



Glanmire Area News

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Happy St. Patrick's Day

The 2024 Upper Glanmire St. Patrick's day Parade will be the 10th staging of the event.

Local man Peter Falvey will be the Grand Marshall for this year's Parade. Peter is a founding member of the Upper Glanmire Community Association and in recent years in his capacity as Treasurer he did immense work in raising funds through grants and other means for the many improvement projects implemented in the Community Centre and the Upper Glanmire area in general as well as being the initiator of the Upper Glanmire and Environs Community Text Alert Service.

Barry's Coaches will again sponsor the Park and Ride Coaches to and from White's Cross and Brian Dillon's GAA pitches, Alan Loftus Transport will again sponsor the

Reviewing Stand, with Tommy Stuart sponsoring the transport for the Grand Marshall and the Boothouse Bar sponsoring the Pipers.

The Organising Committee wish to express our gratitude to our team of volunteers, sponsors, Parade participants, local Gardai, and Glanmire Division of the St. John Ambulance who make it possible to stage this annual event.

Anyone interested in volunteering or any club, group, society, business, school etc., looking to participate in the Parade please contact : Email: ugcastpatricksdaysparade@gmail.com

Phone/Text Rob: 0868355330 or Message Upper Glanmire Community Association Facebook page.



Upper Glanmire

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If I can be of
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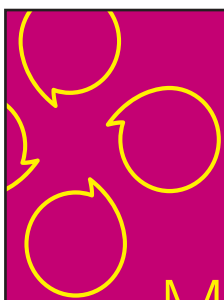
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January Members Meeting



**GLANMIRE
CHAMBER OF
COMMERCE**

Some snaps from our January members meeting in Vienna Woods Hotel where we had a really interesting presentation on ChatGPT from Damien Mulley of Mulley Communications and an introduction to the new air pollution initiative Behavi-air from Marica Cassarino, an environmental psychologist and lecturer in UCC.

It was really interesting to see the results of the air pollution monitor in Glanmire which showed the spike in air pollutants during the recent cold snap due to the increase of fires being lit in the area. Also the drop in air pollution in Cork City during the recent No Car Day. Looking forward to future events from Behavi-air in Glanmire to raise awareness of the ways we can improve the air we are breathing.



UPCOMING EVENTS

Save the date

Members Business Breakfast

Venue: Glanmire Credit Union

Date: Monday 11th March at 9am

It will include a presentation from the Credit Union on the pending merger with Douglas Credit Union, networking and a light breakfast.

Annual General Meeting

Venue: Glanmire Parish Hall

Date: Thursday 21st March at 6pm

We are appealing for new members for the Executive Committee..



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Cllr. Sheila O'Callaghan



sheila.ocallaghan@cllr.corkcoco.ie



FIANNA FÁIL
THE REPUBLICAN PARTY

Gardening - Mulch Matters



Spring may be in the air but winter is not over yet. This in itself is a good thing because we still have time to finish those winter jobs.

One of the most rewarding jobs we can do this time of year is to mulch around all those shrubs and trees in the garden.

Mulching is a great way to help prevent weeds, help to maintain moisture and feed the plants through the growing season.

Mulching is putting a layer of organic matter around the base of the plants as long as it does not touch the main stem. It can consist of compost, bark mulch or just cardboard as long as it does not contain any plastic. Remember to weigh down the cardboard with stones or something similar.

We still have time to finish any remaining winter pruning jobs on Roses, Apples or any fruit trees.



The idea behind pruning is to try and create a balance between growth and fruit/flower production as well as removing any damaged, diseased or crossing branches.

When winter pruning, be it fruit trees or bush roses I always go for a cup shape. All that means is, I remove all centre shoots or anything that is growing towards the centre. I leave the outside branches as long as they are not touching or crossing.

Another tip is to always cut to an outward growing bud and make each cut sloping so that it will shed rain.

Make sure your secateurs or any pruning tools are clean and sharp.

Now is also a good time to give the garden a general tidy up. This will help to reduce any fungal problems that may occur later in Spring and throughout the year.

Do not disturb any big piles of leaves or compost as it may have a hedgehog hibernating within. The best slug killer there is.....



