



Glanmire Area News

FREE

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

Glounthaune's Upstart Festival is back for 2024!

The much loved indie/rock music festival will take place in 'Craig's Field' (beside the playground) in Glounthaune on Saturday 14th September. Now in its 4th year Upstart has grown from strength to strength and this year will hopefully be bigger and better than ever.

Six great bands will take to the stage from 4pm, finishing up at 10.30pm. This six includes Cork notables **I Dreamed I Dream** whose song '214' immortalizes the glanmire bus for reasons other than its tardiness! Sharing the stage are **Single Men In Their 20s**, **Mossy** and the highly anticipated **The Men from Manhole**, reformed from members of a legendary 1990s Cork punk/rock band. And from beyond the Rebel county, UCC battle of the bands winner **Telebox** will perform live!

Headlining the festival this year are **Cardinals**, local rising stars who played support to Kings of Leon in Dublin last month and will also be playing Electric Picnic later this summer.

... continued on page 7



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WWW.REVDISCOS.IE



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6 WEEK - BEGINNERS LEVEL COURSE Every Wednesday starting Sep 11th Experienced beginners 6:30-7:30 pm New Beginners 7:30-8:30 pm	6-WEEK HATHA YOGA COURSE FOR €60 PRE-PAYMENT
ADVANCED LEVEL COURSE Every Thursday starting Sep 26th 7-8 pm	Text or call Sarah to reserve your place on 087 057 5489



Labour

Cllr John Maher


Peace Commissioner
Working for you in our community

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

Colm Burke



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Membership Now Open:



**GLANMIRE
CHAMBER OF
COMMERCE**

The new membership year has started for Glanmire Chamber. We invite all local businesses to join and network with other business owners. Expand your contacts in the area, promote your business, get new customers. Enjoy our social events throughout the year and enter our Annual Awards.

- Monthly Members Meetings with Speakers
- Opportunity to present to members about your business at meetings
- Networking throughout the year
- Inclusion in the Glanmire Chamber Voucher Scheme
- Social Media Spotlights
- SuperValu Spotlights
- Inclusion in Glanmire Chamber website directory
- Community Exposure through the New Support Local Scheme
- Sticker for your business window & Glanmire Chamber notebook with members directory
- Glanmire Area News Spotlight
- Chamber Member Social Events - (Summer BBQ, Christmas Drinks, Annual Awards)

Annual Membership Fee: €150

Join via our website: www.glanmire-chamber.ie

or email glanmirechamber@gmail.com

UPCOMING EVENTS

Save the date

September Meeting

Venue: Vienna Woods Hotel,

Date: Thursday 12th September

"Fireside Chat" Interview with
Michael Wagner



CADA

Performing Arts

Member spotlight

**Now enrolling for September Classes:
Drama, Dance, Singing, Ballet, Tap, Acro**

**Register by emailing:
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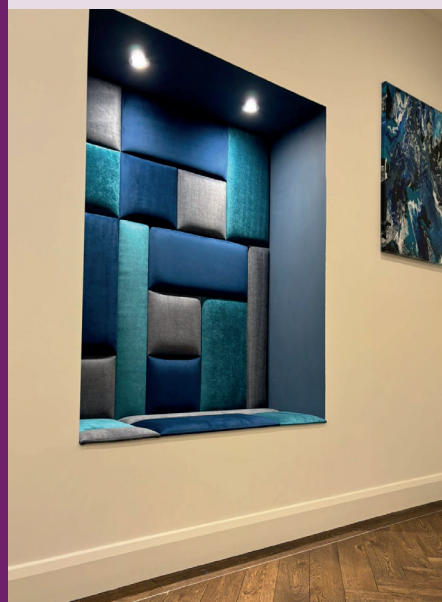
www.glanmire-chamber.ie

WE HAVE MOVED!



Frances Hegarty & Co. Chartered Accountants have moved from their office in Crestfield Business Centre to:

**Floor 2,
Sarsfield Hurling Club,
Riverstown,
Glanmire,
Cork,
T45 R243**



Frances Hegarty & Co Chartered Accountants have been operating out of Glanmire since 2009. Recommendations and referrals from clients have been the key to their growth in size and success! Due to this growth, they have now relocated to Floor 2, Sarsfield Hurling Club.

Formerly used as a function room, the space has been fitted out by Creative Design and Build Limited (Contact Debbie McDonnell creativedesigncork@gmail.com), to accommodate our growing team.

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GRANDONS TOYOTA CORK



Grandons Toyota Cork Announces Sponsorship of Munster Football Association at Turners Cross, Cork

Cork, 30 July 2024 – Grandons Toyota Cork is proud to announce its new sponsorship of the Munster Football Association, enhancing the vibrant football community at Turners Cross, Cork. This partnership underscores Grandons Toyota's commitment to supporting local sports and fostering community spirit.

"We are thrilled to support the Munster Football Association and contribute to the development of football in Cork," said Ken Grandon, Dealer Principal at Grandons Toyota Cork. "This sponsorship aligns with our values of community engagement and excellence, and we look forward to a successful partnership."

The sponsorship will provide vital resources to the Munster Football Association, ensuring that both players and fans have a top-tier experience at Turners Cross. This initiative is part of Grandons Toyota Cork's broader commitment to giving back to the community and promoting healthy, active lifestyles.

"We greatly appreciate Grandons Toyota Cork's support," said Barry Cotter of the Munster Football Association. "Their sponsorship will help us continue to offer high-quality football experiences and develop the sport further in the region. As part of the partnership Grandons Toyota will become the main sponsor of the Munster Senior Cup giving this prestigious competition of the Munster FA a main sponsor".

As a leading Toyota dealership, Grandons Toyota Cork is dedicated to delivering exceptional service and vehicles to its customers. This sponsorship is a testament to Grandons Toyota's dedication to excellence, both on the road and in the community.



