



Glanmire Area News

FREE

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CLOSING DATE 29th NOVEMBER 2025



GLANMIRE
CHAMBER OF
COMMERCE

MEMBERS BREAKFAST AT CHARR'D



Our October meeting was a breakfast in Charr'd. Members enjoyed the delicious food and we had a Budget roundup from Accountant, Frances Hegarty. Financial Advisor Karen Doyle also spoke about pensions auto enrolment and how it is expected to impact small businesses.



The Chamber committee & members were delighted to attend the Radisson Business Lunch in October.

NOVEMBER EVENT

'Cars & Conversation'

- Wednesday 19th November - 6pm
- Grandons Car Sales, Sallybrook
- Hear about smart ways to buy cars from your business
- Networking for members
- Tea/Coffee & Nibbles



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Are You Living With Sciatica Or Back Pain...

When There Is A Non-Invasive, Drugless Solution?

Having back and sciatic pain is a miserable – even crippling – condition.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.

You may have a condition called "Sciatica" if you're suffering from any of these annoying conditions. Sciatica is a compression of the sciatic nerve, usually by an L4 or L5 disc herniations.

Nothing's worse than feeling great mentally but physically feeling held back from life because your back or sciatica hurts and the pain just won't go away!

Do You Have Any of the Following?

- Sharp pains in the back of the leg
- Lower Back Pain
- Herniated/bulging discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain
- Muscle spasm, sprains & strains

Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated with chiropractic adjustments.

"What's The Chance This Will Work For Me?"

Chiropractic has been around for over a hundred years and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers like Tiger Woods, Venus Williams, Pádraig Harrington, Bradley Wiggins, Gisele Bündchen and Madonna.

These professionals can afford to hire any kind of doctors they want, and they choose to have a chiropractor on their team.

Here's what just one of our patients had to say:

"I can't believe how much I have improved and can tolerate more treatments and exercises. My quality of life is so much better and I get a full night sleep now. It has taught me how to rest, look after my back and sit up straight. At the same time, I have freedom from pain and a lot more movement."

This means in just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

Feel the Improvement – and Say "Yes" to Life Again

With our "Back Pain And Sciatica Evaluation" I will be able find the problem and work with you to correct it.

Think of how you'll feel in just a few short weeks.

See and feel your life change for the better. Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

As you begin to see motion returning to your joints, you're preventing and reducing chances of disability and a crippling future.

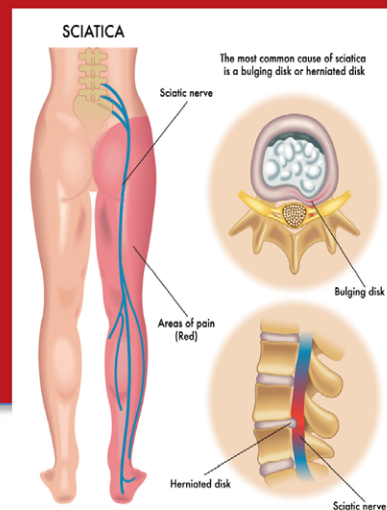
The Single Most Important Solution To Your Sciatica and Back Pain

It's time for you to find out if chiropractic will be your sciatic and back pain solution.

For 14 days only, €45 will get you all the services we normally charge new patients €120 for!

What does this offer include? Everything we normally do in our new patient evaluation.

- 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 and physical examination.
- A thorough analysis of your exam and any findings so we can start mapping out your plan to being pain free.
- We will provide answers to your questions, like...

...which position, mattress, and pillow you should use for a good night's rest.

...how to exercise the right way so you aren't making your pain worse.

Don't Let Your Sciatica Get Worse

Untreated, sciatica can lead to a loss of muscle strength and muscle size that may be irreversible. Eventually, there can be problems with gait.

Sciatica can be **successfully treated**. You can recover. Healthy, pain-free living should be yours.

Call today and we can get started with your consultation and exam as soon as there's an opening in the schedule.

Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, Glanmire. (Over the bridge by Monkey Maze in Glanmire next to AIB)

To avail of this offer just tell the receptionist you'd like to come in for the Back Pain And Sciatica Evaluation.

We look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

Sincerely,
Dr. Eric Kelly, D.C.

P.S. You've got too many dreams left undone. Too many special moments waiting to be experienced. Life is too short to let pain slow you down.

Don't live another day like this. Call and schedule for your evaluation. 021-4824450.

Website: www.wellspringchiropractic.ie

As I am writing this article and looking out the window at the rain, my eye is drawn to the trees around the garden. Trees are often under rated as to the impact, and structure they add to any garden.

Some trees have beautiful autumn colour like the Japanese Maple which come in many sizes and shapes. You can have them in pots, or as a large tree depending on the size of your garden. However they do require some shelter from harsh winds.



Other trees are grown for their shape, like evergreen conical Conifers, which if planted around the garden can give a regal feel to the surrounding area.

Some other trees offer a more tactile appeal like Birch trees. Other varieties of Birch trees have very flaky bark, which almost invites you to peel it off. Which I did when I was younger (and still do). Another Birch tree which has nice bark, is the Siberian Birch. This has a white bark which really stands out in the winter time.



Birch trees are best planted in groups of at least three or more, depending on the space you have available. They should not be planted too close to the house, as they could cause a lot of shading and the leaves could block the gutters. But my favourite trees to plant and grow are Apples. Not only for their fruit, which was prolific this year, but the blossom in spring time is a welcome sight.

