

Glounthaune COMMUNITY NEWS

Mar. / Apr.
2021



ST. PATRICK'S DAY DRIVING PARADE



PROUDLY SPONSORED BY
Fitzpatrick's
FOODSTORE

So as not to let Covid-19 stop play again this St. Patrick's Day, we are delighted to announce this year's alternative Driving Parade, kindly sponsored by Ballymaloe Foods and Fitzpatrick's Shop.

THE ROUTE

Starting at the Church (queuing along the main road back towards Little Island). Turning left up the hill. Under the Dry Bridge to the Forge Cross. Left at the cross, past Cois Cuain and up the hill to Caherlag Cemetery. Turning left at Caherlag, passing Glounthaune National School, over the Dry Bridge, along Lower Annmount, past the entrance to The Woods, into Johnstown Park. Turning right onto the main road, and finishing at Fitzpatrick's Shop.

HOW TO TAKE PART

1. You and your family or your business/organisation can decorate a vehicle (car/truck/tractor/trailer/motor bikes/quads) with St. Patrick's Day decorations and drive along in the parade, behind an assortment of vintage cars who will lead the way, setting a nice slow pace.
2. If you live along the route, you are invited to decorate the roadside in front of your house with St. Patrick's Day decorations (bunting, balloons, flags etc.) and come out and wave to the parade as it passes.

Please note, that due to the current COVID-19 restrictions, people are not allowed to converge in groups along the route. Please either stay in your car or in your home. Let celebrate together, safely.



Contributed by Kate Cuddy, Glounthaune Community Association



COMMUNITY CENTRE BUILDING UPGRADES



The foundation stone on the Community Centre located in the village reads that it was built in 1901, which now makes this building one hundred and twenty years old. Originally built as a school house, it has served to educate generations of Glounthaune schoolchildren. After the building of a new school, this building was given over by the Church to the Glounthaune Community Association under lease. Over the years many upgrades have been carried out at considerable expense to ensure that the adequate standards of maintenance and comfort are provided for its many users. This has included the installation of the Meals on Wheels kitchen which has provided thousands of dinners locally to those in need. Upgrades to the building have included installation of complete new flooring to the rooms by Glounthaune Men's Shed. A new gas boiler installation was added to ensure adequate heating for the building. The external walls have been painted and kept clean. The outside landscaping and flowers have been set in and serviced diligently by Ned Stack.

LED Lighting in Community Center- Effective Reduction in ESB Costs

Period	Lighting cost	Comment
May - June	€ 498.55	Old Fluorescent Lighting
July - Aug	€ 287.48	New LED Lighting
Sept - Oct	€ 105.52	New LED Lighting
Oct - Nov	€ 255.35	New LED Lighting
Cost	€2,000.00	



Three years ago all of the old fluorescent lighting was replaced by low energy LEDs. This has not only added to the improved lighting levels but has also helped to significantly reduce our ESB usages. This project was a good example of sustainability and should serve as an example to the community to reduce domestic power usage while also reducing greenhouse gas emissions. In the last month a new kitchenette was installed. This included the addition of a handicapped toilet area and painting to all of the doors, ceiling and walls in the corridor. An excellent job of work was carried out by our local builder Declan Fitzgerald (086-6049456) who stripped out the old stores area, installed all of the kitchen fittings, new doors and required tiling. An equally fine job was done by local electrician Pat Smith (087-2379301) who very neatly cabled, ducted and installed all required plug points. A 'mile buiochas' also goes to our local resident Paddy Forde who voluntarily carried out a meticulous job of painting and decorating.



Further upgrades are planned for the coming year when Covid restrictions allow, all with the intention of providing a modern and well maintained building for use by the community. The project was grant aided (€3025) by the Cork County Council Amenity Fund Scheme 2020.

Contributed by Ailbe Ryan who project managed the upgrade.

Goodbye plastic...

Hello glass jar!

100% recyclable.

Enjoy Ballymaloe Stir In sauces at no extra cost to you, or the planet.

For delicious pasta recipes go to www.ballymaloefoods.ie or find us on [Facebook](#) [Instagram](#) [Twitter](#) [LinkedIn](#) [YouTube](#) @ballymaloefoods

BALLYMALOE
AN IRISH FAMILY FOOD COMPANY



TOM HANKS & HOW TO WORK THROUGH THE LOSSES OF COVID-19



I watched the new Tom Hanks movie (News of the World) last night. Whilst there was a little too much melodrama and saccharin in that cup of tea for me, something he said struck a chord. Speaking in the context of the aftermath of the tragedy that was the American Civil War and the death of his wife, he said, with great empathy, “everyone is hurting out there now”.

I think what he said refers equally to what is happening to us all now with Covid-19. We are all affected in some way or other. We have all lost something – perhaps it is a loss of connection with someone we love; perhaps a loss of work, play, the opportunity to travel etc. But what can we do for ourselves and others in these most challenging of times? I will offer you some ways to reflect on the challenge you face and some ways to solve your own unique problem at this most challenging of times.

TELLING IT AS IT IS

My own connection with Covid-19 is that I am unable to get to see a dear family member and we have not met in eighteen months. And, to complicate things, she lives on the other side of the world and I do not expect to be able to get to see her ‘in-person’ for another year. Whilst Zoom and the like is great, it’s simply not the same as a good hug. I might say to people “Ah sure, I’m getting on with it” and leave it like that. Or “I’m resilient and I can manage, I’m not going to moan”.

The truth is that it is exceedingly difficult at times for me with my own sense of loss, but its impact is diminished in the speaking to others who care for me. Going back to what Tom Hanks said, I’m getting on with it but the truth is that I am hurting.

WHY DO I FEEL THIS LOSS?

The bottom line is that this person is my only child. She is growing up fast, without me, almost fourteen years of age when (I think!) she would benefit from having her dad around. It makes me feel sad. My mind immediately thinks about the fact that some of the people reading this article will have experienced the death of a loved one, and I then think why should I complain? – there are others who are worse off. But I know that it is ok for me to say that I have deep feelings about this loss of connection and the loss of opportunity to be in each other’s company. But there is absolutely nothing I can do, and it is frustrating.

