



Glanmire Area News

FREE

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

Glanmire Darkness into Light

A huge thank you to all who came to Glanmire's Darkness into light on the 10th of May. Thank you to Corks Vienna woods and Ryans Supervalu who sponsored our food back in the school. Also huge thanks to The Sonatinas who sang at the church and the House of rock who entertained all back in GCC. Thanks so much to Alantricity who also gave of his time on the night. Huge thanks is due to Aisling Ross who brought darkness into light back to Glanmire last year and to her team of volunteers who helped assure all went smoothly.

It was a beautiful Community event where we all remembered those we loved as we walked from the darkness into the light.



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Glanmire Darkness into Light



Cllr John Maher

Peace Commissioner

Working for you in our community



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/johnmahercork



John_maher@corkcity.ie



@johndaniel3

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assistance to you or
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**GLANMIRE
CHAMBER OF
COMMERCE**

MEMBERS BREAKFAST AT THE BARN



Our members enjoyed a lovely breakfast last month where we heard from Anna O'Driscoll, Employers Relations Officer with the Department of Social Protection about the services and supports available to employers to help recruit jobseekers and those with disabilities.

UPCOMING EVENTS

CONFIDENTLY VISIBLE

CREATE POWERFUL VIDEOS
WITH YOUR PHONE



Join us for a practical workshop that shows you how to grow your business with short-form video. Learn to plan, film, and edit content that grabs attention - using just your phone.

EVENT HIGHLIGHTS

📱 CONTENT STRATEGY

📱 SMARTPHONE FILMING

🎥 ON-CAMERA CONFIDENCE

✂️ EASY VIDEO EDITING

**Summer
SOIREE**

FRIDAY JULY 4TH, 2025

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If You've Ever Considered Seeing A Chiropractor

You Must Read This Now



If you suffer from a health problem and have considered seeing a chiropractor, this could be the most eye-opening article you'll ever read.

Imagine for a moment that its 6 months from today...

You're enjoying what you love to do...playing golf, playing with the kids, or maybe just laying on a beach somewhere.

You're free of the pain and health issues that were holding you back. You have more energy, better health, and absolutely no pain.

Does this sound too good to be true -- to live pain free, like you were in your younger years?

In a minute, I'll tell you how you can make this a reality. But first you should know a little about me.

My name is Dr. Eric Kelly. I am owner and Chiropractor at Glanmire Chiropractic Clinic for the last 18years. Since then, I have used gentle chiropractic treatments to help thousands in our community feel better and live healthier, more productive lives.

"Does Chiropractic Really Work?"

Chiropractic has been around for over a hundred twenty-five years and has been used to help everyone from tiny babies to the elderly. Many top sports stars and entertainers... like Andy Murray, Novak Djokovic, Rory McIlroy, Venus Williams, Taylor Swift, Jennifer Aniston and Madonna to name only a few avail of chiropractic Care to improve performance and maintain healthy bodies.

The Lancet, the most respected research journal in the world, published 3 articles, reviewing research which demonstrated the effectiveness of chiropractic interventions on lower back pain. The study demonstrated chiropractic to be the treatment of choice, for acute low back pain, over surgeries and some medicines, e.g. opioids. Chiropractic was also recommended for long standing low back pain.

Read What Our Patients Have to Say...

I finally feel like anew person. I was sure that the pain in my mid back would stay with me forever, but after three months of regular treatment, the pain is gone. The best gift I ever gave myself!
~A Novickaja, 2025

Although chiropractic works great for back pain, at our office we've helped patients with a wide range of problems.

"Isn't Chiropractic Just For Back Pain"

We can help conditions like...

- Headaches and Migraines
- Numbness in the Arms and Legs
- Carpal Tunnel Syndrome
- Athletic Injuries
- Car Accidents
- Shoulder, Hip and Knee Pain
- And much more

Chiropractic Cost?"

It's impossible to know for sure what you'll need to get rid of your nagging health problem until I've examined you. That's why for 15 days only, €45 will get you all the services I normally charge new patients €130 for!

What does this offer include? Everything I normally do in my new patient evaluation. Take a look at what you will receive:

- An in-depth consultation about your health where we will listen...really listen.
- A complete nerve, muscle and spinal exam to find the "cause" of your problem.

- A thorough analysis of this exam and any x-ray/MRI reports you may have available so we can map out your plan to better health.

I'll answer all your most probing questions about chiropractic and what it can do for you. The appointment will not take long at all and you won't be sitting in a waiting room all day either.

To take me up on this special offer, you must book in before June 16th.

Phone 021 4824450

When you call tell the receptionist you'd like to come in for the Special Chiropractic Evaluation before ...

Call today and we can get started with your consultation and exam as soon as there's an opening in the schedule. Our offices are called Glanmire Chiropractic Clinic, Eastcliffe Hse (next to AIB)

Sincerely, Dr Eric Kelly, D.C.

P.S. You've got enough people trying to waste your time with risky treatments that you don't really want or might not need. I'm not one of those people.

What I'm offering here is something quite different. I encourage you to call today and start living a healthier, more joyful life.

P.P.S. Why Suffer With Years Of Misery?

The big myth about health problems is "maybe it will just go away on its own."

A 1998 study in the British Medical Journal proved this myth false, showing that most back-pain sufferers who do nothing will have pain 12 months later.

That's no way to live, not when there could be an easy solution to your problem.

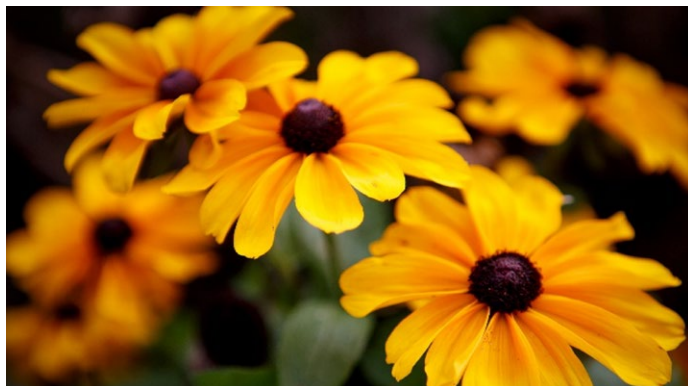
Call us on 021 4824450

Summer is here and all the benefits of the good weather is very apparent. Last month was very warm and dry, which lead to people being asked to conserve as much water as possible.

If you are container gardening then watering is essential. When the weather is hot you need to water every day. I find the best time to water is early morning before the sun gets too hot. The main advantage of watering at this time of the morning is that it will reduce the amount of slug damage, and allow your plants to soak up as much water as they need.

If you have plant saucers then these are very useful and will help reduce water loss. Always try and use a watering can and not a hose for watering pots.

In the flower beds plants normally have deeper roots and will need less water. If you have to water them then give them a good watering. If you only give them a small amount of water this will encourage the roots to come closer to the surface, and lead to the plants drying out quicker.



Purchasing water butts and tapping into the down pipes of buildings will help to save a lot of water. Rain water is much more beneficial for plants than tap water. The only disadvantage is that they need to be cleaned out a couple of times a year.



If you are planning on going on holidays this year and you are worried about your containers drying out then here are a few tips to help.

1. Ask a gardening neighbour or friend to look after them.
2. Put plant saucers under all your containers.
3. Give them a good soaking before you go away.
4. Move your containers to the shadiest spot in the garden while you are away.
5. You could set up an automated drip irrigation system for your plants.

In the vegetable garden everything should be growing well. Potatoes should be growing well and the early potatoes will be flowering. Any salad crops will be growing vigorously and hopefully you are enjoying fresh salads. Keep sowing salad crops every 2 weeks during the summer, that way you should not have a glut of salads all at once.

I know this is only June but if you can buy some winter vegetable plug plants now this would be a good idea. As soon as you buy them from the garden centres give them a good soaking and plant into the vegetable beds as soon as possible. Best winter veg would be Leeks, Kale, Parsley, Winter Cabbage etc,

This is also the month for the tastiest fruit and the one that says summer to me..... Strawberries. If you are lucky enough to grow your own then pick them when they are warm from the sunshine and enjoy as soon as possible.

All the soft fruit should be cropping now like Raspberries, Black, Red and White Currants, Tay Berries, Logan Berries, Gooseberries etc. So before the cropping starts try and prepare what you are going to do with it all.



Readers' Questions

Why did my daffodils fail to flower this year?