Apple trees, depending on the rootstock size can be trained to almost any size or shape that you desire. They can be grown in pots or soil, so there should be one to suit most gardens. For best advice talk to the people in the local garden centres.

Another job I like to do this time of year is to fill up some pots with winter colour plants, and put them near the front door or outside the window where we can see them. This can help to brighten even the duller days.



I mainly go for coloured foliage plants. There is a large range of these plants available in most good garden centres. I like to use Silver coloured leaf plants, especially if I have a dark coloured pot. This helps to show off the plant better.

I also put in some miniature daffodil bulbs to add to Spring colour as well as some Violas. I prefer Violas over winter Pansies as they have smaller flowers, but more of them. They can also withstand the winter better than Pansies.

The foliage plants that you use in the pots can last for years. The only thing is to keep them trimmed in Spring, to encourage more foliage, and to pot them on into a slightly bigger pot every year.

When they get too big for the pots you can then put them into the garden and they should grow away quite happily. November is the month to start planning your winter pruning program.

This will include plants like Roses, Apples, Pears, currants etc. The best way I find of doing this is to walk around the garden, and look at the structure of the plants, and then decide which branches or stems to remove or reduce to benefit your plants.

Some people often ask why should you prune? The easiest answer to that is for our convenience. People like to look into a rose flower and not look up to it. It is easier to pick fruit while standing on the ground rather than on a ladder.

Pruning helps to reduce the weight in branches and stems that a plant has to carry, and should in turn increase the life expectancy of the plants.

Jobs for November

1. Remove any remaining leaves from the lawn and pathways.
2. Wash algae from paths and steps.
3. Finish planting any bulbs.
4. Pot up winter colour plants.
5. Discard any remaining summer bedding plants into the compost bin.
6. Wash and store any patio furniture for next year.
7. Order any bare root plants you need from the garden centres.
8. Enjoy the garden.

Chris Troy

Stars of Glanmire



Ciarán Bermingham
Educator, Theatre Practitioner

Ciarán Bermingham is an educator, and theatre practitioner. He is a graduate of UCC and MTU Cork School of Music where he is a lecturer, an award-winning actor, director, and writer. He has appeared in international film and television productions including HBO's Game of Thrones, Christy, and The Young Offenders. On stage, he has performed widely across Ireland and internationally, including sold-out performances of Conal Creedon's one-man show 'The Cure'. He is also Artistic Director of Hiya Fella Productions and has directed and written for both theatre and film.

What's your favourite film of all time?
I have two: Star Wars and Jaws.

What's always in your bag/pocket?
Biros, a notebook and either a script or a whatever book I'm reading.

Early bird or night owl?
Night Owl definitely.

If you could swap lives with anyone for a day, who would it be?
No one, happy out in my own head.

What's your passion?
Outside my family and friends...books, plays reading and then talking with people about them.

Who's your dream dinner guest?
Stephen King, would talk the legs off him, grew up on his books.

What book changed your perspective?
The Lord of the Rings, read it when I was young (17) and didn't get it - went back when I was in my twenties and loved it, showed me even in good there can be bad.

First concert you ever went to?
The New Seekers at the Savoy in Cork around 1978/79 the parents brought us...first proper concert on my own with friends Depeche Mode Dublin 1985/86.

What's a phrase or mantra you live by?
'Practice doesn't make perfect, perfect practice makes perfect' is a quote by Vince Lombardi

Dream holiday destination?
I've always wanted to see Tokyo, hopefully I will someday.

Best advice you've ever received?
Got it from a director I worked with, I was having difficulty with a scene I couldn't connect with - 'Concentrate on the moment you're in, otherwise the next moment will come and pass you by'...it worked for the scene, and I've adopted it to life

What life advice would you give someone?
I'm slow to give advice to be honest, but if pushed, I would say 'life is for the living so live it, every moment of it.'

What's the best thing about Glanmire?
Not the roadworks, yes it will be brilliant when it's finished but man it's been a journey. One of my favourite things is driving in or out of Glanmire passing Vienna Woods and when the tide is in, seeing the water, it's calming. The best thing is the people, we're here 20 years (still blow - ins I know) but over the years I've met and made friends with people from all over who now call Glanmire home, and it's the people that make Glanmire what it is.

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FESTIVE STYLING INSPIRATION by Lynda Di Blasi

IMAGE CONSULTANT/ STYLIST/ COLOUR ANALYSIS/ PERSONAL SHOPPER

lyndadiblas@yahoo.com www.lyndadiblasie.ie



Are you looking to add an autumnal feel to your outfits without having to introduce heavy bulky layers just yet Burgundy returns to the shops this year bringing depth, richness and versatility. From coats, to footwear to handbags offering a great alternative to the usual black for this time of year. A burgundy coat paired over a cream blouse, grey tailored trousers, burgundy footwear and handbag creates a look that will take you to any occasion over the season ahead.

I myself like to add bold gold jewellery, statement earrings, necklace or a gold scarf over my burgundy coat to soften this quite dark shade. Pink and burgundy are a smooth combination in a scarf as it lightens this rather dark shade against our faces. A rich coloured burgundy blouse under a warm toned camel coat and trousers is a very chic look.



Looking for a modern and fresh look, replace your usual black trousers with a tailored wide leg burgundy shade.

Faux fur



As the festive season approaches, our diaries start filling with Christmas gatherings, let's bring a touch of sparkle to these darker months. The question I hear from my clients is –

"How do I look stylish and put-together without spending a lot of money?" The good news? Two timeless winter heroes can instantly elevate your look: **faux fur** and **sparkly fabrics**. These may already be in your wardrobe, adding on trend metallic or pearl accessories will instantly add new life to existing pieces.

