



# Glanmire Area News

FREE

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## ST. PATRICK'S DAY PARADE 17 MARCH

### ST. PATRICK'S DAY PARADE 2026

Upper Glanmire Community Hall  
17 March @ 3pm

### Fancy Dress Competition!

#### PRIZE CATEGORIES:

- Most Topical
- Most Stylish
- Most Appropriate

Register for the fancy dress between 2:00 PM and 3:00 PM on the day.

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sheila.ocallaghan@cllr.corkcoco.ie

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@johndaniel3

**COLM BURKE TD**  
Cork North Central

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

*Colm Burke*



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**GLANMIRE  
CHAMBER OF  
COMMERCE**



Our February members meeting featured a Q&A with Dr. Niall O’Keeffe & Eleen Doyle from LEO Cork City.

Members learned about the wide range of support on offer to SMEs. Local Enterprise Week runs from the 2<sup>nd</sup> to the 6<sup>th</sup> of March and includes some

great events for business owners such as business advice clinics, marketing and social media workshops etc.

As part of this, one of our members, Lynda di Blasi, Personal Stylist is hosting a ‘Wearing your Brand’ workshop on 2<sup>nd</sup> March about how you can use your image as a powerful marketing and trust-building tool.

### Annual General Meeting

We look forward to welcoming members to this years AGM on 11<sup>th</sup> March. With member numbers at an all time high we look forward to another successful year ahead.

# AGM

Annual General Meeting

**WEDNESDAY 11TH MARCH**

 **6.30-7.30pm**

 **Vienna Woods Hotel**

[WWW.GLANMIRE-CHAMBER.IE](http://WWW.GLANMIRE-CHAMBER.IE)



## MEMBER SPOTLIGHT

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# If You've Ever Considered Seeing A Chiropractor



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

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

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

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

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

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

My name is Dr. Eric Kelly. I am owner and Chiropractor at Glanmire Chiropractic Clinic for the last 19years. Since then, I have used gentle chiropractic treatments to help

## "Does Chiropractic Really Work?"

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

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

## Read What Our Patients Have to Say...

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

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

We can help conditions like...

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

## "Chiropractic Cost?"

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

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

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

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

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

To take me up on this special offer, you must book in before March 13<sup>th</sup>.

**Phone 021 4824450**

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

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

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

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

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

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

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

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

Tel:021 482 4450 or E-mail [Info@wellspringchiropractic.ie](mailto:Info@wellspringchiropractic.ie)

Spring is here at long last. Even if it does not feel like it. After all the rain and there was a lot, we can at least hopefully look forward to drier and warmer weather coming. To be honest, I have not been in the garden too much since Christmas mainly due to the soil being so wet and I wanted to avoid compacting the soil.

The main jobs I have done to date is to prune all the fruit trees and bushes as well as the roses.

This month I will be focusing on mulching the flower beds as well as the vegetable garden. The mulch will not only feed the plants but more importantly it will feed the soil and all the organisms within it.

Always be careful when mulching plants so the mulch does not touch the stems as this can lead to some damage on the bark.

March is a great month for seed sowing. I have already sown my Tomatoes and they are growing away in the glasshouse. Also, the Chillies have germinated but not the very hot ones. They may need a bit more T.L.C.



This month I will be sowing a lot of salad crops like Rocket, Salad leaves, Chard, Spinach and the like. You can sow these salads in a pot and grow them on your window sill. When they are about 30cm high you could harvest them and use them as micro greens. The onion sets can be planted outdoors as soon as the soil is ready. Another crop that gives great value for money is potatoes.



They do take up a bit of space and are prone to blight but there are ways around that.

If you plant earlies, or second early potatoes then these will be harvested earlier and you will avoid blight. Also, if you

plant your potatoes in potato bags or pots then you will not lose any space in the veg plot.

I grow my potatoes in a raised bed with plenty of organic matter added. I try to sow them as close to St. Patrick's day as possible or when the soil suits. The main variety I grow are British Queens (ballycottons) as they seem to be the most reliable and taste the nicest.

You can start planting your summer bulbs now as well. Flowers like Lillies, Dahlias, Gladioli etc. Once you have planted them mark them with a stick so when you are weeding you know where the bulbs should be.



The lawns will be starting to grow now and the lawnmowers will be coming out of their winter homes. Make sure your blade is sharp. Cutting the grass with a dull blade will cause more bruising, and can lead to the top of the grass looking brown. Another important job to do is to make sure you use fresh petrol and check the air filter is clean.

With the first cut of the season always start with a high cut, and then gradually reduce the cutting height to the desired height. You may need to do this over three cuts.

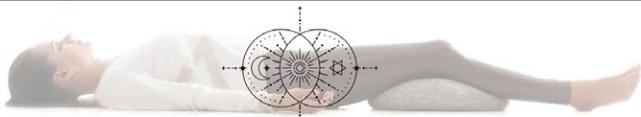
A lot of people have trouble trying to dispose of grass clippings. They can be composted but only add a small few or they could clog the compost bin.

What I normally do is place the clippings around the base of hedges and large shrubs as a mulch. This should be no thicker than 25cm or so. Any more than that and it could become unsightly.

