



# Glanmire Area News

FREE

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## Sonatina Choir Fundraising Concert raise €3000

The Sonatina Choir Fundraising Concert recently held in Glanmire, were thrilled to raise €3000.

€1500 of this amount was donated to Glanmire Community First Responders, an amazing voluntary group in the area. The remaining €1500 will be donated to My Canine Companion. Here we have the Sonatina ladies presenting the cheque to John and Ger. Left to right Maria, Ger, Fiona & Gobnait. Thanks to all who bought tickets and supported this event.

...continued page 4



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### Cllr John Maher



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086 194 2285 /johnmahercork  
John\_maher@corkcity.ie @johndaniel3


### COLM BURKE TD

Cork North Central

If I can be of assistance to you or your family please do not hesitate to contact me

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# Glanmire Community First Responders

## Ready to support

### Glanmire Community First Responders - Ready to support.

In May we welcomed ten new volunteers to GCFR. Their journey commenced in February with an information meeting quickly followed by mandatory online training. After that it was into the training room for hands on training sessions. Once satisfied with their progress the trainers approved them for certification with the Irish Heart Foundation. Their attendance and dedication like those who went before them has to be admired and applauded.

These new volunteers joined and are being mentored by the trainers and existing experienced volunteers.

It's a daunting leap from the security of the training room to live on-call duty. But that's what they signed up for and in time they'll shake of their newbie mantle, and dare I say it become one of the oldies!

In June one of our volunteers was responsible for a ROSC (Return of Spontaneous Circulation) when he attended a patient in Glanmire Area who'd suffered a cardiac arrest. Further proof of the value and importance of Community First Responders. The first responder in question, John Sreenan modestly described it as being in the right place at the right time.

We are indebted to everyone involved with the Sonatina's Choir for holding a fundraising concert for GCFR and My Canine Companion in June. The concert raised €3000 and this was shared equally between the two charities.



Assessment by Stephne O'Flaherty National Ambulance Service



Training in full swing

Being totally a non-funded volunteer group, GCFR are extremely grateful for this donation which will be put to great use.

GCFR recruits and trains new volunteers once or twice a year. Follow us on Meta and Instagram for updates on that.

If you would like to support GCFR or have any questions for the group please get in touch at [glanmirecommunityfr@gmail.com](mailto:glanmirecommunityfr@gmail.com)



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## Cllr. Sheila O'Callaghan

*Cork County Council*

*A huge thank you to  
everyone who supported me  
in the recent local elections.*

*Serving the communities of  
Whitechurch, Watergrasshill,  
Little Island, Knockraha, Glounthaune,  
Glanmire (rural), Carraig na bhFear,  
Carrigtwohill & Cobh.*



📞 086 1940762

📷 📘 Cllr. Sheila O'Callaghan

✉️ [sheila.ocallaghan@cllr.corkcoco.ie](mailto:sheila.ocallaghan@cllr.corkcoco.ie)

 **FIANNA FÁIL**  
THE REPUBLICAN PARTY

# Out & About



Sinead O'Flynn, Health 4 U, Karen Doyle, Glanmire Chamber Chairperson and owner of One Plan Financial, Susanna Marambio, President of Network Cork and her Husband Andrew Walker, both of Beacon Business Commercial Services pictured at the Network Cork Business Woman of the Year Awards in Vienna Woods.

Support our local Glanmire businesses

# SHOP LOCAL



**GLANMIRE**  
CHAMBER OF  
COMMERCE



## In Memory

**Gail Dowling passed away on 16th May, sending shockwaves throughout Glanmire and the Chamber.**

Gail is the owner of Dowling & Dowling Design Consultants, a hugely successful graphic design business in Glanmire. She has been a member of the Chamber since its inception and served as Chairperson for 3 years. She was an active member of the Glanmire community; herself and her husband Frank have done so much behind the scenes to make it a better place to live. She will be sadly missed by us all. Sincere condolences to Frank and her dear family.

## Member spotlight



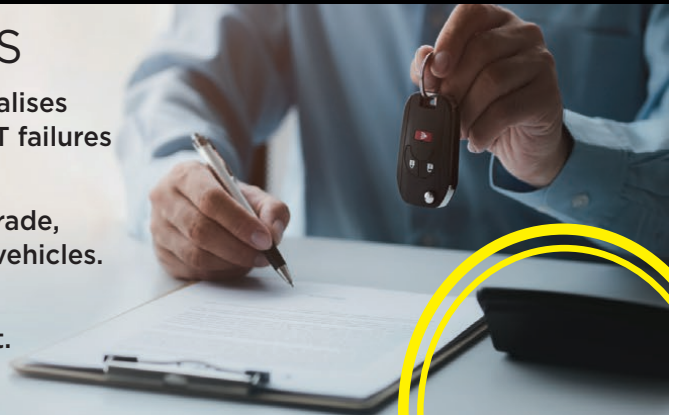
### **BRIAN MURPHY MOTORS**

Glanmire-based car repair business that specialises in general car repairs and servicing as well as NCT failures and minor engine repairs.

With over 20 years experience in the motor trade, Brian caters for cars, vans and light commercial vehicles.

Located on the New Line, on the right, just past O'Connell Transport.

**Contact No. 086 052 8953.**



[www.glanmire-chamber.ie](http://www.glanmire-chamber.ie)



## Glanmire Area Community Association Seeking New Directors

**Glanmire Area Community Association are seeking new members** to join its executive committee. The Community Association (founded in 1981) is made up of volunteer Directors who work to assist local voluntary organisations, drive projects and initiatives that enhance community amenities and facilities, and work together to ensure the area continues to be a beautiful and safe place to live.

Directors meet monthly. Meetings take place in the Old Schoolhouse, The Community Centre, at Riverstown Cross, in Glanmire.

You will be working with a wide range of people and organisations and have an opportunity to use and / or develop your skills and experience in a way that makes a difference to your community and its residents. Furthermore, it is an opportunity to do something different, help others and make new friends!

