

# Glanmire Area News



www.glanmireareanews.ie areanewsglanmire@gmail.com 086 8355330 August 2024

Available: Mayfield | Upper Glanmire | Watergrasshill | Glounthaune | Little Island | White's Cross | Carrignavar | Knockraha | Whitechurch

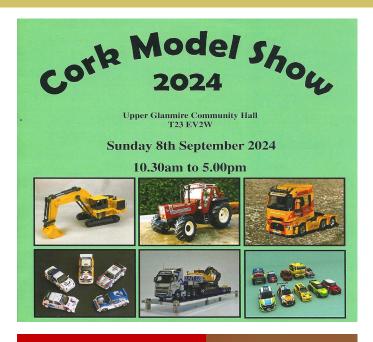
#### **Cork Model Show 2024**

Upper Glanmire Community Hall
T23 EV2W
Sunday 8 September 2024
10:30am to 5:00pm
Adults €5 Family €10

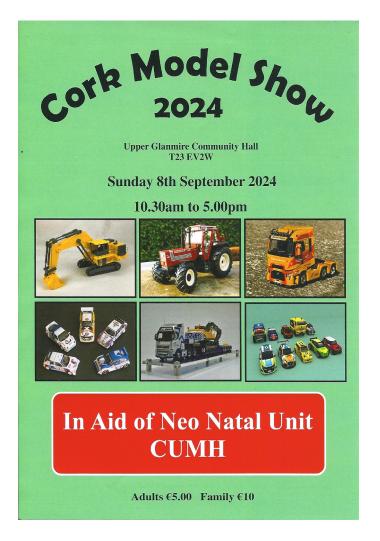
In Aid of Neo Natal Unit CUMH





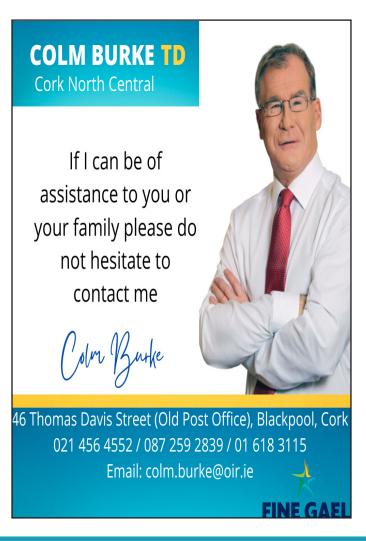












John\_maher@corkcity.ie

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Working for you in our community

/johnmahercork

@johndaniel3



# Campaign Launch

Glanmire Chamber is proud to announce the launch of its 'Support Local' campaign, a community-driven initiative aimed at encouraging residents to support local businesses. This campaign will feature strategically placed signs throughout Glanmire, bearing the 'Support Local' message as a reminder of the importance of shopping within our community.

In an era where online shopping has become increasingly convenient, local businesses have faced significant challenges. The 'Support Local' campaign seeks to raise awareness about the crucial role that local businesses play in maintaining a vibrant and thriving community.





#shopglanmire



Local businesses are the backbone of our community. They provide personalised services, unique products, and support local events and charities. When residents shop locally, they are investing in Glanmire's future.







#### Member spotlight



- Full Laundry & Dry Cleaning service
- Catering for sports gear from schools and clubs
- Collection and delivery service for commercial clients
- Full tea towel service for pubs, restaurants, cafés, work canteens and hairdressers.

**HAZELWOOD CENTRE, GLANMIRE. TEL: 021-4821456** 



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 it's 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

#### **Spring Summer Style**

Welcome back readers to my style and beauty column. The summer may not have gone to plan weather wise, but the beauty of style and clothes is they lift our spirts even on the dull cloudy days. Incorporating some colour in our outfits can release those feel-good hormones.

I hope to offer you some style inspiration to make you feel good, look good, do good this month!

