



Glanmire Area News

FREE

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AED PHONE BOXES IN GLANMIRE

Have you spotted these beautiful AED phone boxes in Glanmire?

One near the Grotto and 1 near the roundabout.

A massive thank you to Local Td Padraig O Sullivan & Cllr. Margaret McDonnell who were instrumental in getting us added to the fantastic Stryker initiative of installing these boxes in areas that need them. These AEDS will save a life !!!

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Glanmire Area News
please contact
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Robert Kenny

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086 8355330

St. Stephens Pitch and Putt Club

St. Stephens Hospital, Sarsfield Court, Glanmire, Cork T45 WP27

New Members Welcome.

Adult, Juvenile, OAP, Student & Family Memberships Available.

Open to Green Fees from 1st March 2026.

Club outings & societies welcome.

Club Open Week, 13th - 16th May 2026

Scratch Cup, 17th May 2026

Scan QR Code & follow us on Facebook for Club updates.



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

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

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

If You Do Nothing Else, Read This:

More than 20 million people suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy. Read the full facts on this page.

More Pills Are Not The Solution

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

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

The Likely Cause Of Your Problem

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

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

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

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

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

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

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

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

Could This Be Your Solution?

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

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

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

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

Until January 16th you can get everything I've listed here for only €45. The normal price for this type of evaluation is €130 so you're saving a considerable amount by taking me up on this offer.



Call 021-4824450

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

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

Sincerely,
Dr Eric Kelly, D.C.

P.S. Remember, you only have until January 16th to reserve an appointment at this significant discount. Why suffer for years in misery?

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

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

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

A new year. If you are anything like me then you are looking forward to the new gardening season. I have my vegetable and flower seeds ordered as well as my seed potatoes. All the seed trays are washed and dried ready for action. The organic compost is waiting to be used in the shed. So, all we need now is wait for the weather to improve.

Most of the seeds I buy are Organic, and do not need to be sown until late February or March, but I am always tempted to start earlier. If you start the seeds too early, you may have to keep them indoors for a longer period of time than if you sowed them later. This can lead to problems like having leggy seedlings and even the seedlings dying off due to mould issues.

The only seeds I start off in January are Chillie Peppers and Tomatoes. These plants need a long growing season.

Choosing which seeds you want to grow is very much a personal choice but what I would recommend is, to read the back of the seed packets as to the requirements of the seeds to germinate.

The instructions on the seed packets are guide lines and not rules.

The other tip I would give is to grow seeds and plants that thrive in the Irish climate. (however much it is changing).

As I am writing this it is raining again outside, so going out to the garden would not be top of my list of things to do. However, if you go out to the garden straight after the rain, then you will be able to see where the rain water lodges the longest, and how well it does or doesn't drain away.

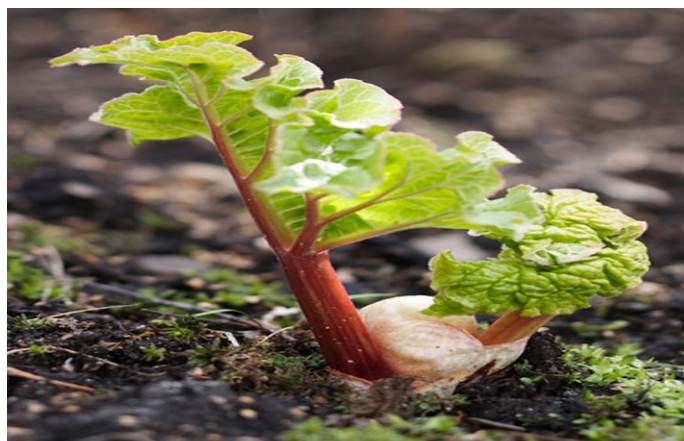
You can also see if any of the plants are sitting in water, and then take measures to alleviate the problem.

In the Herbaceous border most if not all of the plants have died down. I tend to clear away all the dead seed heads and clean the bed from all weeds. Then I put down a good layer of organic mulch. Not only will this help to protect the plants and their roots from excessive rain and frost, it will also provide food for the soil ecosystem as well as the plants.

If you had a real Christmas tree this year and you still have it hanging around, you can strip off the branches and use these to cover some of the soil.

These branches are especially useful if you have Rhubarb. Just cover the crowns with the branches and this will give some protection against the elements.

Another good use for the Christmas tree is to strip the needles and place them at the base of any acid loving plants like Blueberries or Camellias etc.



Always remember the roots of the plants always grow first before you see any leaves starting to develop.

There is still plenty of time to order and plant up any bare rooted plants that you may need.

From now on, the Camellias will be starting to flower and they are a welcome sight. To get the best from them, remove any older discoloured flowers as soon as you see them. This will make the new flowers look fresher and stand out better.



The best advice I can give for this time of year is to try and plan out your garden for the upcoming season.

Jobs for January

1. Order your seeds and seed potatoes.
2. Wash seed trays and buy fresh compost.
3. Continue pruning Roses, Apples etc.
4. Mulch beds if weather permits.
5. Check overwinter flower pots for pests or damage.
6. Service all garden machinery ready for the new season.
7. Keep paths clean to prevent algae growth.
8. Treat garden furniture with preservative.
9. Enjoy the garden. (even in winter)

Chris Troy



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6 - WEEK - NEW & EXPERIENCED
BEGINNERS LEVEL YOGA CLASS
WEDNESDAY JAN 7th
7 - 8 PM

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Glounthaune Indoor Bowls Club news

The 2025/26 season has commenced and all players are now back playing.
 We wish to welcome our new members and hope they enjoy the bowls

Practice nights are on Monday and Thursday 8-10pm and new members are welcome to come along and try out the indoor bowls which is a very sociable game. All you need are flat shoes, free tuition provided. The Clubs home venue in Erin's Own GAA Hall Glounthaune

Both league teams commenced their league campaign with mixed fortunes.
 The division 4 team lost both of their opening games against Grange Frankfield but were unfortunate to lose one game on the last shot. The Division 1 team won one game and lost one to Mitchelstown but failed to get a bonus point.

