

# The Glenbeigh Gazette

ISSUE 15  
Winter 2015

*Compiled and Printed by  
Glenbeigh Community Council.*



## Welcome to our Winter Gazette

Christmas Greetings to all our readers near and far. By now, everyone is well and truly busy in preparation for the festive season but none the less astonished that the end of another year is nigh! As this realisation sinks in, we find ourselves looking back through the year's events and almost instinctively, we revisit Christmases past shared with family, friends and neighbours who are no longer with us. Somehow at Christmas, more than any other time of year, they seem closer; so in honour of their memory we perform the simple act of lighting a candle – our way of saying “you are not forgotten” - continuing the practice of an age old Irish tradition.

These traditions connect us to the past, to those we love and help create memories that we hold dear to our hearts. As a nation, our custom of placing a candle in the window during Christmas is recognised throughout the world, not only for its link to our historical background and faith but also as a symbol of our Céad Míle Fáilte. With this in mind, let us remember the many men, women and children who continue to flee their homes because of violence and war, as they seek shelter and refuge in unfamiliar surroundings; let us not forget to turn on the light in our own hearts! It is unimaginable to think of Christmastime without the enlightenment of candles; they signify hope and add a touch of magic to a wonderful time of the year. So this Christmas, treasure the gift of a candle and all it embodies.

Of course, gifts come in all shapes and sizes and more! As a community, maybe it's the privilege of living in a beautiful landscape that is Glenbeigh surrounded by historical landmarks such as The Rossbeigh Tower. Yes, the ravages of the sea have torn it down but it is hoped that like the phoenix, it will rise from the ashes once again! Perhaps it's the wealth of sporting achievements enjoyed by our handball and football clubs during the year, and the thrill this success has generated within the parish. Possibly for some, it's the security of a community alert system, providing comfort in the knowledge that we are all looking out for one another while for others, it could be the gift of a random smile from a passing stranger. All around us there are blessings; we just need to stop and take notice.

Christmas, above all, is the season for giving thanks and counting our blessings. So Glenbeigh Community Council wishes to take this opportunity to express a sincere ‘thank you’ to everyone who helped and supported us throughout 2015. Without the commitment of our sponsors and volunteers and the assistance and encouragement provided by so many others, none of our endeavours could be realised; certainly not our great result in the Tidy Towns Competition. Indeed our newest venture is no exception. With the help and co-operation of local farmers, a fantastic off-the-road walk to Rossbeigh has recently been developed, which Glenbeigh Community Council will officially open in spring 2016. It is yet another breathtaking trail to complement the abundance of walking routes already present in this walker's paradise. Again, we thank those farmers for their generosity of spirit, and look forward to building on such community effort in 2016. But in the meantime, we wish you all a very joyful and peaceful Christmas filled with lots and lots of lovely things!

From all in Glenbeigh Community Council -  
Nollaig Shona agus Athbhliain Faoi Mhaise Daoibh

**PS** Newsflash from Santa - Boys & Girls,  
Don't forget to Shop Local & Play Local  
**Ho! Ho! Ho!**





# Glenbeigh/Glencar Club 2015



## Seniors:

2015 was one of the most successful years in the clubs history, our senior team returned to Div 1 in the county league and did not look out of place, after a slow start some impressive performances especially against Kerins O'Rahillys and Dingle ensured that the club will be playing Div1 football again next year. The team also captured the Mid-Kerry league title for the first time since 1985 beating Keel in the final. After a tough route in the Junior Championship we made it to the final beating Tarbert, Ballymac and Mid-Kerry neighbours Beaufort on the way. In the final we came up against a strongly fancied Templenoe team, the team didn't perform on the day and once again we failed at the final hurdle. This was a huge disappointment to everyone involved, the team did not do themselves justice and the wait for junior glory goes on.

We still have the Mid-Kerry Championship to look forward to where we will play the winners of Cromane & Keel in the semi-final. No matter what the outcome of the Mid-Kerry championship this has been another successful year for the club and huge credit must go to trainer William O'Sullivan and his selectors Peter O'Sullivan & Aidan O'Shea.