#### STRIPED SHIRT



it comes to various seasons, temperature or occasions is a striped shirt. Starting your outfit with this classic piece instantly results in you looking polished and put together with minimal effort. Tailored or loose a good quality striped shirt can be styled in a myriad of ways. Tucked into light coloured trousers this time of year. Add a tan belt and tote bag for that sophisticated vibe. Or worn over a white or navy summer dress. Tie the hem in a knot or worn open to offer that extra coverage over a

A true wardrobe staple when

I love the versatility; a striped shirt which can be worn for work add navy or cream wide leg trousers or worn open over a swimsuit on holidays. This is truly a wardrobe essential that will be worn season after season.

#### **THE HERO DRESS**



That hero piece, this one-piece wonder that deserves to be celebrated. Year after year we see the romantic style in shops. Ruffles, frills down the bust line. Tiered hem line all offers the summer romance vibe. Floral pattern will compliment a garden party setting or day two of a wedding. Add metallic accessories for a glam summer vibe.

#### **COLLARLESS TWEED JACKET**



#### Lynda Di Blasi Image Consultant

First made a fashion It girl item by Coco Chanel in the 1950s, a tweed boucle jacket remains a truly timeless piece.

Still synonymous with the French fashion house we now see it in many Highstreet stores.

I recently purchased this pictured cropped high-street alternative.

This cream timeless collarless jacket is a wardrobe staple. This tailored tweed finish can be worn for events over a formal dress or give that relaxed yet polished look with jeans and a plain t shirt.

Finishing details in your outer layers, attract the eye, like these gold buttons and faux buttoned pockets. These small details can set your look apart.

Match a cross body bag with a gold chain or chunky gold jewellery to finish off this classic piece.

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: lyndadiblasi@yahoo.com.

Check out my website www.lyndadiblasi.com for various packages. FB or Instagram page. Lynda.diblasi.image\_consultant



sleeveless camisole.

# Holy Wells near Glanmire Fiona Forde www.irishfamilydetective.ie

Glanmire and its environs contain numerous recorded archaeological monuments. includina standing stones, ringforts, an ogham stone, a sweathouse and several holy wells. Saint Valentine's Well, or the Mill Well, was in Transtown, but it seems it has been lost to nature; however, some historical information prevails. Historian Patrick Power visited the parish in the 1920s and noted that stations were made at the well but had been discontinued for almost a century. According to the Schools' Folklore Collection, rounds were made in the 1800s and a large tree with spreading branches overshadowed the well. By the 1930s, only the trunk and bare branches remained and the tree did not bloom.

Across the road from Ballylucra Cemetery is Saint Ruadhán's Well (marked as Ruown Well on old ordnance survey maps). Again, Power inspected the site a century ago and noted that a whitethorn bush marked the site, the well was covered by a flagstone lintel five feet in length and rounds were made on Saint John's Eve until the end of June. Author Amanda Clarke visited the site in 2018 and noted that the lintel can still be found at the foot of the tree, which is now an ash rather than a whitethorn. The well is now dry, however. Interestingly, the Irish for Brooklodge is Cill Ruadhán, or Saint Ruadhán's church.

In Ballybrack, there are two wells: Saint Michael's, which is no longer visible but was close to Kennedy's Cross and was frequented by people with eye ailments. According to the Schools' Folklore Collection, 'no notice taken of it by local people' by the 1930s. The second well, Tobairin Muire, will be very familiar to those driving to Glenville and is recognisable by the Marian blue paint found at many religious sites. Two remarkable historical sites and the town of Coolgreen are located just south of Ballybrack.



Figure 1: Mass rock topped with quartz, sacred mound and holy well at Coolgreen, Upper Glanmire.