November will see the commencement of the Cork open cup competitions and the club has teams entered in the Singles, Pairs, Triples, Fours, over 55s and over 70s events. We are also entered in the Martha Tracey cup, Peg Tucker Plate,(we are current holders) and the Frances Cody competition.

The club recently held an open day for the active retirement and other groups. The day was very enjoyable and many enjoyed the bowls, chat and Refreshments, Another open day will be held in the coming weeks.



PROFESSIONAL STYLING INSPIRATION by Lynda Di Blasi

IMAGE CONSULTANT/ STYLIST/ COLOUR ANALYSIS/ PERSONAL SHOPPER

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www.lyndadiblasie.ie



"This is your opportunity for a fresh start a new year wardrobe reset"

January always feels like a fresh notebook — crisp pages, new intentions, and the perfect moment to shake off those style habits that no longer serve us. If your wardrobe is bursting but nothing feels quite right, or getting dressed has become a daily chore rather than a spark of confidence, you're not alone.

After the rush of December, many find themselves staring at rails of clothes that belong to old routines, old priorities, and an old version of themselves.

It's a natural moment to reassess your wardrobe, especially if you've been holding onto pieces "just in case," or feeling stuck in a rut after years of busy routines, career changes, or simply putting everyone else first.

A spring wardrobe detox isn't about getting rid of everything — it's about clearing space so you can see what you truly have and dress with ease again. Wondering where to start? I am here to help!

A Wardrobe Refresh Results In:

- **Clarity:** A tidy, streamlined wardrobe makes getting dressed quicker and less stressful, ideal for women with full schedules.

- **Confidence:** When every piece fits, flatters and aligns with your personality it instantly boosts self-esteem. Compliments your shape and your current lifestyle. That feeling of looking put-together, polished, effects our posture, we stand taller and walk with self-confidence. You will notice an immediate difference in your interactions with everyone you meet.

- **Rediscovery:** Many find beautiful pieces hiding at the back of the wardrobe — items that deserve a second life. A little fresh and professional inspiration can breathe new life into your favorite existing pieces.

- **Smart shopper:** A refresh highlights gaps, so you buy only what truly works for your shape, colouring and day-to-day life.

- **Positive energy boost:** Letting go of outdated or uncomfortable items can be surprisingly uplifting. We all want to feel modern and positive in our image.

- A wardrobe detox results in self-confidence, showing up in the best version of yourself, and reflects who you are now, not who you were five January's ago.

My style and wardrobe refresh service is a friendly, relaxed, non-judgmental private session in your own home.



My services include:

- ✦ Colour Analysis
- ✦ Wardrobe Edit Style & Declutter
- ✦ Personal Shopping
- ✦ Style Consultation

✉ Style & Colour 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**

Email:
lyndadiblas@yahoo.com

www.lyndadiblasie.com for various packages.

Instagram:
[Lynda.diblasie.image_consultant](https://www.instagram.com/lynda.diblasie.image_consultant)

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lynda.diblasie.image...
Lynda Di Blasi

Coole Woollen Mills lay about 500 metres, as the crow flies, to the south of Templemichael Iron Mills. Both facilities harnessed the flowing waters of the Glashaboy River to power their operations. The enterprise at Coole was established by William Craig in the early decades of the nineteenth century.

According to the records of the Irish Valuation Office, Craig, followed by his son James, successfully operated the mills until the mid-1800s. Subsequently, the enterprise was acquired by D. Lucey & Co. In 1870, the company won first prize for the best pair of blankets at the Royal Dublin Society Winter Show and was awarded a 'large silver medal.' By 1874, the mills changed ownership once more, as the partnership of D. Lucey & Co., of Barrack Street and Coole, was dissolved, leading to the 'sale of valuable woollen machinery' by Marsh & Son. The machinery for sale included a scribbler, power billeys, spindles, rollers, and a plucker!

At that time, the mills were housed in a three-storey building covering approximately 4,200 square feet and were powered by a turbine, a large water wheel, and two smaller wheels, which together provided the equivalent 'power of 50 horses to the machinery.' The setup included 850 spindles, six power looms, and eight hand looms, all operated by eighteen males and sixteen females. The annual output was approximately 2,000 pairs of blankets and 50,000 yards of flannel.



Figure 1: Advertisement, *Southern Reporter*, 7 July 1866.

James Mullins took over the mills and continued the work of his predecessor, earning a medal at the Dublin Exhibition in 1882. The Cork Constitution reported that the

blankets and flannels produced at Coole Woollen Mills were of high quality. The article also mentioned that forty workers were employed to operate twelve looms and 850 spindles. However, some years later, an unfortunate incident occurred at the mills. On 6 September 1894, Hannah Murphy, a young worker from Templemichael, accidentally injured her fingers in the cogwheels of one of the machines, resulting in severe damage.

The Cork Examiner reported on her condition on 12 September, stating that she was being treated at North Infirmary Hospital, where she was in a very precarious state. Tragically, twelve-year-old Hannah passed away due to lockjaw, also known as tetanus, a bacterial infection for which a vaccine was not developed until the 1920s. The Cork Examiner confirmed her death; she was the youngest daughter of Thomas, a blacksmith, and Mary née Barrett.