There's something wonderfully luxurious about faux fur – it has that quiet glamour that makes even the simplest outfit feel special. Whether it's a plush stole, a short jacket, or an attachable soft collar, **faux fur** adds both **warmth** and **sophistication**.

Your metallic dress is the star – let it shine. Pair with minimal

jewellery: classic petite diamante studs, a simple pendant, or elegant drop earrings.

Choose **one focal metal** – if your dress is **gold**, stick to gold-toned accessories for cohesion;

The same for **silver**. Mixing metals can dilute the glamour impact.

The wrong shoes can tip metallic dresses into "too much".

Gold dress: nude, tan, or metallic gold sandals or courts keep the look chic. **Silver dress:** soft grey, pewter, or black shoes work best.

How I Can Help You

If you're short on time, dislike shopping, do you have seasonal events, social gatherings coming in the next few weeks. I'm here to help you. From Wardrobe Edits, private style consultations for the figure you have now, personal shopping sessions tailored to your preferences and budget.

Get in touch today consultations available in my private studio locally or in a private consultation room in the Hubmire located in the center of Glanmire.

The secret of great style is to feel good in what you wear!

Contact me on: 086 -2599539

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Lynda Di Blasi

Weaver's Square, Bleach Yard Hill, Mill Pond, and Sand Quay are names that reflect Glanmire's industrial past, alongside another name: Still Hill, later referred to as Brewery Hill because of the nearby brewery. One of the earliest mentions of this enterprise is found in the Cork Advertiser dated Thursday, 29 November 1827, which advertised old whiskey available at John Lyons & Co., Riverstown Distillery. Established in the 1820s, this business employed sixty people and produced 180,000 gallons of whiskey. Coal for the operation was transported by barge from Cork to Sand Quay in Glanmire Village when the Glashaboy River was at high tide.

THE CONSTITUTION; OR, CORK ADVERTISER.

Sales.
RIVERSTOWN DISTILLERY,
OLD WHISKEY.
JOHN LYONS & CO. having re-purchased some of their Whiskey from the King's Warehouse since May, 1826, can supply the public with an early application, with proof of its very superior Article. Their present make will be found remarkably fine.
Cork, Nov. 29.
Grains & Wash for Sale at very Reduced Prices.

Figure 1: Cork Advertiser, 29 November 1827.

In Ireland and worldwide, the history of alcoholic beverages spans many centuries. Patrick McGovern, a biomolecular archaeologist at the University of Pennsylvania Museum of Archaeology and Anthropology, offers an interesting view on this history. He argues that beer predates bread, suggesting that early humans cultivated grains mainly for alcohol production due to its simpler processing and greater nutritional benefits. Fast forward a few millennia, and earlier generations believed that whiskey could help prevent influenza, while beer was regarded as a staple food for much of the nineteenth century.

Before the First Industrial Revolution (1750-1850), the trade of alcohol faced challenges from production limitations and transportation difficulties. However, technological advancements opened new markets for commercial producers, leading to increased alcohol consumption and related social issues. During this period, drunkenness became increasingly prevalent in Ireland, prompting a Quaker named William Martin to establish the Cork Total Abstinence Society in 1835 to address the problem. Later, around 1838, Father Theobald Mathew became involved, much to the dismay of local distillers and brewers, including Denny Lane, who had connections to Glanmire. Denny Lane was born in 1818 to Maurice

and Ellen Née Madden. Following his father's death, he inherited property in Glanmire, including the distillery in the Glyntown/Riverstown area. The Cork Examiner featured one of the first references to Lane on 20 May 1846, where an observer praised his character. At that time, Ireland was experiencing turmoil due to the Great Famine, and Lane's philanthropic efforts, such as distributing wheat and barley to his dependents and supplementing employee wages, brought comfort to the locality. However, despite (or maybe because of) his generosity, Lane appears to have lacked business acumen and left Riverstown impoverished in the late 1850s.

THREE PRIZE MEDALS.
ANALYSES OF
SAMPLES OF STOUT
TAKEN FROM THE STORES OF
SIR JOHN ARNOTT & CO.,
BREWERS, LIMITED.
CORK AND RIVERSTOWN,
This Stout possesses a very high percentage of Alcohol, containing as it does over twelve-and-a-half per cent. of Proof Spirit.
It also contains a large amount of Malt Extract, and being quite free from any impurity, I am of opinion that it is one of the best STOUTS in the Market.
B. A. BURRELL, F.I.C., F.C.S.,
Public Analyst for Cork.
JOHN MURPHY, AGENT,
SKIBBEREEN.
78711894K.

Figure 2: Southern Star, 29 December 1894.

By the 1880s, ownership of the brewery shifted to Sir John Arnott. Lane redirected his efforts to the Silversprings Starch Works. A Scottish-born entrepreneur and three-time Cork Lord Mayor, Sir John Arnott employed a Public Analyst to assess the quality of his products. An

advertisement in the Southern Star on 29 December 1894 highlighted that Arnott's stout was measured at over 12½ % proof. Sir John Arnott passed away in 1898, with an estate valued at £600,000. In 1901, the Murphy Family, owners of the Lady's Well Brewery, acquired both St. Finbarr's Brewery in Cork and Riverstown Ale Brewery and Maltings. While they closed and dismantled the latter two, they continued to operate the malt houses. Notably, a relative of John O'Callaghan, a founding member of the Riverstown Community Association, managed the establishment, as verified by Guy's Street Directory, 1914.

