

Glounthaune COMMUNITY NEWS

Nov / Dec
2021



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Glounthaune Community Association

CHRISTMAS CRAFT FAIR

Supporting local producers so that we
can buy handmade, sustainable
presents this year

Proceeds going to the GCA and local Mental Health Services



**GLOUTHAUNE COMMUNITY CENTRE
SATURDAY 4 DECEMBER
11AM - 5PM**

Crafts. Food. Drinks. Friends. Neighbours. Christmas Cheer!



GLOUNTHAUNE CHRISTMAS FAIR

Contributed by Kate Cuddy

Glounthause Community Association are organising a Christmas Craft Fair to take place on Saturday 4th December from 11am to 5pm in the Community Centre.

We really wanted to promote the idea of shopping locally and more sustainably this Christmas. There are so many talented crafts people in our community, so let's reduce our carbon footprint by giving the multinational high-street vendors and their delivery drivers a break.

We are currently inviting local crafts people to take stalls. Stalls are €35 for a 6-foot table or €50 for an 8-foot table. Tables are provided and will be set up for you in advance.

There will be food and drink stalls - and we will ensure that it is all served in reusable



or biodegradable cups and cartons. You can also do your part by bringing your own reusable cups and containers.

Please be aware that parking will be very limited in the village area so please try and walk where possible.

We will be raising money for local Mental Health Services, as a follow up to our recent Positive Mental Health Initiative, so there will be a chance to buy raffle tickets for spot prizes throughout the day and a donation box too.

If your company would like to donate a spot prize (or two) please get in touch at admin@glounthause.ie.



HALLOWEEN SPOOK TRAIL

Contributed by Kate Cuddy



A massive thank you goes out to our great Community once again for pulling together to create so much fun for our children this Halloween. Families excelled themselves with their decorations this year and a lot more families got involved this time which was great to see.

Particular thanks go out to Fitzpatrick's shop for generously providing all the treats that we ave out at Rockgrove. Huge thanks to Deirdre McCarthy for bagging 300 goody bags, single handed. Thanks to Aileen O'Mahony, Caoimhe Condon, Hannah Dunne (and family) and again Deirdre McCarthy for helping to decorate the Rockgrove area of the trail earlier that day -- in particularly

challenging weather conditions. Special thanks too, to our team of super scary goody bag distributors - Billy Lynch, Archie McDonnell, Ciarán Roche, Elizabeth Dunne, Joe Dunne, Aoife Murray, Doireann Cuddy, Conall Cuddy and Dylan Fox - we invited some teenagers to 'loiter menacingly' in costume to add to the atmosphere and they did a great job. Sorry to anyone who got hit with water though open car windows though, whops!

Thanks as well go to Esther Delaney of Jem Catering for providing free chips at their section of the trail again this year. A very welcome treat on a cold, wet and windy night!

The winners of this year's **PUMPKIN CARVING COMPETITION** organised by Bo and Niall Browne and sponsored by Teresa O'Mahony from Pals Afterschool Club, in order of appearance are:

Overall winner - Sophie, Jodie and Jake Foley

Funniest - Sam O'Riordan. This crazy creation had us very curious.

Most Creative - Elizabeth Dunne. This really imaginative pumkin blew us away!

Scariest - Tara Brady, (who's sisters Ailbhe and Elsie were also runners up).

This scary clown spooked us out.



THE GLOUNTHAUNE POSITIVE MENTAL HEALTH INITIATIVE

Contributed by Richard Cuddy

We had great participation in the our classes and workshops as part of our Positive Mental Health Initiative which was part funded by the Cork County Council, which enabled us to offer these events at a fraction of the usual cost. Many thanks to Kate in the office for co-ordinating and organising all the teachers, and to more than 50 participants in all our classes for supporting this wonderful programme of events.