The main reason why this happens is that the Daffodils are too crowded and they need more space. Dig up the daffodils and separate them. Dry them off in a shed and then replant them in the Autumn.

Any more questions please email to
gagardenquestions@gmail.com

Jobs for June

1. Maintain all containers by watering and feeding regularly.
2. Keep sowing salads.
3. Keep dead heading Roses.
4. Stake all tall flowers before they need it.
5. Prune all spring flowering shrubs.
6. Watch out for pests and treat them how you see fit.
7. Keep lawns well trimmed but do not cut if there is a drought.
8. Visit open gardens for future inspiration.
9. Enjoy the garden.

Chris Troy

Stars of Glanmire



Stephanie Rainey
Irish singer-songwriter

Stephanie Rainey is a soulful singer-songwriter from Glanmire who has captured the hearts of listeners worldwide with her powerful voice and heartfelt storytelling. She appeared on America's Got Talent in 2024, bringing her music to a global audience and earning her a coveted spot in the live quarterfinals. With a growing global fan base, Stephanie is an artist whose work will continue to inspire, uplift, and move people all over the world.

What's your favourite film of all time?

Into The Wild or Love Actually - could watch them on repeat.

Go-to comfort food?

Thai food - specifically a red curry as spicy as possible. Love it.

What's always in your bag/pocket?

My phone and a tinted lip oil. That's all I need to leave the house.

Early bird or night owl?

Night owl naturally but early bird since becoming a mom!

If you could swap lives with anyone for a day, who would it be?

My son, I'd love to experience what his little world looks like for him. If I was picking a celebrity, maybe Britney Spears - I would love to know what her life is actually like.

What's your passion?

My passion is definitely music but specifically connecting with people and their experiences through music.

Who's your dream dinner guest?

Roy Keane.

First concert you ever went to?

Jimmy McCarthy in the Opera House with my Dad.

What's a phrase or mantra you live by?

What's for you won't pass you.

Dream holiday destination?

Bali - I haven't gotten there yet; from places I've been - Santorini was just incredible.

Best advice you've ever received?

Don't be afraid to embarrass yourself and put yourself out there. Also, that doing the same things over again and expecting change never really works. You have to change to make change.

What's one thing you can't live without?

Sparkling water.

What life advice would you give someone?

Go for it. If you want something and it terrifies you - that means you care deeply about it. So do it and don't be afraid to fail.

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SUMMER STYLING INSPIRATION

Lynda Di Blasi

IMAGE CONSULTANT/ COLOUR ANALYSIS/ PERSONAL SHOPPER www.lyndadiblasie.ie



There's something about June that makes us crave a little style refresh – longer days, warmer air, and maybe (finally!) a holiday on the horizon. Whether you're hopping on a cruise, escaping to the Med, or just want to feel more like you again, this is your sign to have some fun with your summer wardrobe.

Here's how to add colour, confidence and ease into your outfits this month – without overpacking, overthinking,

Let Your Shoulders Do the Talking
Off-the-shoulder and Bardot-style tops are back – and yes, they're completely wearable at any age. They flatter the neckline, draw attention upwards, and add a little playful elegance. Try a cotton Bardot style top with wide-leg linen trousers, or a floral off-shoulder dress for a warm evening dinner date.

Embrace Colour

Colour really does have the power to lift our mood – and nothing says summer like vibrant hues. From turquoise to coral to sunflower yellow, there's a shade to suit every skin tone.

Feeling Unsure where to start?

Start with accessories,
A colourful crossbody bag
Statement earrings in a bright tone
Nail colour you may not think it matters but it can subtle colour to an outfit.
A patterned kaftan or scarf with a white dress

Holiday Wardrobe: Your 7-Day Packing Formula

Whether you're cruising or chasing sun, simplicity is your friend. Build a capsule with mix-and-match options that take you from beachside brunch to evening cocktails.

The Perfect Week in the Sun Capsule

- ☑ 2 day dresses (cotton or jersey – throw on and go)
- ☑ 2 mix-and-match tops/ camisole
- ☑ 2 night time dinner tops or kaftan
- ☑ 1 pair of relaxed trousers (linen or wide-leg jersey)
- ☑ 1 pair of smart shorts
- ☑ Swimsuit + cover-up/ cotton shirt
- ☑ Lightweight jacket or wrap for breezy evenings
- ☑ Sandals (one comfy, one dressy)
- ☑ Straw hat + oversized sunglasses

Stylist Tip: Choose pieces in a colour that you can mix and match easily (e.g. navy, white, cream, so everything works together effortlessly).

Accessories: I love the way accessories can take a look from day to night, adding layered chains, multiple bangles, turquoise stone, bracelets can add interest and summer vibes to our outfits. Pack your favourite go too accessories, hair accessories, belts, wedges the list is endless. I recently purchased a gold sequence handbag which I wore with a coral occasion dress. I plan to wear it with a cream top and trousers at the next occasion, add your accessories to create different looks.

Pack a neutral or coloured silk scarf for a touch of elegance for those cooler evenings. Draped effortlessly over your sleeveless dress for that bit of coverage without feeling bare.

'Style is an ageless joy'

Your style doesn't expire – it evolves. "Our lives evolve so should our wardrobes". If your wardrobe doesn't make you feel like you anymore, you're not alone – many of my clients feel just like that before we work together. Discover the benefits of feeling good, looking great in your skin and on your terms.

Need help refreshing your style?

I offer colour analysis, wardrobe edits and personal shopping – all tailored to your lifestyle and body shape.



Contact me on the details below. I offer non-judgmental confidential services in person or online resulting in you creating various outfits with ease.

Contact me on **086 -2599539**

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FACEBOOK
Lynda Di Blasi Personal Stylist



lynda.diblasie.image...
Lynda Di Blasi

Lewis's Topographical Dictionary of Ireland was published in 1837, a decade before the onset of the Great Famine (1845-52). This two-volume work, accompanied by an atlas, stands as one of the earliest comprehensive studies of its kind in Ireland. Edited and published by Samuel Lewis, it offers detailed information about every parish, town, and village in the country, encompassing aspects such as population, economy, history, topography, religion, parish structures, administration, courts, schools, and more. Lewis also lists the names of notable residents, typically landlords, merchants, and professionals. However, it is important to note that Samuel Lewis did not personally visit Ireland to compile this dictionary; rather, he relied on local informants and existing printed materials, some of which were inaccurate. Curiously, in his introduction, Lewis acknowledges the scarcity of available works on Ireland that could be referenced, suggesting that more thorough personal research was needed. Nonetheless, his first edition from 1837 and the revised edition from 1842 provide valuable insights into pre-famine Ireland.

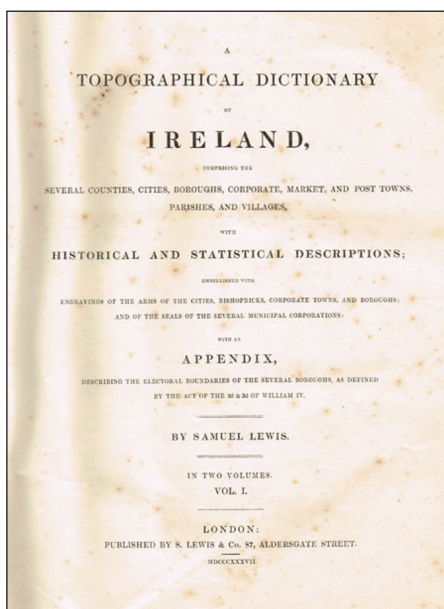


Figure 1: 1837 copy of the dictionary.

In the topographical dictionary, Glanmire is identified as a village located within the parish of Rathcooney, positioned in the North Liberties of Cork City. The publication records the following information about the village: it can be found four miles east of Cork along the route to

Dublin. The 1821 census recorded a population of 558 in the area. The dictionary further elaborates on the village's physical features, describing it as 'situated on both sides of the river Glanmire, which, after meandering through a beautiful glen, empties itself under a drawbridge of cast iron into the river Lee. The vicinity is enlivened with many plantations, hanging woods, and the number of gentlemen's seats and villas with which it is adorned.'