The site later deteriorated but was recorded by the Archaeological Survey of Ireland, which documented archaeological sites from 1984 to 1992. The entry for the distillery indicates its location on the southern bank of the Glashaboy River and describes the early/mid-19th-century complex marked as 'Distillery' on the 1842 OS 6-inch map, of which only two buildings remain. It details the rectangular gable-ended structure, locally known as 'the maltings', alongside various architectural features. The complex was labelled 'Brewery' on the 1902 OS 6-inch map, signifying its change in function. The site was engulfed in flames in August 2016. As a result of the fire, these buildings were lost, but thanks to Google Maps, we do have images of the past heritage at Still Hill. A new change is anticipated as the site is being put on the market this year, with photos available on Coholan Downing's website. The hope is that any new development will honour the legacy of the former brewery, distillery, and maltings in Riverstown.



Figure 3: Mill building in 2011.

November at Glanmire Library

Junior Book Club

to sign up, either:

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

The next meeting is
Tuesday,
November 25th
3pm-4pm



Adult Autumn Book Bingo

Join our Autumn Reading
Challenge to be in with a chance
to win! Pick up your Bingo card
at the staff desk or display
stand & get started.

Adult Fiction Book of the Month

Richly evocative of a Provençal summer,
Steeds' masterly 1920s-set novel
focuses on an enigmatic painter, the
young journalist set on penning a piece
on him and the artist's niece who
harbours an unexpected secret.



**Waterstones
Debut Fiction
Prize Winner**

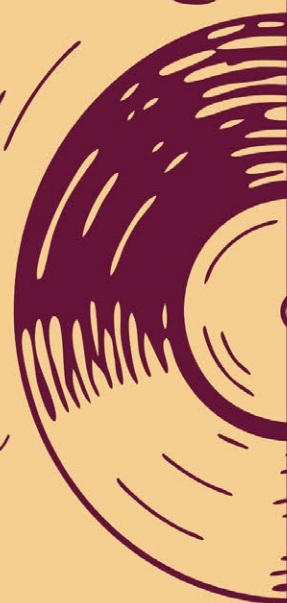
**Longlisted for
the Women's
Prize for
Fiction 2025**



Music Morning

listen to a
selection
of songs
carefully
curated
by

Jim Ahern



November 20th at 11 am

UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

AGM

ANNUAL GENERAL MEETING

The Upper Glanmire Community Association A.G.M. will take place on Tuesday November 18th at 8pm.

Membership open for 2026.

All paid up members for 2025 are eligible to vote at the A.G.M.

The Glen Theatre Drama Group, Banteer, will present "Bad Holidays" by Hank O'Regan and "Two Deck Chairs" by Mike Guerin in Upper Glanmire Community Centre at the end of November (date to be confirmed)

We are fundraising for
Marymount
University Hospital & Hospice

EVENT: Fun Table Quiz
IN AID OF MARYMOUNT

WHERE: BOOTHOUSE BAR

DATE: FRIDAY NOVEMBER 7th 2025

TIME: 8pm.

CONTACT: Brian @ 0879421649.

OTHER INFO: Table of 4 : €50.

Living every moment, made **Marymount**

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BINGO

EVERY THURSDAY

8PM - 10PM

UPPER GLANMIRE COMMUNITY HALL

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LIGHT REFRESHMENTS SERVED



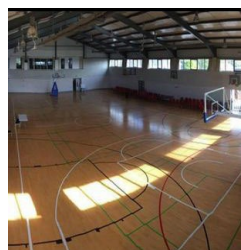
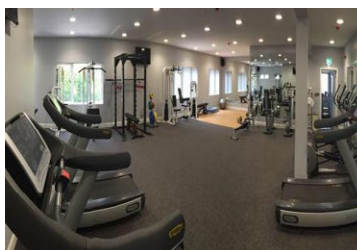
BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940



Meet the Team Two Decades of Dedication



Every community is shaped by the people who see not just what is, but what could be. For over twenty years, Finbarr Harty has been quietly helping to transform our public areas through his tireless work with the Tidy Towns and other local environmental initiatives.

What began as a litter clean up back in 2004 has become a sustained community effort – encompassing planting, seating and signage throughout Riverstown and Glanmire.

Over the years, Finbarr along with a trusty band of dedicated volunteers, has spearheaded countless initiatives that have left a visible mark on the Riverstown-Glanmire area. From the creation of local heritage features to the planting of summer bedding and outdoor seating, each project has contributed to a cleaner, more vibrant, and more attractive environment for residents and visitors alike. The results are there for all to see – in the colourful flower displays in Riverstown village, in John O'Callaghan Park, along the Hazelwood Road and the attractive and eye-catching planting around Riverstown Cross. He is especially proud of the 'Meeting of the Waters' signage along the riverbank but he's conscious there's there is a lot of work still ongoing in the upper section of John O'Callaghan Park.

Finbarr also wants to see more seating in public areas. 'It breaks the journey,' he says, 'especially for older people, and gives local residents a place to sit and chat when the weather is mild.' Finbarr also added, 'It's lovely to see families



enjoying green space and playground facilities in John O'Callaghan Park.' He says that anything that adds beauty to an area is a worthwhile pursuit and quotes the poet, John Keats, saying "a thing of beauty is a joy forever."

It is no surprise that the Glanmire area has recently been awarded - Commended, Highly Commended and Healthy Village certification at the Muintir na Tire award ceremony at the Kingsley Hotel. But you get the impression that the real 'award' for Finbarr is to see the pleasure people get from an eye-catching floral display or a well-placed bench where residents can rest and enjoy the greenery around them.