TAI CHI

There was a very good turnout for Introduction to Tai Chi & Qigong on the green with Anne Marie Maguire, where we learned about our chi, and movement of energy. It was a wonderful sight to see people being calm and silent, enjoying mindful movement and the energising power of parting the wild horse's mane amongst other tai chi poses. Everyone loved the classes and the numbers grew week on week. Anne Marie is going to run classes in the centre and can be contacted on taichi.qigong.haven@gmail.com for further details

TEEN FITNESS FRIDAYS

The importance of physical exercise, in the fresh air, for our mental health is well proven, and so the classes for our teens was very welcomed. There was a good take up of the classes, and all the teens that took part really enjoyed the increased heart rate, and extra oxygen, as Aileen O'Mahony. It was a great way to kick off the weekend as they were settling back into school routine

THERAPEUTIC ART FOR TWEENS

Making the transition from child to teenager and from primary school to secondary school

can be challenging. Art Therapist, Rachel O'Leary facilitated a series of workshops especially for the young teenage group to create a creative therapeutic environment for artistic expressions and also a supportive environment to introduce coping techniques that can be used in the participants' own time outside of the workshops. There was some beautiful pieces of art created, and there was a fantastic energy in the room as the teenagers set about expressing themselves in a calm safe space.



ART & NATURE WORKSHOPS

Artist Ashleigh Ellis, helped us to explore the gifts of our natural world through creative techniques, playing with natural materials and the abundant colour and texture they offer. Four fantastic afternoons were spent learning and creating with the magic alchemy of cyanotype, natural dye and ink making, Japanese shibori techniques with indigo, and printing with flowers and leaves. Everyone got to take their work home with them, and there was a lovely sense of community and togetherness as the inks did their magic. We had time for cup of tea and cake.





Contributed by Conor O'Brien

ERIN'S OWN DEFIBRILLATOR



The East Cork Rapid Response (ECRR) were in Erin's Own this month to carry out a successful CPR / defibrillator course. There was a keen interest in participating in this course. Twenty-five coaches and parents attended and found the evening to be extremely beneficial.

There is a defibrillator located in the grounds of Erin's Own on the wall outside the museum.

In the event of somebody suffering a cardiac arrest in the local community, time is of the essence. Early high-quality CPR with defibrillation using Automated External Defibrillator (AED) is the key to ensuring the patient has the best chance of survival.

LITTERING

Contributed by Terence Fleming

LITTERING REACHES NEW HEIGHTS IN GLOUNTHAUNE



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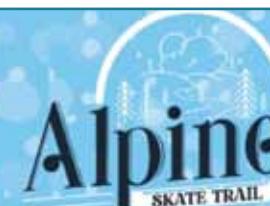
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250 Cocktail Sausages
100 Party Size Cakes

€ 420.00

Party Pack 3 (25 People)

25 Assorted Sandwiches
150 Honey & Mustard Cocktail Sausages
75 Chicken Goujons
25 Party Size Cakes
25 Choc Biscuit Cake Fingers

€ 225.00

Party Pack 4 (20 People)

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60 Chicken Yakatori Skewers
30 Party Size Cakes

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Party Pack 5 (15 People)

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45 Chicken Yakatori Skewers
15 Cupcakes

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HELP!!

ADMIN HELP NEEDED!

Voluntary Office Administrator required at Glounthuane Community Centre. Just a few hours per day, about 3 days per week - or whatever you can manage around your own schedule.

A great way to get involved in your Community and although the position is unsalaried it won't be completely unrewarded.

Please contact us at the Centre on 021 4510470 or admin@glounthuane.ie.



ACTIVE AGEING COMMUNITIES

A Fitness program to get our older community exercising in a friendly and safe manner. Following European guidelines and scientific evidence to help healthy and active ageing.

Led by qualified instructors at NRG XPRESS (gym and studios in Little Island) there will be classes held on a Tuesday and Friday morning over 24 weeks. Classes will be a mix of resistance training, heart raising exercises and mobility based classes.

Full commitment is not required but to participate till the end of the program would be welcomed.

Start Date 16/11/2021

Time : 11am

Cost : €10 a month—total €60 (this is for external instructors , coffee mornings etc)

Contact Jacinta on email jacinta@nrgfitness.ie or call 021-4976060



CYCLE PATH CELEBRATIONS DAY

Contributed by Kate Cuddy



Our Cycle day Celebrations got off to a great start as we were blessed with beautiful sunshine. We started our day at Glounthaune Park where we all sat and soaked up the atmosphere whilst eating our delicious free ice creams, before we set off on the cycle path heading for the Elm Tree where we were having our bike raffle.



We all got safely across the road thanks to the great efforts of Ailbe and Kathleen and a kind gentleman called Rodger who helped us on our way, (new volunteers always needed Rodger). On route to the Elm Tree we had our lovely girls Doireann, Catherine, Eile and Elizabeth, doing great face painting for our younger children. Brian was also on the route marshalling traffic at Johnstown Park and giving out cycle safety booklets and lights for the bikes. Thanks to all of you. The day was a great success due to the combined efforts of all.



