



Glanmire Area News

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Kevin Goggin - 2001 Cork Minor Hurling All-Ireland Medal

Kevin Goggin featured an outstanding performance in the 2001 All-Ireland Minor Hurling Championship, representing Cork against Galway at Croke Park. He was a great player for Sarsfield Hurling Club for several years. Unfortunately, he had to quit his passion due a major hip operation.



After 11 years of many adventures around the world, Kevin and Andrea decided to tied the knot on August the 2. Their lovely family; Papi, Leona, Sean and Eoin had the best day joining their parents on their special day. They had a fabulous day and want to thank to their families and friends.

This article is in memory of Kevin's dad, Sean Goggin, who passed away in 2019.



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SUPER VALU BUSINESS SHOWCASE



Our members took turns throughout August to showcase their businesses inside SuperValu, giving them the chance to meet customers face-to-face and share information about their services. This was a great way to highlight the wide variety of businesses we have in our community, from professional services to local retailers, and gave shoppers the opportunity to discover and support what's available right on their doorstep.



SEPTEMBER EVENT

AI Literacy for Leaders

Sept 16th | 6 - 7:30pm

Seabox, Brooklodge Ind. Estate (T45Y018)

Helping small business owners use AI with confidence, clarity & responsibility.

What you'll learn:

- ✓ AI basics & what it means for your biz
- ✓ Real use cases to save ⏰ & grow 📈
- ✓ How to choose tools responsibly ⚖️
- ✓ Walk away with ideas you can use now 🚀

With Siobhán O'Leary, founder of SOL Learning - making AI understandable, usable, and ethical



MEMBER SPOTLIGHT



YOGA WITH ORLA

- SATURDAY 10.30 - SUPER VALU
- TUESDAY 10AM - SUPER VALU
- THURSDAY 9.30AM - PARISH HALL

6 WEEK COURSE : €70

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www.glanmire-chamber.ie

If you're suffering from nerve problems in the arms and legs, you'll want to read....

How Patients Are Living Without **Numbness, Tingling, or Sharp Pains**

Numbness, tingling, and pain is an extremely annoying problem. It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other doctors, and they claim all the tests indicate you should feel fine.

If You Do Nothing Else, Read This:

More than 20 million people suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions. Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Eric Kelly, Chiropractor at Glanmire Chiropractic Clinic. We've been helping people with neuropathy and nerve problems for more than 18 years now.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves

By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

Numerous people who suffer with numbness, tingling or sharp pains have chosen chiropractic's effectiveness in helping nerve conditions.

What these patients know is that you could soon be enjoying life...without those aggravating nerve problems.

Could This Be Your Solution?

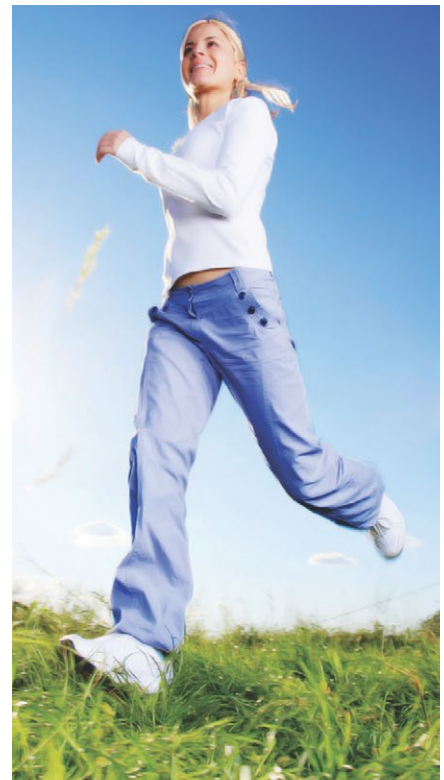
It's time for you to find out if chiropractic will be your neuropathy solution.

For 14 days only, €45 will get you all the services I normally charge new patients up to €130 for!

What does this offer include? Everything. Take a look at what you will receive:

- An in-depth consultation about your health and well-being where we will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A thorough analysis of your exam findings and any imaging you may provide e.g. MRI or x-ray so we can start mapping out your plan to being pain free.
- We will answer your most probing questions about nerve problems and how chiropractic can help.

Until September 12th you can get everything I've listed here for only €45. The normal price for this type of evaluation is €130 so you're saving a considerable amount by taking me up on this offer.



Call 021-4824450

We can get you scheduled for your consultation and exam as soon as there's an opening. We are open Monday to Thursday and will work with you to find a suitable time.

Our office is located at Eastcliffe House, Glanmire (Over the bridge, next to AIB). When you call, tell the receptionist you'd like to come in for the Nerve Evaluation so we can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely,
Dr Eric Kelly, D.C.

P.S. Remember, you only have until September 12th to reserve an appointment at this significant discount. Why suffer for years in misery?

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

P.P.S. Nothing's worse than feeling great mentally but physically feeling held back from life because your arms or legs hurt – and the pain just won't go away!

Take us up on our offer and call today 021-4824450.

September is always a busy month in the garden. August was a tough month on the garden. With it being so dry a lot of plants suffered heat stress (drought). Some of the worst affected plants were the ones with large soft leaves like Hydrangeas. All is not loss as they will often recover with some rain.



There are quite a few plants that will tolerate some drought conditions better than others. Look for plants that have small glossy leaves like Berberis. The gloss on the leaves is like a wax that reduces moisture loss. Other plants that tolerate drier conditions are Choisya, Laurels, Box plants, Hollies, Geraniums and Begonias to mention a few. For more advice on these types of plants have a chat with the local garden centre.