THE IMPORTANCE OF RESILIENCE

One thing that helps me to deal with the loss is my resilience. There is a certain amount of it that is innate to me, a personality trait built on my response to adversity if you will. But it is also constructed via my connection with friends, family and community. I draw on them a lot – lots of virtual meetings. Lots of me initiating contacts via email, social media, talking to people on the street, taking an interest in what people are saying.

LISTENING ATTENTIVELY

But one thing I have started to do more of these days is listening to what people say about how they are and, equally importantly, what I imagine they are not saying. If we are all experiencing loss, then not only has somebody got something to say about how Covid is affecting them, but it is important that I leave open the space to for them to say what it is they may wish to say. So, silence might be the best gift you can offer to someone who is, as our hero Tom Hanks so poignantly says, really hurting. Things are never said until they are said.

THE CHALLENGE OF NOT KNOWING – ANXIETY LURKS

My last point is that there is a lot of anxiety out there and it is extremely easy to understand why it is the case. It was only yesterday that an EU chief said that Covid-19 is never going away. It is going to be like other public health crises such as AIDS, Ebola, TB etc which have not been eliminated. And it is easy to understand why this makes us feel out of control and fearful for what is around the corner. But we still must find a way an effective way to manage this enormous challenge.

A CALL TO ACTION – REACH OUT, NOW!

We are at a critical point in the Covid-19 journey in this country. Please reach out to others in your family and your community. Be generous with those who may be struggling – give them time to speak their truth and tell them your truth in return. It will mean a lot and it will make a great difference. I recommend to anybody who is

struggling in this way to make connection others to reach out to mental health service providers who, in many cases, offer both full and reduced fee counselling and therapy. And look for help yourself should you need it – and contact the mental health service professionals in places such as the <https://www.midletonholistichealthcentre.ie/> if you have gotten to breaking point and need to speak out what is in your head. It will not be long now until we recover and make sense of what we have all lost – and we will get there with help from the people who love us. And, like Tom Hanks, whilst we will still be hurting, we will move on.

My name is Tom Conlon. I am a psychoanalyst working with adults and adolescents. My work involves listening to the stories of those who experience and process loss in their own way – i.e. anxiety, stress, depression, melancholia, trauma, PTSD, eating disorders, addiction etc)

Contributed by Tom Conlon





NOM NOM Café

THANK YOU!

to the community of Glounthaune for all your support

Glounthaune Village Playground
10am to 3pm

Follow us!

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Nom Nom Cafe Cork

GIBBONS SECURITY SYSTEMS

CONTACT US:

Please do not hesitate to contact us for free quotations or just enquire at any of the following:

GIBBONS SECURITY SYSTEMS
2 & 2A Congress Road
Turners Cross
Cork City

Mobile: 087 / 2584099 - jim.
Phone: 00353 (0) 21 / 4847615.
E-mail address: jim@gibbonsecuritysystems.com

EMERGENCY NUMBER: 021 / 4971208

An Update from our Neighbours in Ashbourne House

Last month the residents of Ashbourne House Direct Provision Centre in Glounthaune took a stand and garnered much local support for their cause, which is simply to eat well and to be allowed to cook for themselves. There was a huge response from the community to their appeal for food donations and they would like to thank all those who came to their aid at that time. An agreement has since been reached that residents will be able to cook for themselves 2 days a week. Some residents are able to work for extra income to buy food, but many who cannot due to Covid-19 and childcare needs. They would welcome assistance in the form of vouchers for local shops/supermarkets to assist them in buying their own food. Donations of used clothes for both children and adults would also be welcomed. These can be dropped to Kate at Glounthaune Community Centre Monday-Wednesday 11am-1pm.



Cunningham Solicitors
Legal Insight, Business Instinct

Practice principal, Dean Cunningham, is an entrepreneur at heart and a lawyer by profession.

Having a background as a legal advisor with Dell Corporation, Dean has amassed a wealth of experience and knowledge in the Technology and IP sectors.

Cunningham Solicitors are now working with individual clients and welcome the opportunity to collaborate with other legal practices on a consultancy basis.

Services offered include:

- Employment Law
- Information Technology Law
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- Software Licensing Compliance: Audit Defence Services
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ANACYCLUS DEPRESSUS



A herbaceous perennial, with finely dissected greyish leaves and solitary, daisy like flower heads with white rays, red in bud and yellow disk florets in early summer. Mat forming, growing to a height of 10cm, ideal for planting in a rockery or front of a herbaceous border.

Contributed by Mary Kenneally,
Hillside Nurseries



Townlands – Part of our Heritage [Part 1]



The Glounthaune Community Tidy Towns initiative in recording the names of some of the Townlands locally, in the form of limestone plaques is to be commended. The Townlands which I will consider in a little detail are mainly in the southern side of the parish (except those on Little Island) are: Dunkettle (413 acres), Kilcoolishal (442 acres), Ballyhennick (220 acres), Ballynaroona (194 acres), Lackenroe (451 acres), Johnstown (145 acres), Killahora (424 acres), Killacloyne (328 and 184 acres), Harpers Island (69 acres).

“From the beginning we had divisions Provinces, 32 counties, Baronies, Parishes, and then further divided into about 60,000 Townlands all of which have names. Indeed within each townland there are many more place names.” I mention locally, by way of example, a place name Clashavodig in fact described as Clashavodig Town in the 1901 census and not a townland it is in the Townland of Ballytreasna Little Island.

“The majority of the Gaelic Townland names are fairly simple to interpret as they reflect features such as mountains, Hills, Lakes, Rathes, Fords or river crossings, Crossroads, and Homesteads. All of them create a wealth of information about the land and our heritage. Some of these names extend even beyond the Celtic era. However a problem arises as all of them did not survive in their original form and many were changed due to the English conquest throughout a great part of the 16th and 17th centuries.”

