



# Glanmire Area News

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## SONATINAS CHOIR 10TH ANNIVERSARY

The Sonatinas Choir hosted & Celebrated their 10 Year anniversary concert in the City Hall on November 8th.

An Anniversary Fundraising Gala Concert – an evening of music, friendship, and community spirit shared with their friends The City of Cork Male Voice Choir, The Hill Harmonics, The Showstoppers & Chorus Kids under their musical director & conductor Rachel O'Brien of Sonatina Music Academy.

(..continued on page 2)



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**Merry Christmas**



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## SONATINAS CHOIR

(..continued from page 1)

From a message on the Mums of Glanmire page looking to join a choir, Rachel formed the The Sonatinas in 2016 and since has grown into a vibrant 68-member female choir based mainly from Glanmire & Glounthauine areas. Known for their dynamic energy and heartfelt performances, their diverse repertoire spans classical, sacred, folk, and contemporary music. Beyond their music. The Sonatinas represent a true sisterhood – a place of friendship, encouragement, and shared purpose.

Joining them on stage were three choirs The City of Cork Male Voice Choir, one of Cork's most distinguished vocal ensembles, celebrated for their rich sound and choral tradition. The Hill Harmonics,

from Watergrasshill, a mixed choir, bringing fresh harmonies and blended tones, while The Showstoppers add sparkle and theatrical energy with their musical theatre magic. Accompanying these choirs on the night was 28 wonderful musicians.

Together, these four choirs

unite in song – celebrating a decade of harmony, melody making, community, and the power of music to make a difference. This special concert not only honours The Sonatinas' journey but also supports a cause close to their hearts, ensuring that every note sung on the

evening helped fundraise for Marymount Hospice supporting the remarkable work they do for individuals and their families.

The Sonatinas have an upcoming concert on Spike Island on December 7th. Tickets can be purchased on spikeislandcork.ie

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## COLM BURKE TD

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If I can be of assistance to you or your family please do not hesitate to contact me



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## NOVEMBER MEETING

Grandon's Car Sales were our hosts for November's members meeting where we heard about their exciting new expansion plans and all about their Kinto Leasing options for their Toyota range of cars/vans



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# Are Headaches Controlling Your Life?

*If You're Female, Over 25 And Suffer With Migraines  
These Are The Facts You Must Know*

Living with headaches is tough.

Day after day of being miserable, irritable, and looking a lot older than you really are. The frustration of knowing that your friends and family don't understand what you're going through.

Add this to doctors' visits, MRI's and CT scans -- which only come back with "normal" results.

And that's not all... trying one medication after another, feeling like you're on a merry-go-round of drugs. All this is enough to make anyone want to scream!

## If You Do Nothing Else, Read This:

- 1) Approximately 725 million women are affected by migraines worldwide.
- 2) Most headaches are caused by damaged structures around the neck like joints, ligaments, muscles, and cervical discs, all of which have complex nerve endings.
- 3) Certain natural treatments have great success with headaches – even better than massage and medications – and with no side effects.

Why not get rid of those debilitating headaches today? Read the full facts on this page!

My name is Dr. Eric Kelly, and I've been helping patients with neck tension, headaches and migraines live pain free for years now.

Every week I hear how women suffer from severe headaches – statements like...

"I feel like my head is in a vice."  
"My eyes hurt and I feel so drowsy."

*"I have to lay down."*

*"I've had migraines since childhood."*

*"Muscle tension in the neck and pain into the shoulders."*

They tell me they're sick and tired of jumping from one headache medication to the next. Here's what I hear...

*"I am tired of being looked at as someone who is only out there to get medicine. I only want RELIEF. I don't know why that is so hard for people to understand. I don't want to be treated badly anymore. I want to get help, and I want to get rid of the headaches."*

Imagine being able to live life like a normal person again, pain free and without headaches -- being able to play with your kids, enjoy time with friends, and not have to worry that your headache will hit you at just the wrong time.

I'm running a special 14-day offer for those suffering with headaches. Until December 14th, €45 will get you all the services I normally charge new patients €120 for!

Why would I practically give away my services? Because patients tell me too often...

## "I Only Wished I Had Found You Sooner"

This happens so often, I decided to do something about it and run this ad. Just call before December 14th and here's what you'll get...

- An in-depth consultation about your headaches where I will listen...really listen...to the details of your unique situation.
- A complete neuromuscular and skeletal examination of the head and neck so we can find the problem.
- A thorough analysis of your exam and any imaging you can supply where we will map out how you can get rid of your headaches once and for all.

## Could This Drugless Treatment Be Your Headache Solution Too?

Chiropractic patients report fewer headaches with chiropractic adjustments.

Patients also say that spinal manipulations result in almost immediate improvement for headaches, and there are significantly fewer side effects and longer-lasting relief of headaches than any prescribed medication.

Our patients agree, there are significant benefits with spinal adjustments for headache pain.

## Recurring Headaches Are Not Normal

No question... if you are having headaches then something is wrong. Pain is your body's way of telling you something is wrong. Finding the problem and fixing it has got to be top priority! Call today... Phone 021-4824450

Look, you have very little to risk and a lot to gain. Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule.

Call anytime Monday through Thursday. Tell the receptionist you'd like to come in for the Special Headache Evaluation before December 14th.

Our office is called Glanmire Chiropractic Clinic, and you can find us at Eastcliffe House, Glanmire. T45PY95.