MURPHY—September 11, at the North Infirmary, Hannah, youngest and loving daughter of Thomas and Mary Murphy, Templemichael, aged 13 years. R.I.P. Funeral from North Infirmary on this day (Thursday) at 2.30 for Whitechurch.

Figure 2: *Cork Examiner*, 13 September 1894.

The death notice stated that Hannah was thirteen, but she was, in fact, twelve (born on 19 May 1882). This posed a problem for James Mullins, and he was summoned to appear before the Riverstown Petty Sessions on 29 November 1894. He faced three charges: unlawfully employing a child without obtaining a certificate of fitness from the certifying surgeon (as Hannah had been employed for more than 13 weeks); unlawfully employing a child under the age of thirteen years; and failing to report the accident.

The prosecutor was Sydney Shuter, Inspector of Factories, Dublin, while Robert Deyos acted as solicitor for Mullins. Shuter questioned Denis O'Mahony, the manager of the mills, regarding the employment of an underage child. O'Mahony 'deposed that at the time of her employment he was told by Hannah's father that she was over fourteen years'. Deyos then addressed the second charge, noting that while owner Mullins

should have obtained a certificate of illness, he had 'many pressing engagements and ... relied upon the statement of her father.' Following some deliberation, the magistrates found Mullins guilty on all three charges. He was fined £1 for each of the first two offences and penalised £4 for the third charge.

Ownership of the mills at Coole East later passed to James Harrington. Sources describe Harrington as a 'tall thin handsome' man; his manager was James Dunne, and both men lived near the mills (both are listed in the Irish census of 1911). These same sources note that locals recall 'the long cars' travelling between Coole East and Cork City 'bringing thither the bulky bales of raw wool and taking away the finished rolls of cloth.'

Many locals remember seeing 'long lines of blankets, suspended from tightly-drawn cross-wires, flapping and streaming out of sheer devilment as the merry March winds strove manfully to bleach them to an acceptable white.' While the woollen industry at Coole has long since ceased, this article, along with past and future publications, aims to preserve the memory of Glanmire's once vibrant manufacturing industry.



Figure 3: Ruined mill walls at Coole (Holly Bough 1974).

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

January at Glanmire Library

Children's Book of the Month



'A must-read
for all
primary
school kids ...
brimming
with fun and
energy.'

-CHILDREN'S
BOOKS
IRELAND

"Leona does such an amazing job of capturing the Cork essence of Milly. Not only this, but Milly attends a Gaelscoil and uses her cúpla focail throughout the story."-GOODREADS

Register your Interest

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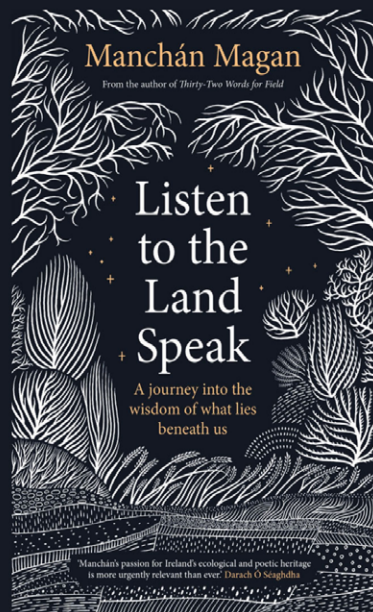
Brush up on your cúpla
focail and meet other
learners in the area!



January Book of the Month

'a beauty that we all should read to
understand our Irish landscape and its
connection to our vast heritage of myths,
legends, folklore, and fairytales.'

-Aoife Roantree, Dubray Books



'Manchán creates
a gorgeous
tapestry that
lingers in the
mind's eye.'

Kerri Ní Dochartaigh

'Manchán[s] ... got
some theories
about the roots of
the Irish language
that are going to
blow your head off
... an incredible
storyteller.'

Blindboy Boatclub



Winter Book Bingo

*pick up a bingo sheet
at the library and
play along!*

*Participate for the chance to
win a Waterstones Voucher*

UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



Upper Glanmire Community Association group presenting cheque, (proceeds of Table Quiz in Boothouse Bar) Louise & Brian Kenny, James Hopkins, Secretary, Pat O'Callaghan, Chairman, William Martin, Treasurer, and Jerry Burke.



UPPER GLANMIRE

BINGO

EVERY THURSDAY

8PM - 10PM

UPPER GLANMIRE
COMMUNITY HALL

JACKPOT EVERY THURSDAY

LIGHT REFRESHMENTS SERVED



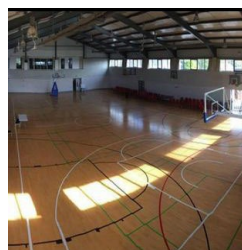
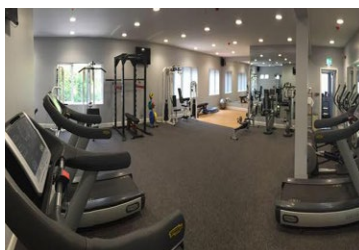
BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940



Kindness Lives Next Door – Help us Celebrate it

Every community has people who quietly make life better for others. They lend a hand without being asked, check in on neighbours, volunteer their time, and turn up again and again – not for recognition, but because they care. Often, these good citizens don't realise just how valued they are.

That's why we're inviting you to help us recognise them.

Each month, we will be selecting a **Local Hero**— someone who goes above and beyond to support others, strengthen our community, and make a real difference in everyday ways. This could be a neighbour, volunteer, community member, or local helper who works tirelessly behind the scenes.