We are particularly interested in hearing from people who are creative, ideas-driven and team-oriented.  
***To discuss the role and application process please contact Melissa Cotter on 0860278443***

### **Experience and skills (in any of the following areas) -desirable but not essential:**

- Administration / Management
- Teamwork and Creativity
- Voluntary / community sector or related experience
- Events/ public relations/ project management/ media
- Creative design/ digital design
- Photography / Art
- Health and Safety
- Property
- General Operations (working in a community centre, gardening, landscaping, painting, DIY, construction projects)
- Accounting/ Finance/ Legal
- Writing, Education, Arts/ Theatre
- Sports, Sporting organisations experience
- Culture and Heritage Experience
- Nature and preservation

# SUN-KISSED CREATIONS

*Summer Crafts for Grown-Ups  
(& even the summer holiday kiddos)*

Summer is the perfect season to unleash your creativity and dive into fun summertime crafts. Whether you're lounging by the pool (finger's crossed anyway with the impending Aer Lingus strikes....), enjoying a picnic in the park, or hosting a garden bbq, these summer crafts will add some handmade charm to your sunny days. Here are some fabulously simple DIY projects that are perfect for adults looking to make the most of their summer downtime, and if the kiddos are on their summer holidays why not turn some of these ideas into family crafting opportunities.

## Seashell Wind Chimes

Capture the calming sounds of the ocean with a beautiful seashell wind chime. Gather an assortment of seashells from your beach trips or you could buy some in local craft shop, you could try uParty, Vibes & Scribes or The Range. Use a piece of driftwood or a wooden dowel as the base, and attach the shells with fishing line or twine. Hang your creation in a breezy spot and enjoy the gentle tinkling sounds. You could even bring a little pallet or water colours with you to the beach, this is a great way to get the little ones to sit under the umbrella for a while for a break from the sun rays.

## Hand-Painted Flower Pots & Stepping Stones

Brighten up your garden or patio with personalised flower pots. Use acrylic paints to decorate plain terracotta pots with vibrant summer designs, such as flowers, suns, or geometric patterns. Once the paint is dry, seal your artwork with a clear varnish to protect it from the elements. Fill the pots with your favorite summer blooms or herbs for a colourful yet functional display.

A similar craft is to gather up some smooth stepping stones and paint -

them and et voila you have yourself some gorgeous handmade stepping stones.

## Tie-Dye

Embrace the classic summer craft of tie-dyeing. From T-shirts and tote bags to pillowcases and socks, almost anything made of fabric can be transformed with tie-dye. Use bright, bold colours for a traditional look, or experiment with pastel shades for a more subtle effect. This craft is perfect for group activities, so call round the gals (or guys) and host a fun tie-dye party.

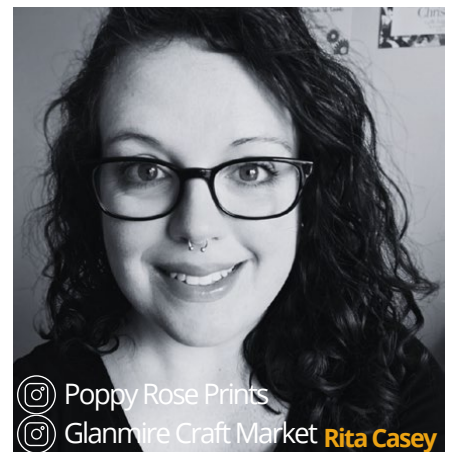
## Outdoor Lanterns

Create enchanting outdoor lanterns for your summer evenings. Repurpose old jam jars or tin cans by decorating them with glass paint, beads and shells. Place tea lights or LED candles inside and hang the lanterns from tree branches or place them along pathways to create a magical ambiance for your nighttime gatherings.

## Nature Journals

Capture the beauty of summer by creating a nature journal. Use a blank notebook to document your outdoor adventures, sketching plants, flowers, and wildlife you encounter. Press and preserve leaves and flowers between the pages, and add notes about your observations. This is a wonderful way to connect with nature and create a keepsake of your summer experiences.

Summer crafts are a fantastic way to celebrate the season's energy and warmth. These projects not only provide a creative outlet but also enhance your outdoor spaces and bring a touch of summer magic into your home. So gather your supplies, soak up the sunshine, and let your creativity bloom with these simple summer crafts. Whether you're crafting solo or with friends, the joy of creating something beautiful will make your summer even more memorable.







## Summer Beauty

With the summer months we can experience some specific beauty challenges. Qualified as a beautician I always have a vast interest and cabinet full of products. I discuss make up in my one-to-one consultations which is so beneficial, our skin regimes evolve as well as our style.

Nobody needs to be beach perfect and ready, but I do find a little extra confidence we can get from certain products goes a long way to feeling fabulous in the summer season.

I will start with a cult favourite Nuxe's Huile Prodigieuse, I have been using this for years, it has a delicate, aromatic scent, its lightweight, nourishing formula with added shimmer. I use this multipurpose oil after the shower.

Rub a tiny amount in your palms and inhale a few deep breaths, the smell is so divine I also use it as a perfume. I do love multi use products when travelling and with mini versions now available this is definitely one to pack.

I love and encourage a lighter fresher make up routine this time of year.

If you go without makeup one day a week and let your skin breathe, this is the perfect time of year and can be so beneficial for our skin.

Apply plenty of SPF if you are out and about. La roche Posay factor 50 is one I use daily under my makeup. Its lightweight, fast drying and effective.

## Body Brushing



Try body brushing, you will thank me later. This can be so invigorating and beneficial.

Body brushes are widely available from discount stores to chemists. The dense bristles boost our circulation, aid lymphatic drainage, and reduce fluid retention. Have the brush at hand at your shower door.

Recommended on dry skin, I start at my feet and work up the body. Sweeping circular movements are better, not too firm but feel the bristles on your skin.

## Mindful Moisturing



Introduce this daily ritual am or pm. Investing in a good quality body

moisturizer is a wise investment. CeraVE or Aveeno are great for sensitive skin.

I do recommend Dove tinted moisturizer from April to September. It dries quickly, streak free, no smell. It gives a soft natural glow to my arms and legs, when I choose to wear a dress, sleeveless top or cropped trousers.

## Hair care

Sunshine, heat, salt water and chlorine can leave us with frizzy damaged locks.

If not, I use a hair and scalp SPF protector. Our hair follicles expand in the heat can become difficult to tame.

I have found a hair smoothing cream helps; I apply to damp hair before blow-drying. You will find a big range in any supermarket or chemist. I do like Umberto Giannini blow out frizz styling cream €12-14 euro and find it very effective. If you are looking to inject a moisture boost a moisture hair mask works well.