*Sincerely, Dr. Eric Kelly, D.C.*

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

How many years can your body handle taking one pill after another?

That's no way to live, not when there could be an easy solution to your problem. Many of the pain medications available are quite addicting and can have drastic side effects. Call today. I may be able to help you live a normal, pain-free life again.

**Call 021-4824450.**

December is one of the months I look forward to. For me it is the start of winter where everything in the garden has calmed down. The Autumn leaves have been tidied up. The annual plants have been composted and the perennial plants have stopped growing, and hopefully the weeds have also stopped growing.

It is a time to reflect on the highs and lows of your gardening year. It is a good time to remember the type of weather we had and are having. Between hosepipe bans in the summer, and flooding in November, the plants have a lot to deal with.

As gardeners we see the damage these weather related issues can cause, and we can take some steps to help alleviate these in our own gardens.

**Flooding:** Try to use gravel paths and driveways instead of concrete and tarmacadam.

Use water butts to store as much rainwater as you can. Rain water can be used to wash cars and pathways as well as watering the garden.

Try not to compact the soil and avoid walking on it too much during winter.

**Drought:** Water in the evenings.

Use mulch on flower beds.

Use plants that can tolerate some dry conditions.

The biggest job for the winter for me is winter pruning. This covers most fruit trees and bushes except Cherries and Plums, which we do later in the year.

The idea of pruning is to allow the tree or bush to carry as much fruit/flowers as possible, and not to become overcrowded with stems and branches.

By pruning regularly, you can increase the air flow around and through the plant. This will help with pollination and reduce pests and diseases.

Regular pruning will also extend the life of your fruit bushes and trees. Some regularly pruned Apple trees can reach 80 plus years.

This is also the best time for pruning Rose bushes. I normally prune out the centre of the Rose bush, and reduce the overall height by at least two thirds, and prune to an outward facing bud. What I am normally left with is a Rose bush with 4 or 5 strong shoots, growing outwardly and the centre free of all branches. This allows good airflow throughout the plant.

With Apple and Rose cuttings/prunings I try to remove them from site. This helps to control and reduce pest and diseases attacks.

If you have any exposed soil, after you empty the flower beds or veg beds, then cover it with a mulch or even plastic sheeting at a pinch.



If you leave the soil exposed then the nutrients could be leached out over the winter due to the rain.

Try not to clear all debris from the garden. A lot of insects and animals take refuge in piles of leaves and piles of branches.

Animals like the hedgehog roll up in leaves and hibernate for the winter.



For any flower pots that remain outside I would normally raise them up off the ground with small stones. This helps to allow the rain water to drain away from the pot. Raising the pots up will also help to deter any slugs from overwintering under the pots.

### Jobs for December

1. Keep paths clean of leaves.
2. Start your winter pruning programme.
3. Plant all bare root plants as soon as you get them.
4. Check for frost damage on clay and porcelain pots.
5. Check compost heaps for any unwanted pests.
6. Start planning next years crops and flowers.
7. Enjoy the winter garden.

Happy Christmas and a peaceful and green New Year.

Chris Troy

# Stars of Glanmire 2025



**Molly Lynch**  
Sports Star



**Stephanie Rainey**  
Irish singer-songwriter



**Sarah Cummins**  
International Make-up Artist



**Chris Walley**  
Actor



**Louise  
Hegarty**  
Author



**Ciarán Bermingham**  
Educator, Theatre Practitioner



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**Cllr. Joe  
KAVANAGH**



*"Wishing you and your family a very  
Happy Christmas and a Peaceful,  
Prosperous and Healthy New Year!"*

086 2307507 [joe\\_kavanagh@corkcity.ie](mailto:joe_kavanagh@corkcity.ie)  
[@Joekavanaghcork](mailto:joekavanagh.397)

**FINE GAEL**

# FESTIVE STYLING INSPIRATION by Lynda Di Blasi

IMAGE CONSULTANT/ STYLIST/ COLOUR ANALYSIS/ PERSONAL SHOPPER  
lyndadibiasi@yahoo.com www.lyndadibiasi.ie



“I don’t usually dress up and I feel anxious about what to wear for the work Christmas party. I want to look glamorous, but I don’t want to feel overdone or uncomfortable. What can I wear that feels festive but still like myself?” Great question – and one so many women (and men!) ask.

The key to festive dressing is **adding a little sparkle, polish, or texture** to what you already feel comfortable in. Let’s remove any festive style panic.

## The Subtle Sparkle Top

If full sequins feel “too much,” try a **sequined or metallic top** paired with a sleek satin skirt. You experience the festive glam without going out of your comfort zone.

## Outfit Inspiration:

- Black tailored wide leg trousers
- A soft metallic wrap or velvet pashmina
- Adding a velvet blazer over a metallic top.

## Leather (or Faux Leather)

### Trousers

An easy stylish option for women of any age who love two-piece outfits and want to feel comfortable but modern.

Choose a soft leather or coated finish with a slight stretch for comfort. If you still love your skinny style go for it. Finishing your look with a kitten/ stiletto heel will always look chic.

### STYLING TIP:

- A relaxed silk blouse
- A fine-knit jumper in silver/gold or a jewel tone
- Off the shoulder pieces are always very glamorous.
- A delicate pendant or drop earrings

## Elevate Your Outfit with Smart Accessory Swaps

Switch a casual daytime outfit into a effortless glamorous nighttime outfit:

- **Statement jewellery** (draw the eye up)
- **Change your shoes** – a block heel or elegant flat instantly feels dressy.
- Swap your daytime bag for a **small handbag or clutch**.
- Add an evening lipstick – berry, red, or soft rose, depending on your palette.

