



Glanmire Area News

FREE

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

Guinot Glanmire Grand Opening Celebration

Get ready to redefine your beauty routine with the grand opening of Guinot Glanmire, your new destination for skincare excellence. Nestled in the heart of Glanmire Village, Guinot Glanmire promises to advise, treat and prescribe the very best treatments and products to suit your skin type and achieve your beauty goals.

Services Tailored to You

At Guinot Glanmire, we believe beauty is personal. That's why our skilled team of beauty doctors work with you to create a bespoke treatment based on your skin concerns to work alongside prescribed after home care.

Our services include:

Face: GUINOT facials are tailored to your skin type and use the latest advances in treatment technology to target your skincare concerns. With hands-on and high-tech treatments available, there is GUINOT facial to suit everyone..

Body: Whether your aim is to slim, firm, tone or relax, GUINOT body treatments will help you achieve your goals. Combining the physical action of machine-based technology with powerful ingredients, results are visible and sustainable from your very first visit.

Waxing: For a silky-smooth, hair-free body GUINOT uses their patented STICK'HAIR® and Epil Confort methods of hair removal. Both methods are rosin-free and are gentle on the skin, giving long-lasting results.

Grand Opening Specials

To celebrate our grand opening, we're offering exclusive promotions, some listed below

- Complimentary Skin Consultations
- Hamper Raffle Draw
- Free Gifts, for the first 100 attendees

Join the Celebration on February 6th, 5:30 - 8pm
Visit Us Address: Waterfront, T45 VH79, Glanmire Village, IRELAND Phone: 021 486 6974



Alan's TYRES
www.alanstyres.ie
OPEN

Mon. - Thurs.	8-6
Fri.	8-7
Sat.	9-4.30

Inc. Lunch hour

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Happy New year

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/johnmahercork
@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

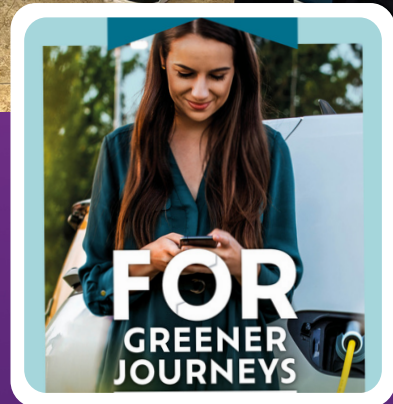
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Our Lady Crowned Credit Union Limited is regulated by the Central Bank of Ireland. Loans are subject to approval. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future with all financial institutions.



GLANMIRE
CHAMBER OF
COMMERCE

★ ★ ★
**GLANMIRE
BUSINESS
& COMMUNITY**
Awards
2025

Launching the
**GLANMIRE BUSINESS &
COMMUNITY AWARDS**



Karen Doyle, Chairperson of Glanmire Chamber
launching the **Glanmire Business & Community Awards**
with Brian Snow, Operations Director of Sorensen Civil
Engineering who are this years sponsors.



Gail Dowling was one of the
founding members of Glanmire
Chamber. We have renamed our
Ambassador Award in her honour
and will have a tribute to her on
the night of the awards.

— **AWARD CATEGORIES** — ★ ★ ★

<p>★ 1 GLANMIRE BUSINESS OF THE YEAR (10+ Employees)</p> <p>Name: _____</p>	<p>★ 6 TASTE OF GLANMIRE AWARD</p> <p>Name: _____</p>
<p>★ 2 GLANMIRE BUSINESS OF THE YEAR (<10 Employees)</p> <p>Name: _____</p>	<p>★ 7 NEW BUSINESS OF THE YEAR</p> <p>Name: _____</p>
<p>★ 3 BEST RETAIL EXPERIENCE</p> <p>Name: _____</p>	<p>★ 8 OUTSTANDING VOLUNTARY ORGANISATION</p> <p>Name: _____</p>
<p>★ 4 SHINING STAR EMPLOYEE</p> <p>Name: _____</p>	<p>★ 9 SPORTS AWARD</p> <p>Name: _____</p>
<p>★ 5 BEST USE OF DIGITAL</p> <p>Name: _____</p>	<p>★ 10 GAIL DOWLING INSPIRATION/COMMUNITY AWARD</p> <p>Name: _____</p>

KINDLY SPONSORED BY



Please use block capitals. Your nominations can
be made on www.glanmire-chamber.ie or fill in
this form and drop it into a voting boxes in
Glanmire Credit Union or SuperValu Glanmire

Nominated by - Name: _____

Mobile: _____

E-Mail: _____

*** CLOSING DATE FOR NOMINATIONS: 1ST FEBRUARY 2025 ***

Congratulations John Sreenen Glanmire First Responder



A huge well done to John Sreenan who received a well deserved letter of Commendation from NAS.

John, a Glanmire 1st responder was presented with this by Stephen from the National Ambulance Service in recognition of his service to the community.

Last June John successfully resuscitated Henry, a Glanmire local after a cardiac event.

Pictured is John, Stephen from NAS, Henry's sister Linda and wife Eileen.

Thank you to him and all those who volunteer with Glanmire Community 1st responders who are available to help those living in Glanmire and surrounding areas.

