud by their performances at the Killarney event, and each of them are deserving of our congratulations on their efforts on that occasion. The clubs adult leaders wish to take this opportunity to thank the St Josephs Credit Union Ltd for their generous sponsorship of the clubs internal Youth Awards Competition.

A representative group of club members travelled to the Garda College in Templemore, Co. Tipperary on the 19<sup>th</sup> February last to attend the Southern Regional Conference for all young people and adult club leaders involved in the No Name Clubs in the region. The conference consisted of a number of workshops on subjects of vital importance to the young club members. These were presented by professionals on the issues of: road safety, mental wellbeing and alcohol and drugs, all of which were informative to those who were present in Templemore.

In preparation for their participation in the 2011 National Supertalent Competition, a group of our club members put in a big effort under the guidance of Emer Hennebry in the lead-up to the National Semi-Final, which was staged in the Community Youth Centre, Fermoy on Sunday 13<sup>th</sup> March. The club members competed in the modern Dance Category and although they did not feature among the winners on that occasion, they learned a great deal from their performance and involvement in the competition.

During the recent mid-term school break, six club members participated in a Junior Leader Training Programme in the Community Centre that was provided by Mairead Quarry and Fiona Callinan, the youth officers involved in the St Josephs Youth Programme. These young people will now form part of the St Josephs (Mayfield) No Name Club's Junior Leader Group, whose views and suggestions will form an integral part of the clubs wide ranging programme of social activities.

For the second successive year the young people involved in our club will participate in the National No Name Club H.S.E. sponsored Health Promotion Project. They will undertake a training programme that will provide them with the skills and knowledge in the use of a defibrillator which will be very beneficial to the local population as well as to their colleagues in the local schools.

The forthcoming National No Name Club Youth Awards Finals and Banquet that will take place in the Lyrath Hotel, Kilkenny on Sunday 16<sup>th</sup> April is the highlight of the year's activities for all club members throughout Ireland. This event is the single biggest social attraction for young people aged between 15 – 19 years held annually anywhere in this country where those attending are free from the dangers of becoming involved in alcohol and drugs.

A representative group of St Josephs (Mayfield) No Name Club members accompanied by a number of adult leaders will be joining the 1200 people from the 45 clubs that are currently operating successfully countrywide at what promises to be a most enjoyable function.

## SCOIL MHUIRE BANRÍON.

### Seachtain na Gaeilge.

Bhí seachtain iontach againn. Cailíní ag caint, ag canadh, ag gáire agus ag caoineadh as Gaeilge! Bhain rang a cúig agus a sé an- taitneamh as “Tráth na Gceist” abhí ar siúl. Míle buíochas le Iníon Uí Dhúill. Chomh maith le sin chríochnaíomar an ceiliúradh le Céilí Mór. Bhí gach aon duine, daltaí, muinteoirí agus tuismitheoirí, beagnach marbh faoin am sin!!!

### Kindness to Animals.

We had a very special visitor to all our classes recently called Molly! Thanks to the Dog's Trust Molly a gentle German Shepherd endeared herself to all the girls. She encouraged all the girls to treat their pets with care and kindness and we will be looking forward to her visit again next year

### School Garden.- Spring is in the Air!

The girls in Sr. Margaret's 5<sup>th</sup> Class and their enthusiastic parents have started work planting potatoes, onions and cabbage. The senior infant girls will also be helping them along the way. Keep up the good work girls.

### Fire Safety.

Mrs O'Connor's third class girls had a very interesting talk from the fire safety officer. The girls learned how to keep their homes safe. In particular the importance of fire alarms in the home, fire extinguishers etc. We must be careful with fire. A very simple slogan to remember in a fire emergency- STOP – DROP & ROLL

### World Book Day.- 3/3/11.- Fancy Dress.

What a wonderful display of colour and imagination at our book characters' fancy dress. Congratulations to the children and their parents who dressed their children so creatively on the day. It was a great success.

### Book Fair.

There was an air of great excitement when the book fair arrived. Our school receives 60% of the total spend in free books for the library. Sincere thanks to all for supporting our fair so generously.

### First Penance.

Well done to the girls in second class who participated and behaved so well in the church at their First Penance. The readers and singers were all excellent. A special thanks to the teachers for their wonderful preparation: Ms. O'Neill, Ms Dee, Ms Crowley & our accompanist, Ms O'Connell.

### Early Start - Preschool.

There are places still available in September and both boys and girls are welcome. Children between the ages of 3 and 4 on the 1<sup>st</sup>. September 2011 are invited to apply.

Contact Mrs Mary O'Sullivan, School Secretary on: 021 4503003.

---

## **Rainbow Sessional Childcare**



Community Resource Centre, 328 Old Youghal Road, Mayfield, Cork.  
Tel: 021 4508562

Two sessions daily: 9.30 to 1pm and 1.30 to 4pm.