Lawns often suffer in the drought as well but once it has rained, they tend to recover quite well.

September is also the best month for reseeding either patches in your lawn, or a whole new lawn. The reason why September is such a good month for seeding is that the weeds are starting to die down, and the soil is still warm enough for the seeds to germinate. Beware of birds eating the seeds though.

If you are lucky enough to have an Apple orchard then the Apples should be ripening fairly quickly now. Try and pick your Apples from the tree before they fall as this will cause bruising and reduce the storage life of the Apples.

If you are making cider from your Apples then using fallen Apples is ideal.

In the vegetable garden harvests should be coming in thick and fast. Dig up potatoes when the foliage has died down.

Dry the potatoes in the sunshine for a few hours and then store in brown paper bags. This will prevent the potatoes going green and inedible.

Onions can also be harvested and dried in the sunshine or glasshouse until the foliage is papery and crisp. These can be stored in a dry bright shed with plenty of ventilation. Try not to stack onions on top of each other.



Harvest salads as they are ready and the same goes for tomatoes and cucumbers.

You can still sow salad crops for the autumn months. I sow a variety of mustards as well as winter lettuce. Rocket and radish can also be sown along with spring onions.

Now is an ideal time to sow Garlic. Buy your Garlic from a garden centre, and simply break off the cloves and sow twice their depth in an outside bed. They will be ready to harvest next June.

The pots that were full of summer bedding will now be looking a bit tired and leggy. Best thing to do is empty the whole lot in the compost bin and replant with some autumn and winter plants.

I normally half fill the pot with compost and add some dwarf Daffodils around the outside edge. I then add some dwarf conifers, and heathers for height and colour. I also add ivy around the edges, then fill the pot with compost and water everything in. I also lift the pot off the ground for the whole of the winter. This helps with drainage and will prevent slugs from hiding underneath.

Any containers that are not in use store away in a shed ready for next year.

September is also the best month for sowing all those Spring bulbs. They will have a longer growing season and establish better, and in return should flower better.

Jobs for September

1. Regenerate and sow new lawns.
2. Harvest crops that are ready.
3. Sow winter salads.
4. Reduce feed in your pots.
5. Consider planting drought tolerant plants.
6. Plant Autumn pots.
7. Enjoy the garden.

Chris Troy

Stars of Glanmire



Louise Hegarty
Author

Louise Hegarty's stories have appeared in *Banshee*, *The Tangerine*, *The Stinging Fly* and *The Dublin Review* and have been featured on BBC Radio 4. She was the inaugural winner of the Sunday Business Post/Penguin Ireland Short Story Prize and her debut novel, *Fair Play*, was published by Picador (UK) and Harper (US) in April 2025. The Irish Times called it, 'a really impressive debut,' while The New York Times, The Guardian, The Seattle Times, The Wall Street Journal, and many others have given the novel glowing reviews.

What's your favourite film of all time?
The Apartment.

Go-to comfort food?
Roast chicken dinner.

What's always in your bag/pocket?
My phone - unfortunately.

Early bird or night owl?
Night owl.

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

What's your passion?
Writing.

What book changed your perspective?
The Savage Detectives by Roberto Bolano.

First concert you ever went to?
The Pixies in Dublin.

What's a phrase or mantra you live by?
Never complain, never explain.

Dream holiday destination?
Japan

Best advice you've ever received?
If you keep your overheads low, you can pursue whatever you want.

What's one thing you can't live without?
My family.

What life advice would you give someone?
Don't be overly-focussed on what other people are doing with their lives.

What's the best thing about Glanmire?
It's a great place to grow up in.



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Every day I am lucky to meet and work with fabulous women. I do notice at times we can be so hard on ourselves image wise.

This month lets discuss and boost our body positivity and boost a positive mindset around our image.

Let's pause for a moment, close your eyes and thank your body for what it does every single day.

Our strength, the physical carrying, mental load of maintaining a home. Internally our bodies have grown babies, keeping healthy and energetic as our lives and bodies evolve. Dealing with the pressure of everyday duties. All this is covered by our physical bodies.

I practice daily gratitude for my body's strength, resilience and uniqueness, repeat this affirmation daily for a month and I guarantee your body confidence will grow. I will stop chasing "perfection", I admire and accept my body as it is right now!

2. Embrace Your Unique Silhouette

Your body shape is unique and it's worth celebrating.

The key is understanding your natural shape and learning how to dress with it, not against it.

When you highlight your best features with intention, your clothes stop feeling like camouflage and start feeling more positive and this radiates into all areas of your life.

If you want to know more about understanding your shape, then book a personal style consultation in my local studio. My consultations are private, one to one in a friendly relaxed setting.

I also carry out wardrobe detox and style consultations in the comfort of your own home.

3. Master the Art of Dressing for You

Fabrics, cuts, and proportions all matter, but when you know how to combine them in a way that flatters your shape and speaks to your personal style, you become unstoppable. This isn't about following trends. It's about developing a styling system that aligns with who you are and how you want to feel.

4. Creating Inner Confidence

The most stylish woman in the room isn't always the one in the boldest outfit, she's the one who radiates an energy of inner trust. Clothing simply enhances it.

'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 daily outfits and on your terms.

Here is a quick posture exercise that boosts confidence and posture instantly. Take a deep breath, lift your shoulders up, roll them back and down. Bring your chin in slightly not down.

Remember style is not a one fits all formula to follow, it's what you feel comfortable, attractive, modern, stylish in. This all starts from within.