### Jobs for March

1. Start sowing veg and flower seeds.
2. Sow your potatoes.
3. Plant summer bulbs.
4. Mulch beds.
5. Begin cutting the lawn.
6. Dust down the patio furniture.
7. Clean any steps and patios of algae.
8. Enjoy the garden

Chris Troy



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- Wednesday 7:00-8:00 pm

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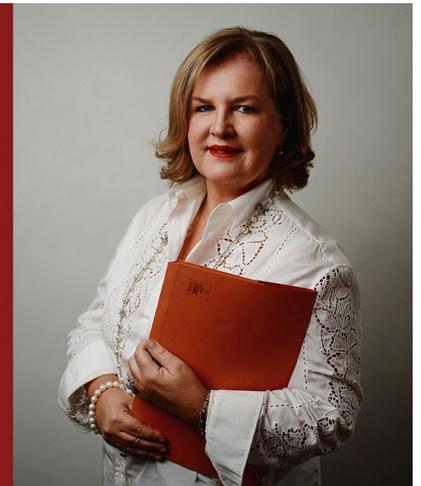
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# SPRING STYLING by Lynda Di Blasi

## PERSONAL STYLIST - PERSONAL SHOPPER

lyndadiblasi@yahoo.com www.lyndadiblasi.ie



Spring brings a calendar full of celebrations such as weddings, communions, race days, milestone birthdays, gala dinners. For many busy men and women, finding the right outfit can feel overwhelming. This is where working with me a personal shopper can help. Each personal style and shopping session is tailored to my clients budget, preferences and needs.

A flowing, full-length green floral dress as in my photograph, is a timeless choice. The long sleeves offer elegance and practicality for unpredictable weather.

**Green tones** flatter many complexions and photograph exceptionally well. A cream fascinator as I have featured in

the photograph offers versatility and refinement. Investing in a neutral fascinator will allow for wear at future occasions.

### **Guidance when choosing headpieces:**

**Balance is key:** choose shapes that complement face shape and hairstyle. **Neutral tones** such as cream provide versatility across multiple outfits and occasions.



Let's take a moment for classic polka dot print, This timeless, feminine print is suitable to any age, flattering to every size and results in elegance for every occasion.

This colour combination of brown and cream offers a softer more understated look, suited to my warm skin tone. In my colour analysis sessions I clarify your skin tone.

### **Occasion dressing for men,**

I work with a lot of men who benefit equally from my curated shopping support sessions.

**Lightweight tailored suits** in seasonal colours such as navy, soft grey or olive. Textured shirts and refined knit layers for relaxed formal events.

**Polished footwear** and accessories that elevate without overcomplicating.

### **Ready to feel confident and effortlessly styled for your upcoming events?**

I can help you step into every celebration feeling prepared, polished and completely yourself.

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Lynda Di Blasi

Cork city's skyline was transformed at the end of February 2024 with the demolition of the R. and H. Hall grain silos. The facility dominated the views of the city since July 1936, when building contractors John Sisk and Son Limited completed the construction of the National Grain Silo on Victoria Quay (now Kennedy Quay). The earliest records of R. and H. Hall suggest that the company originated with a Cork businessman, Frederick Hall, who operated an import business with his son, Robert. Another son, Henry, joined the business, and, according to the Cork Southern Reporter, Robert and Henry Hall were landing sugar from Jamaica, as well as tea and coffee, in July 1840.



Figure 1: The Quays, Cork. June 2020.

The second half of the nineteenth century was a difficult yet progressive period for the Hall family and their business: founder Frederick Hall died in July 1856, and his son Henry died in July 1863, leaving Robert to run the business. Eventually, Robert Constable Hall joined his father, in time becoming a senior partner and expanding the business. R. and H. Hall was incorporated as a public company on 6 April 1889. At this point, the firm once again experienced a change in management: in 1888, Robert Constable Hall died and his son, Robert junior, took over control, eventually becoming Chairman of Directors, a position he occupied until he died in 1926.

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 Commercial Buildings, 7th July, 1840.

Figure 2: Advertisement in the Cork Southern Reporter, 11 July 1840.

This generation of the family is linked with Glanmire, Cork; Robert junior married Isobel Travers Forrest on 21 July 1888 in Kensington, and the couple settled in Glenmervyn, 'a long 2 storey ... house with gables and bargeboards ... and an iron veranda' built on the site of a former big house, Janemount. The castellated entrance gate can be seen between the grotto in Glanmire and the village. The Hall family, Robert and Isobel and their four children, Geraldine Marjorie, Robert Alymer, Gerald Percy and Ian Mervyn, are recorded on the Irish 1901 census residing at Glenmervyn. Robert senior's occupation is noted as Justice of the Peace for the Borough of Cork and corn merchant. On 14 July 1925, Isobel Travers Hall died and was buried in Saint Lappan's, Little Island. Seven months later, her husband Robert died.

The Evening Echo reported that the eldest son of Robert Constable Hall of Rockcliffe, Blackrock, was one of the principals of R. and H. Hall, a former member of the Cork Harbour Commissioners, president of the Church of Ireland Young Men's Association and an enthusiastic yachtsman, his vessel Marigold being well known in Cork waters. Hall's funeral service was held at Saint Mary's, Glanmire and after, the cortège proceeded to Little Island where he was laid to rest beside his wife. His death was acknowledged by numerous organisations, including Sarsfield Hurling Club and the Cork Harbour Board, which noted that he was 'a gentleman of charming personality and manner ... as a business man he was not merely a successful man but also a man of inflexible integrity and uprightness.'

Continuing the family legacy, Robert Alymer Hall, son of Robert and Isobel and born in Glanmire on 15 September 1891, became Chairman of R. and H. Hall. In 1934, he became a director of National Grain Silo Limited, a company formed by Halls and J. W. Green. A year later, as mentioned

earlier, construction began on new grain silos at Kennedy's Quay. The company continued to thrive, and although Robert Alymer Hall died on 21 June 1963, the family legacy continued, as by 1967, the directors of the company included Henry Mitchell Hall and Robert Cecil Alymer Hall, direct descendants of Frederick Hall, founder of the business in the early nineteenth century. In 1990, R. and H. Hall was acquired by the Irish Agricultural Wholesale Society and continues to trade today.