Contact me on: **086-2599539** if you would like to discuss any of the following style, make up, color analysis and personal one to one shopping.

E-mail: [lyndadiblas@yahoo.com](mailto:lyndadiblas@yahoo.com).

Check out my website [www.lyndadiblas.com](http://www.lyndadiblas.com) for various packages. FB or Instagram page. **Lynda.diblas.image\_consultant**



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Lynda Di Blasi

FASHION  
EVENTS

TLC CARRIGNAVAR  
TOASTS 2 YEARS IN  
THE VILLAGE

# L Loves

So much happening from local fashion shows to celebrations in business & official openings

Nice to toast two with the 2nd birthday of Totally L Clothing (TLC) in the heart of the village.

Voodoo Rooms also hosted a great fashion show 'Voodoo Vogue' connecting many local boutiques in a really cool setting & hosted by Caroline Downey & Colm O'Sullivan.

Foroige Whitechurch also successfully ran not one but two fashion shows in one day raising over 3k.

Scoil an Athar Tadgh was officially opened and local Principal Cormac Duggan & team welcomed Tanaiste Michael Martin

*Lorraine x*



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WITH MINISTER MICHAEL MARTIN, PRINCIPAL  
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VODOO VOGUE  
FASHION SHOW  
SHOWCASING A SELECTION OF  
LOCAL CORK BOUTIQUES



PLEASE NOTE IF YOU HAVE...  
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LORRAINE O'NEILL ONEILLES3@GMAIL.COM

# Our Lady of Lourdes Grotto in Glanmire - A Brief History

Fiona Forde  
www.irishfamilydetective.ie

Seventy-five years ago, on 1 May 1949, the Our Lady of Lourdes Grotto at Glanmire was first blessed and opened in the presence of over 3,000 people. This marked the beginning of a long tradition, with the first Sunday in May set aside for friends and families to gather at Springhill before setting off on the journey to Glanmire village. On that Sunday in 1949, my relatives gathered at Saint Joseph's; my aunts, Noreen and Mary, were among the excited crowd ready to set off for the journey to the grotto. In 2024, Noreen continued the family tradition by attending the procession and was among the crowd gathered at the grotto, which you can view at [www.youtube.com/watch?v=j5gURltKr6U](https://www.youtube.com/watch?v=j5gURltKr6U). Indeed, Noreen tells me that, apart from one year, she has been making the annual pilgrimage since.



Figure 1: Eileen Walsh and Noreen Bagge at the annual May procession, 2022 (Evening Echo).

In 1948, Toby Roche of Woodlands, Glanmire, proposed to Canon John Gould that a grotto be built in Glanmire, inspired by the shrine in Lourdes. The chosen site, located just a few metres south of Glanmire village, was donated by the Brothers of Charity, Lota. Construction began shortly after, and on 1 May 1949, the grotto, 'ideally placed in a picturesque and rugged setting carved into the rock hillside facing the Glashaboy River' was ready for Glanmire's first procession. The crowds marvelled at the magnificent statue of Our Lady, which was in a niche 30 feet above and looked down on a natural spring, as well as the statue of Saint Bernadette. The construction project was primarily undertaken by Denis O'Riordan, a builder and producer of ornamental cast concrete from Commons Road, Cork. Angelo Bernardi, Paul Street, Cork, produced the statue of Our Lady (based on the sculpture in Lourdes) while Jimmy Twomey, Glanmire, was responsible for the electrical works.

In 1951, Denis Gwynn described the grotto as a lavishly planted rock garden, rising high above the road and sprawling across

the surrounding rocks and cliffs. Gwynn remarked that he had seldom seen such a charming rock garden and noted that the recent week of sunshine had brought many of the plants and shrubs into full bloom. He also observed that the waterfall flowed constantly, occasionally cascading with great force. In 1957 Diarmuid O'Riordan, writing in the Southern Star, noted that the grotto in Glanmire was 'the finest in Ireland. It is cut out of solid rock and no words of mine can describe it here, but I will just say it is magnificent'. Indeed, the shrine in Ballinspittle is modelled on Glanmire. This grotto was constructed during the Marian Year, 1954, and the statues of Mary and Bernadette were moulded at Beranardis by Maurice O'Donnell. Of course, it was the statue of Mary that attracted worldwide attention in 1985 when some locals claimed to have witnessed a statue of the Blessed Virgin Mary moving spontaneously. As news of the phenomenon spread, thousands of pilgrims and spectators flocked to the site of the statue. Many of the visitors claimed that they observed similar movements.

While no moving statues have been reported in Glanmire, the grotto is an important part of the area's culture and antiquity. According to W. B. Yeats, 'the history of a nation is not in parliaments and battlefields, but in what the people say to each other on fair-days and high days, and in how they farm, and quarrel, and go on pilgrimage', and annual trips to Our Lady of Lourdes Grotto at Glanmire are remembered by many generations and will continue to endure in the future.

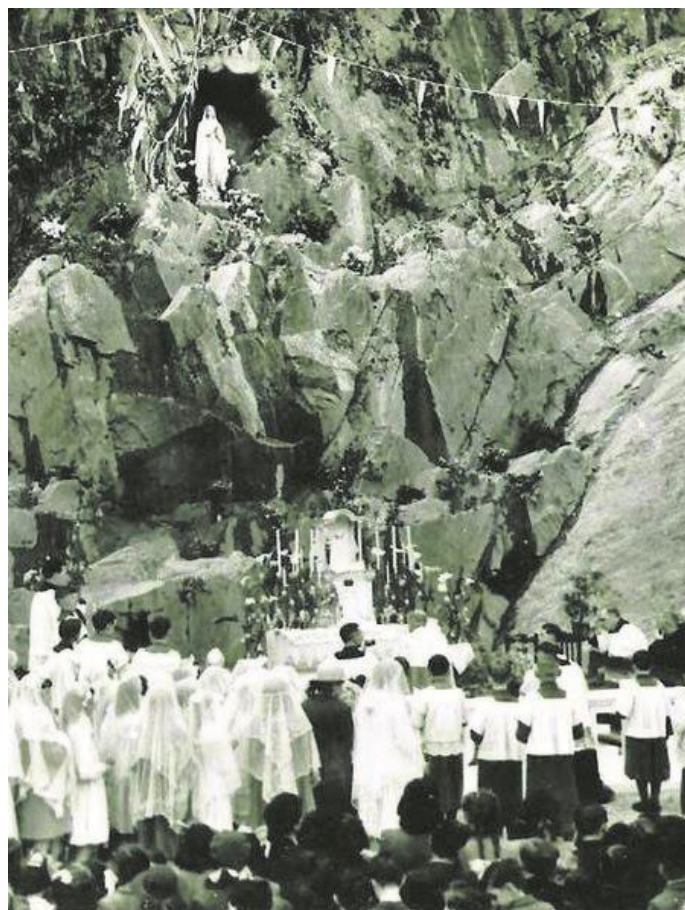


Figure 2: A past May pilgrimage at Our Lady of Lourdes Grotto, Glanmire. (Evening Echo).