Lewis highlights the main residences in the area, which include Dunkettle, home to A. Morris; Glyntown, owned by Mrs. McCall; Woodville, belonging to N. M. Cummins; Janemount, of W. Hickie; Castle Jane House, inhabited by R. Martin; Glanmire House, associated with Ed. Morrogh; and Sallybrook, the residence of J. Hodnett. The dictionary then notes that in the village are flourmills owned by Mr. Shaw, and in the district the mills of Messrs. Thorley and Son, established in 1822, finished calico and linen. The produce of these factories and others in the vicinity were sent by land carriage to Cork, the road from Glanmire being the principal entrance to the city from Dublin, Clonmel, Kilkenny and Cashel. The publication notes that the previous road, which ran through Upper Glanmire, was hilly and dangerous, and to remedy this fact, a new road was built to pass along the banks of the Glanmire River, 'forming a perfect level, and a most delightful drive.' Speaking of the Glanmire River, it was navigable for lighters (flat-bottomed barges) at high water. These vessels brought coal, culm, sea-sand for manure, and other articles for the supply of the neighbourhood.

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5246 Glanmire, County Cork.

Figure 2: Cork Examiner, 5 October 1889.

The Church of St Mary and All Saints was described as 'a plain neat building with its tower and spire ... erected in 1784, on a site given by R. Rogers, Esq.; and at a short distance is the R. C. chapel for the union of Glanmire'. This church was the setting for the wedding of Sarah Curran (1782-1808), the former partner of Robert Emmet, the United Irishman and rebel, who was executed in 1803. She wed Captain Henry Sturgeon here in 1805.



Figure 3: Glanmire and St. Mary's and All Saints in 1958 (Capuchin Archive)

At the southern end of Church Hill lies the entrance to Glen Mervyn, (which was built on the site of Janemount, a late eighteenth-century house). Glen Mervyn was built by Robert Hall, the eldest son of Robert Constable Hall of Rockcliffe, Blackrock. Hall Junior was one of the principals of R. and H. Hall, a former member of the Cork Harbour Commissioners, president of the Church of Ireland Young Men's Association and an enthusiastic yachtsman, his vessel Marigold being well known in Cork waters.

Robert Hall Junior died in 1926, and his 'funeral service was held at Saint Mary's, Glanmire and after, the cortege proceeded to Little Island where he was laid to rest beside his wife. His death was acknowledged by a large number of organisations including Sarsfield Hurling Club and the Cork Harbour Board, which noted that he was 'a gentleman of charming personality and manner ... as a business man he was not merely a successful man but also a man of inflexible integrity and uprightness.' Glen Mervyn House remains standing today, distinguished by its unique crenellated twin-towered entrance, serving as a visual reminder of the individuals who played significant roles in the development of Glanmire and the industry in Cork City.

June at Glanmire Library



Refugee Week Ireland

June
16th-22nd

In addition to book displays and other relevant activities, please join us for a screening of **Idir Dhá Bhaile - ó Chív go Corcaigh**, a documentary for TG4, exploring the challenges faced by one family of Ukrainian refugees as they try to rebuild their lives in Ireland. Friday, June 20th, at 11:00am



Pres 5

There's a Little Library Bag for every child!

Pick up their **FREE** Little Library Book Bag at your local library



Libraries
Ireland

Salute to Heroes
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Right to Read
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Waterford County Council
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Thank you to the
Zarautz Abesbatza Choir
for the amazing performance on
May 2nd and to all who attended!

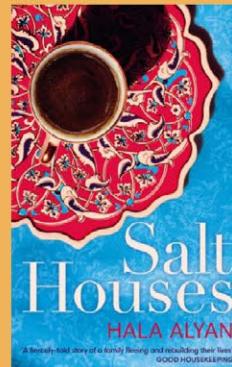


BOOK OF THE MONTH:

pick up a copy at the staff desk!

ADULT PICK:

Salt Houses by Hala Alyan

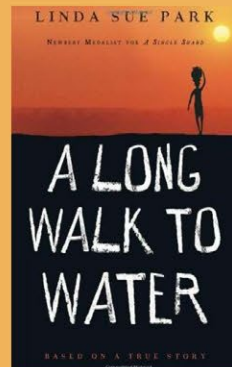


This novel tracks the dispersal of four generations of a Palestinian family, from Beirut, Paris, Boston, and beyond. Both heartwarming and devastating, "Salt Houses" is a tour-de-force.

TEEN PICK:

A Long Walk To Water

by Linda Sue Park

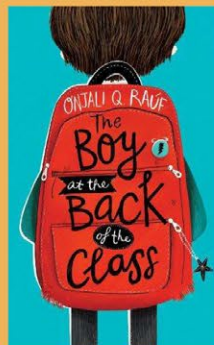


Shining light on a difficult time in Sudanese history, this novel follows two children living in different decades, and facing challenges at every turn. Surviving the challenges thrown their way, these stories come together and highlight the power of perseverance and hope.

CHILDRENS PICK:

The Boy at the Back of the Class

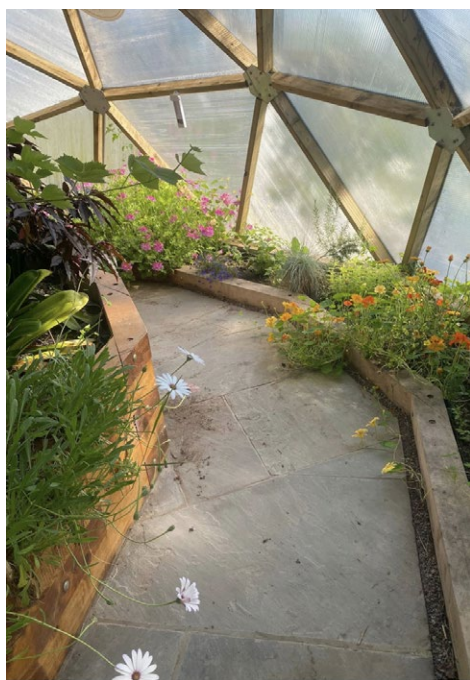
by Onjali Q. Raúf
is a touching middle-grade novel that addresses the Syrian refugee crisis through the eyes of a child. The story revolves around a new boy, Ahmet, who sits at the back of the class, initially isolated from his peers.



UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



Photos of the Geodesic Dome in the Upper Glanmire Community Sensory Garden



UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

Date for your Diary.

The Hubcap Theatre
presents

“Mary’s Hopes and Dreams”

IN

Upper Glanmire Community Centre
T23 EV2W

Friday 12th September 2025, at 8pm

Doors from 7.30pm

Admission €15, Booking Essential to

Bernie Kenny 087 9645496,
Boothouse Bar 087 9421649,
Jerry Burke 087 9816481.

UPPER GLANMIRE

BINGO

EVERY THURSDAY

8PM - 10PM

UPPER GLANMIRE COMMUNITY HALL

JACKPOT EVERY THURSDAY

LIGHT REFRESHMENTS SERVED



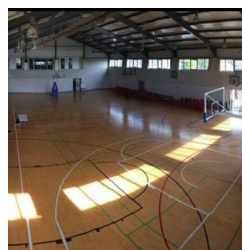
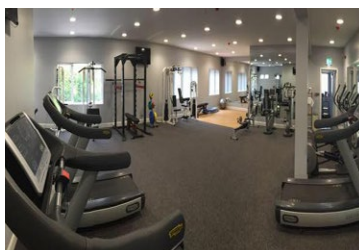
BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940

New Inn NS



Author Visitor, Ms Eleanor O'Kelly Lynch came to our school to do a creative writing workshop with 3rd - 6th class. She presented medals to some of the best stories she read. Well done to all involved!



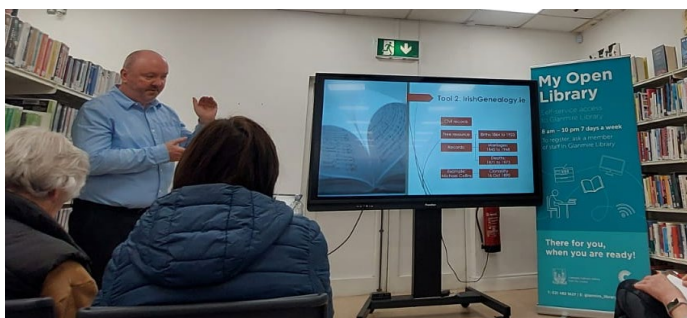
Congratulations to this super star in 6th class who won the Webwise Internet Safety colouring competition! We are very proud of her efforts.



