

Glounthaune COMMUNITY NEWS

Sept / Oct
2020

GLOUNTHAUNE RUNNING GROUP

Contributed by Richard Cuddy

The local running group, organised by Richard and Kate Cuddy, have recently completed their couch to 5k program. Over 40 people signed up for the program in early June, and progressed from short runs of 60 seconds, with walking breaks of 90 seconds to completing a 5k run in early August. Social distancing was maintained as much as possible, and the large groups split into smaller groups to keep within guidelines at the time. For many it was their first time running, and others were returning to regain some fitness. On the last day, we had 25 runners completing the program, and all were delighted at their achievement. The evening was warm, and

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the group ran a route that incorporated the fantastic Harper's Island. It was fantastic to see so many people out exercising in the fine weather throughout the pandemic, and the group found the regular training sessions very enjoyable. After completing the 5k, the runners gathered together and had a little celebration (adhering to social distancing regulations). The local florist, Flower Power, provided prizes of bouquets of flowers to a number of the runners, medals, and also the unique finishing line (see picture). Many thanks to all who participated, and helped to organise the sessions. It was great to connect with so many new faces. Until next year....





BIODIVERSITY PLAN FOR GLOUNTHAUNE

AILBE RYAN



A meeting was held in Harpers Island recently to outline the plans for a Biodiversity study of Glounthaune with the ecologist, Dr Tom Gittings. Tom has been commissioned by Glounthaune Tidy Towns to carry out this study with grant assistance provided by the Community Foundation Ireland. The scope of the study is to provide a habitat survey of the area, to include vascular plants, wild life and insects, hedgerows, and other areas of ecological interest. A mapped area for the study was agreed, see the area outlined in red in the map on next page, and Tom has at this stage walked the areas and compiled his observations.



*Left to Right: Derry Delaney, Dr. Tom Gittings, Conor O'Brien
hosting a Bio-diversity meeting in Harper's Island.*

Of particular interest was to identify existing threats to the bee population and to list action items to promote their survival. We are glad to report that the study has now been completed and we await Tom's final report to us in October. This will be made available to the community and further actions will follow.



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GLOUNTHAUNE TIDY TOWNS



RUBBISH TALK

Glounthaune is an area where a very small number of committed people walk the roads and pick up litter on weekly basis. We are always amazed how much litter is there ready to be picked up in just an hour. Generally speaking this is rewarding and fulfilling exercise but can be very disheartening as this voluntary work seems never ending.

However for our group the motivation is to make the parish a nice community to live in. Our aim is to keep our roads, walking areas and parks free from litter and a pleasant place to walk and enjoy. In our area we have identified many types of littering that affects our village and the roads and countryside surrounding it:

1. Thoughtless - litter on the road

This is casual, thoughtless littering, often associated with the environs around shop, church or people travelling through the village in cars coming from fast food outlets.



Church Car Park
3rd Sept 2020:
Spot the litter and the
litter bin!

Floral beauty compromised
3rd Sept 2020
Littering last year.

3 Sept 2020:
Photos Conor O'Brien

2. Deliberate - Dumping of household waste

This has always been a problem in Glounthaune on a small scale, but over the last month this problem has increased significantly. Sometimes it is small bags of waste flung out of car windows, other times its several black/green plastic bags, clearly driven to a location emptied out of a boot of car and sometimes flung into or high up on ditches. These can be difficult for our volunteers to get at and dangerous. It is also regrettable to find that some of these bags contain bottles and cans which are all recyclable and are free to dispose of at the nearby centre.



Rubbish Dumped in Cuddy's Acre and at Rockgrove in past month. It is GTT policy to inform Cork County Council litter wardens of every incident of this type - you can help here!

3. Couldn't Care Less: Cigarette Butts

We already know how harmful smoking is to your health, but did you know it can be bad for the environment?

Cigarette butts are the most littered item on our roads. Since cigarette butts are so small, most people who smoke don't think much about their effect on our environment. In fact, many smokers think putting out their cigarettes on the ground is the "right" thing to do. But the effects of tossing that butt are far from harmless.