If you're feeling in any way disconnected, lost with your image, style right now, let me say the following:

You do not have to shrink or change in any way.

You deserve to feel comfortable, polished in your style every day irrespective of age, size or profession.

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

Email:
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www.lyndadiblasie.com for various packages.

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Lynda Di Blasi

Tie-dyed tee-shirts were all the rage in the 1990s, but did you know that the concept of bleaching was invented as long ago as 5000 BC when Egyptians discovered that if they washed their fabrics and left them outside, the sun would bleach them white. Several millennia later, textile bleaching was transformed from a medieval craft to an efficient chemical process. Bleaching was not the only process that textiles underwent, and William Thorley's enterprise in Glanmire catered for some of these stages.

Now known as St Patrick's Mills in Poulacurry South, it was recorded as a cloth mill on the 1842 Ordnance Survey map and a beetling mill on the 1902 map. Surveys indicate that the earliest part of the complex is a four-storey building on the west side, which has a date plaque of 1796. Initially, at this point, the Sadlier brothers employed approximately 100 people in their cloth mill. Some years later, the mill changed hands, and the new owner, Daniel O'Callaghan, leased the buildings to Thorley. However, the Great Famine (1845-1852) defined the century with death, emigration and bankruptcy.

The Cork Southern Reporter of Thursday, 16 October 1851, covered the auction of O'Callaghan's land under the Sale of Encumbered Estates. It was in four lots, Lot 1 being the tucking mill, mill stream and mill lands in Poulacurry held under lease dated 28 February 1832 for 700 years. According to the newspaper, the lot was situated about four miles from the City of Cork, with a fine tucking-mill which had a 'never-failing supply of water. Messrs. Thorley at present, use the land surrounding the mill as a bleach ground.' The article continued that the mill was located 'in the centre of a corn-growing country, to which there is water carriage, and a perfectly level road.' Thorley's demesne also included four small cottages in the village of Glanmire, which were not included in the sale. Bidding began at £1,000 following an offer by John Carroll. Determined to secure the property, Robert Morrogh then bid £1,500, which was superseded by Thorley's bid of £1,600. Bid and counter bid were exchanged, and eventually William J. Thorley's bid of £2,300 secured the property.

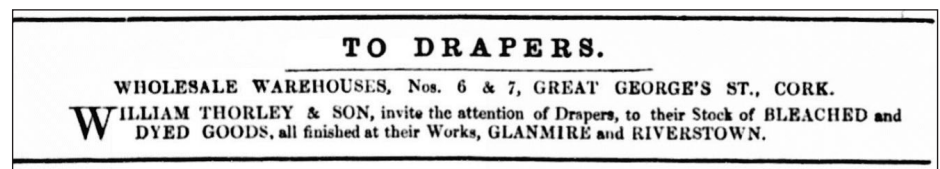


Figure 1: Cork Advertising Gazette, 21 December 1855.

The Griffith's Valuation house book, dated 1 February 1848, gives a detailed analysis of the extent of Thorley's bleach mills in Glanmire. The complex included three water-powered wheels, stables, a carpenter's workshop, market house, open steam house, two engine houses and a drying loft.

The 1852 publication, The Industrial Movement in Ireland, confirmed that 'the firm of Thorley and Son has been established for more than a quarter of a century, and has been the means of conferring an immense amount of good on the locality, from the large and constant employment which they have afforded to the working population surrounding their mills. Their works are the most extensive in the South of Ireland, and their machinery of the best and newest kind.' The 1860 publication, The ancient and modern history of the maritime ports of Ireland, added that a considerable quantity of linen was bleached at Thorley's works at Glanmire and Riverstown.

A comprehensive overview of Thorley's operations in Glanmire, published in the Cork Constitution on 11 November 1863, confirmed this information. The newspaper reported that the cultivation of flax in the South of Ireland had struggled in the past because of a lack of local market and scutching machinery. Nevertheless, with the industry's revival, Thorley had constructed a scutching mill at one of his significant finishing establishments. 'The building in which it is placed, and which is exceedingly plain, is about 60 feet in length by 20 in width, and is open at one side for the purpose of permitting the dust created during the operation of scutching to

escape.' The article also included that 'five water-wheels are almost continually at work, aided frequently by two 30-horse power steam engines, so that for convenience of situation and extent of resources, there are few in the county whose premises are better adapted for the erection of scutching mills than Mr. Thorley's.' The local farmers also benefited from the enterprise, with William Abbot, Glanmire, reaping £20 for the crop of flax grown on his land.

William Thorley died on 16 October 1867, his demise noted in the Cork Examiner 'we regret to announce the death of Mr. William Thorley, a valued citizen, who took an important part in promoting manufacturing industry in the city. Mr. Thorley was the proprietor of extensive bleaching works in Glanmire, in which a large amount of employment was given. His death was sudden.' Thorley's will noted that letters of administration were granted to his sister Ellen Thorley. Ellen died in 1880, and she granted her estate to William Thorley Stewart.

According to Lewis Heritage Trails, in 1910, the Bowles family acquired the mills, which operated initially as flour mills, later as sawmills, and subsequently as furniture works. The publication mentions that the Bowles family has in their possession an inscribed keystone that reads: W. Thorley 1841. Additionally, the family made a generous donation of the 1700s Mill Bell to the Roman Catholic Church in Lota. The remnants of antiquity and the tangible landscape at St. Patrick's Mills serve to preserve the legacy of Glanmire's once-thriving milling industry.

