



# Glanmire Area News

FREE

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## Sponsor an AED Campaign

**Glanmire Community 1st Responders ran a Sponsor an AED Campaign and were totally blown away by the support they received from the Community.**

Within 24 hours they not only had the 5 AEDS they asked for but another 5 totalling 10 new AEDS for the area. A few days later another was donated making 11 the grand total. They would like to acknowledge and thank the fill people for their generosity.

Glanmire resident Marie Kelleher, MAC B LTD in Sallybrook Southern Fencing, Sweet Sensations, a local Glanmire company, Kelda at Toddle Inn, Frances Hegarty Accountants Glanmire, Catherine Mahon Buckley and Cada.

3 AEDS were sponsored by this group from the Glanmire Chamber: Alan Dowling Alantricity, Jacinta Burke Silver Bow Gifts, Karen Doyle One Plan Financial, Mickey Burns Michael Burns Property, Sinead Health 4 U, Izabela Daly, Bella Daly Photography, Tommy Mac Monagle, MAC Hair Design, and Roisin, Sherry FitzGerald Lettings Cork . The 11th AED was sponsored by O'Mahonys Motor Factors

Thank you all so, so much for these Lifesaving contributions to our Glanmire Community. We are absolutely blown away by the response to this campaign. MANY MANY THANKS.



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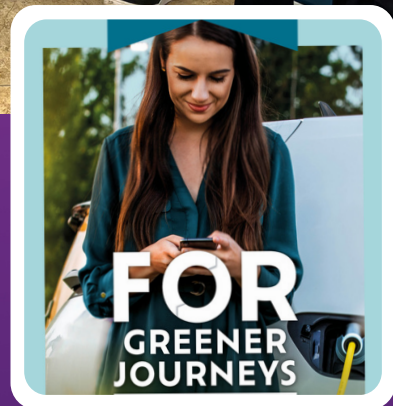
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# GLANMIRE BUSINESS & COMMUNITY *Awards* 2025



Andrew Walker, Secretary of Glanmire Chamber presenting the Glanmire Business of the Year Award (less than 10 employees) to Ashling McEvoy of Vision of Beauty



Ger Moloney presenting the Taste of Glanmire Award to The Barn Gastropub



Catherine Mahon Buckley of CADA Performing Arts presenting the Best Retail Experience Award to Siobhan O'Donovan of Diffusion Wear



Sinead O'Flynn from Health 4 U presenting the Glanmire Business of the Year (10+ employees) to Andrew, Abigail and Michael of Vienna Woods Hotel.



Michael Magner owner of Vienna Woods presenting the Sports Award to Allan McNamara and Mark Dineen, Secretary & Treasurer of Sarsfield's Hurling Club



Eleanor O'Kelly Lynch presenting the Best New Business Award to Martina & Ken Wade of Brazen Chilli



Louise Mehigan of Osmax Media presenting the Shining Star Employee award to Sarah Maher of Glanmire Opticians



Karen Doyle Chamber President presenting the Best Voluntary Organisation award to the Glanmire First Responders



Alan Dowling presenting the Gail Dowling Community Award to John Sreenan of the Glanmire First Responders



# April at Glanmire Library

Cork City  
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available!



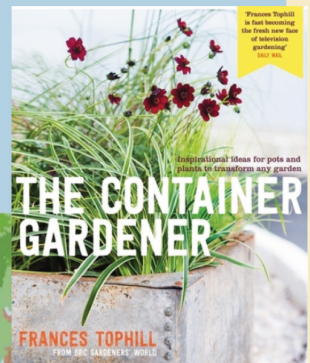
## Planning to Plant?

If you're seeking guidance in gardening, look no further than the Glanmire Library's selection of gardening books!



Aoibhe and Isabella are pictured with our International Women's

Day display honoring Gisele Pelicot and Caroline Darion. Darion's book, "I'll Never Call Him Dad Again" is now available.



## VISIT US

Tuesday  
through  
Saturday



Glanmire  
Library,  
Hazelwood  
Shopping  
Centre,  
Glanmire, Cork  
City T45 E083

Join us on Thursday, April 3rd, at 2:30pm

Talk by David Lohan

## Uncover Your Family History

A Beginner's Guide to a  
Family Tree

free to attend, no reservation needed





Welcome to the April edition of the Garden News.

April is a very busy month in the garden. The hour has gone forward and we have more time in the evenings for all those jobs.

For people who have lawns they will be busy cutting and trimming the grass and borders. This is one of the best months for applying lawn feed and weedkiller, as well as Moss killer. Although it is very difficult and time consuming to remove all the Moss in the lawn, sometimes just reducing the amount of Moss will help to reinvigorate the lawn.

Always remember to never compost the grass clippings from treated lawns.

This is a great time of the year to feed all shrubs in the garden, as they will be actively growing. In the case of winter flowering shrubs, such as Camellias they will be making flower buds for next year.