In conclusion, the transformation of Cork city's skyline in February 2024 marked the end of an era with the demolition of the historic R. and H. Hall grain silos, which had been an iconic feature since their construction in 1936. The legacy of the company is deeply rooted in the history of Glanmire, with the Hall family playing a significant role in the development and management of the business over the generations. From its origins as an import business in the mid-19th century to its incorporation as a public company and its subsequent leadership changes, the company's impact on Cork's economy and maritime trade has been profound. Although a different skyline will emerge in the coming years, the memory of the iconic grain silos will be preserved, as it is hoped that a sculptural piece will emerge from some of the key machinery that was removed from the R. and H. Hall buildings and be put on the quayside of the regeneration of the Cork Docklands.



Figure 3: Robert and Isobel Hall's gravestone, Saint Lappan's, Little Island, Cork.



# March at Glanmire Library



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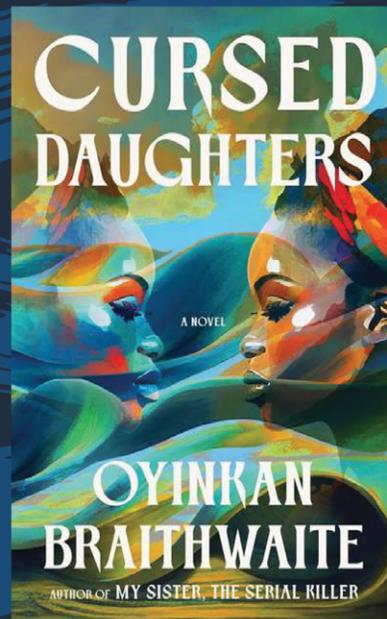
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## March Book of the Month



“A  
bombshell  
of a  
book...  
Sharp,  
explosive,  
hilarious!”  
-New York Times

A young woman must shake off a family  
curse and the widely held belief that she is  
the reincarnation of her dead cousin in this  
wickedly funny, brilliantly perceptive novel  
about love, female rivalry, and  
superstition from the author of the smash  
hit *My Sister, the Serial Killer*.

## Celebrate Seachtain na Gaeilge with Glanmire Library!

Whether you are trying to  
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enjoy a good read as gaeilge,  
here at Glanmire Library we  
have a wonderful range of Irish  
books!

# UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE



Upper Glanmire

The 2026 Upper Glanmire St Patrick's Day Parade will be the 12th staging of the event.

Barry's Coaches will again sponsor the Park and Ride Coaches to and from White's Cross and Brian Dillon's GAA pitches, Alan Loftus Transport will again sponsor the Reviewing Stand, with Tommy Stuart sponsoring the transport for the Grand Marshall. The Piper is also sponsored by the Boothouse Bar.

This year there will be a Fancy Dress Competition with prizes for Most Stylish, Most Topical, Most Appropriate, and also a prize for Best Float and Best Vehicle.

The Organising Committee wish to express our gratitude to our team of volunteers, sponsors, Parade participants, local Gardai, and Glanmire Division of the St. John Ambulance who make it possible to stage this annual event.

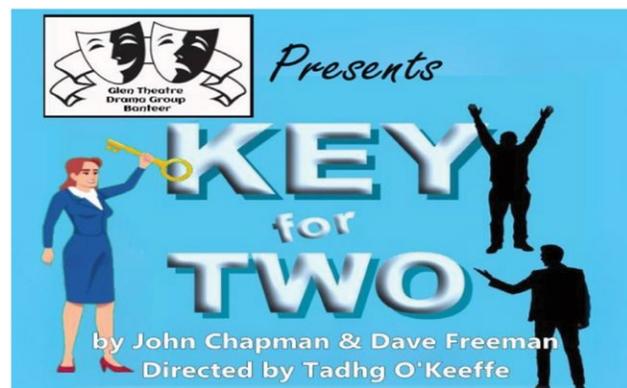
Anyone interested in volunteering or any club, group, society, business, school etc., looking to participate in the Parade please contact: Email: [ugcastpatricksdaysparade@gmail.com](mailto:ugcastpatricksdaysparade@gmail.com)

Phone/Text Rob: 0868355330 or Message Upper Glanmire Community Association Facebook or any Committee member.

A Table Quiz will take place in the Boothouse Bar on 27th March in aid of Marymount Hospice. Phone Brian at 0879421649 to book a table.

## UPPER 1979 COMMUNITY ASSOCIATION GLANMIRE

in  
Upper Glanmire Community Hall T23EV2W



Saturday 21<sup>st</sup> March 2026

At 8pm. - Doors open 7.30pm.

Booking Essential!

Admission €15

Booking: The Boothouse Bar 087 964 5496

Jerry Burke 087 981 6481

Bernie Kenny 087 9645496

UPPER GLANMIRE COMMUNITY ASSOCIATION  
with Whites Cross GAA

### Community Clean-up

Saturday March 7th 2026 9 am-11 am

Meet at Upper Glanmire Community Centre at 9 am

OVER 18 YEARS ONLY

Wear gloves and high-vis

Refreshments after in St. Michael's National School

Enquiries: 087 3391326

Facebook: Upper Glanmire Community Association



## BOOKING OF SPORTS HALL/CONCERT HALL

GYM Membership: yearly €215

6 Months: €155

3 Months: €80

Monthly: €28



Contact Dermot Cambridge 087 0981940



Proudly sponsored by **Ryan's SuperValu Glanmire**  
Our First Local Hero - Niamh O'Mahony

### Glanmire Local Heroes in association with SuperValu.

GACA - Glanmire Area Community Association - are delighted to team up with SuperValu, Glanmire to introduce a new initiative – **the Local Heroes Award** – a celebration of the everyday individuals whose dedication, kindness, and vision uplift those around them. This recognition is not just about their achievements; it's about remembering the importance of the spirit of service that we see every day in our schools, community centres, clubs, societies, and neighbourhoods. Local heroes can transform communities and more importantly provide good example to younger people who see, firsthand, the value and reward working for the good of others can bring.

### Spirit of the Local Heroes Award

The Local Heroes Award was created to shine a spotlight on individuals who give selflessly to others, strengthen community bonds, and make a lasting impact through acts big and small. Whether they're mentoring young people, supporting local businesses, or simply being there for a club, society, or neighbours in need, these are the people who remind us of what community truly means.