If the name happened to be recorded in pre-conquest writings, as I shall mention later, this helps to clarify the correct original name.

“Even prior to the conquest, after several cultural innovations and invasions new names arose, e.g. Christianity with its various names for churches, the trading and raiding of the Vikings who left a remarkable legacy of place names, mainly on the coast. The Anglo Normans changed very few as they were happy from an organisation - both military and land ownership point of view - to retain the existing townlands as it suited their administration and land tenure. They would take credit for the creation of the Baronies which generally speaking covered several townlands and named after the main landowner for example Barrymore”.

The word Baile is very prevalent in townland names of Ireland. The original Gaelic version meant homestead. However as the Irish language faded Baile became Bally in everyday use. In very many cases where followed by a surname it was the homestead of that family. Thus locally we have Ballynaroona (Rooney's homestead). Ballyhennick (Shennick's homestead). However in Little Island we have Ballytreasna. In that particular case no surname but a major crossroad which became a settlement area. We also have locally Ballinglanna, the house or homestead in the glen.

Town in Irish place names does not signify a large settlement but simply the holding occupied by a family of Anglo-Norman origin such as Barry, Barrett, or Roche. Most of the place names that indicate settlement such as Dun (Fort), or Rath (Ring-fort) are of Gaelic origin. A Rath is

usually an earthen rampart surrounding the homestead of a chief or landowner. A Dun could be the residence of a king or a chief. Unfortunately both of these items can be interchanged, but traditionally a Dun is felt to be of a slighter higher status than a rath. The ancient name for Little Island was Inse Ratha (The Island of the Rath) but that is a story for another day. There are over 700 Baile Townlands in County Cork.

ORDNANCE SURVEY (1834-1843).

Liam O'Buachalla a well-known local historian from Carrigtwohill years ago did some research on the meaning of some of the place names of North East Cork, and he indicated that with the help of various writings and documents, it was possible to trace the development of these names from 12th century to the present day. Some of the items he researched were Papal Taxation records, Fiantes, Inquisitions, Letters Patent, Down Survey, Maps, and Deeds etc.

The first ordnance survey of the whole of Ireland was carried out between 1834 and 1843. The local area was surveyed around 1840 or so. The first Ordnance survey maps were published in 1843 and these maps reflected the townland names and boundaries. This is a good starting point for studying the local place names, as a substantial amount of research and discussion went into ascertaining the likely place name for each townland. The surveyors checked each name as carefully as they could using all of the sources mentioned by O'Buachalla above, and the overall policy was to insert the name or version that came nearest to the Gaelic form of the name. However the surveyors were also dependent on consultation with local people at that time, mostly clergy or gentlemen (Landowners), not necessarily the best authorities, in the matter of ancient Gaelic place names. When they inserted the name chosen they indicated their source of information in their field books. In some cases the surveyors' job was very difficult as most place names in Ireland by 1840 or so had undergone linguistic change. There were considerable alternatives as new place names replaced the old, frequently viz. Brook, Close, Dale, Demesne, Grove, Hill, Lawn, Park, Ville. Thus between the 17th and 19th centuries lots of place names for various reasons were anglicised. Place names may be regarded as a specific kind of archive serving to remind us of the way early inhabitants evaluated or perceived their surroundings. Some local townlands are good examples of these (New English) changes i.e. Brooklodge, Brookhill, Blossomgrove, Castlevue, Johnstown, and perhaps Harper's Island. Gaelic place names are of great value to historians. When translated they can give some clue as to the origin of the name, through a geographical or some other feature, or item which may have long disappeared. Whilst the modern English name may give very little clue as to the history of the place.

A local townland Ruadh Gharran is a good example of corrosion of its name over the years. In the first ordnance survey map (1843) shown as “Rowgarrane” which translated means “Red Wood or Grove”. However over the years has become “Rougrane” not as simple to translate as originally. As already mentioned over time some of the townland names got anglicised. Very often because the new settler owner found it difficult to pronounce the original name, or the owner felt it inappropriate for some reason. One very good reason could be the original owner after whom the townland was named originally had been dispossessed of his lands or found himself on the wrong side in the twists and turns of Irish history. A good local example again from Little Island was Sarsfieldtown now known as Wallingstown. Another example of a local place name probably

causing difficulty with pronunciation locally was Baile Ui Dhubluachra then became Ballydeloher and now Ballylucre (location of a graveyard at western side of this Parish). Ballynagarbragh townland was anglicised probably due to pronunciation difficulties and is now Carbertytown. Here is a local townland name that bears no resemblance to its original name Blossomgrove, Rath na Faoitigh- The fort of Faoitigh (Le White).

Another good example nationally is Snugborough which replaced Baile Na Bodach (Churl), a more genteel form of name if you like to suit the social standing or taste and lack of Gaelic pronunciation ability of the settlers. Several local townland names obviously do not reflect their original Gaelic names, for example in Little Island Castleview, Courtstown, Wallingstown, and locally Johnstown and Carbertytown. In the North West of the Parish we have Brookhill, Brooklodge, and Brookville. As already mentioned during the 16th and 17th centuries a new rash of names were spawned by the new colonists (New English) and their successors, some examples were Brook, Close, Court, Dale, Demesne, Grove, Lodge, Mount, and Ville. Notes on the townlands locally marked by limestone plaques.

DUNKETTLE (413 acres). The name Dunkettle has evolved over centuries. A few examples from the Ordnance surveyor's notes bear this out. In 1301 from the Calendar of Plea Rolls spelt Dunkytle. In 1588 from North Munster studies it was spelt Duncedil, also in 1588 it was spelt Downkettell from Fiants of Henry V111. There are a lot more references to the townland over the years and finally in the Ordnance survey they settled for Dunkettle. As I mentioned earlier the word Dun normally translates into Fort and likely to be the home of a local chief. The word Kytte may well be a family name and there is some research which suggests that it may be of Danish or Viking origin. Certainly a Dun would be ancient enough to have been around when the Vikings arrived.