Along with making footpaths and parks look dirty, cigarette butts are a toxic threat to the environment and to wildlife.

Here are some reasons why:

- Cigarette filters are made from plastic that does not quickly degrade. Depending on the conditions, it can take 18 months to 10 years for a cigarette filter to decompose.
- Cigarette filters are meant to absorb the toxins from cigarettes that are dangerous for people to inhale, such tar - that means those toxins are being thrown on the ground with the filter and polluting the environment.

- Cigarette butts also pollute our water, travelling through storm water systems to end up in streams, rivers, and waterways. Marine life can mistake them for food. In fact, micro-plastic pieces from the filter have been found in the stomachs of fish, birds, whales, and other marine animals. This can cause severe internal injuries, suffocation, starvation, and death.

Finally, the Glounthaune Tidy Towns Group would like to acknowledge the great work done by all the volunteers who continue to keep our community litter free during the Covid 19 Lockdown. It was really appreciated. We also want to acknowledge the many members of our community who while out walking pick up litter as they take their exercise and enhance our enjoyment of our beautiful community we are all so proud of.

Angela Reidy, Chairperson, Glounthaune Tidy Towns



Cigarette butts picked up by Glounthaune Tidy Towns arising from 1 weeks Littering last year.



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Persicaria Fat Domino is a semi-evergreen, clump-forming perennial to with large, pointed, oval leaves. Relatively broad spikes of deep blood-red flowers open on branched stems from mid-summer to late autumn, growing to a height of 60cm and similar spread.



CLASS MASKS



It's great to see the schools reopened. Life seems back to normal, but for many, the everyday uniform requires wearing a mask.

Even though we've had months to get used to face-coverings and keeping our distance, it takes time to adapt, especially going back to school. In class, children are dealing with pods and being limited to play with their assigned contact group. Teachers must wear masks and observe a social distance. Books and stationery shouldn't be shared and hugs between friends are forbidden.

I, too, returned to class. After the lockdown last March, tuition was owed to night class students before the new term could begin. I wondered how Covid might affect things. Would talking through a mask hinder teaching art?

Mouth covered, I arrived early to check out the classroom. Sanitiser and cleaning products were in place. There were tape markings on the floor to ensure that desks were safely spaced apart. The students arrived wearing their masks. I soon forgot any concerns, filled in the contact tracing log and didn't mind if the mask was paint-spattered by the end of the night!

I'm looking forward to starting children's art classes again this September in My Place Hall, Midleton on Tues 22nd, The Pike Hall, Glanmire on Thurs 24th and will resume when possible in Glounthaune NS. The Drawing & Acrylic Painting night course will begin in St. Colman's CC, Midleton on Sept 29th. For more information see **FB: www.facebook.com/frazzledmammy**



Contributed by Maeve O'Keefe



KILLAHORA CIDER



KILLAHORA ORCHARDS

In the booze geek and Dave is the tree guy," Barry Walsh tells me. It is a cold, misty, wet morning and we are standing in the middle of a field planted with young apple trees. Together, Barry, his cousin David Watson, David's wife Kate and father Tim, run Killahora Orchards in Glounthaune in east Cork. Recently, their Rare Apple Ice Wine was named Best Irish Drink at the Irish Food Writers' Guild Awards.

Nine years ago, Dave and Kate Watson picked up the 30-acre estate at the very bottom of the property market. Dave, originally from nearby Carrigrohilly, works in finance in London. Barry works nearby as an investment manager in solar and wind energy. Both have a science background. Initially, they weren't sure what to do with the estate. "We came up with various mad ideas, including growing truffles and holding weddings in the house," says Barry.

In the end, they decided on growing apples, as it would meet Dave's love of trees and Barry's interest in drinks. They also discovered the estate had an ancient walled orchard dating back to 1833, with wild apple trees growing through the crumbling moss-covered walls.

This is very much a family affair. Dave's father Tim was working away on a tractor when I arrived; by the time I left, the sun had burst through the mist, revealing a wonderful view out over Cork from the steep south-facing slopes.