The well at Coolgreen 'is known locally as an "eye well" for its curative powers of eye ailments.' Holy wells were a sacred place of devotion and, according to Lady Wilde, the ritual entailed going around the well, either three or nine times, on all fours, from east to west (following the motion of the sun) whilst reciting prayers. At the end of each round, the devotee built up a small pile of stones and descended the well's steps, bathing the forehead and hands in the water. In Coolgreen, the adjacent mass rock is topped with a mound of white quartz testifying to the visits of hundreds of pilgrims who had come, leaving stones as they did the rounds. Patrick Power visited the site in the 1920s. He remarked that a holy well, Lady's Well was located near

a farmyard, elaborately arched over and entered by a doorway, 6 feet by 4 feet. Rounds were made on August 15th and all during May.

The topography of the site at Coolgreen certainly suggests that the local people of Upper Glanmire revered the location. The holy well, adjacent mass rock and sidh are in a v-shaped grove surrounded by a circle of trees. Sidh was 'anciently applied to a hill or mound, the interior of which was supposed to be inhabited by fairy-folk'. In times past people from the locality congregated at the site on pattern day, 15 August; tents were erected and celebrations consisting of religious devotion followed by festivities were held. According to local folklore on one occasion a man died a woman struck him on the head with a blackthorn stick.

The tradition of devotion at Coolgreen has continued to modern times. On 15 August 1998 and 2008, mass was celebrated, the people of the locality walking in the footsteps of their ancestors, doing the 'rounds', drinking from the well and marking the sign of the cross on the flagstone over the entrance to the well, strong in the belief, as Heaney wrote, 'that a further shore is reachable from here. Believe in miracles and cures and healing wells.'

Photographs of Lady's Well with kind permission of Tim and Catherine O'Mahony.





Figure 2: Holy Well and sign of the cross marked over the centuries, Coolgreen.

#### **Gardening-August**

**Chris Troy** 

This topic I would like to talk about this month is Apples. Right from when I was a child I have always been fascinated by Apples and Apple trees.

Apple trees for me have three seasons, Flowering, Fruiting and Winter. Winter is when we can see how the tree is developing and will determine what needs to be pruned.

The Apple tree is always a year ahead so the blossom for next year is made the previous August.

Every garden (if space allows) should have a Apple tree. You can buy extremely dwarf trees that get no bigger than 4ft and remain in pots for their whole life right through to big Apple trees that need at least 25ft spacing.

Each Apple tree you buy in the garden centre is made up of 2 trees, the rootstock and then the variety that you would like to harvest.

Different rootstocks will determine the height, vigour and life span of the trees.

When you go into the garden centre and look at the labels of Apple trees it should tell you the rootstock number. All rootstocks start with the letter M ( M stands for Malling which is a research station in England that specialises in fruit trees) and then followed by a number. The main rootstocks are M.27, M.9, M27, MM106 and MM111.

The M27 is one of the smallest rootstocks and these tree will always be small and probably have a life span of about 15years and start fruiting after a year or two.

The MM111 is the biggest rootstock and will be a very large and need a lot of space. The best thing about these trees is that they are very long lived. Up to 90 plus years but will take up to 5 years to start fruiting.

The garden centre will be able to advise you on which rootstock will suit your situation.

The varieties that are available in Ireland are ones that are suited to our climate. For example you cannot grow Pink Lady successfully but Katy grows and crops really well.



It is best to have at least 2 varieties growing near each other for pollination and in the case of Bramley Apples you will need 3 varieties

For a comprehensive list of Apples that grow well in Ireland and which are best for pollinating each other then

go onto Future Forest web site which is based in West Cork or Seed Savers which are in Scarriff in Co.Clare. It is possible to have Apples from late August until late November straight from the tree.

So the early variety I have is Katy which is a small sized apple with green and red colouring.

The late variety I grow is Ard Cairn Russett. This is an old variety but it keeps well on the tree until late November. This apple will also store well until March in the right conditions.

I also grow two varieties of cooking apples. Grenadier which is an early ripening variety which is ready to pick in mid to late August.

Of course the other I grow is Bramley. One of the oldest varieties of cooking apples there is.

Most garden soils will be capable of growing Apple trees as long as it is not waterlogged in winter or in a frost pocket. South facing garden and on a slight slope with a slightly acidic soil is ideal.