Welcome to the July instalment of the Garden.

This month I would like to focus on water conservation.

Water conservation does not have to be a big project. It can be as simple as mulching your plants (which we have covered in a previous edition) or as extensive as having a complete rainwater harvesting system.

For me I am somewhere in the middle. I mulch my plants in Spring. I also have an old water storage tank that came out of the attic. All I did was put the downpipe from the house into the tank and wait for rain to fill it (which did not take long).

The best thing about this type of tank is that you can fill a watering can very quickly from it, but the major disadvantage is that it can be unsafe if you have small children around. You can buy a lid for these tanks as well.

One of the safest ways of collecting rainwater is to buy a water butt. These are available from most D.I.Y. shops and come with a complete set of instructions. They also come in various shapes so you should be able to find one the suits your needs. You can also join the water butts together and collect large amounts of rainwater.

You can attach a water butt to any down pipe house, garage, shed, school, office building etc. The options are endless.



The best way to see how much water you save is to keep a record of how much water you use from the water butts. You will be amazed as to how much water you can save.

However, there is some maintenance with them. They have to be cleaned out and washed twice a year. Spring and Autumn. This will prevent the water from going pungent.

So far, I have not mentioned the collection of grey water. This is water that has been used to wash either dishes or yourself.

You can use this water by putting it straight onto shrubs or herbaceous plants that are well established (more than a year old) but not onto the leaves as this may lead to scorching.

I would not use this type of water on any food crops or any bedding plants or annuals.

If you want to store grey water in a water butt, I would do so away from the house as it can be a little pungent.

The water that you use when washing fruit and vegetables is ideal to use in any part of the garden or onto your pots.

The other top tip I have is to put away the hose pipe and use a watering can. You will save a lot more water.

On particularly hot days move your pots into the shade (if possible)



### Jobs for July

1. Pick over salad crops regularly.
2. Keep an eye out for pests like greenfly and take appropriate action.
3. Water and feed all containers.
4. Trim the edges of your beds to give the garden a sharp look.
5. Stay on top of the weeds with regular hoeing.
6. Water compost bins and heaps to prevent drying out.
7. Enjoy your garden.

Chris Troy

## Hazelwood Road and Shopping Centre

- **Night works and machinery operation will commence on Hazelwood Rd this week, from 8pm – 6am Monday 17th to Friday 24th June.** We apologise for the inconvenience caused to residents.
- The entrance to Hazelwood SC adjacent to Bean & Leaf will remain closed until approx. 26th of June.
- A Stop/Go traffic management system will be in place to facilitate these works.
- I would like to thank all shoppers and businesses in the Shopping Centre for their patience and cooperation.

## R639/Cois na Gleann

- **On Wednesday 19th June, the R615 will close to facilitate works until mid-July.**
- Work will continue on the R639 for the installation of the new culverts, with a stop-go system remaining in place 24/7.
  - Stop/Go - Monday to Friday from 7am – 7pm and Saturday from 7am – 2pm
  - Traffic lights will be in operation from 7pm – 7am Mondays to Fridays
  - Traffic lights will be in operation from 2pm on Saturdays until 7am on Monday mornings.
- We would kindly ask that you leave extra time for your journey and to observe the traffic management in this area. This has been an issue in the past, and we urge drivers to be aware that breaking lights or the Stop/Go, may result in an accident.
- Pedestrian access will be maintained at all times in this area.

## New Line

- Work will continue on the New Line road this week, with a Traffic Management Plan in place.
- We would like to remind road users that the L-2964 New Line Road, Brooklodge East Road is now closed fully closed until October 2024.