## B Team:

Our B team had it's most successful year in the clubs history wining the county league and crowning off a fantastic year winning the Cahill cup beating Lispole in the final. Over the last few years we have struggled to put a B team together but this year Ger Bomber & Micheal Walsh got the team together and only picked players that trained with the senior panel, this was the catalyst to such a successful year. Well done to all.



## Minors:

The minor team combined with Cromane had a quiet year, the fact that a lot of the Cromane players didn't turn up for games in the league didn't help our cause but credit to Ger Bomber O'Connor he worked very well with the players at his disposal.

## U14's



*Well done to our U14 team that won the South Kerry League*

I would like to thank all the trainers and selectors in the club who give up their free time, without your help the club would not function. Regarding the clubs financial affairs the Lotto is the clubs main source of income and I would like to thank all the lotto sellers and I urge for more people to get involved in selling tickets. Many thanks to everyone that purchased lotto tickets during the year, your support is greatly appreciated.

We are a progressive club that has made a lot of changes in the past five years and we have spent a considerable amount of money. However we have always worked within our means, the fact that we have made so many changes and improvements to our facilities and still have a very healthy bank balance is credit to everyone involved. We will continue to make any necessary improvements within our constraints.

Glenbeigh/Glencar GAA Club wishes to pass on our deepest sympathies to the family's of Kevin Houlihan, Sean McGillicuddy & Brian Looney who sadly passed away during the year.

Finally on behalf of everyone at the club I would like to wish you all a happy Christmas and prosperous new year.

***Aidan Roche***

CHAIRMAN

Glenbeigh/Glencar GAA Club





# ASHES BAR

## GLENBEIGH

*St Stephens Day - Live Music*

*Dec 27th - Live Music*

*Dec 28th - Glenbeigh Falcons*

*Annual Basketball Quiz*

*New Year's Eve - Live Music*

**Tel:** 066 9768 216 **E-mail:** ashesbar@hotmail.com



# **Works Completed**

## **By Glenbeigh Community Council Ltd**



Grass cutting weekly in the environs off Glenbeigh village, various roads, Rossbeigh Beach area and playground.



All approach roads, both bottle banks, and byroads off the village are maintained. Curra road (railway walk parking area and environs of Curra graveyard)



Gowlane picnic area maintained. Bird table and picnic bench painted twice a year. Grass cut weekly and flower bed weeded when necessary.



Before



Both Curra and Ballinakilla graveyards are maintained to a very high standard. Grass cutting and weeding done monthly.



Looking nice again rebuilt flower bed after crash.



Litter and rubbish is collected, on a daily basis in various locations around Glenbeigh. All approach roads both bottle banks, graveyards and by-roads off the Village are kept litter free.





Dead leaves removed from various locations (Rosscross) to prevent drains from being blocked.



Seaview and Avenue drive received a major clean up in November, (grass cut, leaves collected, spraying)



New planting scheme on both sides of the Village. These Hydrangeas will be spectacular in a couple of years.



The handball alley was painted inside.



Riverside Road & Curra Road received a big cut back and clean up.



Painted the creche inside.



Glenbeigh Community Centre maintained to a very high standard for all various groups to enjoy.



Maintain face-book page & maintain website thanks to Mike Edgar for this.





The Playground at Rossbeigh is maintained. (Inside & Outside)



The flower beds hanging baskets and flower tubs are weeded weekly and watered 3 times every week.



Maintaining Rose beds watering, weeding, pruning and spraying when necessary.

Glenbeigh Community Council would like to say a big thank you to Ger Burke Supervisor of the CE Scheme and his team who do fantastic work. All this would not be possible without them.



**Headstone & Grave Surround  
Cleaning Service  
Contact: Pat Clifford  
087-6777-154**

We would like to say a big thank you to Cllr. Michael Cahill for helping us and providing the funds to have the Station Road resurfaced. It looks fantastic and this will help us in our markings in the Tidy Towns competition 2016.