The Glanmire Area Community Association along with SuperValu Glanmire have come together celebrate

those who work behind the scenes, often without seeking recognition. Each month, we will highlight one outstanding nominee who exemplifies compassion, leadership, and community spirit. Every month a new nominee will receive a beautiful bouquet of flowers and a €50 voucher to spend in SuperValu. At the end of the year, we will bring all nominees together for a December Community gathering. We at the Community Association are delighted for the support of SuperValu in this endeavour.

### Our First Local Hero - Niamh O'Mahony

It's only fitting that our very first Local Hero is someone whose kindness and commitment are indisputable. As a true local hero, Niamh dedicates her time, her energy, her passion and her life to supporting and promoting health and well-being within the Glanmire Community. Miriam McAleavey, who nominated Niamh said, 'She is a giant amongst her peers - as her passion for health and being active is unmatched. She has volunteered with local Glanmire Football Club, she is also the local Healthy Clubs Officer who champions healthy and accessible initiatives for the whole community.' Miriam goes on to say, 'Niamh's dedication is truly inspiring. I really think her contributions to our community should be recognized.'

Many in the Glanmire Area will be familiar with the Couch 2 5K initiative, the Ireland Lights Up walks, Every Step Counts, GOAL Mile, Glanmire All Star along with the Healthy Club's schedule of visiting guest speakers on topics like substance abuse, nutrition, fitness, water safety. And of course, there's the weekly Walkers and Talkers Club. Niamh is involved in all these initiatives while helping the Healthy Clubs Programme to achieve a coveted Gold Award. All these activities have brought people together across all ages and backgrounds, strengthening the fabric of the community.

Talking to Niamh, she's much quicker to praise others than to recognize her

own strengths and talents. She talks about the wonderful team colleagues, the support she has received on her own journey, the fantastic companies and people she has worked with – and what stands out is her humility and warmth and her ability to get out there, despite many personal and health challenges, and to get things done.

Each month, people can nominate someone they feel deserves recognition. Just email your entry to gacacork@gmail.com with LOCAL HEROES in the subject line or drop it into the Community Centre and we'll do the rest.

Congratulations again Niamh O'Mahony – our first LOCAL HERO, for showing us what it means to lead with heart.

### Grandparents' Day at New Inn National School



Grandparents Day is a new addition to the New Inn school calendar. The day provides an opportunity for schools to celebrate grandparents and acknowledge their vital role in families and communities.

Inviting grandparents into the school environment allowed these Senior Infants and First Class to express their love and appreciation through songs and stories about the grandparents' schooldays. After enjoying shared art activities, the morning finished with tea and cakes, with time to catch up and chat. The day was a warm and memorable occasion for all involved. Celebrating Grandparents Day strengthens the school community and recognises the valuable supportive network around students.



For the children, seeing their grannies and granddads involved in their education is a source of great joy and pride and will definitely be a regular in the school calendar going forward.

Grandparents Day in school is more than just a celebration—it is a valuable reminder of the wisdom, love, and guidance grandparents provide and the that benefits enjoyed by children throughout their lives.

## New Community Centre for Glanmire



Last month we announced we were beginning our journey to help build a new community centre in our area. This is a long-overdue project that will provide a modern, flexible and inclusive space to support community life for decades to come. A new centre will allow us to properly meet the needs of a growing population, support families and children, and ensure there is room for everyone to connect, learn and participate.

To move this project forward will take a lot of hard work. We are now seeking volunteers from the community to be part of a steering committee that will help envision, shape and launch these plans. In particular, we would welcome anyone with experience or expertise in:

- engineering
- quantity surveying (QS)
- architecture
- project management
- legal expertise

Your skills, experience and insight could make a real and lasting difference. This is an opportunity to help build something truly meaningful for the entire Glanmire area. If you are interested in getting involved, or even if you just want to find out more, please contact us and be part of shaping our

community's future. Email [gacacork@gmail.com](mailto:gacacork@gmail.com) with NEW COMMUNITY CENTRE in the subject line and we will promptly respond.

## Glanmire Players are the Real McCoy

Glanmire Players Drama Groups Proudly Present

### IT'S THE REAL McCOY

Written by Tommy Marren Directed by Catriona O'Gorman

**Thurs 09<sup>th</sup>, Fri 10<sup>th</sup>, Sat 11<sup>th</sup> April, 2026**  
**Riverstown National School, Glanmire, 8:00pm**  
 Doors open from 7:30pm Age inclusive event  
 Tickets €15 each

Available from:  
 Email: [glanmireplayers@yahoo.com](mailto:glanmireplayers@yahoo.com)  
 Text/WhatsApp: 087 2773737 or 086 3826922

IN ASSOCIATION WITH:  
 Elevate

Excitement is building in the parish as the Glanmire Players prepare to take to the stage for their very first production this April. They are delighted to announce that Elevate has agreed to sponsor the performances which will run on Thursday, Friday and Saturday April 9th, 10th and 11th in Riverstown National School, marking a proud and memorable milestone for this new local drama group. A huge thanks to Principal Pdraig Bracken for making the school available. Eleanor O'Kelly-Lynch, Chair of the Glanmire Players says, 'Right in the middle of Glanmire, St Joseph's is an ideal venue, walkable for many, and we are so very lucky to have it.'

The play they have chosen is It's The Real McCoy, written by acclaimed Irish playwright Tommy Marren. Set in rural Ireland in 1964, The Real McCoy is a hilarious comedy woven with a strong emotional thread and a wonderfully crafted storyline. Packed with sharp wit, larger-than-life characters and touching moments of tenderness, the play captures the humour and heart of a close-knit Irish community at a time of change.