Our Annual Chess Tournament final took place today. Congratulations to the winners. 1st - Harsha, 2nd - Sid, 3rd - Tommy and 4th Cameron. GRMA John for another fantastic exciting tournament



David Lohan Family Tree



Well done to Glanmire local David Lohan who gave a very interesting talk in Glanmire library advising how to make a family tree and where to find information. A small piece from him .

"Many will be familiar with the popular television episodes exploring family history and the stories those episodes reveal. The reality of course is that each of us has a family history and contained within this history are stories every bit as fascinating as any on television. They are the stories of those who stayed in Ireland and those who ventured abroad, the stories of those who are remembered and of those who have been long forgotten, and the stories too of some whose story has never been told. At a recent talk entitled Uncover Your Family Story, hosted by Glanmire Library, David Lohan shared the techniques and methods he has used over the past 20 years to explore family history. Properly equipped, it is possible today to undertake research in an

evening that would scarcely once have been possible in a lifetime. Free websites such as FindAGrave.com, IrishGenealogy.ie and Ireland's national censuses provide great starting points for those beginning their journey of discovery. Ancestry.co.uk can be used free of charge to create a family tree online. A variety of DNA tests can be used to peel back two hundred years of history using genetic methods, though careful consideration should be given to their use before making a final decision. Social media groups, such as those on Facebook, allow interaction with others from the around the world studying the same surnames and geographic areas. The most powerful method however is simply discussing the family history with immediate family and relatives, writing down what is recalled, and storing it in a safe place. This is such a simple step and yet it is one that it is often overlooked.

Regarding his own family's story, David's most meaningful discovery concerned the fate of a long-lost granduncle John Joseph Lohan who went to the United States shortly after being orphaned. There he joined the U.S. Army at Camp Sevier in South Carolina. Tragically while still a young man, he died of pneumonia. David learned the full story just a few days before the centenary of his granduncle's passing.

Many make plans to one day do their family tree and to explore their family history. Experience shows however that it is best to do them both sooner rather than later, so they can be fully preserved, and shared with the next generation. Take the first step and discover the roots of your own family.

The Planting of Riverstown Cross



There were two major planting weekends during the month. The first was for the trees which lined along the stone wall on the property. The second was for the shrubs which have now matured beautifully twenty years later.

After planting was complete, being an unusually hot and dry month we spent every evening for a few weeks watering so our hard work would not be in vain. Extra-long hoses were purchased to take water from Cashmans and O'Driscoll Vet clinic and co-ordinated by Nurse Susan. For plants beyond the reach of the hoses, wheelie bins were filled and man-handled across the plot to de-hydrating specimens.

When you pass the garden now spare a thought for those volunteers who came together in the summer of '05 to transform that derelict site into something a little more beautiful. Some of the participants were: Anne, Bryan Conlon, Finbarr Harty, Greta Coakley, Joan Doherty, Judith Greene-Goodyear, Kathleen Moloney, Madge Fogarty, Phil, Ruth. Tim Murphy and Family.

It did seem like a very long hot summer in June 2005 when the then Tidy Towns group under the leadership of Judith Greene-Goodyear and Finbarr Harty encouraged funding to develop the wasteland area at Riverstown Cross. Judith asked local artist Brian Cross (RIP) if he would design the garden which he happily agreed to do.

Alan Kenneally from Hillside Nurseries Glounthaune, provided the trees and

shrubs funded by ECAD and he donated many tons of bark mulch which was very much needed and appreciated. He also provided tons of valuable planting advice to the greenhorn volunteers!

The hardworking team needed sustenance and pizzas were provided by Luciano's while Ollie in 'Cream' donated teas and coffees. All delivered and not a drop spilled by Madge Fogarty!



Glanmire Macra, Not Just for Farmers



Members of Glanmire and Waterfall Macra at the Mr P festival

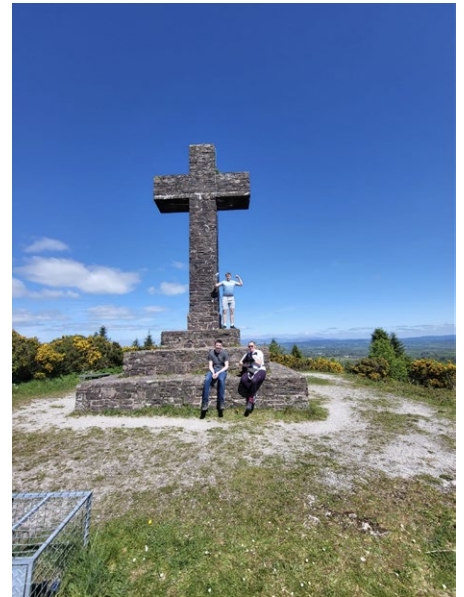
Glanmire Macra have been keeping busy over the last few weeks, attending several national competitions and taking part in plenty of other events and planning plenty more.

This started out with a trip to Kilkenny for the annual Mr Personality competition. Where we supported Adam Hurley from Waterfall Macra. This was a brilliant weekend starting out on the Friday night with interviews of all candidates followed by great music by Abbey Folk. This was followed by a ball on Saturday night with music by Corks own The Fogues who were excellent. The night culminated with the winners being announced at midnight with Sean Kelly of North Tipperary Macra claiming top spot, Eddie Casey of Wexford Macra took second place, bringing some local interest as he is from Rochestown and James Russell from Louth Macra taking third place.

The following weekend we started out our Sunday with a walk up Corrin Hill. We had a lovely walk in great weather, topped off with brilliant views of the surrounding area from the top. We followed this up with a trip to Blarney to see the National Talent Competition Finals. This was a great night of entertainment with Comedy sketches, singing and dancing.

We have plenty more events coming up in June too. With some of our members planning on heading to Miss Blue Jeans in Athboy over the June Bank Holiday weekend and we are also planning a club walk on the 8th of June in Moanbaun Woods.

Our weekly sports night in Little Island Sports Complex also continues every Wednesday from



Some Glanmire Macra members at the top of Corrin Hill

7.30-9pm, where we play a range of sports, from Volleyball, basketball, Soccer and Badminton. Everyone is welcome, and don't worry you don't need any skill in these sports to take part.

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 We would love to see you there.

GLANMIRE MACRA'S SPORTS NIGHT

EVERY WEDNESDAY 7.30 - 9PM

Little Island Sports Complex
T45 F449

€5 each and the first time is free!!



Mercy Hospital Foundation



Mercy Hospital Foundation funds new ceiling-mounted hoists to improve patient transfers in CT Department

The Mercy University Hospital has welcomed the introduction of two ceiling-mounted, motorised hoists, designed for the safe and efficient transfer of patients in the CT Department.

Funded by the Mercy Hospital Foundation at a cost of €15,000, the Arjo Maxi Sky 2 Hoists ensure that patients are transferred safely and comfortably to and from the CT scanner, whilst also reducing the need for physical effort by healthcare staff. Integrated into an overhead track system, each hoist glides seamlessly between locations, minimising the need for manual lifting, addressing a common issue in healthcare settings.

The hoists will primarily assist patients with limited mobility, including older people, patients with neurological or musculoskeletal conditions, and those recovering from injuries. The hoists are also useful for patients needing help to sit up after a scan.

Previously, transferring patients required equipment to be sourced from other parts of the hospital, involving multiple steps such as moving the patient onto a trolley outside the CT suite. Now, with hoists permanently installed in the department, transfers are quicker, safer, and less disruptive. Additionally, the hoist slings are compatible with other hoists used throughout the hospital, meaning inpatients can arrive at the CT suite with their sling already in place, making transfers even smoother and reducing handling time.

Healthcare staff, particularly radiographers, will also benefit from the

new hoists. By eliminating manual lifting, the risk of workplace injuries and staff fatigue is reduced. Additionally, comprehensive training ensures that staff can operate the hoists with confidence and efficiency.

Acknowledging the new additions to the CT Department, Jane Horan, CT Clinical Specialist Radiographer, Radiology

Department, Mercy University Hospital, said "The team in the CT Department is extremely grateful to the Foundation for funding these ceiling-mounted hoists. They will significantly improve patient comfort and safety, while also protecting staff from the physical demands of manual transfers. With this equipment now in place, we can provide faster, safer transfers, eliminating the delays caused by sourcing equipment from different areas of the hospital; and ensuring that patients are moved safely with dignity and care."

Speaking on behalf of the Mercy Hospital Foundation, Rachel Stevenson, CEO added "Funding the purchase and installation of these hoists reflects the Foundation's commitment to investing in technology that enhances both patient and staff experience at 'The Mercy'. We're deeply grateful to our donors, whose generosity makes these improvements possible."

