

LOCKDOWN DRAWING

Each New Year we can feel pressured into making life-changing improvements like getting fit, decluttering or whatever. This year is exceptional. Forget the usual resolutions. It's enough to simply survive and cope with the latest lockdown rules.

Despite oppressive restrictions, there are opportunities to try new things. After last year's March lockdown, for example, we now have many expert sourdough and banana bread bakers! Although my art classes had to cease during this latest Level 5, I was delighted to get the opportunity to design and paint Christmas scenes in Fitzpatrick's shop windows. Robins, rabbits, reindeer, cheeky penguins and even the Santa house built by the Glounthaune Men's Shed made an appearance!

Like baking, drawing and painting are beneficial things to do and are great therapy. You don't have to be a Leonardo da Vinci to sketch. It's a question of choosing a subject, then breaking down that object or scene with your eye into easy-to-draw shapes. For instance, to draw a penguin like the ones I painted in Fitzpatrick's window, start with a bean shape for the penguin's body. Draw the eyes, tiny beak, little wings and feet. Add a seagull shape above his eyes and curve the line as shown to his foot to signify the white front feathers.

Due to the current level 5 Covid restrictions, my art classes are currently postponed but I will resume when possible. For more information see my website www.frazzledmammy.com or Facebook page **FB:** www.facebook.com/frazzledmammy

Contributed by Maeve O'Keeffe



HSE FREE ON-LINE STRESS CONTROL COURSE

See below details of an online 'Stress Control' course being promoted by the HSE. The course will be commencing early in January and can be accessed at www.stresscontrol.ie.

TAKE CONTROL WITH STRESS CONTROL

JANUARY: Commencing Monday, 11th January 2021

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

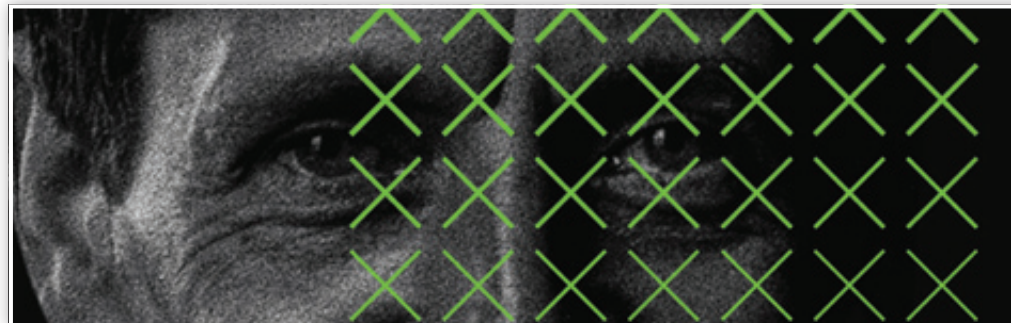
	What is Stress?	Mon 11th Jan, 9am until Wed 13th Jan, 11pm
	Controlling your Body	Thurs 14th Jan, 9am until Sun 17th Jan, 11pm
	Controlling your Thoughts	Mon 18th Jan, 9am until Wed 20th Jan, 11pm
	Controlling your Actions	Thurs 21st Jan, 9am until Sun 24th Jan, 11pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Mon 25th Jan, 9am until Wed 27th, 11pm
	Controlling your Future	Thurs 28th Jan, 9am until Sun 31st, 11pm

www.stresscontrol.ie

GLOUNTHAUNE TYRE CENTRE

4353940

CRAWFORD ART GALLERY



CITIZEN NOWHERE | CITIZEN SOMEWHERE: THE IMAGINED NATION

[Until 5 April 2021]

New major Exhibition at Crawford Art Gallery featuring national and international artworks highlights the legacy of Terence MacSwiney's 74 - day hunger strike and how it gripped the press and political agendas around the world. Citizen Nowhere | Citizen Somewhere: The Imagined Nation, Crawford Art Gallery's current exhibition focuses on the international legacy of Terence MacSwiney's hunger strike and death, and the idea of nation as an imagined state to which his own essays, Principles of Freedom, aspired.

25 October 2020 is the centenary of the death of Terence MacSwiney (1879-1920), Lord Mayor of Cork, playwright and politician. Following his arrest on 12 August 1920 for possession of a police cipher, MacSwiney's 74-day hunger strike gripped international press and political agendas. The exhibition provides an overview of some of the many individuals and countries inspired and influenced by MacSwiney's principles and legacy to stand against the rule of empire and/or assert independence, including Bhagat Singh (India), Guo Morou (China) and Marcus Garvey (West Indies & United States of America).

MORE ABOUT CRAWFORD ART GALLERY

Crawford Art Gallery is an Irish national cultural institution, dedicated to contemporary and historic visual art, located in a significant heritage building in the heart of Cork city. Offering a vibrant and dynamic programme of temporary exhibitions, it is also houses a collection of national importance which tells a compelling story of Cork and Ireland over the last three centuries. An oasis of calm and tranquillity, Crawford Art Gallery is open seven days a week, free to enter, and a must-see for locals and tourists alike. Welcoming over 265,000 visitors annually, the Gallery boasts an award-winning Café in stunning surroundings, serving fresh local produce for which Cork is famous.

Opening Hours [Free Entry]

Monday-Saturday 10.00am-5.00pm | Late opening Thursdays until 8.00pm
Sundays and Bank Holidays 11am - 4pm

PRESCRIPTION CHARGES



I have a medical card but I seem to be paying more than the monthly cap for prescription charges for my family. Why would this happen and how can I get a refund?