Adding to the special atmosphere of the production is the fact that the cast is made up entirely of local actors. Friends, neighbours, and familiar faces will step into character under the stage lights, bringing energy, talent, and plenty of laughter to the audience. After months of rehearsals, and directed by Catriona O'Gorman, the group is eagerly looking forward to performing in front of their own community and sharing the joy of live theatre together.

Local drama has always held a unique charm. There is something magical about gathering in a familiar hall or school, watching people you know transform into unforgettable characters. Community theatre brings people together across generations, strengthens friendships and creates shared memories that last long after the final curtain falls. In supporting local productions like this one, audiences are not just enjoying a night's entertainment – they are celebrating the creativity, and togetherness that make their community special. With a talented local cast, a much-loved script and plenty of heart, the Glanmire Players' debut promises three wonderful nights of laughter and connection this April.

The Glanmire Players would also like to thank everyone who so generously contributed to their Fundraising Table Quiz in Sars Clubhouse on February 26th. A special word of thanks to Michael Burns, Quiz Master, Sars management and staff, Glanmire Community Association, all the supporters who donated spot prizes and all those who volunteered on the night to make it such a successful and enjoyable occasion. All the goodwill and generosity was and is much appreciated.

Tickets can be purchased in advance and booking highly advisable. To book contact 0872773737 or 0863826922 or [glanmireplayers@yahoo.com](mailto:glanmireplayers@yahoo.com)



# Glanmire and Sarsfields Healthy Clubs



## G.O.A.L. Mile

A G.O.A.L. Mile photo that was missed last month. Well done again to everyone that joined us. 🙌 Our 2026 G.O.A.L. Mile fundraising event has been registered for Sunday, the 27<sup>th</sup> of Dec.



## Ireland Lights Up and Every Step Counts

We hope that everyone who attended our ILU walks over the 6 weeks in G.C.C., enjoyed the exercise and chats. With all of your running and walking steps combined, we finished in 12<sup>th</sup> place in the Munster Leaderboard. This was a great achievement, with almost 300 other clubs in Munster also taking part.

## Healthy Clubs Community Survey



Our G.A.A. Healthy Clubs priorities are;

1. Physical Activity
2. Healthy Eating
3. Diversity & Inclusion
4. Mental Fitness
5. Community Development as well as

6. Substance Abuse & Gambling. We want to know the activities you want us to repeat in '26 and '27 in that regard, as well any new ideas you have. This survey will be confidential, and shared online & in hard copy.



*Health is at the heart  
of every club*



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

## The All-New Toyota C-HR+ Electric SUV arrives February 2026



Now available at **Grandons Toyota**, the all-new **Toyota C-HR+ Electric SUV** marks an exciting new chapter for Toyota - this is not simply another variant of the standard C-HR.

The C-HR+ is a **completely new, larger, fully electric SUV** model, designed from the ground up as a battery electric vehicle. Offering increased interior space, enhanced practicality, and impressive long-range capability, it stands apart as a bold new addition to Toyota's electric line-up. With its striking coupe-inspired styling, confident SUV stance and advanced EV technology, the C-HR+ Electric is built for modern Irish drivers who want sustainability, space and performance in one refined package.

### Impressive Electric Range & Efficiency

Designed for everyday commuting as well as longer journeys across Ireland, the C-HR+ Electric delivers:

**EV Range:** Up to 606km (WLTP)

**Electric Consumption:** 13.4 – 14.9 kWh/100km

### Dual Battery Options:

- 77 kWh (Gross)
- 72 kWh (Net)

Its efficient electric drivetrain and aerodynamic design help maximise range while keeping running costs low - making it ideal for families, professionals and anyone considering the switch to electric.

### Fast & Convenient Charging

When it's time to recharge, DC rapid charging can take the battery from **10% to 80% in approximately 28 minutes**, keeping downtime to a minimum and journeys stress-free. Whether navigating Cork City or travelling further afield, the C-HR+ Electric fits seamlessly into everyday life.

### 10-Year / 1 Million Kilometre Battery Confidence

Toyota provides exceptional reassurance through its EV Battery Care Programme, offering coverage for up to **10 years or 1 million kilometres**, subject to annual battery health checks.\*

This outstanding commitment reflects Toyota's confidence in its advanced battery technology and provides genuine peace of mind for long-term electric ownership.

## Glanmire Ladies Football Club 25 Anniversary Dinner



Barbra Buckley the first chairperson of the Glanmire Ladies Football club with her daughter Maria and friends at 25th Anniversary Dinner at Vienna woods hotel

### Spacious, Modern & Designed Around the Driver

Inside, the C-HR+ Electric offers a noticeably roomier cabin compared to the standard C-HR, with generous passenger space and practical luggage capacity. A high-tech multimedia system, intelligent EV route planning and advanced safety systems ensure every journey is smooth, connected and secure.

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\*Terms and conditions apply. Annual EV health checks required to maintain extended battery coverage.

# Erins Own GAA, LGFA & Camogie Club

## Halftime Mini-Games

### Glounthaune



## U13 Boys & Girls

Well done to the U13 boys who played at half-time in the Cork hurling game in Pairc Ui Chaoimh, and to the camogie team who played a freindly in Musgrave Park recently

## Intercounty Players

Well done to Megan & Niamh (left), Josh (right), Gemma, Aimee and Robbie who all represented Cork in their respective age groups so far this year!



## Open Day 2026

Massive thank you to everyone who came to the club's open day in February and to all the volunteers who helped make it possible!

**Rebels Bounty 2026**  
Support Erin's Own!

**€500,000 IN PRIZES**

- 12 Monthly Draws
- €20,000 1st Prize Each Month
- €100,000 Christmas Jackpot

Buy Online  
Contact Erins Own Rebel Bounty Committee Members  
Closing Date: March 31st

ALL FUNDS RAISED FROM TICKET SALES GO TOWARDS THE DEVELOPMENT OF ERIN'S OWN GAA, LGFA & CAMOGIE CLUB

Support the Club You Love — Every Ticket Counts

erinstowngaa.ie Erins Own GAA Club Cork



**Support our Club lotto and Rebel Bounty!**



**JOIN OUR CLUB LOTTO TODAY!**  
BE IN WITH A CHANCE TO WIN BIG WHILE SUPPORTING YOUR LOCAL GAA CLUB!  
SUPPORT YOUR CLUB. SUPPORT YOUR COMMUNITY. WIN GREAT PRIZES!