For more information on this, and other projects funded by the Mercy Hospital Foundation, visit www.mercyhospitalfoundation.ie.

Sarsfields Hurling Club

GOLF CLASSIC

Thursday 10th & Friday 11th July
MONKSTOWN GOLF CLUB

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€300 CORPORATE PER TEAM INCLUDING ADVERTISING BOARD AND WEBSITE
€50 SPONSORSHIP OF TEE BOX

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Glanmire Clubs, Services & Societies – We Salute You

Our community is incredibly lucky to have a vibrant network of clubs, societies, services, and support groups who work away behind the scenes, day in day out, to help create a strong community where everyone can find their niche and thrive. Together, these organisations bring people together and foster a sense of belonging, providing the glue needed to keep a community connected.

The dedication of volunteers is particularly notable as they give their time, energy and commitment to make a positive impact on the lives of others – whether that is coaching, mentoring, or just lending a hand – and their contribution is invaluable. From heritage to health, from senior services to sport, there's something for everybody in Glanmire and we should be proud of the people involved who make it all happen. In doing so, they contribute hugely to our collective well-being and create a better community for us all.

That is why we have put together a double page Clubs, Societies and Services Listing which will run every month in our newsletter – as a reminder of the wealth of choice available here. So, we urge people to join up, get involved, volunteer and be part of the engine that makes Glanmire a great place to live.

Meet the Stars of Glanmire

This month we are delighted to launch a new feature here on the Glanmire Area News called 'Stars of Glanmire.' Each month we will highlight a well-known successful Glanmire person who has excelled in their endeavours. This month meet Stephanie Rainey, soulful and captivating singer-songwriter and star of America's Got Talent. We often forget that Glanmire is the home place of many successful actors, singer-songwriters, sportsmen and women, artists and professionals who have done us proud on the national and international stage. We salute these talented and dedicated individuals in our

community whose perseverance, and work ethic continue to inspire us all. Their achievements are not just personal victories—they are a source of pride and motivation for everyone in Glanmire.

Meet the Team

The Community Centre in Glanmire is a hive of activity and there is an excellent team working week in and week out to keep the show on the road. Over the next few months, we want to introduce you to some of the people behind the scenes who make sure that the Community Centre and the activities of the Glanmire Area Community Association all run smoothly and efficiently.



Sandal Jaranebi

This month meet Sandal Jaranebi. Sandal hails from Sudan and came to Ireland nineteen years ago – first to Dublin and then to settle in Cork. He quickly enrolled in the Cork College of Commerce, studying business and computers as an international student and continuing his computer studies at St John's Central College and in UCC. Sandal has also volunteered with Penny Dinners and the Irish Cancer Society. It's been three years now since he joined the Glanmire Area Community Association where he works Monday through to Thursday in the Community Centre managing the desk, taking calls, responding to emails, prepping for meetings and handling the general office admin.

Sandal loves the variety of the job and enjoys meeting people in the community. 'Ireland is a peaceful country,' he says, 'and here in Cork, the people are very open and friendly. I love it.' Does he miss Sudan? 'I get to visit every year,' he says, 'but I don't miss the very hot summers where the temperature can reach 45 degrees.' Now, Cork is where his heart is. 'I miss my family in Sudan, but my wife and son are here and this is our home.'

Glanmire Road Works Update

Major works associated with the R639 in Glanmire are planned to finish by the end of May. Some minor works have been added in recent weeks. These works will commence in July and finish in August.

Major works associated with Hazelwood Road are planned to be finished by the end of June/start of July. Some minor works have been added in recent weeks, and these works will commence in July and finish in August.

Works at the shopping centre bridge have commenced. a two-way stop/go is currently in place and this bridge is now closed to vehicular access. Pedestrian access over the river will still be maintained. The new bridge and parking layout construction will be on-going all summer. Works in the shopping centre are expected to be finished in October.

Congratulations to the Glanmire u15 Boys Futsal Munster Champions 2025 who won 6-2 in the final in Limerick last month.



u15 Boys Futsal Munster Champions 2025

Glanmire Community Games is currently running for 2025 with entries open across all categories. For information on how to enter, visit the Glanmire Community Games page on Facebook or you can email gacacork@gmail.com. You can also visit the national website here: <https://www.cairncommunitygames.ie/cork.html>

Competition entrants this year are doing very well for Glanmire enjoying success at county level with some going forward to nationals. Congratulations to all those representing Glanmire.

Community Games Competition Updates

Art-Bronze Medal at County Finals

Anna Rose Calvin (pictured with her dad Aaron) represented Glanmire in the Art Category (U10 Girls) at the Cork County finals of the National Community Games, held in Riverstick on Sunday 6th April. Anna did very well, finishing with a bronze medal for 3rd place in her competition. With 1st and 2nd place qualifiers going on to represent their areas later in the year at the national finals, we hope to see Anna (and others) compete again next year.



Anna Rose Calvin pictured with her dad Aaron at the County Community Games final held in Riverstick



Cork County Final-Bronze Medallist Anna Rose Calvin, pictured with Glanmire Community Games Chairperson Finbarr Harty

The Glanmire local art competition was launched by the Glanmire Community Games branch together

with Glanmire Area Community Association in March and ran in the Glanmire Area News. It was open to entrants from 8-16 with prizes for all entrants. The theme of the competition this year was 'Community Games Activities'.

Each year, winning local entries go forward to represent Glanmire Cork at the Community Games County Final which is held each year at Riverstick Community Hall.

Glanmire Swimming Success

Glanmire did very well in the community games county swimming competition recently held at Bishopstown Leisureworld with the team from Glanmire putting in some great performances there, James Hegarty finishing 2nd in U14 Freestyle and Emily Zmudka finishing 1st in U16 Freestyle.

Upcoming Fixtures Futsal Team

Glanmire Community Games U15 Futsal: the team are soon to play their opponents at University of Limerick and we wish them well.

Gymnastics

On Saturday 26th April young Gymnastic Zoe Stuart travels to the County event at Bandon and we wish her the very best in representing Glanmire.

Drama and Cultural

Last year, the drama team under Julie Hegarty Dennehy O' Callaghan achieved great success nationally. We hope to follow on from this and other successes again this year in the performance and cultural categories.

Local Athletics- seeks entrants for upcoming heats

Outdoor Athletics heats for Glanmire are taking place in the coming months, please register your interest

For more information and to enter all events:

www.cairncommunitygames.ie

For more information on remaining contests open for this year (2025), you can register your interest by visiting Glanmire Community Games Page on Facebook or by emailing Glanmire community Association: gacacork@gmail.com

About the Community Games

Community Games is a unique competition. There is a sense of place about the games. Entrants have a unique opportunity to

represent their local village or town and some go through to the all-Ireland finals. At all levels there is a great sense of achievement and community.

There are over sixty events competed for every year. Local go forward to county and then on to the Munster and National (all-Ireland) finals. Most of the thirty-two counties compete. The event is sponsored by Cairn Homes who recently built Richmond Rise in Sallybrook in Glanmire.

The national games held annually, cover a diverse range of competitions from sports (such as athletics and football) to cultural and artistic contests like art and performance art, to intellectual and strategic competitions (e.g., chess and debating). Games take place both indoor and outdoor with individual and team events. Examples of indoor games are chess, draughts, and table quiz, and indoor soccer. Examples of outdoor activities are camogie, hurling, football and long puck, usually held at a local venue viz. Ballincollig GAA.

Over the years, Glanmire has done very well at the Community Games, with swimming, table tennis, art and athletics being stand-out success stories. In the 1990s, Glanmire won 3 All-Ireland competitions in a row in table tennis and also brought home first prize in the boys 4 x 100 metre relay in 1994 and 1995 from the games held in Mosney.

Glanmire has a proud tradition of entry in these national games. Local teacher Jim Moloney was one of the first Glanmire residents to organise.

Community Games - Glanmire-seeks volunteer committee members

The Community Games is a sub-committee of the Glanmire Area Community Association and is always looking for new volunteers to help organise this valuable community event. Interest in running competitions and working with young people will be an advantage.