How to Nominate

If you know someone who deserves this recognition, we'd love to hear from you.

Simply send us a short email or letter telling us:

- Who the person is
- What they do for you/others or the community
- Why you believe they should be our monthly Local Hero

Your words don't need to be long – heartfelt and genuine is perfect.

Send nominations before

January 15th to: gacacork@gmail.com (with Local Hero in the subject line) or drop in or post to Local Hero Nomination, Glanmire Community Centre, Riverstown, Cork.

Each nomination helps shine a light on the kindness, generosity, and community spirit that so often goes unrecognised. We want to take a moment to celebrate those who give their time, their heart, their energy to others often without expecting thanks. Together, we can remind them just how valued they truly are.



Have you spotted these beautiful AED phone boxes in Glanmire?

One near the Grotto and 1 near the roundabout.

A massive thank you to Local Td Padraig O Sullivan & Cllr. Margaret McDonnell who were instrumental in getting us added to the fantastic Stryker initiative of installing these boxes in areas that need them. These AEDS will save a life !!!

These boxes will be fitted with active AEDS in the near future.



The Glanmire Players

We're delighted that our new drama group is off to a fantastic start. Rehearsals are starting in the new year, and enthusiasm has been high from the very first meeting. The group, spanning people in their twenties through to their seventies are currently working towards its first

production, with a play scheduled to be ready for performance in April – an exciting milestone for everyone involved.

Alongside rehearsals, we're setting up social media channels so the wider community can follow our progress, hear about upcoming events, and get involved. These platforms will be a great way to stay connected as the group grows.

Looking ahead, we'll also be beginning fundraising activities to help support the group into 2026 and beyond. Any support – whether through attending performances, spreading the word, or contributing to fundraising efforts – will make a real difference.

This drama group is shaping up to be a lively and creative addition to our community, offering opportunities to perform, learn new skills, and bring people together. We're excited about what's ahead and look forward to sharing more news very soon.



Members of the newly formed Glanmire Players with actor and mentor, Ciaran Bermingham after his recent performance in 'The Cure' by Conal Creedon, in Charleville Schoolyard Theatre.

Glanmire Macra News



Youth Night sports: Our recent Open Sports Night for Youth Night 2025

With 2025 coming to an end, December saw us celebrate with our Christmas party and attend several events and competitions.

We recently also celebrated Youth Night with an open sports night. This was a fun filled evening with a range of sports on offer including basketball, volleyball, table tennis and we even had a go at Olympic handball. This was followed by a trip to McDonalds for some food and chats about the evening. This was a very enjoyable evening. Our weekly sports night may take a short break over Christmas, but will continue every Wednesday from 7.30-9pm.

Tis the season for Christmas parties too! This year we headed to Fionnbarra. This was a great evening, being able to meet up with everyone before the end of the year and enjoying some pizza and Christmas music in our Christmas jumpers.

Some of our members went off to see the Cork county round of Capers earlier this month. This was an evening full of entertainment, with five 20-minute shows from different clubs on the night.

Congratulations to Freemount Macra on winning! But there was reason to celebrate in the Séandun region too, with Kinsale winning best act!

Some of our members also took part in a Christmas Bake off held by Waterfall Macra in aid of Sepsis

Ireland too. With categories for cookies, cupcakes, and cakes and prizes for the best overall and best decorated bakes too and even a wooden spoon for the biggest baking disaster. This was a brilliant evening of chats, tea and cake.

There were other celebrations in the Séandun region recently as well, with Waterfall coming second in the national finals of team public speaking!

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. We would love to hear from you!

From all of us at Glanmire Macra, we would like to wish you a happy Christmas and New Year!

GLANMIRE MACRA'S SPORTS NIGHT

EVERY WEDNESDAY 7.30 - 9PM

Little Island Sports Complex
(T45 F449)

€5 each and the first time is free!!





Glanmire and Sarsfields Healthy Clubs



G.O.A.L. Mile Fundraiser



Happy New Year!! By the time you read this, the GOAL Mile event will have happened on the 27th of December. In the February update, we will post photos and the total €€ raised. In the meantime, if you wish to make a donation at any stage, please use this link: <https://goalmile.org/donate>

Ireland Lights Up Walks

Our 4th annual ILU walks will commence on **Weds, the 7th of Jan** at 18:30 on the GCC walking track, under floodlights. The amount of walking loops you do isn't set. Do what suits you. Some walkers walk 3 loops, and some walk 6 or 7. Bring your children or a friend, or get chatting to someone new. These weekly walks give you an opportunity to get in some exercise early in the New Year in a safe environment. Our last walk will take place on Weds, the 11th of Feb.

(P.S. You can join in any Wednesday evening that you are available).

Every Step Counts Challenge

Our 4th annual ESC challenge also starts on **Weds, the 7th of Jan**. We need our whole community to get in as many steps as we can either at home, or at work or whenever you go for a walk or run. This challenge will also conclude on the 11th of Feb. Steppers from previous years will know to register in our Glanmire and Sarsfields Healthy Clubs group on the Irish Life My Life app. For new participants:

1. You can join now. Download the MyLife app.
2. Join the 'Irish Life GAA Healthy Clubs Step Challenge'.
3. Select 'Munster' and then scroll down through the other clubs to find our group - 'Glanmire and Sarsfields Healthy Clubs'.
4. When you join our group, you can see your own steps position in our leaderboard, and those of other clubs on the Munster Leaderboard as the weeks of walking or running go by.
5. If you have a watch that tracks your steps, connect it to one of available options on the app. Every step you take is logged, and all of our steps combine to push us up the Munster Leadership board.

