



MAYFIELD MATTERS

YOUR COMMUNITY NEWSLETTER

BRINGING THE NEWS THAT MATTERS TO YOU.

Christmas Issue 2023

*Merry
Christmas*

AND HAPPY NEW YEAR

Thank you to our Loyal Advertisers,
Contributors and Readers
for all your continued support
throughout 2023

May this Christmas bring you much
joy and happiness and may your
New Year be prosperous and
Bright for 2024.

Also in this issue

**AIR QUALITY IN
MAYFIELD ...
A CALL TO ACTION?**



**BUILDING A SHED FOR
THE MAYFIELD MENS
SHED**



**MAYFIELD
COMMUNITY GAREN
NEWS**



SEASON GREETINGS & 2023 REVIEW FROM CALP



As we slide slowly or quickly into the Season of Christmas and celebrations, we want to take this opportunity to reflect on what 2023 has brought to Mayfield CALP. 2023 has been a busy year for the project with over 350 adults accessing community education courses, accredited and non-accredited. Courses have ranged from basic beginners computers to ECDL level computers, personal development, mindfulness, baking, craft, and basic first aid to accredited First Aid Response. We are very lucky to be funded to run such a range of courses which are accessible and affordable. Although COVID-19 was still lurking in the background, the majority of courses were run onsite in the centre, but we also used a blended approach where people were able to access the courses through zoom.

2023 has had great moments of celebration – the hosting of the new Mayfield Neighbourhood University programme in late spring and running a Mental Health short course in partnership with UCC in October & November 2023. We also had over 40 people receiving accreditation in their respective courses.

Mayfield CALP was delighted to be allocated different strands of funding to help with their work in the field of community education. The project was allocated a small grant to complete some work on waste prevention and therefore ran new workshops on upcycling and recycling in clothes and furniture in October and November 2023, along with a primary school competition, where students had to create 'flowers' out of recycled products. Thanks to Alma in Mayfield Matters for organizing this. In June 2023, Mayfield CALP received a grant under the REACH Fund 2023 from Cork ETB and this allowed the project to replace all of its laptops in the computer room and then use the replaced laptops to enhance our computer loan scheme, which is available for people who are completing courses with the project. The grant also allowed the project to purchase materials to help with the development of the Mayfield Community Garden. Mayfield CALP supported the CDP in other grant applications through the year and more recently a grant of €2500 was allocated to the CDP to promote positive mental health in the community, this allowed the CDP and CALP to run the short mental health course and will also fund a Winter Self Care Positive Mental Health morning in December.

Mayfield CALP wants to acknowledge the support of the wider Mayfield CDP Team in delivering the courses and supports that CALP provide. This is especially true over the latter months of 2023 when Mary Kelly, Joint Coordinator passed away and support was needed to contact participants, complete online participant registration and more. Additionally we want to thank our core funder Cork ETB for their commitment to the project over the year and years! Thanks also to Cork City Partnership CLG for their funding of tutor hours for accredited hours.

We will be in full planning mode in December 2023/January 2024 for the Spring 2024 schedule of courses. Therefore as 2024 rolls in, keep an eye on the Mayfield CDP Facebook page, the Mayfield page in The Echo, the information boards at the entrance of the centre and you are always welcome to call the project or email in.

*Finally the voluntary management of CALP and the Joint Coordinators wish you a very
Happy and Healthy Christmas and a Safe and Peaceful New Year.*

The 3rd of October is a date everyone in Mayfield CDP will remember with great sadness. It was the day when our beloved colleague Mary Kelly died at home surrounded by her loving family.

It is hard to sum up a person like Mary in a few words because she was special. As seen on page 3 of this publication, her work partner and friend Liz has written a beautiful tribute and all we can say is that the Management Committee and Staff team are happy to endorse every word because we couldn't say it any better.

We will always remember Mary for the enormous contribution she made to Mayfield CDP and to Mayfield in general.

We were privileged to have known and worked with her.

Our sincerest sympathy to her husband Jim, her sons, grandchildren and her extended family.

May Mary's gentle soul now Rest in Peace.

Management Committee and Staff Mayfield CDP





Mary Kelly

our colleague & friend



Mary's first exposure to the Mayfield Community Adult Learning Project occurred in the late 1990's when she was completing a Diploma in Social Studies, an outreach programme organized locally. She popped her head into the office of Mayfield CDP and asked how she could go about getting back to work...and the rest is history. She has been the Coordinator of CALP since 1999 and then I came to the project and we started our job share as the Coordinator position in 2000, so the 'duo' of Mary & Liz began. 24 years later she was still at her desk plotting and planning the schedule for Autumn 2023.

Mary talked to anyone and this natural skill was key to her work in CALP, she would recruit anyone anywhere if she thought a course would benefit them and she would follow up the initial conversation with a gentle persuasive phone call and encouragement. Mary's warm smile and genuine interest in people made people using the centre feel welcomed and safe in the space in which they were learning. In her years in CALP she was never shy of suggesting and trying new courses and opportunities, like the Cooperation Ireland exchange between Belfast and Cork, the first ECDL course in the community along with Pilates. She was an advocate of our personal development course (Foundation Programme in the early days of CALP) as she had completed it in her time and believed it was a gentle stepping stone for anyone who needed 2 hours for themselves to build confidence and get involved in their community and lifelong learning journey. Mary's commitment to the project and its aim to engage adults in lifelong learning was second to none.

Mary was an integral part of the CDP project overall and she had a great wit and sense of humour. She held a conspiracy theory or two, about missing yellow 'post its' and biros – if she regularly checked her hand bag she might have found one or two! She loved hard copies of everything, so paper trails were key to Mary's work style. When I would be on a shredding escapade, she would fear that all paper lying around would be annihilated. She was always up for a chat, a cup of tea, a joke (some questionable) and a good old laugh. She always worked beyond her contracted hours and gave so much of her time to the project as CALP Coordinator, representative on different committees and CDP staff rep on the CDP management. She had a keen interest in the Mayfield Matters local newsletter and was eager that the best of Mayfield was always highlighted and celebrated. Mary was a straight talker and held strong opinions on issues of the day, which often led to lively discussions in the CDP. Mary had many interests especially in Sport, she was an avid Manchester United fan, loved Cork hurling & football, rugby, music, socialising & current affairs. Mary and I are country gals at heart and this was never too far from our conversations. Key to Mary's life was her family and she was proud of her son's endeavours and achievements and she doted on her grandchildren.

Mary throughout her journey over the last few years, showed remarkable dignity, strength and courage in remaining well and still worked throughout. This was inspirational as she showed such hope that things would work out and with every challenge she approached it with determination.

As a project we know Mary's impact on us her colleagues and friends, but over the last while, the condolences, phone calls, best wishes, cards and messages received by us here in the CDP clearly shows the respect people had for her in the community. It has been a privilege to have her as Coordinator over the years and the contribution she has made to community education in Mayfield is part of her legacy. As a project we will continually keep Mary's husband Jim and family in our thoughts and prayers.

"So Mary, it has been a privilege to know you and work with you through the years, although you were a work colleague, you were a close friend and your presence is truly missed".

Liz
Mayfield CALP



"A woman with a book and a pen has the power to move Nations. A woman with a mind and a voice has the power to change worlds" Sash Temerte.



SAVE OUR STREET

The impact of Busconnects Sustainable Transport Corridor preferred route options on Colmcille Avenue & Iona Park

Written By Concerned Residents & Businesses of The Save Out Street Campaign.

In our April / May edition we highlighted the objections of residents and businesses in Colmcille Avenue and Iona Park to a number of matters arising out of BusConnects Sustainable Transport Corridor (STC) Preferred Route Options proposals for their area.

Following on a number of meetings with the BusConnects team in the intervening months, the group representing the concerned residents and businesses are pleased to advise that proposals for the cycle route in their area have now been redesigned. The proposed redesign will, if ultimately agreed, involve no interference with the parking, trees and footpaths, while offering a safe route for cyclists. They understand that the redesigned route will form part of the proposals for the third round of consultations to be held by BusConnects.

Unfortunately there has been no progress with the group's efforts to have the proposals for the revised bus route and bus gates changed; however they are continuing their efforts on these fronts.

To recap, currently these areas are serviced by the number 208 bus, which runs every c. 10 to 15 minutes, and has serviced the area since the bus service

commenced. At the public consultation meeting held on April 18th residents became aware for the first time that, once the STC is operational, this bus will no longer travel down Colmcille Avenue / Iona Park and will be replaced by the number 21 bus which will run approximately once per hour and will not offer the same route options as the 208 which travels to CUH. Under the same plans, the current number 208 will become numbers 2A and 2B. Instead of travelling down Iona Park and Colmcille Avenue, both of these buses will travel directly along the Old Youghal Road to the traffic lights at the junction of the North Ring Road – the 2A will then turn left to Glanmire and the 2B will turn right and travel up to Ashmount.

The ramifications of the proposed change reach beyond the core area of Colmcille Avenue and Iona Park as this section of the route is also the only bus route servicing a large number of other adjoining residential areas, such as: Sli Gartan Halcon, Drive Mayfield Park, Kerry Road, Lower Tracton Lawn, Murmont Crescent, Kerry Lawn, Tracton Avenue Murmont Road, Courtlands, Woodlands, Springfield Road, Crann Darach, Silvercourt, Springfield Estate, Silversprings Court, Byefield Park.

It has been suggested by BusConnects that residents in the affected areas can continue to avail of the proposed 2A and 2B services along the Old Youghal Road. However, realistic safety concerns arising from the walking distance from the bus stops for these routes, especially at night, in addition to the inability of some residents to walk such distances, mean that this is not a viable option.

Another factor that needs to be taken into account is the fact that the current 208 route also acts as a local service route within the area. For example, some people get on the 208 on Colmcille Avenue and travel to the post office, church, credit union, etc. They then get back on the bus at that point and travel to the bus stop at Knights Court where they disembark to avail of the services offered in the neighbourhood shopping area adjacent to Iona Park and then get back on the bus opposite Bourkes pharmacy and travel home. The same is true of people living in other adjacent areas as well as the estates in the Lotabeg area. To deprive these people of that service is to deprive them of their independence in terms of their day to day activities and to deprive our much valued local businesses of some of their long-term and loyal customers.

The group is continuing with its efforts and urge all who are supportive to make their views known to BusConnects. The group is also extremely concerned about the bus gates and revised traffic flow proposals contained in the current plans which they believe will have a huge negative impact on the volume of traffic travelling along Colmcille Avenue and Iona Park.

The current proposals provide for:

- 1 city bound bus gate at the junction of Old Youghal Road and the North Ring Road “intended” to operate during peak morning hours only. This means that, during the relevant hours in the morning, traffic other than buses, taxis and bicycles will not be able to turn right or left onto the Old Youghal Road from the North Ring Road.
- 1 outbound bus gate at the junction of Old Youghal Road and Iona Park which will operate during peak evening hours only, meaning that traffic coming from the direction of the city, other than buses, taxis and bicycles, will be directed onto Iona Park and Colmcille Ave during those hours, instead of travelling straight out Old Youghal Road.
- A proposed ban on right hand turns from Summerhill North onto Middle Glanmire Road at St Luke's Cross.
- A straight ahead restriction for general traffic on Ballyhooly Road at Glen Avenue during morning peak hours.
- An outbound bus gate at the same location during evening peak hours.
- A proposed left turn ban from Old Youghal Road onto Gordon's Hill.

If these go ahead as planned, they will definitely result in a dramatically increased flow of traffic on Colmcille Avenue and the transformation of a well-established residential area to a major traffic through-route. This road already acts as a constant feeder route for traffic on the North Ring Road, which was supposed to be temporary over 40 years ago, and concerned residents believe that the current proposals will be extremely detrimental for the area if they proceed.

BusConnects are hosting a public consultation open day in Mayfield GAA club from 10am to 7pm on November 20th next. If you want to have your voice heard, please attend to make your views known.



The voluntary management and CDP team would like to wish everyone a Happy Christmas and a peaceful New year and we look forward to what 2024 brings.

The CDP will be Closed from Wednesday, 20th December at 1pm and reopening Thursday 4th January 2024 at 9am

Tree of Remembrance

You are invited to attend the Mayfield Community Remembrance Event Monday December 4th 2023 At 7pm.

At this event a candle-lighting ceremony will take place at the Christmas Tree on Iona Road.

The tree will provide an opportunity for family and friends to place messages of remembrance for their loved ones.