Vacancies for September 2011.

Contact Helena Ross, Manager, for booking form or further information.

Priority will be given to children of parents who are in Education or Training.

# St. John the Apostle B.N.S.



Scoil Naomh Eoin Aspal

## World Book Day:

To celebrate World Book Day, St. John's pupils enjoyed a week full of literary activities. A visit from storyteller Pat Speight kick-started the week in a humorous fashion. This was followed on Tuesday with a book fair by Eason's and a fancy dress on Thursday, where the boys made a great effort to dress up as their favourite character. There were table quizzes in the halla and many class competitions, including *Design a Book Cover*. Throughout the week there was a great emphasis on enjoying reading, with sixth class students reading to Senior Infants and First Class, and second class been visited by parents and friends. Many thanks to Jim Garvey, Siobhán Myers and Karen Garvey for coming in and joining in the fun.



## Energy Awareness Week :

To prepare for our second Green Flag, the school held an Energy Awareness Week in early February. Each class had the opportunity to conduct experiments on Energy and to record their results. Junior Infants explored *Shock Absorbers*, First Class made *raisins dance*, Third class set up *electrical circuits* and Fourth class researched *The Greenhouse Effect*.

## One Book, One Community :

The closing ceremony of the One Book, One Community, HSCL project took place on Wednesday, March 30<sup>th</sup> in the Frank O'Connor Library. It was a great celebration of the work that the Fourth class boys, their parents and teachers had done. Pádraig O Callaghan from Miss Walsh's class, spoke about his favourite part of *The Firework Maker's Daughter* and all the boys enjoyed dancing to some Indian music. Many thanks to parents Sandra, Marlane, Irene, Caroline and Tina for participating in the parent and child art workshops.





## Sport:

The boys from 3<sup>rd</sup> class participated in a Hurling Blitz in Watergrasshill. They played with skill and purpose and thoroughly enjoyed the experience.

The boys from fourth class took part in an Indoor Hurling Tournament in Carrigtwohill and there were some fine individual and team performances on display.

A team from 5<sup>th</sup> and 6<sup>th</sup> class participated in the F.A.I. Soccer tournament, and it represented the school very well, swimming lessons are resuming for 3<sup>rd</sup> and 4<sup>th</sup> classes, while Senior Infants, First class and Sixth class are enjoying tennis.



## First Penance:

The boys from Miss Neville's Second class received the sacrament of First Penance on Wednesday 30th March. There was a very peaceful and serene atmosphere in the church and the children sang beautifully on this special occasion.

## Kidzone:

St. John the Apostle will be the featured school in the Evening Echo on April 28<sup>th</sup>. Watch out for it!

---

## **CENSUS 2011**

### What is the Census?

The census is an account of everybody in the country on census night. On census night, everyone in the country must be included on a census form and be part of the official count of people and dwellings that usually happens every five years in Ireland.

### When is the next Census?

The next census will take place on Sunday 10th April 2011 and will count all the people and households in the country on that night.

### Do I have to do it?

Yes, everybody present in the country on Census Night must be included. This is the law.

### What do I have to do?

Your census enumerator will deliver your census form to your dwelling sometime in the 3-4 weeks leading up to census day. On census day you should complete the form in respect of each person in your household. Your enumerator will call again in the 2-3 weeks after census day to collect your form. They will also be happy to assist you if you have had any difficulty in completing the form.

### How do you protect my data?

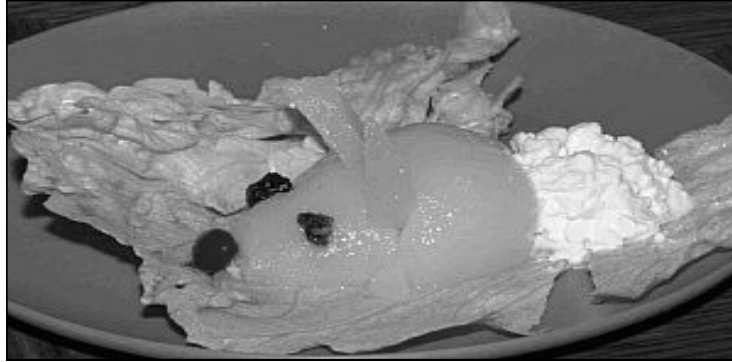
All of the information you will provide on your census form is completely confidential. This is guaranteed by law.

### How long will it take me to fill out my form?

The length of time it will take you to complete your census form will depend on the number of persons in the household. It should take an average household less than 30 minutes to complete a census form.