Jobs for March

- 1: Finish any pruning that needs doing.
 - 2: Give the garden a general tidy up.
 - 3: Mulch your trees and shrubs in the garden.
 - 4: If you are growing vegetables this year then this is the best time to buy your seeds as well as seed potatoes and onion sets.
 - 5: Sow your pepper and tomato seeds as soon as possible, indoors on a windowsill or greenhouse.
 - 6: If you have any trees or hedging to plant then now is the time to do it. With any trees and shrubs, the roots always start to grow before any shoots start to appear.
 - 7: If you have a lawnmower then it may need a service before the season kicks in.
 - 8: On a dry day you may get a chance to cut the lawn. Always start cutting the lawn higher than normal and then gradually reduce the cutting size over a series of cuts until you reach the desired height.
 - 9: Now is the best time to clean or sharpen your tools. If you have to, repair or replace any tools that are damaged. There is nothing worse than looking for a spade when you need to dig a hole and finding the handle cracked or broken.
- When we work out in the garden, there should always be a seat or a bench. Just somewhere to sit, rest and take in what you have created within the garden.

All gardens are different as well as all gardeners, that is what makes gardening so versatile and inclusive. Gardens need time to develop and grow so patience is the key.

To help achieve your ideal garden that suits you and your needs, take time to plan it out and incorporate all the elements you like.

Always plan your garden for your future needs so as time moves on your garden becomes a joy and not a chore. The secret to gardening is Little and Often.

Glashaboy Flood Relief Scheme

Glashaboy Flood Relief Scheme Works Update

Hazelwood Road/R639

SORENSEN

Update on works to be completed at Hazelwood junction.

As you can see, there is a large amount of work to be completed in this area.

This will mean that we will continue to have Traffic Management in this area on going for the next number of months.

Currently we have a 3-way system to allow the works to be carried out for the deep drainage on the R639.

Towards the end of the week, this will revert to a 2-Way system for approx. one week.

The works will then move on to the Hazelwood road L-2966, to carry out further drainage works.

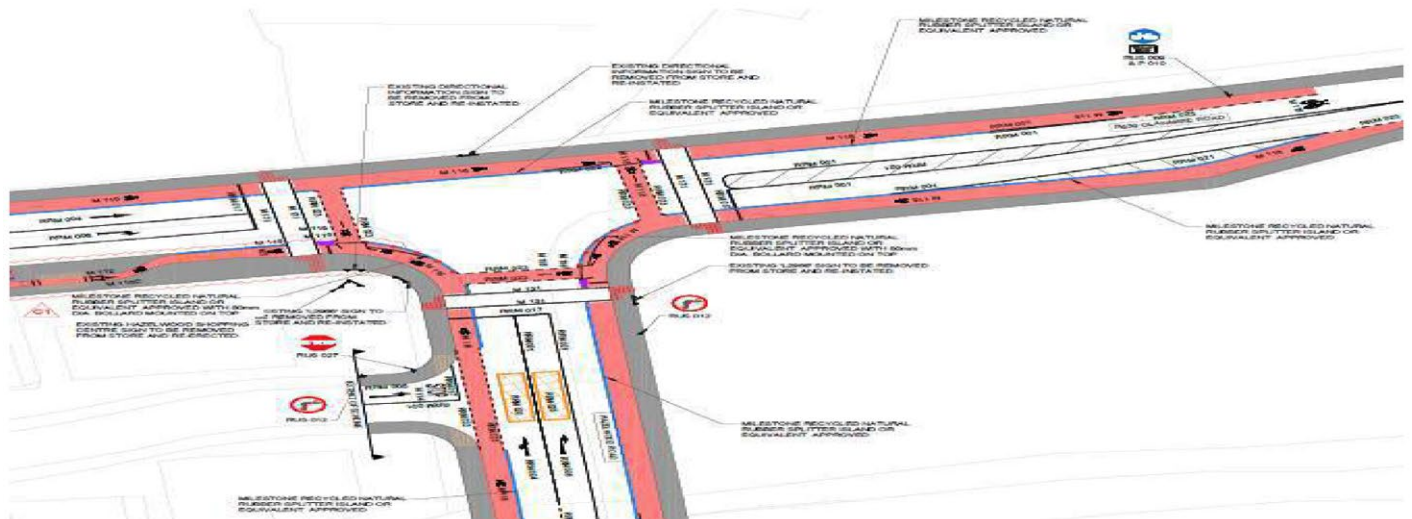
The 3-Way system will be back in place again once this work commences.

Also, we will have Traffic Management on the New Line Road L-2966 between Copper Valley Vue and the junction opposite O'Connell transport, to carry out Site Investigation works.

Works are continuing in Meadowbrook Est, where we are laying new drainage and the constructing a new pumping station.

Also, in Sallybrook Ind Est, where there is ongoing Traffic Management withing the Industrial Estate, to allow the laying of new drainage and a new culvert in this area.

We are continuing to work at O'Conner's Funeral Home, where we are constructing a new retaining wall, as part of the flood defence design.



If you could leave extra time for your journey, especially during peak times.

Sorensen appreciate your patience as these vital works are continuing.

I hope that the above is helpful, and I am available to meet to discuss any of the works going on in the area.