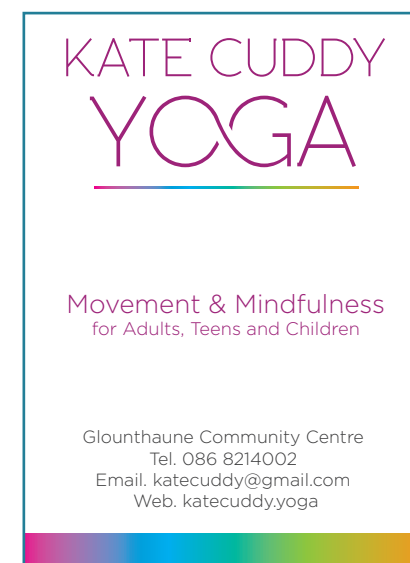
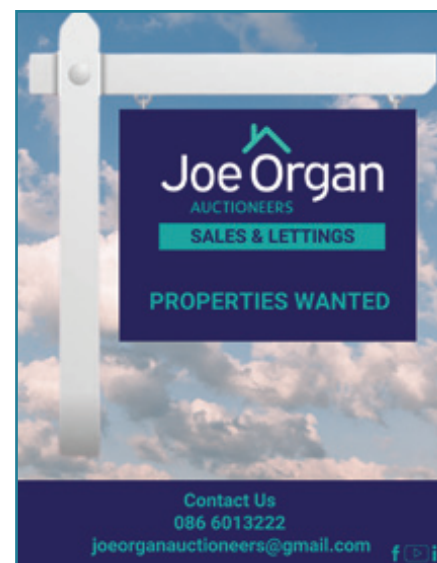
KILCOOLISHALL (442 acres). Places with Kill in their name often date back to the sixth century, Cillin (a graveyard), Disert (A hermitage), Grainseach (A monastic farm), Mainistir (Monastery). The prefix Kill appears in several townlands locally, for example Kilcoolishal, Killahora, and Killacloyne. Whilst it may usually refer to a church as perhaps in Killacloyne (KillmacClyne), it can be confused with the prefix Cill which also generally means a church. However there is also a possibility that over time the word Kill became anglicised and displaced the word Cill which could signify that originally it was intended to refer to a wood (Coill). Locally KILCOOLISHAL could be a good example of this. Therefore if Kill is not referring to a church then it may really refer to Coill. Also in this name we have cul which means back or nook or usually in context of a townland name means back of a hill, and isheal which is Gaelic for lower. When considered together we have "Wood of the lower Hill". Unfortunately the physical feature being identified by the place name over a thousand years ago or more may no longer exist, however in this townland's case, it does, but to a greatly reduced extent. Whilst the location of a second church in this large townland (442 acres) cannot be totally written off, in fact there was already a Caherlag church located at the northern boundary of the townland, we do have several other townlands in this parish with Kill as the prefix locally and there is no doubt about their association with a church, Killquane and as mentioned later perhaps KilmacClyne. If the townland with the

prefix Cill forms part of a parish name then there is no doubt a church rather than a wood was the main feature in the original name.

BALLYHENNICK - Baile Shenic (220 acres). The research by the Ordnance surveyors of the origin of the name of this particular townland show a huge variation in the spelling of the name over the centuries. In 1630 spelt Ballyhinnick. In 1660 spelt Ballyhennig. In 1787 spelt Ballyhunnig. In 1841 Father Lucy P.P. Caherlag spoke to the surveyor and spelt it Ballyhennick but said otherwise known as Rockgrove. The surveyor noted at this time "This place is called Rockgrove Demesne". There is a further note in Gaelic referring to Michael Shinnick being buried in Kilcoolishal. Reverend Michael Shinnick was the Parish Priest of Caherlag Parish. He was the priest around here from about 1745. He died in 1798 aged 75 years and is buried in Caherlag. Whilst it is unlikely that the townland is called after this priest his family did live around here for a generation or two before this. Michael Shinnick's uncle (John) also a priest set up a bursary in Louvain University in 1666 for Irish students to the priesthood. In 1918 it is recorded as Baile Ui Shionnaig (O'Shinnick's Homestead).

BALLYNAROON - Baile Na Run (194 acres). This townland on the face of it seems easy enough to interpret (Rooney's Homestead). However the Ordnance surveyors had some difficulty and in fact made a strong case that it may have originally been Baile Na Hurun and could mean Irwin's homestead as there were two or three families of that surname residing in this area at the 1659 census. Incidentally one of the surveyors translated the name as Baile Na Ruamann (Town of the spades). An interesting feature of the townland is that it has at least two Rath's in proximity to each other at the northern end of the townland and another close by in the adjoining Rougrane townland. There may or may not be some connection with these ancient homesteads in the original name. If so Baile Na Dun(Doon) could have been the likely outcome.

Contributed by Paddy Twomey





GREET OUR NEW CYCLEWAY



The new Cycleway (also for pedestrians) in Glounthaune has generated a lot of interest and comment. And so it should. It has the potential to change the way we travel locally. For the first time, many of us will have a comfortable and safe alternative to the car.

Our new pedestrian and cycle route is part of the Dunkettle to Carrigtwohill Cycleway, built with a €3.1 million grant from the Sustainable Travel Fund. Eventually, our route will be linked to the Cork City Cycleway and to Middleton in the East.

We will also be getting our first cycle/pedestrian crossings. "Toucan" crossings will be installed at Glounthaune and Little Island Railway Stations, plus additional station parking, street lighting and CCTV.

Toucan crossings are signalized and allow cyclists and pedestrians to cross the road together (two-can). While for traffic calming purposes, the main road will narrow at specific locations. The first reaction to the Cycleway from most people is, "Why is it so wide?". Most stretches are four metres to allow for pedestrians and bicycles. But it is not always possible to keep to the full width for engineering reasons, so even using the Cycleway, you will still need to use care and be aware.