One little girl came up to him in the playground recently while he was painting and said, 'Are you the man who looks after our park?' That made him smile and it's what keeps him going – making a little difference and seeing people take pride in small improvements to our public spaces. He also commended the local authorities, Cork County Council – and now Cork City Council - for providing grant aid for different projects and to all in the local engineers' department for all their support and assistance.

When I asked him about future projects, Finbarr wasn't short of ideas. 'I'd love to include a sculpture at Riverstown Cross,' he says, and he has exciting plans for a Butterfly Garden next year, reminding us too that new volunteers are always welcome. 'Spring to Autumn is our busy time,' he says. So please contact gacacork@gmail.com if you want to volunteer in keeping the greater Glanmire area sustainable and a cleaner, more connected and more beautiful place to live in.



As if the environment work wasn't enough, Finbarr is also involved in the Community Games for the last eight years, as committee member, Munster Delegate and National Volunteer, taking over from Michael Burns who had a long, sterling service running the games. Finbarr now oversees entries in a wide variety of categories including drama, art, athletics and swimming. Again, volunteers are always welcome, he tells me so contact gacacork@gmail.com if you'd like to get involved and make a difference in your community.

After talking to Finbarr, I was left with the impression that example is the best teacher. And that when people invest time and care into their community, it sends an often invisible but powerful message – that community matters. Every painted wall, every planted flower, every clean road tells a story of pride, cooperation, and belonging. Finbarr and all the volunteers with him remind us that pride in our community is not just a pleasant ideal, but a worthwhile and deeply rewarding pursuit – one that strengthens community bonds and ensures that our necklace of villages – making up the Greater Glanmire Area – continues to thrive for generations to come.



Curtains Up on The Glanmire Players

We are delighted to announce the launch of The Glanmire Players - a new Glanmire Community Drama Group - the arrival of which, locals say, is long overdue. The response to the call-out on the community newsletter and social channels over the summer was tremendous and over twenty people registered their interest in getting this new drama initiative off the ground.

The group spans a wide spectrum of age, ability and experience. And it's clear that what everyone has in common is a love of theatre, storytelling and performance - and great enthusiasm at the prospect of bringing the magic of theatre to the people of Glanmire.

"We're thrilled to be introducing this group to Glanmire," said Eleanor O'Kelly-Lynch from the Glanmire Area Community Association. "It's not just about putting on plays - it's about building friendships and bringing stories and performances into the heart of the community - into cafes, pubs, schools, and open-air spaces - as well as in a traditional theatre setting. People are starving for live, local performances and bringing theatre out into familiar settings in the local community can breathe new life into stories, nurture connection and attract a wider more diverse audience."

Over the next few months, the group will work with acclaimed stage, TV and film actor and local man, Ciaran Bermingham who will guide and coach the group with a view to building trust and preparing to stage a debut Glanmire Players production over the coming months.

For their first outing, the group visited the Glen Theatre - home to the wonderful Glen Theatre Group - in Banteer for their One Act Drama Festival. The Glanmire Players want to thank the Community Association and the local Gardai for the use of the Community Bus on the night - a superb amenity for all volunteer and community groups.

Like any new community arts venture, The Glanmire Players are seeking support and sponsorship and are planning some fundraising events themselves. Eleanor said, "We know there is tremendous goodwill in Glanmire. Already, Vienna Woods Hotel have been very supportive and Michael Magner, proprietor has offered us the magnificent ballroom in the hotel to stage our first performance. If anyone or any business is interested in sponsoring us or lending support,



please give us a call on 087-2773737 or email gacacork@gmail.com. We will be grateful for any help you can give." Since the group is currently oversubscribed, we're not taking any new members at present.

Community Associations Seminar



Eric Downey and Sandal Jaranebi at the recent Community Associations seminar organised by Cork City Council

Cork City Council held a Community Associations Seminar in the City Hall on September 23rd last, following on from a self-assessment survey of community associations conducted earlier this year. Glanmire Area Community Association was represented at the event by Eric Downey, Sandal Jananebi and Eleanor O'Kelly-Lynch.

Lord Mayor Fergal Dennehy opened the event and said that the day was about shining a spotlight on the work of community associations and how the City Council can help meet the needs of those associations. 'Together we are stronger,' he added.

The afternoon was very informative with talks about best practice, succession planning, good governance and a wealth of details on the various grants and schemes available like the Climate Action funding with grants already allocated to a variety of projects like the Community Garden in Blackpool, a green space in the Nano Nagle Centre and a LED lighting project for St Vincents.

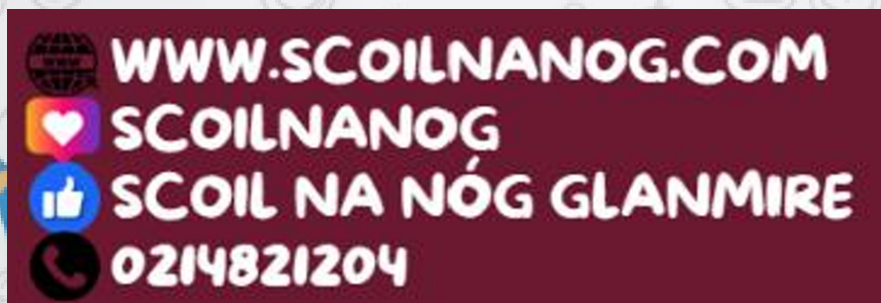
What the seminar highlighted for us all was the value of community associations sharing information and working together as we all share similar issues, goals and experiences.