Also, we have a Free Text Alert system. There is no charge to send or receive updates on the project.

All you need to do is text the word GFRS to 50015.

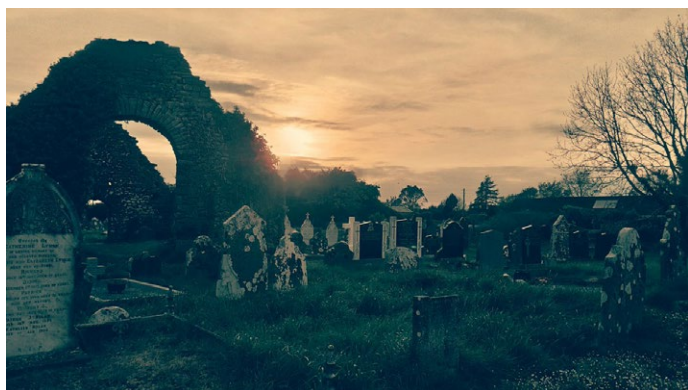
Of if anyone would like to sign up for email updates, they can email me at elaine.cronin@sorensen.ie

In the meantime, if you have any questions about the works being carried out by Sorensen in the area, please contact:

Sorensen Liaison Officer - Elaine Cronin – 086 032 6171

Sorensen Traffic Management Officer - David Sorensen – 086 032 4488

Rathcooney Graveyard



Sunset over Rathcooney Graveyard

Rathcooney Graveyard has been in the news over the last few years, firstly, in 2019, administration of the site transferred from Cork County Council to Cork City Council because of the boundary change. In 2022, €85,000 was allocated from the Community Monuments Funds for the completion of conservation work on the church, which was recently carried out by Philip Quinn of Stonemad. The civil parish of Rathcooney has a rich history and was first mentioned over seven hundred years earlier when the area was assessed for a Papal Taxation. In March 1291, Pope Nicholas IV instigated a tax to aid King Edward I's intended crusade to the Holy Land. Under this system, Edward would receive a tenth of all the ecclesiastical income, from England, Wales, Scotland and Ireland for six years.



Mulens Family Gravestone from 1683

The ruins of the old church are located north of the road and although the age of the building is unknown, the sources indicate that in 1676, it was in disrepair and in need of renovation. By 1700 this work was complete; Bishop Downes, Anglican Bishop of Cork and Ross, reported that 'Rathcony Church, built with stone and clay; 'tis in good repair, and is well furnished with seats and pulpit. The communion table is rayl'd in, and the walls are plaistered [sic] on the inside. There are Common Prayer-books and a Bible, and a silver chalice and pewter flagon. The old seats were destroy'd in the time of the late troubles. They have been new ones built since.' The Bishop also noted that Captain St. Leger's father organised to repair the church in about 1680 and Counsellor Galway had a tomb in the church. The troubles mentioned by Bishop Downes refer to the period before Oliver Cromwell's crowning as Lord Protector in 1653. Cromwell arrived in Ireland in 1649, and folklore recounts that he and his army marched over Riverstown Bridge in this year. It is possible that the church at Rathcooney was damaged during the fighting at this time.

Antiquary Thomas Crofton Croker visited Cork in the 1820s and reported 'that the old parish church ... called Rathcooney, or the Rabbit's Rath ... is in ruins and disused

for service, yet the little burial-ground attached continues to be a favourite place of interment.' Croker reports that the oldest date he could find amongst the tombs was 1680, on the Galway tomb, confirming Bishop Downes' narrative. The reason the parish church at Rathcooney fell out of repair was a result of the unification of Caherlag, Rathcooney and Little Island by an Act of Council on 3 March 1785. St. Mary's, Glanmire was built in 1784 and worship transferred there.

Archaeologist, Michael Brunicardi wrote that in 1913, the four walls of the church were in a good state of preservation and both the eastern gable and north wall contained a window and there was evidence that the south wall once had a window. He also noted that the walls on the south and north sides were three feet two inches in thickness and the internal length of the church was 39 feet. The walls were built with grey sandstone on the outside and brown sandstone inside, the binding being lime and sand. Finally, he observed that on the west wall there was a doorway that exemplified Celtic Romanesque architecture. The doorway, made of cut limestone, exhibited remarkable geometric precision in its craftsmanship.

The graveyard offers more insights into the past. Located at the entrance is a benchmark, also known as crow's feet. These marks were chiselled into stones by surveyors from the Ordnance Survey. These surveyors who mapped Ireland in the nineteenth century used benchmarks as points to measure the height above sea level. The old Ordnance Survey maps record the benchmark and the location's elevation.