FIRST YOGA CLASS
FREE
FOR NEW MEMBERS



YOGA

With Sarah

WELCOME TO ALL AND ANYONE LOOKING TO FIND THEMSELVES THROUGH YOGA

COURSES AVAILABLE	WHERE
6 WEEK - MIXED LEVEL COURSE Every Tuesday starting Jan 14th 7-8 pm & 8-9 pm	St. Joseph's Church Church Hall, Glanmire, T45 TW72
6 WEEK - BEGINNERS LEVEL COURSE Every Wednesday starting Jan 15th 6:30-7:30 pm	6-WEEK HATHA YOGA COURSE FOR €60 PRE-PAYMENT
ADVANCED LEVEL COURSE Every Thursday starting Jan 30th 6:30-7:30 pm	

Text or call Sarah to reserve your place on 087 057 5489

WINTER STYLING

Lynda Di Blasi

IMAGE CONSULTANT, PERSONAL STYLIST, PERSONAL SHOPPER www.lyndadiblasie.ie



"A New Year Wardrobe Refresh"

With a new calendar year, it's the perfect time to reflect on your wardrobe. Ever stand in front of your wardrobe and feel overwhelmed? This month I hope to encourage you with some easy strategies that will remove these frustrations. I hope to entice you to declutter and discover the joy of an organized, stress-free closet.

"Clear Your Closet, Clear Your Mind!"

With the hustle of the holidays behind us, January offers the perfect opportunity to reset. Start the year with intention—say goodbye to clothes that no longer serve you and welcome a wardrobe that sparks joy and reflects who you are today.

Our lives evolve so should our wardrobes. Has your weight, lifestyle, or daily routines changed recently? Maybe you recently retired! With more leisure time on your hands are you socializing more? With new lunch dates, group meet ups, does your wardrobe reflect this? We all want to feel good irrespective of our daily activities. Wearing outfits that we feel confident in sets us up for the day ahead.

FIT

Try on those pieces that you have not worn in a while. Check the fit. Remove ill-fitting or very worn items. When an item of clothing doesn't fit well, we can be conscious, uncomfortable when wearing. If you have favorite item that no longer fits chatting with your local dressmaker may breathe new life in to the item and result in re wearing.

SHOES

Shoes can difficult items to organize because they take up so much space. Donate, sell or recycle items you don't wear.

I recommend you have a variety that complement both casual and formal outfits. Remove any footwear that is uncomfortable invest in good fitting good quality footwear.

January is a great time to invest in good quality leather shoes or boots, take advantage of the season reductions.

I am a big fan of clear shoe boxes, available in the supermarkets. You can see your shoes clearly, they protect your footwear while increasing longevity.

ACCESSORIES

When I'm wardrobe decluttering with a client one item I see a lot of is scarves. We tend to hold on to scarves, for a variety of reasons. We feel guilty parting with a gifted scarf even though we don't wear it. Donate these unworn items, keep your favorite and the ones you wear most frequent Large knitted scarves can be cumbersome and not very practical for every day wear. They could be repurposed as couch throws.

Hats, fascinators, fur stoles, costume jewelry all stored together will enable you to accessories easily when you have that event invitation Shoe boxes / biscuit tins can also be used for smaller costume accessories.



CAPSULE WARDROBE

A capsule wardrobe can be different for everybody. Your wardrobe should reflect your daily activities, if you go out walking seven days a week, investing in some good fitting, light weight, weather complementary.

Feeling good in our outfits motivates, gives us confidence and makes us feel energized for the day ahead.

If you find it overwhelming when you open your wardrobe, you don't know where to start when it comes to decluttering?

Contact me on the details below. I help my clients refresh and declutter their wardrobes. I offer non-judgmental services, resulting in you creating various outfits with ease.

Reducing the number of items allows us to actually see the contents and you will enjoy wearing your outfits.

What better way to start the new year!

Contact me: 086-2599539

Email: lyndadiblasie@yahoo.com

Website:

www.lyndadiblasie.com

Instagram:

[lynda.diblasie.image_consultant](https://www.instagram.com/lynda.diblasie.image_consultant)



lynda.diblasie.image...

Lynda Di Blasi

Doctor Mary Hearn died on 3 June 1969 and the Cork Examiner summarised her life and death:

Cork has lost a brilliant citizen, one who was very dearly loved by the many people of all classes and creeds with whom she came in contact; and for whom she did so much.



Figure 1: Dr Mary Hearn

Mary Ellice Hearn was born at 17 Saint Patrick's Place, Cork, on 25 February 1891 to Dr William Edward Ashley Cummins and Jane Constable (née Hall), the sixth of eleven children. Her father was the eldest son of Dr William Jackson Cummins, one of the founder members of the County and City of Cork Hospital for Women and Children (now South Infirmary Victoria Hospital). Indeed, the family legacy of medicine was prolific, William Ashley Cummins was appointed Professor of the Practice of Medicine at University College Cork (UCC) in 1897 and Mary and her siblings Robert, Nicholas and Jane, followed in his footsteps and pursued successful medical careers.

Although born in Cork City, Mary spent her formative years at Woodville, near Glanmire, the countryside retreat of the Cummins family. It is here that she resided on the night of 31 March 1901 and is recorded on the Irish census, with her mother, Jane, five siblings (later the family grew with five more children born to the couple), along with a governess, nurses and servants, while her father was resident at Patrick's Place.