Cllr. Michael Cahill with residents of the Station Road and Tony McSweeney, Glenbeigh Community Council

### **A Fantastic new Off the Road Walkway to Rossbeigh**

Glenbeigh Community Council are delighted to announce that the off the road walk to Rossbeigh will be officially opened to the public in the coming Spring 2016. Work has been undertaken and over the next few months will be finalized. A special thanks to the local farmers for their co-operation.





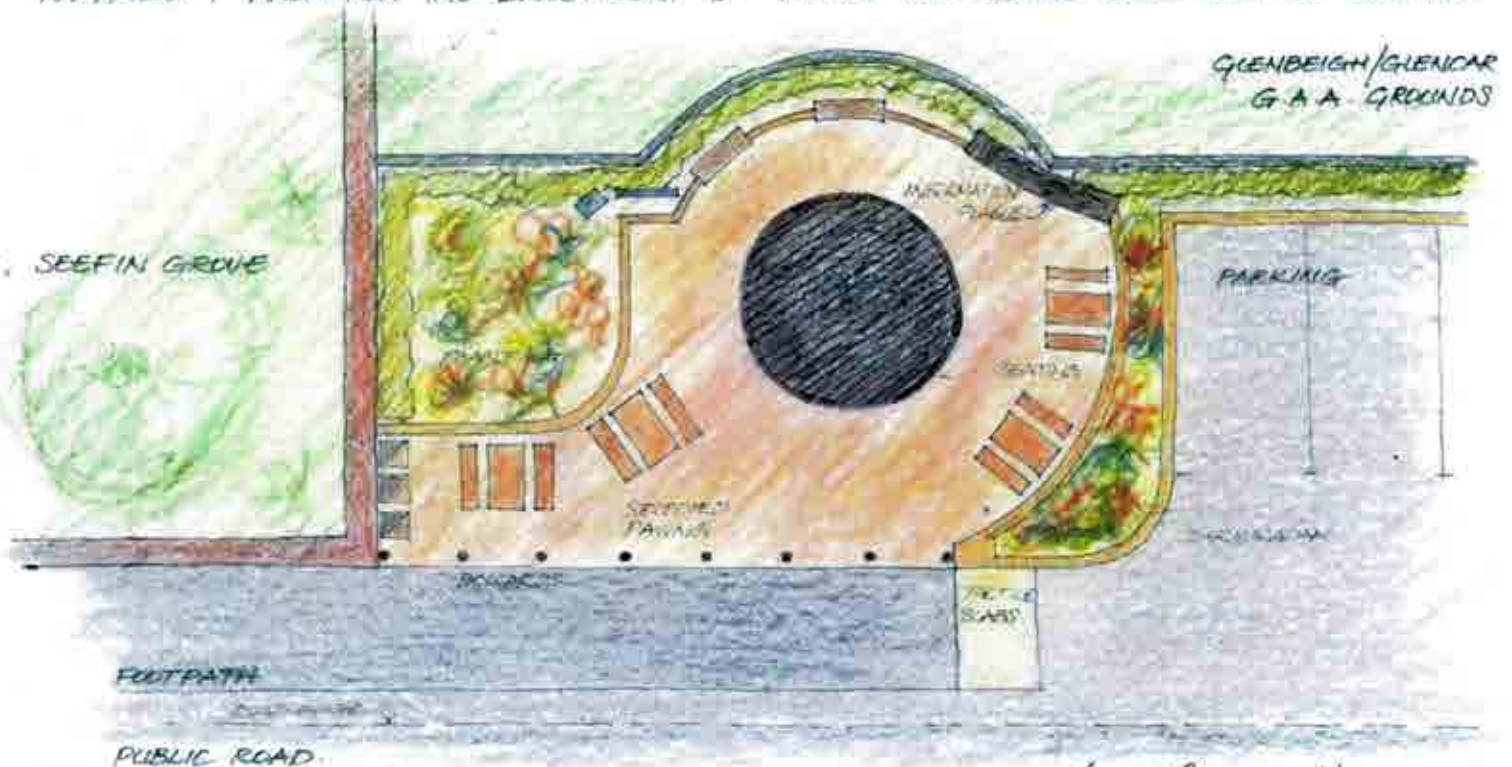
# ROSSBEIGH TOWER.