# Easter Children's Corner

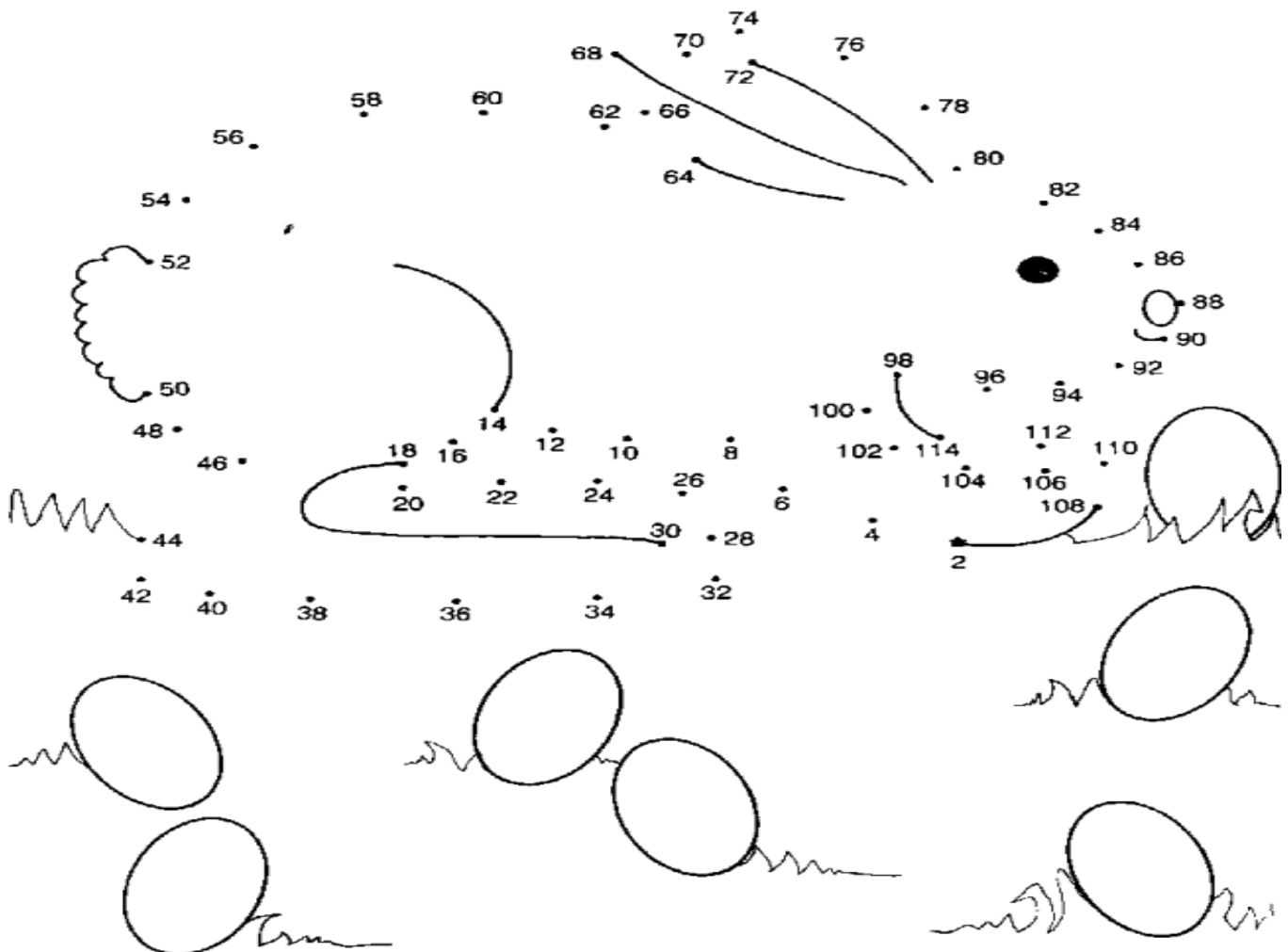
## Bunny Pears Recipe



To make Bunny Pears you will need: One peeled pear half, 2 raisins for eyes, 1 red candy, 2 almonds and Cottage cheese. To make one bunny, place a pear on a plate with the narrow end at the top. Press two raisins into pear for eyes and a red candy for a nose. Press almonds for ears into top and add cottage cheese for the tail. Eat!

## Connect the dots and colour the picture in.

**Connect the dots. Count by 2's**



# GAELSCOIL AN GHOIRT ÁLAINN

Gaelscoil an Ghoirt Álainn has been extremely busy in the last couple of weeks. On Saturday 26th March, children, parents, grandparents and supporters of the children, took to the streets with a rally to highlight the urgent need for a new school building. The Gaelscoil was founded in 1993 and has been in prefabs in Brian Dillons overflow car park since 1998. Having been in temporary accommodation for nearly 20 years, the Action Committee for the new school, comprising of parents and teachers, feels that the situation cannot carry on any longer. The Department of Education is seeking planning permission on a 2 acre site out of the 11.8 acre site. The other 9.8 acres will be redeveloped with 2 G.A.A. pitches and a railing surrounding them which will allow full access. All involved hope that the children will receive the basic right of education in suitable surroundings before long.