Other changes are imminent. This year, new laws will allow electric bikes and scooters on our roads and this will bring about significant changes in the way we travel locally. You can expect to see many local businesses installing bike and scooter stands. There will be a gradual change to "taking the e-bike" for local errands. While increasingly young people will use e-scooters to go to school or meet their friends.

These changes will bring new road safety challenges. In response, the Glounthaune Community Association, in partnership with the Cork County Council, will sponsor a road safety "Greet the Cycleway" Workshop at the end of May. The Workshop will cover the following:

- Pedestrian Safety
- Cycle Safety
- Pedestrian Crossings and Traffic Calming

The Workshop will last approximately one hour and will be led by a number of experts in their respective fields. You will have an opportunity to ask questions.

The May issue of the Newsletter will provide the link that allows you to sign up for the workshop.

Contributed by Brian Cluer



Work in progress on the Cycleway



Toucan crossing



Occupational First Aid-Refresher Course



The 2-day First Aid-Refresher (FAR) course replaces the former Occupational First Aid-Refresher (OFA-R) course. It is recognised by the Health & Safety Authority of Ireland (HSA) as meeting the requirements of the Safety, Health and Welfare at Work (General Application) Regulations 2007 (S.I.No. 299 of 2007).

CERTIFICATION

A PHECC FAR certificate is issued to all successful participants (which is valid for 2 years). A 2-day refresher course must be attended within this period to keep the certificate valid.

Cost €170 per person

Dates Sat 27/3/21 & Sun 28/3/21

Time 9am-5pm each day

Call 086 069 9086 to book your space

Venue: St John Ambulance Glanmire,

Unit 5D Glanmire Industrial Estate,
Sallybrook, Glanmire, Co Cork T45 DY62



VITAMIN D – THE SUNSHINE VITAMIN



WHAT IS VITAMIN D?

Vitamin D is an essential vitamin that our body produces by a chemical reaction when we are exposed to sunlight. It plays an important role in our muscle, bone and teeth health, as well as our everyday wellbeing. Recent research has also highlighted that it may have an important function within the immune system and potentially be involved with reducing inflammation.

Vitamin D products are available on prescription and over-the-counter. They state the quantity of Vitamin D as either micrograms or international units IU:

- 10 micrograms of Vitamin D is equal to 400 units;
- 20 micrograms of Vitamin D is equal to 800 units;
- 25 micrograms of Vitamin D is equal to 1000 units.

WHERE DO WE GET VITAMIN D FROM?

There are three main sources of vitamin D – sunlight, our food and supplements.

- From about late March/early April to the end of September, the majority of people in Ireland should be able to get all the Vitamin D they need from the sunlight on their skin. Therefore a supplement is usually recommended only from November to March for healthy adults. For older people who may be cocooning due to COVID-19, enough sunlight may not be received and therefore a supplement would be recommended all year round.
- Our food is another source of Vitamin D. Foods rich in Vitamin D are oily fish (i.e. salmon, sardines), red meat, liver, egg yolks and fortified foods such as milk with Vitamin D added in during production.
- If both sunshine and a Vitamin D rich diet are lacking, taking a supplement is an excellent way of increasing Vitamin D uptake.

WHO IS AT RISK OF VITAMIN D DEFICIENCY IN IRELAND?

People who are housebound with little sun exposure or who do not eat enough fortified foods. Smokers, people who have asthma or chronic lung disease, obese or inactive people may also be at risk of Vitamin D deficiency.

Older people tend to be affected more as was discovered in an Irish study last year. In this study it was discovered that 47% of all adults aged above 85 years are Vitamin D deficient in winter. 27% of the over 70's are Vitamin D deficient.

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LET US LOOK AFTER YOU

VITAMIN D AND COVID-19

There has been much talk in the media regarding a link between Vitamin D and COVID-19. Some studies have been done but as of yet there is not enough solid evidence to suggest that Vitamin D can prevent or treat COVID-19. However we do know that normal levels of Vitamin D in adults does help prevent some respiratory infections and therefore it may be useful in the COVID-19 pandemic, especially for the elderly.

AVAILABLE PRODUCTS

There are many products available from our pharmacy for all ages.

- In tablet form, we have Vitamin D3 2000 units Mylan and numerous strengths from the Sona brand.
- In capsule form, we have Bioactive D Pearls in a low and a high strength.
- We also have Vitamin D in a handy oral spray form, Better You, which is simply sprayed into the side of the mouth available in numerous strengths from children up to adults.
- Baby products are also available as an easy-to-use pump, Beeline Baby Vitamin D3 pump.

Contact the team at Little Island CarePlus Pharmacy for any of your Vitamin D questions!

1. Laird E, Kenny EA. Vitamin D deficiency in Ireland – implications for COVID_19. Results from the Longitudinal Study on Ageing (TILDA). 2020

Contributed by Eleanor Ahern, Little Island CarePlus



Sun worshippers



ERINS OWN HURLING & FOOTBALL CLUB

CLUBS DRAW ACCOUNT - CORK GAA

A Chance.

We hope you are all keeping safe and well during these anxious and unprecedented times.

During Covid 19, Erins Own fundraising has been seriously affected as the virus has impacted on revenue such as the Lotto, golf classic and a planned Corporate Lunch. So you can see we have been badly hit, on and off the field, but we must continue to pay our way. We still have outlays for items like insurance, bank loans, pitch upgrades and registrations. We are also planning to begin drainage of the floodlit pitch and that's a hugely important project, with playing numbers showing a 30% increase every year. That's why the upcoming Rebel Bounty Draw carries so much significance for the club.

The Cork GAA Clubs Draw, from which Erins Own has benefited enormously over the years, was relaunched back in December 2020 and is now rebranded Rebel Bounty. We have attached a leaflet which gives a breakdown of the monthly prizes including a banana €1000 first prize in December. To join contact a member of the committee below or join online at www.corkgaa.ie/rebelbounty. The first draw will be held on March 25th and will incorporate January, February and March draws. The cost of the draw remains unchanged and is €100 for the year or you can pay via direct debit monthly also. Due to Covid 19 we would encourage people where possible to pay online via EFT to the following details:
IBAN: IE87 926K 9341 0003 1242 28
BIC Code: AIBKIL2D
Name Of Account: Erins Own GAA Clubs Draw Account
Address of Bank: AIB Blackpool, Cork.
Please reference your name when making a payment.
Alternatively you can pay via www.corkgaa.ie/rebelbounty with a debit/credit card or set up a direct debit online, just remember to select Erins Own as your Club!