The governess, Winifred Holloway, instructed the Cummins girls as their mother, Jane, apparently disapproved of further education for women. Nevertheless, the sisters were not to be deterred, and Mary and her siblings, Iris and Jane, attended Queen's College, Cork (UCC). However, Mary's studies were postponed when she married Reverend Robert Thomas Hearn on 26 September 1911 at Saint Ann's Shandon, Cork, where he worked as Rector of the parish. The couple's first child, Ellice Aylmer Hearn,



Figure 2: Woodville, Glanmire.

was born at Edmonton, Saint Patrick's Hill on 30 June 1912 and Robert Daniel was born a year later, 28 October 1913, at the same location. With her husband's encouragement, Mary returned to her studies and in 1919 she graduated with first-class honours and a distinction in medicine. Her son Robert remembers attending her conferring ceremony at the college, surely one of the few mothers to graduate at this time in Ireland. More examination success was to follow in 1922 when she earned an MD degree with special distinction.

At this time in 1922, she was one of two house surgeons working at the North Infirmary. Later in the year, she was appointed as honorary anaesthetist at the Victoria Hospital and she became a member of the Royal College of Physicians in Ireland (RCPI). The following year, 1923, was a period of mixed emotions: she applied for the position of assistant physician in the North Infirmary, but her name was withdrawn by the committee who noted 'she would be remembered when a vacancy in the women and children's department might occur'. Not deterred, she applied and was appointed to the medical staff of the Victoria Hospital. The 1920s continued to be extremely fruitful and in 1924, she had the distinction of becoming the first female Fellow of the RCPI.

Mary devoted her life to her career and city and worked tirelessly for the poor of Cork. According to Doctor Jim Barry, she had an enormous private practice in Shandon as well as her antenatal clinic in the Victoria Hospital. He noted that he worked alongside her 'in her packed gynaecology clinics ... experiencing the great kindness she extended to what was essentially a very under-privileged class of patient.' Not only intellectually gifted, Mary also excelled in sport and earned thirteen international caps between 1907 and 1913 for the Irish hockey team. Indeed, three of her siblings, Iris, Geraldine and Phyllis represented their country. Younger sister Iris was also pioneering, in 1915 she graduated as Bachelor of Engineering, with honours, becoming the second female to receive a degree in engineering in Ireland and the first from Cork.

Known simply as "Dr. Mary" she was a doctor, adviser and friend to countless people, rich and poor. She joined the board of the Victoria Hospital in 1938 and spent the remainder of her career working there and indeed died on 3 June 1969 at the hospital after a short illness. Mary

Hearn was buried in Saint Lappan's Graveyard, Little Island, Cork, where many of her family also rest.



Figure 3: Guy's Street Directory, 1925

In acknowledgement of her tireless work, a memorial fund was set up, the funds from which were invested in amenities for the nursing staff of the hospital. Additionally, the research room in the RCPI's home on Kildare Street is named after her. Finally, in 2006 the representative body of the Church of Ireland handed over the two cemeteries, situated on either side of Bob and Joan's Walk, behind St Anne's Church in Shandon to Cork City Council for use as public spaces. The southern cemetery was named Dr Mary Hearn Park, acknowledging her dedication to the women and children of the area. It seems a pity that no plaque has yet been erected by the Council, a matter which has been recognised and highlighted by the Shandon Area Historical Society, so hopefully, this omission will be rectified soon, and Mary Hearn's life and work will be remembered for future generations.



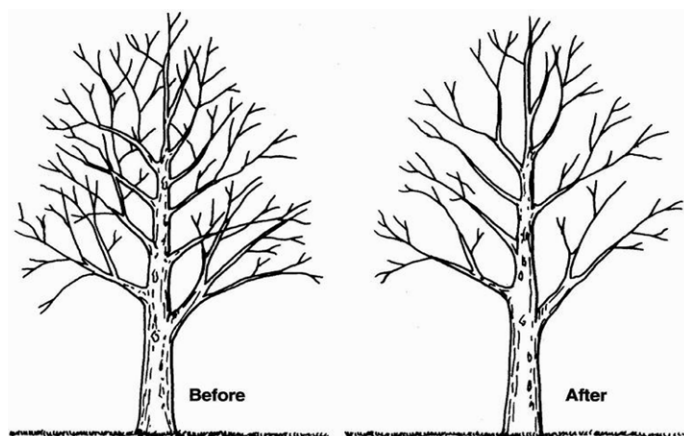
Figure 4: Dr Mary Hearn Park, Shandon, Cork

Christmas is over and the new year is here and like all new year resolutions the gardening ones are easier to achieve.

The secret to gardening is to do little and often.

I know the weather can be a bit on the wet and cold side, but there will be times when we can get out, and start to plan what we would like the garden to be for the season ahead.

What I do in January is finish off any mulching that needs to be done. I also spend a lot of time pruning all the soft fruit i.e. Blackcurrants, Gooseberries etc. I also prune all the top fruit as well like Apples, Pears, Figs, Kiwis etc. The only top fruit that we do not prune are Plums and Cherries. These are pruned in spring.