## Science week

Our senior classes visited Blackrock Castle Observatory recently and learned a lot of interesting and fascinating things. Our 4<sup>th</sup> class helped to save planet Earth from destruction and later went on to build radios, house alarms and light bulbs - a great day was had by all!



## Hurling and Camogie

Our Children in 3<sup>rd</sup> 4<sup>th</sup> and 5<sup>th</sup> class again performed very well in indoor hurling tournaments held all around the county, with our girls in 5<sup>th</sup> class going on to represent the school in the finals which were held in Na Piersaigh indoor hurling hall! We are very proud of the sporting achievements of all our children here in Gaelscoil an Ghoirt Álainn! Well done to all!

# *An Ghaeilge i mbéal an Phobail.*

## **Le Aodán Ó Sé**

Bíonn béim ar leith ar an nGaeilge gach bliain thart ar Lá Fhéile Phádraig. Cuirtear imeachtaí ar siúl fé Sheachtain na Gaeilge. Craoltar breis cláracha Gaeilge, agus cuirtear blúiríní Gaeilge isteach ins na meáin Béarla. I mbliana, bhí conspóid (*controversy*) an-mhór toisc polasaí Fhine Gael deire a chur le Gaeilge mar ábhar éigeantach (*compulsory*) don Ard Teistimeireacht. Don chéad uair riamh, bhí díospóireacht Ghaeilge ar TG4 idir ceannairí Fhianna Fáil, Fhine Gael agus An Lucht Oibre. Dá thoradh seo ar fad, bhí ceist na Gaeilge i mbéal an phobail uilig.

Ar ndóigh, is cóir go mbeimis buartha (*worried*) fé chás na Gaeilge. Ní baol don Bhéarla mar phríomh-theanga domhanda i gcúrsaí gnó, a bhuíochas san don USA ach go h-áirithe. Cuireann an domhandachas (*globalisation*) seo brú fíochmhar ar mhion-teangacha mar an Ghaeilge. Is sráidbhaile (*village*) beag é an domhan i ré an idirlín is Facebook. Muna nglacfaimid leis an gcultúr Gaeilge, seans go múchfaí í mar theanga labhartha sar i bhfad.

Is mó rud atá cailte ag muintir na h-Éireann le deanaí: muinín (*trust*) as polaitíocht, muinín as córas banc, muinín as cléir-fhlaitheas (*hierarchy*), muinín ionnta féin, fiú. Is iad na nithe nach bhfuil scriosta (*destroyed*) áfach ná an cultúr dúchais, idir spórt, litríocht, ceol agus teangacha, agus cairdeas, idir muintearas, comhoibriú agus sroid an phobail. Ní h-olc ár gcás i gcomparáid le muintir an tSeapáin.



St. Patrick driving the snakes out of Ireland.

Sílim nár éirigh le Naomh Pádraig na nathracha (*snakes*) ar fad a dhíbirt as Éirinn! Ó thaobh na Críostaíochta de, is iad an creideamh, an dóchas is an grá na buanna daonna. Má tá grá againn dár dteanga dúchais, labhramís í, creidimís ionainn féin mar naisiún, agus tiocfaidh an dóchas céim ar chéim. Féach ar an rann (*verse*) seo in onóir Phádraig Naofa.

A Phádraig atá i nparthas Mhic Dé gan locht  
A bheir sláinte is do ghrásta  
Don té a bhíonn bocht  
Tagaim i do láthairse agus mé lag gan lúth.  
Neartaigh ionam an grá is an sroid go dlúth.

*Dear Patrick in Heaven above,  
Who gives health and grace  
To those who are poor,  
I come in your presence, weak and without vigour  
Strengthen me with love and hope.*

**FRANK O'CONNOR LIBRARY, Murmont, Old Youghal Road.**  
**T: 021-4924935 E: mayfield\_library@corkcity.ie**

Opening Hours: Tuesday 10.00— 5.30, Wednesday 10.00—8.00, Thursday 10.00—5.30,  
Friday 10.00—5.30, Saturday 10.00—5.30, Closed Lunchtime 1.00 – 2.00

**Library membership: Adult fees reduction**

From January 2011, the standard Adult membership fee in Cork City Libraries has been reduced from €22 to €15 which is a reduction of 32%. The standard fee for the Rory Gallagher Music Library has been reduced from €40 to €20. In addition you can now borrow more items - books, CDs, DVDs on your Library Card. These and other changes are aimed at making library membership fairer and simpler. You do not need to be a member to make use of many of the Libraries' resources, such as Local Studies, Learning & Reference resources, newspapers & journals, or to attend any of the talks, readings, classes or other events which take place regularly in Cork City Libraries. Use of these is free to the public. You do not need to be a member to use library PCs, but there is a charge of €1 for a 30 minute slot on a PC. Cork City Council revised the fees payable by members of the library service to encourage greater usage of the Libraries' resources.