We welcome expressions of interest from all in the community. Contact Sandal at 021 4821333 at the Community Centre of email gacacork@gmail.com



Glanmire Community Games



Glanmire and Sarsfields Healthy Clubs



Glanmire All Stars



Dee Cregan, who leads the Diversity & Inclusion Healthy Clubs priority, has already organised a very successful All Stars event. During the Easter holidays, Dee organised an Easter Egg Hunt in the Astro at the Sarsfields Hurling Club. Lot of fun was had. For more information and to see some photos, visit Dee's **Glanmire Allstars** page on Facebook.

Irish Heart Foundation Visit

On the 8th of May, we were delighted to host the IHF mobile unit. During the visit, the team met nearly 50 people who availed of free blood pressure and pulse rate checks. We are grateful to SuperValu for letting us use their front carpark.



Water Safety Advice



Approx. this time last year, we hosted a very interesting talk from Gerard Quinn, an RNLI volunteer. Gerard brought RNLI equipment with him and showed videos about how they save lives in the sea. He highlighted what you can do to if you find yourself pulled out in the water: Float to Live. For more information, go to www.irishlifeboats.com or www.rnli.org

Glanmire Walkers & Talkers

Our morning and evening walkers visited the new Teddy McCarthy statue in Páirc Tadhg MacCárthaigh last month on one of our variety of walks around Glanmire



Nutrition Talk

We will host a Nutrition Talk with Marc Murphy, qualified nutritionist, from Balance with the date TBC



Couch
to
5K

Couch to 5K 2025

We will host a Couch 2 5K event in mid-August in GCC with the support of Cork Sports Partnership.



*Health is at the heart
of every club*



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

U8/U9 Street Leagues

U9 Hurling Manager Paul O Flynn and our U8 Hurling Manager Paul Kelly are co-ordinating the games for the '25 season.

Originating in 1988, this league is a cornerstone of our club community for over three decades, we are thrilled to continue the spirit of competition and camaraderie that has defined our leagues over this period. We strive to create a positive hurling experience for this bunch of players that will grow their love for the game of hurling and a passion to play for their club and beyond. As coaches, we are committed to nurturing their talents, but we recognize that our efforts are only one part of the equation. We thank our parents for their support and involvement to truly cultivate a love for the game within our teams. Over the course of five weeks, the teams will battle it out on the field, culminating in a final's day and awards ceremony.

But beyond the trophies and accolades, it's the memories forged, and the bonds strengthened that will hopefully endure with the boys for long after the final whistle blows



Sarsfields Street Leagues



Sallybrook



Luke Murphy
Macros Arias
Oisín Condon
Oscar Arias
Riley O'Connell
Graham Hogan
Kieran Collins
Lukas Slusnys
Luke O'Brien
Sebastian Vincze

The Village



Aaron Lynskey
Joshua Luttrell
Keelan Hayes
Ronan Butler
Seb McCarthy
Bradley Nyhan
Darragh Kenneally
Kyle Cambridge
Lochlan Bradley
Mateo Ortiz de Zevallos Cadogan

Riverstown



Gillian Moloney
Finn Brennan
Kevin Buckley
Liam Walsh
Robbie Scannell
Sean O'Riordan
Bobby O'Connor
Callum Brackett
Jackson Cooke
Noah Kelly
Oscar Murphy

Brooklodge



Cian Byrne
Ciaran O'Mahony
Cillian Long
Joshua Sterio
Sam Wallace
Thomas Murphy
Andrew Mullins
Fionn Creech
Leo Monaghan
Sam Rimmington
Sean O'Sullivan

Rathcooney



Ben O'Mahony
Cormac Byrne
James O'Mahony
Jamie Prout
Thomas Collins
Vadim Khoroshko
Jack Hopkins
Jamie Kelleher
Joey O'Sullivan
Sean O'Reilly
Theo Wolfe

Hazelwood



Callum Goggin
Conor Guerin
Frank O'Reilly
Max O'Callaghan
Owen Curtin
Cian McCormack
Harry Alford
Kayden Knowles
Raymond Cahill
Ryan French

Glyntown



Arlo Daly
Bobby Sorensen
Kevin Lee
Larry O'Flynn
Niall Morgan
Oisín Torpey
Callum Buckley
Charlie Lane
Harry O'Doherty
Noah O'Donovan

Springmount



Cian Drinan
Conor Tanner
James Harvey
Oisín Coakley
Sam O'Keefe
Alfie O'Dwyer
Caleb Ryan
Dara White
Jack McGrath
Joey McCarthy



Erin's Own Ladies Club



Football Feile

Erins Own hosted Glanmire, Fermoy, Inch Rovers and St Catherines for this years Football Feile. Congratulations to Glanmire on their fantastic win. Well done to all the girls and their coaches. A very enjoyable and sunny day was had by all. Thanks to everyone who helped out on the day.

Cork Minor Football Champions

Congratulations to Eabha, Orlaith, Jenny, Saoirse, Megan and Niamh on winning the Minor Munster Football Championship with Cork.

Football

Congratulations to the U21 footballers who defeated Nemo Ranger in the U21 County Championship final. Well done to all involved. The Junior footballers played Rockban & St Peters in round 4 & 5 of the league winning both games.

The U11 team played matches v Rockban & Fermoy. Hard luck to our Minor Footballers who lost out to Inch Rovers in the Minor East Cork semi final.

Camogie

The U12 camogie team played Ballinascahy & Watergrasshill in round 3 & 4 of the league. The U11 team played v Midleton & Douglas. The U9/10s played matches v Cobh, Whitescross, Lisgoold &

Castlemartyr while the U13s played Dungourney. The U11s played a match v the Barrs and played in a Blitz in Castle Road against Blarney & Blackrock.



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Erin's Own Ladies Club Page Sponsor



White's Cross GAA News

Playing Matters

The last month has seen an upsurge in results for our Junior 1 Football team. Following three straight defeats, we had an important away game versus Whitechurch. The team played very well in the first half, against a stiff breeze, and but for a fine two-pointer for the home side on the stroke of half-time we would have led at the break. Nonetheless we were in a good place at the break with the benefit of the elements to come. The old adage though that the wind does not win any game certainly became evident as a disappointing third quarter saw us fall further behind. However, the team continued to battle and began to claw their way back into the game. In the end a good final quarter ensured that we came away with a share of the spoils. The final score was White's Cross 0-14 Whitechurch 1-11.

In our next match we played St. Finbarr's. At half time we were trailing 1-07 to 1-02. In the second half though, the team came out of the traps early and came right back into the game. We produced a great display of kicking. If in previous games we were guilty of squandering chances, in this match, with our midfield dominating the kickouts, there was plenty of ball going to the forwards and we took our chances. It was a cracking game and the Barrs played their part in that. In the end though we ran out deserved one point winners on a 2-12 to 1-14 scoreline.

Our junior hurling team's final league game was against Blackrock. The City Division had decided that there were to be no league semi-finals in 2025 and following two draws and one victory in our previous three games, we were safe from relegation. As a result then, there was little riding on the outcome of this game. In the end we were well beaten on this occasion. These two sides will meet in August in the championship in a game that

will be important. White's Cross will be looking for, and confident that, a different outcome to ensue on that occasion. We were also beaten in the first round of the McCurtain Cup against Bishoptown. The break between league and championship will hopefully provide enough time to be able to reduce the long list of injuries that has decimated all of our sides so far this year.

Underage Activity

The last month has been extremely busy for our underage teams. Our under 15 girls made it two wins out of three in the East Cork Football League following a big win over Castlelyons. They scored nine goals in total with full-forward Emer Kiely getting a hat-trick in the opening ten minutes. Though the win was not a surprise per se, the manner of the victory was given that Castlelyons had beaten White's Cross in the Féile competition played a few weeks earlier.

The under 16 boys football team got back to winning ways when they beat Kilworth & Araglen Og in a recent league tie. This group had made a great start to their campaign with two wins but they had stuttered as of late when they lost to Ballycastle Gaels and Kildorrery. However, following a slow start to this game, the scoring prowess of Fachtna Kelleher (0-11) and Evan O'Leary (1-04) helped their team to a seven point win.

The under 14 hurlers had competed very well in the hurling league without being able to pick up a victory. They rectified this when they played the first round of the hurling championship against Aghabullogue. They ran out 2-11 to 2-07 winners.

Our under 13s are having a mixed season. Despite some very good performances against Erin's Own, St. Colman's and Na Piarsaigh, they have yet to pick up a win. On the football front though, we have had two

recent wins following two titanic battles against Carrigtwohill and Ballinora. Our second under 13 team have also won both of their football games this season. In hurling, they were well beaten by a Midleton team that have steamrolled all of their opponents in the league so far. Apart from that Colmcille's have won both their games.