"We didn't just want to plant apples; we have gone for all the weird and curious rare varieties," says Barry. They now have more than 100 varieties planted, from Ireland, the UK, France, Switzerland, and the US and from as far away as Kazakhstan. In addition, they have more than 30 varieties of pear. Dave has planted redwoods and sequoia trees, from just some of the many seeds and plants he has come across on his travels.

The house, a ruin when they bought it, has been completely renovated and may someday entertain visitors. The drinks are made in an outhouse. "We are as close to organic as possible; we don't really use any chemicals or pesticides."

As in every orchard, canker is a problem. The biggest



Core values

When two cousins, one a booze geek, the other a tree lover, came together to discuss business ideas for a 30-acre estate in east Cork, there was only one way to go – apples, writes **John Wilson**



Above Barry Walsh at Killahora Orchard, on the outskirts of Glounthaune, Co Cork. The orchard has more than 100 varieties of apple on the site that are used to make a variety of ciders and drinks.

pests are slugs and rabbits. The land hadn't been fertilised for 20 years; it has less nitrogen, which helps slow fermentation times. Their method of harvesting is also unique: "We shake the tree twice – if half the apples fall, they are ready for harvest." There are 11 beehives to help fertilisation.

Killahora produces a range of apple- and pear-based drinks, including two (excellent) ciders.

"It is hard to compete with the big cider companies so we make very different drinks"

one hindersweet, the other demi-sec, and Pom's, based on the French drink Pommeau, made by mixing apple brandy with apple juice. Then there is the Rare Apple Ice Wine. It is made by blending and freezing a range of juices from different varieties, and allowing it to slowly thaw, creating a concentrated sweet extract that ferments away for up to a year. A mix of wild and commercial yeasts are used, which are then cold-filtered out before bottling. The result is a wine low in alcohol, high in natural sugars, but balanced perfectly by very high natural acidity.

It is a complex and entrancing drink, perfect at the end of a meal, but also very good with pork, cheeses or apple desserts. The team must select juices from a wide variety of apples, some with good acidity, others with more sugar, more flavour or greater aromas. As in wine, blending is key to the finished product. Barry says it will vary each vintage, like a wine, depending on the crop available to them.

"I have always been dabbling with flavour," says Barry. "It is an obsession. When I was 11 years old, it was different sandwiches, then stocks, prawn heads, anything. Now it is drinks. I am always looking for explosions of flavour."

The project is far from finished; many ideas are still in the experimental stage. I left with a box of samples, containing some wildly delicious trial drinks. The cellar is an Aladdin's cave of experimentation, including several large plastic containers where ciders and wine gently ferment away. There are some ancient old whiskey barrels for ageing the Pommeau, and a mass of smaller demijohns, bottles and other receptacles containing perry and other sparkling drinks going through the Champagne method of remuage. There is even a "sherry" cider that is developing flor, the veil of yeast that produces fino sherry.

All of their drinks are made by wild fermentation. The ciders, called Johnny Fall Down, are made from more than 40 apple varieties. The group believe the Apple Ice Wine will ultimately be their most successful drink. "It is hard to compete with the big cider companies so we make very different drinks. We are about the land, the processes, and an expression of this site," Barry says.



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Erins Own September 2020



Jamie Murphy PRO

Our lotto Jackpot is currently at €2,170.00 – remember you can now play online at:

www.erinsowngaa.ie

- Our Club shop is opened Sat and Sun mornings 10:30-12pm.
- Our senior hurlers drew against Newtownshandrum in the SHC last Saturday night on a score line of Erins Own 2-15 Newtownshandrum 1-18, Erins Own now go on to play Sars in the quarter final of the Cork Senior Hurling Championship on the weekend of the 11th – 13th September date, time and venue TBC. Due to Covid 19 no spectators are allowed so we will update you via our Facebook page if the game will be streamed, you can also follow us on Twitter where we will have regular updates throughout the game.





- Erins Own facemasks now on sale in the club shop, Glounthaune Post Office and The Rising tide Bar.

A donation from each mask sold will go to the local Vincent de Paul and local Meals on Wheels.

The masks are €5 each.