For more information about Grandons Toyota Cork and its initiatives, visit www.grandons.ie or contact 021-4858300.

About Grandons Toyota Cork:

Grandons Toyota Cork is a premier Toyota dealership offering a wide range of new and approved used vehicles, exceptional customer service, and flexible financing options. Recently accredited as a Toyota Approved Bodyshop, Grandons Toyota Cork continues to set the standard in automotive excellence.

Glounthaune's Upstart Festival

... continued from page 1

No queues, no hassle, just a fun day out right on your doorstep!

Upstart is renowned for its friendly, relaxed, no hassle atmosphere. It is easily accessible on foot or bike along the new Glounthaune greenway. There will be pizza and gourmet burger stalls on site. Liquid refreshment is available from the Rising Tide next door, which you can bring back with you so you don't miss out on any music. Circus tent for rain cover, beautiful views from the stage down along the estuary at high tide. It is the perfect day out - no camping required!

Community Spirit!

Upstart is entirely run by local volunteers who feel passionate about live music and providing inclusive events for the 15 and up age group who are often marginalised when it comes to community events. Even with everyone involved working voluntarily, it is an expensive event to stage. Costs associated include insurance, security, the stage, sound engineer, lighting, toilets, and of course paying the talented musicians. Organizers are calling on the community to keep this festival alive. These are ways you can help:

1. Buy tickets! Tickets are only €25 (plus small booking fee). Buy tickets for yourself, encourage your friends to come with you, or buy them for some young people you know (sons, daughters, nieces, nephews, grandchildren...) <https://www.eventbrite.ie/e/upstart-festival-cork-2024-tickets-922460563377>

2. Donate. If you don't think you or anyone you know would like to attend, we hope we can appeal to your sense of community spirit by asking you to support the initiative by donating to our iDonate crowdfunding account <https://www.idonate.ie/crowdfunder/UpstartMusicFestival>

3. Company Sponsorship: If you have a company and you would like to sponsor us for €200 or more, you will have your logo included on our 'Local Heroes' thank you board on the day, and receive a number of tickets for your staff send us an email to upstartfestival@gmail.com along with your donation to the above Crowdfunding link.

4. Company Day Out? Might your company be interested in buying a large number of tickets as a fun company, team-building day out? Get in touch and we'll see if we can arrange a discount for multiple tickets.

5. Share Share Share! Please let all your friends and family know that it is happening. Encourage them to buy tickets or to donate.

6. Volunteer to help on the day. We will be looking for stewards to help on the day. You might be asked to help with crowd management and traffic control (both of which are minimal) for two hours, then you get into the rest of the Festival for free!

This event will only survive with your support. Please help where you can.

Attendees should be 15 or over. 15 year olds should be accompanied by a responsible adult.

Further information is available at www.upstartfestival.ie





Welcome back readers. Hello September. As we say goodbye to the long bright evenings lets welcome the autumn season and the new beginnings. There is no denying we are reaching for that trusty light weight jacket to layer over our end of summer outfits. Easy layer dressing is key this time of year. With busy daily schedules retuning after the relaxed summer break. Changeable temperatures are experienced a few times in the one day at times. Whether it's an outdoor end of summer event or school drop offs a modern style jacket is a valuable staple to invest in.

Look at your cost per wear when purchasing a jacket, if it's an item you will be wearing most days its worth investing in a neutral good quality jacket. If an item costs you 100 euro and you wear it ten times, that's ten euro per wear. When it comes to elevating and finishing our looks, that third layer plays a valuable role in tying together our complete intention with our outfits. Taking into consideration it's the first layer on show also.

I am excited to share some on trend options with you this month for season ahead.

KHAKI GREEN



Earthy tones like khaki, olive green, and burgundy will be very popular for the autumn season ahead. Kaki green is a very popular color for our next outer layer option.

A smart tailored casual jacket as seen above paired with t shirt, cotton shirt and jeans, add loafers for an everyday polished outfit.

The classic Barbour khaki jacket return year after year. Offering countryside chic style for those weekend walks when you are not sure what to wear. Breathable fabric, waterproof and insulated will prove to be a wise investment for years ahead.

COLLARLESS JACKET



A collarless tweed jacket popularised by Gabrielle Chanel is a timeless piece. Very popular and visual in the shops for the season ahead. How to make it look modern you may wonder?

A classic t shirt or plain fitted top with trousers, wear for work or socialising. Come winter add a turtleneck or polo neck kit will still result in it looking stylish. Add interest with necklaces or statement gold earrings. Final touches with the addition of a tote bag, you are ready for autumn season ahead.

ALL WEATHER DRY ROBES

Sea swimming is a budget friendly activity with a long list of benefits. Despite the myriads of reasons to embrace cold plunging there is no way to avoid Irish icy waters which can be freezing even at the height of summer. That's where dry robes come in.

Whether you are a sea swimmer, or enjoy a plunge pool, or just love the cozy vibes of a fleece lined jacket, these dry robes are an asset. These clever robes are designed to warm you up quickly and get changed discreetly post dip all while protecting you from the elements.

They feature waterproof exterior, roomy designs and have plush fleece lining. Dry robes can vary from tropical prints to neutral plain colors. Full length or shorter both are guaranteed to keep you warm and dry whether you are enticed into the sea or not they are great for outdoor activities such as going weekend camping also.

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.

Check out my website www.lyndadiblas.com for various packages. FB or Instagram page. Lynda.diblas.image_consultant



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Lynda Di Blasi

Beatrice Gubbins, Dunkettle

Fiona Forde
www.irishfamilydetective.ie

In 1946, Beatrice Edith Gubbins was described as 'one of Cork's most outstanding water-colour painters'; today, her skill and talent can be seen on the walls of the Crawford Art Gallery.