Not only will you be feeding the shrubs, but you will also be improving water retention in the soil as well as helping to suppress weeds.

In the case of Roses there should be plenty of new growth, but at this time of year they may be under attack from greenfly. Keep an eye on the roses and dispose of the greenfly how you see fit.



With the weather getting warmer this is a good time to start potting up your ornamental containers like baskets and window boxes. I would tend to do this towards the end of the month when frost is less likely.

When you buy your bedding plants try and harden them off before you leave them out at night time.

Another job I do this time of year is to dig up any large clumps of Daffodils that have started to die back. Once they are out of the ground, I dry them off in a shed for a few weeks, then separate them and replant around the garden. This helps to prevent the Daffodils going "blind" (all leaves and no flowers).

In the fruit garden there should be a lot of flowering happening, from Apples to currants and strawberries and anything in between. It's a great time for blossom, but watch out for some birds that like to strip the flowers from the stems thus making it impossible to be pollinated.

A small amount of damage is tolerable but too much may lead to a whole crop failure.

Netting will help with the soft fruit but make sure it is tight all the way around and well anchored down.



This is also a very busy time in the vegetable garden. All the summer salads should now be sown and or transplanted into their beds. Try and sow fresh salads every two weeks to give a good succession of salads over the summer and Autumn. All these summer salads can be grown in pots or large containers easily and can look quite ornamental.



All our winter vegetables should now be sown. These are what we call long crops, in other words in the soil for a long time. The best winter vegetables to sow are Purple Sprouting Broccoli, Leeks, Kale, Winter cabbage, Brussell sprouts, Parsnips and Carrots. There are lots of others but these are the best suited to our climate.

You do not need a large Vegetable plot for all of these, just grow a few of each and see how you get on.

## Jobs for March

1. Weed and feed the lawns.
2. Mulch all shrubs.
3. This is a good time to trim any winter flowering shrubs that need it.
4. Keep an eye open for pests, Greenfly
5. Net any fruit plants that need protection.
6. Keep sowing salads.
7. Start potting up the ornamental containers.
8. Try not to do everything at once. Little and often.
9. Enjoy the garden.

Chris Troy



# Glashaboy Flood Relief Scheme

**SORENSEN**

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

## Hazelwood Road/R639 & Hazelwood Shopping Centre

- Please note that two-way stop/go traffic management system in place on the R639 at Springmount Culvert will remain unchanged for the upcoming week.
- The pedestrian entrance into the shopping centre adjacent Springmount Culvert will remain open and available for use. The footpath on the city bound lane of the R639 is also open but please make note that the new bus shelter is not active at this stage.

## New Line & Copper Valley Vue

- The 2 way stop/go system on New Line Road at New Line Bridge (by O'Connell Transport) will remain in place next week.
- The L-2964 New Line Road, Brooklodge East Road (by O'Connell's Transport) will remain fully closed

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 visit the below link, and hit the Join Group button: <https://www.facebook.com/share/S1ZNir1EDfV3147a/>