If you have a medical card, you must pay a charge for each prescription item you get. Since 1 November 2020, this prescription charge has been reduced from €2.00 to €1.50 per item, up to a maximum of €15 per month per person or family (previously, the maximum was €20 per month). If you are over 70, the charge is €1 per item up to a maximum of €10 per month. Usually your pharmacy keeps records of how much you have paid in prescription charges and makes sure that you do not pay more than the limit each month. However, you may use different pharmacies in the same month, or your family members may not be set up as a family group, and you may end up paying more than the maximum.

If this happens, the Health Service Executive (HSE) will issue a refund. You don't need to apply for it. This is done on the basis of the information from pharmacies. Refunds are issued every 6 months. You can set up your family as a family group on medicalcard.ie and print off a family certificate to give to your pharmacist. This will show all of the members of your family so that your pharmacy will not collect charges above the monthly limit.

If you do not have access to the internet, you can ask your Local Health Office to help with setting up a family group. You can also call the HSE on 1890 252 919 or ask your local pharmacist, who may be able to help you. You can find out more about prescription charges for medical card holders on citizensinformation.ie. During the COVID-19 pandemic, you can find comprehensive integrated information online at citizensinformation.ie/covid19/ and you can get daily updates on what's changed on Twitter at [@citizensinfo](https://twitter.com/citizensinfo).

Further information is available from the Citizens Information Service below. Know Your Rights has been compiled by Citizens Information Service which provides a free and confidential service to the public.

Hollyhill CIC: (Tel: 0761 07 6850): Open to phone queries only Monday to Friday 10am-4pm

Blackpool CIC: (Tel: 0761 07 6890): Open to phone queries only Monday to Friday 10am - 4pm

Mayfield CIC: (Tel: 0761 07 6880): Open to phone queries only Monday to Friday 10am - 4pm

Cllr. Sheila O'Callaghan





For advice or assistance on local issues please contact me.

 086 1940762

 Cllr. Sheila O'Callaghan

 sheila.ocallaghan@cllr.corkcoco.ie

My name is Sheila O' Callaghan I live in Scartbarry Watergrasshill, originally from Glanmire. I was co-opted to Cork County Council on 24th Feb 2020. The vacancy arose as a result of the election of Padraig O' Sullivan to Dáil Éireann on 8th Feb 2020. I am a Councillor in the Cobh LEA of which Glounthaune is part of.

I met with some members of GCA last June with regards to plans and submissions for the County Development Plan. Some residents of Glounthaune have been in contact with me regarding issues around lighting, footpaths, parking and traffic congestion in and around the National School. Broadband availability and speed is another issue that has been brought to my attention by residents in Harpers Creek.

I look forward to working with you and on your behalf over the coming year.



WOOD FLOORS SUPPLY & FIT

SANDING & REPAIRS

John O' Gara

Wood Floor Sales

 021 43 555 66

 ogflooring@hotmail.com

 505 EURO BUSINESS PARK, LITTLE ISLAND, CO. CORK

Carraig Print Litho Press

Ballinbrittig, Carrigtwohill, Co. Cork.
T: 021 488 3458

59 St. Mary's Road, Middleton, Co. Cork.
T: 021 463 1401

E: info@cprint.ie www.cprint.ie

DESIGN & PRINT
SIGNS & DISPLAY

*You think...
...we ink!*

THE DUNKETTLE TO CARRIGTWOHILL GREENWAY

Extensive roadworks near the Amber garage have signalled the beginning of the construction of the Greenway section which will ultimately link Cork City with Rosslare. The target is to provide a segregated pathway / cycleway separate from the roadway. It is noteworthy also that a new railway crossing for the Greenway has been installed at Bury's Bridge as part of the Dunkettle project. Thus it will be possible in the near future to cycle through the Dunkettle Interchange on a dedicated cycleway.



Bury's Bridge: Ramp leading to new railway cycle bridge



New railway cycle bridge

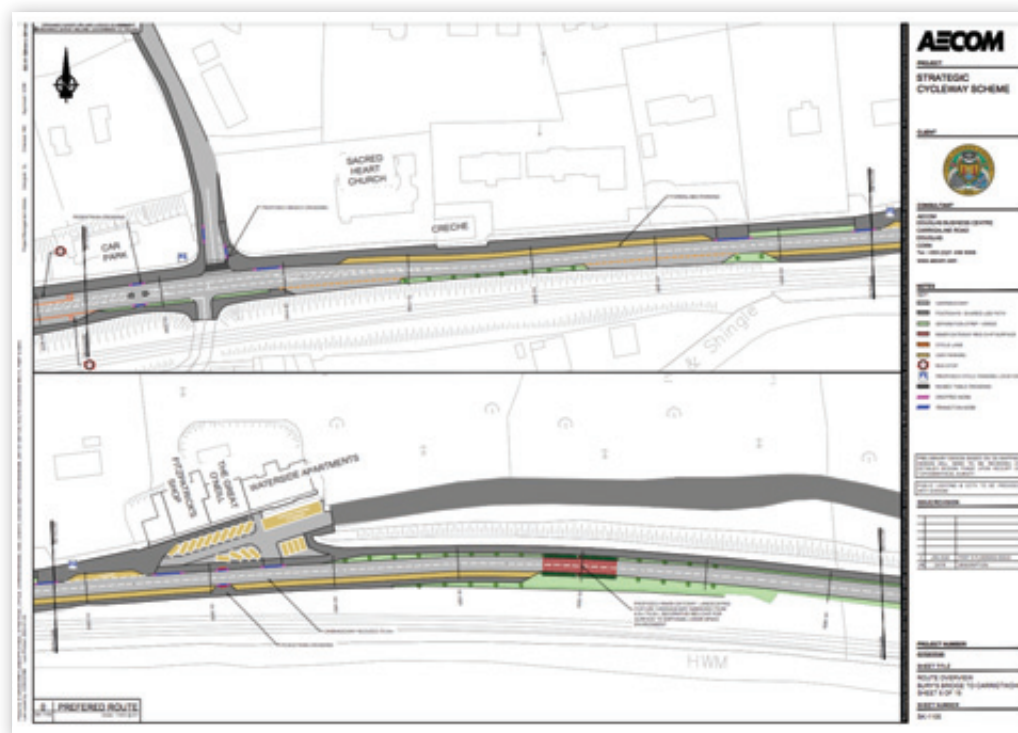
Full details of the plans are available on the Cork Co. Co. website: <https://www.corkcoco.ie/sites/default/files/2020-01/scheme-drawings-burys-bridge-to-carrigtwohill-rev-1.pdf>