Figure 1: Beatrice Gubbins, courtesy Crawford Art Gallery.

Early Life

Beatrice was born on 19 September 1878 at Dunkettle, Cork, the youngest child of Thomas Wise Gubbins and Frances née Russell. Thomas Wise Gubbins was born and lived in Limerick but moved to Cork when he inherited Wise's Distillery on the North Mall. Naturally, for a man of his stature, an appropriate home was desirable and in the 1860s he purchased Dunkettle House in Glanmire (in 1869 his butler, Edward Clarke had been arrested for stealing about a dozen suits of clothes belonging to Gubbins!) Thomas and his wife, Frances raised their seven children, two boys and five girls in the Palladian-style mansion and the family can be found (excluding Beatrice and older brother, Colonel Russell Gubbins) living in Glanmire in 1901.

It is highly probable that on the night of 31 March 1901, Beatrice was on one of her jaunts on the continent: her favourite time to travel was in Spring. In 1899, she visited Venice and the Italian lakes; the following years saw her in France and in 1902 she visited Barbizon, the French village famed for its beautiful countryside, inspiration to many artists including Théodore Rousseau, Charles Jacques, Jean François Millet, and Diaz de la Peña.

Two years after her trip to Barbizon, Beatrice's father died after a 15-year battle with illness, the official cause of death classified as chronic interstitial nephritis. After the death of Thomas Wise Gubbins, his wife and daughters, Maud, Kathleen and Beatrice ran the house at Dunkettle. The eldest Gubbins daughter, Marian, left to take up farming at the nearby Hermitage and Gertrude had married (her husband dying in 1900). Mary Maud oversaw the household at Dunkettle, while Kathleen ran the farm and produced some of the best dairy butter in the country, frequently winning awards.



Figure 2: Dunkettle House, courtesy of Buildings of Ireland.

Beatrice, the artist and later life

Beatrice's artistic talents were evident from an early age and her prowess was frequently acknowledged in the *Gentlewoman*, a richly illustrated English weekly newspaper for women. In the 5 November 1898 edition, she was awarded the graduate's price for 'A group of poultry in water colour'. Later, Beatrice displayed her work with the Royal Hibernian Academy, Belfast Art Society and Watercolour Society of Ireland. Between 1910 and 1911, she had five paintings displayed with the Academy, including *The Kerry Coast*, *Misty Morning* and *Untrodden Ways*. She was also the honorary secretary of Queenstown (Cobh) Sketching Club. The National Gallery of Ireland notes a typical feature throughout her watercolour, *Flowers in vases with a Chinese Figure* 'is a delicate poise and simplicity in the composition ...used to create a quiet, peaceful air.' Interestingly, the girls in the Gubbins family suffered from congenital deafness, which may have contributed to Beatrice's painting style. In 1911, Beatrice can be found on the English census, staying at Deal House, Campden, Warwickshire with her cousin, Katherine Frances Gubbins. She received treatment a year or two later in London which seems to have improved her hearing.

This Week's Art Prizes.

◆◆◆◆◆
A GROUP OF POULTRY IN WATER COLOUR.
GRADUATES' PRIZE (100.).—Beatrice E. Gubbins, G.C.S. 1174, co. Cork.

Honourable Mention for Art.
(IN ORDER OF MERIT.)

Fanny N. Rogers, G.C.S. 1117, Edith Burns, G.C.S. 1694, Hilda Th. Baker, G.C.S. 153.

Figure 3: *Gentlewoman*, 5 November 1898.

With the outbreak of World War 1, Beatrice contributed to the war effort by training as a nurse. She first worked at the Cork Steamship Company's voluntary hospital at Craiglea, Tivoli in Cork. She and her colleagues tended to wounded soldiers who had been transported back from the killing fields of Europe and beyond. In her diary, she notes that on 12 November 1915, the medical team were preparing for a serious operation on a soldier's head, "but at 5.30 when he had been anaesthetized, the bit of shell came out with a forceps!! It was outside the skull the whole time-everybody laughed!!" A year later, Beatrice moved to England and worked at a hospital in Exeter until the end of the war.

Upon her return to Ireland in 1919, she faced renewed conflict as the Irish War of Independence raged, particularly in 'Rebel Cork'. This did not seem to hamper her travels as between 1920 and 1924, she travelled to Italy, Corsica and Sicily. However, when her mother's health declined, Beatrice returned to Dunkettle to care for her. Frances Gertrude Gubbins died at Dunkettle House on 21 December 1924, aged 92. Five years later, Beatrice resumed her travels, visiting Morocco in 1929, the West Indies in 1930, Algeria and Tunis in 1931 and Portugal in 1934, evidently this trip being her last. Beatrice returned to Cork spending the next years at Dunkettle. Her beloved oldest sister, Marian, died at the Hermitage on 9 February 1939 and Beatrice herself died on 12 August 1944 at Dunkettle, she was just 65 years and was buried in Saint Lappan's, Little Island, Cork.

Beatrice left a rich legacy with a large collection of beautiful water colours depicting scenes from Glanmire and those inspired by her trips abroad. In 1946, two years after her death, the Cork Examiner announced that art lovers who were to visit the spring fair at the Imperial Hotel, Cork to raise funds for the Victoria Hospital, would be afforded a rare opportunity to purchase a work by one of Cork's most outstanding water-colour painters.

The article also reminded readers that the Crawford Art Gallery had the foresight to acquire her work for their collection some years earlier and her work is still displayed on the walls of the gallery, ensuring her legacy endures for future generations. So, the next time you are in Emmet Place, pop in and as you climb the main staircase, have a glance at Beatrice's work, *Continental Street Scene*.