There is not too much work with Apple trees once they are planted.

Staking is important to prevent the tree rocking. Mulching around the base to help prevent weeds. Fruit thinning is advised at the start of July if you have excessive fruit. Any pruning that needs to be carried out should be done in the winter months.

There are many shapes you can train your Apple trees into but the most common is a cup shape ie. remove all centre branches and allow the outside branches to develop, This allows for maximum air flow through the tree.



A freshly picked Apple for me is a treat and it is incredible to think that the Apple tree that you plant today may still be around for your Great Grandchildren to harvest Apples from.

Chris Troy

#### **Glashaboy Flood Relief Scheme**

#### **SORENSEN**

#### Cois na Gleann

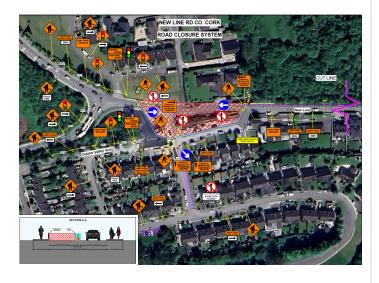
 The R615 will remain closed to facilitate works until early August.

#### **Hazelwood Road and Shopping Centre**

- The Hazelwood Road footpath adjacent to the Credit Union will reopen W/C 22nd July.
- Sheet Pile installation will continue at Hazelwood Bridge next week
- I would like to thank all residents, shoppers and businesses in the area for their patience and cooperation.

#### **New Line & Copper Valley Vue**

- We would like to remind road users that the L-2964 New Line Road, Brooklodge East Road will be fully closed until October 2024.
- 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.
- Sheet Pile installation will commence on Monday 15th July and will be noisy. We apologise for the disruption caused to residents.
- Please note that there will be a three-way traffic management system in place from Monday 15th July until October 2024 to divert traffic from the L-2964 New Line Road. This is outlined in BLUE in the below diagram.



#### Meadowbrook

- · Full access to all roads in Meadowbrook is now restored.
- Please note that rock breaking works will commence on Monday 22nd of July and will cause some noise disruption.

#### **Glanmire industrial Estate**

- In order to facilitate ongoing works at Glanmire industrial estate, a temporary lane closure and traffic management system will be in place.
- The lane closure is marked below in YELLOW and will be until Friday 2<sup>nd</sup> August. Apologies for any inconvenience caused.



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

The above information is subject to change, and I will update you again if there are any changes for the coming week.

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**



SUMMER READS!

SUMMER READS!

SOLO

Just a reminder to sign up for our fantastic Sumer Reading Challenge!

Dive into a world of adventure, mystery, and wonder with amazing books that promise to captivate readers this summer! Whether you're a fan of thrilling mysteries, heart-warming tales, or epic fantasies, there's something for everyone. Participants will have the chance to earn exciting rewards!. Don't miss out on this opportunity to make your summer unforgettable—grab your favourite book, find a cosy spot, and get ready to embark on countless literary journeys. Happy reading!



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.





With a delightful mix of romance, mystery, and adventure, there's something for everyone to enjoy. Whether you're lounging by the pool, relaxing on the beach, or simply unwinding at home, our curated selection will transport you to new worlds and ignite your imagination. Don't miss out on the hottest titles of the season—grab your copy today and dive into a story that will make your summer unforgettable!







#### UPPER 19 79 COMMUNITY ASSOCIATION GLANMERE

Our solar panel project funded by the Climate Action Fund was completed in early July with the installation of all 32 panels on our Sports Hall roof which are now supplying power to the Community Centre, a large storage battery and to the Grid (see photo of display panel).



The Upper Glanmire and Environs Community Text Alert Service established in 2019, still accepts new members. Anyone interested in registering should contact 0870981940 or message the Upper Glanmire Community Association Facebook page.

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.