This is also a great time for pruning your Roses. The easiest way to prune your Roses is to have an open cup shape, and reduce the shoots by at least one third to an outward facing bud. Remove all weak and dead wood first, and then select 4 or 5 strong stems and eliminate the rest. Try and have a good balance to the rose bush.

After pruning loosen the soil around the bush where you have been standing, and if you have it apply some mulch.



After you have finished pruning you should always clean away all the prunings and dispose of them off site. This is to help reduce any pests and diseases

that may be on the plants over winter.

If the weather is very wet then try to stay off the garden as walking on it could lead to soil compaction and bad drainage.

January is also the best time to clean all your tools and give them a good oiling and sharpen. Drop off the lawnmower to get a service and sharpening.

Clean the glasshouse with warm soapy water. This not only cleans the glass and allows more light in but the soapy water will get rid of a lot of pests and overwintering eggs. It will also help to reduce the amount of Fungus spores as well. Always remember to rinse well after cleaning.

If your glasshouse is against a wall then I would put some whitewash or white paint on. This will help to reflect the light during the growing season, and help to reduce the amount pests overwintering in the nooks and crannies of the wall.

The same cleansing regime can be applied to polythene tunnels.

Patios at this time of the year can be treacherous underfoot with algae. If you have the energy and time then you can power wash off the algae, but a temporary and effective tip is to buy some builders sand and scatter it where you walk on the patio. This will help to give some instant grip but use sparingly as you could easily track it into the house (I learned that the hard way).

If you have a propagator then you can start off some crops from seed now. Such as Chillies, Tomatoes, Onions, Aubergines. These crops need a long growing season. However, I never do this until February.

Jobs for January

1. Finish all mulching.
2. Prune your soft and top fruit.
3. Prune your Roses.
4. Clean your patio and paths.
5. Empty any flower pots that are finished flowering.
6. Wash any pots that you may be using later in the season.
7. Clean and sharpen tools.
8. Check all seed packets.
9. Plant any hedging that is needed.
10. Enjoy your winter garden.

I would like to wish you all a very happy new year.

Chris Troy

Glashaboy Flood Relief Scheme

SORENSEN

On behalf of Sorensen Civil Engineering, we would like to wish you a happy and peaceful Christmas.

Thank you to all residents, shoppers, and businesses in the area for their patience and cooperation throughout the year.

We wish you a happy and prosperous New Year.

Please see below update on the works being carried out by Sorensen Civil Engineering for the Glashaboy Flood Relief Scheme.

Hazelwood Road and Shopping Centre

- Two-way traffic will continue on Hazelwood Road and R639 until the New Year.
- Please note that there will be three-way stop/go traffic management in place from Thursday 2nd January, with two flagmen on the R639 and one at Hazelwood Junction, for approx. four weeks.

New Line & Copper Valley Vue

- The New Line Road is now open, and traffic is no longer being diverted through the Copper Valley Vue estate. Please note that STOP signs are in place when exiting Copper Valley Vue to join the New Line Road.
- From Thursday 2nd of January, there will be two-way stop/go traffic management on the New Line Road, adjacent to Brooklodge Culvert, for approx. three weeks.

- The temporary bridge will be in operation until the New Year.
- The L-2964 New Line Road, Brooklodge East Road (by O'Connell's Transport) will remain fully closed until March 2025.