Figure 4: Beatrice E. Gubbins, *Continental Street Scene*, 1907 (courtesy Crawford Art Gallery).

September is a month for taking stock as well as planning what to grow for next year. I find that walking around the garden with a note book, and jotting down which plants have done well, and the plants that have not done so well.

September is also the best month for planning forward (all gardeners are optimists). The flower bulbs should be in the garden centres now, and the earlier you buy them then better the quality and selection you will have to choose from.

Bulbs are the easiest plants to grow and also the least fussy. One of my favourites are Daffodils (Narcissus). There are a lot of different varieties to choose from, as well as a wide range of colours, shapes and heights. You can have Daffodils flowering from January right through to April if you pick the right varieties.



You can grow them in most soil types as long as it is not waterlogged and of course in containers.

Tulips are also a great value bulb to grow, and they generally flower after the Daffodils so you could have a continuation of flowering all the way through Spring.



The best scented Spring bulbs are Hyacinths. It is best to grow them in containers near a door or window so the scent will waft it on nice Spring days.



All the bare rooted fruit trees and hedging will be coming into stock over the next few months. Now is the best time to choose what you would like to grow. The earlier you order your plants the greater selection you will have.

September is also harvest month for Apples. It is also a month that wasps are most active and cause the most harm on our fruit.

To help prevent wasp damage remove any damaged or fallen fruit from the tree. Check daily for any ripe fruit.

The best time to pick your fruit is early morning as the wasps are most active in the warmest part of the day.

In the vegetable garden, most of the summer crops should be ready for harvesting and or storing. Lift onions and dry them before storing. The easiest way to store onions is to put them in a net bag, and hang it up somewhere airy and dry as well as frost free.

Potatoes should also be dug up, and most of the soil removed before storing them in brown paper bags (or anywhere dark) for the winter. All damaged or diseased potatoes should be removed before you store them. Potatoes should not be stored in

plastic bags as this can encourage moisture in the bag and lead to problems with mould.

You can still sow seeds in the vegetable garden at this time of year.

Crops like lettuce, the cut and come again varieties, where you only pick the leaves as they grow. Radishes are also a good crop to grow as well as corn salad. (Lambs lettuce)

For the gardener who likes a bit of spicy food, you can grow a selection of mustards.

Now is also the time to sow Garlic. Buy your garlic bulbs from a garden centre as these will be free from any pests and diseases and give you the best chance to get the best crop.



It is best not to grow Garlic where you have grown Onions previously as it is the same family group.

Jobs for September.

1. Keep lawns trimmed and add a feed of Iron as this will help to control moss.
2. Harvest crops as they are ready.
3. Reduce the amount of feeding for containers.
4. Plant bulbs as they become available.
5. Prepare a compost bin ready for fallen leaves.
6. Mulch shrubs for the winter.
7. Build an insect habitat in the garden to help them through the winter.
8. Enjoy the Autumn sunshine...

Chris Troy

Cois na Gleann

- The R615 is now open.
- Please note that the temporary pedestrian crossing on the R639 road, opposite Springhill junction, has now been removed.
- The original pedestrian crossing on the R639 road, opposite St Joseph's Church, is to be used going forward.

Hazelwood Road and Shopping Centre

- Work will continue next week on Hazelwood Road opposite the river.
- A stop/go traffic management system will be in place so please allow for extra time on your journey.
- We 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 removal will commence next week. We apologise for the disruption caused to residents.
- Please note that there will be a three-way traffic management system in place until October 2024 to divert traffic from the L-2964 New Line Road. This is outlined in **BLUE** in the below diagram.

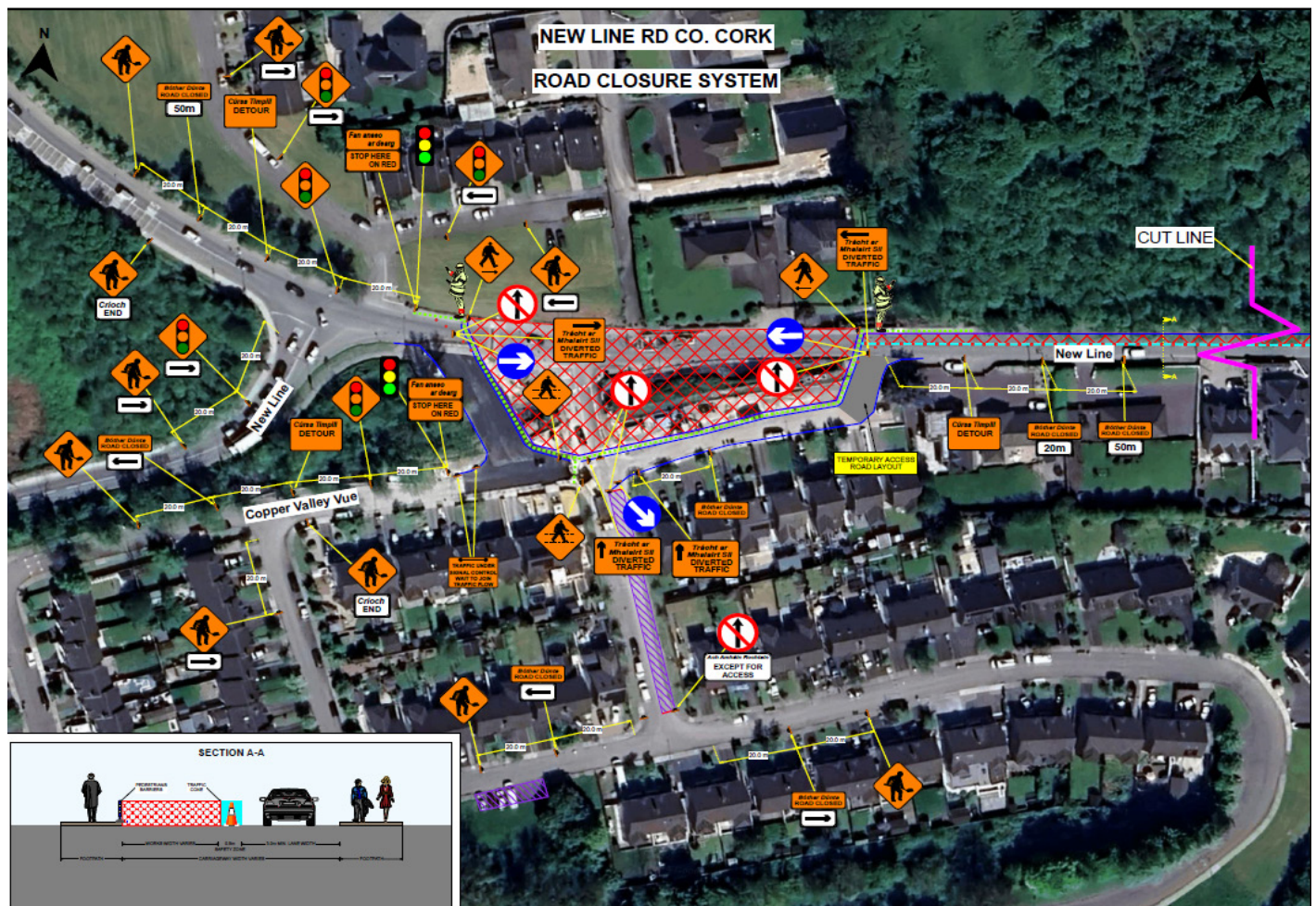
If you have any questions on the work being carried out by Sorensen, contact me directly on **086 032 6171**.