Arriving safely at the Elm Tree we were greeted with much appreciated refreshments courtesy of the Elm Tree. Chairperson of the Glounthaune Community Association Mrs. Jill McNamara addressed the large crowd assembled and we duly proceeded to our raffle. The lucky winners on the day were William Cuddy and Alicia McDonald.

We would like to give a big thank you to everyone who bought tickets in the shops and online and to the following sponsors on the day Rocca Sports Shop Carrigtwohill, Biocel Rockgrove Industrial Estate, Dornan

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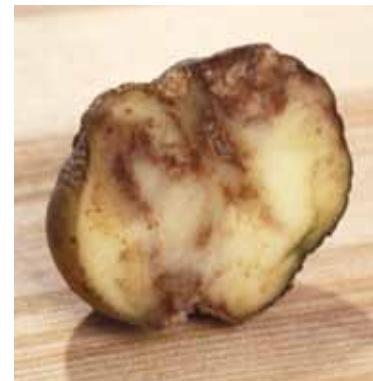
All proceeds from the day go to Glounthaune Community Association, The Glounthaune Community Association is operated by volunteers from the local area and is based in the Community Centre in Glounthaune Village. It is an integral part of community life in Glounthaune with many different projects catering for our junior and senior citizens.

THE GREAT IRISH POTATO FAMINE. EFFECTS LOCALLY 175 YEARS AGO.

Contributed by Patrick Twomey

Comparison with other modern and contemporary famines establishes beyond doubt that the Irish Famine of 1840s, which killed nearly one-eighth of the entire population was proportionately more destructive of human life than the vast majority of famines in modern times. Successive blasts of potato blight deprived one third of the population of virtually their only means of subsistence for several years.

At the time of the famine this country was at peace, and therefore should have been contained with far less loss of life.



A Blighted Potato (Wikipedia)

Why did this not happen? We had no warfare, there was no question of remoteness from centres of wealth, and relief; it was not affected by a corrupt administration system and the communications through roads and canals was in reasonable state having been vastly improved in the previous half-century. Ireland lay on the door step of what was then the world's wealthiest nation. Comparison with famines elsewhere point to the answer -- ideology. Attitudes in Britain in the late 1840's amongst the political elite and middle classes heavily militated against sustained and heavy relief. Today, famine would be more of agency rather than ideology.

1845, over 175 years ago marked the commencement of the Great Hunger in Ireland. The effect in this first year (1845) was not huge, but very few anticipated that the next six or seven years would bring appalling misery and death to this island of ours. The population of the country was devastated either due to death, or emigration.

Life in New Glanmire Parish and surrounding areas during this period.

Nicholas M. Cummins who occupied Annmount House at the time of the Griffith Valuation (1853) was residing in Annmount during famine times. He was a member of a well-known medical family in the area. He was a well-respected Justice of the Peace and he appeared to make a valiant effort after the famine to get the flax industry off the ground in this area. He was also very prominent in trying to get the railway between Cork/Youghal built and was a director of the company.

He came to national prominence during the famine as a result of a letter which he wrote to the Duke of Wellington on the 17th December, 1846 describing the horror and compassion he felt for the poor as a result of a visit he undertook to the Skibbereen area at the height of the famine. The letter was published in the London Times on Christmas Eve (1846) and as a result of the public outcry some further, futile as it turned out, efforts

were made by the British Parliament to try and alleviate the hardship.

The letter was addressed as follows:-

"To His Grace,

Field Marshall Duke Of Wellington.

I want to state to you and by use of your illustrious name to the British public what I myself have seen over the last three days."

Mr. Cummins goes on to relate in detail what he saw in the hamlet of Myross near Skibbereen. He was horrified and disgusted by what he saw. He went on to say

"you have access to our young and gracious queen, and my Lord Duke in the name of the starving thousands, I implore you break the chain of etiquette and save the land of our birth. Let this be inscribed on your tomb "Servata Hibernia" (Ireland was preserved by me).

Signed N.M. Cummins J.P. Annmount Cork.

December 17th 1846.

Even though this letter was published in the London Times on Christmas Eve 1846 the Whig government led by Lord John Russell did not send any food but sent an inspector who reported to the effect that there was a plentiful supply of meat and fish in the area. However what he failed to report was that the poor unfortunates in the area had no money or means to obtain money to buy such food.