Mayfield Men's Shed Choir will perform on the night

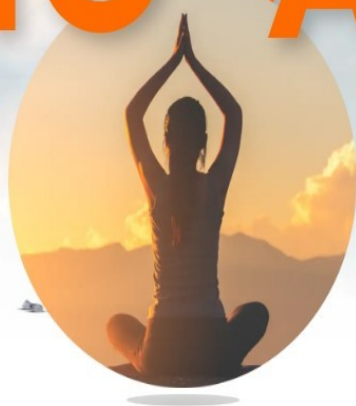
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Lisa 0872730361
Instagram yoga4now

GAIN FLEXIBILITY



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021 239 0019 (Alongside All Round Beauty)**

Xmas Opening Hours

Monday 18th Dec - Friday 22nd Dec 9:30-5pm

Saturday 23rd Dec 9-5pm

Christmas Eve - Closed

Christmas Day - Closed

St Stephen's Day - Closed

Wednesday 27th - Closed

Thursday 28th - Closed

Friday 29th - 10-4pm Saturday 30th - 10-4pm

New Year's Eve & New Year's Day - Closed

Normal hours resume 2nd January 2024 9:30am.

We would like to thank all our clients for their continued loyalty and support throughout the year and wish you a Happy Christmas and

*Prosperous New Year,
From all at N & G Barbers.*

AIR QUALITY IN MAYFIELD ... A CALL TO ACTION?

Written by Dr. Margaret O’Keeffe (Retired) Lecturer in Community Development Department of Applied Social Studies Munster Technological University (MTU), Mayfield Resident & a Board Member of Mayfield Community Development Project.

With warmest gratitude to Clara Felberbauer, Graduate Scientist (Air Quality) Operations Environment, Cork City Council & the Cork City Air Quality Team for providing me with the scientific data contained in this article.

Globally, Climate Change & Air Quality are inextricably linked, (as is, for example, the quality of our water, see European Environmental Agency, ‘Water’, 2023) & the health of our soil (see, European Environmental Agency, ‘Soil’, 2023). Failure to defend these kinds of essential components means we threaten human survival on Earth & cannot be ignored. It’s important to note, however, that a discussion of these other elements of life is beyond the scope of this article, despite their rightful claims for our attention.

The right to breathe clean air is a fundamental human right. It follows, therefore, that we should all be able to access this right. That is not always possible, however as I seek to show in this article.

To elaborate on this topic, I outline & discuss the following points:

- What is Air Quality (AQ)? What is Air Pollution?
- Why air quality should be a matter of concern for all of us?
- What can I do to address this issue as an individual; as a community?



WHAT IS AIR QUALITY (AQ)?

The World Health Organisation (WHO) defines Air Pollution as contamination of the indoor or outdoor environment by any chemical, physical or biological agent which changes the natural characteristics of the atmosphere. Significantly, household combustion devices, such as stoves, open fires & so forth, motor vehicles & industrial facilities are all common sources of air pollution (WHO, 2023).

When air quality is good, the air is clear. Good air quality contains only small amounts of solid particles & chemical pollutants. In comparison, poor air quality contains high levels of pollutants. Poor air quality is also frequently hazy. Moreover, it is dangerous to our health & the environment. In essence, the quality of the air we breathe can have negative health & environmental outcomes, as will be further elaborated on in more detail below. (Adapted from University Corporation for Atmospheric Research (UCAR) – Centre for Science Education, 2023).

Fortunately, in Europe air pollution emissions have declined over the last 20 years, which has resulted in better air quality. Despite this improvement, however, the European Environment Agency (EEA, ‘Air Pollution’) notes that air pollution continues to be the largest environmental health risk across Europe & poses a serious threat to human health. For example, exposure to fine particulate matter (pm) & nitrogen dioxide levels in excess of WHO health-based recommendations caused an estimated 238,000 & 49,000 premature deaths, respectively, in 2020. These pollutants are linked to asthma, heart disease & stroke (EEA, ‘Air Pollution’, August 2023). Furthermore, in 2021 the Environmental Protection Agency (EPA) noted the following: “fine particulate matter (pm_{2.5}) mainly derives from the burning of solid fuel, such as coal, peat & wood to heat our homes” (EPA, 2021). This constitutes a serious public health challenge to us all. I fully acknowledge that many people in Ireland love an open fire especially in winter, but this unequivocal statement from the EPA on Ireland’s air quality might force us to rethink our use of domestic solid fuels, such as coal & peat for the sake of everyone’s health & wellbeing.

In Ireland, the ‘Clean Air Strategy’ was published by the Department of the Environment, Climate, & Communications on 26 April 2023. The Strategy’s aim is to reduce air pollution, & promote cleaner ambient air to save lives, & make our towns & cities more liveable & improve the environment. This strategy commits Ireland to achieving the new World Health Organisation’s (WHO) guideline values for air quality by 2040, (i.e., 17 years from now).



**Clean Air Strategy
For Ireland**

The protection of child health is often cited as a key objective in major policies on climate & the environment. Generally speaking, poor air quality can impact on all of us across the life span. However, children & young people may be at particular risk from air pollution in Ireland, as elsewhere. For example, at the recent launch of the FAIR air quality project noted that children are especially at risk from air pollution because they breathe faster & are closer to the ground where pollution from vehicles hangs (Children’s Health Ireland, June 2023). In essence, air pollution in particular can have adverse effects on

children's health & development, something I am sure is of concern to us all.

At times, however, we can feel so overwhelmed. To such an extent, perhaps, that it renders us passive & despondent beings, rather than active agents in our attempts to create a better life for ourselves, our families & the wider community. That is a very understandable reaction given the enormity of the challenge in addressing environmental concern. I believe, however, that any positive step to advance any issue may yield positive results. For example, a community health issue, such as cleaner air, when combined with the peaceful efforts of others, can be successful. Furthermore, we will have taken a valuable step in creating a better society for all, especially for our children & grandchildren.

The Clean Air Together Project is an example of one such positive initiative. Their work makes a number of suggestions which if undertaken at the individual level can positively impact our Air Quality. I have included some of these points as indicated below:

Think twice before using the car, just one less journey a day or week can make a significant difference. Try to walk or cycle, (if safe to do so), on shorter trips as this action emits zero emissions. It is also a step towards a healthier lifestyle. Use public transport, if it is available to you, rather than using a private car. Support flexible working arrangements, such as home working. This action helps reduce the number of vehicles on the road (CAT, 2023).

In essence, it is when we act at both the individual and the collective levels that we can create positive change across any community-related issue.

<https://www.epa.e/publications/monitoring-assessment/air/air-quality-in-ireland-2021.php>

THE POWER OF OUR VOICE, VOTE

Citing Al Gore here, a former Vice President of the USA & a highly respected environmental campaigner: "Use Your Voice, Use Your Vote, Use Your Choice" is useful in the context of giving voice to community & environmental concerns. On this side of the Atlantic, he is possibly best known for the film 'An Inconvenient Truth'. [If you wish to have further information on 'An Inconvenient Truth', I warmly invite you to read the European Environment Agency's (EEA) review of this Film [https:// www.eea.europa.eu>algorefilmreview](https://www.eea.europa.eu/algorefilmreview)]

For example, we can email / write to our local, national & European representatives on the subject of air quality & articulating our concerns on the issue. At election time June 2024, & particularly on the door step, we can respectfully ask the public representative / their canvasser about their policy on improving air quality in the area. In sum, we as individuals have the democratic power to make positive change through our choice of candidate, making air quality a political & indeed a moral issue. Another possibility is to join a political formation &/or an advocacy group which focuses on these kinds of environmental concerns. In this way, we can help to propel positive change.

'Joined up Thinking & Working': The Role of Children & Young People, Their Parent (s) / Guardian (s) & Educators in promoting action on Air Quality

Children & young people acting together with their parent (s) / Guardians & Educators can play a significant role in addressing the issue of air quality. Their combined efforts can highlight the dangers of air pollution, (alongside other environmental hazards), on their lives, but also that of future generations. This collaborative engagement may raise environmental consciousness among us all through having a mutually, respectful & informed conversation on what helps to promote a healthier environment, focusing in the first instance on air quality, as noted in the next section.

There are a significant number of community & educational resources across Mayfield area. These resources can be of tremendous assistance in helping young children & their parent (s) / Guardian (s) to become greater informed & engaged on the benefits of clean air for all. Say, for example, one hour could be allocated each week over 6 weeks to discuss of air quality, using diverse methodologies in an age-appropriate manner. This could be usefully contained in the Social, Political Health. Art Competitions on promoting air quality could also be integrated in to the political strand of SPHE. This method could be particularly effective when working with pre-school & early start children. These suggestions are not exhaustive but may act to propel other positive conversations & actions on the environment.

In sum, there is a great deal we can do at the individual & collective levels to promote clean air in our community & with that knowledge & action support others to do likewise & remember going forward

'Ní neart go cur le chéile / There's no strength without unity'.

Southern Ireland Native Bird Breeders Society



Tony Shinkwin Memorial Show

**Schedule for our Open Show
Will take place on
Saturday 13th & Sunday 14th
January 2024
At
The North Monastery School Cork**



THE CHRISTMAS CARDS (DURING THE PANDEMIC)

Richard Goodison

Taken from the book 'The Sighting'

I sit here at my table
In dim, pale wintry light
Surrounded by my Christmas Cards
For no one else's sight.

Presenting scenes and colours
They decorate my room
But no one else can see them
Because of Covid gloom.

My furniture are branches
For cheeky robins smart;
Santa Claus with gifts list
His journey plans to start.

An antlered red-scarved reindeer
Puts forward his right foot.
My eye he catches saucily;
His hoof is black as soot.

Angels, shepherds and three kings
Multiply about;
Christmas trees and guide dogs
Surround dear Santa stout.

See snowman with his black hat,
Five birds upon a branch,
Wide-eyed owls midst children's art,
The heavens bright stars launch.

A white dove flies above the roofs;
He bears some olive leaves,
'Peace on Earth' his message
For everyone who grieves.

Donkeys, sheep and camels,
Oxen lowing low,
Crowd my imagination;
The Lamb of God they know.

But 'All is calm, all is bright':
Pictures of a crib
With Mary, Joseph and sweet child
Hail God's People's 'lib'.

But as I see these picture cards
Fill like bulging sack
My corners and my shelves,
My room, my space they pack.

But no one else can see them,
Their kind intentions sent
So now to share them with you all
My small poem here is meant.



FROM BARK TO BACH

Dave O'Sullivan

Was it a boy or girl on seeing a fallen tree?
Began to belt the bark off it with a stick
Did his or her impromptu performance
Introduce to the world what we call music.

Since the first drumbeats were heard
Music has belonged to one and to all
To the busker in the town centre
And the virtuoso in the concert hall

Musicians add real enjoyment to people's lives
Thanks to their talent, skill and ability
Music's great variety, range and depth
Offers enough choice to keep everyone happy

Who hasn't got a favourite singer or group?
Whose songs they enjoy through the years
In life as in music there's no accounting for taste
The simplest tune can sound potent to the ears

The young and hardy Johann Sebastian Bach
Was so eager to hear the organist Dietrich Buxtehude
He walked over two hundred miles to see him play
That he didn't walk back might be safe to conclude

Mention some cities and music comes to mind
Nashville is home to the 'Grand Ole Opry'
Hank William, Kitty Wells, other country legends
Were idolized by their fans in the Hard Bench Gallery

Cork hosts a very popular annual Jazz Festival
Which creates a real buzz around the city
Top performers who have appeared over the years
Included Paddy Cole and George Melly

The city of Vienna has a rich musical heritage
Two names, Mozart, Beethoven stand out
Throw in Haydn, Schubert, Brahms Mahler, Strauss
Music is a universal language without doubt

Was the sound of music really first heard
In the historic Olduvai Gorge Vicinity
When a boy or girl belted the hell out of a log
Because his or her mum was late with the tea



*The Keohane family would like to thank the Mayfield Community
for their continued support throughout 2023*

Season's greetings

**KEOHANE'S FUNERAL HOME
KNIGHT'S HILL**

**Old Youghal Road, Mayfield & Copley Street, Cork.
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Web: www.keohanescork.ie 24-Hour Service

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region with a sincere and professional service.'***



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SEASON'S GREETINGS

Aidan O'Shea



This painting, entitled *Freedom from Want*, by America's most popular artist and illustrator Norman Rockwell, conveys the festive spirit. Three generations of the family eagerly await the traditional meal, celebrated at Thanksgiving, on the fourth Thursday in November. I hope that the painting conveys the warmth, love and sharing that we celebrate at Christmas.

Norman Rockwell (1894-1978) was, and still is famous for his cover illustrations for the *Saturday Evening Post* from 1916 to 1966. These covers became a chronicle of prosperity and poverty, war and peace, always with a strong sense of character and national pride. From over four thousand works by Rockwell, the public bought prints to hang in the home, library, school and civic buildings.

As I researched the painting above, I discovered a great deal more. President Franklin D. Roosevelt made his State of the Union Address on January 6th, 1941. The speech incorporated the following text, known as the "Four Freedoms":

In the future days, which we seek to make secure, we look forward to a world founded upon four essential human freedoms.