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

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

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



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.

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If you have any questions – just pop into the library.



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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!



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**LIBRARIES
LEABHARLANNA**

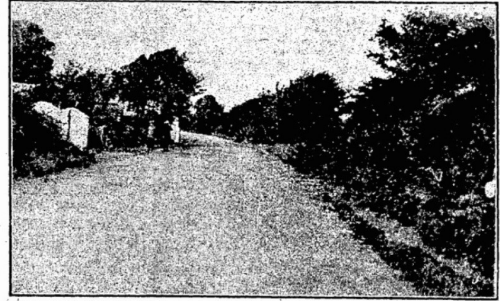
CORK CITY COUNCIL | COMHAIRLE CATHRACH CHORCAÍ

FAMILY FUN DAY

A **Family Fun Day** will be held (weather permitted) on **Sunday 29th September** next with numerous fun filled activities taking place such as Kids Races, Hang Tough, Football Skills, Rugby Skills, Funfair Rides, and much more.

All ages welcome.

THE HOLD-UP AT BALLINOE CROSS, CO. CORK.



ATTACK ON MILITARY LORRY.
It is stated that the attack was made from six ambush on the right side of the road.

War in Upper Glanmire

1919—1923

A talk outlining the War of Independence and Civil War in Upper Glanmire

UPPER GLANMIRE COMMUNITY CENTRE

Whites Cross, Cork, T23 EV2W.

4 October 2024 - 8pm-9pm

UPPER GLANMIRE

BINGO

EVERY THURSDAY

8PM - 10PM

UPPER GLANMIRE COMMUNITY HALL

JACKPOT EVERY THURSDAY

LIGHT REFRESHMENTS SERVED



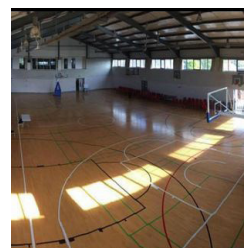
BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940

Glanmire Macra



Zara Long and Glanmire Macra at Queen of the Castle

We have had a busy month at Glanmire Macra. This started with a cycling trip along the Middleton to Mogeely green way. Luckily we had lovely sunny day for it and everyone who attended had a great time.

This was followed by the Queen of the Castle festival in Cahir on the August Bank Holiday weekend. Where our club member Zara Long represented the Seandun region. She had plenty of support over the weekend for the interviews on the Saturday night followed by the crowning of the Queen on the Sunday night. There were also lots of activities during the day too including a field day, tours of Cahir Castle as well as music and comedy. Unfortunately Zara didn't win, but she was a great Queen representing the club and region wonderfully and we are all very proud of her.

Our club member Jamie Meskill also participated in a week long Macra to Rural Youth Europe trip, which focused on rural entrepreneurship. It was a jam packed week with interesting sessions, activities, intercultural learning and guest speakers. From these stories and experiences over the week all attendees bring home a better understanding of entrepreneurship in rural areas and work together to highlight its importance.

We had a musical few weeks also. With several of our members having a fantastic time at Music Bingo hosted by Killeagh Macra. Some of our members also attended Fermoy Goes Country and had a great time.

Preparations are now 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 night is in 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.'



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ST. STEPHEN'S PITCH & PUTT CLUB (FOUNDED 1972)

Pitch & Putt National Strokeplay Finals

On July 6th and 7th, St. Stephen's club in Glanmire played host to the best pitch and putt players from around the country in the national stroke play finals. From Newry to Newmarket, 180 of the best faced off at the refurbished club and gave their all to try to come out on top in each of their respective grades

The overall winner was Richard Jordan from Raffeen Creek in Cork with a tremendous display of skill, with our own Georgina Harte and Barry Henchin claiming third spot in the Ladies and Junior B grades respectively.

It goes without saying that a lot of work went into this event but it and the course upgrade would not have been possible without the support of our local business partners and the event sponsor Elevate Glanmire.

St. Stephen's welcomes new members and green fees all year round.