## Copper Valley Vue

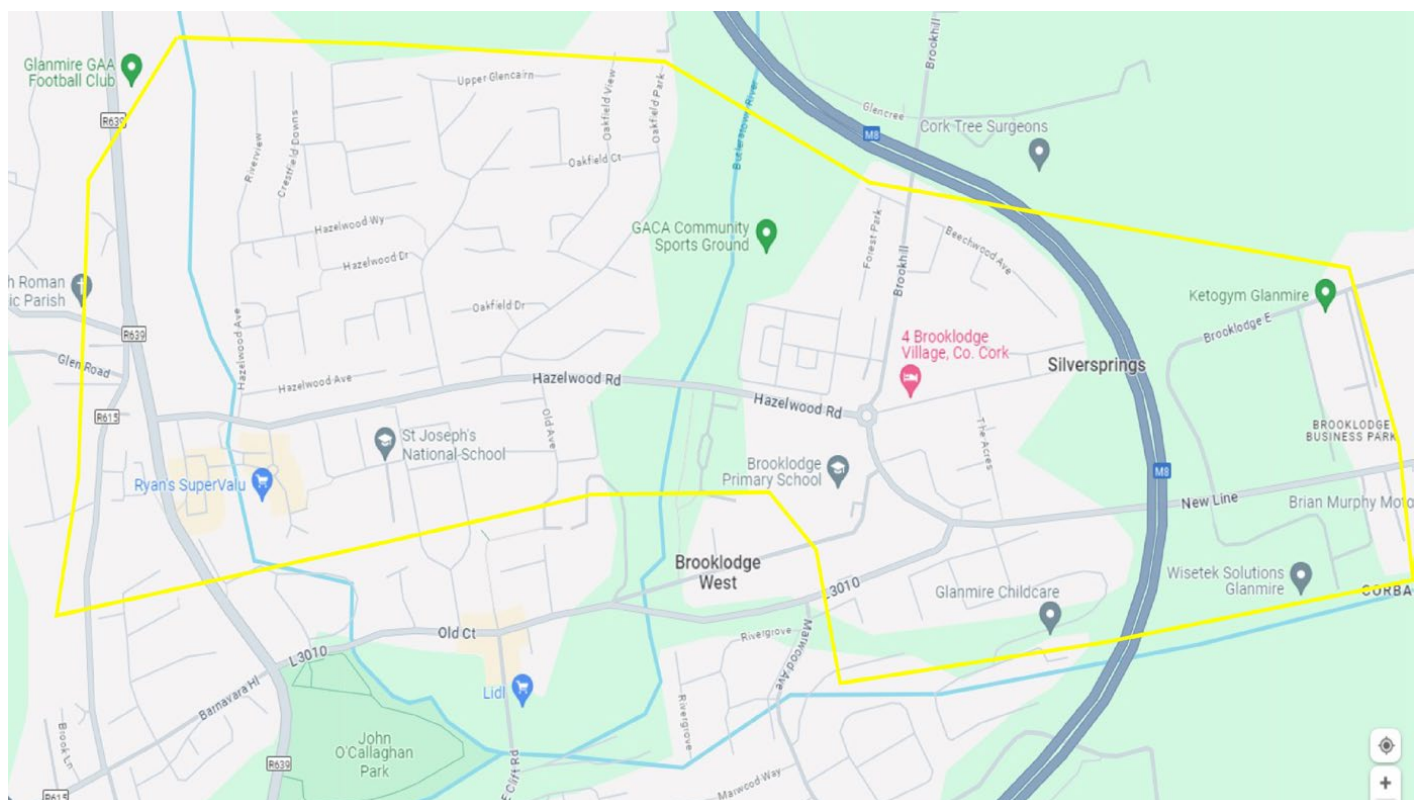
- Work is continuing in preparation for the installation of the new bridge at Copper Valley Vue and culvert at Brooklodge.
- The temporary bridge will be in operation until October 2024.
- There will be internal traffic management in Copper Valley Vue as per the current setup.
- A Stop/Go system will be in place on New Line Road adjacent Copper Valley Vue next week to allow us complete utility works.

If you have any questions on the work being carried out by Sorensen, contact me directly on **086 032 6171**.

On behalf of the entire Sorensen team, I would like to thank residents, businesses, pedestrians and motorists for their continued patience, support, and cooperation.

If you would like to be kept informed, we would encourage you to sign up to our FREE Text Alert service. You can do this by sending : GFRS to 50015.

If you would like to join a Facebook group to receive GFRS work updates, please click the below link, and hit the Join Group button: <https://www.facebook.com/share/S1ZNir1EDfv3147a/>



# Glanmire Library

Children's Services  
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First5

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Little Library Bags available for children starting primary school. Enquire at the library desk for more information.

eMagazines and eNewspapers are coming soon to the **BorrowBox App!**

### Discover Cork: Schools' Heritage Project

#### Riverstown N.S. - 5th Class

Until June 28th. A selection of projects from Rang a Cúig, Riverstown N.S. entered in the 'Discover Cork: Schools' Heritage Project'. Displayed at Glanmire Library.

Our **e-Newspapers** and **e-Magazines** are moving to **BorrowBox!**

This means that you will be able to use your library card to get eBooks, audiobooks, newspapers and magazines all in one place.

If you are already a BorrowBox user, you will see a new **ePress** section in the app, and that's where you will find magazines and newspapers.

If you are not already using Borrowbox, it's really easy to start and you'll love it! Just download the app, log in with your library details and start to browse, borrow and read.

**BorrowBox.** Leabharlanna Libraries  
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LIBRARIES LEABHARLANNA  
CORK CITY COUNCIL | COMHAIRLE CATHRACH CHORCAÍ

# UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

The Annual General Meeting of the Upper Glanmire Community Association took place on the 20th May last. Along with other business, a new committee was elected consisting of Jerry Burke (Chairman), Willie Martin (Chairman), Bernie Kenny (Secretary), Robert Kenny (P.R.O.), Catherine Docherty, Dominic Cahill, Pat O'Callaghan, Peter Falvey, Ken Ryan, James Hopkins, Helen Harrington, and Vince Harte.



Organisational work continues in the background to facilitate the installation of 32 solar panels on the Sports Hall roof funded by a Grant from the Community Climate Action Fund.

A Family Fun Day will be held on Sunday 29th September next. More details to follow in the coming months. Anyone that might be interested in helping out with the organising of this event or helping on the day should make contact with the Committee.



If you would like to advertise in the  
**Glanmire Area News**  
please contact the  
**Editor Robert Kenny by email**  
**areanewsglanmire@gmail.com**  
or mobile **086 8355330**

**UPPER GLANMIRE**

**BINGO**

**EVERY THURSDAY**

8PM - 10PM

**UPPER GLANMIRE COMMUNITY HALL**

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# Glanmire and Sarsfields Healthy Clubs



## GAA 4 All

Our amazing 6-week All-Stars camp, led by Deirdre Cregan, has come to an end ... for a while anyway. Great fun was had by all 23 children and their parents/ guardians. On 'Sports Day', on the Sarsfields' astro pitch, the children took part in activities such as sack races, egg & spoon races and a 3-legged race for the adults. All children were presented with medals and gift bags, to reward their determination and efforts. On the final day of the camp, all involved took a trip to Fota Wildlife Park, which was kindly sponsored by Elevate Credit Union.








## Glanmire Walkers & Talkers



Our Glanmire Walkers & Talkers groups will finish up for the summer on **Thursday, the 27<sup>th</sup> of June**. Thanks to our lovely morning and evening walkers for the craic along our varied routes around Glanmire. We will recommence our walks in early September. New walkers are welcome.

## RNLI Water Safety Talk

We are very grateful for the excellent talk by volunteer, Gerard Quinn, from the RNLI who shared powerful information on Water Safety with us on the 16<sup>th</sup> of May in Glanmire Community College. The most important advice Gerard gave was to FLOAT if somehow you get caught out in sea water. However you end up in the water, if you are in difficulty, Float to Live:

- 1  Tilt your head back with ears submerged
- 2  Relax and try to breathe normally
- 3  Move your hands to help you stay afloat
- 4  It's okay if your legs sink. We all float differently
- 5  Spread your arms and legs to improve stability



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





## Sarsfields Camogie Club Activity

June was a busy month contesting four adult league finals – Senior, Minor Premier, Junior B & Junior LOS cup with the silverware going to both of our Junior teams!