**Male style inspiration: Let's not forget! men** also want to look good at Christmas events without feeling too formal.

Here are simple upgrades:

- Dark jeans or chinos
- A fine merino half zip jumper
- A crisp shirt layered underneath

- Opting for a subtle print

- Sports Jacket

- Leather belt

- Smart dark leather trainers

- Wool jacket

**Gift Ideas:** for busy professionals, newly retired, busy mums rediscovering themselves. A meaningful gift for someone who's ready to step into the new year feeling polished, empowered, and self-assured. Email Lyndadibiasi@yahoo.com

### **Gift vouchers are now available** for:

- Colour Analysis
- Wardrobe Edit & Declutter
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- Style Consultation

✉ 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!**

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**Lynda Di Blasi Personal Stylist**



**lynda.dibiasi.image...**  
Lynda Di Blasi

## 'My mill memories flow back'

On Friday 16 October 1998, an image of Templemichael Mills from 1945 was published in the Evening Echo along with a request for information regarding the history of the site. A response came two weeks later from Denis Murphy, a former employee at the enterprise. Templemichael Mills, situated ten kilometres north of Cork city, was originally owned by John Gibbings, who also owned the Munster Iron Company on North Main Street. The earliest reference to the mills can be found in an advertisement in the Cork Examiner dated December 9, 1859, which offered various iron products, including cart axles, ship's knees 'and scrap iron work of every description'. Further records indicate that Gibbings leased just over five acres of land in Templemichael for an annual rent of £30.



**DOWN Memory lane...**

THIS picturesque shot of Templemichael Mills was taken in 1945. Does it bring back memories of the mill as a working business? Write and let us know about the history of the mill and the area. The reference number of the picture is 460c.

Figure 1: Templemichael Mills, 1945.

The mill eventually fell into disrepair, and when Matt Porteous acquired the site, he undertook significant renovations to restore it. According to the Cork Examiner on March 8, 1933, Porteous 'worked wonders ... he has repaired the dwelling house and mill, one portion of which is already working, and in a very short time, he hopes to have completed the restoration, and to have the entire mills in full swing.'

The use to which they will be put is that which was originally intended for them – the manufacture of spades and shovels, and, in addition, gates, railings, tools and all manner of general ironwork.' Porteous, recognising that the Glashaboy was key to his success, built a dam to conserve water supply overnight when the river was low.

Initially business was slow, but

improvements in design led to increased sales, particularly from the production of forks sold under the well-known brand Darby. Porteous then expanded into cutlery manufacture which flourished after diesel engines were installed to provide additional power.

World War II posed challenges in securing raw materials but the dismantling of railway lines nationwide resolved this issue. During the night shift the rails were forged into bars which were then suitable for day production, however, yet more problems were to beset the mills in 1941. The Irish Press, 14 November 1941, noted that the factory 'was destroyed by fire' despite the best efforts of the Cork Fire Brigade who 'though unable to save the building, prevented the fire spreading to a large forge, water wheel and store containing crude oil.' Matt Porteous acted quickly to reassure the public that 'despite the damage by fire at the premises of Messrs. Porteous, shovel makers, Templemichael, Co. Cork, the company is able to meet all orders.' (Irish Press, 17 November 1941)

Matthew Samuel Porteous passed away unexpectedly at the age of 42 due to a cerebral haemorrhage. Nevertheless, operations at the mill continued under Dwyer & Co. Ltd. as Templemichael Mills Ltd. The site was expanded in 1963, with the foundation stone laid by Corkman Jack Lynch, then Minister for Industry and Commerce, and who was destined to become the new Taoiseach in 1966, the same year it was announced that the True Temper Corporation of America were coming to Cork.

According to the Southern Star 'Templemichael Mills already enjoys a considerable market, but the marketing resources of the True Temper Corporation opens up a new field.' Of course, this expansion meant further employment for the men and women of Glanmire. These marketing resources were evident when the company regularly attended tradeshow both at home (Cork Summer Show) and abroad.



Figure 2: Workers of Templemichael Mills, c. 1965.

Eventually, True Temper moved to a ten-acre site in Ballinloe, although the old mill premises remained active; the Cork Examiner edition of 28 July 1970, announced that 'a new plastics factory has gone into production in the former Templemichael Mills at Whites Cross, Cork.' Manufacture at True Temper was in full swing until 1978 when business was abruptly curtailed when a fire raged through the site, apparently an electrical fault causing the blaze.

A certain little girl remembers being brought down the road to see the inferno and also recollects the numerous firemen coming into the family kitchen for a hearty breakfast to keep their energy up (the kitchen required repainting subsequently, such was the amount of soot on the walls). In the aftermath, the office staff moved location to the Sunbeam but before long returned to Ballinloe when the buildings were once again functional. The refurbished blue hued factory of True Temper has been a feature of Whites Cross over the past fifty years and hopefully will continue in the future.



Figure 3: True Temper Tradeshow (1970s).