#### UPPER GLANMIRE & ENVIRONS COMMUNITY TEXT ALERT SERVICE



"CAIRDE" is the name of the BeAlert Text Alert system used by Existing Community Alert Schemes.

It incorporates functions designed for Crime Prevention and Personal safety including:

- Instant and cheaper reception of Text Alerts sent by Gardai
- Property Logging- Know your Own
- Emergency Alarm-PANIC BUTTON.
- Local Alerts
- Local Newsletter.



# BINGO EVERY THURSDAY 8PM - 10PM



UPPER GLANMIRE COMMUNITY HALL JACKPOT EVERY THURSDAY

LIGHT REFRESHMENTS SERVED



#### **BOOKING OF SPORTS HALL/CONCERT HALL**

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28





**Contact Dermot Cambridge 087 0981940** 



# Glanmire and Sarsfields Healthy Clubs



#### June - Pride Month

June is LGBT Pride month. The month is dedicated to the celebration and commemoration of lesbian, gay, bisexual, and transgender members of the community (LGBT) pride. We are delighted that our GAA clubs support Pride, as it is so important to welcome people of any sexual orientation to our clubs and community. The flags below being presented to 2 of our clubs, are LGBTQIA flags (Queer, Intersex Asexual)



Well done to all of our local clubs, incl. Sarsfields Hurling Club and Glanmire Football Club who support and welcome members of the LGBT community.



#### **Family Fun Day**



The Glanmire Football Club, supported by our Glanmire & Sarsfields Healthy Clubs team will host a Family Fun Day on the 1st of September. To make this day as enjoyable as possible, we are looking for volunteers to help us organise and add fun ideas to the event, as well as help out on the day itself. Please DM or contact 086-8549680 to get involved.

#### **Upcoming Event**

Our Healthy Clubs team ran a successful Couch 2 5K training programme last year, with the support of Cork Sports Partnership. We are delighted to announce that we will host this programme again in 2024. Commencing in August, with weekly preparation sessions, participants will be ready to run 5K in the Rebel Run in October. All are welcome to join us, including those who ran with us last year. Details to follow on our Facebook page.





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



#### **GLANMIRE MACRA**



Glanmire Macra has had a fun month! It started out well with some of our members having a fantastic evening at Seandun Macras Bottomless Brunch. With great food, drinks and lots of chats at Dwyer's.

A few of our members also had a chance to try out Sean Nós dancing and Set dancing, during two classes. A great time was had by all, with great improvements seen over the too nights. A big thank you to Waterfall Macra for organizing and Shola who was a great teacher. Hopefully Glanmire will be well setup now for next year's set dancing competition! It's going to be a busy couple of weeks coming up also. With the Munster Macra field evening in Kilmallock on the 28th of July, which promises to be a great evening with plenty of different activities planned. Glanmire Macra will also be cycling the Middleton to Mogeely Greenway on the 28th. This is followed on the August Bank holiday weekend by the Queen of the Castle Festival in Cahir. Where we will

be cheering on the clubs own Zara Long as she represents the Seandun region. Next month will finish with a splash. At Ballyhass Adventure Centre on 31st of August and 1st of September with plenty of

water, land and heights activities planned. This will will be attended by clubs from all across Ireland, and should be a brilliant weekend.

Preparations are also well under way for Glanmire Macra's 70th anniversary Ball planned for the 28th of September in the Rochestown Park Hotel. Contact John on 086 454 7567 for tickets.

Don't forget our social sports nights are also continuing throughout summer in the Little Island Sports Complex every Wednesday from 7.30-9pm. We play a mix of basketball, volleyball, soccer and a range of other sports. Everyone is welcome, entry is €5 but your first night is free.