Benchmark at Rathcooney

The little burial ground referred to by Croker was once a small, trapezoidal shape but has been extended over the years. If you wander among the gravestones, you will discover the final resting place of sculptor Seamus Murphy, Fenian Brian Dillon and thirteen graves of the Commonwealth War Graves Commission.

Alternatively, you can view Rathcooney headstones online at <https://historicgraves.com/graveyard/rathcooney/co-rcny>.



Gravestone of sculptor, Seamus Murphy

Glanmire MACRA



Nicole Hyland winning Seandun Queen of the Land

In a recent highlight, our club members shone at the Seandun Titles night earlier this month. Four members showcased their talents in the Queen of the Land and Miss Blue Jeans competitions. A resounding applause goes to Nicole Hyland, who clinched the Queen of the Land title and triumphed in the Cork County round as well! Our heartfelt congratulations to Nicole; we can't wait to support her later this year!!

This weekend, our club witnessed an impressive turnout at the Seandun round of the National Talent Competition. From solo singing to a ballad group and a set dancing ensemble, our members displayed remarkable talents. Kudos to all participants for a night filled with exceptional entertainment! A special shout-out to our victorious set dancing group, securing their spot in the next round.



Glanmire members at the Seandun Titles night.
Back L-R. Frank, Kevin, Nicole, John, Eimear and Zara. Front L-R. Caroline, Aisling, Marie and April.

As always join us every Wednesday for Sports nights at the Little Island sports complex (T45 F449) at 7.30pm. With a variety of sports, including basketball, volleyball, and soccer, everyone is welcome. Entry is €5, but your first night is on us!

Stay tuned to our social media pages for updates on all our upcoming events and competitions.

April Lynch,
Glanmire Macra PRO.



Our set dancing group receiving their trophy from Seandun Chairperson James.
L-R. Muireann, Gillian, Marie, James, April, John, Patrick and Jamie.

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Glanmire Library



Whether you are trying to improve your cúpa focal or enjoy a good read as gaeilge, here at Glanmire Kids library we have a wonderful range of Irish books.

We have early readers for children just learning, picture books, and even novels for the more advanced readers.

Why not pick up a read in Irish to get you in the spirit this Lá na Padraig!



Music Morning



This year to celebrate Astronomy Week 9th-16th March, Glanmire Kids Library will be running a special colouring competition with space themed prizes for submissions. Displays in the library will highlight our collection of space books; from grand tales of adventure and the science behind how a spaceship flies, to the inner workings of the solar system. There's plenty to explore!



Glanmire Library Tuesday 19th March is the place to be where music lovers can meet to share their appreciation of music. There is something for everyone. It takes place 11.00 to 12.00 and everyone is welcome to attend.



glanmire_library@corkcity.ie





Upper Glanmire Parade

3PM START / ROAD CLOSED 1.30PM-5PM

CHIEF MARSHALL: PETER FALVEY



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- Chip van and lots lots more.....



Float/Vehicle entry forms available from
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We are fundraising for
Marymount
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EVENT: **Fun TABLE Quiz**
IN AID OF MARYMOUNT
AND THE UPPER GLANMIRE COMMUNITY
ASSOCIATION

WHERE: **BOOTHOUSE BAR**

DATE: **FRIDAY MARCH 8TH**

TIME: **8 P.M.**

CONTACT: **BRIAN @ 0879421649**

OTHER INFO:
**ALL TABLES MUST BE
BOOKED IN ADVANCE**

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FASHION



EVENTS



L Loves

Hi Ladies Just bringing you a little taste of fashion & some pics from the recent 'Shine Centre' Fundraising Fashion Show at Mabel Lane.

Presented by Helen - Daily Diva Diary & combining a number of leading local boutiques.

If you have anything that you feel would appeal to the ladies in our communities please send my way so we can feature. Looking forward to focusing on us ladies!

Contact: 086 8046314 /
lorrainetotallyl@gmail.com

Lorraine x



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THE THERAPEUTIC THREAD: EXPLORING THE HEALTH BENEFITS OF EMBROIDERY FOR ADULTS

In today's fast-paced world, finding moments of peace and tranquility can seem like an elusive goal. As stress levels rise and daily pressures mount, many adults are turning to crafting as a way to unwind, relax, and rejuvenate their minds. One such craft that has captured the hearts of enthusiasts worldwide is embroidery. Beyond its aesthetic appeal, embroidery offers a myriad of health benefits that make it a valuable tool for promoting mental wellness and self-care.

The Calming Power of Needle and Thread

At its core, embroidery is a form of meditative art that requires patience, focus, and attention to detail. The repetitive motion of stitching, combined with the rhythmic flow of the needle and thread, has a soothing effect on the mind and body. As individuals immerse themselves in the creative process, they experience a sense of calm and relaxation that helps alleviate stress and anxiety.