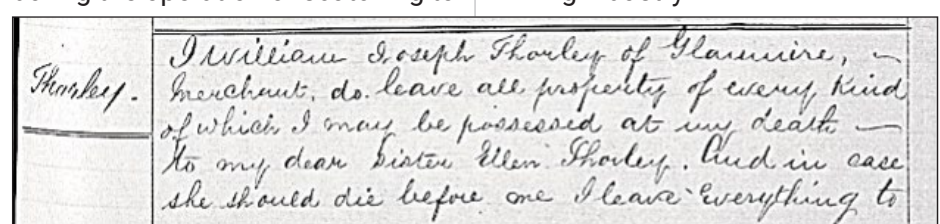


Figure 2: William Thorley's will.



September at Glanmire Library



Children's Book Club

to sign up, either:

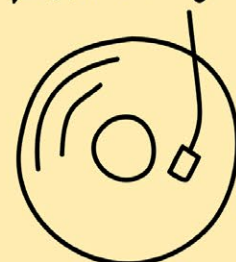
- enquire within the library
- email:
glanmire_library@corkcity.ie
- call: (021) 238 9795

The next meeting is
September 24th
11am-12pm

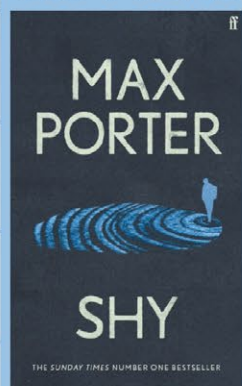


Music Morning
at
Glanmire Library

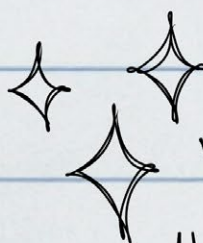
Tuesday,
September
16th at 11am



Book of the Month



The book Cillian
Murphy's new film
Steve is based on,
this short novella is
sure to pack a
punch. Pick up a
copy from the staff
desk at the library
and give it a read!



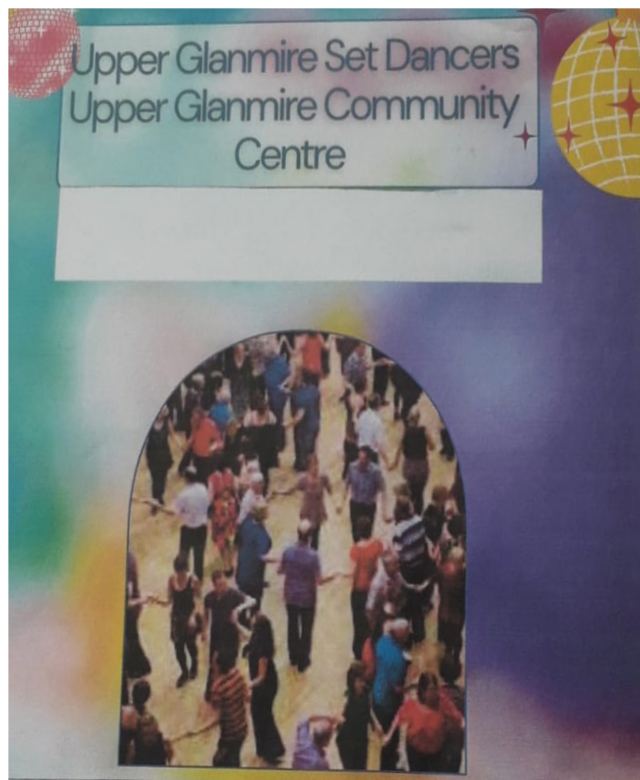
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through Saturday!
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Hazelwood Shopping
Centre



From August 16th - September 20th

Speaking Through Stone Exhibition

UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



Upper Glanmire Set Dancers Upper Glanmire Community Centre Set Dancing Resumes

Wednesday
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Every Wednesday
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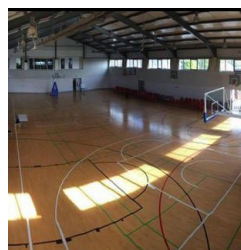
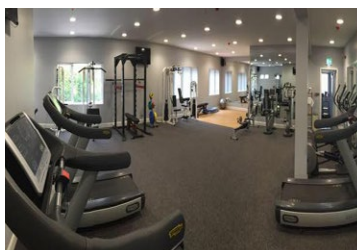
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Monthly: €28



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Meet the Team Two Inspiring Women Who've Dedicated Over 40 Years to Their Community



L to R Ann Holland Mary Crowley

In an era when life seems to move faster than ever, two remarkable women here in Glanmire have shown that true commitment never goes out of style. For more than 40 years, Ann Holland and Mary Crowley have devoted their time, energy, and hearts to making their community a better place.

Their volunteer journey began in the eighties when they joined a small group of locals in the early days of the Glanmire Area Community Association. What started as a few hours of help quickly turned into a lifelong mission. When their own children were still young, they set up – along with Mary Attridge, Marie Lynch and others – a community creche in the old Court House building at Riverstown Cross. For the princely sum of 75p, the children enjoyed stories, songs and safety and were educated and entertained from 10.30am to 2pm every Friday.

Ann and Mary also volunteered with the Annual Summer Play Scheme organised by Mary O'Flaherty. For two weeks over the school holidays, bus trips were organised for the kids with outings to Cobh, Redbarn and Fota.

There were trips to the airport, the Cork Museum and the Fire Station and picnics along the Rocky Road. Those kids, many now in the thirties, say they look back fondly on those summer trips and activities.