## One Plan Financial

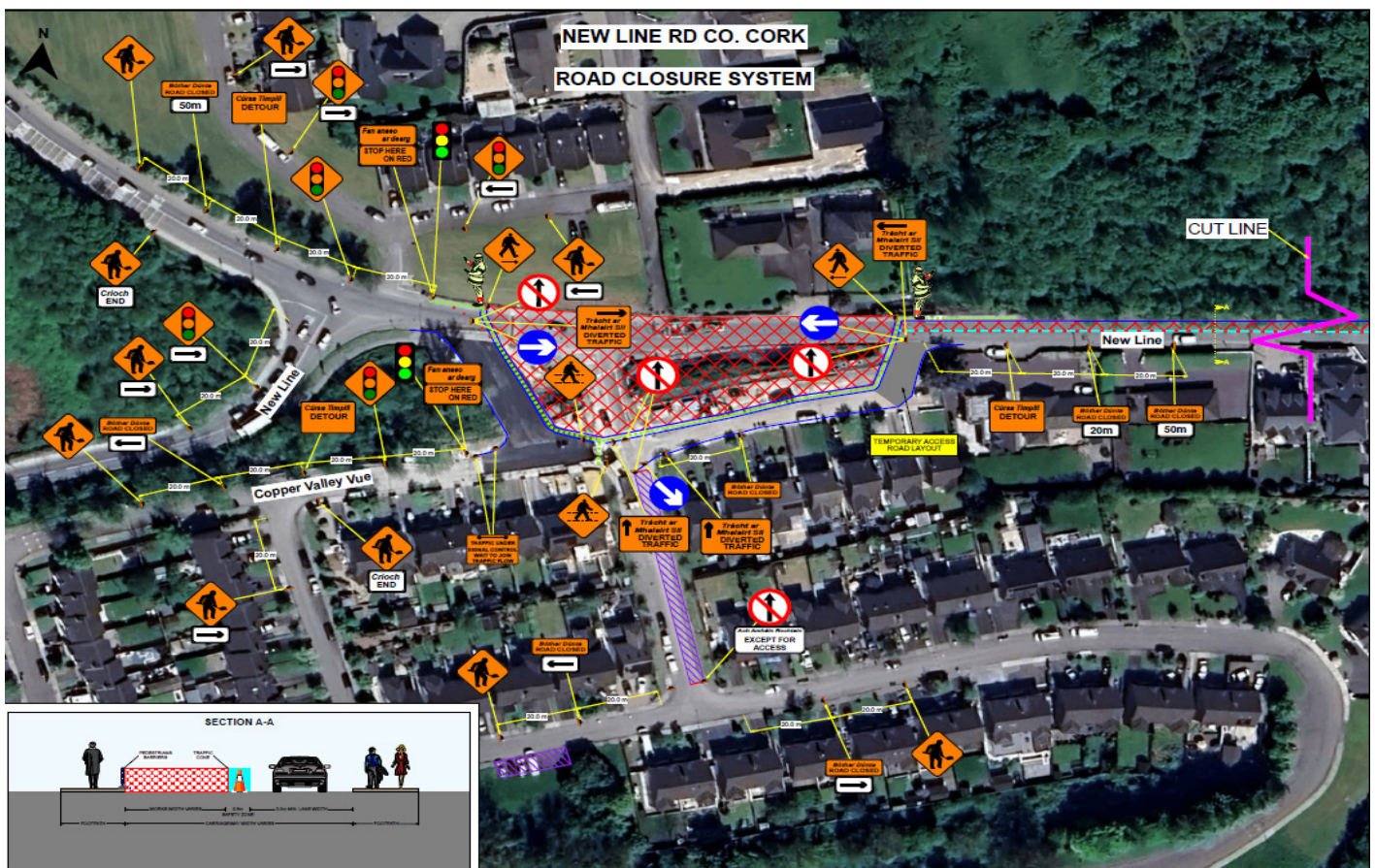
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# SPRING STYLING TIPS

**Lynda Di Blasi**

IMAGE CONSULTANT, PERSONAL STYLIST, PERSONAL SHOPPER [www.lyndadiblasie.ie](http://www.lyndadiblasie.ie)



As April ushers in the warmth of spring, it's the perfect time to lighten up your layers and infuse some vibrant color into your outfits. Gone are the heavy coats and dark shades of winter to give way to brighter hues.

I love this time of year, let's embrace this spring season, wearing fresh lighter fabrics, let's look at the psychological and physical benefits of adding some color to our everyday outfits.

Our hair color, skin tone evolves as we go through life. So do the shades that make us feel vibrant, young and healthy.

In my professional in person color analysis sessions, I help women like you uncover a palette that not only complements your unique features but also gives you a subtle quiet form of inner confidence.

Our most flattering colors enhance our eye color, our natural features the addition of make-up should not be required. Let's explore the transformative power of color.

Colors speak louder than words – they convey emotions, moods, and personality. Wearing certain colors can project specific

messages to the world.

Color can also draw attention to parts of your body you wish to highlight. A colourful necklace can bring attention upwards while brightly coloured footwear draws the eye down.

Coloured accessories are very versatile. Keeping a look quite simple and plain, the ability to change up your look with an elegant colourful scarf or a floral handbag. Not only do accessories enhance your overall outfit, but it allows for self-expression and creativity.

Blue is very flattering colour for all complexions male and female. It is known for its calming qualities and also evokes feeling of trust. Blue is a shade that can be worn for social and professional settings.

Pink for example is very prevalent in the shops this season. Like all colors has a unique psychological effect. It evokes feelings of love, affection, and calm, but it can also bring out feelings of playfulness and creativity. It is often used to evoke warmth and approachability.

Red is such a confidence boosting shade also associated with passion, love, power.

Vibrant shades like orange and yellow can evoke positivity and optimism, while calming blues and purples are known to reduce stress.

I have a challenge for you, the next time you're feeling a bit low, add some colour to your outfit be it a top or an accessory and just observe how your mood is instantly elevated – you're also boosting your inner positive energy too with colour.



Through my in person colour analysis sessions we clarify your best colours. So go ahead – wear that colourful item in your wardrobe, and have fun with colors. Scarves, even broaches, are a comfortable place to start with.

Coloured bags, jewellery, shoes can transform a neutral outfit. Giving a nod to tending colors in a subtle way.



Contact me on **086 -2599539** if you are ready to elevate style, make up, colour analysis and personal shopping session.

Email: [lyndadiblasie@yahoo.com](mailto:lyndadiblasie@yahoo.com)

Check out my website [www.lyndadiblasie.com](http://www.lyndadiblasie.com) for various packages.