<https://www.facebook.com/ststephenspitchandputtclub/>



SARSFIELDS CAMOGIE CLUB NOTES

Sunday 11th August was a red letter day for the Club with Molly Lynch picking up her 2nd All Ireland medal within a week. She had secured her 4th National Senior Puc Fada title on Bank Holiday Monday, 5th and captained Cork seniors in an epic final in Croke Park six days later.



Orlaith & Clare Mullins

Cork carried out the double with the Intermediate & Senior titles both coming back to Leeside. Great to have such representation: Molly Lynch, Niamh O'Callaghan, Clare & Orlaith Mullins on the Senior panel and Olivia McAllen & Lucy Allen part of the Intermediate win with Lillian Zinkant part of the backroom team. Congratulations to all!

We hosted the Cork Senior team & the O'Duffy cup on their return from Dublin back to the club which was a great honour. Thank you to the many supporters that came out in such big numbers. Celebrations went on well into the night!

In the week leading into the Final, RTE sent some cameras to our Astro pitch to savour the atmosphere and interview many of our younger supporters for their opinions.

Then to wrap up a great week our Seniors got the better of the Barrs in the Summer Cup final.



Social Camogie Team



Molly & Fia



Molly's 4th Title



Back in the Club



Great Supporters



Meeting some SARS Fans



Waiting to greet All Ireland Champions



On the Bus



Meabh receives Summer Cup



Summer Cup Winners



Sarsfields Camogie Club



Erin's Own Ladies Club



Club Activity

Our underage teams attended the Cork Ladies Senior Football All Ireland Quarter final in Pair Uí Chaoimh and travelled by bus to Croke Park to support both Cork Senior & Intermediate Camogie teams in both All Ireland finals. The Cork Intermediate camogie team trained in Caherlag in preparation for the All Ireland final and our U6 camogie team met with the girls after training to chat with the girls, have their photos taken and their hurleys signed. The girls also went to a meet and greet evening in Castle Road prior to the All Ireland finals. Well done to Colette O'Neill who was Female Liaison with the All Ireland winning Cork Intermediate Camogie team.

Camogie

The U11s played Watergrasshill & Bride Rovers in Caherlag. They also had competitive games V Ballinhassig & Castletyons. U9s & U10s played in a county blitz taking on Douglas, Castletyons & Rockban. They played St Catherine's & Middleton the following week in Ballynoe and played Lisgoold & Aghada also. The U12 played Ballinhassig.

Football

Our Minor footballers secured 5 wins topping the group in the East Cork league playing Glanmire, Aghada, Rockban, Middleton & Youghal. U9 & U10 footballers played in a Blitz v Na Piarasigh & Rockban. Well done to our U16 footballers who defeated Fermoy in a very tight contest in the Shield final with a scoreline 1-15 to 1-14.



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White's Cross GAA News

Playing Matters

The month of August saw our adult teams start off their respective championship campaign's. The junior A footballers were first up as they took on the challenge of Nemo Rangers; a side whom they had lost to in the league final in early June. Following this defeat, and also a loss to Douglas in the McSwiney Cup final, the side was bound to be a little nervous heading into this match. This showed at the start of the game, however, once Sean Delaney finished low into the net at the end of a fine team move, White's Cross played with a lot more composure. When Luke Kelleher slotted home calmly in the second period, it left the scoreboard in Ballinlough reading 2-06 to 0-07 in our favour and with the game nearing conclusion.

On the verge of a redemptive victory following the previous final defeats, a nervousness crept into our game. Nemo kicked four points in six minutes to narrow the gap to one. Luckily we held out for a deserved victory. Ultimately, getting back to winning ways is what was important and we deservedly succeeded in this objective. White's Cross will now play Mayfield, one of the championship favourites, in the quarter final which is set for mid-September. Hopefully we can get back to the type of performance that we saw earlier in the year to help us emerge victorious in this one too.

Our hurling team were out against Passage a week later in the first round of that championship. This was a clash billed between the league champions (Passage) against the team that finished bottom of the league and were relegated (White's Cross). To outsiders, there could be only one winner. At the end, this is how it transpired as Passage came out on the right side of a 4-08 to 0-19 scoreline. However, the fact that they did come away with the spoils is more to do with the fact that White's Cross allowed them into a game that they were well and truly the second-best team, more than any major effort of their own.

In the first half, we completely dominated proceedings. Defensively, we were rock solid with Gearoid Flemming outstanding at wing back and Murt Kelleher lording it at center back. In the forwards, Eddie



Members of the White's Cross travelling party on the All Ireland camogie final day

Coughlan and Conor Buckley hit over some monster points. At half time we lead by 0-11 to 0-04 and it could have been more. Half way through the second half, we had extended the lead further as we were in front by 0-15 to 0-06. At this point, anyone in attendance could only see one winner. What happened next? Well, if Carlsberg did spectacular ways to lose a match, they might well have come up with something like the final quarter in this game. Four goals were conceded. While all were well finished by the grateful Passage full-forward; all were of the soft-variety.

Naturally when the final whistle was blown, White's Cross players were shocked by the outcome, as in indeed were most from Passage. On reflection of the game, they must look back and say that while it is so disappointing to lose (and we definitely lost) in this manner, they showed they are capable of completely dominating one of the championship favourites. If we can finish out games and learn from the nature of this defeat we can definitely have a say in the championship. Next up for the side is a game against either Brian Dillons or St Finbarrs which will take place in early September.

Underage Round-up

The under 13 football team have been doing well in their league. They are currently top of the pile with six wins from six. Their most recent victories came over Na Piarsaigh and Bride Rovers. While the latter game was much tighter (2 point win), the victory over Na Piarsaigh was more emphatic where forwards, Ayo Osunboyede, David Lynch, Ben Cashman, Sam O'Reilly, Tom Kelleher and James Linehan all contributed handsomely as they ran in five goals against

their Northside opponents. The under 12 footballers are also top of their league following 2 wins from 2.