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Antisocial behaviour in Glounthaune



A resident in Glounthaune submitted the following for publication:

"Hello Conor, my mother was speaking with you a week ago regarding antisocial behaviour on our property.

This happened Saturday night / Sunday morning on the 16th of August just gone between 12.57am and 1.35am. There were three people in total. One guy threw an egg at our living room window and proceeded to come back ten minutes later. All of this was caught on camera. We just have an image and not a face as the cameras could not pick up a face in the dark. The other two we have no idea as they were only black figures on the footage. I'll attach a picture for you to look at.

Could you put this on the September newsletter to highlight to the community please. Thank you."

Editors Note: It is disappointing that such behaviour exists in our community. We would appeal to parents to ensure their teenage children do not go about unsupervised late at night. We also urge residents to be vigilant and report any antisocial issues immediately to the **Gardai : Mayfield 021 455 8510 (open 24-7) or for emergencies call 999 or 112**



*The following is a further excerpt from Paddy Twomey's book:
Times Past: Around Little Island and New Glanmire.*

*It is taken from Chapter two and is extracted from a talk Paddy gave about the history of
the Sacred Heart Church. Glounthaune, in the church some years ago.*

Stained Glass Window

You will notice the Stained glass windows at the back of the main altar. Each window depicts a different story or reflection from the life of Our Lord. It was traditional to divide the windows where possible into three sections again symbolic of the Blessed Trinity. These particular windows were designed and made by Lawns and Westfield of London and cost approximately £100. each in 1896.

THE PRESENTATION OF OUR LORD IN THE TEMPLE

The window on the left depicts the Presentation of Our Lord in the Temple when he was perhaps forty days old. You will recall Simeon the old man who was in the Temple saying words to the effect that he could die happy now as he had seen the saviour. You will note the figure of Saint Joseph carrying a pigeon or dove; it was part of the ceremony to sacrifice an animal at the ceremony, for richer families a lamb may have been offered, but in Our Lord's case as his family were poor a dove or perhaps on occasion two doves. Simeon's happiness at seeing and holding the saviour, turned to sorrow, when he told Mary "the sword of suffering would pierce her heart".

This particular window was presented by the Murphy Family of Annmount. This is the same family whose tomb is in the grounds.

THE CENTRE WINDOW depicts the Apparition of Jesus appearing to Saint Margaret Mary Alacoque to request renewed devotion to his Most Sacred Heart. Our Lord appeared to Saint Margaret Mary way back in 1673 in the small French Town of Paray le Monial, he spoke to her of man's ingratitude, and asked that a feast in honour of his Sacred Heart be established and celebrated on the Friday ending the Octave (eight days) of Corpus Christi. The first of four visions in which Christ revealed his sacred heart to her took place on the feast of Saint John the Evangelist in 1673. It was almost two hundred years before the church authorities sanctioned such a feast, this was in 1856. Again we must bear in mind that this church here is dedicated to the Most Sacred Heart of Jesus.

On closer inspection of this particular centre window you will notice there are four saints depicted at each corner of it:-

LOWER LEFT: Saint Augustine (Bishop of Hippo in Algeria) A Doctor of the church born in 354.

LOWER RIGHT: Saint Jeanne Frances De Chantal born in Dijon France in Jan 1572 the mother of six children of whom three survived, and she was a widow at 28. Her husband was killed in a hunting accident. She went on



to found a religious order The Order of the Visitation of Mary. She died aged 69 on 13th Dec 1641. She was canonised in July, 1767.

TOP LEFT: Saint John the Evangelist was also the “beloved disciple” to whom Jesus on the Cross bequeathed the care of his Blessed Mother He is very often depicted as holding a chalice over which hangs a serpent or dragon. This arises out of a legend that John was induced to drink from a poisoned cup at Ephesus; he drank, but not alone was he unharmed but two men who drank before him were unharmed as well. He is the only disciple not to have a tradition of martyrdom.

He was Bishop of Ephesus, and Patriarch of the church of Asia. He died of natural causes at a great age.