White's Cross GAA Club is preparing to take one of the most significant steps in its history with plans to develop a second full-size sand-based pitch following the recent purchase of additional land – a project aimed at securing the long-term sustainability of the club and supporting a rapidly growing community.

For White's Cross GAA, growth has been steady and consistent in recent years. The club now fields boys' teams from Under 12 through to adult level, alongside girls' teams from Under 12 to Under 16, with adult ladies' teams set to be introduced in the near future. Participation numbers continue to rise, reflecting both the strength of the club and the significant population growth in the surrounding area.

The scale of activity is clear from recent figures. During the 2025 season alone, the club played more than 200 competitive matches across multiple competitions – a record number that has placed unprecedented pressure on existing facilities. While some juvenile fixtures are shared with neighbouring Carraig na bhFear GAA under St. Colmcille's, the volume of training sessions and games means available playing space is now stretched to its limits.

The proposed second pitch represents more than an expansion of sporting infrastructure; it is an investment in community health, wellbeing, and opportunity for future generations. With housing development continuing in the area and new families arriving each year, the club recognises the need to grow alongside its community.



The project builds on a strong tradition of ambition and collective effort within the club. As recently as 2022, White's Cross GAA completed the development of its 4G training facility – a transformative addition that has allowed teams to train year-round regardless of weather conditions. The project was driven forward by the relentless enthusiasm and leadership of then chairman Mike O'Flynn, whose determination helped galvanise the entire community.

Funding for the 4G facility became a remarkable example of what can be achieved through collective effort. Significant grants were secured, while the hugely successful "Shoot for the Stars" fundraiser – held on a glorious September Saturday afternoon – brought the community together in support of the club's future. The generosity of the local business community also played a vital role. Combined with the tireless work of the club's lotto committee and widespread community donations, more than €300,000 was raised, allowing the club to clear its debt in little over a year.

The impact of the astro facility has been profound. During periods of poor weather, when pitches across Cork are often closed, White's Cross and St. Colmcille's teams have been able to continue training and preparing for competition – something that has proven invaluable for player development and club activity.

However, the spirit of ambition and sacrifice that defines the club stretches back much further. White's Cross GAA has been based at its current location since 1982, when an earlier generation undertook an extraordinary fundraising effort to establish the club grounds. In the challenging

economic climate of 1980s Ireland, Andrew Hickey and Stephen Crowley made the remarkable decision to place their own family homes as guarantees against the loan required to develop the pitch – an incredible act of commitment in any era but quite incredible in 1980's Ireland.

Driven by volunteers including Dermot Whooley (RIP), Michael Sherlock, Tom Harte (RIP), Joe O'Callaghan (RIP) and many others, the committee of the time ensured that the debt on the original pitch was cleared in a remarkably short period despite the harsh economic conditions. Since then, the club has continued to evolve through steady development. Dressing rooms were constructed in 1987, a perimeter wall followed around 1990, and the levelling of the field in 1998 further enhanced facilities. Each project reflected the same community spirit – volunteers and supporters coming together to build something lasting for future generations.

The planned second pitch will represent the club's most ambitious undertaking to date. It will require a major fundraising effort and strong community backing, but history suggests that White's Cross GAA is well capable of meeting the challenge. The club hopes to have the new pitch ready for play by mid-2027, creating vital additional space for training, matches, and continued growth.

Club officials believe the project is ultimately about more than sport. It is about providing a shared space where young people can develop skills, friendships, and a lifelong connection to their community.

If the past has shown anything, it is what can be achieved when the community works together. With that same spirit of commitment and generosity, White's Cross GAA is confident that this next chapter – like those before it – will become another proud milestone in the club's history.



# Glanmire Athletics Club



Paul O'Donnell of Dundrum South Dublin on the left and Ryan Creech on the right. Both athletes ran in Seville.

## Creech Smashes the 2:10 Marathon Barrier in Seville

Glanmire's own Ryan Creech has cemented his place in Irish athletics history, delivering a spectacular performance at the 2026 Seville Marathon on Sunday, February 15th. Running for his club Leevale A.C, Creech crossed the finish line in Seville with 2 hours 9 minutes and 39 seconds on the clock, an incredible time that has been years in the making. Creech secured a top 20 finish in the World Athletics Gold Label Marathon against a world class international field, crossing the line in 20th place overall.

## A Run for the History Books

Creech's sub 2:10 marathon masterclass isn't just a personal milestone; it completely rewrites the Irish marathon record books. His phenomenal time marks the fourth fastest marathon ever run by an Irishman. Most notably, his 2:09:39 eclipses John Treacy's legendary Irish record of 2:09:56, a benchmark that had stood as the absolute pinnacle of Irish marathon running for over 30 years.

## The Grind Behind the Glory

Building on the momentum of his impressive runner-up finish at last October's Dublin Marathon, Creech's success in Spain is the culmination of year upon year of high mileage with Creech being known to run upwards of 110

miles per week. The foundations for this historic run were laid far away from sunny Seville. Creech does the bulk of his heavy training on the wonderful hills of Glanmire and grinding out sessions on his favourite Monaghan Road loop in Cork City. What makes this performance even more impressive is that unlike his competitors, Creech does not enjoy the benefits of warm weather training camps over the winter months, instead making do with treacherous icy conditions in Glanmire that have caused many a run to be postponed or moved to safer ground on the grass at the UCC Farm pitches in Curraheen.