Our U13s contested the Garda Blitz final in what was a great day of camogie and a super tournament. Even though we narrowly lost out in the final to Inniscarra, we had some consolation in Rebecca Dwane picking up the POTM award! Thank you to Mayfield Gardai & Brian Dillons for hosting yet another fantastic day.

Our U14 Premiers & both U16 teams are still in league competition.

We held a very successful & enjoyable Fundraising Spirit Tasting night recently. Thank you to all who supported by attending or donating towards the event. This was much appreciated.

Both of our U15 teams have qualified for Imokilly finals to take place later in the summer.



Julie Receives Lillie O'Sullivan Trophy



Katie Receives Junior B2 Trophy



POTM Jessica Dwane



Junior B2 Winning Team



Junior Lillie O'Sullivan Winners



Minor Premier Finalists



Imokilly U15Bs



U14Bs



U14Cs



Spirits Night



U8s & U9s



# Sarsfields Camogie Club

# Mothers & Others

## Social Basketball Glanmire

We are a group of ladies ranging in ages from 25 to 60 with a mixed bag of basketball abilities. Some have never played basketball before, and others played many years ago in school. It's not about the basketball, it's getting exercise while having a laugh – Fitness and Fun is our Motto.

On Saturday we had an 'End of Year Exhibition Match' in aid of Marymount University Hospice. We had 2 teams- Jessie's Jammers and Rosie's Rams. It was a very tight game with only one point separating the teams at halftime. The Jammers were lucky to win by 3 when the final whistle was blown. MVP for the Jammers was Ber O' Sullivan and for the Rams Olivia Fahy.

**Our exhibition Match raised €1,500 in aid of Marymount University Hospice.**

Thanks to all the players that took part, it's not easy putting yourself on show. Thanks to the coaches – Jess & Roisin who always get the best out of us. Thanks to all our volunteers -Aimie the ref, Chloe, Lisa and Meg on the table, Connie & Jerry for sorting the hall for us,, and Aine, Lorraine, and Catherine for all their help and support. Thanks to the academy kids playing at halftime, showing us how it really is done! Thanks to all who supporters who came to watch us play. Finally, thanks to all who donated in person and online.

Remember new members are always welcome, come along any Tuesday at 6.30. Note from the 2nd of July we will be outdoors in the court opposite SuperValu until the end of August. #basketballforall #basketballforacause.



**Jessie's Jammers-Coach** Jessica Quirke (Head coach)

Team: Lorraine McGrath (Speedy ), Niamh O'Donovan (Nurse), Fiona Forde (Fabulous Fifi), Elizabeth Forde (The Grinder) Sheelagh Flanagan (Steely defender!), Mónica de la Rocha (La zurda -the left-handed) , Ber O'Sullivan (Pocket Rocket), Ciara Young (Known as Rosie's cousin), Catherine O' Riordan (aka mamma Mia)



**Rosie's Rams – Coach** Róisín Quirke (Rebound Rosie Head Coach)

Team: Aine De La Cour (Defendinator), Juliann Hayes (Jumping J), Orla Butler (The screamer!), Kasia P. (The lightning speed), Una Curran (Una the Unstoppable), Olivia Fahy (A&E -Ass & Elbows), Irene Baker (Pacemaker), Gobnait McGrath (Gobnait the Giggler!)





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**Sarsfields Hurling Club**

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# Erin's Own Ladies Club



## Camogie

Our Junior camogie team secured a win over Buttrervant in the league semi final but lost out to Youghal in the final. The U12s played matches v Aghabullogue, Ballincollig, Crosshaven, Midleton & Fr O Neills. The U14s topped their group going unbeaten in 5 games which qualified them to a quarter final v Fr O Neills, they came away with a win securing their place in the semi final. The U11s played Sars in a blitz and travelled to Bandon for a match, great skills and team spirit was shown by all players.

## U10 Camogie Guard of Honour

Erins Own and Rockban U10 Camogie teams gave a Guard of Honour for the Cork and Offaly Intermediate Camogie

teams in Castle Road on the 8th of June last and played at game at the half time break. After the match the girls got their jerseys and hurleys signed by the players. Thanks to Cork County Board and the players, the girls really enjoyed the experience.

## Football

Well done to the U16 footballers who overcame a strong Fermoy side, despite being down by 12 points, the girls fought back, eventually winning by 3 points.



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## Playing Matters

There were a number of big games for the Junior A football team in the last month. A draw with Douglas and a big win over Delaneys saw White's Cross qualify for the City Division Junior A league final for the first time since we beat Passage on a 0-12 to 0-11 in the 2015 decider. This progress to the final is a big step for the evolution of this team. Over the last 5 or 6 years we have seen a number of new players join our Junior panels which was much needed to support an aging squad that had brought so much success to the club. The re-formation of the St Colmcilles club 4 years ago has enhanced the feeder route from underage to adult level. We had some success when winning a Junior B league title in 2021 but this is the first time that we have become really consistent at Junior A level; in this decade at least.

The performances have been consistent throughout the campaign and many players were given game time. This gave confidence that we could beat Nemo Rangers in the final despite knowing that Nemo football teams are not easily beat in any final. On the day we started well but we quickly found ourselves five points behind by the 20 minute mark. In this period we failed, for the most part, to win our own kickouts and were turned-over on a number of occasions. Our opponents punished our mistakes as we would expect them to. From here to the remainder of the game we would force ourselves back into contention only for Nemo to extend the lead out again when they needed to. Two black cards within minutes of each other in the second half did not help our cause. At the end we lost by six points. We have no complaints about the result and we congratulate Nemo. However, there is still a strong belief that our squad is developing nicely. We are actually drawn to play against Nemo Rangers in the opening round of the championship. Despite the defeat in this final we can look forward to the rematch with confidence.