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Lynda Di Blasi



The Cummins family of Woodville, Glanmire, has been mentioned in this publication, and the stories of Iris Cummins and Doctor Mary Hearn appear in previous editions. On this occasion, it is the turn of the fourth of the eleven Cummins children, Henry (Harry) Jackson Cummins. Harry was born at 41 South Mall, Cork, on 15 October 1888 to Dr William Edward Ashley Cummins, Professor of the Practice of Medicine at University College Cork (UCC) and Jane Constable (née Hall). Harry was set on a military career following in the footsteps of many of his paternal ancestors. Consequently, while his sisters spent their early years at Woodville, the family's countryside retreat near Glanmire, he and some of his brothers attended Cheltenham College, England as boarders.



Figure 1: Harry Jackson Cummins.

On the night of 31 March 1901, Harry, aged 12, is residing at Teighmore, Cheltenham, a large house built for junior boys in 1865 by the College Boarding House Company, at an outlay of £16,000. Harry won the Iredell Prize in history in 1906 and represented Cheltenham College on the Shooting VIII in 1907. In December of that year, he left the boarding school and attended the Royal Military College, Sandhurst. On 20 January 1909, he was commissioned as a 2nd Lieutenant in the Indian Army and two years later, 20 April 1911; he was promoted to the rank of Lieutenant, serving with the first battalion of the 5th Gurkha Rifles.

During the Great War (1914-1918), three regiments of Gurkhas played a significant role in the combat on the Gallipoli Peninsula in Turkey. This campaign was part of a land-based strategy aimed at facilitating the passage of Allied ships through the Dardanelles, seizing Constantinople (now Istanbul), and ultimately removing Ottoman Turkey from the conflict. At dawn on 25 April 1915, Allied troops landed on the Gallipoli Peninsula, but the challenging terrain posed significant obstacles for the soldiers. Throughout the conflict (25 April 1915 to 9 January 1916), the Allies suffered over 220,000 casualties from a total strength of almost 500,000, one of these casualties being Harry Jackson Cummins. From an Allied perspective, the campaign was a disaster, whereas, in Turkey, Gallipoli emerged as a pivotal chapter in their history, a moment when the nation's destiny was forged through a remarkable victory against overwhelming challenges.

The war diary of the 5th Gurkhas records that on 20 August 1915, the day before Harry's death, the battalion experienced a relatively uneventful day. However, as dawn broke the next morning, that tranquillity was shattered by chaos. On 21 August, the 1/5th Gurkhas, in cooperation with the IX Anzac, attacked the heights of Sari Bair. However, Ottoman divisions defending the area easily repelled their efforts. While New Zealand mounted riflemen managed to capture part of Hill 60, the other units made limited progress. Harry Cummins and his comrades advanced at 3.30 pm and at once came under intense rifle and shrapnel fire. Following the wounding of his commanding officer, Captain Webb, Harry took command and led Companies G and H into the fray but was ultimately killed during the ensuing melee. Harry and more than two-thirds of the 3,000 men involved in the attack

became casualties. Another attempt to clear the hill on 27 August also failed and this was the last major Allied attack at Gallipoli. In late November, the authorities in London reluctantly agreed to evacuate Suvla and Anzac and troops were withdrawn from the area by the end of 1915 while British and French forces remained at Helles until 8-9 January 1916.

Harry Jackson Cummins is commemorated at the Helles Memorial, Gallipoli, Turkey. He was one of six brothers to fight during the Great War, four of whom survived, while Harry's younger brother Fenton was also killed. Harry is remembered also by his former college in Cheltenham.

The RAF Sword of Honour was first awarded in 2016. It was later renamed the Cummins Sword of Honour in tribute to him. This award is given for exemplifying leadership, commitment and high standards within the RAF Section. In addition, the Cummins Gurkha Award is presented each year to the Fourth Form cadet who, in the view of the Contingent, demonstrates the values exemplified by the Gurkhas, 'pride in professional skill, intelligent and humane discipline, sympathy and understanding between all ranks and concern for the individual and for his welfare' values that sum up the life and death of Lieutenant Harry Cummins.

## CASUALTIES TO LOCAL OFFICERS.

LIEUT. H. J. CUMMINS (O.C.).

Lieut. Harry Jackson Cummins, of the 5th Gurkhas, who has been killed in action while serving with the Indian Contingent of the Mediterranean Expeditionary Force, was 26 years of age. He was the son of Dr. W. E. A. Cummins, of Cork, and was at Cheltenham College from 1900 to 1907. He won the Iredell Prize in 1906, and was also a member of the Shooting VIII. After the usual terms at Sandhurst he received his commission and was posted to the 5th Gurkha Rifles, but was attached to the 1st Battalion when he met with his death.

Figure 2: Gloucestershire Echo, 31 August 1915.



# Glanmire Macra, Not Just for Farmers

Glanmire Macra have been keeping busy since our last article, with some community development work and other social events.

Following on from our quiz night, we decided to put the money raised from this, towards supporting the local community. We decided that Glanmire Community First Responders would be a great cause for this, as they provide vital life saving cardiac and medical emergency support to the local community. Thanks to everyone who supported the quiz night. It was brilliant to see the proceeds going towards a voluntary group that provides such an important service to the Glanmire Community.