Erins Own followers have never been found wanting, so we are urgently appealing to show your generosity again by joining the Rebel Bounty draw.

If you have any queries on the new Rebel Bounty draw please contact any of our committee members below:

Yours in sport,

James Murphy
Treasurer
086-2750519

Michael D. Conner
Chairman Rebel Bounty Committee
086 2651336

Tom Whiting
Tom Whiting
Rebel Bounty Committee
087-7072507

Sean Power
Sean Power
Rebel Bounty Committee
087-7072507



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2021

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*Email:

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Club:

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*Contacting you: What would you like us to get in touch about? Tick the relevant box

- ☐ Send me monthly winners email
☐ Send me updates on Cork GAA News
☐ Contact me about special offers and promotions

Facebook: rebelsbounty
Instagram: rebelsbounty
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Reference No:

Members 1st Payment

Date Rec'd:

Amount: € Cash/Cheque

Direct Debit

Amount per month: €

Start: End:

Sellers Name:

Full terms and conditions can be found on gaacork.ie/rebelsbounty/tandc

DIRECT DEBIT

SEPA Direct Debit Mandate:

Unique Mandate Reference (UMR) - to be completed by Rebels' Bounty

By signing this form, you authorise (A) Nua Pay on behalf of Rebels' Bounty to send instructions to your bank debit your account and (B) your bank to debit your account in accordance with the instructions from Rebels' Bounty.

As part of your rights, you are entitled to a refund from your bank under the terms and conditions of your agreement with your bank. A refund must be claimed within 8 weeks starting from the date on which your account was debited.

PLEASE COMPLETE ALL THE FIELDS MARKED *

Debtor Name *

Debtor Address *

County * Country *

Debtor account number - IBAN *

Debtor bank identifier code - BIC *

Creditors Name: Cork G.A.A. **Pairé Uí Chaoimh, The Marina, Cork City.**

Creditor Identifier *

Type of Payment * Recurrent Payment ☐ or One-off payment ☐ Date of Signature *

Signature(s) *

Please sign here *

Note: Your rights regarding the above mandate are explained in a statement that you can obtain from your bank.

Rebels' Bounty Clubs Draw 2021 Acknowledgement of First Payment

(This section to be completed when making initial payment)

Member's name:

Amount Received:

Date:

Seller's Signature:

Reference No:

(This is not your draw number)

THANKS FOR JOINING

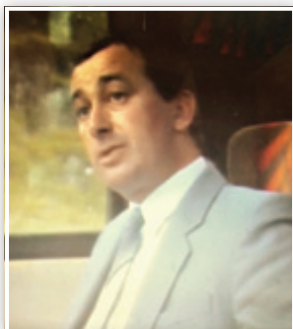
REBELS' BOUNTY Clubs Draw supports your local club and provides C.L.C.G. Chorcaí with funds for coaching and the development of our games throughout the county.



THE LATE JOHN MC DONALD R.I.P.



We the residents of the parish, and those residing far and wide were saddened by John's untimely passing on January 20th. And although he did his best to prepare us; it still came as a shock. John was born in Rockgrove and how he loved recalling his escapades when growing-up there in a carefree environment within the forty two acre camp. He, his siblings and their friends made full use of the terrain and the challenges it presented in an idyllic location that could be best described as a haven for adventure back then. John played underage with Erins Own but his sporting passion was shooting and he regularly related the enjoyment he derived from the sport especially when his father Jack participated with him, and that was frequently. John was a member of the Glounthaune Youth Club and in fact was treasurer in 1969 and he also penned many articles for the Club's magazine "Community Way".




John interviewed on RTE
October 1987

He made national headlines on October 20th. 1987 when he was featured on a RTE television news report regarding an upcoming charity event. Forward-thinking John came up with the novel idea of reversing a fifty-three seater, twelve metre coach around the entire one hundred and ten mile length of "The Ring of Kerry". The Aid Cancer Treatment Fund and the Cystic Fibrosis Fund to be the beneficiaries of the £40,000.00 target sponsorship proceeds. The event was a tremendous success as John accomplished his unique praiseworthy venture over the October 31st. 1987 week-end.

Funeral ceremonies are sorrowful and difficult occasions but even more so in the prevailing circumstances. And against such a backdrop it is admirable that the Village residents' paid respects to their neighbour John in such a meaningful manner; they stood outside their homes and held a lighted candle as his remains passed through the Village en route to the church in the twilight of the evening. It was a poignant scene and one which must have been so comforting for his family. John will be missed greatly and of course most of all by his beloved wife Betty, his son Kevin, siblings Pat, Ann and Deirdre and the extended families.

"John fought the good fight so now may he rest in peace in his heavenly home"; "I am sorry to hear of John's death. A good Glounthaune Village neighbour and Parish man"; "He was a very special person and it was a privilege to have known him"; "Lovely Betty and Kevin, farewell to nicest man, John, who was such a warm gentleman with gracious charm and endearing family pride in you both"; "Words completely fail me on the sad passing of our good friend John"; "Fond memories of John, he was a gentleman with a kind heart"; "So sorry to hear of the passing of John. I have very fond memories of Rockgrove back in the good old days"; "We will remember John as a gentle and helpful contributor to the life and welfare of our parish community over many years"; "Sincere sympathies on the death of John. You were his faithful companion. He was such a man of faith, blessings and prayerful support". Ar Dheis Dé Go Raibh A Anam Dílis.

Contributed By Gerry Ryng




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THANK YOU!
 and we hope to see you soon.