Our second Junior football team are also making big progress. Last year we were beaten narrowly by Ballyphehane and Nemo Rangers in the league. This year, however, we have come out on the right side of the result after two similarly tough games. We also received a walkover from Whitechurch. In game four we faced another local rival in the form of Rathpeacon. This was the proverbial game of two-halves. At half-time, we were well in command and lead 3-09 to 0-02. In the second half the home side came back into the game and reduced the lead to eight points. Had they been more efficient in front of the post, they could have made things more uncomfortable for White's Cross. We introduced a number of the current minor side at half-time. Ronan Healy, Shane and James Buckley (no relation) all made a big impression on proceedings with the former getting our first score of the second half after 25 minutes. He would add another as we finished strongly to win on a 3-13 to 1 - 07 scoreline.

In our fifth game against Ballinure, the minor players would again play a prominent part with Shane and Ronan both adding a brace of goals each. Adam Dunne and Brendan Quain also scored goals in this game as we recorded 6 goals in total. Scoring 6 goals in a competitive adult game is something of a rarity for White's Cross. Though not all of our results are fully listed or recorded, a cursory glance at the records shows that a hurling league game from May 1963 against Sarsfields may be the only other such occurrence.

Though we scored 6 goals, we still only managed to collect two league points. At the time of writing there was one further game at the end of June against Rochestown. A win here would be enough to see the team reach the final of the Division 4 league. This too would be a massive boost for the club.



Michael Hennessy, Cork GAA GDC, presents CCN captain Tom O Sullivan (White's Cross) and Mr. Lewis with a dozen sliotars ahead of the Munster Final.

## Underage Round-up

The under 12 and under 13 boys team have commenced their second phase leagues. The early season competitions are grading leagues. The under 13 football team opened their campaign with a massive win over Blarney – scoring 10 goals in the process. The teams had met earlier in the first phase although Colmcille's also won the game was much closer. The Under 13 girls football team played a county championship quarter final against Castlehaven. The West Cork girls were too strong on the evening though White's Cross can be happy with the way they fought their way back into the game in the second half. The under 12s played a hurling game in their opening game of phase two. Unfortunately, they lost a narrow game at home to a strong Youghal outfit. The under 14s have been the busiest of the teams in the past month. At the time of writing they were scheduled to play Fr O Neills in the final of the Rebel Og East Division 2 Football championship final. They had a big win over St. Catherines in the semi-final. Unfortunately they lost narrowly to the same opposition in the hurling championship. They suffered the same fate in the same competition against Fermoy. All of the games have been close for the under 14s in the hurling championship, though unfortunately they have only come out on the right side of the scoreline on one occasion. Nonetheless, hopefully next month we will be reporting that this group have been the first team to win a trophy for the club in 2024. Most of the older age groups have had a month off from competitive action with Leaving and Junior Cert taking precedence for the players. These competitions recommenced in late June.

## Coláiste an Chroí Naofa Success!

Well done to Coláiste an Chroí Naofa on winning the Under 15 Munster colleges hurling championship by beating Meanscoil SN An Rinn (Waterford) at the end of May. This was a side populated in the main with St. Colmcille's players including captain, White's Cross lad, Tom O'Sullivan. There has been considerable effort put into the development of a school's coaching programme this year which has seen the White's Cross and Carraig Na Bhfear GAA clubs taking an active role in co-ordinating. Along with teachers such as Mr Lewis, Mick O'Donnell and Pat O'Brien (both St Colmcille's coaches) along with Eric Nolan (an MTU student) have been in the school coaching boys and girls teams at lunch and after school. This under 15 hurling victory is the most obvious dividend to date of the effort that has been put in by all.



# White's Cross GAA News



# Riverstown Football Club



## Riverstown Fc

Pictures from last Tuesdays boys Csl and Youth awards in the Yard.

Big thanks to the @thecastleglanmire to let us host the awards over 2 nights Also huge thanks to Ann from @capturelifewithann for the fantastic pics.

Have to mention our own Ian Mylod from the senior team who presented the awards..

U16 girls receiving their Division 1 Winners medals last night at the #CWSSL awards night. Several missing from the event due to Junior cert. Well done girls, enjoy the summer break!

End of season 23/24 awards for the girls/ youth CWSSL in the Castle last Monday night. Special thanks to Jesse Mendez Cork City player that presented the awards.



Congratulations to our amazingly talented Melaine O' Keeffe that won this afternoon in the First Fruits Centre in Watergrasshill. She will be representing Cork County in the U16 Solo Instrumental section of the All Ireland final, Community Games in Carlow in early September.



Tobin, Liam Canty, Ellie Cogan and James Cogan who came 5th in the all Ireland community games quiz final in Kilkenny over the weekend.

We were honored to be invited to a civic reception at the County Hall by the County Mayor Cllr. Frank O'Flynn for Cork Community Games

Congratulations to Glanmire swimmers representing Cork at the all Ireland finals in Kilkenny over the weekend.. Emily Zmudka, Eoin Manson & Roisin Brannigan and to Eoin and Roisin for coming second- well done to all  
Huge congratulations to the Glanmire quiz team of Melanie O'Keeffe, Daniel

## Glanmire MACRA

As the end of the Macra year approaches Glanmire has had a busy month full of events! To bring a wrap to the season, Glanmire Macra hosted the Seandun Silage party. While the weather may have been bad for silage a great night was had by all in the Castle Glanmire with food and entertainment. With the night culminating in awards presentation, which included the crowning of Glanmires own Christopher O'Neil and Elaine Slyne as the silage king and queen!



This was followed on the June bank holiday weekend by some of our members brushing off their best blue jeans for the annual Blue Jean Country Queen Festival in Athboy. Where they had a great weekend with plenty of craic while supporting Ballincollig Macra's Martina O'Leary. We are now looking forward to attending the Queen of the Castle festival in Cahir from the 2nd to 5th of August.

We will be continuing our weekly sports night every Wednesday from 7.30pm in the Little Island sports complex over the summer. Everyone is welcome! We play a range of sports ranging from basketball and soccer to badminton. Entry is €5 but your first night is free!

The Agri skills competition also took place this month. It was great to see so many taking part from across the region, with Donal O'Callaghan representing Glanmire in the stock judging.

Make sure to follow us on our social media to hear more about all of our upcoming events!