The under 15s have also been doing very well in their football league. They received a walkover from Carrigtwohill following a massive win over Killeagh in the same competition. For good measure they had a good win in hurling when they travelled to play Clonakilty. The lads from Clon would not be regular opponents for a team representing White's Cross. I am not sure if we have ever played them in either hurling or football. If this was indeed the first time, and given that we won the game, we can boast that we have a 100% record against them in all competitions.

The under 16s opened their championship with a win over St Dominics. The under 18 football team also beat Mayfield in their first round game but were unable to follow it up as they suffered defeat at the hands of the Aghada.

Rebel Og Representatives

Congratulations and well done to St. Colmcille's members playing with Cork development squads recently.

First up well done Cathal Geaney and Alan Murphy who were part of the Under 14 Cork City squad that took part in the Jim Power tournament in Waterford which included teams from Cork, Offaly, Wexford, Tipperary and Wicklow. Our boys were part of the Cork team that won the Shield Final.

Meantime in Tullamore, Tom O Sullivan and Fachtna Kelleher were part of the Cork City & East team that won the Under 15 Intercounty Mangan Cup defeating Cavan in the final on a score-line of 6:12 to 1:12.



Glounthaune Indoor Bowls Club



Glounthaune Indoor Bowls club was founded in 1998 and has grown over the years.

In recent times the club has achieved lots of success winning the Cork div1, div2, div3, and div4 league titles

Other successes include winning the Cork Singles Cup, Cork pairs cup, Cork triples cup, Cork fours cup,

Cork Over 55s cup, Over 70s cup, Crosshaven singles cup, Westgate over 60s cup.

The club is based in Erin's Own GAA Hall and club nights are Monday and Thursday from 8-10pm. We are open for new members and free trial nights are available for anyone interested commencing Monday the 2nd of September.

The club also participates in bowls(hotel) breaks at various locations around the country.

Further information available from the following:

Marian Canning: 0879006471

Joe Kirby: 0879795005





Riverstown Boxing Club celebrated its 40th anniversary on August 17th at The Clayton Silversprings Hotel.

We had a lot to recount as the original club was actually started in the 60's by a very strong committee of local people, namely; Harry Lotty, Pat Carroll, Richie Carroll, Pat O'Sullivan, Noel O'Sullivan, Kevin O'Sullivan, Dennis Holland, Mick Kenny Snr, Dinny McCarthy, Tim Flynn, Richard Barry Snr, Eamon O'Sullivan and Jimmy Lotty. Unfortunately many of these have now passed away.

When the club was reformed in 1984, the committee, again, consisted of many local volunteers such as, Richie Carroll (RIP), Bernard Vaughan, Mick Devane, Teddy Barry, David Carroll, John Barry, Tom Joyce (RIP), John Shine, Patrick Carroll Jnr, Kevin O'Sullivan Jnr, Dave Looney Jnr and Martin Barry Snr. Some of those committee members had family links to the original club as you'll notice by the surnames. Martin Barry Snr was involved with the original committee and is still

involved today.

We had so many stories to tell, both funny and sad. We reminisced about those who are no longer with us, boxers and members. We recounted trips at home and abroad, the near misses in competition and the many victories.

On the night, Chris Barry received The David Mannix Memorial Cup for Club Person of the Year and, underage boxer, Michael Dooley was awarded The Mick Kenny Memorial for Club Boxer of the Year. Michael's dad, Patrick, accepted the award on his behalf.

There were many International Medals won, including World Silver and European Gold. We had two Bronze Pavlyorov Memorial, or Mini Worlds, as it's known in Russia. We have Best Boxer Awards won by both our male and female boxers around Europe in Multi Nations and Box Cups.

We have huge pride in all the boys and girls who have boxed with distinction for our Club, County, Province and Country at home and abroad over the years.

We look forward to what is ahead for us in the coming years, after all our motto in the club is:

PRIDE IN OUR PAST; HOPE IN OUR FUTURE!

Riverstown Boxing Club would like to thank, sincerely, our sponsors who gave so generously. O'Sullivan Bros were our main sponsor for our night of celebrations.

There were many other businesses who came on board to ensure we had a successful night.

Here is a full list of our sponsors:

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I always think September is a time for starting over. Okay, it's not the start of a brand-new year - when we make all our 'new year, new us' resolutions but it's a great time for a re-set. There's still seventeen weeks of 2024 and we can get a lot of stuff done in that time to make 2024 a memorable year. The kind of stuff that can make our hearts sing. The kind of stuff that helps us grow and discover new things about ourselves.

In September, the kids are back at school, holidays are mostly over, summer clothes are packed away and we begin to look forward - to autumn colours, curling up by the fire, new beginnings, new possibilities. There's a bit more routine in the house maybe, so you might find September a good time to cultivate something new for yourself. After all, while outwardly, we live busy, even frenetic lives, it's the journeys we take inside our heads that matter most, the ones that dictate how we see the world, others and of course, ourselves. The life within. The life we live often unbeknownst to others.

So, this September, you might consider journalling as a way to unlock your own creative wells and rediscover your creative self. And I say re-discover because as small children we were all naturally and unselfconsciously creative. A study of four-to five-year-olds found that 98% scored on the 'creative genius' range on a NASA creativity test while ten years on, only 12% of these now 14-15-year-olds maintained that score. Something smothers the creative flame, but we can always rekindle it. Creativity is a muscle - the more we use it, the stronger it gets. You might have heard of Julia Cameron's book, *The Artist's Way*, about discovering and recovering your creative self? Maybe you'd love to play the piano, paint, write a memoir, take an acting or cookery class. Maybe there's something you always wanted to do - travel, study, start a business, learn a new skill, write a novel or a play - this is all the work of our creative minds as we have to use our imagination to dream up these dreams and our creative powers to unlock those possibilities.