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

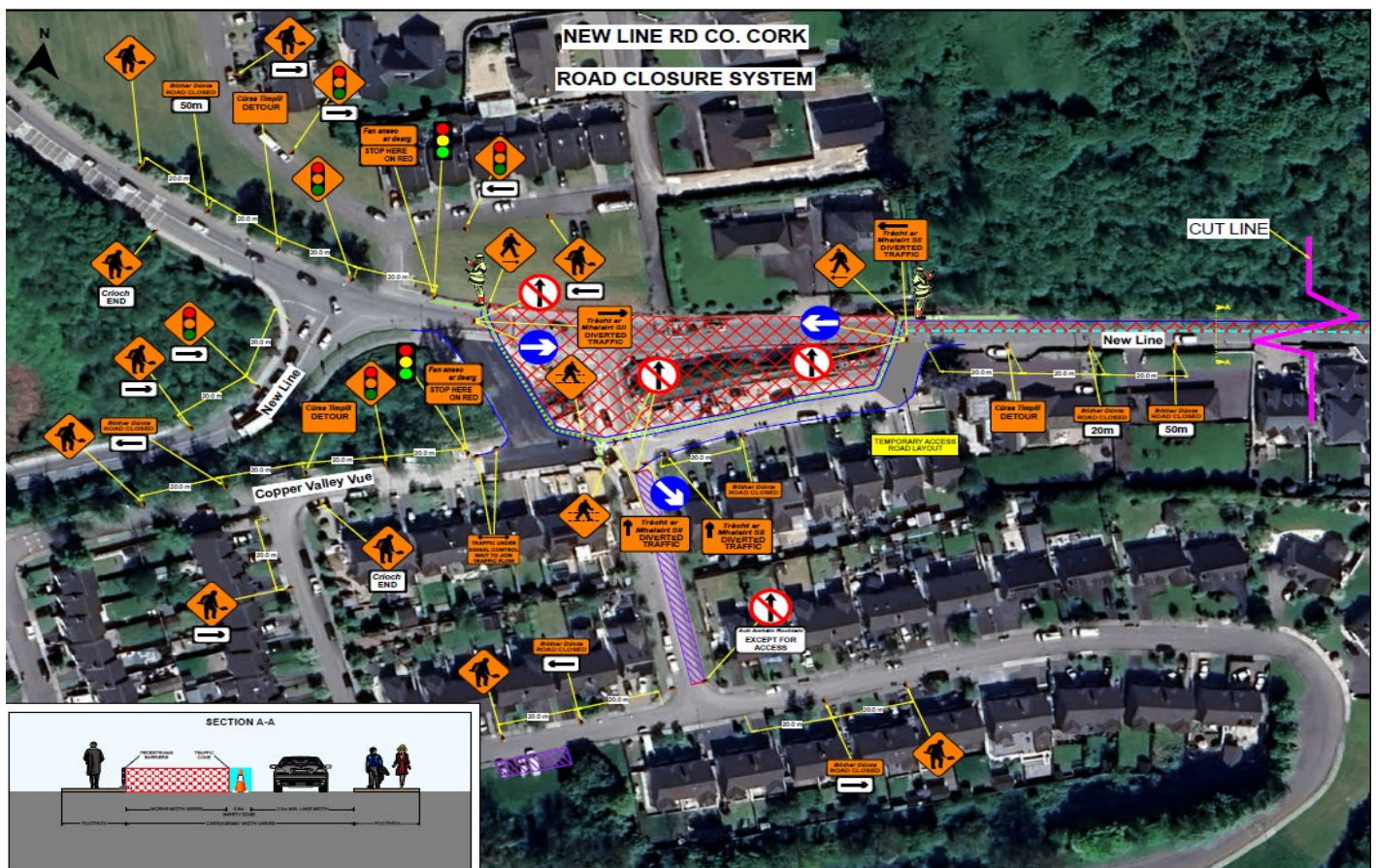
This information is subject to change, and I will update you again if there are any changes for the coming month.

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

**NEW YEAR
NEW READS!**

Come check out some of our new titles available here at
Glanmire Library!



Age-Action
Age Equality

Age Action returns bright and early in the new year to the library with their technology support classes on Friday mornings from Friday the 10th of Jan until the 7th of February. Contact Niamh on 0871956026 for more enrollment information.

GRAMOPHONE CIRCLE

Our patron favourite MUSIC MORNING with the Gramophone Circle will be back on January the 21st. So join us at 11am for an hour of sound and stories!



It is a new year and we are looking for some new clubs! If you are interested in running a club - pop in to the library and talk to a member of staff.

UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



Upper Glanmire Fundraising Events for Marymount Hospital and Hospice

Pictured here are Gráinne Kelleher (Upper Glanmire Set Dancers) and Willie Martin (Treasurer Upper Glanmire Community Association) presenting a cheque for the amount of €3520 to Enid Conway (Marymount Hospital and Hospice). The amount raised was the combined proceeds of a Set Dancing Night held recently in the Community Centre and a Community Association Table Quiz which was held in the Boothouse Bar. Also included in the picture are Vincent Harte representing the quiz sponsor, Brian Harte, Jerry Burke (Chairman Upper Glanmire Community Association), and Louise and Brian Kenny (proprietors of the Boothouse Bar). Our sincere thanks to all of those who supported these events for this worthy cause.

Local History Talk

On Friday 7th February local historian Fiona Forde will present a free talk on an aspect of local history. More info to come in the following weeks.

**THE GLEN THEATRE
DRAMA GROUP PRESENTS:**

*'Roger's
Final Farewell'*

By **Seán Buckley**
in
Upper Glanmire Community Hall
Friday 10th January 2025
At 8pm.
Doors open 7.30pm.

Booking Essential!
Admission €15

Booking: The Boothouse Bar 087 964 5496
Or with Jerry Burke 087 981 6481

**UPPER GLANMIRE
BINGO
EVERY THURSDAY**
8PM - 10PM



**UPPER GLANMIRE
COMMUNITY HALL
JACKPOT EVERY THURSDAY**
LIGHT REFRESHMENTS SERVED



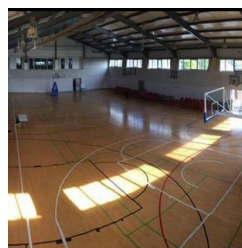
BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940



Glounthaune Indoor Bowls Club



Glounthaune and Crosshaven teams after league game Glounthaune won 2-1

Practice nights continue every Monday and Thursday in Erins Own GAA Hall from 8-10pm. We welcome our new members and we are still open to anyone interested in playing. Call in any practice nights for free or ring Marian Canning 0879006471 / Joe Kirby 0879795005 for further details.

Our two league teams are showing great form with the Division five team joint leaders in their league entering the heading into the new year. The division one team is in a four way tie at the top of their division

Match results

The division 5 team took 3 points from St Marys Carrigaline, 2 points from Midleton, 1 Point from Grange Frankfield and 2 points from the Hut . They followed this up with a great win over Coachford at home in front of an excited home following, winning all 3 points to put them joint leaders in their league with Grange/Frankfield.