*Article by Frank Stafford, Glanmire Macra PRO*

# Writer's Corner with Eleanor O'Kelly-Lynch

**'A reader lives 1000 lives before he dies; the man who never reads lives only one.'**

*George R. R. Martin, A Dance with Dragons.*

A primary school teacher recently told me about her challenging fifth class: a lot of boys and noise. She said it was hard to motivate them, keep them focused, calm, enthused. The children were from varied backgrounds with various levels of ability with many coming to school hungry or living in some sort of chaos. This was a teacher with 14 years' experience under her belt, no shrinking violet. 'It's not easy,' she said. 'you'd be worn out and it's not one-size-fits-all. You just have to try everything.' But one thing she said intrigued me, when I asked her what strategies seemed to work best.

'Stories,' she replied. 'When I read a story, calm descends on the classroom – some days, you can hardly hear a pin drop.' The class follows the story from their own books, stepping into another world where they might encounter danger, twists, curious characters. Maybe a secret or a journey unfolds and someone – the baddie – might get their comeuppance. How wonderful to hear about the power of a good story to transfix a bunch of rowdy eleven-year-olds! Despite all the screens, the gaming, and the empty virtual distractions, it's heartening to see children captivated by a story.

A few weeks ago, I had the pleasure of speaking at Fermoy and Kinsale libraries. Hats off to Cork County Council library services. When I was a



child, our public library was a musty old space ruled by a cross old librarian with false teeth who clacked angrily at anyone who dared to speak – even a whisper was forbidden as she pointed to the large sign saying, 'SILENCE' behind her desk.

Today, libraries are such inviting places with colourful and comfortable children's areas, book clubs, writing groups, talks, school visits and customer-friendly access to stories that beckon to us – waiting to transport us into a thousand other lives.

And here's the thing: being a writer depends on being a reader. I never came across a writer who didn't say that reading was where it all started. Zadie Smith says, 'Learning to be a good reader is what makes you as a writer.' And Somerset Maugham

said of reading: '... it is cheap. It consoles. It distracts, it delights. It gives you knowledge of the world and experience of a wide kind. It is moral illumination.'

If you are a writer or would like to write, the advice is always to keep – or start – reading. Reading gives you inspiration, expands your concentration and your levels of empathy. Reading helps you to subconsciously absorb grammar, spelling, sentence structure, musicality, and rhythm. Reading also helps to reduce stress, which in itself is a good reason to read more.

Traditionally, Ireland was known as the land of storytellers with a rich folklore tradition. Seannachai travelled from community to community recounting incredible stories, legends, poems, and memories. The oral tradition worked because stories read aloud packed a punch and had a heightened emotional effect on the listener. Many of those fifth-class students I mentioned above may not have been quite as absorbed in the story had they been reading it silently to themselves. One of the best gifts we can give our children and grandchildren is the love of story. We can nurture this by using opportunities wherever we can to read or tell them a story – and no, it needn't be just at bedtime.

Children love a story in a car on a long journey, ideally one you make up as you go along. If it's a long walk home and your child is complaining, tell them a story. If you're stuck in a long queue with an impatient six-year-old, sometimes a story helps to pass the time. And remember, all these stories will only add inspiration and creativity to your own writing when you do eventually get a precious moment to sit down yourself and draft your own story.

[eleanorokellylynch@gmail.com](mailto: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](http://www.eleanorokellylynch.ie), and [buythebook.ie](http://buythebook.ie)





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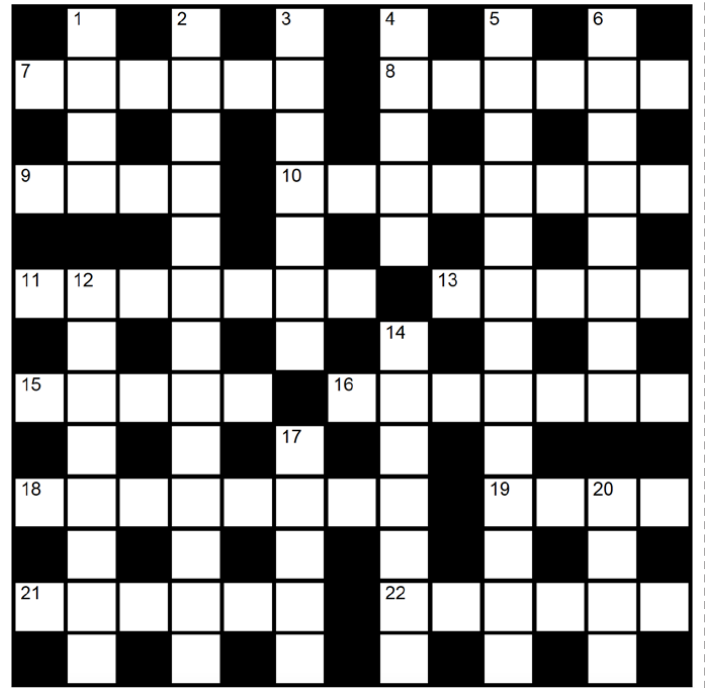
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# Crossword Puzzle



**Across**

- 7. Cured meat often found on pizza or in sandwiches (6)
- 8. Shade-providing cover for a window or door (6)
- 9. Informal term for sleeping rough (4)
- 10. Vague or unclear in form or meaning (8)
- 11. Fragrant liquid commonly worn on the skin (7)
- 13. A large shipping container, often made of wood (5)
- 15. Small, motorised vehicle with pedals (5)
- 16. Structures for people to live in (7)
- 18. Native of the country bordered by Germany and Switzerland (8)
- 19. Sharp boundary of an object (4)
- 21. Stealthy or deceitful in behaviour (6)
- 22. Act of misleading or lying (6)

**Down**

- 1. Edible, starchy root vegetable (4)
- 2. Mountainous region in south-central France (6,7)
- 3. Well-known or famous person (3-4)
- 4. Cat with a striped or mottled coat (5)
- 5. Group or cluster of flowers on a plant (13)
- 6. To open the fasteners of a shirt or jacket (8)
- 12. Fluent or persuasive in speaking or writing (8)
- 14. Violent, rotating column of air (7)
- 17. North African country on the Mediterranean Sea (5)
- 20. To obtain or secure something (4)

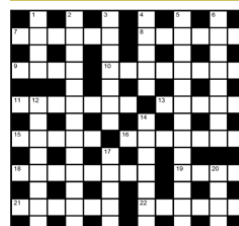
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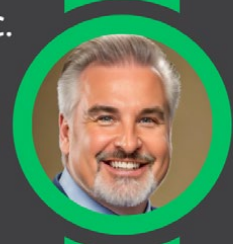
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