It is difficult to know if the village of New Glanmire and surrounding areas were greatly affected by the famine. The reader will note Mr. Cummin's letter, detailed above, dealt with Skibbereen and he made no reference to this locality during the course of it. At the same time as Nicholas gave his address as Annmount in the letter one would expect him to mention the area if there was great suffering about. I should mention also that he told the Duke that he took enough bread that five men could carry with him on his trip to Myross outside Skibbereen. More than likely this bread was baked from flour from his mill at Glenmore.

There appears to be very little doubt that Nicholas Cummins was a man of influence and good standing in his community both before and after the famine years.

New Glanmire Temperance Society

Nicholas Cummins was a great supporter of the temperance movement begun by Father Mathew. He was involved in forming a branch of the Temperance Society in New Glanmire on or about 1839.

On Sunday evening the 5th November, 1843 New Glanmire Temperance Society

celebrated in their rooms at New Glanmire their fifth anniversary of their formation. The society had their rooms brilliantly illuminated and the band played several lively airs. About 40 members sat down to tea which was prepared in a manner which did credit to the stewards. At midnight the company separated highly pleased with the evening's amusement.

As I already mentioned Mr Cummins was an advocate of the temperance movement. In a letter written by Laurence Cotter to the editor of the Cork Examiner published in the issue of December 30th 1844, he wrote it as a member of the New Glanmire Temperance Society extolling the virtues of Mr. Cummins who apparently on the previous Saint Stephen's night *"entertained about 40 of the teetotallers of New Glanmire rooms to a comfortable and substantial dinner at his hospitable mansion Annmount, All of his tenantry were likewise entertained in the same manner. The band of the society attended and played several admirable airs. After dinner the numerous guests were supplied with an abundance of lemonade, brewed by Mr Cummins himself who filled the first bumper and toasted "Father Mathew". The toast was responded to by Captain Stuart R.N. and received with most abounded enthusiasm."*

The letter continued to extoll the virtues of the gracious host for the evening and finished with the following:-

"He has the blessing of every poor widow in the neighbourhood and would that we could say the same for every landlord in the country." Laurence Cotter who resided in the village of New Glanmire at this time signed the letter on behalf of the society.

It also appears it was standard practice for Mr. Cummins to entertain his tenantry to Christmas dinner. A report in the newspaper of 29th December, 1843 reads as follows:-

"A benevolent landlord Mr. Cummins of Annmount entertained upwards of 40 of his tenantry to Christmas dinner. Several of the Temperance bands of Glanmire and district with lively tunes contributed to the entertainment".

Captain Thomas Stuart R.N. (Combermere).

The reader will recall that the toast at the Temperance Society gathering in December of 1844 was responded to by Captain Stuart. In 1853 he resided in Combermere Cottage (as it was known at the time). Captain Stuart held a prominent position in the locality during the famine. He was the secretary of the Glountane Relief Committee nominated by Lord Bandon. This committee serviced several parishes central of which was New Glanmire. These committees as the name suggests were set up for the relief of the poor in the early days of the famine before the successive blasts of blight over the next few years caused havoc amongst the poor. A subscription list was set up and the fund applied to buy food and then sell it to the poor at cost.

There was a major relief committee in Cork City during the famine. The Cork Relief Committee was established in March, 1846 following a public meeting. From 28th March, 1846 they sold Indian Meal for 1p a pound at three City outlets, York Street, Blackpool,

Little Market Street and Barrack Street. By October, 1846 ten depots were operating and an average of 25,000 people were receiving relief every day. The Committee encouraged public works schemes, construction of a road from The Lough to Pouladuff Road, from Saint Joseph's cemetery to Friars Walk, and improvements to the Fever Hospital Road and to the old Barracks. They aided some works of the Harbour Board for some of their Public Works extensions to Penrose Quay and the Navigation Wall. At this time there were about 400 men employed in the Northside works for the railway.

The heading in the *Freemans Journal* of November 20th 1846 was

"Irish Distress-English Sympathy".

It was a report of a meeting of City of Cork Relief Committee held on Tuesday 17th November 1846. Captain Stuart (Glountane) was given permission to address the meeting in Cork which he did along the lines that he was canvassing to get a deputation set up organized on a National scale to go to the major cities in Britain to explain the plight of the people all over the country due to the failure of the potato crop, and to seek their support financial or otherwise. Finance would allow the unfortunate people to buy food. Despite Captain Stuart making a very strong case to set this procedure up it was being met by some scepticism as to its likely success.