Let's get to the top of the Leaderboard!! Let's Do This!!



Glanmire Athletics Club Membership Now Open for 2026

Glanmire Athletics Club is delighted to announce its reformation and is now welcoming new members for the 2026 season. The club is proudly affiliated with Athletics Ireland, ensuring high standards and access to official events.

Membership:

Annual membership for 2026 is €27, offering excellent value for anyone looking to start or continue their running journey.

Training Sessions:

Club training takes place every Wednesday at 7:00 PM at the Island Gate, Glounthaune Walkway (Eircode: T45K626).

Sessions cater to all levels and include:

- Couch to 5k – Ideal for beginners.
- 30-Minute Run – 15 minutes out and back, with the option to extend to 35–40 minutes.
- 400m Repeats – Interval training with 90-second recovery for those seeking to improve speed.

Club Activities:

Members regularly participate in local road races and cross-country events, proudly representing the club in its distinctive Adidas purple and white colours..



Glanmire Athletics Club



Erins Own LGFA & Camogie Club

January '26



U14 EAST CORK FOOTBALL

Congratulations to the U14

Footballers who defeated Youghal in
the East Cork final!

HUGE THANK YOU TO MICKIOS!

WE'D LIKE TO THANK MICKIOS FOR
AGREEING TO SPONSOR OUR LGFA
& CAMOGIE CLUB IN ADDITION TO THE
SENIOR CLUB THIS YEAR! WE ARE
EXTREMELY GRATEFUL FOR THEIR
CONTINUED SUPPORT OF THE CLUB

Mickio's



U14 Football
Team Huddle

One Club

For the second year running, Erins Own
will be operating as One Club! This
means membership fees are equal
across the GAA, LGFA and camogie.
One Club is a great initiative that we
look forward to building on again this
year!

#roghaeireannabú

As we look forward to another year, it's a time for reflection at White's Cross GAA on our 2025 season.

On the field of play, our adult teams wore the jersey with pride. The AOS Security Junior A Hurling Championship provided no shortage of drama. A standout performance in September saw the team defeat Blackrock to book a coveted place in the knockout stages. In a thrilling encounter, three second-quarter goals set the foundation for a hard-fought 4-13 to 1-20 victory, a testament to the squad's skill and tenacity. While the team was later defeated by Glen Rovers in a play-off and also faced a tough outing against Passage earlier in the competition (which was one of our best performances despite the result not going our way), reaching the latter stages of the championship is a significant achievement.

Our Junior A footballers also gave us a championship journey to remember, battling their way to the semi-final of the city division championship. We had a big victory over St. Michaels which was followed up with a win over Douglas. In this particular game, the side gave one of the best performances in Ballinlough in a championship game for many years. However, they ultimately fell to a strong Nemo Rangers side in a cracking clash in October, but their run to the final four is a platform upon which to build for 2026.

A major highlight of 2025 has been the continued success and development of the St. Colmcille's

underage amalgamation with our neighbours, Carraig na bhFear. The collaboration is proving immensely fruitful, fostering a vibrant and competitive environment for our young players. A "Super Sunday" on September 28th will go down in the annals of both clubs as a truly memorable day, showcasing the incredible potential of this joint venture. On that particular day, our minors had a memorable championship win away to Kilmurry followed by a Shield wins for our two under 12 teams and League/Championship wins for both our under 13 teams; with the Under 13 A team winning in the premier 2 football grade; a significant achievement for club.

Early in the year, we witnessed milestones that bode well for the future. February marked the very first training session for the combined Under 11 boys under the St. Colmcille's banner, and they followed this with their first match as a group in March.

Not to be outdone, our Under 10 girls had a day to remember with their first football match of the season being played in the iconic Páirc Uí Chaoimh. While the Fe16 footballers were narrowly defeated in their Shield Final in November, the experience of competing in such important games is invaluable. The success of the amalgamation was further underscored by Carraig na bhFear's fantastic victory in the Michael O'Connor Motor Factors Junior A Football Championship Final in October. Their success is a

success for all involved in St. Colmcille's and we extend our heartiest congratulations to them.

Away from the cut and thrust of championship action, the club remains the heartbeat of our community. In November, our Annual General Meeting was well-attended, and we thank our dedicated officers who were all re-elected to continue their great work for the 2026 season. That same month, we gathered as a community for a special mass to remember our deceased members and friends, ensuring that those who have gone before us remain in our thoughts.

Sadly, the club mourned the passing of two great supporters this year, Eileen Henness and Nonie Allen as well as former player Bob O'Keefe.

As we look towards 2026, the club is in a healthy position. The final lotto draw of 2025 saw the jackpot remain intact, and the €15,000 prize will be up for grabs again in our next draw on January 5th. We thank everyone who has supported the lotto throughout the year.

From the young stars taking their first steps in Future All-Stars to the seasoned players of our adult teams, 2025 has been a year of commendable effort and achievement. Here's to another year of sport, community, and success in 2026. Happy New Year to all!



White's Cross GAA News

January has a reputation for ambition. New plans and goals, clean calendars, promises made for a new you, a new year and a bright and adventurous 2026. This is the month when the world slows down. Social calendars are thin. The days are still dark and gloomy and we turn inward, plotting how to become better, thinner, healthier, happier, more fulfilled, braver. New year. New beginnings. We take a lot on in January – a lot of expectation, stuff that will challenge, transform, and improve us. As if we weren't already doing our best. It seems we are never enough.