Many thanks to Glanmire Heritage Society for their collaboration on the history of the mills in Glanmire and if you have any further information or indeed the people in any of the images, please email [irishfamilydetective@gmail.com](mailto:irishfamilydetective@gmail.com)

# December at Glanmire Library



## Christmas Colouring Competition

Calling all artists ages 1-11! Pick up a sheet for your age group at the front desk and return it by December 30<sup>th</sup> to be in the running for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prizes!

## Music Morning Christmas Special



Thursday  
18<sup>th</sup> of  
December  
at 11 am

## Santa is Visiting Glanmire Library!



Join  
us as  
Santa Claus  
stops by and  
reads his  
favorite story!

## Family Game Time



Join us Saturday  
December 20<sup>th</sup> at 11 am  
for family games hour!



## December Books of the Month



Copies at  
the Staff  
Desk



Present  
The Glen Theatre Drama Group's Productions

## Bad Holidays

By Hank O'Regan

and

## Two Deck Chairs

By Mike Guerin

Also featuring the renowned Storyteller and Comedian

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*A night of comedy and fun!*

**Friday 12<sup>th</sup> December 2025 at 8pm**

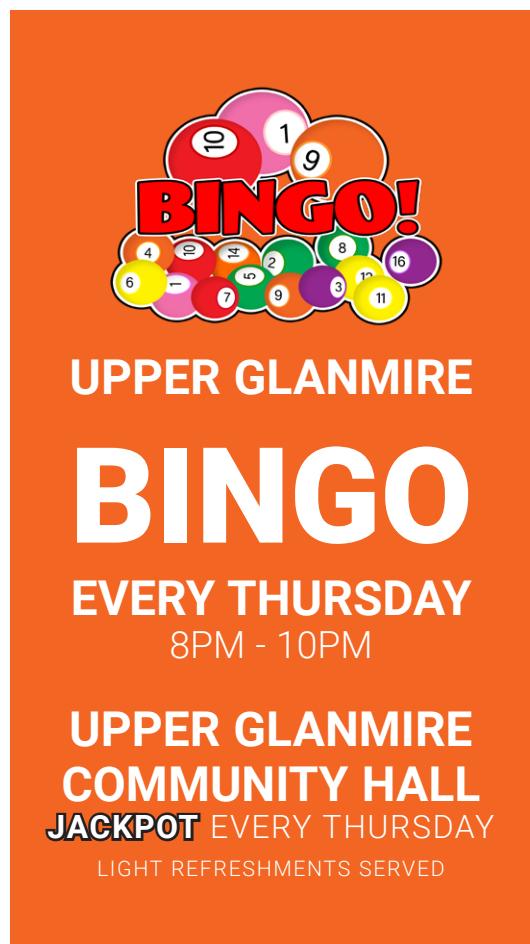
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**Monthly: €28**



**Contact Dermot Cambridge 087 0981940**



## Chairman's Address

As 2025 draws to a close, I'd like to take this opportunity to share the many achievements the Glanmire Area Community Association has realised this past year. Over the last twelve months, our association has worked hard – supported by volunteers, partners, and residents – to deliver projects that have genuinely improved daily life in our community. Among the highlights:

## A New Community Bus Service

One of our proudest achievements has been the launch of the new 17-seater Community Bus this summer. This service has already become an essential resource, providing accessible transport for seniors, groups and community outings and activities. I'd like to thank the Gardai Siochana who provide the qualified drivers needed and for all their support.

## A Flourishing New Theatre Group

This September saw the birth of our very own community theatre group – The Glanmire Players – offering a creative outlet and a vibrant addition to our cultural life. From workshops and rehearsals to small performances, the group hopes to bring people together – young and old – to learn new skills, share stories, and bring theatre to the local community. We look forward to seeing their first full production next year.

## New Social Media Channels

To better inform and engage residents, we launched new social media channels where we now share updates, event announcements, historical features, and community stories. These platforms have significantly improved communication and helped us reach more people than ever before. A shout out to Ger



Moloney who has been instrumental in getting this project off the ground. A new website has also been approved and should be live in early 2026 (@[glanmireareacommunityassociation](http://glanmireareacommunityassociation)/Glanmire Area Community Association)

## Environmental Projects

Our environmental team has had a particularly busy year. Volunteers have been involved in litter picks, new plantings in Hazelwood Road, Riverstown Cross and the new 'Meeting of the Waters' signage in John O'Callaghan Park. We have recently been awarded - Commended, Highly Commended and Healthy Village certification at the Muintir na Tire award ceremony. Thanks to all these efforts, our shared spaces are cleaner, greener, and more inviting.

## Seniors

Our senior groups meet regularly in our Community Centre and organise day trips, educational talks, and social activities. These efforts have helped reduce loneliness, encourage friendships, and ensure that older members of our community feel supported and valued. Thanks to all those stalwarts who keep turning up year on year, making such a difference to their community.

## Heritage Night Highlight

Our heritage night during Heritage Week in August was a memorable occasion and one of the most popular events of the year. The evening, in the beautiful surroundings of Riverstown House celebrated storytelling, traditional music, song and poetry – a wonderful reminder of the talent in our community, of who we are and the traditions that shape us.

## A Growing Youth Project

Our youth project continues to thrive, offering young people a safe and supportive environment to learn, socialise, and explore new interests. With mentoring, sports sessions, creative workshops, and leadership opportunities, this project has also become a musical anchor for the next generation with the project's legendary

'House of Rock' where new young bands have been constantly forming over the last twenty years.