In the book Cameron advocates that the first thing we should do every morning is to write three pages in longhand - something she calls, The Morning Pages. It takes about 5 minutes to complete.

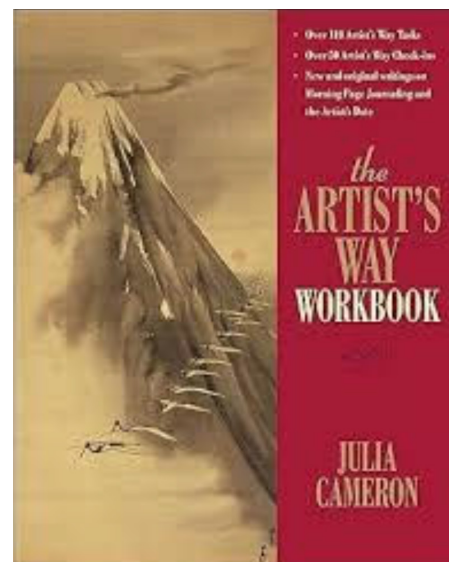
Here is what she says: In order to retrieve your creativity, you need to find it. I ask you to do this by an apparently pointless process. There is no wrong way to do the pages. These daily morning meanderings are not meant to be art. Or even writing. I stress that point to reassure the non-writers working with this book. Writing is simply one of the tools. Pages are meant to be, simply, moving the hand across the page and writing down whatever comes to mind. Nothing is too petty, too silly, too stupid, or too weird to be included.

All you will need is to have a pen and notebook at the ready and every morning, ideally first thing, you will write three pages without stopping to lift your pen. You can write about anything that's spilling around in your head, the mundane everyday chores and stresses, emotions, worries, frustrations, and feelings - just let it all tumble out. The only rule is keep writing for three pages or five minutes and do not read over, change, edit, judge it, or think about it. If you can't think of anything to write about, just write about how can't think of anything to write about now and continue about why you're finding it hard till something pops into your head again.

Just keep writing. When you're done simply close your notebook and carry on with your day.

After three or four weeks, take some time to go through your pages and note anything that seems significant, any recurring themes, issues that keep arising and note what you might do about these.

The insights we get from these pages, Cameron says, help us to excavate buried dreams and bring about a self-awareness. She says that it is impossible to write your morning pages for any extended period of time without coming into contact with an unexpected inner power - a connection with a source of wisdom within. Something she calls - and I love this - 'a spiritual electricity.'



You can find out more about this process by reading *The Artist's Way - A Course in Discovering and Recovering your Creative Self* by Julia Cameron.

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



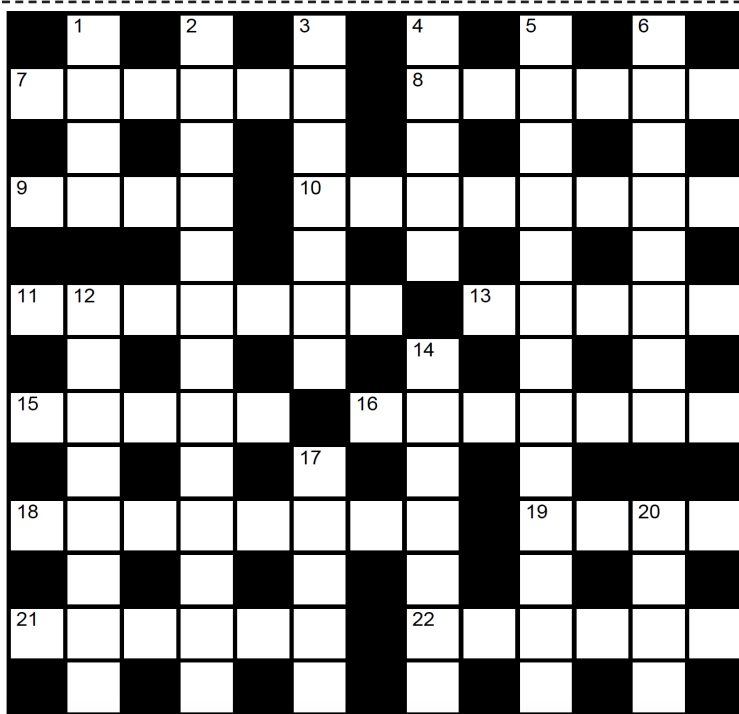
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Crossword Puzzle



Across

7. Peer in a professional society (6)
8. Brain cell transmitting signals (6)
9. Unable to feel sensation (4)
10. Mentally unsound, crazy (8)
11. Caribbean folk music genre (7)
13. Poison produced by an organism (5)
15. Monastery or convent for monks or nuns (5)
16. Large outdoor fire for celebration (7)
18. Stir into action again (8)
19. Long, slender piece of wood or metal (4)
21. In short supply (3,3)
22. Stay in a place longer than necessary (6)

Down

1. Romantic partner, often male (4)
2. Informal association of former male students (3,3,7)
3. Related to a Scandinavian country (7)
4. Inhale sharply through the nose (5)
5. Ritual sacrifice by fire (5,8)
6. Manager or owner of a place providing lodging (8)
12. Atmosphere or mood of a place (8)
14. Done together with others (7)
17. Someone who glides on snow with special equipment (5)
20. Middle days of a Roman month (4)

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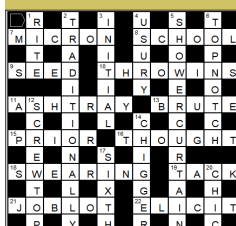
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August Crossword Winner: Jerh O'Farrell, 110 Fernwood, Glanmire



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