4 Crestfield Centre, Glanmire www.oneplanfinancial.ie

Karen Doyle trading as One Plan Financia



To advertise in the Glanmire Area News please contact the Editor Robert Kenny email areanewsglanmire@ gmail.com mobile 086 8355330



# Erin's Own Ladies Club



Club activity
Our U14 camogie team secured their place in the Camogie league final after beating Bandon in the semi final, the girls had 7 wins to reach the final but unfortunately lost out to Inniscarra in the final. The U12s played had a great game of camogie v Cloughduv and the U11 played Midleton. The U8 Football team competed in a Blitz. The Junior Footballers had a good win over Kilshannig.

#### **All Stars Team**

Our All Stars team have been very busy training regularly having lots of fun. They recently received brand new Erins Own jerseys and special thanks to Suil Eile for their sponsorship.

#### Sciath Na Scol

Hard luck to the SNCN camogie team who lost out to a strong Berrings side in the Sciath Na Scol final. Well done to all the girls on reaching the final.













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**Erin's Own Ladies Club Page Sponsor** 

#### **Playing Matters**

The past month saw our adult Junior football team play in another two finals. Our second team played the City Division Junior 4 football league decider against a familiar foe in the form of Nemo Rangers whom we had met in our previous final (Junior 1 football league). Unfortunately the outcome was the same as we went under by the narrowest of margins on a 0-12 to 1-08 scoreline.

When Ronan Healy scored a goal after half time, we lead by 5 points (1-07 to 0-05) and we looked to be in a strong position. Unfortunately, despite having plenty of chances, the scores dried up and an experienced Nemo side clawed their way back into the game, eventually going ahead in the dying seconds by which time White's Cross had been reduced to 14 players (2 yellows). It is always disappointing to lose a final and this one was certainly disappointing given that we were leading for so long. However, on reflection we have made huge progress. We won seven out of eight games in the league compared to a solitary victory in 2023. A total of seven players have come up from the minor ranks to play in this competition. They have made a big contribution to the team and to the overall depth of the squad. This gives us a lot of confidence as we now turn our attention to the championship.

Our Junior A footballers played a McSwiney Cup semi-final in what was their first competitive game since the league final defeat to Nemo. They had a home game against Ballyphehane. This was a hard-fought struggle against a team that had recently played in the County Junior B football final. We lead by three points on a couple of occasions but our lead was hauled in until a final flurry of scores at the end saw us run-out 0-14 to 1-09 winners.

We qualified for a final which was played 4 days later against Douglas in Ballinlough. Unfortunately our third final of the season also ended in a seven-point defeat. We lead by five points at 40 minutes and spurned a number of chances to go further ahead. The concession of a fortuitous goal at that point let Douglas back into the game and precipitated the loss of two further goals in a five minute spell. At this point, we were chasing the game. Both sides scored a further goal each in the final few minutes as Douglas ran out deserved winners. Our Junior 1 Football team now turn to a championship opener against Nemo Rangers on August 6th.



Participants and coaches at 2024 White's Cross GAA Cul Camp

Our Junior A hurling team had one game - a MacCurtain Cup match against St. Vincents in White's Cross. We lost by five points on the evening. While the game was relatively close throughout, it has to be said that the visitors were always in control. We did have some chances for goals, that if they had been taken, may have seen a different outcome. However, we can have no qualms about the result on this occasion. The hurling management will hope to see some players return from injury to strengthen the squad. There is a nucleus of a strong squad there as was shown in some of the league games. We will definitely need all of our players available to us to be able to compete in the championship. Passage will provide formidable opposition in the opening round.

**Underage Round-up** 

Pride of place in the last month goes to the under 14 hurlers who were the first team in the club this year to pick up some silverware. They beat St. Catherines in the shield final in a game played in Mayfield. When the sides had met in an earlier round, the Ballynoe lads won by two points. On this occasion though, it was Colmcilles who dominated proceedings from the off and ran out winners on a 3-11 to 2-06 scoreline. Donncha Hickey who normally plays in goal for the under 13s was picked in the unusual position, for him, at centreforward due to the absence of a number of key players.