This January, I'm suggesting trying something different, something easy and small and reflective. No big deal. Something that might take you as little as five minutes a day. Something you might do before the kettle boils. Or the toaster pings. Or while waiting in the car for the kids to come out of school. Or something you can do over a cup of coffee and a chocolate biscuit. Nothing grand or inspirational or perfectly formed. Just open your notebook and write the following words: Winter Notes. Underneath, write a paragraph. A page. A reflection. Maybe something that happened yesterday. A rant. A slice of gratitude. Just write . . . something. And date it.

On mornings when nothing seems to go right, the act of writing proves otherwise. A few written thoughts can sometimes change our mood, clarify a problem, make us see things differently. Writing can lift us. One sentence leads to another. A memory opens into an image. The page responds, even when the writer doubts it will. Writing can often lead to something . . . the words following each other down a path – and you just never know where you'll end up. That's the fun of writing. Writing is a form of self-expression whether we're writing about our day, our past experiences, or using our creative imagination to make up stories and poetry. If we don't write we lose something that is hidden within us, some jewel that will never see the light of day.

Martha Graham, world famous choreographer and dancer says it best: "There is a vitality, a life force, a



quicken that is translated through you into action, and because there is only one of you in all time, this expression is unique, and if you block it, it will never exist through any other medium, and be lost."

And she's right. Writing can be for many, a way to channel our thoughts, be a witness to our own lives through memoir or create new ideas, new characters, new stories, or poems. So why not allow memories to surface without force. A childhood kitchen. A voice from the past. A street you no longer live on. These fragments are not distractions; they are raw material – stuff we can write about. Writing every day gives us permission – and a little window – to roam without a destination. Some days your writing might be about the present or some past recollection. Other days it will lean toward invention.



Thirty small pieces of writing and by the end of January, the page becomes a mirror. We see our preoccupations clearly: themes emerging, tones repeating, questions insisting on being asked. A story insisting on being told. A voice that won't go away. This is where creative energies begin – and new insights unfold. Think of these pages as winter notes, written under low light, no expectations, no demands, just your pen moving along the page going who knows where.

By committing to write something small every day for January, we are not setting a productivity goal. We are training our attention. We are learning to listen – to memory, to imagination, to the quiet signals of what matters. When the year accelerates, as it always does, this habit can become an anchor. Later, when we look back, these pages will remind us of where the year started: in darkness, yes, but also in possibility.

Here are seven writing prompts for the days when you're looking for – but can't quickly find – something to write about:

1. I don't do it much, but I enjoy . . .
2. If it weren't too late, I'd . . .
3. My favourite childhood toy was . . .
4. Today I feel . . .
5. If I could lighten up a little, I'd let myself . . .
6. The best thing about my life is . . .
7. The things I dream about are . . .

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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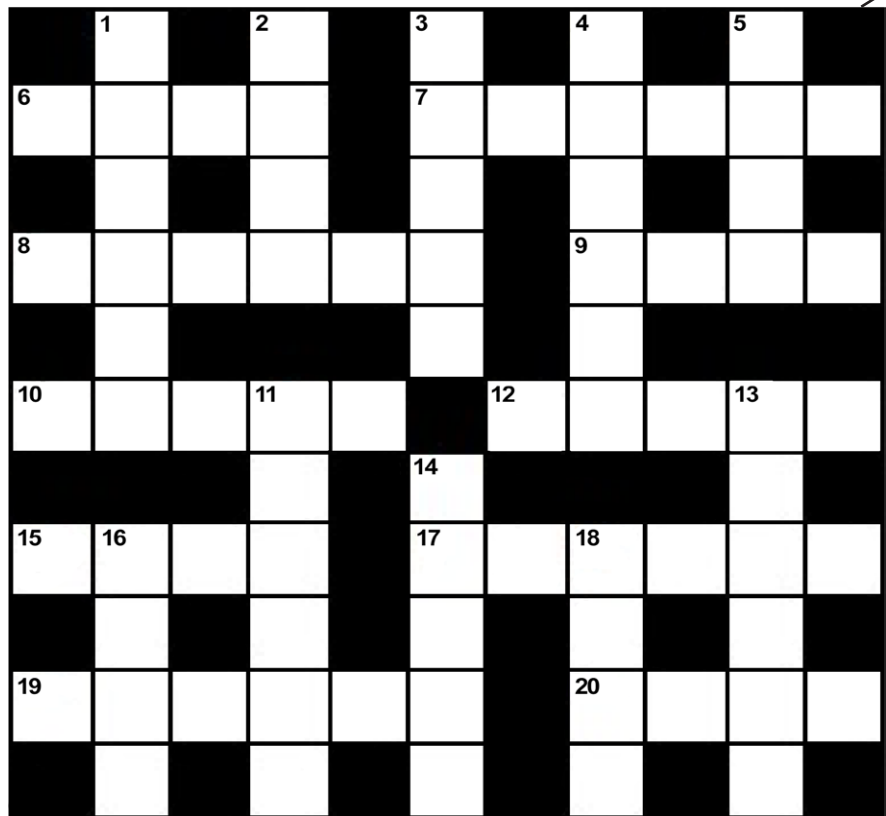
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Crossword Puzzle



Across

6. Distinctive a mosphere surrounding a person (4)
7. Container for temporary storage of material (6)
8. Dense metallic element with symbol Os (6)
9. Fearsome giant of folklore (4)
10. Lively and energetic (5)
12. Respond to a stimulus (5)
15. Sound reflection (4)
17. Cattle herder of the American West (6)
19. African antelope (6)
20. In addition to (4)

Down

1. Breakfast cereal with oats and dried fruit (6)
2. Wise men from the East (4)
3. Chew noisily (5)
4. Resist or argue against (6)
5. Mock or taunt (4)
11. Antidepressent medication (6)
13. Group of singers performing together (6)
14. Brilliant display or success (5)
16. Tool for groominghair (3)
18. Shed tears (4)

Crossword sponsored by **BOOTHOUSE**



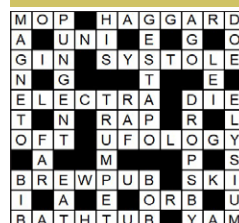
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SEND your entries marked **CROSSWORD** to: **Old Farm Lane, Ballinvrisky, Upper Glanmire, White's Cross, Co. Cork. T23 RR44**, to arrive by **18th January**, address and eircode is required. The prize is **€50 cash** which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your email and your address.