The aim of the 'Strategic Cyclway' scheme is "to provide the primary connection for sustainable transport between East Cork, Little Island and Cork City. To enable this the scheme will improve safety (primarily by reducing vehicular speeds) and enhancing the quality of service for walking and Cycling. This aligns with the Cork Cycle Network Plan which identifies the L3004 as an inter urban route (IU - 1) connecting Bury's Bridge to Midleton."

The drawing shows a typical section showing details of the Glounthaune church junction and further on the Fitzpatrick's shop frontage. The thin dark grey line to the north of the road is the Greenway, designated in the drawing as 'footpath- shared use path'.

People were surprised that the Greenway has significantly shrunk the carriageway size on the remaining road.

Contributed by Conor O'Brien



Completed section approaching the Amber garage



ROLLING BACK THE YEARS

Contributed by Jamie Murphy, Treasurer



We need your help!
Would you volunteer to assist editing
Glounthaune Community News?
Drop an email to
thegcacork@gmail.com



KILLAHORA ORCHARDS



Killahora Orchards is a family run business making the finest artisan drinks out of home-grown apples and pears. Kate & Dave Watson acquired Killahora House and land in 2010 and together with Dave's father Tim, have been busy planting orchards containing over 1000 fruit trees and transforming the derelict site into a family home. One of the old farm buildings was renovated and converted into our current cider house.



L to R is Kate Watson, Dave Watson, Barry Walsh.

Dave's cousin and co-founder Barry Walsh has a passion for flavours, fermentation and creating drinks, so in 2016 when the trees were giving an ever-increasing yield of fruit, Barry created a Bittersweet Cider, Fine Perry, Rare Apple Ice Wine and an apple aperitif we call Pom'O. All these delicious drinks have won awards including from Blas na hEirann, Great Taste Awards, International Cider Challenge and the Rare Apple Ice Wine was honoured as Best Irish Drink from the Irish Food Writers Guild Awards in 2019.

The land at Killahora Orchards has a 200 year history of growing apples; Ordnance Survey maps show there were orchards back as far as 1837 and the team found ancient wild apple trees all along the hedgerows that would have been seedlings from the original orchard. The fruit from these ancient trees has been used to create a limited release called Wild Apple Cuvée, a sparkling wine and the 2019 vintage will shortly be released. The 2018 vintage won Supreme Champion at the prestigious Royal Bath & West Cider Awards. Another special release for 2021 is a barrel aged Pear Wine so sign up to their newsletter via their website to stay tuned!

The whole family gets involved in the harvesting of fruit and all the pressing and production is done on site. They also have over 10 beehives managed by a local beekeeper to keep all the trees pollinated so it is possible you may have seen some of their bees foraging in your garden!

All their drinks are made with 100% fresh juice and are made in small batches using traditional methods and wild fermentation. Nothing is rushed and every drink takes at least a year to make in order to gain the most complexity of flavour.

The full Killahora Orchards range is available via their online shop www.killahoraorchards.ie and in bars, restaurants and retail outlets across Ireland and the UK. Locally, Bakestone's Pantry, Fota Island Resort and the Elm Tree are stockists.

Contributed by Kate Watson



Where do I Start?

So, you want a new staircase, but you don't know where to start?

Quality European Hardwoods manufacture staircase components and can supply hardwood staircases from entry trade level in Beech to top of the range bespoke stairs in Walnut. European Oak is a speciality. We offer class leading quality and competitive pricing.

If budget is a major concern, then we can recommend Beech as offering low-cost, durability and finishes naturally very well or can be painted on-site with excellent results. It is harder than pine and has far few blemishes. An excellent choice is European Oak which finished very well, is exceptionally hardwearing and can be inexpensively refinished and has significant character. A popular choice is Walnut and when coupled with glass can be stunning.

The easiest way to get a quotation is e-mail your stair plans or a sketch to our team leader, bernard@qeh.ie in Cobh, letting us know the style / model you would like. We will work with you and your carpenter and supply all necessary components, or we can recommend a professional fitter or use our own team if available.

There are some key considerations in the design of a staircase for your home.

Become familiar with the regulations – get engineering and/or architect's drawings and resolve any issues while it is still possible to alter your stairwell as it could get expensive to alter it later.