Team M Crowe, P Crowe, P O Byrne, T MC Carthy, M Mc Carthy, A Bolger, D Twomey, R Geary, J Geary, P Williams, M Knott, E Buckley B Byrne

The Division one team took 2 points from Wilton, 3 points from Mitchelstown 2 Points from Conna

A/B in their opening league games. They finished for the Christmas break with an exciting win over Cross haven 2pts to 1pt. Team J Kirby, T O Shea, L O Connell, M Canning, T O Keeffe, J Mc Carthy, A Casey, R Canning.

Upcoming competitions

In the Cork Open competitions the club are faring well with several teams through to the latter stages. M Canning a previous winner is through to the Ladies singles final after beating fellow club member M Mc Carthy in a close semi-final. In the triples open event M Canning, T O Shea and J Kirby are through to the semi-final. T O Shea and J Kirby

are also through to the semi-final of the over 70ss and are trying to win the third title in a row in this event. In the open men's singles T O Shea and A Casey are through to the qtr finals and in the over 55s J Kirby and T O Shea are through to the semi final.

In the Martha Tracey Cup T O Keeffe R Canning, M Crowe and A Bolger lost out narrowly to Little Island in a very competitive game. The lead changed hands on several occasions before Little Island clinched it in the final 2 ends.

The team of J Kirby T O Shea L O Connell and M Canning had better luck and were in fine form in an impressive win away to Cox's Hall in Dunmanway. They won the opening 2 ends and led by 2 at the half way mark. They picked up 6 points in two ends to give them a comfortable lead entering the last couple of ends.

Forthcoming matches sees the club playing in the Frances Cody Club competition and also we have 2 teams in the Peg Tucker Shield competition.

The Club members Christmas party night was held in Blackrock Castle where a great night was enjoyed by all.



Glounthaune Christmas Party



Glanmire Macra



Glanmire Macra National Basketball Finals Team. Left to right, Back: Christopher Coleman, Frank Stafford, Elaine Houlihan (Macra President), Patrick Healy, Front: Kevin Smiddy, John Lonerogan.

Glanmire Macra has had a busy few weeks as we draw a close to 2024. This started with our men's basketball team who competed in the Macra National Basketball Finals on the 1st of December in Kilkenny. The team played well, drawing against Wexford in their 1st match after a last second score from Wexford just as the whistle blew. But lost against Callan, who went on to win the overall competition. Well done to all who competed, it was a great experience.

This wasn't the only national finals Glanmire was represented in though. With Nicole Hyland competing in the National final of Impromptu Public speaking on the 7th of December in Mountmellick. Nicole performed wonderfully across her three topics of Black Friday, Secret Santa and finally New Years Resolutions. Ultimately winning

the overall competition! We are all very proud of her, after all the hard work she put in over the last few months for this.

December also saw us host our Christmas party in Crane Lane. This was a well attended event and a great night was had by all. We also hosted our annual table quiz on the 12th of December in Sarsfields Pavilions. It was a competitive evening with 10 tables taking part, but the Noel it All's ultimately claimed top spot.

Our weekly social sports night will take a break over Christmas. But will be returning to Little Island on Wednesday 8th of January 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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4 Crestfield Centre, Glanmire
www.oneplanfinancial.ie

Karen Doyle trading as One Plan Financial is regulated by the Central Bank of Ireland

If you are interested in joining feel free to reach out to us on any of our social media accounts or by contacting us at glanmiremacra@gmail.com.



Nicole Hyland (left) being awarded Impromptu Public Speaking award by Elaine Houlihan Macra President.



Erin's Own Ladies Club



Camogie

Massive congratulations to our Minor Camogie team who won the Premier Plate County Final in Castle Road playing Inniscara. Captain Eimear Norton received the trophy on behalf of the team. Well done to all the players on a brilliant performance and also to the coaches.



Football

Congratulations to the Minor Footballers on winning the East Cork Minor Final against Aghada. Co-Captains Aoibhinn O'Neill and Beth Coomey were presented with the cup after the match. Well done to all players and the management team.



FIONA TWOMEY SOLICITORS

3 Eastgate Village, Little Island, Co Cork
021 4355405 and reception@fionatwomey.ie

Please contact us for all your legal needs

Special Rates for FIRST TIME BUYERS

Erin's Own Ladies Club Page Sponsor

Playing Matters

December, surprisingly for the time of the year, brought quite a bit of activity on the playing fields. It was all centered around the under 21 hurling championship. Owing to Carraig Na Bhfear's involvement in the replayed East Cork Junior A Hurling championship final and other teams in our group (namely Watergrasshill and Russell Rovers) being similarly busy on protracted runs in their respective competitions, there was significant delay in getting our group started. When eventually we did get going we commenced with a win against Midleton. The second game was saw us take on the aforementioned Watergrasshill who would have been buzzing with confidence following their momentous win in the Munster Intermediate hurling final on the previous Saturday. They brought the momentum from this into our clash and quickly went ahead through the concession of a soft goal; a lead that they held until into the second half. The move of Eddie Coughlan from full-forward to more active role in the middle third though was significant in turning the tide in this game. He scored four points from play which was crucial in ensuring that St Colmcille's won out on the narrowest of margins. We now topped the group after two games and two wins. In our final game we played St. Colman's (Cloyne/Russell Rovers amalgamation) in Carraig Na Bhfear. A draw was enough here to see us qualify for a semi final meeting against Youghal.