## A Centre for Classes, Groups, and Community Life

Our Community Centre continues to be a central hub where classes, groups, and activities can come together under one roof – from fitness and dancing classes, a pre-school, bowles, drumming and sewing workshops to meetings, clubs, and youth sessions. The Community Employment Scheme also operates from the Community Centre, giving jobseekers a chance to gain valuable experience working in the community.

We know the building is completely inadequate to meet the needs of our growing community and we hope in the year ahead to begin to realise our vision: to imagine, plan, build and create a brand-new state-of-the-art Community Hub which will meet the needs of this thriving Glanmire community.

## Our Sports Pitches

Our three community sports pitches, excellently maintained, are a source of pride and this amenity is constantly in use by our local schools, soccer, football, camogie and hurling clubs. Next year, we plan to bring the community together for a Family Fun Day to officially open the pitches.

All these achievements would not have been possible without the passion and hard work of our volunteers, committee members, and partners. To every person who gave their time, energy, or financial support – thank you.

## Looking Forward: A Call for Help and New Members

As we look to the future, our most significant priority is bringing our vision of a new Community Hub to life. This facility will not only house the services and groups we already run but also allow us to expand, innovate, and introduce new opportunities for learning, culture, wellbeing, and connection.



But to make this vision a reality, we need more members, volunteers, new voices. Every project described above was built on goodwill and collaboration. For the proposed new community centre, whether you can help with planning, engineering, architectural expertise or project management, we need you! Please email [gacacork@gmail.com](mailto:gacacork@gmail.com) with New Community Hub in the subject line.

Indeed, we are always looking for new members/volunteers – so if you have a couple of hours to spare - and have an interest in representing your area, or in fundraising, administration, gardening, event organisation, or simply offering a friendly face at community gatherings, your involvement will make a real difference. Email [gacacork@gmail.com](mailto:gacacork@gmail.com) with Volunteer in the subject line.

If you have ever thought about joining us, now is the moment. With – hopefully – most of the disruptive flood scheme and road works completed, we can look forward to a more attractive, accessible and picturesque Glanmire at last. The more voices we have, the stronger, more vibrant, and more sustainable our community becomes.

Thank you once again for your support, your generosity, and your belief in what we can achieve together. I look forward to another year of progress, partnership, and pride in what Glanmire is, and in what it can become.

**Warm regards and a Happy Christmas to all**  
**Kevin Tobin**  
*Chairman, Glanmire Area Community Association*



### Meet the Team

Working with young people is rarely just a job – it's a commitment to shaping futures, recognising and nurturing skills and strengths, and helping young people discover the best version of themselves. For Angela Ginnell, youth worker with Foróige Glanmire Youth Project, the role is deeply rewarding. 'I enjoy my job, these



*Angela Ginnell, Megan O'Brien and Emma Ryan (Glanmire youth project) in Hong Kong June 2025 for the intercultural exchange programme funded by EIL.*

young people inspire me and I am constantly in awe of their talents, their energy and all they are capable of.' Foróige's purpose and philosophy is about 'enabling young people to become consciously and actively involved in their own development and the development of their community.' The project is funded through the CETB and operates as a UBU project, and more information can be had at [www.foroige.ie](http://www.foroige.ie).

For Angela, at the heart of her work lies a vibrant mix of activities designed to support young people's growth and broaden their horizons. She, together with fellow youth workers Brian O'Toole and Amy Stokes, and a team of volunteers, oversee environmental projects, after-school groups, personal development and leadership training, trips to colleges and further education, and a whole host of social activities workshops and community work programmes for up to 140 young people.

The Youth Project, catering for 10–24-year-olds, works closely with primary and secondary schools and helps members discover their strengths and learn how to take responsibility, communicate

effectively, and contribute positively to their communities. Recently, a group completed a Level 6 Leadership for Life Programme and graduated in NUIG. Another group has won the rowing Ocean to City Race – through working with Meitheal Mara Team, a rowing programme involved in building and racing their own currachs. Yet another group travelled to Hong Kong on an intercultural exchange programme working with local young people, delivering presentations and workshops. Talk about building confidence and opening doors to the wider global community!

Through an initiative called Generation Glas, recent environmental projects looked at water conservation in a town in Nigeria and the benefits of beekeeping. And there is also further-education supports, sports activities, summer programmes, all helping to promote teamwork, resilience, and physical wellbeing.

And making music is at the heart of the project. Angela says, 'Dave O'Connell looks after the music and can play a huge variety of instruments. He is an amazing and inspirational teacher.' Members have been able to record tracks in the Blackwater Recording Studios and the 'House of Rock' ensures new bands are always forming, continuing the legacy. 'What keeps you going?' I asked Angela. She thought for a moment. 'Teenage years can be difficult,' she says, 'And what keeps me going is the notion that I might be able to make a difference.'

From what I've seen and heard about the Youth Project, it appears to me to be a cradle for nurturing talent, encouraging self-belief and resilience and recognising the wealth of skills and strengths inherent in every young person. And that self-belief can be transformational.

For Angela, Brian, Amy and all the wonderful volunteers, theirs is a legacy of opportunity, growth, and hope—one young person at a time. Well done to all.

# Glanmire Macra News

Glanmire Macra has been busy this month, with the annual Macra Rally and plenty of other events going on too.

A few weeks ago, some of our members headed down to Rosscarbery for the highlight of the Macra year the annual Rally! This was a brilliant weekend full of events, with Friday kicking off with the Know Your Ag quiz, with congratulations going to Ballyhoura Macra on winning this. Which was followed up by music from Danny O'Leary till late.