Through the Glanmire Area Community Association, Mary and Ann were also involved in the Tops of the Towns' drama competitions where a band of local volunteers and actors played to packed audiences in Glanmire and across Munster with their series of shows called the 'Hazelwood Capers.' Both women agree that it was hard to say 'no' to the Chairman of the Community Association at the time. John O'Callaghan was the first chairman of the association, and he was, they agreed, an inspiring and persuasive man. If anyone ever doubted something could be achieved, he would always reassure them it could be done, and they both recall him regularly saying that all the work done by the association was "for the greater good."

Both women have balanced their volunteer work with family, work, and other commitments yet they never stopping giving back to the community. They've done it quietly, without seeking recognition, fuelled by a simple belief: "Community is valuable." And so, their work continued: community clean-ups, research on the rich heritage of Glanmire and at one stage they participated in a historical pageant performed in the local church.

Their efforts over the years have created ripples right across the community and after four decades, Mary Crowley and Ann Holland remain as dedicated as ever. Mary runs the Heritage Society which meets every month. The Society has compiled a wealth of information over the years. Mary told me about the history and ownership of the Alms Houses – the three old cottages on the left as you enter Glanmire Village. She

said that at one stage Glanmire had thirty to forty working mills on the river and that Glanmire was known as the 'Belfast of the South.' Her knowledge and recall are remarkable, and it was fascinating to listen to her talk about the history and heritage of Glanmire and the surrounding area. There is a book in this.

Back in 1985, to celebrate Cork 800, Ann Holland told me that the Seniors Social Support group stitched together a patchwork quilt to honour the occasion. Forty years later, Ann is still involved, running the group, organising social outings and holding regular Tuesday Club meetings. 'I love working with the seniors,' Ann said, 'and over the years I have made great friends.' They are delighted, she says, that they can now use the Community Bus for any of their day away trips. There is also a thriving Active Retirement Group run by Marie Mackey which organising activities and trips away.

Ann Holland and Mary Crowley's story of community commitment and involvement is a powerful reminder that change doesn't happen overnight – it happens when people care enough to keep turning up, year in, year out. And for more than 40 years, these two extraordinary women have been turning up for all of us, bringing their energy, commitment, and good humour with them. Without even realising it, they are carrying a torch for community, inspiring others to give back and make a difference. 'Glanmire is lovely,' Ann said. 'It's a great community but you have to be committed.' Mary nodded in agreement. 'Sometimes it's hard to get volunteers but we enjoy it and we're doing it so long, what else would we do?' Well done Mary and Ann and here's to many more years of involvement in the Glanmire Area Community Association. We are lucky to have you.



Painting the Town: Spotlight on Local Talent



Our community is full of creativity, and one great example is local artist, illustrator, and graphic designer Valerie French. We came across Valerie (vvbdesign.com) recently when we asked her to design some artwork for our Glanmire Area Community Association social media pages and soon-to-be-launched new website.

Her work, see above, captures the iconic waterside view of Glanmire Village from Dunkettle, showcasing the spire of the Anglican Church of St Mary's and All Saints where Sarah Curran – former partner of United Irishman Robert Emmet – married

Captain Henry Sturgeon in 1805. In the foreground you can see the more modern Welcome to Glanmire signage created and executed by the Glanmire Chamber. Valerie says the process involves freehand drawing on paper, which she then digitizes on her computer using an illustration programme to add in colour and shading.

Valerie has self-published a number of children's books as well as illustrating books for clients including Trocaire. She can also create custom illustrations for clients like the one featured here



for Glanmire Community College. Her services include the design of editorials, maps, infographics, book covers, logos, posters, brochures, business cards and t-shirts.

We're proud to feature Valerie's work and celebrate the artists in our community. Check out her amazing local illustrations and design work and give her a follow/like at @vvbdesign or drop a comment to show your support.

Curtains Up on a New Community Adventure



A big thank you to all those who responded to our recent call for people interested in becoming involved in a new Glanmire Drama Group. We were delighted to receive such an enthusiastic response from across the community.

It's clear there is a real appetite for local theatre, and we are excited about the opportunities this brings—not only for performances on stage, but also for those who wish to contribute behind the scenes, from set design and costumes to lighting, sound, marketing, and PR. We are excited about the journey ahead and look forward to bringing people together through theatre. Further details about our first gathering will be shared soon and we will be in touch with everyone who has made contact regarding next steps.





All Queens taking part in the 2025 Queen of the Castle

Glanmire Macra have been out and about this month, heading to the Queen of the Castle Festival and getting back to our normal sports hall.

The month started out with a trip to Tip. In this case for the Queen of the Castle Festival in Cahir. To support Denise Deane from Whitechurch Macra as the Séadun representative. This was held over the August Bank Holiday weekend and was a great weekend.

The Festival kicked off Friday night with a tipsy trail around Cahir town. Saturday brought plenty of things to do during the day from Yoga to Line Dancing Classes and even a darts tournament. But the evening brought the most important event of the day, the Queen interviews. Where all the Queens were given 3 minutes to tell the crowd about themselves and why they deserved to be the 2025 Queen of the

Castle. The night was topped off then with excellent music from The Fogues. This was followed on Sunday with a variety of activities for everyone during the day again, starting out with Pilates in the morning and a family fun day by Cahir Castle in the afternoon with some of our members even having a go at Karaoke.

The highlight of the weekend though, was Sunday night with a banquet and music by the Bentley Boys and the big reveal of the winner at midnight. With Katie Hurley from Carbery Region being crowned the 2025 Queen of the Castle!