We also met up with Mitchelstown Macra for a joint club event on the 8th of March. Starting out at Corrin Hill driving range. As many of the people taking part had never played golf before, this made for a fun way to try it out. We then continued on to the 19th hole, in this case Cheers in Fermoy. For a great night of music and chats. Some of our members also took part in the Saint Patrick's day parade in Upper Glanmire. There was a great turn out for this special day, with lots of fun for everyone.

Keep an eye on our Social Media accounts for updates on upcoming events. We are planning plenty more social events, including a games night and a bowling night in Airtastic, and will be making the most of the nice weather with club walks. We are also busy practicing for the Regional round of volleyball at our weekly social sports night in Little Island Sports Complex. This is on every Wednesday from 7.30-9pm. we play a range of sports. Everyone is welcome, you don't need any skill in volleyball or other sports to take part. Entry is €5 but your first night is free. If you are interested in coming along to any of these events feel free to reach out to us on any of our social media accounts or by contacting us at [glanmire@macra.ie](mailto:glanmire@macra.ie). We would love to see you there.



Glanmire Macra and Mitchelstown Macra at Corrin Hill Driving Range



Glanmire Macra at Upper Glanmire St Patrick's Day Parade, with former Glanmire Macra member Sheila O'Callaghan



# UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



Marymount Fundraiser

Upper Glanmire Community Association's presentation to Marymount Hospital and Hospice, proceeds of Table Quiz held in the Boothouse Bar on March 7th. Quiz sponsored by Nicholas Hannon, Glenmill Engineering, Upper Glanmire. Photo shows left to right Brian Kenny (proprietor Boothouse Bar), Vincent Harte (Committee), Enid Conway (Marymount), Jerry Burke (Chairman), Ken Ryan (Committee).

The Glen Theatre Banteer will present "Dying to Meet You" on Friday 9th May at 8pm in Community Centre Upper Glanmire. Tickets 15 euros. Booking essential. To book phone 0879645496 or 0879816481.

There was once again a large turnout for the Upper Glanmire St Patrick's Day Parade. The White's Cross GAA float won the prize for most colourful/original entry on the day. Our dignitaries included Councillor Sheila O Callaghan, Councillor Noel O Flynn, Fr. Martin and Fr. Pat Fogarty, and John Drummy representing White's Cross GAA, with Jerry Burke, Chairman Upper Glanmire Community Association acting as MC.

By now, the St. Patrick's Day festivities in Upper Glanmire are over for another year.



Upper Glanmire St Patrick's Day Parade

The Community Clean-up held on Saturday March 8th was part of the preparations and as usual, it involved a wide variety of local people helping out whatever way they could to make our area a better place to live. Many people started the clean-up in the days before Saturday 8th, others were there on the day. All said the amount of rubbish casually dumped, mostly from passing vehicles, was simply shocking. The photo tells the

story: bags and bags of fast-food wrappers, vapes, cigarette butts, alcohol bottles and other delights. Don't even ask about the kitchen appliances and other sundries at the entrance to the woods, conveniently dumped to tumble down into the river below.

The positives are many though: nice clean roads that we've reclaimed for ourselves because neighbours over a wide area got together for a shared purpose. There are many people to thank for this but most especially, Deirdre O'Mahony for preparing amazing home baking and sandwiches, Anne Hyde and Anne Reid for setting up the refreshments, Pat O'Callaghan and White's Cross GAA for fantastic practical support. Thank you also to Sylvia O'Mahony and the Council for providing bags, gloves and pickers, and removing the bags from the collection point. Let's keep this spirit going.

(Clean Up photo and narrative courtesy of Pauline Hyde)



Clean Up

UPPER GLANMIRE

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UPPER GLANMIRE COMMUNITY HALL

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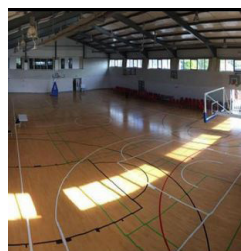
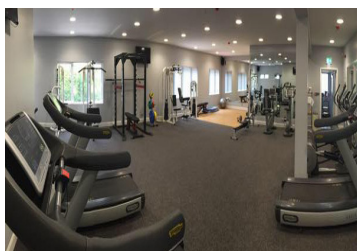
## BOOKING OF SPORTS HALL/CONCERT HALL

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**Contact Dermot Cambridge 087 0981940**





# Erin's Own Ladies Club



## U21 Football Championship

Well done to the U21 footballers who defeated Douglas with a scoreline of 3-10 to 1-10 in the quarter final of the U21 championship. They are now through to the championship semi final v Castlehaven. Best of luck to all involved.

## Team bonding

Our Junior and Minors spent a fantastic evening of Team bonding in Paddle Tennis recently. Thanks to all at Paddle Tennis.



## U7 & U8

The U7 & U8s have been back training and working hard on their skills while doing lots of fun drills and games too.