TOP RIGHT: The saint on the top right is Saint Gertrude who lived during the Thirteenth and Fourteenth centuries (Died 1302) and was noted for her piety and devotion to the Sacred Heart. It is reputed that her heart was symbolically united to the heart of Jesus in a vision, and she was the precursor of the later devotion to the Sacred Heart.

This centre window was donated in memory of the late Canon Barry who died in May 1895,

and he is buried in the church grounds, and left a substantial bequest to help build this church. In addition he donated the windows for both side altars.

THE RIGHTHAND WINDOW depicts the Annunciation and shows the Angel Gabriel carrying a sceptre or lily, and the dove overhead representing the Holy Spirit. The angel Gabriel was the sacred messenger, who told Mary she would conceive, through the power of the Holy Spirit, and bear a son to be called Jesus. You probably would not need three guesses to answer who is the Patron Saint of Post Office and telephone workers.

This righthand window was presented by the Falkiner Family who built the original Annmount House and were large landowners in this area. This family also donated the site for the church

CHRIST THE KING:

The front windows (West) were donated by the family of a Canon Timothy O'Leary who is also interred in the churchyard. The windows are dedicated to Christ the King on left, and Mary Queen of Angels on the right. These windows were not donated until about 1937 after Canon O'Leary's death.

Photo: Conor O'Brien

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Clothes Moths & Larva

That expensive wool overcoat, suit, jumper, ruined by clothes moths.

Earwigs

Accidental invaders, earwigs may produce a noticeable foul odour.

Silverfish

Silverfish are mainly a nuisance pest. Indoors, they can cause property damage by chewing holes in clothing, upholstery and paper goods, such as wallpaper and books.

Houseflies

Carrier of 41 human diseases. Lands on poo, vomits on it with digestive enzymes, stamps it into the poo with its feet to create a mush which it then sucks up. Then it comes for your food with all the diseases on its feet.

Gnats & Midges

Love sucking your blood and spoiling a day out.

Fleas

Blood suckers that cause misery to your pets. Costs a fortune to get rid of.

Mosquitos

Spread more diseases than any other flying insect. Responsible for killing more people than all the wars combined.

Horseflies

(Cleggs) - Painful bites leaving a wound prone to infections.

Roaches

Spreads diseases which can make you seriously ill. Including food poisoning.

Support Chris Paekham
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You only see them for ten minutes a year. Don't put them out, let them disappear into a far recess of your cupboards and provide their **FREE** home sanitation services for you. If you're scared of them, deal with you fear. They're your best mates.

©

As Autumn continues to make itself known with cooler weather and falling leaves, spiders become more prominent in the home. Don't automatically kill them - trap them in an upturned glass and slide a sheet of paper under the glass - then release them to the wild.

REFUGEES AT ROCKGROVE CAMP

The Baltic States of Estonia, Latvia and Lithuania experienced great upheaval during the nineteen forties when their independence was shattered by periods of Russian and German occupation. Many Baltic Nationals fled their homeland and thousands crossed the Baltic Sea in small boats to seek refuge in Sweden. Some subsequently decided to leave Sweden for the safer political climate of the United States and Canada and nine vessels sailed for Canada during the summer of 1949. Another named "Victory" sailed in September of that year with three hundred and eighty four refugees on board a vessel which was designed to carry a maximum of fifty persons. It certainly was not capable of crossing the Atlantic and because of mechanical and safety reasons, with a suggestion that the British Navy may also have been involved; it limped into the Port of Cork and later berthed at Penrose Quay. The "Sydney Morning Herald" of Tuesday October 25th. 1949 reported that "the Eire government is believed to have barred the small refugee ship "Victory" from sailing for Canada though no formal order has been issued. The Norwegian government, where the ship is registered, has informed the Eire government that the vessel is regarded as unseaworthy for its intended use". On October 27th. the Department of Defence advised that the Minister was approached "personally" by Leslie Bean De Barra, General Tom's wife, of the Irish Red Cross Society and representation was also made by the Lord Mayor with a view to accommodating the refugees at Rockgrove