This month also brought our return to Little Island Sports Complex after refurbishment works were completed on the main hall. The hall is looking great now and our weekly sports night continues there every Wednesday from 7.30-

9pm. Where we play a range of sports and everyone is welcome, entry is €5 with your first night free.

We will be planning several events over the coming months, so keep a eye on our Social medias for the latest updates, and

if you are interested in coming along to sports night or 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!



Members at our weekly sports night playing basketball



Slimming World with Jerry Glanmire

Glanmire's New Parish Centre

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Glanmire and Sarsfields Healthy Clubs



Sarsfields Camogie

We are very grateful to our senior Cork camogie team after a thrilling journey to the All-Ireland Camogie Final, including squad members Clare Mullins, Orlaith Mullins and Ava Fitzgerald from the Sars Camogie club. We also send huge congratulations to Molly Lynch who won her 5th consecutive All-Ireland Poc Fada competition on Annaverna Mountain in the Cooley Peninsula.



Glanmire Ladies Football

On the 25th of July, we met Deirdre Roche from the Ladies Football Club to present the club with period products for the new changing rooms in Buck Leary's Cross. We hope this small initiative will be of help to our own players as well as visiting ladies' teams.

Couch 2 5K

Our Couch 2 5K event commenced on Weds the 20th of Aug in GCC. We are delighted to welcome new and past participants who will enjoy (hopefully) 8 weekly sessions with Cork Sports Partnership coach Charlie McCarthy. 🏃🏃🏃



safeTALK

We are delighted to support S.A.F.E. in Glanmire with a free safeTalk event for over 18yr olds in Glanmire. safeTALK training prepares attendees to become suicide alert. Taking place at 6.30pm on Thursday, the 11th of September in the SuperValu community room, people wishing to attend, must register at the link below.

<https://bookwhen.com/suicidepreventiontrainingcork>



FREE safeTALK
'Suicide Alertness Training for Everyone'

SafeTALK is a half-day suicide alertness training that prepares attendees, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive.

SafeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources. SafeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify & avert suicide risks.

Date: Thursday, the 11th of September
Location: Community Room, SuperValu, T45 AH01
Time: 6.30pm – 10.00pm (short break at 8pm)
Local Contact Person: Niamh Keilcher (087-9838272)
Niamh O'Mahony (086-8549680)



Sarsfield Camogie Club Notes

Unfortunately it wasn't to be Cork's day in Croke Park on recent All Ireland day, nevertheless we were honoured & proud to have Orlaith Mullins & Ava Fitzgerald involved with the team. Both girls dropped into U9 & U10 training prior to the final where they received plenty good luck wishes from our enthusiastic girls.

Molly Lynch has won her 5th consecutive National Senior title over the Cooley Mountains recently. Huge congratulations to Molly and no doubt she'll be chasing her 6th title in August 2026!



Molly Lynch

Our Intermediates won the Ciara O'Brien Memorial 7-a-side tournament in Castlelyons recently. The girls had a great day and many thanks to Castlelyons for their superb hospitality. Earlier in the month our Seniors got the better of St Finbarrs in the Summer Cup final and our U16(2)'s had a good win over Carrigaline in the 2nd team league competition. Well done all.



Summer Cup Final

All teams are commencing championship season shortly and we wish them all the very best of luck.



Ava & U9s



Orlaith & U9s



7-a-side Winners



U16(2) League Winners



Niamh & Kacey Cork U14s



Aisling Ryan (Joint Capt U15)



Senior Summer Cup Winners



Summer Campers



U12s in Fitzgerald Stadium



Summer Cup 2025



Sarsfields Camogie Club

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September
2025

Junior League Champions

Junior Football

Massive congratulations to the Junior Football team who defeated Bandon in the League Final! They also had a great win over Rockbán in the first round of the Championship, setting them up nicely for the remaining fixtures in September.

Juvenile Teams

Good luck to all our underage teams who also start their championship campaigns this month!



#Stand4Feile

The Minor camogie team on behalf of the entire club showed their support for Feile encouraging anyone, who is able to, to donate anything they can for such an amazing person and cause! Donations can still be made through the GoFundMe page on Stand4Feile socials.



All-Ireland Champions 2025!

Huge congratulations to Eabha, Megan, Niamh, Orlaith, Jenny and Saoirse who won the All-Ireland final with the Cork minor Footballers, defeating Dublin on the day!



Junior Camogie

Our Junior Camogie team will take on Rockbán, Youghal, Blarney and Banteer in the Junior A championship! Best of luck to all involved. All support for the team is greatly appreciated!



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Playing Matters

At the time of writing, there has been only one championship match played by our adult teams. Our Junior hurlers lost their opening game when they went under to Passage on a 2-17 to 4-15 scoreline. Our lads can hold their heads up high after the performance. When Cathal Quinlan got our second goal in the 15th minute of the second half, it looked like we might push on for victory. However, much like when the sides meet a year earlier, Passage got goals at crucial times and they hurt us. This was ultimately the difference.

We dominated for large periods of the game, we lead on a few occasions but Passage, to their credit, always found a way back into the game and their goals were vital in ensuring they won. Having won both of their games, Passage will now move onto the semi-final of the championship. For White's Cross they will play Blackrock in their remaining group game on Tuesday 9th of September. If we can repeat the performance against Passage then we can certainly be confident that we can get the win that will allow us emerge from the group (of three). Ultimately, this game and all remaining championship games are going to be knockout.

The A footballers played their opening game on the 30th of August against St. Michael's while the B team played the following day against Douglas. Results are not known at the time of going to press.