## Caoimhe

Congratulations to Caoimhe who was selected for the Cork Camogie U14 squad for 2025. Best of luck to Caoimhe and her teammates.

## Gemma and Saoirse

Congratulations to Gemma who played with the Cork U17 Camogie team beating Limerick in the Munster Final. Well done to Saoirse and her cork minor teammates on securing a great win over Dublin.



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## Playing Matters

Our Junior hurling and football teams got their league programs underway in March. The hurlers had one game (at time of writing) which was played on the Bishopstown 4G pitch against the local side. On a great morning for hurling, we came away with both league points following a two-point victory. We certainly did not have it all our own way. Playing with a stiff-breeze, it was the 'Town that raced into a 1-04 to 0-00 lead. White's Cross did get back into the game and scored the last four points of the half, leaving us trailing by three points at the break. Given the opening twenty minutes, this was a satisfactory position. Playing with the aid of the breeze and the momentum now with us, we would have fancied our chances in the second half. However, at the end of the third quarter, we still trailed by the same half-time deficit of three points. The score now read 1-07 to 0-07. In the final quarter though, it finally clicked White's Cross. We rattled over a series of unanswered points to give us a lead that we would hold onto despite some late pressure from the home side. The final score was 0-13 to 1-08.

Our Junior 1 footballers played two games in the past month. Our opening game came against Ballyphehane. This fixture was played on The Green. Again, here we came out on the right side of a two-point victory. A well worked team goal put us in a good position at half time. The home side did battle back into the game in the second half which left us hanging on the in the end. However, hang on we did and we finished with a fine point to seal a deserved victory. Our second game was a first competitive game against parish-rivals Glanmire in over 40 years. Unfortunately, we were beaten by six points on the day. Short several players, we got off to a goo start with a great team goal finished emphatically by Ronan Healy. This was as good as it got and Glanmire moved the ball much better throughout and were full value for their 1-14 to 1-08 win.

The Junior 4 footballers opening game against Rathpeacon was postponed. They played one game which was also against Ballyphehane. The 'Hane got their revenge for the Junior 1 reversal when they won on a



White's Cross GAA St. Patrick's Day Parade float

scoreline of 4-14 to 2-10. This game was played on the same day as the Glanmire game and with so many injuries and given the Bank Holiday weekend, the club did very well to put out two separate teams (no player that started the A game, started the B game). We battled well throughout the game and 2-10 is a very respectable scoreline. However, when we can expect some more players to come back, the boost in numbers should ensure that we are more competitive in our upcoming games.

### Underage Round-Up

The under 16 team have been the busiest of any group thus far. They were first into competitive action when they took on Charleville in the football league. They raced into a commanding league in this game and despite a comeback from the North Cork side, St Colmcille's held on for a 1-10 to 2-03 victory. In their second game, they had it all too easy when Liscarrol and Churchtown Gaels visited Carraig Na Bhfear. Each of Colmcille's starting forwards and both midfielders got at least one score from play as they ran out 6-15 to 1-04 winners. Our second under 16 football team took on neighbours Glenville in the opening round of the Division 4 league. They made it a hattrick of wins here with the game finishing 3-06 to 1-06 in our favour. They played one hurling game against Castlelyons. This was a much tighter affair and this time four late points from our opponents saw them win by the narrowest of margins on a 1-18 to 2-14 scoreline.

Our minor team received a

walkover from Boherbue and Knocknagree Plunketts in their opening football game. In hurling they welcomed Owen Gaels and after a competitive hour's hurling, they emerged victorious on a 4-17 to 3-13 scoreline.

The under 14 team played a number of challenge games, including one under lights on the Pairc Ui Chaoimh 4G pitch, before their first competitive game against Bride Rovers. That clash was closely fought throughout. However, the spoils went to the Rathcormac outfit. The result here was St. Colmcille's 2 - 09 Bride Rovers 2-13.

All other teams are back in training and are playing challenge games ahead of their opening league ties.

### St. Patrick's Day Parade!

We are delighted to say that the White's Cross GAA Float won Best Float at the Upper Glanmire Community Association St. Patrick's Day Parade on Monday afternoon.

The saying goes that if you want something done ask a busy person and that was certainly the case when White's Cross GAA called on one of our Club Vice-Presidents Pat O Callaghan to construct our entry. Pat did as he has done time and again for decades on behalf of our Club - with no fuss he did a tip-top job and had the White's Cross entry ready to be loaded on Monday afternoon.

Pat did this on top of being part of the organising sub-committee for the parade with Upper Glanmire Community Association - you might call it double-jobbing but for the fact that he wasn't paid a cent for either job!



# White's Cross GAA News





## Glanmire and Sarsfields Healthy Clubs



### ★★ Awards News ★★



The Healthy Clubs team is so proud of team member, **Dee Cregan**, who was nominated for two awards in the Glanmire Chamber Awards 2025, incl. a nomination in the Sports Award category. Dee created the Glanmire All Stars initiative in April 2024.