December Crossword Winner: Eileen Ferguson, Hazelwood, Glanmire



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Glanmire Clubs, Societies and Community Services

Schools	Support for Older People	Sports Groups
<p>Glanmire Community College Brooklodge, Glanmire, Co. Cork 021 4822377 glanmirecc@corketb.ie www.glanmirecc.ie</p> <p>Scoil Naomh Mícheál (Upper Glanmire NS) Upper Glanmire, White's Cross, Co. Cork 021 4308885 secretary@upperglanmirens.ie principal@upperglanmirens.ie www.upperglanmirens.ie</p> <p>Brooklodge National School Brooklodge, Glanmire, Co. Cork 021 4866044 scr@brooklodgens.net www.brooklodgens.ie</p> <p>Riverstown National School Riverstown, Glanmire, T45 XY22 021 4866233 office@riverstownns.com www.riverstownns.ie</p> <p>Glounthaune National School Glounthaune, Co. Cork 021 4353645 info@sncn.ie www.sncn.ie</p> <p>Gaelscoil Uí Drisceoil Cois Chuain, Glanmire, Co. Cork, T45 DP21 021 4919411 runai@gsud.ie www.gsud.ie</p> <p>SGMI New Inn National School Glanmire, Co Cork T45VX70 021 4866293 Sgmi.inn@gmail.com Newinglanmire.scoilnet.ie</p>	<p>HSE Day Care Centres Day Care & Allied Health Services Contact local HSE office Various locations in North Lee Offers meals, chiropody, physiotherapy, occupational therapy, and social activities for older adults.</p> <p>Glanmire Area Community Assoc. Senior Social Support 086 1948584 / 021 4821333 Glanmire Provides social activities and support for seniors; appointments available.</p>	<p>Old Christians RFC Rugby Adrian O'Connell / Liam O'Brien 087 7600990 aoconnell@oldchristiansrfc.ie 085 1722532 lobrien@oldchristiansrfc.ie Various U6 to Adults Strong local rugby tradition</p> <p>St Joseph's Tennis Tennis Jo-Anne & Ted Williamson 087 7758873 / 087 2048180 Thursdays Senior Infants – 6th Class After-school tennis in St Joseph's</p> <p>Glanmire Allstars Inclusive Activities Deirdre Cregan 0879183787 Sundays Ages 5–17 Outdoor fun for children with additional needs</p> <p>Riverstown Boxing Club Boxing Brian Barry 085 1120305 Riverstownboxingclub@gmail.com Weekday evenings Amateur boxing club for fitness - competition</p> <p>East Cork Taekwon-Do Martial Arts (Tae Kwon Do) Richard Forde 085 8267810 info@eastcorktkd.com www.eastcorktkd.com ITF Tae Kwon Do classes for all levels</p>
Support for Older People	Sports Groups	Local Political Representatives
<p>Glounthaune Meals on Wheels Meal Delivery Pauline Walsh 087 2870409 walshpauline@hotmail.co.uk 28 Tower Hill, Kilcoolishal, Glanmire Provides hot meals to older residents in Glanmire and surrounding areas.</p> <p>Glyntown Care Nursing Home & Self-Care Services 021- 4821500 info@glyntowncare.ie www.glyntowncare.ie Glanmire Provides chiropody, physiotherapy, hairdressing, and hand massage services to residents.</p>	<p>Glanmire GAA Gaelic Football Executive Committee / Miriam McAleavey 0872054459 Evenings (varies) Juveniles (6yrs) – Adults Local GAA club with boys and girls teams</p> <p>Sarsfields Camogie Club Camogie Committee secretary.sarsfields.cork@camogie.ie Varies by age group Ages 6 to Adult One of Cork's most successful camogie clubs</p> <p>Glanmire Gaelic 4 Mothers/Others Gaelic Football (social) Deirdre Cregan 0879183787 Sundays Women over 23 Social, fitness-focused football group</p> <p>Glanmire Ladies Basketball Club Basketball Volunteers glanmirebasketball@gmail.com Mon–Thur Ages 5 to adult Teams from U8 to Superleague; inclusive social groups</p> <p>Mother's & Others Basketball Basketball (social) Orla Butler 0877794909 orla67butler@gmail.com Tuesdays 6:30–7:30 Ages 18+ Fitness and fun-focused basketball</p> <p>Riverstown FC Soccer John O'Connor (Chairperson) Contact via social media (@riverstownfc) Sept to June Ages 8 to 35+ Glanmire-based soccer club</p>	<p>Colm Burke TD Fine Gael 0214564552 colm.burke@oireachteas.ie</p> <p>Thomas Gould TD Sinn Féin 0214212233 thomas.gould@oireachteas.ie</p> <p>Eoghan Kenny TD Labour 016184097 eoghan.kenny@oireachteas.ie</p> <p>Ken O'Flynn TD Independent Ireland 016184170 ken.oflynn@oireachteas.ie</p> <p>Padraig O'Sullivan TD Fianna Fail 0214502289 padraig.osullivan@oireachteas.ie</p> <p>Joe Kavanagh City Councillor Fine Gael 0862307507 joe_kavanagh@corkcity.ie</p>