ELEVATION.

THE ICONIC ROSSBEIGH TOWER WHICH EVENTUALLY GAVE WAY TO THE POWER OF THE RAGING SEA IN FEB' 2011 IS FINALLY ABOUT TO RECIEVE A NEW LEASE OF LIFE IT STOOD AT THE NORTHERN END OF ROSSBEIGH SPIT FOR OVER 150 YEARS. IT ACTED AS A BEACON FOR THE SAFE NAVIGATION OF CASTLEMAINE HARBOUR. CASTLEMAINE WAS A THRIVING HUB, EXPORTING CORN AND IMPORTING COMMODITIES SUCH AS COAL AND SALT.

FOR SOME YEARS PRIOR TO ITS DEMISE THE LOCAL COMMUNITY SOUGHT TO HAVE IT PRESERVED OR RELOCATED. SADLY THEIR ENDEAVOURS WERE HAMPERED BY BUREAUCRACY. NOW THROUGH THE GENEROSITY OF JOHN PATRICK GRIFFIN OF REENALAGHNE & LONDON IT IS PROPOSED THAT A REPLICA TOWER WILL BE ERECTED IN GLENBEIGH VILLAGE. THE TOWER WILL BE LOCATED ON APPROACH TO THE VILLAGE NEAR THE G.A.A GROUNDS. AN INFORMATION PLAQUE WILL BE ERECTED AND SOME ORIGINAL STONE INCORPORATED. AN AMENITY AREA FOR THE ENJOYMENT OF VISITOR AND LOCAL ALIKE WILL BE CREATED.



PLAN.

JOHN O'RIORDAN May 2015  
John O'Rio



# KNOTWEED

Native plant species are being wiped out in ditches and on river banks overtaken by the out of control alien species. Knotweed can undermine the foundation of roads and buildings with far-reaching economic consequences.

Eradication before construction can be very high. For instance site clearance of knotweed in advance of the construction of the new Kenmare hospital cost €100,000.00.

Volunteers have mapped over 800 strands of Knotweed on the Iveragh and West Kerry peninsulas.

The underground rhizome or stem can reach up to 20ft in all directions and unchecked grows to undermine road and buildings because it does not produce seeds. It is spread by human activity such as movement of soil. It also travels along rivers and other water courses. Preventing its spread is key to its elimination. Digging up the rhizome causes the plant to spread more. The rhizome is very brittle and any small piece broken off can regenerate. The reason we have such a big problem in Kerry is because we have so much rain.

## HOW TO ZAP KNOTWEED.

Injection of Glyphosate into the plant stems every Autumn for a period of 3 years is the most effective treatment. Spraying is next best option. Spray in the autumn when it comes into flower and it will be brought down into the rhizome, if you do it before that all the energy is going up into the plant. Warning against being lulled into

complacency by (top kill) after the first treatment. Re-infestation can occur if treatment is not continued ever Autumn for 3 years, because of the toxicity of the Glyphosate, it can only be used under licence beside waterways and should not be sprayed adjacent to water. The more you prevent, the less sprays you need. There's no free lunch. They do damage the environment. For more information on prevention and eradication see [www.Knotweedsurvey.ie](http://www.Knotweedsurvey.ie)



**CHRISTMAS**  
*Jacks*  
COASTGUARD RESTAURANT

**MUSIC LINE UP**  
Terminal 2, Barry McGrath & The Bansha Boys, Beautiful Noise  
Dublin City Ramblers - 28th of December

**NEW YEAR'S EVE**  
5 Course Gala Dinner followed by Music & Entertainment

**NOLLAIG NA MBAN**  
4 Course Dinner & Dancing

**Exquisite Party Menus From €40**

**GIFT VOUCHERS THE PERFECT CHRISTMAS GIFT**

*Jacks*  
COASTGUARD RESTAURANT

Cromane, Finglas, Co. Dub. T: 066 976 9102 E: [info@jacksromane.com](mailto:info@jacksromane.com) W: [www.jacksromane.com](http://www.jacksromane.com)