The GAA All Stars programme provides children with additional needs the opportunity to feel part of a team and, most importantly, to have fun in whatever way they choose with the playing equipment provided, in a safe environment. All volunteers supporting Dee in the All Stars programme have the required training completed and are Garda Vetted. The team is very grateful to the Sarsfields Hurling Club for use of their Astro facility.

Dee ensured that all children participating in the All Stars programme in 2024 had great fun. As well as the fun play & sports activities, the children enjoyed a trip to Fota, their own Special Olympics event, an arts & crafts day, a visit to Fota, a Christmas movie day, a Santa visit and many more fun activities. For more information and to see some photos, visit Dee's **Glanmire Allstars** page on Facebook.

### Ireland Lights Up

We hosted our 3rd annual GAA Healthy Clubs Ireland Lights Up event in late January - early February. We appreciate the walkers that came out on quite cold evenings. We are grateful to GCC for use of their walking track.



### Join our Walkers!

**GLANMIRE  
WALKERS & TALKERS**

**We meet at Café Beva**  
Mon:@09:15 & leaving @9:30  
Tues:@18:45 & leaving @19:00  
Thurs:@09:15 & leaving @9:30

New Walkers Welcome

### Every Step Counts 2025

Our Healthy Clubs team came in at 13<sup>th</sup> place in the Munster Leaderboard. 🙌

### Irish Heart Foundation

We will host an Irish Heart Foundation mobile unit in the first week of May. Date T.B.C.



*Health is at the heart  
of every club*



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





Lilian Zinkant

### **Cork Volunteer of the Year**

Lilian Zinkant was honoured in Croke Park recently with a Volunteer of the Year Award from the Camogie Association President, Brian Molloy. Lilian has given trojan work to camogie over the years in the capacity of player, coach, mentor, board officer & Munster Council administrator. Congratulations Lilian, so well deserved.

### **Medal Presentation:**

We held our 2024 medal presentation recently where our Minor Premiers, both Junior teams & Senior Summer Cup league winners were all recognised on the night. An impressive array of trophies! Well done to all.

Great to have all our teams back in preparation for the season ahead.

### **Cork Representation For 2025:**

Cork Seniors: Clare Mullins, Ava Fitzgerald & Orlaith Mullins

U23: Sinead Hurley & Laura Dunlea

U17: Aoife Collins

U16B: Niamh Quirke

U15: Aisling Ryan

U14s: Niamh Fennessy & Kacey Harris O'Brien



Junior & Senior Recipients



Minor Players



Medal Presentation



U9s Happy To Be Back



# Sarsfields Camogie Club



Over the last few years writing my two novels, I've learnt a lot about the process and the craft of writing. You're bound to, aren't you? When you spend time at anything: golf, knitting, chess, cooking, sailing, whatever – you make mistakes, you repeat mistakes, you get disillusioned, frustrated, and you want to throw your hat at it. And then, bit by bit, you learn to get better at it. It takes time, patience, and discipline but the commitment pays off. But, as the saying goes, it's not all about you. You're not alone. There is help out there. You can fast-track your learning and avoid mistakes by exploring online where you can find a mountain of helpful tips and resources to inspire you and encourage you to write better.

And it doesn't actually matter whether you're a seasoned writer, an occasional poet or someone who is just thinking about a story that has yet to be written – we all benefit from understanding how to write better. A good writer knows that it's not just about telling a story; it's about how that story is told. The selection of words, the rhythm of a sentence, the dialogue, and the narrative voice all contribute to the impact of a story. We, as writers – or potential writers – want to know how to do it better, how to evoke emotions, and how we can immerse the reader in the worlds we create.

So where can we go to learn these tools? Here is a list of websites that offer valuable free resources, prompts, advice, and communities for writers. Whether you're looking to improve your craft, find inspiration, or connect with other writers, these might be worth checking out.



## 1: [www.writing.ie](http://www.writing.ie)

This is a well-established resource – an online writing magazine with information on competitions, courses, resources, reviews, events and blogs. You also get access to a lively online writing community. This should be your first port of call and it's based here in Ireland.

## 2. [www.writersdigest.com](http://www.writersdigest.com)

This is a great resource for writers of all levels. It offers articles, writing prompts, contests, and advice on craft and technique. You'll find inspiration and learn from experienced writers and editors.

## 3. [www.irishwriterscentre.ie](http://www.irishwriterscentre.ie)

The Irish Writer's Centre provides development opportunities, residencies, mentoring, resources, creative writing courses and events.

## 4. [www.thewritepractice.com](http://www.thewritepractice.com)

This website is dedicated to helping writers improve through practice. It offers writing exercises, prompts, and articles about writing techniques. A unique feature is the "writing challenges" where you can practice regularly and get feedback from fellow writers.