Saturday kicked off early with the option of a farm tour to a dairy farm, a beef farm, or a tour of the Carbery Factory. Several of our members headed to the Carbery Factory tour and were given a very interesting trip around the factory



The Avondhu Macra Workshop with Bernard Casey

seeing the cheese making process, but possible the highlight of the tour was a cheese and pizza tasting where we got to test out all the different cheeses and mozzarella Carbery has to offer.

This was followed by the National conference, which was opened by Billy Kelleher MEP. With the first panel discussion covering Opportunities in Agriculture discussing some interesting topics on land mobility and generational renewal. While the second panel discussion on Rural Diversification covered business opportunities on farms giving some useful tips on how to get started

and the supports that are out there. The evening was then topped off with the Club of the Year and Best New Members awards followed by music from Rhythm and Sticks.

Sunday was equally packed with events with options of heading to see some road bowling or a Pilates and Sauna session in the morning. We also got the chance to try the best food West Cork has to offer at a Tastes of West Cork event in the afternoon to the sound of some brilliant trad music from the trad session. The weekend was then rounded off with us putting on our finest dresses and suits for the Gala Banquet, for a brilliant evening of food and chats, ending with music by No Strings Attached till late.



Glanmire Macras Bowling Team at the recent Regional round

that was on the same night. These were both very enjoyable evenings for everyone with plenty of dancing.

Some of our members also got a chance to work on their acting skills, attending the Avondhu Macra Workshop with Bernard Casey. Everyone had a brilliant time, working on developing a short sketch at it and getting a chance to act it out at the end of the night. We look forward to applying the experience from the night to our comedy sketch in the National Talent Competition in Spring.

There were a few regional sports rounds this month too. With Glanmire Macra taking part in the regional round of bowling, the team had a great time and got plenty of strikes but unfortunately missed out on getting through to the final, with Knockraha ultimately taking top spot.

The regional round of basketball was also on this month, with Knockraha and Kinsale progressing to the National Basketball Finals, and we want to wish them the best of luck there! There were also celebrations in the Séandún region recently, with Padraig Fitzgerald from Knockraha coming second in the national finals of welding!

With the Christmas season now upon us we have more events planned in December too, including our Christmas party in Fionnbarra. Our weekly sports night continues every Wednesday from 7.30-9pm, and we might even have a Christmas themed one.

If you're interested in coming along to any of our events, 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](mailto:glanmire@macra.ie). We would love to hear from you!



Our Halloween themed spooky sports night

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your family a Merry  
Christmas and a  
Happy New Year!*

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## Glanmire and Sarsfields Healthy Clubs



### Healthy Clubs GOLD Award - Part 2

**We couldn't have achieved Gold award status without you!!**

No matter your age, fitness level or background, you joined our Glanmire Walkers and Talkers, attended nutrition talks, trained in our Couch 2-5K programme, got us to 2nd place in Munster during our Every Step Counts Challenge, walked under floodlights with us during our Ireland Lights Up events, helped us to fundraise for G.O.A.L. with the G.O.A.L. Mile, and many more activities. Most importantly, there are now >30 children in the Glanmire AllStars team having fun with other children with disabilities. As mentioned in last month's article, we look forward to introducing new events in 2026 and continuing the old favourites too!! 😊



### Gambling Awareness



Niall McNamee gave an excellent heart-felt talk to us in GCC on Nov 12<sup>th</sup>. It was shocking when he described how, in attempting to clear debt, he gambled the money from the loan he got, and ended up in an even worse position. If you are concerned for yourself or another in this regard, contact the national helpline for problem gambling on 1800 936 725, or you can find out more on one of many Irish websites, including on [Gamblingcare.ie](http://Gamblingcare.ie).

### G.O.A.L. Mile

Confirming that we will host our 3<sup>rd</sup> G.O.A.L. Mile on Saturday, the 27<sup>th</sup> of Dec. at 10.30am. The route for this fundraising walk will start from & return to the GCC carpark. We are delighted to join forces with Glanmire Athletics Clubs this year. We are reliably informed that the Glanmire athletes will be wearing Santa costumes. Everyone in our community is welcome!!



*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

Our Minor Premiers bowed out at semi-final stage recently by the narrowest of margins. This team have worked very hard training & playing in the worst of conditions. Great effort girls!

Our U16s got to the Munster 7-A-Side semi-final recently in Caherlohan, Co Clare.

Our U6s finished a great year recently with an internal blitz with a Halloween theme of Witches, Ghosts, Zombies & Goblins. Nothing separated the teams at the end with each girl battling hard and displaying the fundamental skills of camogie. Plenty fun too!!



Minor Premier



Minor Players



U6 Blitz



U16s Munster 7-a-side



U6 Blitz



U6 Blitz



U6 Blitz



U9s and Molly

# Sarsfields Camogie Club



## Erins Own LGFA & Camogie Club

December '25



### CORK SQUADS

WELL DONE TO GEMMA (ABOVE) ON MAKING THE MINOR CORK CAMOGIE SQUAD AND TO CAOILIN(BELOW) WHO MADE THE U17 CORK CAMOGIE SQUAD!



### Imokilly News

Well done to Eireann on making the 2012 Imokilly panel and to Caoimhe and Moya on making the 2011 Imokilly panel! Massive achievement for the girls!