The first is freedom of speech, and expression—everywhere in the world.

The second is freedom of every person to worship God in his own way—everywhere in the world.

The third is freedom from want—which, translated into world terms, means economic understandings which will secure to every nation a healthy peacetime life for its inhabitants—everywhere in the world.

The fourth is freedom from fear—which, translated into world terms, means a world-wide reduction of armaments to such a point and in such a thorough fashion that no nation will be in a position to commit an act of physical aggression against any neighbour—anywhere in the world.

That is no vision of a distant millennium.

It is a definite basis for a kind of world attainable in our own time and generation.

That kind of world is the very antithesis of the so-called new order of tyranny which the dictators seek to create with the crash of a bomb.

The speech was a manifesto for universal human rights. Norman Rockwell painted each of the Four Freedoms for the *Saturday Evening Post*. The Freedoms were developed into learned essays and popular accounts in journals worldwide. Eleanor Roosevelt, widow of the President, later worked to incorporate the Four Freedoms into the Human Rights Declaration of The United Nations. Norman Rockwell's posters of The Four Freedoms have sold over 25 million copies worldwide.

I turn on the radio to listen to the latest horrors of the Russia-Ukraine War and the Israeli- Palestinian War, and hope, against hope that they will end soon.



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MAYFIELD LIBRARY

Old Youghal Road, Mayfield. Tel: 021 492 4935

Email: mayfield_library@corkcity.ie Website: www.corkcitylibraries.ie

Mayfield Library is branch of Cork City Libraries

Pictured receiving his Certificate of Achievement at Mayfield

Library recently is Thomas McCarthy. Thomas completed Level 2 of Cork City Libraries and COPE's joint "Progression at Work" programme and has been assisting the staff at Mayfield on Thursday mornings for six months under the mentorship of library staff member James O'Donnell. Thomas's contribution to the performance of library duties has been greatly appreciated and all at Mayfield look forward to working towards Level 3.

Photo: (l-r) Richard Forrest (library staff), Thomas McCarthy (Progression at Work), James O'Donnell (library staff), Catherine McCarthy (Thomas's mother)



Mayfield Library November – December 2023

- Nov 24 Page turners Club 8 to 12
Waiting List 3.15 pm
- Nov 25 Video Game Club
Children All Welcome 11 am
- Nov 28 Art Group
Adult New Members Wanted 11 am
- Dec 6 "Remembering, Celebrating, Imagining Cork"
Exhibition Opening Morn
- Dec 8 "Christmas Storytime"
Children All Welcome 11 am
- Dec 8 "The Great Mayfield Library Christmas Quiz"
8 Teams 3 pm
- Dec 9 "Glow on the Go" comes to Mayfield Library
Time to be arranged
- Dec 16 "Festival of Chess"
Inter-Library Chess Tournament at City Hall 10 am





MAYFIELD COMMUNITY MENTOR

MAYFIELD CDP
328 OLD YOUGHAL ROAD

email:
mayfieldcommunitymentor@gmail.com

call: 083 0846384.

Thinking about starting a new hobby, doing a short course, upskilling, changing jobs, filling in application forms or just doing something for yourself, why not give the Mayfield Community Mentor a call and find out what's going on in your local area.

Go ahead and make that change.







GRAMOPHONE SOCIETY

ST JOSEPH'S MAYFIELD COMMUNITY GRAMOPHONE SOCIETY

We meet every second Wednesday at 11am in
St Joseph's Community rooms next to the Library

Enjoy a relaxing morning listening to music including Operatic,
Classical, Traditional, Folk, Light, presented by individual members.

There is a mid- programme break for cuppa and chat.

Coming Meetings on Wednesdays:
15th and 29th Nov 2023,
10th, 24th Jan 2024, 7th, 21st Feb 2024, 6th, 20th Mar 2024.

All are welcome.
€4 subscription

BRIAN DILLON'S GAA CLUB

80'S 90'S EXTRAVAGANZA

with
cash bingo

AT CLAYTON HOTEL SILVERSPRINGS

80's LAST GAME €1000
Prize for Best Dressed

Date: 25th Nov 2023

Strictly over 18's

DOORS OPEN 7PM TIL LATE
1ST GAME @8PM SHARP

PROCEEDS TO ASTRO/BALL WALL

Price is €25.
Tickets must be collected from club on Thursday evenings even if purchased online through our website.

Ballroom Dance Classes At Scoil an Ghoirt Álainn

It's Time to Take the First Step!



Cork Dance club is all about having fun and making new friends!

For over 30 years, their dedicated instructors have been teaching Cork to dance and promoting Social Ballroom & Latin American dancing throughout the city and county. They have decades of experience and will guide you in the right direction on your dance journey.

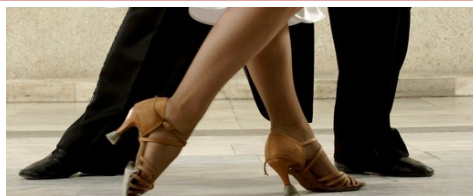
"Our mission is to get you on the dance floor as soon as possible and for you to have lots of fun while learning to dance! says instructor, Anne Hurley

"We specialise in beginner classes but whether you're a seasoned dancer or just starting your dance journey we have a place for you, and we'll get you moving to music in your first lesson. Our dance classes are all non-competitive, welcoming, invigorating & great fun.

Looking for wedding dance lessons? Would you like to impress your family and friends on that very special of days? Simply choose your very special music for your first dance as a married couple and we will advise on a suitable style of dance and choreograph a routine for you.

Our beginners' dance classes will start with easy steps in the Old Time Waltz and will help you get used to dancing with a partner. We guarantee you will go home being able to dance. The next week will start with revision of last week's steps and then gradually introducing other dances such as the social foxtrot, quickstep, tango, jive, cha cha cha and many more.

Dancing is not just a hobby. It is a way of life, a journey, and one of the most fulfilling things you can do for yourself both physically and mentally. Dancing has no boundaries. No matter what age, gender or ability, dancing is one of the most versatile and option filled past times. Cork Dance Club runs weekly classes in Scoil an Ghoirt Álainn and enrolments are now being taken for their 2024 beginners classes.



Cork Dance Club Ballroom Basics.

Social Ballroom and Latin American
Dance Classes for Adults.

Learn to waltz, Foxtrot, Jive, Quickstep,
Cha Cha Cha, Tango, Rumba and
lots more!

2024 Beginners' classes now enrolling.
Scoil an Ghoirt Álainn Mayfield

The Ideal Christmas gift!
(Gift Vouchers available)

Learn at your own pace with experienced tutors.

Details: Tel. Anne 087 2487696
email: corkdanceclub@gmail.com
www.corkdanceclub.com



Newbury House Family Centre

Baile Beag Crèche at Ard Bhaile Community Centre
just a few photos of our new upgraded playground
which was funded by Cork City Council Community
Recognition Fund. "Welcome to Cities Grant"



MAYFIELD MENS SHED

BUILDING A SHED FOR THE SHED

On September 24th, The Mayfield Men's Shed (MMS) held a Building Fund Golf Classic in East Cork Golf Club.

In spite of the rain deluge in the afternoon, the event was very well attended and a highly successful 3 ball competition was contended by 37 teams. Each tee was sponsored and prizes donated resulted in the funding target being achieved and surpassed.

A huge **THANK YOU** to Mayfield Communities, East Cork Golf Club, our competition sponsor Right Price Tiles, Daly Industrial Supplies and to the very many organisations, businesses, practices, groups, families, individuals and friends who donated prizes, funds, sponsorship, time and resources.

A novel competition within the classic challenged the golfers to land and hold a ball on the 18th green and win a prize. Just three managed to do so. The overall winning team were the Lotty brothers and Jamie Wool, Well done!

Thanks to the members who made and set-up the tee signs, supervised the parking, handed out the refreshments and helped on the course. A great and successful day for golfers and fundraisers alike.

Our new 'Shed' is a 12m x 6m portacabin, was delivered and installed the end of October on a concrete base that has been installed in the grounds of Kerrigan Tyrell Hall, Mayfield East Community, opposite Mayfield Shopping Centre on the Ring Road. With the funding already in place we are finally able to see our goal come to fruition.

To commence the works a sod turning ceremony took place on the 16th of September with MMS member Neilus Forde doing the honours. Neilus is our oldest member.

The base and the support services was installed by Culclan Construction and the 'Shed' was delivered in late October from Masterkabin. All going well, the internal fit-out will start in November and be carried out by our own members, having achieved our funding goals we will be installing wheelchair accessible facilities, ramps, handrails and aids. In addition the shed will have its own kitchen, a small workshop, a meeting area, as well as a toilet and cloakroom. A heat pump will provide the heating and cooling this will be installed in November.

One of the three ball teams Jim Morrison, Richie Feeley and Noel O'Shea



Paul Mathers, Noel Keohane and Robert Sharpe



Neilus Forde turning the sod, aided by the Chairperson Noel Keohane



MMS members witnessing the first construction activity on the site at Kerrigan Tyrell Hall, Mayfield.



Wishing you all a very Merry Christmas and peaceful New Year from the Mayfield Mens Shed





CUMANN IOMÁNAÍOCHTA AGUS PEILE BAILE NA MBOCHT

(Mayfield Hurling & Football Club)



We held the annual Joe Mullane tournament on a sun kissed day on Pitch 2 with our boys coming out as winners after some great performances during the course of the day. Unfortunately weather has played havoc on the hurling side with the Mossie Walsh tournament being postponed on two occasions. Hopefully we will get it played out before the end of year for the lads to enjoy.

Our U13s and U15s were both successful at their respective grades. The 13s were narrowly beaten in the football final but two days later bought home hurling silverware following a year of superb performances.

The 15s collected hurling silverware also after taking home the football earlier on in the year. We wish to thank all the management teams of both age groups for their commitment and effort throughout the year.

On the adult side our Junior footballers took home the Seandun City Division title after a win against Nemo.

We await our next opposition in the county semi-final in a few week's time.

Our intermediate hurlers put on some fantastic displays over the course of the year and can be extremely proud of their efforts for the entire year.

At time of writing our Junior B hurlers are gearing up for the City Final also. They take on Douglas while U17s are in the league and shield football finals also scheduled this coming fortnight.

We are delighted to announce our official club app is now live for download on all Apple and Android devices. Keep up to date with everything Mayfield GAA related directly to your fingertips.

Should you wish for you or your children to join please visit our club app or any social media outlets for any information needed for your relevant age groups. We welcome all new members to engage in a fun and friendly environment.



On behalf of all at Mayfield GAA H & F Club, we wish everyone a Very Happy & Safe Christmas

We thank all our supporters who travelled far and wide to support us wherever we were playing.

To our sponsors, we thank you for your continued support and your efforts for us throughout the year.





How to stay sane for Christmas, reflect on 2023 & plan for goals 2024



Well guys we got this far into the year and where seriously did it go? As we approach the end of 2023, let's reflect on the past few months and contemplate the journey we've been on. It's such a funny time of year really with a mix of emotions, from nostalgia for the year that's coming to a close to excitement for the possibilities that lie ahead. I put down a few tips on how to reach the end of the year with a calm and focused mind.

Reflecting on the past few months allows us to dig deep and gain valuable insights and learn from our experiences. Take some time to think about the highs and lows, the achievements and challenges, and the lessons you have learned. Consider all areas of your life, including personal growth, relationships, career, and well-being and finance.

Now I want you to seriously run and get pen and paper and do this reflection exercise. What did you achieved up to now? What were the highs and lows? Ask yourself what worked well, what could have been improved, and what do you want to carry forward into the future? Most importantly what have you learned or could change to make it better for the rest of the year and 2024? The holiday season, what's it like for you? It can be both joyous and stressful. To stay sane and make the most of this special time, I have come up with a few points that may help along the way.

1. Make sure you take care of your physical, mental, and emotional well-being. Make time for activities that bring you joy and relaxation, seriously take up walking; it's gold dust. When your body moves your brain grooves or any other exercise, meditation, spend time even 10 minutes a day on your own or spend time silent in nature.
2. Establish clear boundaries to protect your time and energy. Learn to say NO to commitments that are taking you away from important things in your life... Remember, it's okay to prioritize your own well-being.
3. Don't be afraid to delegate tasks or ask for help and share responsibilities. Share the load with family members or friends, and focus on what truly matters to you during the holiday season.
4. Ah Gratitude is such a powerful thing: Cultivate a mind-set of gratitude by reflecting on the blessings in your life. Express appreciation for the people, experiences, and opportunities that have made this journey so important. Remember we never know what others are going through even through their smiles or grins. Look at what you have and not what others have. So many are on social media and do you know most of it is fake. Let's look at the New Year, it's essential to set goals that align with your aspirations and values.