## Main Supporters

Behind every elite athlete is a vital support system, and Creech is no exception. His run was made possible by the unwavering backing of his family, his wife, Chloe, and their daughter, Zoe, who have supported him through every early morning and exhausting training block.

## 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 Monday and Wednesday

## Monday Session: Hills

Meeting outside Aldi in Glanmire at 7.00 PM for a hill session on the new path between Lidl and Aldi.

## Wednesday Session: Intervals

Meeting at 7:00 PM at the Island Gate, Glounthaune Walkway (Eircode: T45K626). Sessions cater to all levels and include:

- 30-Minute Run – 15 minutes out and back, with the option to extend to 35–40 minutes.

- Interval training 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.

Recent achievements include the men's team securing second place in the John Treacy Team Challenge at the Dungarvan 10 Mile, and James Grufferty placing within the top five in all three races of the Cloyne 4k series. Club members have also participated in events organized by the Cork Business Houses Association.

For further information and updates, please visit:

<https://glanmireathletics.com/>  
or find us on Facebook  
[facebook.com/people/Glanmire-AC/61579343162809/](https://facebook.com/people/Glanmire-AC/61579343162809/)



## Glanmire MACRA News

Glanmire Macra have been keeping busy, attending several events this month.

With winter coming to a close, we decided to make the most of the last bit with a trip to the Alpine Skate trail. This was a great evening, while we weren't up to Olympic standard on the ice we managed to keep our balance most of the time and had a very enjoyable evening. But looking forward to warmer weather now. We also had another social event this month, with a trip to Planet Entertainment centre for some bowling. This was a great way to spend a dreary wet evening, with plenty of chats and strikes!

Some of our members also headed to Ovens to watch the final of the National final of Capers. Two of our members, Zara Long and John Lonergan also worked as stagehands for Waterfall Macra on the night. This was a brilliant night of entertainment with seven short comedy shows on the night from clubs all over the country. With plenty of local interest with Waterfall and Kinsale, both from the Séandun region taking part. But the ultimate award on the night went to Freemount Macra.

February also saw the Séandun titles night take place, with interviews on the night for who will go forward to represent the Séandun region at Mr Personality, Blue Jeans Country Queen and Queen of the Castle. While there were no Glanmire

# GLANMIRE MACRA'S SPORTS NIGHT

EVERY WEDNESDAY 7.30 - 9PM

Little Island Sports Complex  
(T45 F449)

€5 each and the first time is free!!



members taking part on the night, a few of us still went up to support the other people going for the titles. There was some tough competition, making it hard on the judges, but they came to a decision in the end, awarding the titles to Sinead from Whitechurch Macra who will go forward for Blue Jeans Country Queen, Pa from Kinsale Macra will go forward for Mr Personality and Avril from Knockraha Macra who will go forward for Queen of the Castle. We want to take this opportunity to wish them all the best of luck in the national rounds, which are always great fun to attend.

We have plenty of plans for the coming month too. With the weather getting better, we are hoping to arrange a walk soon and also a social night in the city. Our weekly sports night in Little Island Sports Complex also continues every Wednesday from 7.30-9pm.

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!

Many years ago, in my student days at UCC I attended – or more precisely, I was dragged along to – my first poetry reading in what was then the Phoenix Bar on the quays. The poet was a Cork man Greg Delanty and he had written a series of poems about his father. As he read the lines, I felt the tears sliding down my face. He'd hit a nerve. The poems were beautifully heart-crafted but were not sentimental or even sad. The emotion was deeper than sad. Afterwards, it was hard to put into words how and what his poems made me feel. That is what poetry does. It stirs emotions that can't always be given shape through your own words or through prose.

Last month I asked for submissions from readers – a poem, a piece of prose, a story. Reading some of the entries over the last week I began to realise that I hadn't written much about poetry in this column up to now and the winning entry reminded me of how evocative a poem can be.

Poetry speaks to our heart and our soul rather than our mind. We can't quite put our finger on it but, a poem can move us. Or enthrall us. We don't need to know why or how. We are blessed to have the medium of poetry to take us to the hard-to-reach places of the heart. American poet Wallace Stevens put it best: *The poet is the priest of the invisible*.

Not all poetry works of course. Poems are like chocolates – you have to experiment and find your favourites. An anthology of poetry is worth reeving through, and there are many available in bookstores, libraries and online. Two of my favourite books of poetry are Anne Rath's debut collection, *Ash and Bone*, published last year by Revival Press in Limerick and *The Professor of Forgetting* by Greg Delanty, published by LSU Press, Baton Rouge. Both books of poetry sit on my bedside table and are a treat to savour and enjoy.

There is an old saying that prose is 'words in their best order' but poetry is 'the best words in their best order.' This competition reminded me of that. While a story explains, a poem boils down the emotion, the celebration, gratitude, grief, whatever, till only the essence remains. And so, this brings me to our winning entry. We have two magnificent poems on nature: *Promise* and *Spring*, which we are proudly featuring today, both sent in by Mona Lynch. Her poems stood out and stood tall with rich imagery and pulsating life. They remind us that nature is not just a wild or pretty backdrop for



our lives, but a language through which we can understand our own cycles of new life, growth, and decay.

*Promise* captures the anticipation: Naked, sleeping apple trees are dreaming of leaves but the poet tells them: *January is for resting. We must wait*. Even as mysterious bulbs continue to push up green shoots.

In the second poem, *Spring*, we hear *the click of hail*, we see the *trees stiff and bare* and we can feel the *blanketing snow* – before *earth bursts into wakefulness* and *joyous singing*. The greening up, the chorus of alive-ness and then, that exquisite image of frogspawn at the end: *a maze of black polka dots*.