Parents' Evening
Wed 5th November
7pm

and

Pupil Open Day,
Sat 15th November
10am to 12pm





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Glanmire Macra News



Stock Judging: Kevin Smiddy and others at the recent Seandún Beef Stock Judging round.

Glanmire Macra has been busy this month, with plenty of events and competitions going on.

There was plenty of Macra competitions in October. This kicked off with the Seandún round of stock judging, where Kevin Smiddy represented Glanmire Macra brilliantly, but unfortunately missed out on getting through to the final. But we wish the best of luck to Kate from Ballinhassig Macra in the Under 23 stock judging and Aisling from Ballinhassig Macra too in the Senior stock judging final.

The Seandún regional round of the Know your Ag quiz was also in October,

where people's knowledge was tested on everything from cows to tractors. Unfortunately, Glanmire Macra won't be heading to the finals this year, but we would like to wish the best of luck to Kinsale Macra who swept the quiz taking first and second place and progressing onto the finals. The regional round of individual and team Public speaking was also in October. With Waterfall Macra doing very well with Adam Hurley taking first place and Mary McCarthy taking second place who are both from Waterfall Macra and the Waterfall Macra team taking first place in the team competition.

But it was more than just competitions in October. Several of our members headed to Portlaoise for the Macra National Officer Training event. This was a brilliant opportunity for our clubs' officers to improve their knowledge at the training sessions and network with other clubs around the country.

The training sessions were followed with a dinner and music till late. But the highlight of the evening was the awarding of the Munster, Leinster and North West Volunteers of the year and the National Leadership Winners. We were delighted to see our good friend Mary O'Neill from Waterfall Macra recognised for her years of hard work, being awarded Munster Volunteer of the year!

There was also plenty of smaller events in October. With some of our members heading to Planet Bowling recently, and having a great evening of chat and bowling. This was a great opportunity to brush up on our skills ahead of the regional bowling finals. Some members also headed



Bowling Night: Glanmire Macra at our recent trip to Planet Bowling

off to meet up with Waterfall Macra to practice their cúpla focail at a Caifi Agus Caint event at the Marina Market. We are now looking forward to the highlight of the Macra year the National Rally, which will be held in Rosscarbery. This is always a brilliant weekend, and I will bring a full report of it in next month's article.

We have plenty more fun events planned over the next few months too, and our weekly sports night continues every Wednesday from 7.30-9pm.

If your interested in coming along to any of these, keep an eye on our social medias for the latest updates, and feel free to reach out to us on social media or by contacting us at glanmire@macra.ie. We would love to hear from you!



Glanmire and Sarsfields Healthy Clubs



Healthy Clubs GOLD Award

Our Healthy Clubs team was delighted to be recognised by the national healthy clubs team in Croke Park for achieving GOLD award standard for health & wellness activities and information sharing to our clubs and our Glanmire community. On the 14th of Oct. in Mallow GAA complex, over 100 healthy clubs teams in Munster collected foundation, silver & gold awards for their great achievements. Dee Cregan and Niamh O'Mahony accepted the Glanmire and Sarsfields Healthy Clubs award; one of 24 clubs in Munster to achieve GOLD status.

THANK YOU
to our clubs &
to GCC & MoG
for your help
in driving us
on to this Gold
Award status.



THANK YOU
to our great
community
for attending
our events &
following
our wellness
info on FB



We have enjoyed arranging events for all to attend since we created our Healthy Clubs team in Jan. of 2021, supported by the Glanmire Mens' & Ladies Football and Sarsfields Hurling & Camogie clubs. We look forward to introducing new events in 2026 and some of the old favourites too!! 😊



*Health is at the heart
of every club*



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

Sarsfield Camogie Club Notes

We held our U7 & U8 Street Leagues final recently with plenty pomp & ceremony, not to mention the fabulous camogie skills on display. Thank you to the coaches for organising this super event and to all the local businesses & parents that donated to the cause – it was all very much appreciated.

Reaching out for anyone interested in playing Social Camogie – new players always welcome. No previous camogie experience required – only criteria is to be over 25 and not playing camogie competitively! Great way to make friends, have fun and keep fit! Please contact Gillian at 086 6022333.



Street League Team 7



Street League Team 8



U1 Black



U8 Street League Final



Street League Team 1



Street League Team 2



Street League Team 3



Street League Team 4



Street League Team 5



Street League Team 6



U16 B2 Winners



U12 Blue



Sarsfields Camogie Club

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LGFA &
Camogie

November
2025

U12 Camogie League Champions

U12 Camogie

Massive congratulations to the U12 Camogie team who defeated Kilworth in the League Final! Superb effort by all the girls and a great way to finish the season. Well done to all involved!

Minor Football

Best of luck to the Minor Footballers who are into the latter stages of the Championship in the coming weeks, with a game at home to Glanworth to kick them off!



Minor Camogie

Best of luck to the Minor camogie team who are also into the next rounds of championship in the coming weeks!



East Cork Football

Well done to Tess, Caoimhe and Laura who played with the East Cork U15s recently against Mid Cork!



Seasons End

The U5/6s had their last training session of the season recently, along with the U9/10s, who marked the end of the season with a team bonding trip to West Cork Secret! Thanks to all the coaches and parents for their work throughout the year



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White's Cross GAA News

Playing Matters

Unfortunately all of our adult teams have finished up for the season. Our Junior A football team were the final team to bow out when they played Nemo Rangers in the semi-final of their championship.