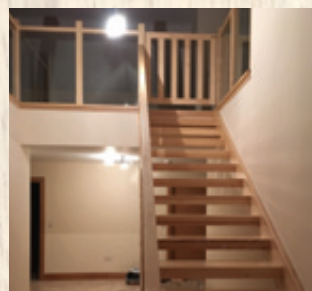
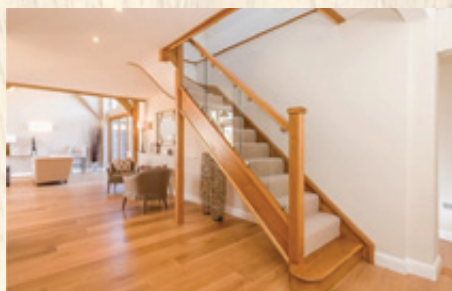
Regarding style, many options are possible but a real aesthetic design constraint for many is that any opening above 600mm height above ground must not allow a 100mm ball to pass through for child safety reasons. This limits the open spacing between treads and spindle spacing and if ignored can create expensive problems getting engineering sign-off especially when selling. Another opportunity for those with young children and to improve child safety is to ask for child gates to be built in at the time of installation.

Importantly, remember to leave adequate headroom when visualising your stair run. Allow two meters above the pitch line of the stair. This consideration is often overlooked where pitched roofs are involved and can be expensive to sort out later.

The walk space (width) of a standard flight of stairs is 950mm and go wider if possible for an eye catching look if your space budget will allow it.

We recommend natural wood finishes to stairs and there are a wide variety of timbers suitable and when coupled with glass balustrades can look stunning. We supply Maple, Ash, European Oak, Meranti, Iroko, and Walnut treads and stair components which offer a wide variety of natural attractive finishes, and are highly durable. Ask us for a sample to try out in your home.

Call or email Bernard at Quality European Hardwoods on 087 704 2111 / bernard@qeh.ie and let us help you take the first step.



PROPERTY PRICES IN GLOUNTHAUNE 2019-2020

The Residential Property Price Register is produced by the Property Services Regulatory Authority (PSRA) and is available on-line at www.propertypriceregister.ie. It includes details of all residential properties purchased in Ireland since the 1st January 2010, as declared to the Revenue Commissioners for stamp duty purposes. The data base is very accessible and has an easy search function. It is interesting to see that 28 properties are recorded in 2020 (average price €344,770) as against 2019 with only 12 properties (average price €435,217). The 2020 sales are dominated by the 18 recorded sales in the Harper's Creek development.

Date of Sale	Price	Address
21/12/2020	€444,933.00	18 The Anchorage, Harpers Creek
24/11/2020	€312,775.00	28 The Anchorage, Harpers Creek
20/11/2020	€251,101.00	34 The Anchorage, Harpers Creek
04/11/2020	€348,018.00	5 The Anchorage, Harpers Creek
30/10/2020	€308,370.04	31 The Anchorage, Harpers Creek
25/10/2020	€281,938.00	35 The Anchorage, Harpers Creek
23/10/2020	€390,500.00	Upper Johnstown
22/10/2020	€287,612.50	21 The Anchorage, Harpers Creek
16/10/2020	€281,938.00	36 The Anchorage, Harpers Creek
08/09/2020	€281,938.00	32 The Anchorage, Harpers Creek
08/09/2020	€223,578.00	19 The Anchorage, Harpers Creek
26/08/2020	€370,044.00	7 The Anchorage, Harpers Creek
14/07/2020	€370,044.05	3 The Anchorage, Harper's Creek
08/07/2020	€363,301.00	4 The Anchorage, Harpers Creek
06/07/2020	€363,300.00	8 The Anchorage, Harpers Creek
01/07/2020	€348,017.00	6 The Anchorage, Harpers Creek
26/06/2020	€385,000.00	56 The Woods
26/06/2020	€465,000.00	7 The Woods
02/06/2020	€285,450.00	10 The Anchorage, Harpers Creek
21/05/2020	€500,000.00	Highgrove, Lower Annmount
07/05/2020	€308,370.00	14 The Anchorage, Harpers Creek
25/03/2020	€308,370.00	17 The Anchorage, Harpers Creek
13/03/2020	€240,000.00	Highland Cottage, The Highlands
09/03/2020	€310,000.00	Lower Annmount, Annmount
10/02/2020	€162,000.00	Cotswold, Killahora,
04/02/2020	€484,581.00	3 The Old Quarry Ballynaroan
25/11/2019	€720,000.00	13 Cois Chuain
31/10/2019	€417,000.00	Windridge, Lackenroe
27/09/2019	€270,000.00	83 The Woods
09/08/2019	€253,000.00	74 The Woods
04/07/2019	€255,000.00	73 The Woods
28/06/2019	€388,500.00	21 The Woods
12/06/2019	€715,000.00	33 Cois Chuain
17/05/2019	€157,500.00	20 Gort Fada
09/05/2019	€750,000.00	Windsor Hill House
27/03/2019	€440,000.00	Tirano, The Highlands
06/03/2019	€350,000.00	58 The Woods
04/03/2019	€506,608.00	1 The Old Quarry, Ballynaroan

Contributed by Conor O'Brien

KATE CUDDY YOGA

Movement & Mindfulness
for Adults, Teens and Children

Glounthaune Community Centre
Tel. 086 8214002
Email. katecuddy@gmail.com
Web. katecuddy.yoga

Cuddy, O'Leary & Foley

CHARTERED ACCOUNTANTS | REGISTERED AUDITORS

ADD ACCOUNTING & MULTIPLY YOUR BUSINESS PROSPECTS

3003 Euro Business Park, Little Island

Clodagh McNally PHYSIOTHERAPY

M 087 7938913
T 021 482 1111
W www.clodaghnallyphysio.ie
E clodaghnallyphysio@gmail.com



Chartered Physiotherapist
Sports Rehabilitator
Clinical Physiofit Pilates
Mummy NCT

Woodview Family Doctors,
Sallybrook, Glanmire,
Co. Cork, T45 R667





GLOUNTHAUNE TIDY TOWNS



SANTA HOUSE TAKEN OUT OF LOCKDOWN

We have arrived at the time of the year when we think about New Year resolutions. Considering the Christmas and the New Year celebrations we have just had (or the lack of them in this pandemic year), it is still worth our while to open up to some new ways to generate our own good health and well being.