**Guess whos coming to**  
*Jacks*  
COASTGUARD RESTAURANT

**Come see Santa & Friends**  
Wednesday December 23rd 5pm

**Followed by Music with**  
Barry McGrath at 7pm

**DUBLIN CITY RAMBLERS**  
Monday December 28th  
@ 10pm  
Dinner Packages & Ticket  
Only options Available

*Jacks*  
COASTGUARD RESTAURANT

066 976 9102  
[info@jacksromane.com](mailto:info@jacksromane.com)



# Country Candles – Beauty By the River

*"Country Candles" Eco soy wax candles are handmade at "Beauty by the River" salon in Glenbeigh. Our products are a healthier and cleaner alternative to paraffin candles. They contain no toxins or carcinogens like paraffin do they are environmentally friendly.*

We have a great selection of tarts made from pure essential oils or quality premium fragrance oils. Currently we can be found at local Christmas Markets and at Beauty by the River salon with our Christmas Gift Sets and Christmas fragranced tarts and oil burners.

**Each gift set consists of:** 1 burner, 2 soy wax Christmas fragranced tarts, 2 soy wax tea lights, 1 Ogra moisturiser sample and a gift card...**all wrapped up at a great price of only €10... an ideal Christmas present for the friend we all know that loves candles!!**

Assorted Christmas fragranced soy tarts can also be purchased individually for €2 or 6 for €10...these all hold their fragrance for up to 30 hours and some last longer...the ideal purchase for a beautifully scented home this Christmas!

In the New Year "Country Candles" will be concentrating on a few new ideas that I'm sure you will all love. Keep in touch with us on Facebook and in the salon.

Beauty by the River is delighted to welcome **Carol Anne Midwinter** to the salon. Carol Anne is a Cranio Sacral Therapist and will be available for appointments on Thursdays, Fridays and Saturdays. Carol Anne can be contacted on 087 9410333

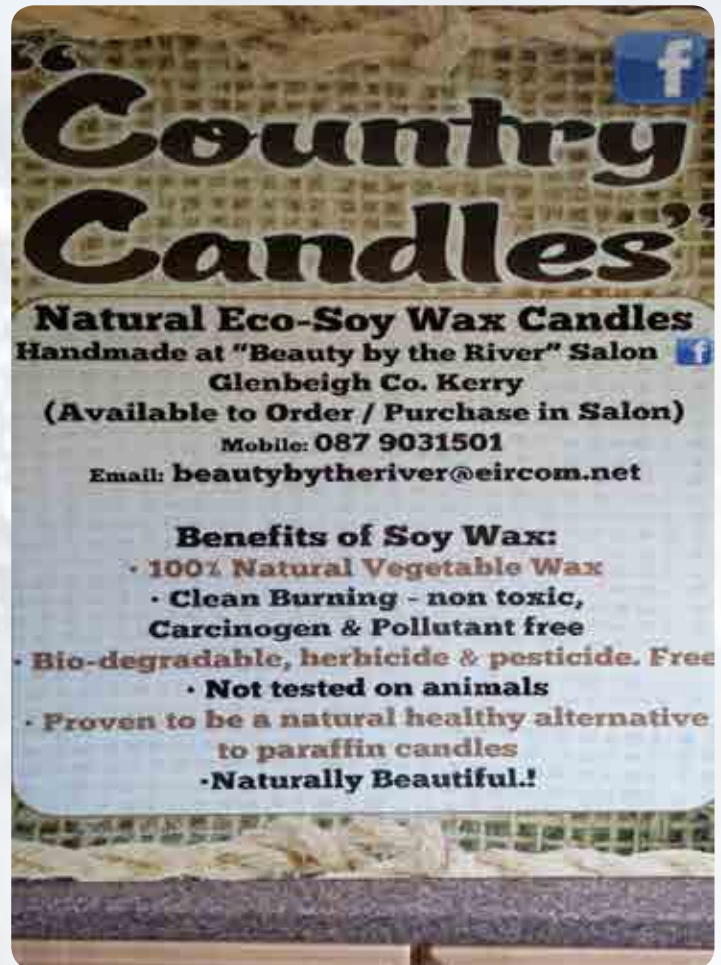
Remember for the month of December every customer booking any beauty/nails appointment with Marianne 087-9031501, massage with Moira or hair appointment with Audrey at 0879936541 will be entered in a **draw for these lovely prizes.**