We made a great start to the game which may have lulled us into a false sense of security as we seemed to lose our way after that. The concession of what seemed a harsh penalty coming up to half time was a big set back, though we only trailed by two at half-time. Two further goals from Nemo seemed to end the contest as they opened up a ten point lead with as many minutes to go. Then White's Cross kicked into gear and scored two goals and point to reduce the gap to three. Two further goal-bound shots hit the bar and another effort at goal went narrowly over. We had chances to actually win the game but we could not take them. In the end it was Nemo that went onto win on a 3-14 to 2-13 scoreline.

There are a lot of positives to be taken from the campaign. Our performances against Douglas and Michaels were as good as we have played in many years and there is a core group of very talented players. The team is, by and large, a young side that is continuing to develop and will improve. If the team can stick together, success will come to them in time.

With the season over, we would like to thank our coaches John Desmond (hurling) and Murt Kelleher (football) for the time and effort that they have put into the team over the last year. Kevn Buckley was the assistant coach to both teams which is a big commitment on his part. Pat Reid, Dominic Cahill (hurling) and Paudie Curtain (football) were the selectors

while Sean Coughlan managed the B football team. Thanks to the three lads as well as those involved in arranging matches, first-aid, promotion of matches and other tasks. Credit to the players for the effort that they put in. There is no reward in terms of a trophy at the end of the year but hopefully they can all come back again next year and try and put that right.

Underage Activity

We had a Super Sunday on the 28th of September when our underage boys' teams won four matches and collected three trophies. Our minor footballers played against Kilmurry in their final group game and a late rally saw them win by two points. Incidentally, that victory set the team up for a league playoff against the same opposition a few weeks later. After another close match, they lost by the narrowest of margins on a 1-12 to 1-11 scoreline.

The second team in action that day was the under 12 footballers. They played a shield final against St. Nicks in Ovens. Despite the concession of an early goal, they put in a dominant performance. At half time they lead 2-09 to that solitary opening goal. They had two more goals after the break to win comfortably. Two weeks later, the same team added a hurling shield when they defeated Erin's Own.

Back to the 28th of September and the final two teams in action were the under 13 football teams. Both sides played football finals one after the other in Trabeg; the home of Nemo Rangers. First up was the under 13 A side that played O'Donovan Rossa in the Premier 2 County final. It is great that we are competing at this level. It is even better that we are able to win it and go up and play Premier 1

Football next year. When the sides had met earlier in the championship, only point separated the sides. On this occasion, however, Colmcille's were completely dominant against the Skibbereen lads and won convincingly on a 5-11 to 2-06 final score.

Last, but certainly not least, was the under 13 B football team. They too had a very successful campaign. They had won all their games bar one leading to the final; that reversal came against Nemo Rangers who were, as it happens, their opponents in the final. They also had home advantage. This was to be Colmcille's day though and despite a very close encounter all the way through, it was Colmcille's that got the key scores when it mattered most and they ran out 4-11 to 3-08 winners!

AGM

White's Cross GAA will hold it's annual general meeting on Monday November 17th in Upper Glanmire National School. It will commence at 20:00 sharp. The meeting usually takes between 60 and 90 minutes. Every adult member should make a concerted effort to attend on the evening. It is often heard people referring to 'the club' or 'the club should do...'. It should be noted that the 'the club' cannot do anything. People or volunteers are the ones that 'do' things.

The greater the number of people/volunteers, the greater the resources we have and can generate. The AGM outlines what has been achieved in the previous year based on the resources available to us. If you have ideas for how we can develop further or are wondering why certain things were not done, then this is the forum. Hope to see you there!

Writer's Corner

From Imagination to Inspiration

with Eleanor O'Kelly-Lynch

This month, I caught up with Steffi Fennelly, mother of two, occupational therapist, avid reader and now – children's author. Here she tells us how her new book came about, and the process involved in transforming her ideas into a published work – *The World is in Our Hands*.

Steffi, congratulations on your beautiful children's book, just published this month. Can you tell me a little about what the book is about and what prompted you to write this book?

Thank you! David Attenborough narrates a series called *Our Planet* on Netflix, a documentary on the impact climate change has on walrus. I honestly cried for days after I watched it. I've been writing since primary school, it's my escape and I really wanted to get something published sooner rather than later. I felt writing for young children would create a consciousness in them from a young age around the importance of protecting our planet. 'The World is in Our Hands' follows five friends on an Arctic adventure where they meet a family of walrus and learn about climate change. It's written, illustrated, published and printed in Ireland!

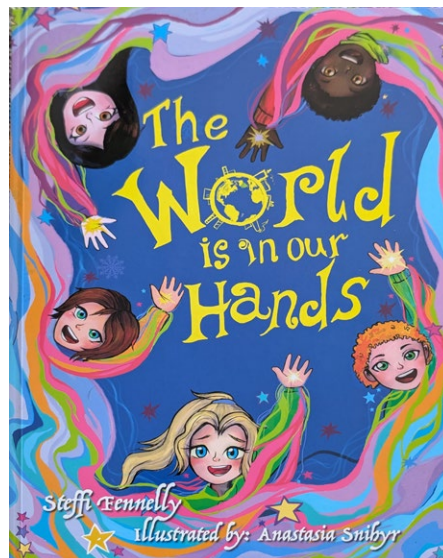


Sounds great. Tell me about the process you had to go through?