Exercise is an activity which is very beneficial to our health. It will reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly regular activity can improve your quality of life. Exercise helps people lose weight and lower the risk of some diseases. While exercising you are getting fresh air and experiencing nature at its best. A big plus for exercise is it is free all it needs is self or group motivation and good walking shoes and of course suitable clothing for the Irish weather. Regular physical activity will improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps cardiovascular system work more efficiently. When your heart and lung health improve, you have more energy to tackle daily chores.

We in the Glounthaune area are so lucky to have a very committed Tidy Towns group who work very hard to keep the place we live in litter free and beautiful (*we like to think of it as Green and Clean*). We as a group get plenty of exercise while doing this voluntary work. For 2021 we would love to welcome many of our readers to our group. We also take care of Harpers Island; this area is a real gem in our community which is a beautiful place to get your daily exercise. A full circle of this area is approx 2.5 Km. Remember no dogs allowed into this area only guide dogs.

We all know that exercise is good for us; but did you realise just how powerful and anti-ageing tool it really is? We are all listening and taking note of what scientists are saying about the pandemic, but for years scientists have been telling us that frailty and many diseases are caused not so much by getting older as becoming sedentary.

This final point will hopefully encourage you to get out and exercise and get involved in your community and hopefully the Tidy Towns Group where you are sure to get a big welcome.

Contributed by Angela Reidy

UP AND AT IT!

Santa's house and his deer were taken out of lockdown and erected by a great team of helpers under the supervision of Terry Fleming (sirl). Santa's elves had clearly been busy as the house was resplendent in a new Santa Red paint job and looked really well. Kudos to all involved. This was complemented by a lovely 20 ft Christmas tree supplied and erected by Cork County Council to make a stunning display.



*Santa's House and Reindeer
in Harness Christmas 2021*



*Santa's Elves busy installing his House,
and letting their masks slip*



*Little Santa's created by the talented Yvonne Bowles -
GMS cut out and joined the timber, under instruction*

A HOST OF GOLDEN DAFFODILS

With an almost silent "plop", GTT's Fred Roche dropped the 500th Tete a Tete daffodil bulb into the hole which, with a gentle pat, he covered, thereby completing the establishment of Glounthaune's latest flower bed. The flower bed runs along the latest extension to the railway fence from Fitzpatrick's up to the Creche. The bed is 75 m long and required 4.5 tonnes of stone, 250 metres of timber and 4.5 tonnes of top soil to complete. The combination of Fitzpatrick's, Ned Stack's and the new flower beds means that there is now a continuous run of flowers and shrubs from the Railway Station to the Creche - almost 600 metres! The building of the new flower bed commenced on Thursday, 18 November 2020 when Brendan Howley, Glounthaune Men Shed (GMS) and his fellow framers Fred Roche, Dan Leo and Michael Power formed the framework for the bed. All the timber used in the bed was recycled from the development works at Fitzpatrick's shop (many thanks here). The "fabulous" framers completed the work in under three hours - despite the nails!

The next stage of the operation was completed by Mick Pierce and his colleague Dave Walsh who put in the stone base of the flower bed. Because of the restrictions caused by the fence and the fragility of the wall, Mick and Dave had to manually shovel in the 4.5 tonnes of stone required to complete the base. They completed the work in under two hours without generating a bead of sweat (GTT volunteers don't perspire - they sweat!!)

The next phase of the project involves putting in the topsoil. Under the subtle leadership of GMS's John O'Mahony, Bill Cuddy, Thomas O'Sullivan, and Jaro, while socially distancing, shovelled in the 4 1/2 tonnes of topsoil, producing a professionally finished flower bed. Because of the logistics involved, this part of the project was completed over two weekends.

The GTT squad completed the project on Thursday, 17 Dec 2020 by planting 500 Tete e Tete bulbs. GTT is grateful and appreciative of the support from Glounthaune's Men's Shed, Mick Pierce, David Walsh, Thomas O'Sullivan and Jaro for their forthcoming input into this significant project.

Hopefully, in the coming months, passers-by:

Will all at once see a crowd,

A host, of golden daffodils;

Beside the wall, beneath the fence,

fluttering and dancing in the breeze,

While tossing their heads in a sprightly dance!

Apologies to William Wordsworth!

Contributed by Terry Fleming



The framers: Left to Right - Dan Leo, Brendan Howley, Michael Power and Fred Roche. And not a bead of sweat between them!



Oak Flower Box work in progress - in the Men's Shed

AT IT A BIT TOO MUCH?

The downside of exercise around Harper's is this awful pun from one of our members. Whilst walking around Harper's Island I thought I heard Edith Piaf singing "....no, no egrets". He has

promised to behave in future. Otherwise he'll get a good "thrashing"!

TIDY TOWNS COMPETITION 2021

It is unclear given Covid that the 2021 competition will proceed in 2021, however we are taking the view is that we should proceed as if it is.

The new cycleway is proceeding at pace, and we will lose a significant green swath of well mown verge to additional tarmac. We need to compensate for this loss and think about how to regroup as it will detract from the area visually although the benefits of encouraging exercise and cycling are significant. If anybody has any ideas please contact the committee and we will do what we can to make it happen.

We are keen to encourage any local area initiatives and we would welcome facilitating any projects you may have in mind.