1. An Ogra Organic Peat Facial.
2. A Wash, Cut and Blow Dry Treatment.
3. A Xen Full Body Spray Tan.

Draw will take place on Dec 23rd in salon. Keep an eye on Beauty by the Rivers Facebook page for monthly offers or contact Marianne at 087-9031501

At this time we would like to thank you for supporting our salon during the year and we look forward to welcoming you all back again in 2016!! We wish you all a very happy festive season and health and happiness in 2016.

*From Marianne Moira & Audrey*



**HANDY TIP: spilt wax can be cleaned up with hot soapy water!!**



## CHRISTMAS ALL WRAPPED UP

### Looking for the perfect gift?

### Treat your staff or loved ones to a beautifully presented voucher

Call 066 976 9102 or email [info@jacksromane.com](mailto:info@jacksromane.com)





**Cakes available for all occasions.**

*All cakes are made with the most natural ingredients.*

**Bespoke wedding cakes a speciality.**

## *Mincemeat, Apple & Cranberry Lattice Tart.*

### **INGREDIENTS:**

Flour, for dusting  
500g puff pastry  
2 apples, peeled, cored and diced  
140g fresh cranberries  
1/2 tsp cinnamon  
1/2 tsp mixed spice  
1 tbsp golden caster sugar, plus extra for sprinkling  
Zest 1/2 lemon  
410g jar mincemeat  
1 egg, beaten  
Whipped cream or brandy cream, to serve.

### **METHOD:**

1. Heat oven to 180c / 6 put on a baking sheet to heat it up. Lightly flour a work place. Roll out the puff pastry to a 30 x 45cm rectangle, then put on a baking sheet of parchment. Mix together the apples and cranberries, then add the cinnamon, mixed spice, sugar, lemon zest and mincemeat, and mix again.
2. Arrange the pastry, shortest edge next to you. Spread the mixture in a line down the centre, about 12cm wide, leaving 2cm of a pastry at the top and bottom.
3. To crest the lattice pattern, start at the top of the pastry and cut a 2cm wide horizontal strip of pastry on both sides of the mincemeat filling (so it is still attached next to the filling. About 1.5cm in from the

filling, cut out a .5cm strip of pastry and remove this, then cut another 2cm strip. Repeat this method until you get to bottom or the pastry. You'll need to cut out the final strip and remove this. Fold the top and bottom flaps of pastry up and over the filling. Fold the strips of pastry diagonally over the filling, starting from the top until you reach the bottom, creating the lattice pattern. If you find the lattice pattern too difficult, then simply cover the tart with the puff pastry, making a cross in the middle. You can now chill the tart for up to 2 days, or freeze it for up to 2 months.

4. Brush the tart with egg and sprinkle with extra sugar. Using the parchment, transfer the tart to the hot baking tray. Bake for 20-25mins or until it is golden brown on top (add an extra 10-15 mins if baking from frozen). Leave to cool before serving with whipped or brandy cream.



## *Bitter orange and cardamom martinis.*

**S E R V E S 6**



### **INGREDIENTS:**

12 cardamom pods  
6 tbsp orange marmalade plus more to serve  
400ml Vodka  
125ml Cointreau  
4tbsp lemon juice  
Ice, to serve

### **METHOD:**

1. Break 6 cardamom pods in a pestle and mortar until they split.
2. Melt the marmalade in a pan, then whisk in the vodka. Add the crushed pods. Don't boil the mix, simply warm it for a few mins. Leave it to infuse off the heat for 20 mins, then strain.
3. Add the Cointreau and lemon juice, chill. Serve in glass with a little more marmalade in the bottom, ice and a cardamom floating on top.