**The new fees are:**

Everyone up to 18 years **FREE**

Adult:

Standard **€15**

Concession\* **€5**

65 years of age and older **FREE**

Visually impaired persons **FREE**

You may borrow CDs and DVDs from the  
**Rory Gallagher Music Library** for an additional €5.

Young People **€5**

Adult:

Standard **€20**

Concession\* **€10**

65 years of age and older **€5**



**Mayfield Library held an on-going colouring competition throughout the month of February. Pictured finishing off their entries are Alex and Emily-Rose Murphy, aged 6 and 4 respectively.**

Picture: Andy Gibson.

**\*If one of these categories applies to you, you qualify for the concession fee:**

1. Persons on disability pension & dependent spouses
2. Persons in receipt of carer's allowance.
3. Unemployed persons, persons on disability benefit and dependent spouses.
4. Lone parents.
5. Asylum seekers.
6. Students over 18 in full-time education

Up to **ten** items, whether books, CDs or DVDs, may be borrowed at one time, for a period of two weeks.

You can renew these items online or on the phone.



# THE ENCHANTED FOREST

by Billy Herdman

I was standing in the forest when I felt a raindrop fall  
I looked up at the sky above, sure that's not right at all  
The sun was beaming brightly not a cloud in sight  
When I felt a breeze beneath the trees and saw a  
shining light.

Twas the glitter of a fairy's wings, she looked so cute  
and small  
And when I bent and picked her up, she was no weight  
at all  
Another raindrop touched my hand it shimmered and it  
glowed  
And then I knew from eyes so blue twas little tear  
drops that flowed.

I stroked her hair so fine and fair she trembled in my  
hand  
"Oh me, oh my" I said "Don't cry, and all will soon be  
grand"  
And then she stopped her eyelids dropped I thought  
she'd gone to sleep  
But she wriggled free and said to me, "I'll try hard not  
to weep."

I laid her on the forest floor, her head against a tree  
She looked at me so tenderly as I knelt down on one  
knee  
I covered her with fallen leaves and bid her rest awhile  
I watched her doze and then I rose; at last I saw her  
smile.

The sun it set like a burning jet, an hour had nearly  
passed  
The evening shadows grew in length and then she  
moved at last  
She yawned and tottered to her feet, her face was so  
serene  
She looked just like a Barbie Doll or a baby fairy  
queen.

The night was falling swiftly it was nearly time to go  
She took a stride up to my side, her head was bent  
down low  
She whispered words into my ear and her eyes began  
to glisten  
The branches shook above me head, their leaves began  
to listen.

I left the shade of the magic glade towards Mayfield  
and its homes  
But I'll be back tomorrow to the fairies and the  
gnomes  
I heard a shout and turned about: "Get up you lazy  
head!"  
It was my mothers voice I heard and I was in my bed.

I kicked off all my blankets  
And almost left a scream  
A tear dripped down upon my gown  
Twas just another dream.

---

## **NEWBURY HOUSE FAMILY CENTRE LTD**

**Crèche / Preschool After schools**

**Variety of Courses**

**We are holding an OPEN EVENING**

**All welcome to come and see our centre.**

CHILDREN



**DATE: 12<sup>TH</sup> APRIL 2011**  
**TIME: 6 PM – 8 PM**





# MORE ST. PATRICK'S DAY PICTURES

by Local Photographer Andy Gibson

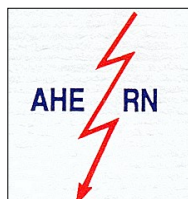


Members of Mayfield Brass Band prepare for their performance in the parade on St. Patrick's Day in Cork.



Staff and clients from Ennismore Lodge, Cope Foundation gather for a picture before participating in the parade in Cork on St. Patrick's Day.

## TONY AHERN ELECTRICAL CONTRACTOR



ALL ELECTRICAL WORK UNDERTAKEN

DOMESTIC, INDUSTRIAL, COMMERCIAL

NO JOB TOO BIG OR TOO SMALL!

A member of RECI  
(Registered Electrical Contractors of Ireland)

Tel: 087 686 2728  
086 259 3952

Office: 021 488 4655

## LINERY JOINERY

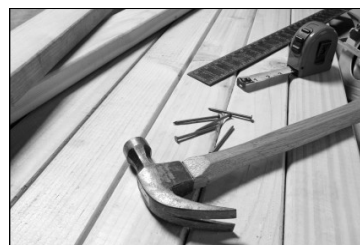


Expert Furniture Repairs & Alterations

Carpentry, Doors and Stairs carried out by traditional  
time served Cabinet Maker.