#roghaeireannabú



White's Cross under 14 Girls Team - East Cork League Winners

## Playing Activity Matters/Underage

Our under 14 girls took pride of place in the last month when they had a victory over Rathpeacon in the East Cork League final. This was a great win for these girls having already won the county championship final a few months back. St. Colmcilles' underage teams experienced a busy and mixed period of championship activity, with the Under-15s competing at the sharp end of both hurling and football, while the Under-21s faced a tough quarter-final hurdle.

The Under-15 footballers showed significant promise during their campaign. They delivered a commanding quarter-final performance against Na Piarsaigh, overcoming a slow start to secure a 2-09 to 1-04 victory. The second quarter proved decisive, highlighted by two "piledriver goals" and a resolute defensive display that saw them through. Following a walkover received from Ballinhassig in the semi-final, their journey concluded with a 1-03 to 3-09 defeat against Kilmurry in the subsequent semi-final round.

In parallel, the Under-15 hurlers had a high-scoring run. They

advanced from their quarter-final with an impressive 4-13 to 2-06 win over Clyda Rovers. Their season ended in a pulsating semi-final against Aghabullogue. Despite a brave battle and leading at half-time, they were narrowly defeated 1-15 to 3-11 in an absorbing, high-quality contest that went down to the final whistle. Cathal Geaney's sharpshooting and Michael Gubbins' defensive work were noted as standout performances in the narrow loss. A late goal flicked goal set up a tense finish, but Aghabullogue held on.

The club's Under-21 hurlers contested the East Cork B Championship quarter-final, where they faced a dominant Dungourney side. Despite Eddie Coughlan leading the scoring effort with eight points, St. Colmcilles suffered a comprehensive 0-12 to 2-25 loss, bringing their championship participation to a close.

## AGM 2026

The White's Cross GAA Annual General Meeting took place on Monday 17th of November 2025. The meeting was well attended. Each of the officers presented a report to the meeting. The outgoing officers were all nominated to continue

in their roles for 2026. They are **Seán Coughlan** (Chairperson), **Cathal Quinlan** (secretary), **Martin Kelleher** (Treasurer) and **Paul O'Donovan** (Communications Officer). Full details of our club officers, including contact details, are available on the committee page of this website.

## Christmas Draw!

Our Christmas Draw tickets are now in circulation for our 2025 draw which will take place on 21st of December. This draw represents our main fundraiser for the day-to-day running of the club and we are appreciative, as always, of the support of those that purchase tickets and our draw sponsors. We believe that with 60 prizes, and with 40% of those being cash prizes of €50 or more, our draw represents exceptional value when compared to other draws of its kind. Club members currently have tickets. A book of 6 costs €10. There are 3 for €5 or 1 for €2.

With Christmas mentioned, we will sign off our club notes in 2025 by wishing all of our members, families, supporters and those in the wider community a very Merry Christmas. We look forward to seeing you all in 2026!

# Writer's Corner

## Open a Book - Open a World

with Eleanor O'Kelly-Lynch

With Christmas coming it's good to remember that, year after year, one timeless gift continues to stand apart: *the simple book*. Whether it's a beautifully illustrated children's story, a gripping novel, or an insightful biography or memoir, books make for meaningful, lasting Christmas presents – far more than items that will be forgotten or discarded by spring.

And what makes a book such a powerful gift is its deeply personal nature. To give a book is to share a world, an idea, or a feeling. It says *I thought of you when I came across this*. Books connect us across generations. They can comfort, challenge, inspire, and delight, make us laugh, make us cry – sometimes all at once. And unlike many presents that offer fleeting satisfaction, books are treasures that can be returned to again and again.

When I was a child, I adored opening my Christmas presents and finding a book: Hans Andersen's magical fairy tales, Enid Blyton's Famous Five stories, The Nancy Drew Mysteries. Books were like a time-tunnel, hurtling me into other worlds, other times, magical realms. While my body curled up on the sofa, in my head I was transported into the world of my imagination – what a gift!

That's the thing, isn't it? Reading offers gifts that go far beyond the Christmas holidays. Countless studies show that reading strengthens the mind, enriches empathy, and expands imagination. It sharpens our vocabulary, improves concentration, and nurtures creativity. For children, reading is one of the most powerful tools for cognitive development; for adults, it keeps the brain active and flexible. And for everyone, reading offers a precious escape—a way to travel through time,



explore distant worlds, or get inside someone's head, all without leaving the sofa.

And I think reading does more – it cultivates a habit of reflection and curiosity. In a fast-paced world filled with annoying digital noise, books encourage stillness. They ask us to pause, consider, and absorb. The quiet act of reading becomes a refuge, a grounding ritual that enriches our inner lives. That's why we need to encourage our children to read from the earliest age.

This Christmas, consider starting – or continuing – a tradition of giving books. They are affordable, thoughtful, and endlessly varied. A book can offer comfort during hard times, joy during quiet times, and company during winter nights. It can be passed on to friends or family, sparking conversations and connections. And some books stay with you, inspire you and some can even make sense of the world.

Here are a few ideas if you're thinking of gifting a book this Christmas.

**'The World is in Our Hands'** by Steffi Fennelly follows five friends on an Arctic adventure where they meet a family of walruses and learn about climate change. [www.steffifennelly.com](http://www.steffifennelly.com) €11.99 plus €2.95 postage anywhere in Ireland.