The under 18 hurling team finished their group stage league with two wins over Laochra Og and St. James. There are three teams on the top of the league with eight points. At this point in time we are unsure if there will be semi-finals, a final or a playoff. We will know after the exams will finish. It would be great if the team could qualify for the final. A lot of work has been put in by the coaches with team and given their performances to date, there is significant optimism that we could collect some silverware here.

We have three under 12 teams this year (in hurling – two in football). All of our teams are competing very well in the league. In our most recent games, our first hurling team hit nine goals past Kiltaha Og in their hurling league tie. A few nights later our second football team were in fine goal-scoring form as they hit Glenville or eight goals.

Exams!

In the coming months many of our players will be sitting their Leaving and Junior Certificate exams. Adult players such as Aidan Docherty, James Buckley, Luke and Michael Mullins. Evan Quain, Ronan Healy, and Bobby O'Riordan will all be doing their Leaving Certificate while a whole plethora of underage players will sit their Junior Certificate exams. We wish them all the very best of luck in what can be a stressful time. Hopefully all will be rewarded for the hard work that has been put in over the years.

Creative writing is the art of weaving imagination and memory into words, crafting scenes and stories that can resonate with us, stir our emotions, make us laugh, cry, inspire us, provoke us and sometimes, even heal our hearts. Whether you're a seasoned writer or just beginning your journey, the blank page can be both thrilling and scary. The good news? Great ideas are everywhere — if you know where to look.

Here are nine creative writing ideas and exercises to get your yarns spinning and your pen flowing as we step into Summer.

1. Start with a What-If

One of the most powerful ways to spark creativity is with a 'what if' question. Science fiction and speculative fiction thrive on this. Ask yourself:

- *What if people could only speak 100 words per day?*
- *What if a memory could be stolen and sold?*
- *What if your reflection in the mirror started doing things you didn't?*
- *What if you spotted yourself on a bus in the city?*

Let the question lead the way. You don't need to outline a whole story right away. Start with a scene. Let your imagination off, see where it takes you.

2. Mine Your Own Life

Some of the most compelling stories come from real experiences. Think of a moment in your life that changed you — even in a small way. Maybe it was a family argument, an awkward first kiss, or the day you moved away from home. Write it as it happened, then rewrite it with a twist: change the setting, the outcome, or the characters involved.

Even if you don't want to write memoir or personal essays, your life is full of textures, emotions, and details that can enrich your fiction.

3. Borrow from History

History is a treasure trove of drama, intrigue, and unsung heroes. Pick a time period that fascinates you and imagine a story within it. You could write from the perspective of a prince, a servant in a grand palace, or a rebel during a revolution.



Mix genres for added interest. What would happen if you placed a detective mystery in ancient Rome, or a love story during the 1916 Rising?

4. Try Character-First Writing

Start with a character instead of a plot. Give them a few quirks, a job, and a secret. Maybe she's a librarian with a fear of loud noises, or he's a delivery driver who compulsively writes love poems to strangers. Ask questions like:

- What do they want?
- What's stopping them?
- What's their biggest fear?

Often, plots emerge naturally from a well-drawn character's desires and flaws.

5. Use Visual Prompts

Art and photography are excellent tools to kickstart your imagination. Choose a photo — a crowded marketplace, a lone figure on a bridge, or you on your Communion Day — and write a story inspired by it. What happened just before the image was captured? What might happen next?

You can find hundreds of images online or even use your own photos for inspiration.

6. Flip a Classic

Take a familiar story and retell it from a new perspective. What if Little Red Riding Hood was told from the wolf's point of view? What if Romeo and Juliet were enemies instead of lovers? What if Cinderella fell in love with the footman?

This exercise can push you to create something both fresh and familiar.

7. Experiment with Form

Not all stories need to follow the traditional story writing form. Try writing a story as a series of text messages, journal entries, product reviews, love letters or even police reports. Changing the format can unlock new angles and voices.

For example, a story told through therapy notes might reveal an unreliable narrator, while a series of emails could develop tension in an understated, realistic way.

8. The Five-Senses Challenge

Pick a setting — a beach, a café, a car — and describe it using all five senses. Don't just say what it looks like; write what it smells like, how the air feels, what distant sounds drift in, what's being tasted. This exercise helps build immersive environments and can be a gateway into a longer piece.

9. Eavesdrop and Improvise

Listen in on snippets of real conversation in public places. A fragment of dialogue from the couple in front of you on the bus can spark a story: a lover's quarrel outside a pub, two teenagers making plans in the chipper, an old man talking to his dog. Build a story around what you hear — imagine who the people are and what brought them to that moment.

Final Thoughts

Creative writing is as much about discovery as it is about expression. You don't have to wait for the perfect idea to strike — you just have to start. Try different exercises, mix and match prompts, and most importantly, write consistently. The more you write, the more ideas you'll generate. After all, creativity isn't a lightning bolt — it's a muscle. And every page is a workout helping you become a keener, leaner writer.

Until next month

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 on

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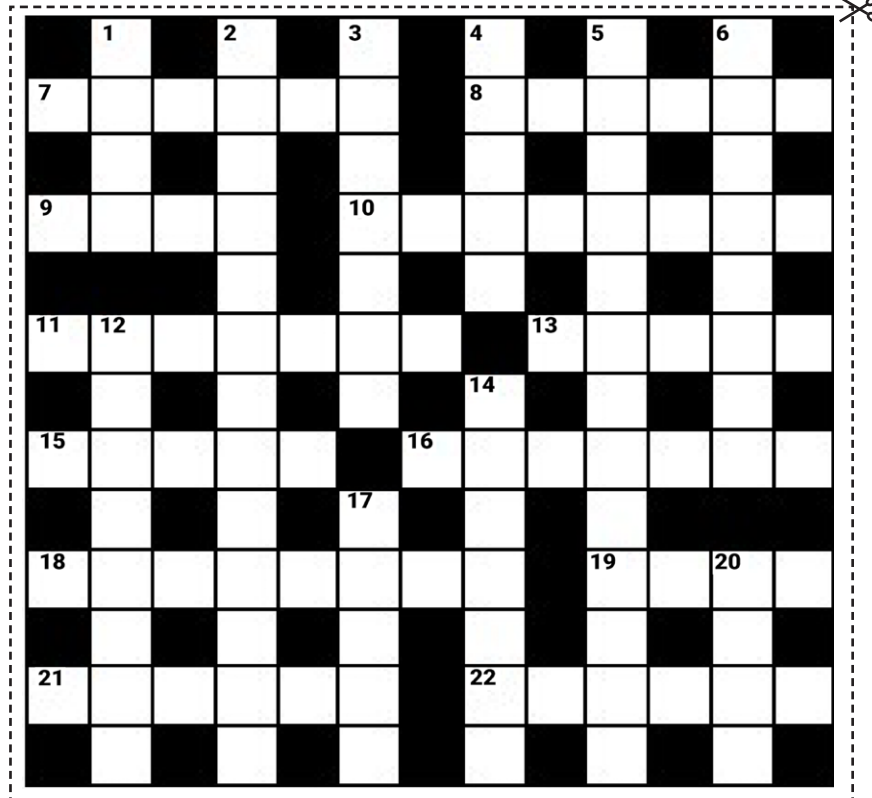
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Crossword Puzzle



Across

7. Renounce formally (6)
8. Swift-flowing river section (6)
9. Slight colour variation (4)
10. Urban Resident (8)
11. Reduce value or esteem (7)
13. Poor quality or condition (5)
15. Incorporate territory (5)
16. Fine smooth fabric (7)
18. Courteous behaviour (8)
19. Assistant in government or military (4)
21. Cured sausage, usually spicy (6)
22. Spouse's family members (2-4)

Down

1. Hi-fidelity sound system (2-2)
2. Pertaining to a continent including the US and Canada (5,8)
3. Additional item or person (7)
4. Large edible crustacean (5)
5. Irregularly or intermittently (13)
6. Next to or joining (8)
12. Disadvantage or disability (8)
14. Large green bush cricket (7)
17. Numerical figure (5)
20. Covered with tiny water droplets (4)

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112 Ros Ard, Upper Glanmire, Cork T23 YF22, to arrive by **18th June**, 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.