Legal Issues & The Older Client



The older client is a person who is over the age of 65 years. At that stage in a person's life it is common to have a grown-up family, maybe grandchildren, to have retired from paid employment and to have paid off the mortgage on the family home. Some people maybe in second relationships where both parties have children from previous relationships. It is time to consider the following issues:

1. Do you have a Will? If so does it need to be updated? If not it is advisable to do so.
2. Where are the title deeds to your house and are they stored safely?
3. Do you have a list of your assets so that nothing is overlooked?
4. Have you provided for the possibility that you may lose capacity? It may be prudent to put an Enduring Power of Attorney in place to appoint someone to act and make decisions if you cannot do so. This can prevent hardship for family members. This only comes into effect when you lack capacity due to memory loss or other cognitive impairment.
5. A Ward of Court procedure may be necessary where there is no Enduring Power of Attorney in place.
6. Fair deal and nursing home care issues can arise. It may be necessary to appoint a Care Representative.

When someone dies, having made a Will then their Executor will extract a Grant of Probate giving effect to their wishes in the Will and transferring the property. A Will allows a person to direct where their assets should go and who should benefit. If there is no Will an administrator has to be appointed and the entitlement is set down by law and a Grant of Administration Intestate applies and the legal relationship determines who should benefit from assets and property. These processes can be complex and give rise to tax liabilities and therefore it is important to take appropriate advice. It is prudent to put an Enduring Power of Attorney in place so that if an older person loses capacity to act and manage their own affairs, they have chosen those people they want to act and make decisions on their behalf. This is similar to making a Will as it gives you choice with regard to who you appoint and how your affairs should be managed. The lack of a Will or Enduring Power of Attorney can cause unintended hardship for family members, sometimes it causes financial hardship e.g., in circumstances where there is money in an account that cannot be accessed. Discussing your affairs and making a Will and putting an Enduring Power of Attorney in place allows you to choose how your affairs should be managed and to whom and where your assets should go. Discussing your situation can also ease worries and concerns which you may have in respect of vulnerable family members who need to be provided for. It may also be possible that your Solicitor or Legal Adviser will visit you in your own home or in a nursing home (COVID -19 restrictions permitting)

Contributed by Teresa O'Sullivan, Douglas Law



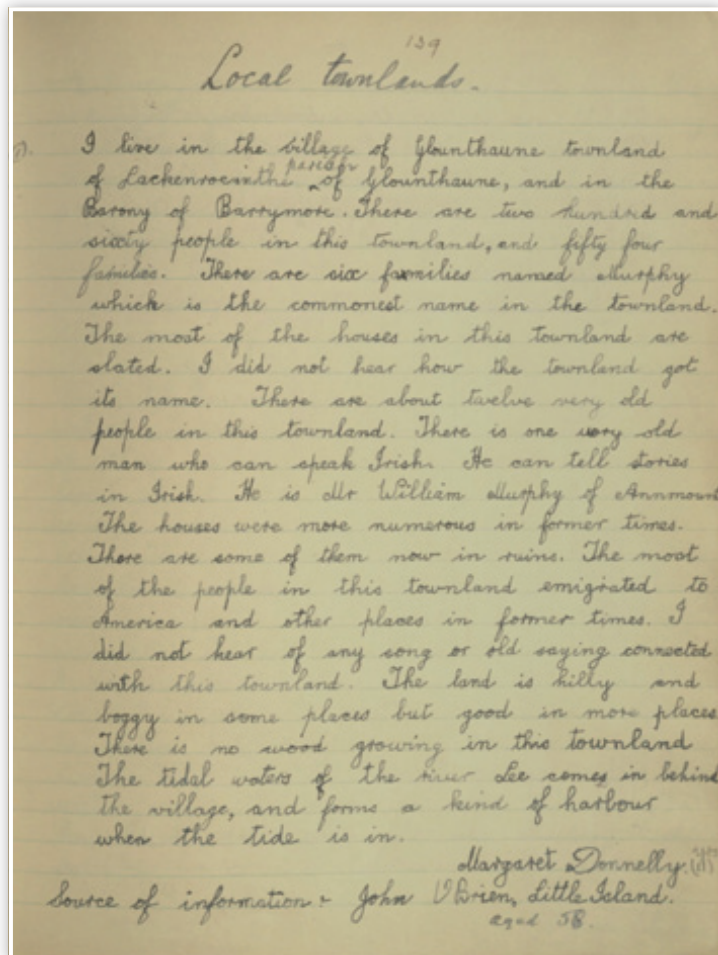


THE LATE MARGARET DONNELLY R.I.P.



We Residents of Glounthaune and Little Island were saddened on hearing the news of Margaret Donnelly's passing in her 94th year. Margaret was born and reared in Glounthaune village. She loved this village and its hinterland and loved the people in it. It wasn't simply because she worked in the family business, Donnelly's Grocery Store and Bar that she had an interest in people.

Her love of people was apparent from when she was 11 years old and she was one of those young children whose stories were recorded in the school's folklore project that was collected in 1937/1938. She wrote about the parish of Glounthaune, in the Barony of Barrymore. She recorded number of people and families in the village, the original hand written letter a most interesting read:



Margaret was 3 years old with three older brothers Tommy, John Joe and Michael all under the age of 8 when their father John died. On finishing primary school the boys continued with Secondary education while Margaret stayed at home to help her mother Bridget to run the Grocery Shop and Bar which was normal for females of that era.

She had various knock-backs in her life but Margaret was never one to complain, she was an incredible optimist, resilient and had a motto to always look forward and never look back. As we all know she spent her entire working life in Donnelly's Shop/ Bar only pulling her last pint when they retired from the business in the year 2000.

Margaret had a very deep faith was a frequent visitor to The Sacred Church Glounthaune and continued to attend Glounthaune Church with the help of Liam Moroney after she moved to the Fairways Little Island.