Studies have shown that engaging in activities like embroidery can trigger the release of neurotransmitters such as serotonin and dopamine, which are known to promote feelings of happiness and contentment. This natural mood boost can provide a much-needed respite from the demands of everyday life, allowing individuals to unwind and recharge their mental batteries.

Cultivating Mindfulness Through Stitching

Embroidery also offers a unique opportunity to practice mindfulness, the art of being fully present in the moment. As crafters focus their attention on the delicate movements of the needle and the texture of the fabric, they become immersed in the present experience, letting go of worries about the past or future.

By cultivating mindfulness through stitching, individuals learn to appreciate the beauty of the present moment and develop a greater sense of gratitude and awareness. This mindfulness practice can have profound effects on mental well-being, helping to reduce rumination, improve mood regulation, and enhance overall quality of life.



A Therapeutic Outlet for Creative Expression

One of the most powerful aspects of embroidery is its ability to serve as a form of self-expression. Through their choice of colors, patterns, and stitches, individuals can convey their thoughts, emotions, and personal experiences in a tangible and meaningful way. Whether it's a simple flower motif or a complex narrative design, each embroidery project tells a unique story that reflects the crafter's inner world.

For many adults, embroidery serves as a therapeutic outlet for processing emotions, exploring creativity, and finding a sense of purpose. It provides a safe space for self-reflection and self-discovery, allowing individuals to express themselves authentically without fear of judgment or criticism.

Building Connection and Community

In addition to its individual benefits, embroidery also has the power to bring people together and foster a sense of connection and community. Crafters of all ages and backgrounds gather in stitching circles, workshops, and online forums to share ideas, techniques, and inspiration. These communal spaces provide a supportive environment where individuals can learn from one another, celebrate their achievements, and form lasting friendships.

The sense of camaraderie and solidarity that emerges from these shared experiences is invaluable, especially in today's digitally driven world where face-to-face interactions are becoming increasingly rare. Embroidery creates a sense of belonging and belongingness, reminding us that we are part of something larger than ourselves.

Stitching for Wellness

In conclusion, embroidery offers far more than just a creative outlet – it's a powerful tool for promoting mental wellness, cultivating mindfulness, and fostering connection and community. Whether you're a seasoned crafter or a novice stitcher, incorporating embroidery into your self-care routine can have profound benefits for your overall well-being.

So, the next time you find yourself feeling overwhelmed or stressed, consider picking up a needle and thread and allowing yourself to get lost in the therapeutic rhythm of stitching. You may be surprised by the peace and tranquility you discover in the simple act of creating something beautiful with your own two hands.

Remember, in the world of embroidery, every stitch is a step towards greater mental wellness and self-discovery. So, stitch on, dear reader, and may your journey be filled with joy, creativity, and inner peace.





Members of the victorious White's Cross Under 12 and 13 girls teams and the St. Colmcille's boys teams on their recent visit to Upper Glanmire National School



Playing Matters

The start of the month of February saw the club return to action. Unusually, the first game of the year was not a challenge nor a league encounter but rather we were straight into the cut and thrust of championship where the St. Colmcille's under 21 football side played Youghal in the first round of the East Cork competition. This was the first time that Colmcille's have come together at this level. It was a natural progression given the success that we have had over the last few years at under 18/19 level. The opening tie was a home game (in Carraig Na Bhfear) against a very decent Youghal side. Colmcille's opted to played against a very stiff breeze in the opening half. Things were going very well for the first 18 minutes as we actually lead through the only score of the game and were very much in control. The game swung in the visitors favour when they coolly converted a penalty. They then tacked on a number of points and lead by five points at the break. They extended the league in the second half and it was they, now playing against the elements, that were looking most comfortable. Like the first half it was goals that would again change the momentum. Brendan Quaine scored the first after superb team move while Seán Whelan's goal was more fortuitous as his effort for a point deceived the keeper and went into the net. Late in the game, Colmcille's took the lead but a last-kick-of-the-game free equalised for Youghal. Colmcille's ability to bring fresh legs off the bench was crucial in the extra-time. Seán O'Donoghue scored another goal. Colmcille's in the end ran-out a flattering 6-point winners against a gallant Youghal side. In Round 2 a week later, we travelled

Glenville to take on the local side. The game had some similarities to the Youghal encounter. At half time we again trailed. However, the Glenville side were much better and at no point did we reach the levels from our previous match. Again in the second half, it would take goals to bring us back into the game. A superb team movement saw Stephen Whooley finish to the net and a penalty finished by David Dunphy had us level. Glenville pushed ahead again as Colmcille's fought back. Again, it looked like that we were heading to Extra-Time, however, unfortunately we were unable to force the equaliser and it was the home-side that progresses ahead of a Colmcille's team that had given it their all.