Here are some tips to help you plan for a successful 2024:

- 1: Consider your long-term vision for various areas of your life, such as career, relationships, health, and personal growth. What do you want to achieve? How do you want to grow? If I gave you 250,000 now and told you I'd tell everyone not to worry about anything. Where would you go and what would you do?
2. A coaching tool set SMART Goals: Create specific, measurable, achievable, relevant, and time-bound (SMART) goals. Break them down into smaller milestones to make them more manageable and trackable. Goals, how realistic are they, what options do you have and why would you not do what you want to do?
3. Outline the steps needed to achieve your goals. Write down what obstacles are in your way, develop a plan to overcome them. Seek support from mentors, community groups and stay on track.
4. Never put yourself under pressure. It took me 40 years or more to study different areas, opening and closing businesses, (mistakes and failures are amazing, they teach you a lesson) to get to where I am now and I am still building and changing directions. Stick with it. Successful people fall and get up, unsuccessful people live and stay talking about their past. The past is gone, live now and plan for the future or live in a caged life of the past which causes really serious health problems.

As we bid farewell to 2023 and welcome the new year, may we encourage and uplift others around us and take the time to reflect on the past, stay sane during the holiday season, and plan for a fulfilling 2024. Remember, it's a time to think of growth, gratitude, and embracing new opportunities. Look around at the 5 people you're hanging around with, that is who you become.

Let 2024 make you focus on making YOU reach your full potential, no matter what the circumstances.

May the coming year be filled with joy, success, and personal fulfilment as you work towards your goals. I am forever so grateful to neighbours who message me privately with such kind words about my articles and those who stop me on the road. You do not realise how much this means to me. It has encouraged me to continue writing, which I love.

Thank you to Alma and all the staff at Mayfield Matters for this opportunity. I am seriously forever grateful.

Happy Christmas All and May you be showered with luck in health and wealth for 2024 **Coach Lil**

www.lilliancourtneycoaching.com / lilliancourtneycoaching@gmail.com—0860339842





Group Photo of Our Lady Crowned Credit Union Community Chest –

Who gave away €10,000 to local Groups. Presentation was held on Thursday 2nd November 2023



Our Lady Crowned
Credit Union Limited



News from New Inn



Art Club
Breakfast Club
Drama group



Out and about ...



Locks of Love donation for LauraLynn
Such an amazing little girl to donate her beautiful hair to a very worthy cause



Gaelscoil an Ghoirt Álainn

Nollaig 2023



Tá fáilte romhat chuig leathanach na Nollag Mayfield Matters na scoile. Buíochas ó chroí do thuismitheoirí na scoile agus do mhuintir na háite as an dtacaíocht a thug sibh don scoil i mbliana. Tá súil againn go mbíonn Nollaig iontach agaibh ar fad agus athbhliain faoi shéan agus faoi mhaise daoibh go léir.

A big Thank You to the parents of the school and to the people of the area for the support that has been shown to our school throughout the year. We here at Gaelscoil an Ghoirt Álainn would like to wish you all a very Happy Christmas and prosperous New Year.



Slán le Bertie

Ba mhaith linn buíochas ollmhór a ghabáil ar ár bhFeighlí Bertie as ucht na hoibre go léir a chur sé isteach mar Fheighlí na scoile. Rinne Bertie cinneadh éirí as le déanaí. Guífidh gath rath air amach anseo. Tá súil againn go mbeidh Bertie thar n-ais agus ag obair sa ghairdín linn amach anseo.

We would like to express our gratitude to Bertie our caretaker who made the decision to retire recently. We wish him all the best in his retirement. We look forward to seeing Bertie helping us out in the school garden in the not too distant future.

Sciath na Scol

D'imir na cailíní agus na buachaillí ó Ghaelscoil an Ghoirt Álainn i bPáirc Uí Chaoimh i mbliana. Táimid an an-bhródúil astu!

Both the boys and girls teams played in Páirc Uí Chaoimh this year. All at Gort Álainn are so proud of their achievements.



Cuairt ón Ard-Mhéara

Tháinig Ardmhéara Cathair Chorcaí ar chuairt chuig ár scoil le déanaí! Bhí páistí na scoile thar barr (mar a bhíonn i gcónaí) agus bhí an t-Ardmhéara an tógtha leo agus leis ár scoil álainn. Bhí páistí na scoile thar a bhí tógtha leis an scéal a bhí aige féin, faoin turas a bhí le déanamh aige féin agus é óg freisin!

The Lord Mayor of Cork City came to visit us recently! The children of our school were excellent (as they always are) and the Lord Mayor was very taken by their excellent behaviour and by our lovely school. The children of Gaelscoil an Ghoirt Álainn were very interested in his story outlining his own 'JOURNEY'!



www.gortalainn.ie



@gaelscoilanghoirtalainn



Gaelscoil An Ghoirt Álainn

VERY REV FR. CRIOSTÓIR MACDONALD RIP

Fr Charlie

The shock and sad news of Fr. Criostóir MacDonald's sudden death on the morning of Wednesday 18th October took everyone by total surprise. Fr. Criostóir was travelling with a pilgrimage group to Rome at the time. We extend our prayerful support to his sister Ann and her family at this sad time.

Fr. Criostóir was ordained to the priesthood on 8th June 1985 and served in many parishes in the Diocese of Cork and Ross and became Parish Priest of St Joseph's Mayfield in September 2021. This past summer he became part of the team with Fr Charlie and Fr Pontianus in the Family of Parishes which includes Our Lady Crowned Church, St Joseph's and Holy Family Church.

In our prayers we remember his family, Bishops Fintan and John, his brother priests, friends and especially the parish community of St Joseph's Mayfield as well as all whom he ministered to in the various parishes since 1985.

May He Rest In Peace.





Glenfields Community Childcare
1A Glenfields Park T23PW68

Email:
glenfieldscreeche@gmail.com

Telephone: 021-4308395

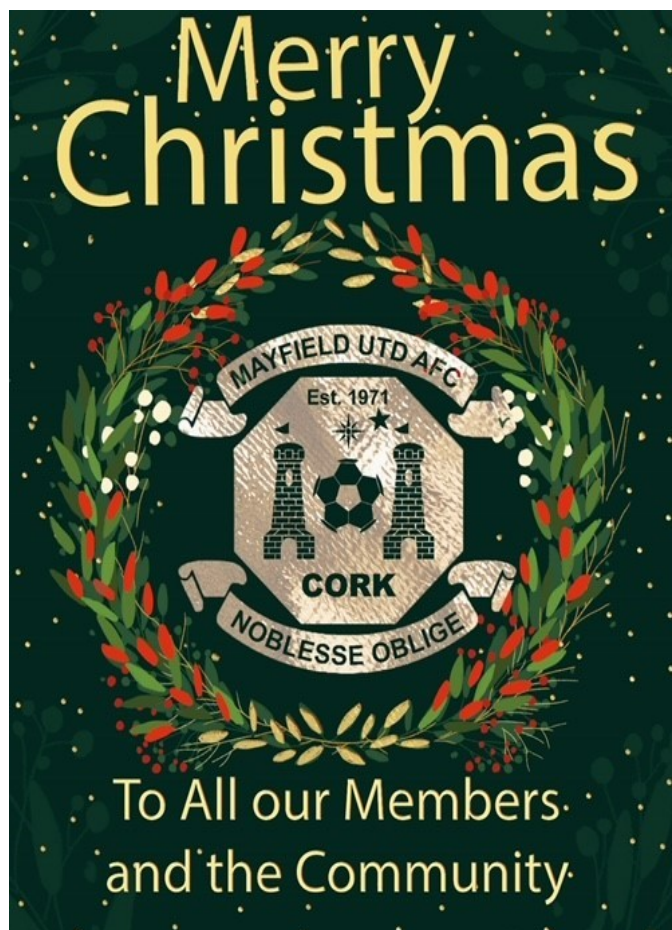
Why not come along and meet other people in our groups!

Widows Group – Tuesdays @ 1.30 pm- 3.30 pm

Crochet Class – Wednesdays @ 10 am – 12 pm

Eldercare Group – Wednesdays @ 2pm – 4 pm

**Happy Christmas from all of us
in Glenfield's**



O'Connor's Food Hall & Old Bank Café

10 Colmcille Ave, Iona, Mayfield,
Phone 021 453 0541

Food Hall

Mon-Fri 8.30am – 6pm Sat 8a.30m – 5.30pm

Café open

Tues – Sat 8.30am – 4pm.



Our Christmas savings club is now open for
Turkey; Hams; Spiced Beef.

Pop into our butchers to order your Christmas meat.

*Even better, why not take the stress out of Christmas and
let us do the cooking.*

****Last orders for Cooking is 11th December****

We also have a gourmet deli counter, hot & cold to take away,
Made fresh everyday from our kitchen.

Gift vouchers available

*Wishing All Our Customers a Happy Christmas and
a Prosperous New year*



SCOIL BERNADETTE

LCA2 Class on their recent trip to Dublin for The Big Idea competition. They met MEP Maria Walsh.



Well done to all students in who raised €213 for GOAL by taking part in the annual jersey day. Lots of lovely jerseys and smiles were on display



SCOIL NAOMH MICHEÁL Upper Glanmire NS



Our new Junior Infants enjoying the sensory garden!

Well done to our Senior Infant teacher Ms. O'Callaghan on captaining the Sars Camogie team to County Final victory!



HAPPY Holidays!

From the Old Youghal Road Childcare Community Employment Programme



Are you interested in gaining:

A qualification, work experience, up to date references

Would you like the following?

Social aspect of working, gaining confidence, employment opportunities

This may be the training programme for you...

Contact: Valerie or Fiona on 021-4508771 or v.ocallaghan@oyrchildcare.com

Positions currently available: **Childcare, cleaner, caretaker, cook/kitchen assistant, administrator**

Positions subject to Garda Vetting and reference checks.

Funded by

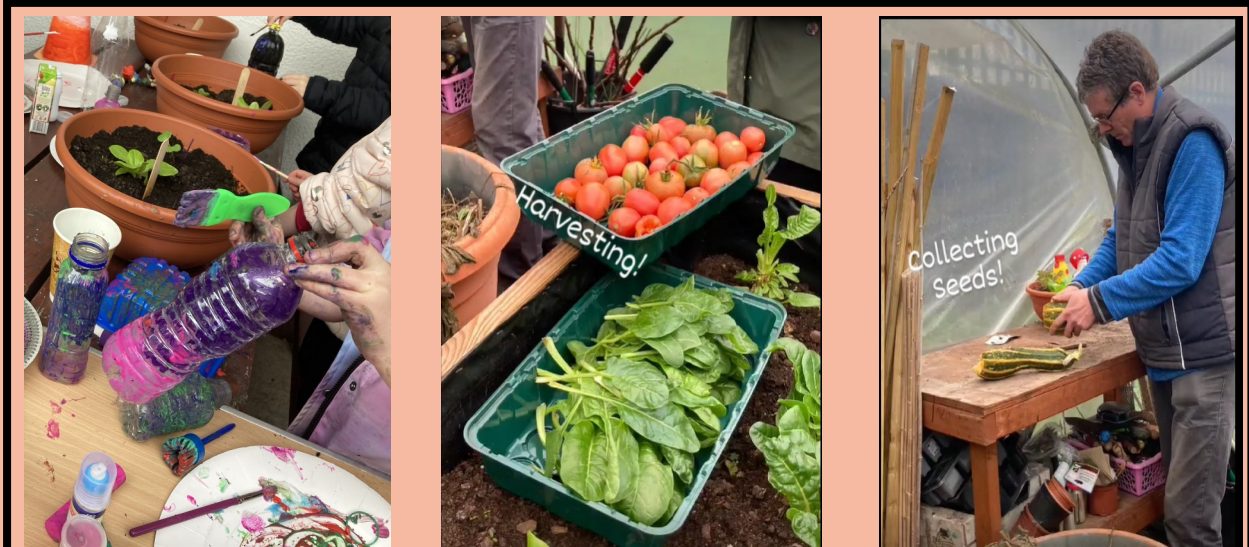


An Roinn Coimírce Sóisialaí
Department of Social Protection

MAYFIELD COMMUNITY GARDEN

At Mayfield CDP

By Killian Atkinson



Mayfield Community Garden is a joint project run by Mayfield CDP and Fidelma from Health Action Zone/HSE. In the last edition of Mayfield Matters, we described the revival of the garden in the spring and summer. Since then we've been very busy with trips, groups, classes and events!

We took the garden group on tour in August! Firstly, to Togher Community Garden where we got tons of advice and inspiration from the great people working there and the amazing space they've created. The biggest inspiration being the gorgeous lunch they gave us made of mostly the produce they grew themselves. We've since transformed our tea break into a similar lunch to have at the end of our weekly meetings.

Then, we visited The Glen Community Garden, an equally incredible space, where we were met with the knowledge and encouragement of gardener Barry Hickey. He also gifted us some plants to take back to Mayfield.