The preparation of the Tidy Towns submission for the 2021 Tidy Towns Competition is a task where help is required. Again, any volunteers here would be welcomed with open arms. Call Angela on 087 413 4726

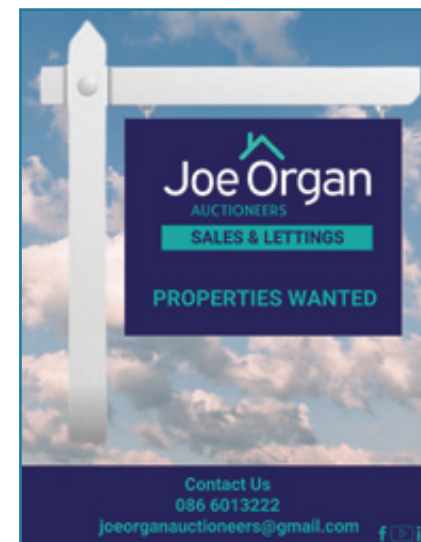
Contributed by Garry Tomlins



LITTLE ISLAND
care+PLUS
PHARMACY

Wishing all our
customers a **Happy
and Healthy 2021.**

From all the Pharmacy Team



Vincent de Paul Glounthaune & Little Island Conference

Glounthaune area conference is seeking new members. The current president has other commitments and so will not be available in future. Prior to Covid there were approximately 10 active members. All that is required is 1 hour per week for a weekly meeting. In addition, extra time would be needed for visits when required. During Covid we do not do visitations.

Now there are two members attending meetings with the help of our Treasurer. I appeal to all the community to think seriously about joining the conference, we would love to see young people getting involved. I must say it is very satisfying to see the gratitude of those we support. Anyone interested can phone 087 1520360.

Contributed by Conference President V de P Glounthaune & Little Island

WIN €100

We want to find out what way our readers like to read the Glounthaune Community News.

To be in the draw for €100 cash, email a response to thegcacork@gmail.com before Friday 5th February.


If you prefer the printed edition email the response A to thegcacork@gmail.com

If you prefer the on-line PDF edition email the response B to thegcacork@gmail.com

Please include your full name, address and phone number.

A draw will take place on Monday 8th February 2021 and the outcome of this 'survey' will appear in the March - April 2021 Glounthaune Community News






DIRECT BLINDS
Manufacturers of Exceptional Blinds at Reasonable Prices

FREE MEASURING
FREE CONSULTATION
FREE FITTING

100% IRISH
& FAMILY
OWNED



- Roller
- Vertical
- Wood Venetian
- Metal Venetian
- Roman
- Pleated
- Conservatory
- Velux, Keylite etc..
- Plantation Shutters
- Panel
- Canopies

How Safe are your Window Blinds?

We now offer the following services:

- Reversal of existing fabric
- New fabric on your existing rollers
- All types of repairs.

Direct Blinds provide exceptional blinds at reasonable prices!

The experience of our sales, manufacturing and installation teams has earned our company a reputation of excellence in the window blind industry.

Direct Blinds can provide you with excellent service and advice on all your window blind needs. All of our blinds come with a full 12 month guarantee on parts and labour.

Safety devices are supplied with all of our blinds.

Your Childs Safety is Our Priority!

Children and window blind cords don't mix

Further information on making your home a safer place.


Visit our website: www.directblinds.ie and click on "Super Baby" for child safety tips

Unit 1705 Euro Business Park, Little Island, Cork. (Between N.C.T. & An Post Sorting Office)

Tel: 021 6017722 Fax: 021 4354952 Mob: 087 2125966

Email: directblinds@eircom.net

www.directblinds.ie



**10% DISCOUNT FOR GLOUNTHAUNE NEWSLETTER READERS
WHO MENTION OFFER WHEN BOOKING APPOINTMENT**

SHOPPING DURING COVID 19

Ireland is currently at level 5 until the 31st January 2021. The types of shops that are allowed to open depend on the current level of restrictions in the Plan for Living with Covid - 19. The Plan has five levels that correspond to the severity of Covid 19 in the community. Different levels can be in place in different locations in the country. During level 5 you must wear a face covering in shops and other retail settings. If you are over 70 years of age or have a medical condition that puts you at very high risk from Covid 19 you should:

1. Avoid public transport.
2. Shop during designated hours.
3. Keep your social contacts to a very small number of people for short periods of time and keep your physical distance. It is essential that all people keep to the guidelines on physical distancing, handwashing and respiratory hygiene.

From close of business on the 31st December 2020 all retail except for essential retail must close. Click and collect from non-essential retail is no longer available. Click and deliver continues to be available. Shops should offer dedicated hours to anyone over age 70 and people with a medical condition that puts them at a very high risk from Covid 19. You must wear a face covering in shops, supermarkets, shopping centres and other retail settings unless you have a reasonable excuse to do so. This does not apply to children under the age of 13 years who are exempt.

Reasonable excuses include situations where you:

1. Cannot wear a mask because of a physical or mental illness or disability;
2. Need to communicate with someone who has difficulty communicating.
3. Removed your face covering because you had to provide emergency assistance to someone or you had to provide care or assistance to a vulnerable person.
4. Removed your face covering to take medication.
5. Removed your face covering to avoid harm or injury.

Under the regulations you will be committing an offence if you:

1. Refuse to wear a face covering without reasonable excuse.
2. You ignore a request to wear a face covering.

Within a shop setting you can be requested to comply with the regulations and if you do not comply the Gardai can be called and you could be given a fixed charge fine of €80 for not wearing a face covering in a retail outlet. If you do not pay a fixed payment notice within 28 days you can be prosecuted in court and this can lead to a fine of up to €1,000 or up to one month imprisonment or both a fine and imprisonment. Committing more than one offence will lead to more fines and/or a longer prison period.