Antique & Modern, Chairs, Tables, Cabinets etc.

Collection and Delivery.  
TEL. 086-3759789



# ANATOMY, AN ESSAY

by Marie Guillot

Unlike most children (as I learned later), I never played *doctor* with my pals. Apparently, that created a gap that was never filled in my education.

As a young French girl of the *Baby Boom*, I had only vague notions about the inside of my body. My long arms were always sticking out from my jumper sleeves, and my long legs allowed me to beat my friends at roller skating in the park. Boys were interesting curiosities all right, but only up to a point, until you became a student and gave them second thoughts...

Marriage (with one of them) and childbirth, enlightened me on a number of points. By that time, I thought I had learned all that was needed in the field. A good number of years later, the dreaded menopause triggered a new anatomical quest. That's why I am now sitting in an evening class, a great opportunity for senior citizens (as we are called). Our comrades-in-arms here are a refreshing mix of ages, genders and backgrounds.

Bill the teacher starts: "The first thing to know is that your body contains 60 to 70 per cent of water." Wow! I get this mental image where all the various accessories of my body are packed up in the top part, down to the middle of my ribcage; the rest is a reservoir, all the way to the feet. Bill continues: "Water is essential for life. Since we are losing fluids all the time, we have to replenish the *corpus*." Our eyes are wide open, we have heard that message before, but now it actually seems true. He moves on: "Besides the obvious, regularly-paced pit-stops, do not understate the effects of ordinary losses like sweating, crying, vomiting or bleeding. Using your imagination, think of other bodily activities." With water continuously flowing out, there is only one way to go. Bill is not preaching in vain about having to drink again and again...

The main part of the course is related to the organs. To see the extent of our knowledge, our teacher asks us to call them out. We are very enthusiastic, shouting all at once: "The heart, the guts, the lungs, the genitals, the brain..." (in that order, same as in real life). Bill keeps cool, as always. He then explains: "An organ is a relatively independent body part that performs special functions. Exact definitions vary with countries and experts." We think: *theory, theory...* He carries on: "For some, the tongue is an organ, while the pancreas is a gland. All agree, however, to list the lungs, the heart, the liver, the kidneys, the stomach and the brain as organs." How can we remember all that?

"And by the way," Bill adds, "You are missing one on the list." The class cries out more answers, as an apology to the forgotten *specialised* part: "The spleen, the thyroid, the ileum." A respectful silence settles in, the *ileum*, sounds serious, that must be it. But our teacher is not satisfied and we go on: "The duodenum, the caecum, the sternum." Obviously, a Latin trend is started, everyone remembering words heard in their past. "No," Bill replies at last, "The one you forgot is... the skin!" The audience sighs with relief, the mystery is solved. Some of us start laughing, pinching our skin in disbelief. Unflinching, he announces: "Thanks to its receptors, the skin is an organ of touch, protection, and regulation. It can also stretch when needed." Marvelling at these manifold functions, the class is now quiet, under a spell.

The *digestion of the organs* will take some time.

This article is a contribution from the Cork Non-Fiction Writers Group,  
which meets in the Cork City Library.  
[www.corknonfictionwritersgroup.blogspot.com](http://www.corknonfictionwritersgroup.blogspot.com)



## **BRIAN DILLONS HURLING & FOOTBALL CLUB.**

GAA President, Christy Cooney, launched Brian Dillon's GAA Centenary 1910 - 2010 at a function in the club pavilion, recently. County Board Chairman, Gerry O'Sullivan, was also present amongst the large gathering of club supporters and friends.

Describing the book as one of the finest club histories he had seen, Mr. Cooney said it was a wonderful achievement for Brian Dillon's to reach its hundredth birthday. Mr. Cooney said; "When your club was founded in 1910, your neighbours were Cork's first rugby club, Montenotte and Cork's first soccer club, Barrackton United. Today, Montenotte and Barrackton are both forgotten, but Brian Dillon's is still going strong."

The author of the book, Tim Horgan, recalled how Brian Dillon's won the county final of 1915 against Rockmills (Kildorrey), but a medal delay prompted six Blackpool men to leave Brian Dillon's and form their own club at the end of Goulding's Glen. They called the new club Glen Rovers.