Camp, Little Island. The Minister of Defence, following consultation with the Minister of Finance, instructed temporary permissible occupation of the premises and he authorised the issue of necessary equipment on the understanding that "any expense incurred by this Department would be defrayed by the Red Cross". However in April 1950 the Society received a government grant of £10,000.00 to recoup the expenses involved. So the refugees were housed at Rockgrove and many in the area, especially village residents, became acquainted with them and provided assistance in various ways. The refugees were also welcome when calling from door-to-door selling their self-made wooden ornaments. A letter was received from the Canadian authorities advising that its government was not in a position to contribute to the refugees' onward travelling costs. It did offer to send a four man immigration team to Rockgrove on the understanding that the Irish government would not allow those rejected to proceed to Canada. Another requirement was that the Irish authorities should provide chest x-ray films and radiologists' reports on the applicants. On October 28th. the Cabinet decided to allow the Canadian team visit and interview the refugees. On November 12th. an Irish interdepartmental meeting took the view that the state should not accept liability for the refugees' transport costs to Canada unless it became clear that they could not pay their own way, and would not be absorbed into employment there. On December 13th.



the "Halifax Herald" reported that the "Victory" was sold in order to pay the passage for those who could not otherwise afford to travel on sanctioned vessels. The Canadian immigration team arrived at Rockgrove and carried out its investigations and only fifty eight refugees were refused entry to Canada; fifteen for security reasons on the grounds that they had collaborated with the Nazis while the others were rejected on medical grounds. Then in order to discourage the influx of further refugees; the Department of External Affairs advised that those not admitted to Canada would be returned to Sweden. Those granted permission to travel to Canada did so per sanctioned vessels; such as the liner "Franconia", which according to the "Halifax Herald" transported thirteen. On December

23rd 1949 the "Waterford News" reported that "nine radiantly cheerful refugees and not showing the least signs of distress or discomfort travelled from Waterford on Monday per the S.S. "Tor Head" bound for St. John's, Canada. The group, which included three women, travelled by bus from Rockgrove Camp, Little Island to the R&H Hall flour and grain mills berth where the ship was discharging four thousand tons of grain. A spokesman for the party said that they each paid fifty pounds for their passage to Canada and they had high praise for the Irish people, especially the locals who gave them gifts of money, food and clothing. Those that remained at Rockgrove enjoyed a "sumptuous Christmas" and Very Rev. Jan Bogusz, a Polish priest studying at Maynooth, celebrated mass there. The last

group of refugees left Rockgrove in 1951 but one Rudolf Janeczek travelled no further than Cork city and later married Abbey O’ Leary of Gardiners Hill. They had a family of five and their four talented daughters would comprise the popular singing group of the seventies; the “Janeczek Sisters”.

On a different note! The Minister of Defence Jim Gibbons advised the Dáil on November

20th.1969 that “tenders have been invited for the purchase of Rockgrove Camp as same is surplus to army requirements”. R.I.E.L., which constituted seven Rockgrove based businesses, purchased the Camp for £49,000.00 and following protracted negotiations the sale was closed on January 1st.1973.

Contributed by Gerry Ryng



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Injuries In A Public Place



Public Liability claims refer to accidents which occur in a public place, such as slip and fall injuries. This comes under the category of Personal Injuries claims.

All personal injuries claims must be first submitted to the Personal Injuries Assessment Board (PIAB). In 2018, Public Liability claims accounted for 18% of the overall claims submitted to PIAB and the average compensation determined by PIAB was €28,372.00.

If you get injured in a public place, the owner or occupier of the public place may be liable to compensate you for your injury.

The owner/occupier of the premises or public place has a duty of care to members of the public to ensure their safety and to ensure that the place or premises is free from "hazards".

Our Solicitors at Douglas Law Solicitors have won cases for clients who have suffered an injury in a public place due to the negligence of the owner or occupier.

We have succeeded in getting compensation for clients in all different situations, for example:-

- A slip and fall due to a spillage on the floor of a hotel
- Fall on a defective footpath owned by a County Council
- Significant injury due to slip and fall on water on a floor inside a door of a restaurant
- Injury due to defective door in a wedding venue.