Youghal were in the unusual position of having already qualified for a County Final before playing this game. Given the delay in playing our group, the East Cork board had to nominate a team to represent the division in the County Championship. Youghal accepted the nomination and had done extremely well. In the first half of our semi-final clash though, it looked like Colmcilles were the County Finalists. After 15 minutes, we lead on a score of 1-05 to 0-02. However, from then on we were reliant on frees to get scores and a very strong Youghal team came right back into the game. Though, it took two goals in as many minutes in the mid-way point of the second half to secure

the win, the seashiders were much the better side throughout the remainder of the game. They had a much bigger panel available and had played together more often and it showed. They ran out deserving 3-17 to 1-10 winners. Our lads can hold their heads up high, however. They played very well in their group games against very decent opponents.

Christmas Draw 2024



Club President John Drummy draws the first prize at the annual White's Cross Christmas Draw

Our main annual fundraising draw took place on Thursday the 19th of December in the Boothouse Bar. The first prize of €600 was again sponsored by the Hennessy family. The winner of this prize was Lara Farmer from Passage West. The second prize of €300 was sponsored by the Boothouse Bar who also hosted the event as well as our annual puc fada competition award-giving ceremony on St Stephen's Day. Boothouse proprietor Brian Kenny was on hand to draw out former player Tommy Stewart, White's Cross as the winner here. The third prize of €250, donated by Sydney McElhinney's Unique Fitout, was won by one of our new neighbours; Claire Thornhill from Coppinger Fields. Nicholas and Jim Forde sponsored the 4th prize of €250 and the winner here is Kathleen Kelleher. This ticket was sold by Murt Kelleher who also sold the winner of the 5th prize which was a €200 voucher sponsored by John Buckley at AutoExpress. His son Oran Kelleher being the recipient here.

Billy Coleman collected the 6th prize of €150 donated by Health 4 U. Kevin McCarthy from the Cathedral Road was the 7th name out of the drum and

he took home €150 kindly sponsored by Tom Harte Dairy Services. Club member Seamus McCarthy sold the winners of the 8th and 10th prizes to Pat McNally (€150 from Siobhán Kelleher) and Robert O'Driscoll (€100 from Judith Whooley) respectively. In between Mossy Walsh from Dublin Hill was drawn as the winner of the 9th prize - €100 from Sandcastles Pre-school

The full list of draw winners are posted on our club social media pages (Facebook/Twitter) and in the news section of our website (whitescrossgaa.com). The club committee would like to congratulate all of our winners and thank each and every person that bought a ticket to support the club. We are very grateful to all of the local business and individuals that sponsored prizes. We encourage as many people as possible to show their support for these business. Finally, the draw takes a lot of organising and co-ordination. Martin Kelleher lead the efforts here. A big thank you to Martin on this job!

Sophie Erangey



White's Cross and now Cork Under 14 LGFA player Sophie Erangey

White's Cross' Sophie Erangey has been chosen to play with the Cork under 14 ladies football squad. Sophie was a key member of the White's Cross under 14 team that won the County Championship against Lisgoold in October 2024. Being chosen for the county squad is a great honour and it is a just reward for her hard work and dedication. Well done Sophie!

Writing Through the January Blues: Turning Struggles into Stories

So here we are again – starting out on our journey across the plains and the hills of 2025. But here’s the thing: the new year can often find us depleted. The January blues are a common experience, often triggered by shorter days, drearier weather, and less sunlight. All the razzmatazz of Christmas is over, the bank balance is lighter, the days still short, cold, and dull. Yet, these challenges can also offer fertile ground for creative exploration. Writing through the winter blues can become a way to transform the gloom into something creative where we can tap into those feelings of melancholy and loneliness, turning our struggles into stories.

Writing about our struggles can help to dispel the gloom and transfer it onto the page into something creative and inspiring. Remember this, we can’t all paint, sculpt, act or sing but we can all write our story, wrapping words around our ideas, thoughts and feelings and in the process, often creating interesting pieces, insights, memories and writing that gives us and the reader, a sense of connection. Here’s a prompt to help you embrace the winter blues in your writing:

Prompt: Create a character who is standing at a bus stop, struggling with feelings of sadness, isolation, or hopelessness. Allow them to spill their story, reflecting how they are coping with the problems they are facing and if there is a resolution? What are they wearing, thinking, feeling? As they sit on the bus, do they meet anyone or have a conversation? Perhaps someone says something that changes their thoughts?

Another lovely way that writing can help us through the January blues is by starting a Gratitude Diary. Psychologists tell us that one of the best ways of improving our thought patterns and our mood is to remind ourselves of what we are grateful for – homing in on the positives in our lives rather than ruminating about the negatives. It’s such a simple exercise and it is a powerful one, that can lift our spirits and help us realise the gifts all round us - if we just take the time to notice, acknowledge and appreciate.



Prompt: A fantastic way to start the new year is to take a half an hour out to write and reflect on 2024, what you learned, what you lost, what you gained. To help you recall events across the year, it’s a good idea to flick back through your mobile phone photographs which will have captured your highlights, your holidays, your happy moments with friends and family – such a rich store of wonder and memory compressed by technology and easily accessed.