Underage Activity

The past month has been very busy in terms of underage activity. The under 18s have made a great start to their football championship. They are playing in the Rebel Og West competition and are up against a geographically diverse group of opponents. There are the very near (Whitechurch), the very far (Muintir Bhaire from the West Cork village of Durrus), mid-cork sides (Canovee), North Cork sides (Buttevant) and

everything in between. Thus far, whether North, South, East or West, the Colmcille's lads have on all of their games.

The under 16 footballers responded from their first round defeat to St Nicks with a well earned draw away to Aghada. They are faring less well in hurling having lost their opening two games. The under 14 footballers are flying it. They beat Youghal to qualify for the Premier 2 Football league semi-final while they played Valley Rovers in the Premier 2 County semi-final. This is the first Colmcille's side to play in the Premier grade and regardless of what happens from here on in, it has been a big success. The team is more than capable of competing at this level.

It has been goals galore for the under 13s. They had two great wins in their football league. They beat Youghal, scoring six goals in the process, while they also beat Canovee by scoring five goals. They also scored five goals against Aghada in the hurling; but lost. Hence they improved on that in their next outing and scored seven goals in a win over Cobh.

The under 12 (1) hurling team were another side to hit the net seven times when defeating Passage in their hurling league. That followed on from a narrow defeat when travelling to Ballyhea. The second under 12s beat Liscarroll and Churchtown Gaels on a 2-10 to 0-03 scoreline in the hurling league. They also beat Nemo in the football league. They suffered one defeat against Inniscarra (also in football).

The third under 12 team (our under 11s) finished their campaign with a two goal defeat to Blackrock. They have had a hugely successful campaign overall. For them, it was all about exposing them to full matches and playing against strong teams. Against an undefeated Blackrock team, they played their best hurling all year and had more than enough

chances to win. They will learn from these games and they will come back much stronger.

Eddie and Ruairi

White's Cross hurlers Eddie Coughlan & Ruairi Quinlan became the first White's Cross players to take part in the senior hurling championship for over 20 years when they were picked for the UCC team who took on Muskerry in Riverston on Sunday night, the 10th of August. Murt Kelleher (current White's Cross Junior football coach) was the last player to play in the competition when he represented CIT versus Midleton in the early noughties.

Indeed, the two lads join a very small group of players from the club that have played senior hurling championship while playing with the club. Noel Murphy (in the 1960s) and Pat Riordan (1974) were part of the Imokily senior hurling squad when the club plied its trade in the East Cork division.

John Hickey and John O'Sullivan were part of Seandún panels when the club moved into the City Division in the mid 1980s and then Murt Kelleher, as mentioned above, played with CIT in the noughties. Both Eddie and Ruairi acquitted themselves very well in this match. Ruairi was very sold at corner back while Eddie scored three points from play from his full-forward berth. This is a fine achievement for both players given that they both have spent most of the last year out injured. Both have had shoulder injuries and resulting operations.

Unfortunately, despite the best efforts of the two lads, the UCC team went under by six points. Goals win games as they say. This rang through here as Muskerry won on a 4-15 to 0-021 scoreline.

Hopefully both lads, and others from White's Cross, will get plenty of opportunities in the future to play at the senior level.

Writer's Corner

Memories Fade - Stories Endure

with Eleanor O'Kelly-Lynch

We all carry a jewellery box full of stories – moments of joy, passion, challenge, sadness, humour, love, and loss – and those stories are rubies and pearls – precious things. So, it'd be a shame to lose them or let them gather dust in the attic of our mind. Sometimes, it's therapeutic – and fun – to open the box and rummage through our memories plucking out what resonates with us most strongly.

Last month I talked about memoir and promised to put together some tips this month to get you started. It's worth thinking about, because writing memoir is more than just putting words on a page; it's about re-seeing your journey and being a witness to your own lived experience. If you've ever thought about capturing your life – or little pieces of your life – in writing, here are some encouraging tips to help you get going:

1. Begin with a Focus

Memoir doesn't have to cover your whole life. Instead of, for example "my life from age five to fifty" which sounds like an insurmountable task, you could focus on "the year I lost my mother" or "the year I found my voice." Think about themes—such as childhood, travel, career, or family—that connect your stories. Narrowing your focus makes the writing more engaging and easier to manage.

2. Write Authentically

The best memoirs are truthful. You don't have to sugarcoat every incident, so you come out looking good or being the hero. Readers connect with honesty and vulnerability, not perfection. Write in your own voice, just as you would tell the story to a close friend. Remember, your particular voice is unique in the world – no one else quite sees life from the angles you see it and that is a wonderful thing.

3. Show, Don't Just Tell

Bring your memories to life with vivid detail – and this is true for all forms of creative writing. Instead of saying "I was nervous," describe your shaking hands, your heart pounding, or your restless pacing. Instead of saying, "I missed him," talk about the empty chair, the ticking clock on the mantelpiece, the silence, and the stillness of a quiet house. Specific details make stories more emotional and therefore more memorable.



4. Use Small Stories to Tell the Bigger Story

Your life is full of moments – some dramatic, some everyday – that reveal who you are. Collect small scenes and anecdotes that highlight turning points or lessons learned. Memoir isn't a diary. The most impactful moments come when the narrator stops to ask: What did this mean? Why does this still haunt me? What changed in me because of it? This layer of introspection separates memoir from storytelling.

5. Don't Worry About Chronology at First

Start by writing down the memories that come to you most strongly. You can always shape them into an order later if you want to continue. What matters most is capturing the stories before they fade.