After this game there is every chance he may stay there given that he bagged 2-03 from play in the opening half hour to set his side up for a 12 point half time lead that they would never relinquish. The joy of this victory was the perfect tonic for the defeat that the same side suffered in the football championship final where they went under to Killeagh by eight points. The team that played that night were short many regulars and did put up a good showing despite going under on a 3-12 to 3-04 scoreline.

The under 15s were back in action after the break for the Junior cert and had a comfortable win over St. Nicks while they received a walkover from Mitchelstown. They are currently top of their group.

We have two under 12 sides at present and both have started their phase two leagues. There was drama in the opening game for the football side as many of the players were delayed getting to Bishopstown owing to traffic. The home side started well but when Colmcille's were restored to their full compliment of players, they stormed back into the game and won a thrilling encounter 3-10 to 3-08.

**Cul Camp** 

White's Cross GAA once again held a most successful Cúl Camp this summer for boys and girls between 5 and 13 years of age. Running such a Camp is obviously no easy task, and to do so requires the support of many people. Cúl Camp Coordinator Conor Kelleher has been doing this task for 22 years. It is a testament to his organisational skills and drive that the camp continues to be so popular and successful. There are numerous other parties that make the camp what it is. The coaches and assistants are enthusiastic and diligent and ensure that the participants enjoy the experience.

Members of the adult and juvenile committee are about to lend a hand when needed throughout the week and to help organising the event. Thanks also to Cork senior hurler Shane Barrett and footballer Tommy Walsh who visited the camp during the week. Both shared their knowledge with their audience and stayed on to sign autographs/take photos answer any questions. Finally, thank you to all of the participants who came, had fun, learned some skills and behaved impeccably throughout the week!

# White's Cross GAA News

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

#### **How to Become a Writer**

So first off, what is a writer? My former writing class tutor, Maire, says, 'A writer is someone who writes.' I love this definition because we often see writers as some rare bird with talent beyond our capabilities or someone who is published or wins prizes or someone who writes with style and elegance. 'A writer is someone who writes,' takes all that judgement away and tells us that if we write - at whatever level, with whatever skill, we are writers. We don't have to write material that impresses others. We don't have to reach a level of excellence. We don't have to be published or win awards. We just need to keep writing when and where we can and in doing so, we get better and braver in our writing - without the pressure to please others or conform to some standard we have set in our own heads.

So here are five tips to help you get started or to help you keep going as a writer:

#### 1. Read Widely.

Get outside your comfort zone. Try new authors. Notice what you like about an author – what draws you into the story or catches your attention. Through reading, we unconsciously soak up ideas and creativity, inspiring us to write our own stories. Reading is the vitamin that nurtures a healthy creative spirit.

#### 2. Use Your Life Experience.

Your present and past life is a rich source of writing material; memories of childhood, school, grief, loss, relationships, family, joy, lessons learnt. They are all grist for the mill. Your experience of life is unique, no one else can write from your particular perspective so you will always bring something fresh to the page. And don't forget, in fiction you can mix memory with imagination to create truly original stories rooted in fact but sprinkled



with new conflicts, landscapes and timelines. With fiction, we as readers, love conflict which helps to really draw us into the story.

#### 3. Feed your Creativity

Whether we are trying to start a new piece of writing or half-way through a story, we often get stuck. Sometimes, going for a walk letting our mind wander elsewhere can help. Ideas often pop into our heads from nowhere and we can follow these threads as we walk along. I often send a voice message to myself with these new threads in case I forget some of the details when I get home.

Another idea that works amazingly well is to create a storyboard. Get a bundle of magazines – National Geographic is great and you can find them cheaply in charity shops. Cut out any pictures that grab your attention - a fish, a volcano, a garden, a face, a gun, an animal, a mountain view. Choose your favourites and glue to an A2 or an A3 size cardboard. These are available in U Party or any Eason stores. Prop it near your writing table and you'll be amazed at the ideas these images will activate in your brain - without you consciously thinking about them. I did this when writing my first novel, The Girl with Special Knees,' and it brought my story off in a new and exciting direction.