# TOWERS hotel

Glenbeigh, Co Kerry, Ireland. T: 066 9768212  
E: towershotel@eircom.net W: www.towershotel.com



## CHRISTMAS PARTY MENU

### Mulled Wine on Arrival

\*\*\*\*\*

### Glenbeigh Mussels A La Marinere

steamed in a white wine and garlic cream broth

### Grilled Goats Cheese Crostini

topped with home-made red onion marmalade

### Duck Liver Pate on Melba toast

with a cranberry & orange sauce

### Home-made Cream of Winter Vegetable Soup

\*\*\*\*\*

### Pan Seared Atlantic Fillets Of Sea Bass

served with a warmed beetroot salsa and a lemon & chive sauce

### Roast Stuffed Crown of Turkey & Honey Glazed Ham

with a cranberry, apricot & fresh herb stuffing & cranberry gravy

### Atlantic Salmon Topped With Asparagus

### & Wrapped In Parma Ham

topped with sundried tomato & basil puree

### Roast Stuffed Leg of Kerry Lamb

With a rosemary & breadcrumb stuffing & rosemary gravy

\*\*\*\*\*

### Trio of Festive Desserts

## WOMENS CHRISTMAS MENU

### Choice of Cocktail On Arrival

\*\*\*\*\*

### Towers Sharing Tower

A selection of festive tapas, hot and cold  
The perfect plate for nibbling and chatting about your  
Christmas and the year ahead

\*\*\*\*\*

### Supreme of Chicken

Stuffed With Caramelized Red Onion, Chorizo & Cream Cheese  
with a pea risotto and chorizo cream sauce

### Pan Fried Fillet of Atlantic Hake

on champ potato with a prawn & tomato buerre noisette

### Crispy Skinned Lemon & Cracked Black Pepper Salmon

on sautéed spinach with steamed Glenbeigh mussels & a  
champagne drizzle

\*\*\*\*\*

### Towers Afternoon Tea Dessert Tree

A selection of all our favourite and most popular desserts in  
mini version so everyone gets a taste of each one.

\*\*\*\*\*

### Freshly Brewed Tea or Coffee



## ★ Christmas Calendar ★

Brendan & his team look forward to welcoming you to celebrate Christmas here with us at the Towers Glenbeigh. Whether it's for your annual Christmas party or for an informal gathering of family and friends we have a menu to suit every taste, every budget and every occasion. Don't forget the Loft Restaurant is available for any private party needs all year round. Menus tailored to suit your every need.

**DECEMBER 5TH** – we will hold our annual Active Retirement dinner dance in The Curra Restaurant from 1pm. Tickets are available from Anne Griffin & Marion Sheahan. This is a day that we love to host, it is lovely to see all active retired of our small parish out and about especially the older ones that we don't see that often. We look forward to welcoming you all.

**DECEMBER 12TH** - we kick off our Christmas with our annual Christmas party nights, with mulled wine reception on arrival then sit down to a sumptuous 4 course meal. Followed by live music & dancing till the soles of your feet hurt. Just €5.00pp including spot prizes.

**DECEMBER 13TH** – Following the success of our past Christmas Fairs we are delighted to announce that we will be holding this year's Christmas Fair on Sunday December 13th. Santa will be here again, giving the kids an opportunity to deliver their Christmas wish list in person. We will have carol singers by the open fire and a mulled wine reception. We will have over 30 stalls with everything from home baking to artisan foods, beauty products, jewellery, toys and much more. This year all funds raised will go to The Brenda MacBeth Sweeney recovery Haven drive.

**DECEMBER 19TH** - the second of our Christmas party nights, with mulled wine reception on arrival then sit down to a sumptuous 4 course meal. Followed by live music & dancing till the soles of your feet hurt. Just €5.00pp including spot prizes.