Many of these types of injuries can have a devastating impact on a person's life and their ability to work or do normal everyday things. If you are unfortunate enough to suffer such an injury, it is important that you contact a solicitor as soon as possible and obtain the proper advice so that the best possible result can be obtained for you.

At Douglas Law Solicitors, we have a dedicated team of experienced personal injuries solicitors who are available to answer your questions and provide you with advice. You can email our specialist personal injuries solicitors, Aoife McCarthy at aoife@douglaslawsolicitors.ie or Gráinne O'Donovan at grainne@douglaslawsolicitors.ie to arrange a consultation or contact us by telephone on 021 4897256.

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Lackenroe, Glanmire, Co. Cork.

Contact: Christy Murray on 086 2463585

Email: info@acetreeservices.com

PROFESSIONAL ADVICE
ON ANY TREE PROBLEM.
PROVIDING QUALITY
TREE SERVICES FOR
OVER 40 YEARS.

Pollinator-friendly plants for YOUR GARDEN

Our pollinating insects are in decline. One third of our 99 bee species are at risk of extinction. By choosing pollen-rich flowers for your garden, you will help provide much-needed food for Bumblebees and other pollinating insects as well as creating a beautiful colourful garden. There are lots of pollinator-friendly plants to choose from.

To learn more about the All-Ireland Pollinator Plan, see
www.pollinators.ie



How do you know if a plant is pollinator friendly?

- Do you see pollinators visiting? When choosing plants at a garden centre, you will quickly spot which flowers insects visit most.
- Choose **single-flowered** varieties or **perennials** (double-flowered or annuals are generally poor sources of pollen and nectar).

See our website for more actions you can take to help pollinators in your garden, business, farm, school or local community.



Autumn

Winter

Daffodils, Tulips, and traditional bedding plants like Geraniums, Begonias, busy Lizzy, Petunias, Polyanthus or Salvia splendens have virtually no pollen and nectar and are of little value to pollinators.



www.pollinators.ie

National Biodiversity Data Centre
Supporting natural Ireland



Zoom Seminar
2.30 pm – 4.00 pm, Tuesday 22nd September 2020
**CONNECTING NATURE:
BRINGING LIFE TO THE CITY**
Professor Marcus Collier, Trinity College Dublin.
Register at Eventbrite

The first of our series of zoom seminars is titled

GREENING OUR CITY

Presented by

**SHEP Earth Aware, Green Spaces for Health, Cork Healthy Cities, Cork Chamber of Commerce
and the Environmental Research Institute, UCC**

Next Sessions Tuesday, October 20 and Tuesday, November 24

Professor Marcus Collier is Coordinator of **Connecting Nature**

<https://connectingnature.eu/urbanbynature> a consortium of 30 partners within 16 European countries and hubs in Brazil, China, Korea and the Caucasus. **Connecting Nature** works with local authorities, communities, industry partners, NGOs and academics who are investing in large scale implementation of nature based projects in urban settings. It measures the impacts of these initiatives on climate change adaptation, health and well being, social cohesion and sustainable economic development in these cities. It is also developing a diversity of innovative actions to nurture the start up and growth of commercial and social enterprises active in producing nature based solutions.

A greener city is not only more pleasant to live in, or to visit, it also improves the health, wellbeing and social cohesion of citizens, helps sustain biodiversity, mitigates the effects of climate change and provides opportunities for innovative and sustainable economic development.

A program of greening will be most effective if it involves a partnership of City Council, businesses, community groups and academics. It is hoped that this seminar and the further seminars in the series will contribute to building that partnership.

This seminar is **free of charge**. Booking is essential, to register please:

BOOK HERE





What's Going On



GCC= Glounthaune Community Centre CC= Church Centre

BOOKINGS OF CENTRE BY GROUPS MUST ADHERE TO COVID-19 PUBLIC HEALTH ADVICE

GLOUNTHAUNE COMMUNITY CENTRE: to book rooms for your event/meeting call 021 451 0470, email thegcacork@gmail.com

MEN'S SHED: Contact Garry Tomlins 086 231 3963

GLOUNTHAUNE TIDY TOWNS: Contact Angela Reidy 087 413 4726, angelreidy.m@gmail.com

KATE CUDDY YOGA: 086 - 8214002, katecuddy@gmail.com

GAEILGE BHEO/IRISH SPEAKING CLUB: Contact: Lena Ui Dhubhghail 021 - 4353288

PROBUS: Contact Terry Fleming + 353 (0)87 254 7896.