#### 4. Join a Writing Group – or set one up.

Your local library will have one or will direct you to one. While it's hard to get motivated at home, with a group you have to pick up your pen and write something and the joy is you can often be surprised at what appears on your page. It is inspiring too, to listen to other writers' work. Writers' groups are kind, safe spaces where your work will be respected and encouraged as all new-born writing should be.

#### 5. Don't Get in Your Own Way.

Inside you, there are secret reservoirs of creativity, watery depths which can be ladled out onto the page - if you just give yourself a chance. Getting these ideas and memories written down will make you feel at times elated and you might even whisper to yourself: 'Now I know I can write.' Don't let fear or self doubt hold you back. Take heart from John Steinbeck, Pulitzer prize winner, Nobel Prize winner, author of 33 books like The Grapes of Wrath and East of Eden - a giant of American literature. In his diary he wrote: 'No one knows my lack of ability the way I do.' Another entry says, 'My work is no good, I'm desperately upset about it.' And for one of his classics which he wrote in five months he wrote, 'I'm sure of one thing. This is not a great book - and the awful thing is, it is absolutely the best I can do.' We are told it is important to 'know ourselves', and writing - whether it's poetry, memoir, diary, story or novel - helps us to reveal our true selves and gives us a glimpse of the gold that lies beneath.

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, Midleton Books, Fermoy Books, Easons, Mahon Point, Vibes and Scribes, on www.eleanorokellylynch. ie, and buythebook.ie

# GLANMIRE HERITAGE SOCIETY MUSICAL EVENING

at RIVERSTOWN HOUSE

8.00pm Wednesday August 21st 2024

Celebrating National Heritage Week

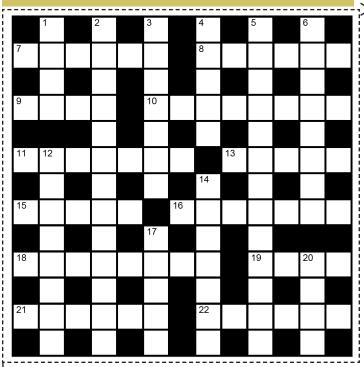
Contact 086 1203820 for information

# **GLANMIRE LIBRARY Heritage Exhibition**

Saturday 17th - 24th August 2024
with talk on
Friday 23rd at 2.30pm



#### **Crossword Puzzle**



#### Across

- 7. Unit of measurement equal to one-millionth of a metre (6)
- 8. Place of education (6)
- 9. Small plant embryo (4)
- **10.** Football restart method (5-3)
- 11. Smokers' receptacle (7)
- **13.** Savage person (5)
- 15. Earlier in time (5)
- 16. Mental process (7)
- **18.** Using offensive language (8)
- 19. Small nail (4)
- **21.** Mixed batch of items (3,3)
- 22. Draw out a response (6)

#### Down

- 1. Ceremonial act (4)
- 2. In a customary manner (13)
- 3. First letter of a name (7)
- **4.** Lending money at high interest (5)
- **5.** Bathroom privacy screen (6,7)
- **6.** Of the highest quality (8)
- **12.** Type of bottle closure (8)
- **14.** Tiny mite causing skin irritation (7)
- **17.** Between fifth and seventh (5)
- 20. Elegantly stylish (4)

#### Crossword sponsored by **BOOTHOUSE**



SEND your entries marked CROSSWORD to:

112 Ros Ard, Upper Glanmire, Cork T23 YF22, to arrive by 18th August, address and eircode is required. The prize is €50 cash which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your email and your address.

#### July Crossword Winner: Jenny Doyle, Fanisk, Killeagh, Co. Cork



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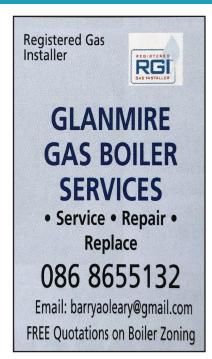
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