It didn't come easy – that's the first thing to say. If you want to publish something, be mentally prepared for the time it will take. It took me a year to establish that self-publishing was the way to go. I luckily got to speak with someone who had self-published and they helped confirm that it was the best fit for me! It was hard to find the time and energy



as I worked full-time as an occupational therapist in an acute hospital, but I was really motivated and made the time. Once my first baby was 16 weeks old, I contacted Ronan from Murray & McCarthy Publishing (Clonakilty) to get the ball rolling, and he kindly took me under his wing. My book was written in a word document, and he helped to transform it into what it is today. He challenged me throughout the process. We spent 18 months having weekly calls – we both cried and laughed along the way, but it was all worth it in the end. I absolutely love my book.



Was it hard to find an illustrator?

It was really hard. Luckily, Ronan had worked with another author, Mary Moran and she had a brilliant illustrator, Anastasia who agreed to take on my project. She was incredible in how she was able to take exactly what I had written and transform it into the most stunning hand-painted illustrations with

her own little twist too i.e. William the walrus having a top hat!

What was the hardest thing about writing the book?

I think my skill set is writing and not the finer details. That's where Ronan would jump in and point out valid observations. I really wanted to put pins in my eyes some days. I guess I just wanted the finished product but the whole process has taught me patience.

How does it feel to be a published author?

It's still very surreal. People keep congratulating me and I just tell them anyone can do it – but I realise that I don't know many people who have published work and yes, it is a big deal.

What advice would you give others who want to be a children's author?

I think you have to ask yourself 'why?'. If the why is to make a quick buck, then maybe you'll get lucky, but you must be devoted to it and be willing to give up your free time. For me, I wanted to devote countless hours to it because I believed in what I was doing. You have to be 'all in' to get through when things aren't going your way.

It's an ideal Christmas gift. Where can we buy the book?

Thanks, I like to think so too! It's fun, educational and has a magic element which we all need at times when there is so much negativity in the world. I want it to bring hope to children that they can do something. You can buy it online at www.steffifennelly.com RRP €11.99 and postage is €2.95 anywhere in Ireland for as many books as you fancy!

Happy Writing
Eleanor

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 www.eleanorokellylynch.ie www.buythebook.ie Amazon and local bookstores.

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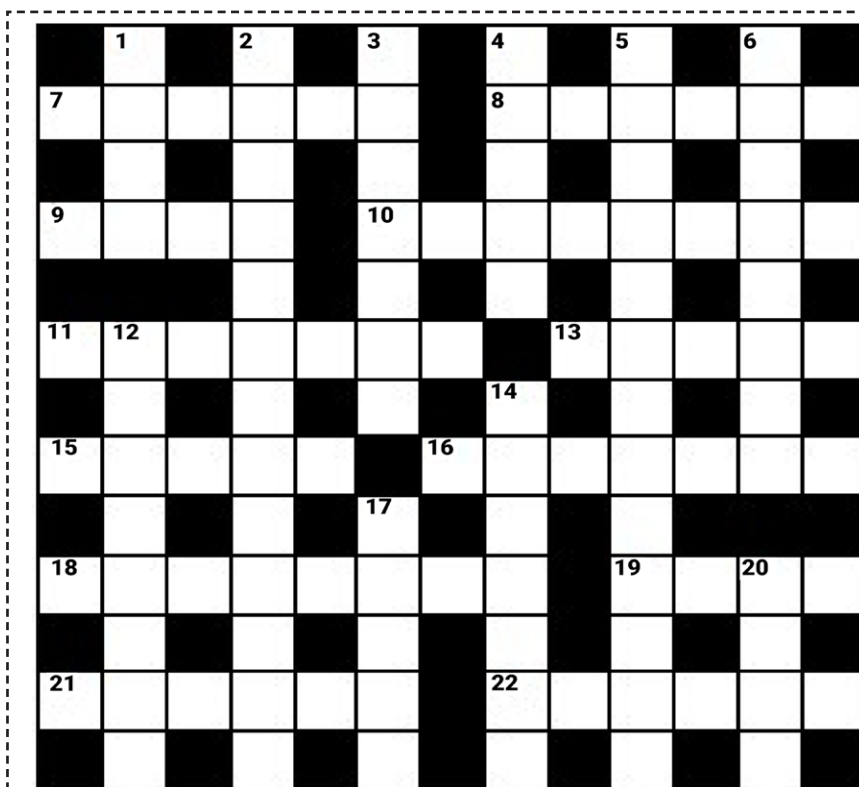
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Crossword Puzzle



Across

7. Hold in custody (6)
8. Fool or idiot (6)
9. Not working or active (4)
10. Senior military officers (3,5)
11. Author's pseudonym (3,4)
13. Brilliant social success (5)
15. Rubbish tips (5)
16. Wraps inward (7)
18. Moisture in the air (8)
19. Starchy pudding ingredient (4)
21. Thin decorative wood layer (6)
22. Father's sister, informally (6)

Down

1. Heavy metallic element (4)
2. Hot red spice (7,6)
3. Study of body structure (7)
4. Range or extent (5)
5. Black and white pedestrian crossing (5,8)
6. Emergency medical treatment (5,3)
12. Having received schooling (8)
14. Out of the ordinary (7)
17. Cheerful and festive (5)
20. Firm hold (4)

Crossword sponsored by **BOOTHOUSE**



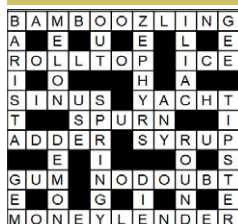
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112 Ros Ard, Upper Glanmire, Cork T23 YF22, to arrive by **18th November**, address and eircode is required. The prize is **€50 cash** which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work,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

October Crossword Winner: Lucia Cooley, Glanmire.



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