## 5. [www.pw.org](http://www.pw.org)

Poets and Writers is one of the most respected resources

for writers, particularly those interested in poetry and literary fiction. It offers writing prompts, contests, grants, and news from the literary world.

## 6. [www.nanowrimo.org](http://www.nanowrimo.org)

NaNoWriMo is an annual event where writers pledge to write 50,000 words in 30 days. It's a community-driven event, offering encouragement, support, and writing challenges. The website also offers resources for writing year-round, including forums, writing tools, and articles.

## 7. [www.reedsy.com](http://www.reedsy.com)

Reedsy offers a range of tools for writers, including writing prompts, blog posts on writing advice, and courses from industry professionals. It also connects authors with editors, designers, and other professionals if you're looking to publish your work. Lots of articles for aspiring authors.

## 8. [www.writing.com](http://www.writing.com)

Writing.com is an online writing community where writers can share their work, receive feedback, and participate in writing contests and challenges. It's a great site for both new and experienced writers who want to engage with a supportive and active writing community.

Happy writing

Eleanor

[eleanorokellylynch@gmail.com](mailto:eleanorokellylynch@gmail.com)

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

[www.eleanorokellylynch.ie](http://www.eleanorokellylynch.ie), Amazon, Kindle and [www.buythebook.ie](http://www.buythebook.ie)

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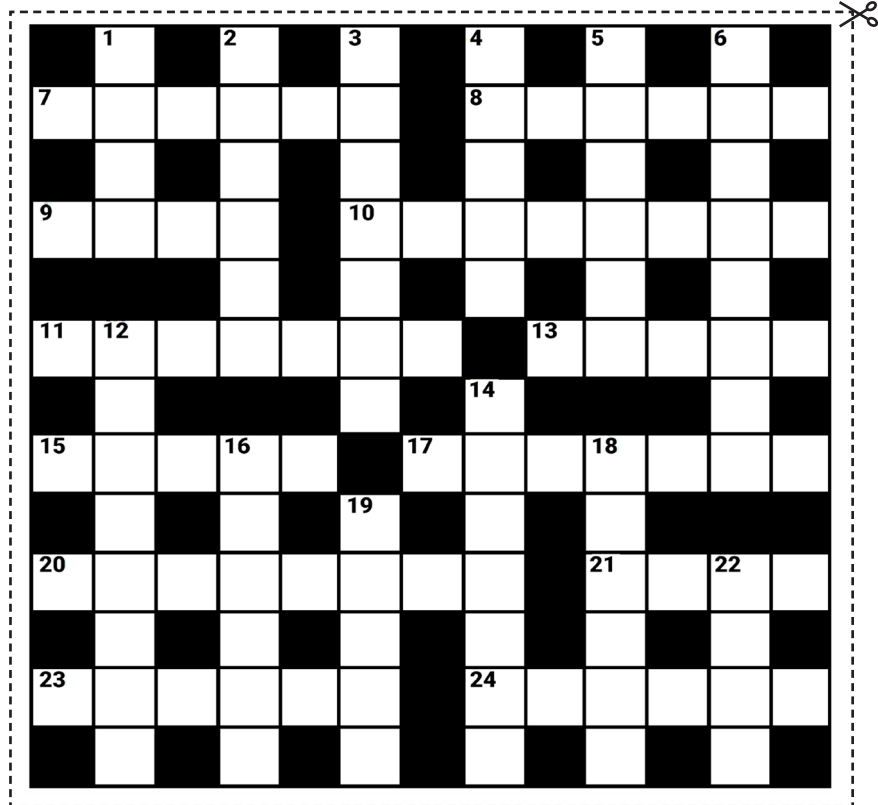
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## Crossword Puzzle



### Across

7. Forward direction (6)
8. Embedded decoratively (6)
9. Exchange of items (4)
10. Indeterminate future point (8)
11. Law enforcer (7)
13. Data entered into a system (5)
15. Spoken in a clear voice (5)
17. Portable Japanese grill (7)
20. Persist in an activity (8)
21. Quick-paced (4)
23. Haitian spiritual practice (6)
24. Living creature, not human (6)

### Down

1. Chew persistently (4)
2. Capital of Taiwan (6)
3. Epic journey (7)
4. Another word for gadget (5)
5. Printing press roller (6)
6. Tendency to talk excessively (8)
12. Subsequent development (6-2)
14. Naturally occurring compound (7)
16. Lacking neatness (6)
18. Matter of public interest (6)
19. Tear inducing vegetable (5)
22. Where two edges meet (4)

Crossword sponsored by **BOOTHOUSE**



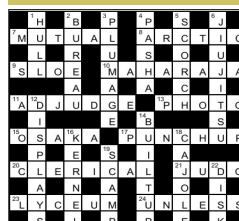
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**112 Ros Ard, Upper Glanmire, Cork T23 YF22**, to arrive by **18th April**, address and eircode is required. The prize is **€50 cash** which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work,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

**March Crossword Winner: Sharon Heapfy, Oakfield Close, Glanmire**



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