You should plan your shopping trips in order to minimise your risks of getting Covid 19 which is now widely community based. Prior to going shopping you should consider:

- **Am I well enough to go shopping?** (if you have any symptoms of Covid 19 you should not go out, you should self isolate and other people you live should restrict their movements. Do not go to a GP surgery, pharmacy or hospital. Your GP should assess you over the phone and if they think you need to be tested for Covid 19 they will arrange a test;

- **Am I a vulnerable person?**
- **Could I ask someone else to shop for me?** There is a list published by the HSE of people who should stay at home as much as possible or cocoon to protect themselves from Covid 19. If you are advised to cocoon you should stay at home where possible and make other arrangements to get your food and medical supplies.
- **Do I need to shop today?** We should all limit the amount of time we spend shopping and therefore you should shop only when you need to and to cover as long a period as possible. It helps to make a list of what items you have at home and plan meals and plan a shopping list.
- **Have I planned my shopping?** It is also necessary to plan your shopping so that you do your shopping more quickly and spend a minimum amount of time in a public place. It is useful to create a daily list at home for updating and avoid bulk buying for unnecessary items. It may be useful to shop only once a month for non-perishable goods. It may also be possible for you to arrange to shop online.

ONLINE SHOPPING - You can shop online with many shops and supermarkets and have it delivered to your door or collected at a collection point. If you are food shopping and you are fit and well it is recommended that you go to a local shop or collect your online shopping to ensure that home delivery slots are available to those who need them most. However, if you are vulnerable online shopping can be a very useful service. If you are not adept at online shopping yourself perhaps a relative or friend could arrange this on your behalf.

SHOPPING SAFELY - Shops for the main part have limited over crowding in their facility, our cleaning and sanitising trolleys and baskets, have hand sanitisers at entrances and exits and have markings on the floors to help customers keep physical distance measures. Staff in all shops are wearing face coverings and shields are being used to protect all staff and shoppers at counters and check outs. Shoppers are encouraged to use contactless payment if possible. Check out stores for separate shopping times if you are vulnerable. It is also necessary to avoid shopping in groups and where possible it should be avoided taking children to the shops. It is important to sanitise your hands entering and leaving the shop.

SUPPORTING OUR OLDER AND VULNERABLE PEOPLE - It is important as a community that we would support family members, friends and neighbours who are advised to cocoon by shopping for them. If you are aware of a friend, relative or member of the local community that needs help getting essential food and household items you should get in touch to see how you should support them. If you were to go shopping for a vulnerable person you should:

1. Leave the shopping at the door.
2. Ring the bell or phone them to tell them it's there.
3. Social distance while they collect it.

Stay safe and stay well and remember that the vaccine is here so it is only a matter of time before we are back out and about.

Teresa O'Sullivan
Partner
Douglas Law Solicitors LLP



Douglas Law
SOLICITORS

Strong and clear advice

2 Barryhouse,
East Village,
Douglas,
Cork

021 4897256
www.douglaslaw solicitors.ie



COMMUNITY TEXT ALERT



Glounthaune Community Association has recently updated the local text alert network, which receives alerts from the Gardai from time to time when a situation which may affect the locality becomes known. Existing subscribers and many new members are now able to receive alerts. As we all know there have been quite a few local incidents which Gardai have followed up. As a community we appreciate the determination of our local Gardai to ensure safety and security for all. Remember however the words of that famous Irishman Sir Robert Peel, who founded the Metropolitan police force, known as the father of modern policing when he wrote "The Principles of Policing" in which he stated that "everyman is a policeman it is just that some wear a uniform". He knew how essential public support is to proper policing ensuring low crime rates, and high conviction rates. Every community member shares the responsibility of ensuring our mutual safety and the responsibility of preventing crime. The G.C.A. urges everyone to join the local Community Alert text alert network. Exciting new developments have been incorporated in a text alert application for those members using modern smart-phones, this application is called "Cairde" it is Muintir na Tire's crime prevention and communication application, for existing members of Community Alert BeAlert local text network's - those who use smart-phone's.

Why is "Cairde" a personally desirable application to download onto your phone.

"Cairde" receives the text alert sent by Gardai to alert a local community group of a threat, additionally it allows the members of the local community group to transmit local alerts in a secure private app, it do's not allow forwarding to non-members outside the local group.

- "Cairde" by facilitating local alerts - can allow "heads up" warnings of icy or blocked roads. Stray animals. Missing Person.
 - "Cairde" incorporates many functions designed for Crime Prevention, & Personal safety.
 - "Cairde" allows instant & cheaper reception of Text Alerts sent by Gardai.
 - "Cairde" facilitates Property Logging - photographs of your property & serial numbers are stored on Amazon Cloud.
 - "Cairde" incorporates an Emergency Alarm and facilitates a local newsletter.
- Muintir na Tire recognised that there is sharply declining usage of SMS paid texts; this is an international trend due to the cost of texts, versus free applications. The increasing % of smart phones 5 out of 6 in the hands of our members.

- Recognising that most community groups wish to use a messaging app.
- Recognising that these are open platforms, capable of uncontrolled distribution.
- The increasing use of messaging apps e.g. "What's App" "Messenger", & the security issues publicly recognised by the GAA who advised their clubs accordingly.
- Recognising that our members need an application tailored to their requirements.
- Recognising the poor use of the existing text alert facility in some Garda Districts.
- The consequent dissatisfaction among Community Alert members in these districts.
- The recognition that a basic requirement is that members be "kept in the loop" locally by locals using this secure Cairde crime prevention and messaging application.