### PROMISE

The rain pelted down.  
The wind roared and bellowed in the chimney,  
kept me from my sleep.  
I open the blinds on a new January day  
the garden stunned, survived.  
Two yuccas, huge owl eyes staring at me  
Sad, their panicle lilies faded  
Apple trees stand naked. asleep,  
dreaming of leaves

January is for resting, we must wait.  
Somethings shrink and die,  
And yet, the golden forsythia is  
flaunting full buds  
The dwarf magnolia too  
In April we will have the stunning  
Bride.  
Bulbs are sending up green shoots  
A mystery each one until its petals  
show.  
The new year bells are ringing in my  
garden.

### Spring

Music changes, from assaulting rain,  
the click of hail  
on trees stiff and bare, the  
sussurando of blanketing snow,  
to the bleating of lambs as earth  
bursts into wakefulness.

Showing off its secret hoard, doled  
out slowly bud by bud  
under the joyous singing of Spring  
birds.  
Gangly branches sport soft leafy  
promises,

announcing they know when to stage  
their dramatic full-dress rehearsals.  
Heralding croaky morning choruses.

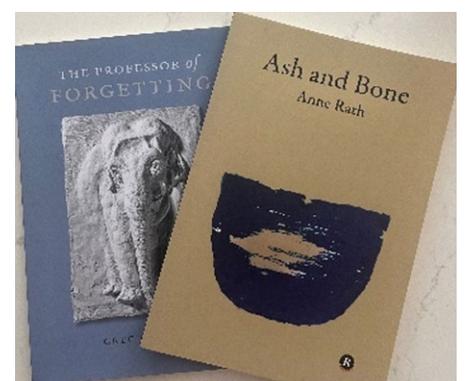
Anything asleep awakens full of joy.  
The pond of frogspawn, a maze of  
black polka dots.

Mona Lynch

These poems make us stop so we can savour the word-smithing, the colours and textures. Most importantly they lift us and remind us why we write: to connect, to remember, and to feel the joy of creating and sharing something new and fresh. Thank you, Mona Lynch, and to everyone who submitted entries. Keep writing and keep sending and we'll do this again soon.

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](http://www.eleanorokellylynch.ie), Amazon and [buythebook.ie](http://buythebook.ie)



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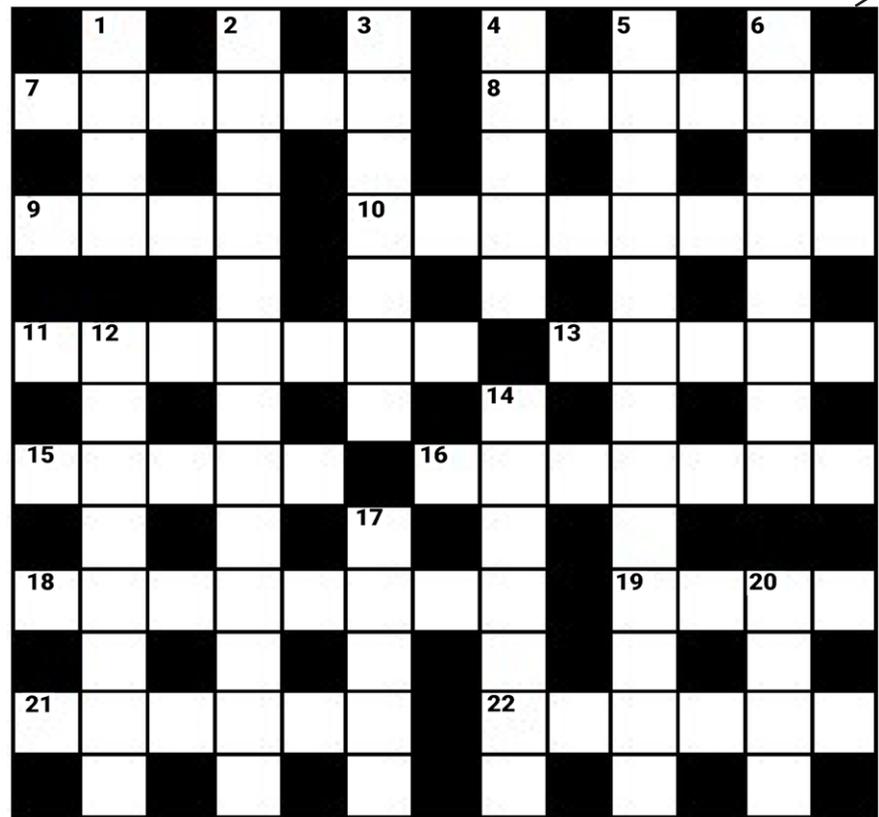
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# Crossword Puzzle



## Across

7. Spread out untidily over a large area (6)
8. Be filled with intese but suppressed anger (6)
9. Sleeveles garment worn on the upper body (4)
10. Practice of having multiple spouses simultaneously (8)
11. Restructure or redesign a building (7)
13. Hang down limply (5)
15. Militray governemnt that has taken power by force (5)
16. Portable rocket launcher (7)
18. Showing signs of prolonged worry (8)
19. Small cut or notch (4)
21. Care for and protect in an overindulgent way (6)
22. Impudent or irreverent in an amusing manner (6)

## Down

1. Semicircular recess in a church (4)
2. Compass direction between east and northeast (4,9)
3. Comfortable indoor shoe (7)
4. Sacred song or hymn (5)
5. Device for measuring radioactivity (6,7)
6. Three-leaved plant, symbol of Ireland (8)
12. Software that imitates another system (8)
14. Flat bread from Scotland (7)
17. Main artery carrying blood from the heart (5)
20. Solid fuel made by heating coal (4)

Crossword sponsored by **BOOTHOUSE**



# BOOTHOUSE

YOUR LOCAL BAR

SINCE 1773

SEND your entries marked **CROSSWORD** to: **Old Farm Lane, Ballinriscig, Upper Glanmire, White's Cross, Co. Cork. T23 RR44**, to arrive by **18th March**, 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.

February Crossword Winner: **Philip O'Brien, Fermoy**



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