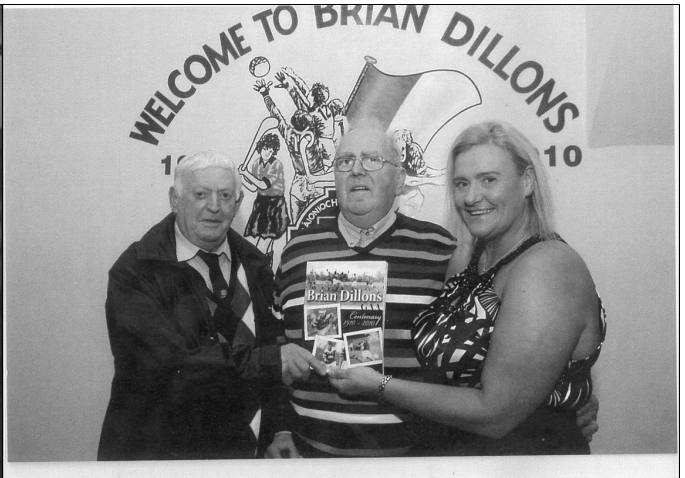
Over the years, Brian Dillon's has contributed fine players to the Cork teams, notably Ned Porter, Paddy O'Connor, Eddie Dorney, Peter Curley and Terry Porter. Don Good, Brendie Murphy, Brian Dineen, Jim Deane, Ken Cotter, Bryan Allen, John Horgan, Cillian Brosnan and Darragh Rodgers also pulled on the Cork shirt. Willie Horgan, a Brian Dillon's man, refereed the 1991 All-Ireland final between Tipperary and Kilkenny.

Great praise was accorded the printers 'Carraig Press' of Carrigtwohill for a superb production. In lauding Wan and John Waterman for the high quality of the book, the author questioned why so many Irish books are printed abroad.

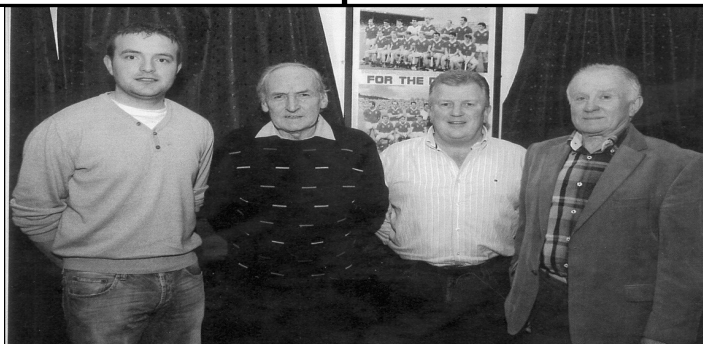
'Brian Dillon's GAA Centenary' by Tim Horgan is available in all good bookshops, priced €20.



**Mrs Veronica Deane with the author Tim Horgan at the launch of 'Brian Dillon's GAA Centenary'**



**Con Aherne, Bertie Kenneally and Elizabeth O'Mahony at the launch of 'Brian Dillon's GAA Centenary'**



**Former Cork hurlers John Horgan, Paddy O'Connor, Brian Dineen and Billy Hegarty at the launch of 'Brian Dillon's GAA Centenary'**

## SERVICE FOR PEOPLE LIVING ALONE

The Friendly phone call service offers a free phone call, five days a week to provide company, increased security and information to people living alone.

The Friendly Call service was started in Gurranabraher, but has now expanded to the Mayfield area. Niamh Sheridan, the project worker, said; “The friendly call service will ensure that a person living alone will have contact with a friendly caller 5 days a week. One of the most important aspects of this service is that if a person doesn’t answer their phone, the Friendly Caller will ring one of their contact people. This means that if the client has had a fall or is unwell, someone will know much sooner.”

Sergeant in charge of Community Policing, John O’Connor, said; ‘The Friendly Call Service provides great safety benefits for the people who receive a call. The fact that one of your family will be contacted in the event that you do not answer the phone means there is less chance of a person waiting a long time to be discovered after a fall or illness.’

Paul McGuirke, Rapid Co-ordinator for the Mayfield area, added; “This service creates contact for people living alone. A high percentage of people in Mayfield are elderly, and many of them are living alone or with people who are working outside the home all day. This service is a great way for people to have a daily chat with someone, and find out about events and activities that are on in their area.”

The people in the area who are receiving the call are really benefitting from the service. One resident said; “I started on the service 4 weeks ago and I really enjoy the chat with my Friendly Caller. She even tells me the activities that are going on in the area that I might be interested in. I never knew there was so much out there that I could do.”

Another friendly call client from Gurranabraher said; “I know that they will call at 11am every day and if anything has happened to me they will ring my daughter. It’s a godsend to know that if something happens to me, the girl from Friendly Call will ring someone belonged to me. I didn’t know if I would take the call service but I’m really glad I did.”