Glounthaune Community Association and Community Alert invite your membership applications and expect that a safer community will be achieved. Call **021 451 0470** or email thegcacork@gmail.com

Contributed by Kate Cuddy

Cork County Council Village Enhancement Scheme

A fund to "enhance the public realm and infrastructure" of villages in County Cork was announced in 2017. Glounthaune lobbied strongly over a number of years and the €62,500 grant was eventually obtained in 2019 from Cork Co. Co., Cobh Municipal District. The previous recipients of the grant were Glenville 2017 and Carrignavar 2018. This was a 100% grant with no community contribution required as long as expenditure did not exceed €62,500 - all individual projects had to be approved in advance by Cobh Municipal District. An outline list was developed in November 2018 and this was included for public comment in the Community Expo held in the Centre in January 2019.

The very popular Japanese bridge idea (Ashbourne Pond) ultimately proved to be too expensive - the total grant could easily be spent on this one project. The walkway in the Crompane Park was under budgeted and absorbed most of the bridge grant money. The mural on Harper's island entrance wall had to be relocated to the Railway Station to avoid having to get planning permission.



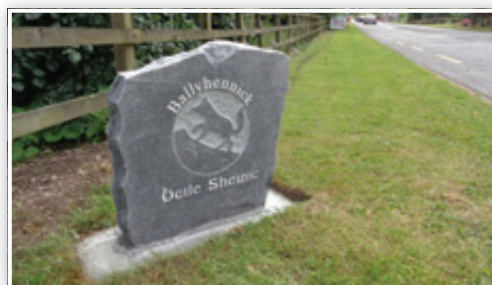
Glounthaune Community Expo January 2019

VILLAGE ENHANCEMENT SCHEME 2019 (CORK CO. COUNCIL €62,500)

LIST OF PROPOSED PROJECTS WITH ESTIMATED COSTS

	€
Planters along road between Bus Shelter & Fitzpatrick's Shop (x10)	10,000
Townland Carved Stone Markers Kilcoolishal to Killahora along old N25 (x7)	10,000
Pollinator friendly roadside park enhancement west of Bus Shelter including Benches (x 3) with Wild Flower planting & perimeter walk	8,000
Sculpture with Cork Harbour wildlife theme, exact roadside location to be identified	10,000
'Japanese' Bridge spanning Ashbourne Pond linking Walkway to Centenary Garden	12,000
Harpers Island entrance Wall: Wading Birds Silhouette Sculptures/Murals	5,000
Glounthaune map in display case similar to existing Glounthaune Heritage signs	2,000
Stonewall repair with emphasis on main thoroughfare L3004	5,500
Total Village Enhancement Scheme	62,500

Work got underway with the **townland stone markers** along the old N25 in 2019. Seven townlands were designated and carved limestone were installed by Edward Sheedy, stonemason, Youghal Road, Midleton. They were erected on the roadside where the townland boundary intersected with the southern side of the road. The seven townlands from east to west are: Killahora, Harper's Island, Johnstown, Lackenroe, Ballynaroan, Ballyhennick and Kilcoolishal.



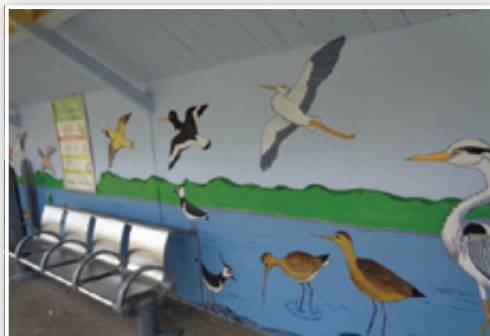
The **10 planters** were located between the railway bridge and Johnstown and have added an attractive form and eye-catching splashes of colour.



Crompane Park was developed with a gravel pathway, three seats and lots of measures were taken to promote wildflower growth.



The **Wildlife Mural** was completed inside the shelter at the Railway Station by local artist Maeve O'Keeffe and many **stone walls** were renewed including a stretch at the end of Craig's Field.



A comprehensive **map of Glounthaune** was designed and erected near the tree in the church car park.



The striking stainless steel **sculpture** with the wild bird theme was erected recently near Johnstown, completing the Village Enhancement Scheme measures. The piece is by the renowned sculptor John Coll who has earlier made the iconic canal-side Patrick Kavanagh and more recently the bronze Luke Kelly statue.



The Village Enhancement scheme has made a very positive impact on the visual fabric of Glounthaune and the approaches. The project was planned and co-ordinated by Glounthaune Tidy Towns who deserve the highest praise for significantly adding to the pleasant environment of Glounthaune.

Contributed by Conor O'Brien



**East Cork Physiotherapy,
Balance & Acupuncture Clinic**



Sheila Barrett & Associates, 9 New Cork Road, Middleton, Co. Cork.
Website: www.eastcorkphysio.ie Email: info@eastcorkphysio.ie Tel: 021-4633455



**Fiona Twomey
SOLICITORS**

3 Eastgate Village, Little Island, Co Cork.
T: 021 4355405 E: reception@fionatwomey.ie



Crestfield Cabs
021 4866666 /
4866667
085 1532326
TAXI-HACKNEY-MINIBUS

**FREE
PHONE
TEXT**



**HILLSIDE
NURSERIES**

*Specimen
Plant
Specialists*

*For all your
Gardening
Needs*



Kilcoolishal,
Glounthaune,
Co. Cork.

T: 021 - 4354423
E: info@hillsidenurseries.ie
W: www.hillsidenurseries.ie



ACE TREE SERVICES

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.**