May Crossword Winner: Ronan Harrington, Brooklodge,, Glanmire



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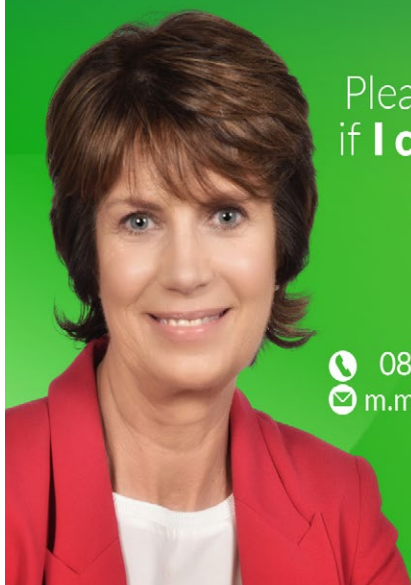
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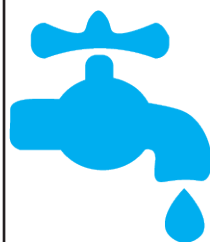


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Glanmire Clubs, Societies and Community Services

Schools	Support for Older People	Sports Groups
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Support for Older People	Sports Groups	Local Political Representatives
<p>Glounthaune Meals on Wheels Meal Delivery Pauline Walsh 087 2870409 walshpauline@hotmail.co.uk 28 Tower Hill, Kilcoolishal, Glanmire Provides hot meals to older residents in Glanmire and surrounding areas.</p> <p>Glyntown Care Nursing Home & Self-Care Services 021- 4821500 info@glyntowncare.ie www.glyntowncare.ie Glanmire Provides chiropody, physiotherapy, hairdressing, and hand massage services to residents.</p>	<p>Glanmire GAA Gaelic Football Executive Committee / Miriam McAleavey 0872054459 Evenings (varies) Juveniles (6yrs) – Adults Local GAA club with boys and girls teams</p> <p>Sarsfields Camogie Club Camogie Committee secretary.sarsfields.cork@camogie.ie Varies by age group Ages 6 to Adult One of Cork's most successful camogie clubs</p> <p>Glanmire Gaelic 4 Mothers/Others Gaelic Football (social) Deirdre Cregan 0879183787 Sundays Women over 23 Social, fitness-focused football group</p> <p>Glanmire Ladies Basketball Club Basketball Volunteers glanmirebasketball@gmail.com Mon–Thur Ages 5 to adult Teams from U8 to Superleague; inclusive social groups</p> <p>Mother's & Others Basketball Basketball (social) Orla Butler 0877794909 orla67butler@gmail.com Tuesdays 6:30–7:30 Ages 18+ Fitness and fun-focused basketball</p> <p>Riverstown FC Soccer John O'Connor (Chairperson) Contact via social media (@riverstownfc) Sept to June Ages 8 to 35+ Glanmire-based soccer club</p>	<p>Colm Burke TD Fine Gael 0214564552 colm.burke@oireachteas.ie</p> <p>Thomas Gould TD Sinn Féin 0214212233 thomas.gould@oireachteas.ie</p> <p>Eoghan Kenny TD Labour 016184097 eoghan.kenny@oireachteas.ie</p> <p>Ken O'Flynn TD Independent Ireland 016184170 ken.oflynn@oireachteas.ie</p> <p>Padraig O'Sullivan TD Fianna Fail 0214502289 padraig.osullivan@oireachteas.ie</p> <p>Joe Kavanagh City Councillor Workers Party 0862307507 joe_kavanagh@corkcity.ie</p>

Glanmire Clubs, Societies and Community Services

Local Political Representatives	Dance	Community
<p>John Maher City Councillor Labour Party 0861942285 john_maher@corkcity.ie</p> <p>Margaret McDonnell City Councillor Independent 0858622162 margaret_mcdonnell@corkcity.ie</p> <p>Oliver Moran City Councillor Green Party 0879658549 oliver@oliver.ie</p> <p>Noel O'Flynn City Councillor 0872464856 noel_oflynn@corkcity.ie</p> <p>Ted Tynan City Councillor 0861908281 ted_tynan@corkcity.ie</p> <p>John Gilroy Peace Commissioner 0857759893</p> <p>Seamus Keegan Peace Commissioner 0876112793</p>	<p>CADA Performing Arts Catherine Mahon-Buckley 0214866389 info@cadaperformingarts.ie Cadaperformingarts.ie</p> <p>McCarthy Hegarty School of Irish Dance Mary McCarthy & Lynn Hegarty 0879597825 / marylucey10@gmail.com Mon, Wed, Thurs, Fri Ages 4+ Irish dance school for beginners to experienced dancers</p> <p>Sinead Shepperd's School of Dance 0872602091 Sinead.shepperd@gmail.com</p> <p>ELJ Academy of Dance Dance Studio Emma Jupp 086 0843440 e.jupp@yahoo.ie Classes everyday</p>	<p>Glanmire Tidy Towns Environmental Group glanmiretidytowns@gmail.com Monthly meetings + projects All ages Beautification, clean-ups, community projects.</p> <p>Glanmire Heritage Society Heritage & Culture Mary Crowley 086 8163832 heritageglanmire@gmail.com Event-based meetings Preserving and promoting Glanmire's historical legacy.</p> <p>Glanmire Community Association Community Services gacacork@gmail.com Ongoing community activities All ages Supports local initiatives and neighbourhood projects.</p> <p>Glanmire Senior Citizens Group Social / Support Weekly meetings Ages 60+ Coffee mornings, bingo, trips, social inclusion.</p> <p>Foroige Youth Project Annette O'Reilly 0862259508 annette.oreilly@foroige.ie www.foroige.ie Friday evenings Ages 12-18 Fun, safe environment for local teens.</p> <p>SAFE in Glanmire Mental Health Awareness safesupportgroup@gmail.com Events + support evenings All ages Suicide awareness and support programs.</p> <p>St. John Ambulance – Cadets First Aid Youth Training Ashling Doyle glanmire.cadets@stjohn.ie Wednesdays Ages 11–17 yrs Teaches first aid, discipline, and teamwork.</p> <p>CoderDojo Glanmire Coding Club Natasha O'Leary / A. O'Brien 0876990892 Ages 7–17 yrs Free coding club (Scratch, Python, Web, Mobile).</p> <p>Glanmire Community Games Youth Sports & Culture Finbarr Harty 0872215307 March to September Ages 6–16 yrs Multi-discipline youth competition (art, sport, quiz, etc.).</p> <p>Glanmire Community Garden Gardening & Environment glanmiregarden@gmail.com Seasonal work evenings/weekends All ages Open garden plots, educational workshops</p>
Yoga and Fitness	Health and Support	
<p>Koala Kids Yoga Kids' Yoga Leanne Walsh koalakidsork@gmail.com Thursdays Ages 4–11 Yoga for kids, breathwork and mindfulness.</p> <p>Pilates @ The Health & Fitness Boutique Pilates Lindsey Quinn 0868773107 Mon, Tue, Thurs (+ Thurs AM) All ages Strength, posture, balance.</p> <p>Glanmire Walkers & Talkers Walking Group Niamh O'Mahony (Healthy Clubs) 0868549680 Mon 9:15-10:30, Tues 6:45-7:45, Thurs 9:15–10:30 Adults Social walking group with varied local routes</p> <p>Glanmire Gaelic for Mothers Gaelic Football Group Deirdre Cregan 0879183787 Sundays Adults (23+) Friendly football, non-competitive and inclusive</p>	<p>Public Health Nurse (Glanmire) Health HSE Local Health Office 021-4923899 Office hours Mon–Fri Infants, families Infant checkups, parenting support, immunizations.</p> <p>Alzheimer Society – Glanmire Branch Dementia Support Local Coordinator 021-4972504 corkbranch@alzheimer.ie Support groups + home support Seniors Dementia care, advice and respite.</p> <p>Parkinson's Association – Cork Health Support Cork Branch Coordinator 1800 359 359 info@parkinsons.ie Events + online support Adults 40+ Support for people living with Parkinson's.</p> <p>Alcoholics Anonymous – Glanmire Addiction Support Anonymous (021) 450 0481 www.corkaa.org Local meetings available Adults 18+ Confidential support for alcohol dependency.</p> <p>Frazzled Mammy Art Classes Creative Mental Wellness Maeva O'Keeffe 0876684021 Thursdays (split by class levels) Primary School kids Art expression for kids with mindfulness and fun.</p>	



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