Rebel Bounty

The County Board organised Rebel Bounty Draw will commence again at the end of March with its first few draws for 2024. This draw provides a vital source of fundraising for GAA clubs across the county. The County Board sets ticket sales targets for clubs depending on size. Once those targets are met, all ticket sales income above this are kept by the club themselves. White's Cross have used this income over the last few years to invest in our facilities. Revenue has been put towards our Astro-turf facility, the club walk-way, lighting, fencing and more. Our facilities have improved immeasurably over the last decade and the club envisions continued development. Please (continue to) support in this draw. There are 12 monthly draws with 30 prizes in each draw from a combined total prize fund of €500,000. Tickets are €100 per annum which can be paid in full or 10 monthly direct debit payments of €10. It is also possible to

put two or more names on a tickets if you wish to share an entry.

To enter, please visit www.gaacork.ie/rebelsbounty

Click on 'Join the Draw'

Put White's Cross in at Club

Enter your Details

Club Lotto

Our club lotto has been running now for 10 years thanks to the hard work of our very dedicated lotto committee. 100% of income (prizes aside) raised from the lotto draw is ring-fenced for facilities development. An annual ticket can be brought online on Clubforce.ie/WhitesCrossGAA for €46 which enters you for the 26 bi-weekly draws held throughout the year. There are also options to enter 20 draws (€12) and 6 draws (€5). Tickets are also available from club members and are on sale in Hennessy's Service Station, The Boothouse Bar and The Blackman Bar for individual draws (at €2 per line). The jackpot is now back at €10,000 which is quite a sum for a draw of this size. There are 4 luck-dip winners of €30 each week that the Jackpot is not won. Please support our club lotto.

Club Membership

Annual club membership is also now due for 2024. It is incumbent on us all to pay our membership dues. Moneys raised here are used to partially fund team registration and team insurance which are sizable, mandatory costs incurred annually. Our individual/Family charges are as follows and are inclusive of GAA/Camogie/LGFA memberships:

Adult Player - €100
Student-Player - €80
Juvenile-Player - €80
Adult-Club-Non-Player/Social - €40
Parent/Guardian of Registered Juvenile Player - €20
Family (3 or more children from one family) - €220

Please log-on to Foireann.ie to pay your annual membership as soon as possible. Paid membership is a requirement for voting rights at any club meeting or to enter draws for tickets for inter-county GAA games where White's Cross allocate tickets.

Packages

Where individuals or families purchase all three of the above (Rebels Bounty, Club Lotto, Membership) the club will apply a discount of approximately €15. The full details of these packages are available on the Foireann application. If you purchase membership, lotto ticket and Rebels Bounty ticket separately on their individual sites (at full prize), the discount will be applied in the form of a refund. Please pay the full amounts on the apps and refund will be sent to you later. If you choose the packages on the foireann site, the club will contact you to set up your lotto and Rebel's Bounty numbers.



Glanmire and Sarsfields Healthy Clubs



Activities Achieved by the Glanmire and Sarsfields Healthy Clubs Team so far in 2024

Ireland Lights Up Initiative

Aligned with Operation Transformation, we walked every Weds from the 10th of Jan to the 14th of Feb. Thanks walkers, Sars & GCC



We came 2nd in Munster in 2023. 8th in 2024. Thank you to all Glanmire steppers. Hoping for at least Top Ten positions in future! #GoGlanmire

Munster GAA - Every Step Counts 2024		
Description	Leader Board	Discussion
1	Éire Óg Inis	35,600.9 km
2	Ballymartie	30,232.7 km
3	Blackrock National Hurling Club	29,465.6 km
4	Douglas GAA	29,395.7 km
5	Whitegate Hurling and Camogie Club	28,147.9 km
6	Mayfield GAA	26,712.6 km
7	De La Salle GAA Club	25,227.6 km
8	Glanmire and Sarsfields Healthy Clubs	23,912.1 km
9	Inniscarra GAA & Camogie Clubs	23,228.8 km
10	Carrigtwohill GAA	23,182.6 km



Glanmire Walkers & Talkers



Our Glanmire Walkers & Talkers kicked-off again this year on the 8th of January. We walk different routes, mixing flat paths with manageable hills. New walkers are welcome.



Mondays @9.15am at Café Beva



Tuesdays @6.30pm at Café Beva



Thursdays @9.15am at Café Beva

GAA For All

Diversity & Inclusion is a key Glanmire & Sarsfields Healthy Clubs priority. It highlights the fact that, no matter the age, background, ability, sexual orientation etc., everyone is an important member of our community.