We got a chance to revisit both gardens in October for the Community Gardens Ireland Autumn Gathering where we got to meet members of community gardens from across the country.

From September we've been getting loads of help from the children in the Beech Class in St. Killian's School. They drop in weekly to learn a bit about the plants, dig up all our weeds, and marvel at all our bugs. They're the hardest workers and their going rates are fair at just 2 Oreo biscuits each and some crisps for a job well done.

We also ran a two session Family Gardening Event in October. We gave the parents and kids a little tour of our space and helped them make their own little planter of lettuce, radish, and cress with little crafted fairy houses out of recycled bottles.

In October, we started another Community Gardening Course through CETB and tutor Donal returned to teach us weekly through until December. Since the course started, our numbers have more than doubled so we're hoping with all the extra hands we can make even better use of the space we have.

With the hope of becoming more self-sufficient, we've started composting and we've been collecting seeds from our plants to be able to re-grow them next spring. It's a slower time for produce now that it's cooler. But we've been growing leeks, lettuce and radishes through Autumn and we just planted garlic and onions to have an early harvest in the spring.

All are welcome to join us at the garden!

We appreciate those with no experience who are looking to learn more about gardening, those with years of experience who can teach us a thing or two and everyone in between.

*Mayfield Community Garden would like to thank
Our Lady Crowned Credit Union - for awarding us €300
from their Community Chest Fund.*

Our Lady Crowned Church
Upper Mayfield Parish Cork T23 K377
Telephone: 021-4551276

Family of Parishes Our Lady Crowned Church,
St Joseph's Church, Holy Family Church

Moderator & Co-PP: Fr Charles Kiely
Curate: Fr Pontianus Jafla
Telephone: 021- 4551276
Mobile: 086-2308622

Parish Office/Sacristy: 021-4551276
Email: office@olcmayfield.ie
Livestream: olcmayfield.ie/livestream
Website: www.olcmayfield.ie
Facebook: Our Lady Crowned Mayfield



CHRISTMAS MESSAGE 2023



"I bring you news of great joy!" These words of the angel to the shepherds we hear each year as we read the Christmas story, watch children in Nativity plays, sing Christmas carols together...but who is this news for? Is it just for the shepherds, or is it for all the people of the time in Bethlehem, or is it news that goes on for ever...?

Is it for us this Christmas of 2023?

The news of great joy is we know for us all, otherwise why would we continue to celebrate Christmas – without the continuous sharing of this news of great joy over the centuries we would have no reason to come to church on Christmas Day, no reason to exchange gifts, no reason to eat our Christmas dinner...

The birth of Jesus is the news of great joy to be shared by all the people. The news of a baby born in a cave at the side of a house in Bethlehem and laid in a manger by his parents, Mary and Joseph. The news though is much more than one more baby born into the world – it is the birth of the promised Messiah, Emmanuel, God-with-us. This is the news of great joy – the news we continue to celebrate in 2023. So this Christmas as we sing our carols, exchange gifts and visit the crib – let us ask ourselves how in 2023 will I share this news of great joy with others?

Christmas is a wonderful time here in our community. Personally we would like to acknowledge and thank all of you who make our celebrations so beautiful every year. Music enhances our Christmas liturgies so thank you to all who sing and play music in Our Lady Crowned, St Joseph's and Holy Family Churches.

Throughout the year so many of you offer your support, your talents, your gifts in the service of the faith community – for this we are all so grateful.

To the sacristans and all who work so tirelessly and selflessly in the background and who are a tremendous help and support to us in all three churches. The Parish Pastoral Councils for all that they do to make things happen in our parish communities. Thank you also to our Baptismal Ministry Team, Our Funeral Ministry Teams, Parish Choirs, Altar Societies, Prayer Groups, Safeguarding Committees, Parish Finance Committees, Collectors and Counters and Church based organisations and all the various voluntary groups who do so much for our parish and our Family of Parishes. We wish also to acknowledge those who care for our churches throughout the year, ensuring that they always look well both inside and out. First impressions always last. If it looks well on the outside, then it looks well on the inside making it a prayerful environment for everyone.

To our parishioners and those who attend Masses thank you for your commitment to your church. We also wish to acknowledge your financial support and generosity in the weekly offertory collections and building fund collections. These go directly towards the daily running costs and upkeep of the church. The Dues Collections Envelopes twice a year Christmas and Easter along with the Holy Souls Envelopes in November go towards the income of Fr Charlie and Fr Pontianus again your generosity and support is very much appreciated by us.

We are very conscious of the many families in our parish communities who have lost loved ones since last Christmas and it is certainly a sad time for you all, please be assured of our prayers.

We welcome all of you who have recently moved into the area to make this your home; we wish you every blessing and happiness in your new home both now and in the years to come.

In September 2023, Our Lady Crowned, St Joseph's and Holy Family Churches became a Family of Parishes with the Team of three priests, Fr Charlie Kiely, Fr Criostóir McDonald and Fr Pontianus Jafla. Unfortunately, in October Fr Criostóir died suddenly while on pilgrimage in Rome, a great loss to our team and the community. The work of three priests now becomes the work of two – we are very grateful to you all for your support, kindness and help as we try to minister in your churches and communities.

Finally, thank all the parishioners and those who are part of our worshipping community for your kindness, support and encouragement to us personally – it is very much appreciated.

May God bless each of you in this Holy Season and in the New Year ahead. Fr Charlie Kiely & Fr Pontianus Jafla



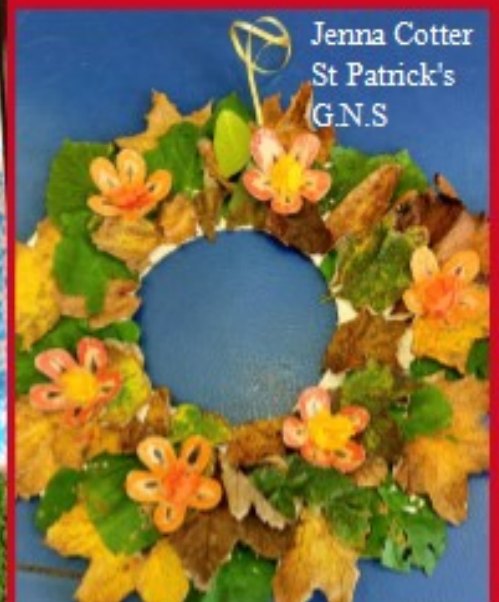
5th class St Patrick's G.N.S.



5th class St Patrick's G.N.S.



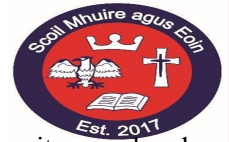
St Killians School





SCOIL MHUIRE AGUS EOIN

The staff of Scoil Mhuire agus Eoin would like to wish our pupils and their families a very happy and safe advent season. Here are just some snippets of our busy term.



Road Safety Week- Road Safety Week was a big success again this year, with visits from the community guard and our wonderful traffic warden Amanda who spoke to our younger students.

Student Council- Ms Barry held a student council election in our senior classes. Well done to everyone who put themselves forward, we are very proud of you. We would like to say congratulations to the successful candidates!

Parents' Association – Thank you to our wonderful Parents' Association who organised a Halloween disco for the whole school at the end of October. Great fun was had by everybody.

Sports - Scoil Mhuire agus Eoin's Sciath na Scol team have been training hard and have shown massive improvements in their two games so far. We are looking forward to camogie and hurling in a few months. Our 4th class boys and girls did very well in a recent football blitz. Well done everybody!

Maths Week – Great fun was had with parents as well as pupils for Maths Week. Each class showcased an activity for the school and we were all blown away by the ideas! Puzzles, competitions and games were organised for the week. We were delighted to invite parents in for Maths for Fun in our two first classes.

After School Club – Just a reminder that Fun Club is available every day within the school from 1.30pm – 5pm.

Please contact Siobhán on 087-7674950.

Website -We would like to remind parents of our school website which will keep you all up to date on our school's activities. The website is www.scoilmhuireagusEoin.ie.



Wishing you all a very happy and safe holiday from everybody at Scoil Mhuire agus Eoin!



ST KILLIANS

St Killians has had a very busy start to the school year. We continued the expansion of our Autism mild/ moderate classes, opening two new classes. Mayfield CDP very kindly helped us by offering us a room in their building while the building continued in the school.

The staff and children in Chestnut and Willow Classes are very grateful for the hospitality shown to them by everyone in Mayfield CDP. See how engrossed Chestnut Class are in their lessons.

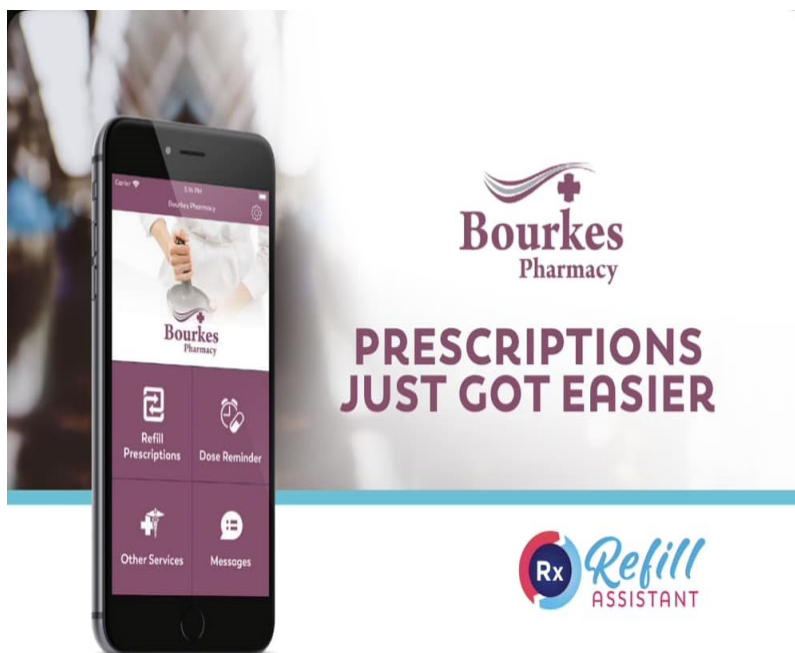
This connection led to Beech Class linking up with Mayfield Community Garden to do weekly gardening sessions, which include planting, tending to their gardens and making seed bombs. This is a great opportunity for the children to learn about where food comes from. It's a joy to witness the bonds that are developing between children, who only first met in September.

Ash Class embraced the rainy weather last week, enjoying waterlogged playground sessions in their rain gear. Of course all of this is made easier when you return to prepare and cook a healthy soup.



*Wishing you a Very Happy
Christmas and New Year
from us all at St Killians*





QUICK
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ST. PATRICK'S GIRLS NATIONAL SCHOOL
GARDINER'S HILL, CORK

The 2nd class pupils at St. Patrick's GNS undertook some fun and creative activities for Halloween with their parents and teachers. They painted pumpkins in the newly decorated Art Room and later enjoyed some hot chocolate and festive Halloween treats. Great fun was had by all!



LET'S START THE REVIVAL OF THE BICYCLE.

Sinéad Halpin

This article was written at the end of October in the wake of devastating floods in Middleton and Glanmire and facing our third weather warning in a week. The climate crisis is very much upon us. As such, now is the time to start conversing about real alternatives to traffic congestion and pollution in Mayfield and beyond.

When I first moved to Mayfield, almost a decade ago, I was dependent on my car for transport to and from work. I started driving because of the failure of our public transport system; I was unable to get to CIT (now MTU) campus from my family home in Farranree in time for my first lecture. By 2019, I couldn't imagine life without the convenience of a car.

After we welcomed our first son, however, I naturally started considering the environment around us. As a resident on a thoroughfare in Mayfield, I saw the astounding volume of car traffic. As he started crèche, I realised how difficult it was to navigate the city with a pram. When he started school, I saw how our short commute wasn't designed for pedestrians or those using active travel. I knew that something had to change.

In 2019, when my car required costly repair, I decided to take the plunge and invest in a greener alternative - an eBike. The first thing I hear from people when I tell them I cycle is "Up those hills?", but an eBike was more than able to bring me and my youngest to crèche, taking on the steepest hills and get some beautiful views enroute. Our hilly environment is not unique. Bern, a mountainous Swiss city has steeper hills but 15 out of every 100 people cycle every day.

Soon, I realised that I was not alone in favouring a cycle commute - 5.8% of my nearest neighbours cycle to work or education. Joining Cork Cycling Campaign - an advocacy group for cycle infrastructure in the city - made me realise that the image of "men in lycra" was outdated. eBikes have made cycling a true alternative to cars, accessible for those with disability or mobility difficulties and welcomes families of all sizes. My dream is to bring cycling back to its working class roots - the days when men and women would clock out from Fords or the Sunbeam and hop on their bike. With nearly 40% of households in Mayfield carless, so many would benefit from a bike or two. It's cost-saving, super easy to park and often quicker than travelling by car or bus.