ACTIVE RETIREMENT: Contact Jill McNamara 086 813 880

MEALS-ON-WHEELS: Contact: Pauline Walsh 087 270409. new cooks, drivers, always welcome

GLOUNTHAUNE BRIDGE CLUB: Contact Jim Mason tel (086)2666792/ 4353708.

GLOUNTHAUNE RUNNING GROUP: Get fit for 2020, Meet at Fitzpatrick's. Tuesday Thurs, Sat. All welcome. Organised by "Whats App" send number to Richard on 086 834 4659 to be included in this group.

INDOOR BOWLS: Meet Erin's Own 8pm. Thursdays

SEANOIRÍ: Contact Peggy Dunne 087 778 6357

GLOUNTHAUNE CHURCH CHOIR: Contact: Ita 086 3553120 or Michael Burke 085 143 5080 8pm.

GRAMOPHONE CIRCLE: Contact: Michael 021 4353642 or Valerie 021 4353733 CC

SENIOR LADIES EXERCISE CLASS: Contact Esther 087 236 1759

80TH SCOUTS: Contact: Richard Crowley (085) 172 6561 80thcork@gmail.com
5 years to 18+ Boys and Girls. Beavers, Cubs, Scouts and Venture Scout sections.

ST VINCENT DE PAUL: Contact 021 4270444 or 087 152 0360

CATHOLIC CHURCH MASSES: Glounthaune: Sat. at 6pm and Sun. at 12noon. Mon.-Wed. at 10am. Web cam recording from Sacred Heart Church on all masses. Little Island: Sun. at 10.30am, Thur-Fri. at 10pm. Knockraha: Sun. at 9am. Working Holy Days: Knockraha 9am, Glounthaune 12noon, Little Island 7pm Parish Office: 021 4353366 or glounthauneparish@eircom.net

CHURCH OF IRELAND: Contact Neil Walker 087 247 9546

BAPTIST CHURCH: Contact Robert Ellis 083 346 7869



GLOUNTHAUNE HOMES TRUST MAKES PROGRESS



Following the identification of a suitable site to the north of the Ashbourne House and beside 'The Woods', the appointed architect/engineer has developed two detailed proposals for the proposed retirement village for senior residents of Glounthaune. The site has been identified subject to planning permission and this has enabled a detailed site survey to be carried out. In the last few weeks two detailed options have been developed with up to 14 units in the site layout with a number of dwelling plans. A consultation meeting is being planned with those who have expressed interest (subject to Covid rules) for Saturday 19th September in the Community Centre, Glounthaune.

Contributed by Conor O'Brien



L.I.I.D.C.

LITTLE ISLAND INDUSTRIES DEVELOPMENT COMPANY



Formed in 1991, the Little Island Development Committee provides monetary support in the areas of community, sports, clubs, infrastructure and education, which benefit the communities of Little Island and Glounthaune. LIIDC has supported a variety of projects including: Foodcloud, Leaside FC, Little Island Scouts, Little Island & Glounthaune primary School, Meals on Wheels, Glounthaune playground and St. Lappan's Church are some examples.

The committee members are volunteers from the member companies, which comprise of:

- Cara Partners
- Janssen Pharmaceutical
- BAM
- BASF
- DD Williamson
- Pfizer
- Eli Lilly
- Pepsi
- DuPont
- Leo
- DPS
- Liam A Barry

Each company donates an annual contribution to a fund which is then awarded to support a variety of projects within a twelve month period.

The LIIDC objectives are:

- To provide Financial Support for projects and schemes of a developmental or recreational nature which benefit the local community.
- To provide a Forum for communication between the local community and Industrial and Business interests.