6. Keep Going

Writing a memoir is a journey. Set aside regular time to write, even if only an hour or two each week. Small steps build into something lasting and meaningful. And often, I think, surprising.

Only yesterday, I listened to the voice of an 89-year-old woman, Gloria, taped by her grandson recounting her earliest memories of the Second World War in London. Her testimony was priceless – the story from the perspective of a four- or five-year-old who could hear the bombs dropping and who could recall the air raid sirens, the rations, the deaths of neighbours and her family being evacuated to Devon. Those recollections captured the war so much more viscerally than any history lesson could. That's the power of memoir.

Prompt:

Sit quietly and take yourself back to a moment when something happened back along that you vividly remember. Stay in that moment. Where were you? What could you see, hear, feel? Was it raining? Was there a song on the radio? What did the classroom smell like? What sounds can you hear? Start writing about the scene in your mind's eye. How did you feel? Let the emotion emerge through sensory detail. When you're finished – and this could be after a page or ten pages or longer – that doesn't matter – ask yourself why that scene stayed with you all these years and then, you may want to write a little about that.



Memoir is a journey of discovery as much as it is a storytelling exercise. By opening up a door into your memories, by reflecting on their meaning, and putting those recollections on paper, you create something that is uniquely yours—and something that can inspire your children and grandchildren and even comfort or entertain others. Remember, every story matters, and the act of writing it down is a gift both to yourself and to those who will one day read it.

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 sequel *'The Girl with Stars in Her Eyes'* are available on Amazon, Kindle, www.buythebook.ie and local bookstores.

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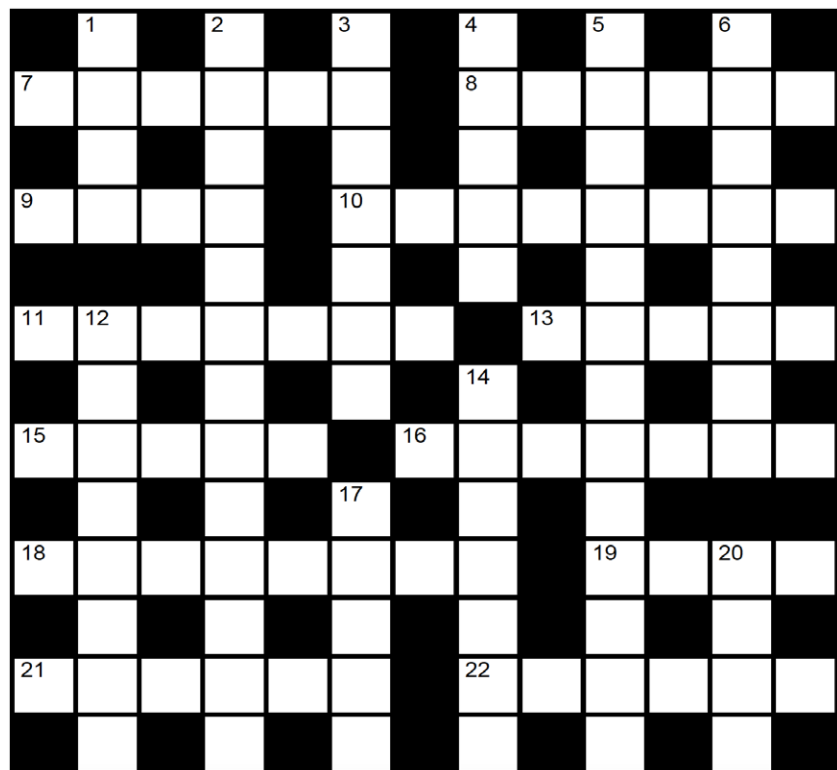
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Crossword Puzzle



Across

7. Bathroom fixture for waste disposal (6)
8. Rapidly rotating neutron star emitting radiation (6)
9. Solemn promise or pledge (4)
10. Painful inflammation of a joint's fluid-filled sac (8)
11. Restraint for the wrist, often metal (7)
13. Person who acts on behalf of another (5)
15. Level of quality or academic achievement (5)
16. Lacking honour or nobility (7)
18. Dark, cynical style of crime movie (4,4)
19. Expression of sudden pain (4)
21. Journey through air, or act of fleeing (6)
22. Display surface or dividing barrier (6)
25. Device that measures elapsed minutes (5)

Down

1. Star that suddenly increases in brightness (4)
2. Beginning and end of everything (5,3,5)
3. Covered with short, rough growth (7)
4. Musical drama with orchestral accompaniment (5)
5. Outstanding success or achievement (6,7)
6. Based on reason rather than emotions (8)
12. With skillful dexterity or cleverness (8)
13. Point weapon at target (4,3)
14. Attack or act hostilely towards (7)
17. Valuable items taken as plunder (5)
20. Musical symbol indicating pitch (4)

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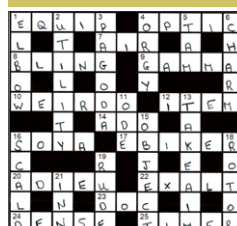
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August Crossword Winner: Sarah Gaffey, Riverstown, Glanmire, Cork



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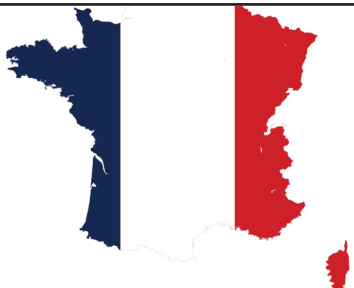
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