Mayfield has a rich history of cycling with special mention of Mullen Horgan's in the book *A Sense of Place* by Mayfield History and Folklore Group. Horgan's was the destination from many surrounding areas for those using bikes who "would leave their bikes at Horgan's shop while they continued their journey to Cork City by CIE bus from the terminus outside The Cotton Ball."

This is where the importance of cycling infrastructure comes in. The most common reason I hear from people who would like to start cycling is 1. I'd be terrified on a bike on these roads and 2. But what about the weather? The safety issue is vital - without safe, segregated cycle infrastructure, many (and especially women and children) do not feel safe. Allowing a child to cycle to school is unimaginable to parents. Large cars with large blind spots and fast moving traffic force children into cars. Being ferried to and from school - most inside 2km - means they don't develop the same familiarity with their neighbourhood, they don't develop street safety and they ingest the heavy fumes of the many cars idling at the school gates. My 8 year old cycles up to school two or three times a week and is a passenger on my bike the rest of the week. This has given him confidence and increased his fitness...

The added bonus of bike lanes is that they can be used for all of those on wheels i.e. those in powered chairs and non-standard bikes. Lastly there are studies that have revealed that areas with bike lanes are safer for all road users, car numbers are reduced, the remaining traffic is slowed to a more suitable speed and pedestrians are protected from vehicles by a segregated path. Considering that pedestrian deaths and injuries have gone up hugely this year including cases where pedestrians on a path or waiting at a bus stop have been hit by drivers of vehicles, everything that helps this is to be welcomed.

My ask is a simple one. That people consider the needs of all those in their neighbourhood. To be forward thinking. To consider the devastating effects we're already seeing from climate change. And to be the voice of our youth in creating a neighbourhood that is walking and cycle friendly for all. Change is absolutely going to be uncomfortable, but part of being a responsible citizen is embracing that change safe in the knowledge that it is for the betterment of our next generation.

Oh, and to speak to the weather. Oulu in Finland is under snow for an average of three months a year with temperatures regularly reaching -15 degrees Celsius and 12% cycle in Winter and 20% in the summer months. The Slovenian city of Ljubljana has more yearly rainfall than Cork and has a population of 280,000, compared to Cork's 224,004. Ljubljana has more than **230 kilometers** of designated cycling paths. Even the Netherlands, famous for cycling, has a similar climate and extremes of wind and temperature.

There is nothing saying that everyone has to or should use a bus or a bike but without appropriate infrastructure we are failing a huge number of people in our community. We are aiming for a multi-modal transport system where each mode gets its fair share of space. Let's start the revival of the bicycle.





We have had a wonderfully busy and rewarding year at Mayfield Arts Centre this year Highlights included our QQI Presentations in January, our involvement in the Mayfield Learning Neighbourhood's Expo in March, winning a Lord Mayor's Community and Voluntary Award in June as well as our Schools collaborations, Family Art, Summer Camps, our Adult art Classes and our Creative Communities



Summer Printmaking workshops with various groups in the Community.



Merry Christmas to all of our Volunteers, Participants, fellow Mayfield Community groups, funders and friends and thank you all for your support this year.

Deirdre Hunt,
Deirdre Morgan,
Etaoin and Cathy



St. Joseph's No Name Club



Since we reopened our club on the 3rd October and welcomed our new members we have been kept busy here at St. Joseph's No Name Club but we are happy to be back at it. Our lovely members were welcomed on our first night with introductions and a great ice breaker game of 20 Questions which was a lot of fun and made everyone feel at home.

On our second week there was a whirl in the kitchen as our young people tried their hands at making pizza from scratch and for dessert chocolate fudge brownies that turned out to be scrumptious. Our young people are so impressive and so much fun. We are looking forward to a big fun and diverse programme of activities in the coming year that have always had a wonderful impact on the lives of our young people.

On Saturday, 14th October our adult leaders travelled to the annual Volunteer Conference held in Kilbride, Roscommon. This was a great opportunity to share ideas and network with leaders in other clubs throughout Ireland. After we enjoyed a visit to The Escape Rooms, our Halloween outing, our next big national event will be the National Youth Conference in Athlone on the 18th November which is a firm favourite amongst past and present members alike. The day is filled with physical fun and games and interesting conversations about relevant issues in their lives. The group of 2023/2024 has a lot to look forward to with all the ingredients for an awesome year at St. Joseph's No Name Club.

On a sadder note, the leaders and the young people of St Josephs No Name Club would like to express our sincere condolences to the family and friends of the amazing *Mary Kelly from C.A.L.P.* Mary was this shining light in the community and was of great help to the club for so many years, we are so grateful for the help that she and her colleagues has given us over the years.

St. Josephs Mayfield No Name club is still recruiting young people between the ages of 15 and 18 years. We would be ecstatic to welcome you all because it is a great place to be.



NAGLE PLACE IN CORK CITY



Geraldine McAuliffe.

Nano Nagle Place in Cork is a very peaceful place to visit with friends or visitors to Cork City. It has a beautiful chapel, and there are several guided tours available to visitors or groups coming to Cork City.

She was Known as “The Lady of the Lantern”. Nano Nagle was known for entering the dark streets of Cork City. She guided the sick, lost people, and the marginalized.

Nano Nagle was born in 1718 at Ballygriffin, near Ballygriffin near Mallow, Co Cork. The Nagles were a wealthy family, who owned large amounts of property in Cork City and county. She spent a lot of time in her youth and early adulthood on the Continent, where she was educated in the defiance of the Penal Laws in Ireland. As a young woman in France, she felt she had a religious vocation and was thinking of joining a convent there. After many discussions with her confessor, she returned to Ireland, and dedicated herself to educating herself, to educating the poor children in Ireland.

In the late 1740s she was living with her brother Joseph in the South Parish. In the Mid-18th Century Cork City was thriving, in it was the Catholic Church involvement in the exporting of butter, salted beef, and pork.



One visitor described the city as one of the richest and most commercial in Europe. Cork was also a place of great poverty and Nano Nagle had seen this poverty. The beggars, and the unwanted people also roamed the streets of Cork City. Although her family were very wealthy, she devoted herself to the education of poor Catholic girls in the city, as they were marginalized children of that era.

She provided free education for poor children, and a strong devotion to the Catholic Faith also helped Nano Nagle in her mission. For over 30 years Nano Nagle looked after the poor children of Cork, and made sure they were both educated and fed. She took delight



in both educating and looking after the children, and this continued after several bouts of ill health. Between the 1750s and her death in 1784, she established schools in Cork City to educate poor Catholic children, and also brought the Ursuline Sisters to Ireland, and founded her own religious order called the Presentation Sisters which had 500 schools across the world and educated over 20,000 students.

The rapid expansion of the schools meant that she had to employ additional teachers. The teaching of reading, writing, and arithmetic and the preparation for the sacraments were of great interest to her, as she went on to provide a daily meal for each child.

Fr. Moylan who had spent many years in France and was a great friend of Nano Nagle approached the Ursuline sisters in Praia and requested that they might consider opening a convent in Ireland. They agreed to train 4 Irish women as Ursuline nuns and sent them to Cork and made sure that Nano Nagle would build a convent.

She was independently wealthy, and she used her money to run her schools. Nano Nagle gave her whole life to Cork City and will never be forgotten.

RICHARD GOODISON

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THE OPENING OF THE GATE

Danny O'Neill

Dad and I set off one bright summer morning, full of anticipation to cheer on my heroes against the boys of Wexford. Getting closer to our destination, my excitement was building, the traffic was getting heavier and slowing almost to gridlock as drivers started frantically looking for spaces down byroads and laneways, local farmers fields became car parks for the day with a small fee required of course !!

Thurles was busy with supporters who were strolling up the main street intermingling of red and white and purple and gold. Awash with strong different accents from New Ross, Gorey, Enniscorthy, with both the musical tones both north and south of the River Lee were filling the Tipperary air.

Dad and I decided to head towards the end of the town, and found a lovey diner away from the madding crowd as we tucked into a lovely dinner our fervent hope was that the weather would hold.

It was now getting close to throw in time as we walked across Liberty Square. Heading up over the bridge Semples Stadium came into view, Dad was telling me stories about his times going to matches down the years with his great friend Tim who later on became his brother in law.

Approaching the large gates the announcer's voice echoed all around Ceard faile Corcaigh agus Loch Gorman {I met Liam O'Donnchu who wrote books on Tom Semples and Semples Stadium and told him his voice reminds me of summer days in Thurles.}

Stocked up with Coca-Cola and Cadburys chocolate to this day their taste and smell transports me right back to growing up, warm Summer Days in the Backa and Tank Field all distant memories nowadays.

The colour and noise inside the stadium is wonderful. The sound of the bag pipes striking up tells you it is time for battle. Straight away my voice is in full boom as I puck every ball up and down the field with my heroes. I never enjoyed a match so much. As the game entered the closing stages all of my earlier anxieties had gone, my happiness kept increasing. The sound of the shrill from Willie Barret's whistle brought pure joy. Cork were Champions. Dad and I hugged as I raced to the gate behind the goal, the steward opened it wide as I ran with Dad across the middle of Semples Stadium there was nowhere else I would rather be at this moment in time !!!

In my mind's eye I so often go back there waiting for the opening of the gate.

Letter to all public representatives Cork City North East

Traffic congestion and its impact on the lives of residents in Mayfield, Ballyvolane, the Glen and Blackpool

The residents of Mayfield and adjoining areas continue to live with the huge volume of industrial traffic travelling through our areas. The noise, pollution and inconvenience and the safety issues caused by an estimated 2000 trucks plus thousands of cars travelling in both directions daily on the route from the Silversprings overpass through Mayfield and onwards through Ballyvolane towards Blackpool, traversing roads that were constructed fifty years ago to service local residential estates, is unbearable and disruptive for residents. Opening windows facing onto the road at any time of the day or night is not an option.

If a traffic or a pollution survey of this road has been carried out by the City Council or some other body it should be published for all to see. Some official decided to put a sign on the wall near Silversprings calling it the North Ring Road.

We read that planning is underway for a Northern Distributor Road. Will this reduce the level of through traffic on the R635? Mayfield has a high percentage of elderly people. I know some of them who are afraid to use the pedestrian crossing adjacent to the Credit Union to access the church and the post office. Two lanes of huge trucks heading towards you travelling up the hill and one lane going down the hill is intimidating and makes them nervous even when the green man is with them on the lights. Accidents and fatalities have occurred on this section of the road.

We need strong voices from our public representatives to start calling for a road to be constructed in the short term that will divert traffic from the existing route to make our quality of life better and safer. We should be able to open our windows without having to endure loud traffic noise and pollution. Residents exiting from the estates onto the R635 should be able to do so safely. Grandiose plans promising solutions in ten years' time are of no benefit to our local community. We need a solution now which those of us who are long term residents will see in our lifetime and enjoy the benefits.

The upgraded Dunkettle interchange will have no bearing on this problem. Industrial traffic heading to the North of the city and onwards to North Cork, Limerick and further afield will still have to travel through Mayfield if another route is not provided. All the new direction signs to Limerick for traffic coming Northwards through the tunnel or coming Eastward from the N25 are directing the traffic through Mayfield. There is no other option.

This neglect of our area is again highlighted following the publication of the most recent document outlining Government Infrastructural projects planned between next year and 2031. In October 2023, the document revealed in a briefing note from Transport Infrastructure Ireland (TII) that, up to 18 lives could be lost and 252 people injured should there be further delays to progressing the proposed Cork City Northern Ring Road project. The Cork City Northern Ring Road was among a number of Cork roads projects which TII — the body charged with road construction throughout the country — included in a document entitled "Briefing note to Department of Transport" on the consequences of the funding scenarios.

The TII document gives a range of three options relating to a large number of roads projects around the country, including the Cork City Northern Transport (or ring road),

In two of those scenarios, both of which envisaged a five-year delay, the TII had extrapolated figures relating to casualties from collisions. The largest number of fatalities and serious injuries to be linked to the delay in any road throughout the country related to the Cork City Northern Transport road, with 18 road deaths projected and 252 people seriously injured.

According to the TII document, consultancy fees amounting to €100,000 relating to the suspension of the project until 2026 have been committed. If the TII's preferred scenario was adapted, funding of €1.3m would allow route selection to commence.

In a further recent development in answer to a Dáil question, it was disclosed that Cork City Council had submitted a strategic assessment review (SAR) of its proposed route for the Cork North Ring road for approval before the end of 2021.

The Department of Transport reverted with comments on the SAR and Cork City Council made a further SAR submission in October 2022," Michael Kennedy, Transport Infrastructure Ireland's Head of Regulatory and Administration wrote in the response to the question.