If you would like more information on the service or would like to sign up for a Friendly Call contact Niamh Sheridan on 021 421 2924 at her office in the Gurranabraher Youth and Community Centre or e-mail her on: [friendlycallcork@yahoo.ie](mailto:friendlycallcork@yahoo.ie)

---

## PILOT WEEKLY GLASS BOTTLE COLLECTION IN MAYFIELD



Cork City Council wishes to advise the public that it is introducing a pilot weekly glass bottle collection from central sites in the Mayfield area from Saturday 2nd April 2011. This pilot programme will run for a period of 3 months, during which time the scheme will be monitored in terms of efficiency, cost and community support.

The collections will take place from 10.00 a.m. to 3.30 p.m. on **Saturdays only** at the following locations:

Outside Frank O’Connor Library, Old Youghal Road.  
Green area adjacent to footpath outside Avonmore Close.  
Green area adjacent to Upper Lotabeg Road.

The City Council requests that glass bottles from **domestic sources only** are brought to these locations at the times outlined above and wishes to inform the public that any dumping of glass bottles outside these hours will be dealt with under the 1997 to 2009 Litter Pollution Acts.

# **Mayfield Leisure, Sports & Fitness Complex, Old Youghal Road, Mayfield, Cork.**

**Promoting a Healthy Lifestyle for you.  
White Flag Award Winners 2010/2011.**

## **Facilities include:**

- 25 Metre 5 lane Swimming Pool
- Fully Equipped Gymnasium
- Dance Studio
- Sports Hall
- Sauna /Steam Room

## **Fitness Gym Opening Hours:**

Monday to Friday: 8.00am – 9.30pm  
Saturday: 9.00am-7.00pm  
Sunday: 9.00am-4.00pm



## **Swimming Pool:**

- Public Sessions Daily
- Parent and toddler session at 10.00am every Wednesday.
- Ladies only session at 9.00pm every Tuesday.
- Aqua aerobics for Ladies Monday at 7.00pm and Wednesday at 11.00am.
- Pay as you go swimming lessons - Ladies Only: Monday at 3.00pm.
- Swimming lessons for adults and children, next course commencing May 2011

## **Aerobic:**

- Classes morning and evenings.
- Ultimate fitness mixed class Fridays at 7.30pm and Saturday at 11.00am.
- New circuit class for beginners on Fridays at 6.15pm.
- Pilates: next course starts on Thursday 28<sup>th</sup> April.

**Zumbatomic** - Zumba Kid – Fitness programme for kids age 4 – 12 years. Every Saturday from 9.30am-10.30am.

Summer Sports Camp for children starting July 4<sup>th</sup> for three weeks.

**Special rates for the unemployed through a new Link 2B Active Programme. Log on to: [www.corksports.ie](http://www.corksports.ie)**

For further information telephone: 021 450 6232 or 450 5284. Email: [mayfieldsportscomplex@eircom.net](mailto:mayfieldsportscomplex@eircom.net)  
Visit us on: [www.mayfieldsportscomplex.ie](http://www.mayfieldsportscomplex.ie)



# ***THERAPEUTIC MASSAGE***

***AVAILABLE IN THE MAYFIELD AREA***

***RING CAROLINE, MNHII, BCMA: 085 8188933  
FULLY QUALIFIED***

## **SPECIAL EASTER OFFER**

**10% OFF ALL TREATMENTS**

**BUY ONE GET ONE FREE**



***LOYALTY CARDS AVAILABLE***

## **CORK MONEY ADVICE & BUDGET SERVICE CONFIDENTIAL & INDEPENDENT.**

Problems paying off debts ?  
Experiencing Financial Difficulties?  
Need advice on money management?

HELP is available at:  
Tel.: (021) 4552080  
Cork M.A.B.S. Unit 12, Penrose  
Wharf, Penrose Quay, Cork.

**MABS  
NATIONAL  
HELPLINE  
1890 283438**

# DC Cabs

**Old Youghal Road,  
Mayfield**

**021 4550550 or 021 4530677  
24 Hr Service**

Taxi, Hackney, Mini Bus,  
Wheel Chair Accessible Buses

Early Morning Bookings taken for  
Airport, Train  
and Bus Station

Contract and Courier Work  
Catered For.

For service that  
satisfies, why not  
give us a call!

**D C Cabs  
a Local Company  
With a personal Touch**

**Deadline for inclusion of  
stories, news, or advertising  
in the June issue of Mayfield  
Matters is STRICTLY:  
TUESDAY 24th MAY 2011**

**Email items to:  
mayfieldcdp2@eircom.net**

**For further information contact:  
4508562**

## **COMMUNITY NEWSLETTER HIGHLIGHTING LOCAL NEWS**

All information printed in this issue is understood to be true and accurate at the time of printing. We do not accept responsibility for information found to be untrue, we do on the other hand accept responsibility for any and all grammatical and typing errors. We hope you enjoy reading our newsletter. Watch out for our next issue which will be available in local shops and services.

Bringing the  
News that  
Matters to you