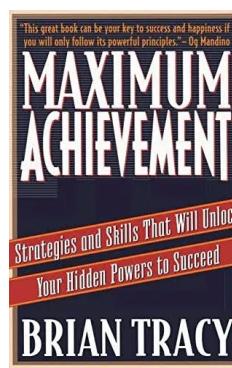
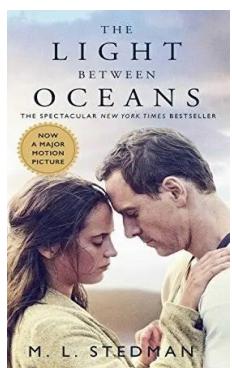
**'The Light Between Oceans'**, by M. L. Stedman. A childless couple find a baby lost at sea and adopt her. When her biological mother enters the scene, their happy family falls apart. Beautifully written and heartbreakingly.

**'Maximum Achievement'**, by Brian Tracy. A comprehensive guide to transforming your life from the inside out. It's the bible of self-development books and helps the reader to become more positive, persuasive and powerfully focused. I've gone back to it again and again for wisdom, practical advice and inspiration.

**'The Girl with Special Knees'**, and the sequel, **'The Girl with Stars in Her Eyes'**, are my own two books. They follow the fortunes of the Redmond family: a child who doesn't want to live, a mother in distress, a beautiful sister who feels invisible and a father who needs to keep on keeping on and avoid the fragrant Shirley Lovett at all costs. One day, on the child's eleventh birthday, an African soul-doll arrives in the post – and from there, the family's life is transformed. Available on [www.eleanorokellylynch.ie](http://www.eleanorokellylynch.ie), Amazon, Kindle and [Buythebook.ie](http://Buythebook.ie)

Happy Writing and a Very Happy Christmas to all,  
Eleanor

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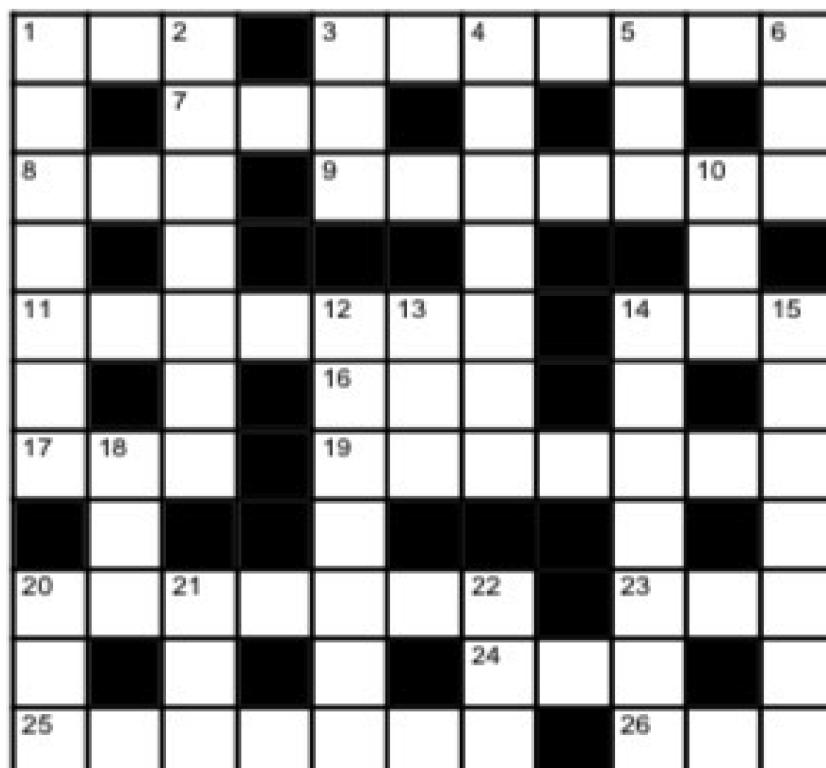


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## Crossword Puzzle



### Across

1. Cleaning tool with absorbent head on handle (3)
3. Drawn and exhausted in appearance (7)
7. Informal term for university (3)
8. Spirit flavoured with juniper berries (3)
9. Contraction phase of the heartbeat (7)
11. Daughter of Agamemnon in Greek mythology (7)
14. Cease to live (3)
16. Knock sharply (3)
17. Frequently, in poetic usage (3)
19. Study of unidentified flying objects (7)
20. Establishment that makes and sells its own beer (7)
23. Glide over snow on runners (3)
24. Spherical object (3)
25. Vessel for washing oneself (7)
26. Starchy tropical tuber (3)

### Down

1. Device generating electric current using magnets (7)
2. Having a sharp, strong smell (7)
3. Belonging to him (3)
4. Nazi secret police force (7)
5. In the past (3)
6. Female deer (3)
10. Hawaiian garland of flowers (3)
12. Brass instrument with valves (7)
13. Royal Air Force (3)
14. Visits informally (5,2)
15. Paradise in classical mythology (7)
18. At a great distance (3)
20. Cloth worn to protect clothing while eating (3)
21. Consume food (3)
22. Move up and down quickly (3)

Crossword sponsored by **BOOTHOUSE**

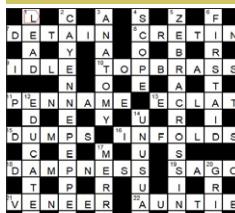


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November Crossword Winner: Sharon Buckley, Ballincrokg, White's Cross.



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