"The Department's decision on the updated SAR is awaited" he wrote in conclusion of his response to the TD's question.

Despite traffic chaos every evening on the North side of the City and the potential for lives to be lost without this road, the Department of Transport have sat on a Strategic Assessment Report by Cork City Council since October 2022

Public representatives who support this Government and who remain silent on this issue must be held to account if they continue to support the neglect of vital projects such as the North Ring road which is a vital piece of infrastructure to take traffic out of our residential areas, make our residential areas safer and to promote business, North of the River Lee.

This should be made an issue in forthcoming elections where people have the opportunity to support the people on the North side of the City who will deliver on a solution to the problems I have outlined.

John Brennan & Cllr. Ted Tynan, Workers' Party. Mobile: 086 1908281
Email: ted_tynan@corkcity.ie

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WINTER STYLING 2023 WITH LYNDIA DIBLASI

It's that time of year, we are choosing outer layers. The shops have such a selection of coats in different textures, styles, and colors. Choosing the right coat that can be worn for the months ahead can be daunting for some. I will share with you this month some key tips to consider on your search for the ideal winter coat.

Look at your needs

Start with a plan, look at your needs and lifestyle. Consider your daily activities, school collections, work wear, casual coat for everyday errands. Also consider do you walk a lot or travel by public transport or in a car. Are you looking for a more formal piece if you have occasions coming up over the winter season. Our winter coats tend to be worn from October right through to March so invest as much as you can. Think of the cost per wear. It's worth investing a bit extra considering the amount of time you will wear it. Assess your wardrobe and look at the coats you already own. Are they worn? dated? Still fitting? Remove if they are not serving your needs and current fit. Considering your requirements will filter down your options and result in a more informed decision.

FIT

I always recommend trying on items where possible before purchasing. Consider the fit of a coat, this is such a vital factor in your overall looks. A coat is the first item to be seen. I talk a lot about creating a good first impression in our daily lives. We also want to create a lasting impression. Look at the sleeve length, stretch out your arms while trying on. Ensure you can move your arms, consider driving a car, you need room to maneuver. Consider you may be wearing a heavier layer underneath if temperatures lower than the day of purchase. Length can play an important element do you want warmth and rain protection for your legs if commuting to work.

COLOUR

Neutral camel coats are very versatile. A camel coat can look great over a shirt and jeans or a tailored trouser suit for work. Navy and black can be uplifted by adding colored accessories year after year. I do love a red coat for this time of year. Red features a lot this season. Paired with a long-knitted dress knee-high boots will guarantee comfort and style this winter.

MATERIAL

Down filling in puffer jackets provide a high level of insulation. Down filling will guarantee warmth without the heaviness. Wool content will undoubtedly provide warmth but long lasting also. I love the luxury and glamour faux fur gives to an occasion or out socializing over the winter months.

Please contact me if you would like a personal shopping session tailored to your budget and needs.

086 -2599539 if you would like to discuss style, make up, color analysis, shopping. E-mail me on lyndadiblasid@yahoo.com. Check out my website www.lyndadiblasid.com for various packages. Facebook or Instagram page. [Lynda.diblasid_image_consultant](https://www.instagram.com/lynda.diblasid_image_consultant)



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Mayfield and St. Lukes Tidy Towns

<https://www.facebook.com/mayfieldstlukestidytowns/>
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 @sttiday

In May 2017, Mayfield St Luke's Tidy Towns was set up by Cllr Joe Kavanagh and it has gone from strength to strength ever since.

People living in our community take great pride in their neighbourhoods and public spaces. This is experienced repeatedly in the level of enthusiasm and goodwill that is shown to the Tidy Towns volunteers by local businesses and residents as we pursue our various projects in the community.

The Tidy Towns group engenders positivity, pride in our locality, and a determination to highlight the best of our local community. The name 'Mayfield and St Luke's Tidy Towns' derives from our status as a community organisation that links directly into Cork City Council via both the St Luke's Policing Forum and the Mayfield Policing Forum. It is a simple and direct system and it has proven to be effective.

The Tidy Towns Organisation has a management committee which organises the fortnightly clean-ups, planting and painting as well as planning future projects.

We would like to thank local businesses for their generous financial contributions to our voluntary group in 2023. It is vital to have local business supporting this worthwhile community initiative.

Heading into 2024 we will continue our focus on encouraging biodiversity whilst continuing our emphasis on litter free streets, and the maintenance and upkeep of existing planting and painting projects.



Cllr. Joe KAVANAGH



"Wishing you and your family a very Happy Christmas and a Peaceful, Prosperous and Healthy New Year!"

☎ 086 2307507 ✉ joe_kavanagh@corkcity.ie
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FINE GAEL ✨

The following are examples of high visibility projects in the area:

- Planting and re-planting flowers in the trough and boxes at St Luke's Cross and three troughs for Mayfield Plants Positive: Tank field, Colmcille Avenue and Boherboy Road
- Maintaining the parklet outside the Frank O'Connor Library.
- Planting in the large bed on the Middle Glanmire road.
- Clean up of foot paths on upper Colmcille road near the business area and general clean-up of the area up to the junction of Old Youghal Road.
- Litter picking and clearing throughout the area from Silversprings Hill to Wellington road.

The level of volunteer commitment every Saturday is fantastic and we are looking forward to 2024.

If you wish to get involved and volunteer to help at any of the forthcoming projects you can message the Mayfield St Luke's Tidy Towns Facebook page, or call Joe at 086 2307507.

Mayfield and St Luke's Tidy Towns would like to wish everyone a Very Merry Christmas and Happy New Year.



THE MAYFIELD COMMUNITY TRAINING CENTRE



We look back on a year that has seen students achieving QQI Certification at Level 4 as well as City & Guilds Qualifications in numbers that mark an all time high for the centre. All six courses (Construction, Office Skills, Woodwork, Culinary Skills, Sport & Rec, and Tourism & Hospitality) have helped their students onto further education or the work place.

We have many former students now continuing their studies at colleges throughout the city, and even in UCC, demonstrating how non mainstream qualifications can create as many opportunities as a Leaving Cert.

2023 also saw the centre embrace our responsibilities to the environment with various projects based on sustainability as we prepare to incorporate environmental concerns in the delivery of our courses.

It's a time of year when we think of new beginnings and fresh starts, and we, the staff at the centre, have been privileged over the years to have helped many young people in the area take those first steps towards a fulfilling career.

Whether your interests lie in construction, carpentry, computers, hospitality, sports or cooking, we have the course that will interest you and the guidance to nurture that interest.

If you are aged between 16 and 21, why not make 2024 the year you start your journey where you learn the skills that will open new doors for you?

Call us on 021 450 4822 or pop in for a chat. You can find us in the Mayfield Business Park and are sure of a warm welcome.

We would like to offer our best Christmas wishes to students both old and new and we would also like to wish a very merry Christmas to all the other agencies in the area which have helped the young people of Mayfield in 2023, as well as, of course, our Board of Management who volunteer their time and effort year after year.





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We would like to wish you
A Merry Christmas & A Happy New Year.

We look forward to seeing you over the
Christmas season



LITERACY OCT. '23

Mr. Jeffers 6th Class were very lucky to meet Irish author Jane Mitchell at Mayfield Library recently.

The boys enjoyed her stories and hearing all about how and why she became a writer. The boys have decided to read "Chalkline" written by Jane as a class novel.



HOME CARE NEW ROSTER SYSTEM

Margaret Healy Independent Workers Union.
55 North Main Street. Cork .

For further information call in to our offices www.union.ie

As we are all aware now the new roster system for the home care service is about to start and has started in some areas already. Some home helps are happy enough with this system but there are a lot of home helps who totally disagree. As usual it's the people who are relying on the service are going to pay the price again and here we are again nothing changes. People who have been so used to their regular home help will now find themselves in a position that they have to get used to new people and not just one person, on a rotating basis.

The Home helps go way above and beyond for the people they care about but this is all after coming to a full stop since the time-sheets and rosters are in force. People are no longer important any more they are treated like numbers and this is awful to see.

People in politics and government are all about the money and the more they can save for themselves the better. The healthcare service is now privatised for the last few years and all the government is worried about is money and profits.

We are no longer regarded as people who need a home care service but as people who are costing the state and the best way to save on this is to cut back all the time. This is just the tip of the iceberg because this is now happening and the next will be more cuts again.

Home helps are the greatest people you could meet and they are few and far between. Now sadly the new privatised method is taking over and this is going to be the future for the home-care service.

It will never be part of the important discussions anywhere in government again because they (the government) has just turned a blind eye and that is the way it was allowed to happen. There are still hundreds of people waiting to be granted the home-care package and they have been waiting for months and months so what is this telling us?. All there is to say really is that after all the efforts and work that has gone into trying to provide a better home-care service for all it has now come to this and we really hope that there will be a better future for the people that rely on this service.

Maybe the roster system might work out well in some areas more than others. We also have a situation now where the private sector is threatening to go on strike in order to get their right rates of pay and then we have an announcement from the HSE telling us that they don't have enough money in the pot for next year. Our health system is on the ground as it is. Here's hoping that the pay for the private sector is increased to level with the public sector as this is long overdue. We are now coming to almost the end of another year and really nothing has changed.

I would like to take this opportunity on behalf of all my colleagues here at the Independent Workers Union a "Very Happy Christmas and a Happy New Year" .

As always feel free to contact us if we can help with anything.

Regards Margaret
www.union.ie





HAM AND CHEESE TARTS

BORD BIA
IRISH FOOD BOARD

Ingredients

- 375g ready rolled puff pastry
- 100g cheddar cheese, grated
- 200g leftover cooked ham, shredded
- 125g mozzarella cheese
- 1 egg beaten

Basil and Garlic Oil

- 20g basil
- 3 tbsp. olive oil
- 2 cloves of garlic, peeled and chopped

Heat the oven to Gas Mark 6, 200°C (400°F).

Method

To make the basil and garlic oil: place the basil, oil and garlic in a mini processor and whizz until combined. Taste & season.

To prepare the pastry: Lay the puff pastry out on a large baking sheet. Using a knife cut the pastry into six. Spread them out a little on the baking sheet. Score a 2cm border around the edge of each quarter. Be careful not to cut all the way through. Brush the border with the beaten egg wash. This will help the border to rise when baked and create a raised edge. Prick the centers with a fork to prevent them from rising.

Brush the centres of the puff pastry squares with some of the basil oil then divide the ham between them. Sprinkle over the cheddar cheese and then break up the mozzarella and place little bits on top of each tart.

To cook the tarts: Transfer the baking sheet to the oven and bake until the edges are puffed and golden. This will take approx. 10-12 minutes.

To serve: Allow to cool for a minute or two then serve with a tomato and rocket salad. Drizzle the remaining basil oil over the tarts.

CHRISTMAS ROCKY ROAD

Ingredients

- 300 grams chocolate (broken into pieces) milk, dark, white or a mixture
- 60 grams mini marshmallows or use larger marshmallows cut into halves
- 130 grams peanuts use any nuts (pistachios are nice for Christmas)
- Turkish delight chopped
- 4 gingernut biscuits or use any biscuits to decorate the top (optional)
- M&Ms green and red
- 30 grams white chocolate (2 to 3 pieces), to drizzle over



Method

Line a large baking tray with baking paper. Set aside.

Melt the chocolate in the microwave in 30-second bursts (1.5 to 2.5 minutes) until nearly melted.

Stir to melt completely (this is an easy way to 'temper' the chocolate).

Add the marshmallows, nuts, Turkish delight/raspberry candies & gingersnap biscuits.

Stir well with a spatula until everything is covered in chocolate.

Empty the chocolate mixture onto the baking tray.

Flatten/Spread out slightly with a spatula.

Sprinkle the M&Ms over the top (if using). If you like, melt a few pieces of white chocolate in the microwave, then pour it into a small clear food bag. Snip off the very end and drizzle the melted chocolate over the top.

Let set in the freezer for 20 to 30 minutes.

Slice the rocky road into uneven pieces with a sharp knife.

Store in an airtight container in the fridge for up to 3 weeks.