In that regard, we hope to run GAA For All Cúl Camp-type sessions for local children with additional needs, aged 6 to 17. The sessions which will be held later this year, will be tailor-made to suit each child's abilities.

Our first meeting with parents and guardians took place on the 12th of February. This was an information sharing and gathering session hosted by Deirdre Cregan. If you want your child(ren) to participate, or just need more detail, please contact Deirdre on 087-9183787

All of our Club Members and our Community are welcome to our events.



*Health is at the heart
of every club*





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SARSFIELDS CAMOGIE CLUB ACTIVITY

Great news for the club with Molly Lynch being announced as Senior Cork Camogie Captain for 2024. Congratulations Molly & every best wish to you and the Cork team & management for the season ahead.

Imokilly U15 Development Hub: Well done to Sophie Duncliffe, Clodagh McCarthy, Niamh Quirke & Maria Irwin who completed their Imokilly Development Hub recently.

Imokilly U14 Development Hub: Sophie Duncliffe, Aisling Ryan, Lily May Kelleher, Abbey Quigley & Jess Power had their final outing with the Imokilly hub blitz recently. Well done girls.

Cork U16As:

We are delighted to have three girls on the Cork panel for 2024, Aoife Collins, Eve Kelleher & Aoife Treacy. Best of luck girls and enjoy the experience.

First Into Action:

Our U14s were the first team into 2024 action when they accepted Borris-Illeigh's recent blitz invitation. Even though losing out to their hosts at the semi-final stage, they got great experience playing teams from Waterford, Laois, Wexford & Tipperary. Great pre-season preparation!



U14s



U8s 1st Day Back



Eve Kelleher



Aoife Collins



Aoife Treacy



Sophie, Clodagh, Niamh & Maria



Sophie, Aisling, Lily May, Abbey & Jess



Molly Lynch & Amy O'Connor



Sarsfields Camogie Club

Glanmire Ladies Basketball



Glanmire Ladies Basketball Club news had another very successful midterm campaign during midterm it was hosted by Superleague players and brilliant help was also provided by a few of our u16 players as well.

On another note the Glanmire Ladies Basketball Club was also Having its name promoted out in San Diego California this past week by the Mothers and other group who connected up with the San Diego Senior Women's Basketball Association.



Over The Hill Cycling Club



Over The Hill Cycling Club Sunday Spin

Over The Hill Cycling Club

The annual club Spintahon took place at Ross's Centra in Watergrasshill in December. First up on the turbo trainers at 8am were Brian Atkinson and Jeremy Duane. The lads set the tempo and atmosphere for what was a very rewarding day. Ollie and Niall took it on from there followed by Decky and Greg. Brendan and Dave were next up, followed by Aislinn who had the honour of partnering the chairman. Disaster struck next, when Pat McHugh had to cry off with a tight hamstring. Luckily for Pat, his long suffering wife Joanne stepped into the breach and kept the show on the road, helped by Michael and Barry. Ellmary and Pierre put in a big hour, followed by Dermot, Richard, and Alan. The spinathon continued until 8pm, with Donal Scannell and Peter Power bringing a conclusion to a great event. The event raised almost €2,000 for Cork Penny Dinners. A massive thank you to Ross's Centra for facilitating the event, and the community of Watergrasshill for their generosity. The man that made it all happen, but unfortunately couldn't pedal on the day, Nigel Carroll also deserves massive credit.

Planning is ongoing for various club trips and cycles during the year. The club has a three day cycle around beautiful West Cork planned for the last weekend

of June. Training is starting for this trip which promises to be epic. Weekend cycles have been hit a miss in January due to the weather. Saturday cycles are generally 80km to 100km with an average pace of 25km / hr. Sunday cycles are shorter, 40km to 50km with a slower pace. Some club members recently headed to Millstreet for the Sliabh Luachra gravel race. The next gravel race is planned for the 11th February.

Club cycles continue on Saturday and Sundays, departing from the car park at Watergrasshill National School. Details will be posted on club Facebook page. The club is always delighted to welcome new members. On Sunday mornings at 9am, all levels of cyclists are catered for, with the group split

into 3 levels. New members are very welcome to turn up and cycle provided they have a racing bike, a helmet, and are over 18. For further information, check out our club Facebook page or contact us by email info@overthehillcc.com.



Spinathon



Glanmire

Mine the Gold Within

I met a woman recently who told me she had always wanted to write. 'What's stopping you?' I asked her. She didn't have the talent, she said adding that no one would want to read her stories and recollections. I said, 'How do you know you don't have the talent?' Because that's the thing, isn't it? She doesn't know how good she might be because she's never really tried. We can be our own worst critic. There's a famous line that says, 'We have met the enemy, and it is us.' But if we only write with the notion that we have to please or impress others, we'll never get very far.