**ST STEPHENS DAY, DEC 26TH** - Barfood served all day long in the bar and also upstairs in the loft followed by live music in The Olde Bar from 10pm with the Bansha Boys

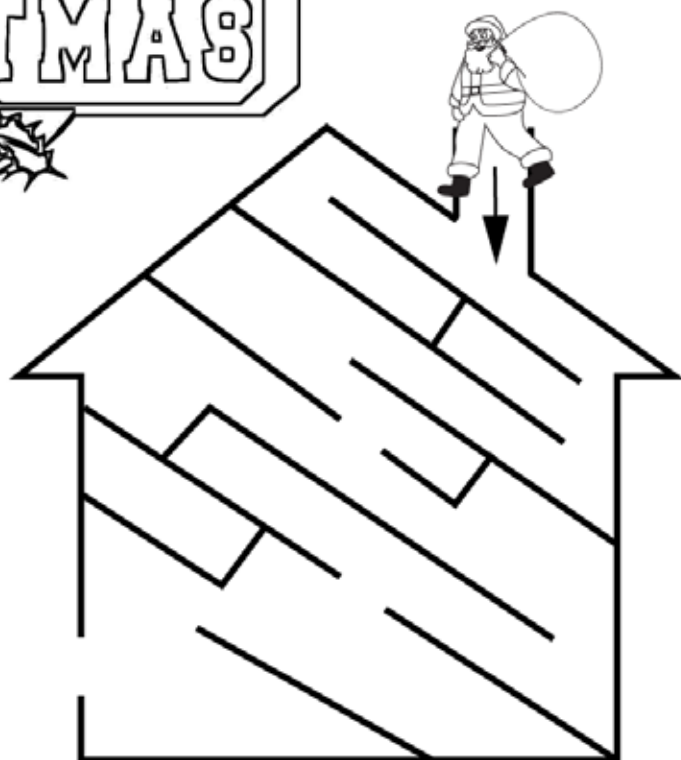
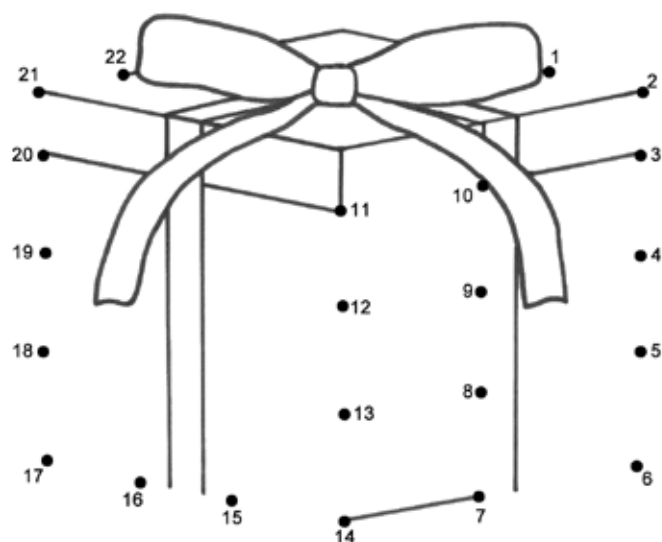
**DECEMBER 27TH** — The Annual Glencar Cattle Show Dinner Dance will be held in The Curra Restaurant with delicious 4 course meal followed by live music and dancing with the popular Nolan Brothers. Tickets are available from Ger O Sullivan on 0876883292.

**NEW YEAR'S EVE** – Bar-food served all day long in the bar and also upstairs in the loft. Then join in the build up to midnight and ring in the New Year with DJ Donal Clifford.

**JANUARY 6TH** – Women's Christmas, we are taking bookings for the restaurant and for the loft 4 Course Menu just €5.00, followed by live music and dancing with The Nolan Brothers.



# Kid's Page



S D S S C A N D Y V D W  
A L L N O W D A S H E R  
C A E O M U O N A V E E  
K C D W E L N C N I R A  
W U T M T K N E T X D T  
W P R A N C E R A E E H  
Q I E N M H R U F N L V  
V D E V U I V D G I F T  
G R R C P M T O Y S B B  
P R E S E N T L R T I E  
B L I T Z E N P B A L L  
F R O S T Y V H I R W L

BALL  
BELL  
BLITZEN  
CANDY  
CHIMNEY  
COMET  
CUPID  
DANCER  
DASHER

DEER  
DONNER  
ELF  
FROSTY  
GIFT  
PRANCER  
PRESENT  
RUDOLPH  
SACK

SANTA  
SLED  
SNOWMAN  
STAR  
TOY  
TREE  
VIXEN  
WREATH