She was a dedicated member of the Glounthaune Legion of Mary always on hand for visitation works, visiting people from the parish in Nursing Homes, Hospitals and homes especially those living alone. She loved to eat out. She loved a little glass of Port or Brandy when out celebrating, she had a great sense of style and dressed well. One of the great joys in her life was playing bridge, she found the summer months the hardest when the bridge clubs took their holidays. Margaret loved to go on Pilgrimages whether it to be Mount Melleray, Knock, Lourdes, Fatima, Medjugorje, Virgin Mary's birthplace Ephesus in Turkey and many more exotic places including a couple of Cruises.

In Margaret's latter years after Eye surgery, she hadn't lost The Donnelly sense of humour. Quote: "It's hard to be optimistic when you have a Misty optic".

Photos taken at "The School Around The Corner" reunion held at "The Great O' Neill" on Friday April 13th. 2018. Margaret was "Guest of Honour" at the function.



Margaret chatting to Pat Horgan



With the Murphy siblings: David, Tim, Frances, Cailín.



With Pat & Terry Horgan, Dave & Jim Murphy, Mary Scully



Margaret & John Joe



Jack Lynch visits Glounthaune 1969, Margaret on right

Contributed by Edmond J. Stack



NEWS SNIPPETS



GLOUNTHAUNE HOMES TRUST :

Glounthaune Homes Trust have made an application for permission to construct at The Glen, Johnstown, Glounthaune, 12 two bedroom houses of three varying types as part of an independent living scheme. The application is to include the development of landscape and amenity spaces, a vehicular road and pedestrian path with street lighting, new entrance and ancillary works. Enquiries - glounthaunehomestrust@gmail.com

ADRIANA GERHART:

Adriana Gerhart, The Woods, pictured below, is the winner of our Newsletter survey draw. Adriana is one of the volunteers who helps distribute the newsletter.

FEEDBACK FROM GLOUNTHAUNE COMMUNITY NEWS SURVEY IN THE LAST ISSUE:

We received 17 responses to the survey. 13 (76%) said they preferred the print version, 5 (24%) said they were happy to read it online. Thus, the Glounthaune Community News will continue in the print edition during 2021 - it is also available on-line at <https://glounthaune.ie/news/>



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Cllr. Sheila O'Callaghan

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Dunkettle to Carrigtwohill pedestrian and cycle route received €3.1 million under the Sustainable Travel Fund for 2021. This route will be 8km/5miles. The majority of the route will be contained within the verge of the existing single carriageway. This route will pass through the townlands of Dunkettle, Kilcoolishal, Ballyhennick, Glounthaune, Johnstown, Killahora and onwards to Carrigtwohill. This project when completed will connect into Cork City's cycle network. Works will include upgrades to crossings, public lighting and car park spaces. This corridor opens up East Cork and Little Island to active modes of transport.

Little Island was allocated €800k under the Sustainable Travel Fund for a multi modal infrastructure also.

The Cork County Development Plan CDP 2022 to 2028 is currently at the draft stage. On Thursday 22nd April 2021 the Draft Plan will be published and will be available for public consultation for a 10 week period. Any information or queries regarding developments in Cork County housing, amenities, projected growth, protected structures etc is available on www.corkcoco.ie. Submission can also be made by individuals or groups once the public consultation commences.

Cork County Council has allocated €55k towards remediation works on the "Dry Bridge" I must compliment the craftsmanship of the stone work carried out recently on this structure.

Kind regards,
Cllr. Sheila O'Callaghan

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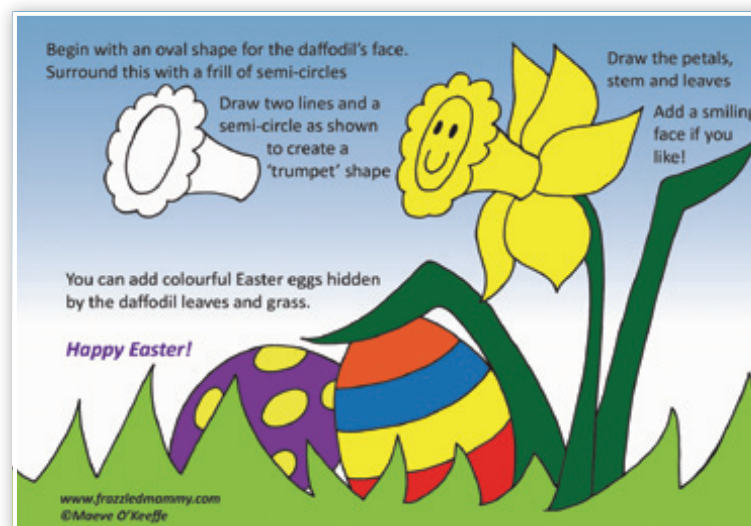


With schools reopening and vaccinations rolling out, there is hope of life retuning to pre-COVID normality as we knew it. Primary and secondary students no longer have to cope with Google classroom or Seesaw. Zoom calls might, once again, be reserved for the occasional business meeting or keeping in touch with family and friends abroad. For the moment, my 'live' art classes are postponed until

Level 5 restrictions are lowered. However, I'm using my time to do personal art and community projects, and was delighted to recently paint Easter themed windows in Fitzpatrick's Shop. The windows show varying scenes including Easter bunnies, naughty chicks and surprised-looking sheep, while one of the panels features daffodils helping to hide away some eggs.



Daffodils are easy to draw and can feature in either a cartoon scene like the one I did for Fitzpatrick's, or several can be sketched in a vase to create a still life. To draw a daffodil, begin with an oval shape for the flower's face. Surround this with a frill of semi-circles. Draw the petals as shown, followed by the tall stem and leaves. For a cartoon character, draw eyes and a smiling mouth. Add oval shapes for the Easter eggs, which can be decorated with stripes or spots. Alternatively, instead of eggs, draw daisies for a pastoral-type scene.



For information on upcoming projects and reopening of art classes when COVID restrictions allow, check out my Facebook page FB: www.facebook.com/frazzledmammy or website www.frazzledmammy.com

Contributed by Maeve O'Keeffe



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