Glanmire Clubs, Societies and Community Services

Local Political Representatives	Dance	Community
<p>John Maher City Councillor Labour Party 0861942285 john_maher@corkcity.ie</p> <p>Margaret McDonnell City Councillor Fianna Fail 0858622162 margaret_mcdonnell@corkcity.ie</p> <p>Oliver Moran City Councillor Green Party 0879658549 oliver@oliver.ie</p> <p>Noel O'Flynn City Councillor 0872464856 noel_oflynn@corkcity.ie</p> <p>Ted Tynan City Councillor 0861908281 ted_tynan@corkcity.ie</p> <p>John Gilroy Peace Commissioner 0857759893</p> <p>Seamus Keegan Peace Commissioner 0876112793</p>	<p>CADA Performing Arts Catherine Mahon-Buckley 0214866389 info@cadaperformingarts.ie Cadaperformingarts.ie</p> <p>McCarthy Hegarty School of Irish Dance Mary McCarthy & Lynn Hegarty 0879597825 / marylucy10@gmail.com Mon, Wed, Thurs, Fri Ages 4+ Irish dance school for beginners to experienced dancers</p> <p>Sinead Shepperd's School of Dance 0872602091 Sinead.shepperd@gmail.com</p> <p>ELJ Academy of Dance Dance Studio Emma Jupp 086 0843440 e.jupp@yahoo.ie Classes everyday</p>	<p>Glanmire Tidy Towns Environmental Group glanmiretidytowns@gmail.com Monthly meetings + projects Beautification, clean-ups, community projects.</p> <p>Glanmire Heritage Society Heritage & Culture Mary Crowley 086 8163832 heritageglanmire@gmail.com Event-based meetings Preserving and promoting Glanmire's historical legacy.</p> <p>Glanmire Community Association Community Services gacacork@gmail.com Ongoing community activities All ages Supports local initiatives and neighbourhood projects.</p> <p>Glanmire Senior Citizens Group Social / Support Weekly meetings Ages 60+ Coffee mornings, bingo, trips, social inclusion.</p> <p>Foroige Youth Project Annette O'Reilly 0862259508 annette.oreilly@foroige.ie www.foroige.ie Friday evenings Ages 12-18 Fun, safe environment for local teens.</p> <p>SAFE in Glanmire Mental Health Awareness safesupportgroup@gmail.com Events + support evenings All ages Suicide awareness and support programs.</p> <p>St. John Ambulance – Cadets First Aid Youth Training Ashling Doyle glanmire.cadets@stjohn.ie Wednesdays Ages 11–17 yrs Teaches first aid, discipline, and teamwork.</p> <p>CoderDojo Glanmire Coding Club Natasha O'Leary / A. O'Brien 0876990892 Ages 7–17 yrs Free coding club (Scratch, Python, Web, Mobile).</p> <p>Glanmire Community Games Youth Sports & Culture Finbarr Harty 0872215307 March to September Ages 6–16 yrs Multi-discipline youth competition (art, sport, quiz, etc.).</p> <p>Glanmire Community Garden Gardening & Environment glanmiregarden@gmail.com Seasonal work evenings/weekends All ages Open garden plots, educational workshops.</p>
Yoga and Fitness	Health and Support	
<p>Koala Kids Yoga Kids' Yoga Leanne Walsh koalakidsyoga@gmail.com Thursdays Ages 4–11 Yoga for kids, breathwork and mindfulness.</p> <p>Pilates @ The Health & Fitness Boutique Pilates Lindsey Quinn 0868773107 Mon, Tue, Thurs (+ Thurs AM) All ages Strength, posture, balance.</p> <p>Glanmire Walkers & Talkers Walking Group Niamh O'Mahony (Healthy Clubs) 0868549680 Mon 9:15-10:30, Tues 6:45-7:45, Thurs 9:15-10:30 Adults Social walking group with varied local routes</p> <p>Glanmire Gaelic for Mothers Gaelic Football Group Deirdre Cregan 0879183787 Sundays Adults (23+) Friendly football, non-competitive and inclusive</p>	<p>Public Health Nurse (Glanmire) Health HSE Local Health Office 021-4923899 Mon–Fri Infant checkups, parenting support, immunizations.</p> <p>Alzheimer Society – Glanmire Branch Dementia Support Local Coordinator 021-4972504 corkbranch@alzheimers.ie Support groups + home support Dementia care, advice and respite.</p> <p>Parkinson's Association – Cork Health Support Cork Branch Coordinator 1800 359 359 info@parkinsons.ie Events + online support Adults 40+ Support for people living with Parkinson's.</p> <p>Alcoholics Anonymous – Glanmire Addiction Support Anonymous (021) 450 0481 www.corkaa.org Local meetings available Confidential support for alcohol dependency.</p> <p>St. Vincent de Paul St Stephens Conference, Glanmire 083-3469630 Confidential support for people struggling to buy food and pay energy bills.</p> <p>Glanmire Community First Responders glanmirecommunityfr@gmail.com</p> <p>Frazzled Mammy Art Classes Creative Mental Wellness Maeve O'Keefe 0876684021 Thursdays (split by class levels) Primary School kids Art for kids with mindfulness and fun.</p>	



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