We all have stories. After all, our lives are a series of stories. Things have happened to us and to the people around us and snippets of those experiences can be woven into our writing. As well as drawing from memories and real-life experiences we also have our imagination – the ability to invent characters and incidents that pop into our heads and onto the page. Using both our memories and our imagination we can mine the rich seam of gold within, and drawing on these unique stories can take us into unexpected places. And remember, no one can ever tell our stories quite like we can. We all bring our own unique personality and creative imaginings with us when we write.

People often ask, 'Can everyone write?' and the answer is, yes, pretty much everyone can put one sentence after another to



create a story. So, you can write if you really want to! And then, if you want to improve your writing and make your stories more engaging, you can do that through practice and by inviting feedback from fellow writers. This is where a writing group can be invaluable as you get to share your writing with others in the same boat. Writing groups are usually available through the library services, community centres or online and they can be a great support and inspiration to members.

If you want to get started, here are a few things to watch out for as they can sabotage your writing journey:

Procrastination. It's hard to knuckle down. We're prone to putting things off. So set yourself a specific time and give yourself a reward when the piece of writing is done.

Perfectionism. You want it to be perfect but forget the critic in your head. Just focus on getting those words onto the page. Remember, every single piece of

writing you create is a win. You can always re-edit, revise, re-write afterwards – as all writers do. No newborn writing is ever perfect.

Blank Page Phobia. What to write? Choose an old photograph, an object on the shelf, a newspaper heading, a line from a poem, or choose three random words and write a story that connects them. Even a piece of music or the view from your kitchen window can stir you. Get your fingers onto the keyboard or pen and be open to whatever comes up for you.

I find it easier to write if I have one specific prompt. Otherwise, I'm jumping from one idea to another and over-thinking it: will I use a headline? Maybe the photo would work better? Hmm, will I look at a few poems for inspiration? All this dithering delays the actual writing. So, here's a writing prompt if you want to get going, no excuses: "Something told her that, this time, it would be different."

Feel free to send me anything you've written. Til next month, happy writing. Eleanor
eleanorokellylynch@gmail.com

Eleanor O'Kelly-Lynch is an author, living in Glanmire. Her novels, 'The Girl with Special Knees' and 'The Girl with Stars in Her Eyes' are available in Silver Bow, Glanmire, Middleton Books, Fermoy Books, Easons, Mahon Point, Vibes and Scribes, on www.eleanorokellylynch.ie, and buythebook.ie



GCC Well Read Initiative Student Book Reviews



3rd Year Student – Anonymous

All the Bright Places by Jennifer Niven

Genre: YA, contemporary, romance.

Just as the cover says, it's a story of a girl who learns to live from a boy who wants to die. All the Bright Places is an amazing novel for many reasons, including its amazing plot along with its ability to show us the deeper meaning of life. As a teenager, I could really relate back to some of the themes that this book explores, such as school stress and not fitting in. I almost instantly fell in love with the characters and found that I learned so much about mental health and how easy it is for anyone to put up a mask when they are struggling and no one to notice. This book does a great job of showing the struggle of facing mental illness alone as well as showing that accepting help can be the first step to a solution. All the Bright Places perfectly shows the mind of a teenager who has to face the struggles of being a teenager, while also struggling to battle mental health issues and bullying. The book importantly reminds the reader that help is available and there are always going to be people willing to listen, whether it's a friend, parent, teacher or therapist. As Violet finds herself again, after the tragic death of her sister, Finch gives you an unexpected plot twist that will break your heart and rebuild it right after. I completely recommend this to anyone over the age of 13 who wants an amazing read full of laughing, crying and amazing hooks, that make you early unable to put the book down. It made me laugh, made me cry, but mostly, it reminded me of what it feels like to be alive, to be a teenager and to struggle, and how that's entirely okay.

The plot was so painful and captivating at same time and the only thing I come up with is it explains the beauty of love. It honestly made me cry a small bit as well. I am amazed by this book and I learned so much about how you never really know what someone is going through. It is very difficult story to read but it's entirely worth it. Each and every word was so

touching and I found myself thinking about it way after I read it.

It slowly introduced each character alluring us with plot twist and the deep images and descriptive writing was amazing. I would one hundred percent recommend this to anyone who wants to get started with reading or someone who just wants a good read.

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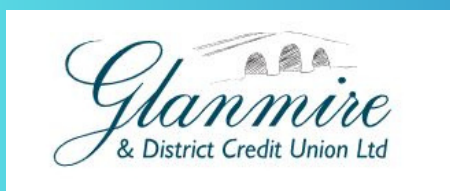
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