Take a moment to reflect upon and be grateful for all you’ve been given last year. And now, for the month of January, each night before you go to sleep, write down three things you are grateful for that day: a quiet cup of tea, a sunny walk, a smile from your child, a kind word, a hot shower, a good meal, a laugh with a workmate, a piece of chocolate. Notice it, name it, write it down. It can have a transformative effect on your mood.



A new year is about new beginnings. I love January because it gives us a chance to reset. Renew. Go at something with a fresh eye. It summons us to begin again. It calls us up to dream new dreams, set

new goals, create a new chapter in our lives. We get another year to look out on, another dawn where we can start again. And we know this: no goals and dreams can really be achieved without writing them down. Putting pen to paper is essential – creating the plan, listing the possibilities, figuring out how to get where we want to go, having a page or two that holds our hopes and aspirations. Once we have that, we can paste into our diary, fold into our wallet, screenshot a copy. We have our blueprint, a roadmap for our 2025 journey. How exciting that can be, kickstarting us to be open to fresh ideas and to listen to our creative spirit within that says, ‘Of course you can do it!’

Prompt: Take an hour out this week and have fun putting your dreams and aspirations on paper/on screen and use January to get yourself motivated, fired up for new horizons, new experiences. All you need is one or two ideas that spark your enthusiasm.

Writing through the winter blues is not only a way to deal with the season’s struggles but also a chance to create meaningful, reflective work. By embracing the emotional weight of winter, we can find new depth in our characters, stories, and writing practices – and we can find hope. It’s about turning personal challenges into a canvas for creative expression, where the bleakness of winter can give way to something new and transformative.

Happy New Year, Readers and keep writing,

Eleanor

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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, Amazon, Kindle and www.buythebook.ie

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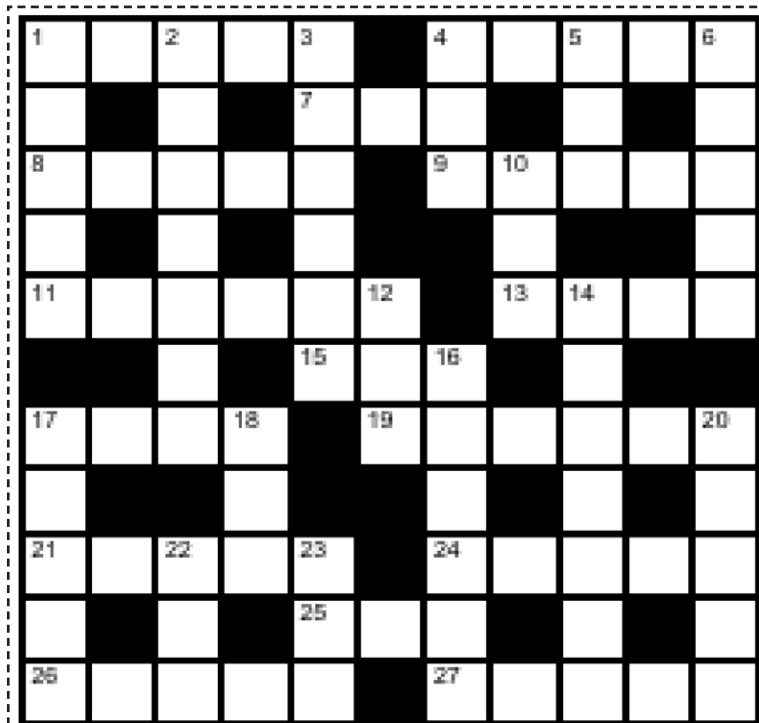
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Crossword Puzzle



Across

1. Punctuation mark often used in lists (5)
4. Court examination of evidence (5)
7. Pronoun for a female (3)
8. Relating to the countryside (5)
9. Synthetic fabric material (5)
11. Repeated sounds (6)
13. Previous owned or second-hand (4)
15. Small green legume in a pod (3)
17. Colour associated with tomatoes or stop sons (3)
19. Performing in plays or films (6)
21. To start something (3)
24. Mistake or fault (5)
25. Possess something (3)
26. Lacking courage or confidence (5)
27. Rise and fall of sea levels (5)

Down

1. A smoothly bending line (5)
2. Walked with a regular step (7)
3. In a state of sleep (6)
4. Number after nine (3)
5. Unwell or sick (3)
6. Without rows or borders (5)
10. Second person singular pronoun (3)
12. Large body of saltwater (3)
14. Mixed or disturbed (7)
16. Distinctive way of speaking (6)
17. Mechanised being with human-like abilities (5)
18. Glide on snow with narrow runners (3)
20. Microorganisms that can cause disease. (5)
22. Place for physical exercise (5)
23. Move the head in agreement (3)

Crossword sponsored by BOOTHOUSE



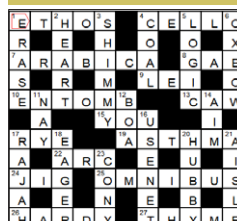
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entry opened. Please include your telephone number,
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December Crossword Winner: Evelyn Noonan, Glanmire, Co. Cork.



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