CHEESE STRAWS

Ingredients

- puff pastry, leftover (about as big as a fist, when squished together)
- 25g of mature cheddar, grated
 - 15g of Parmesan, grated
 - 1 1/2 tsp smoked paprika
 - 1 pinch of cayenne pepper
 - salt & pepper
- plain flour, a little for dusting

Method

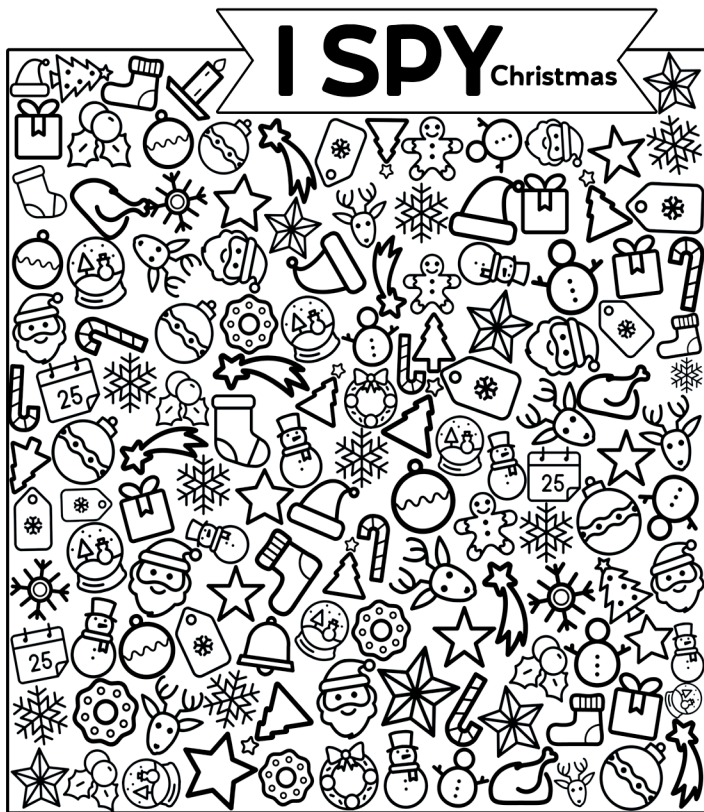
Preheat the oven to 200°C/gas mark 6

Roll it out pastry on a floured surface, forming a rectangle about 1cm thick and. slice it into 1cm sticks and place onto the baking sheets lined with parchment .

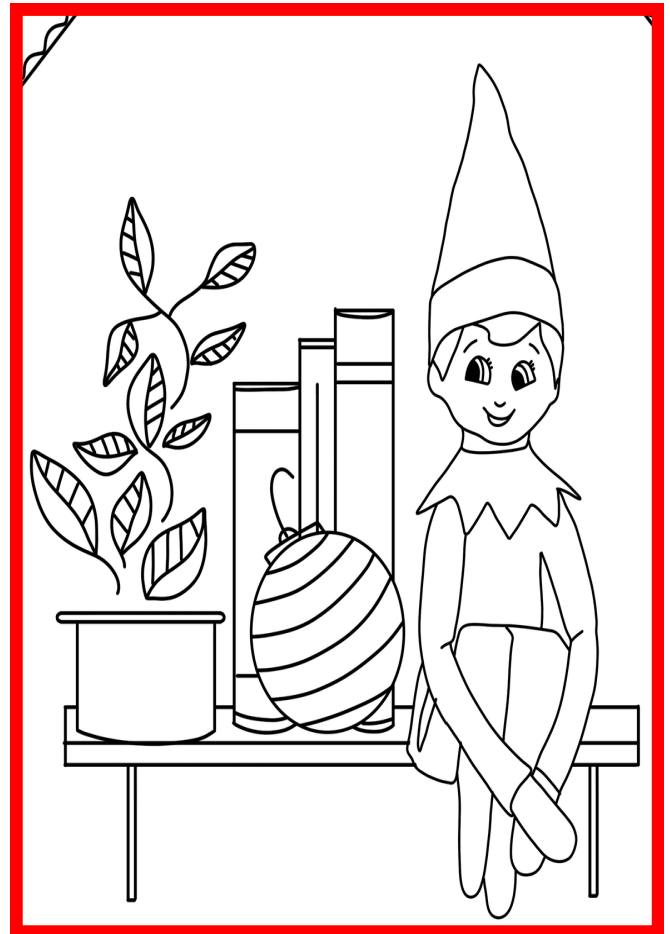
Sprinkle over half the cheese & half the paprika.

Bake for 8-10 minutes, or until the cheese straws are golden and puffed up. Eat hot or cold

Eat
Drink
Be Thankful



2 3 4 4 2 4 5 7 4 6 5
 1 6 7 1 3 6 7 4 7 4
 3 2 4 6 2 7 3 9 6 3



WORD SEARCH

GQCELVESZLIGHTS
 DCZLFJSRVNULBZB
 CELEBRATEWMJEYF
 QFDCWGNREINDEER
 PFZEHJTGCOOKIES
 GRANCRAIRIWBHC
 OMEMNOIUKSFVAZA
 RIISINRSNDOHJDN
 NMMSELEATECQBWD
 AGZDTNYCTMJCPRY
 MIIULTTWIABTEC
 EVHNZWESSQOSBAA
 NIENAQQTFTPNJTN
 TNGEPQICOPYZSHE
 DGARJWDEQEYPEBS

Decorations	Candy Canes	Christmas	Mistletoe
Celebrate	Ornament	Reindeer	Cookies
Lights	Presents	Family	Elves
Giving	Dinner	Wreath	Santa

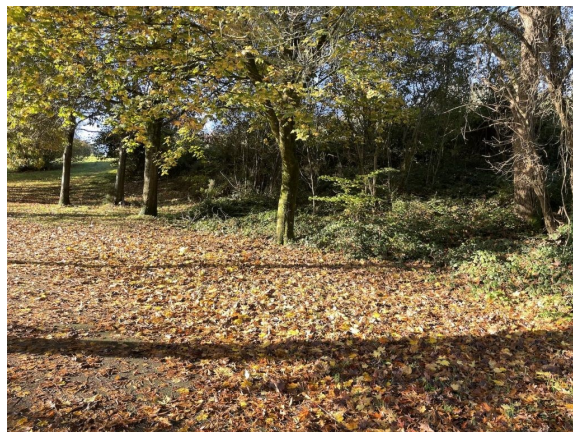
Christmas Paper Chains

1. Color in the designs. 2. Cut out the strips. 3. Make a loop with one of the strips and glue in place. 4. Pass the next strip through the first loop and repeat to create a chain.



GLEANN a' PHÚCA invites you to come and be Creative for Climate Action in The Glen www.gleannaphuca.ie

For those of us lucky North siders The Glen River valley is our hidden gem. Also known as "Goulding's Glen" it is an urban parkland with a unique history and bio – diversity that belongs to the people of Cork. Rising in Mayfield and cutting due west through the Northside of Cork City, our ancient glacial valley still bears the scars of its industrial past, and holds the promise of the natural re-wilding that has taken place in recent decades. However, this unique and precious green space is under threat from the pressures of urban sprawl and surrounding developmental opportunities.



Gleann a'Phuca is a climate action arts project that has been three years in the making. It grew out of a pandemic lockdown urgency to get out into nature in my own back yard. I rediscovered a wonderland. At one time known as "Glen of the Spooks", the project takes the name *Gleann a' Phúca* as a term for engagement with The Glen River Park. It aims to respond to the ecological, cultural, industrial, and historical heritage that hovers still within this ancient glacial valley and contemporary urban park on the North East side of Cork City.

Six Proposals

With the backing of a Cork City Council arts research grant, I put out an open call to Artists for propositions, "which aim to reveal themselves subtly to Glen Park walkers; and to inspire curiosity and wonder without interrupting the natural beauty of the park" "From a response of over thirty entries six propositions were selected for research and further development.

Exhibitions of the Proposals and public consultation In 2022 the exhibition *Gleann a' Phúca* was held in venues across Cork City. This exhibition presented the six art proposals in poster format to visitors at The Atrium, Cork City Hall, The Frank O'Connor Library, Mayfield; Blackpool, and Central City Libraries; Studio 12 Wandesford Quay, and at The Glen Resource Centre, where the posters have found a home. The public were consulted and from here *Gleann a' Phúca* was successful in obtaining further funding with three of these projects now currently in production. A project award from Cork City Council Arts has enabled the production of *FuaimMná* and The Creative Climate Action fund is supporting *Ordinary Gifts* and *Spoon & Bloom*.

Gleann a' Phúca aims to raise awareness and promote active citizenship through a programme of creative offerings and activities in the park. Delving into the rich cultural and industrial heritage of the river valley the project invites participation in the (re)mapping of the Glen by acknowledging individual histories and relationships with the place. In the creation of new rituals which call forth its biodiversity and heritage, we seek ways to cultivate new habits in relation to the river and the health of its waters, from source to where it enters the Lee. Reflecting on its industrial past, we engage in the present, and prepare for the future of the Valley, its river and water, that wellspring of life that runs through the park.

Spoon & Bloom wants to hear your stories, memories and love songs to the Glen. Through their mapping, drawing and storytelling workshops Annie Mar and Aaron Ross's project, *Spoon and Bloom* (not doom and gloom) is future looking, focusing on positive action, building on our intimate relationship with the topography of the park, its natural heritage and what it can and does mean in our lives. At cross quarterly events, including Bealtaine, Lughnasa and Samhain, *Spoon and Bloom* will conduct excursions into the park, sharing memories and collecting stories along the way, participants will co-create a living archive about their connections with the Glen. Out of this archive *Spoon and Bloom* will create an animated map which reveals this multi-layered approach to the park. The first *Spoon and Bloom* event, open to adults and families, occurred on 29th October in the Glen Resource Centre. See here for more free events: <https://gleannaphuca.ie/events/>

Ordinary Gifts invites you, through a series of sensory, creative, science-based and celebratory activities to develop your sensitivity and perception, knowledge and understanding of the life of the river. Visual artist, Elinor Rivers intends to encourage participants to become advocates for the Glen River as a living presence with rights of its own as well as a source of wellbeing for all. *Ordinary Gifts* aims to develop practices about how we can contribute to protecting the water that flows past our doorsteps each and every day. This year-long offering of participatory events will also explore the relationship we have to rivers in Ireland through the lens of mythology and folklore, as well as revisiting traditional practices such as divining, creating new rituals in the process. Announcements and calls for participants will be made here <https://gleannaphuca.ie/events/>

FuaimMná, a poetry trail by poet and writer, Ann Dalton, is currently in production to give voice to the Soundwomen of the Glen River Park, many of whom have fallen under the radar. *FuaimMná* will include Laura McCarthy, who ran a sweet shop on the Old Glen Lane; Mary Kenny and Anne Wright, who were still just young women on the night of the Dillons Cross Ambush, and both acted bravely as events unfolded on December 11th, 1920. Anne Fleischmann (wife of composer, Prof. Aloys Fleischmann) lived and brought up a family in the Glen River Park from the late 1940's until her death in 1990. Following a period of research and linking up with living relatives of some of these women, Dalton will write a poem inspired by each woman's life story. These poems will then be read and recorded by the author and accessible on site, via your mobile phone through QR codes embedded along the banks of the river, forming a poetry trail between the bridges. There will be a public performance by Ann Dalton of her poetry to launch the *Fuaim Mná Walkway* in Spring of 2024. Please watch this space for details: <https://gleannaphuca.ie/events/>

In tandem to these projects *Gleann a' Phúca* is running a Youth Engagement Programme, sponsored by Cork Local Creative Youth Partnership with various groups in and around the Glen. *Gleann a' Phúca* is actively seeking funding to realise the further three projects, please see our website for more about all our *Gleann a' Phúca* offerings. www.gleannaphuca.ie. *Julie Forrester*

MAYFIELD EAST INDOOR BOWLS CLUB.



The Clayton hotel of Silversprings Mayfield, has again sponsored our "Singles competition" & presented the winner Tony Stokes with their sports club golden envelope plus the "Anne Pyke trophy" it was a close fought final with Jim Byrne as the runner up. A special thankyou to our lady crowned credit union for the grants given to the Mayfield sport organisation for 2023, its such a great help for insurance & annual funds required to get through the year.



Happy Holidays

KEEP MAYFIELD CLEAN GROUP

*Would like to wish everyone a
Happy Christmas, and a Peaceful and
Prosperous New Year!*

*We look forward to working with all
the residents and service providers in
Mayfield again in the New Year.*

*We Welcome New Members, Ideas and
Suggestions for 2024.*

Best Wishes to You All!

Regards, Majella, Patricia & Rosella.

LOTAMORE FAMILY RESOURCE CENTRE & PRE-SCHOOL CLG

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Limited places available in our Pre-school session

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Children can register from age 2½-5 years

CONTACT US

call Audrey: 085 862 7103

Email: childcarelotamore@yahoo.ie



CHAIR YOGA w Lisa K.

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1 hr - Very gentle Chair Yoga @ 12:30pm

Suitable for anybody w mobility challenges

BENEFITS

- * Increase Energy - Promote Vitality
- * Improve sleep
- * Decrease muscle/joint tension
- * Better balance - Improve mobility
- * Mental & Physical Wellbeing

@yoga4now

To Join call/text Lisa K. 0872730361 (RYT 200)



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Mayfield CDP

MAYFIELD COMMUNITY GARDEN

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Every Friday 10am-12pm

More Information :
Liz Ahern CDP 089-2687938
Fidelma O'Connel Community Health Worker 087-1800210