However the Captain persevered and swung the argument when he mentioned the following:-

"Over the last three days I collected £120. In the little chapel of Glountane, where people were unprepared for the address of Rev. Mr. Donovan they put down their names for £20. Many poor farmers contributed £1 each, though I do not mean to say farmers are not the poorest class at present".

The Captain is speaking about the Quay church in New Glanmire village and Father Tim O'Donovan was the curate there from 1844-48. The reader will notice that he refers to Glountane. This is interesting because it was many years yet before the parish would be officially called Glounthuane by the church authorities. Whilst it is not by any means conclusive evidence that there was no great problem in the area, the fact that £20 was committed, suggests that at least things were not too bad at this time and the congregation, whatever about their own possible personal hardships, were not found wanting.

In 1847 Captain Stuart's family at Combermere were beset by fever caught in their father's mode of administering relief to the poor at his house. Two of his youngest daughters were only just recovering from a severe attack of fever and his eldest daughter was in grave danger and receiving medical attention daily. The newspaper account of this matter noted that Captain Stuart was on relief duty in Kerry at this time. In fact he had been appointed a government inspector to oversee the distribution of funds to the local relief committees in Kerry. The reporter cautioned the public from communicating with strolling beggars and their families. The following was the report:-

Kerry Evening Post Saturday May 1st 1847. P.3.

"We think it right to caution the public against the practice of allowing any communications between strolling beggars and their families. In many instances the consequences have proved fatal. We regret to learn that Captain Stuart's family at Combermere, New Glanmire, are at the moment suffering from fever caught in the humane mode of administering relief to the poor at the house. Two of the youngest children are only just recovering from a severe attack of fever, and his eldest daughter is in greater danger. Drs Townsend and Dr. Ellis are in daily attendance. Captain Stuart is on relief service in Kerry".

Combermere was just off the main Cork Midleton road at this time and no doubt the fact that the Captain was secretary of the local relief committee and a man of great influence in relation to relief generally, did not go unnoticed by the poor unfortunates making their way to Cork City to try and get some help, apart from the fact that the parishioners would have access to his house as well, if help was required. However the fact that the Captain appears to have been helping out in Kerry at this time (1847) suggests things were a lot worse elsewhere.

Subsequently Captain Stuart was very actively involved as honorary secretary of a Local Committee made up of members from Cove and Cork which canvassed for the building of a naval dockyard at Haulbowline. In fact he addressed a Local Parliamentary Committee as to the merits of doing this in Westminster in 1864.

The following report details how the good news was received in this locality.

Cork Examiner May 26th 1865. " Royal Dockyard-Cork Harbour. Local rejoicing.

Tar barrels and bonfires flared in every direction despite rain, mist, haze and fog, last evening. Parties paraded the high road between Corbally hills and Annmount, where a monster bonfire blazed. Over twenty tar barrels were burned on a prominent bridge directly over the village of New Glanmire. There were hundreds of country lads and lassies loudly vociferous as they passed by the gates of different neighbourhood gentlemen. In consequence of the heavy rain that fell during the evening several of the local temperance bands were unable to attend as contemplated".

The reason for the celebration was because the Parliamentary Committee which Captain Stuart R.N. (Cumbermere) had addressed had agreed by 11 votes to 7 to locate the site for the dockyard at the Spit Bank in Cove as an extension of the established Naval Barracks at Haulbowline. It was considered most suitable not alone for its proximity to the Naval Base but also in relation to Spike Island. Why Spike Island? Because there was a large amount of prison labour available for its construction. This latter point had escaped the notice of the rejoicing lads and lassies. However it was still very welcome as it would need skilled craftsmen in due course and various other labourers once it was up and running.

The extension would take up about 60 acres and would take about six years to complete. Sadly the great expectations of the local population were not achieved - not within six years anyway.

One of the main reasons for siting the dockyard here was because of the availability of free labour at Spike Island prison. As it transpired only 150 of a total prison population at the time of about 500 were considered fit to do this labouring work and the British admiralty were slow to pay for any other labourers. In fact at a visit by the Lords of the Admiralty to Haulbowline in September 1886 (twenty years after the news broke) to view the works, 150 convicts were being ferried back and forth between the works and prison. They felt at least 500 were needed to now complete the docks in another six years. At this time only 30 free workmen were employed. In 1888 450 men were employed at a wage bill of £400. a week to try and push on the completion. By 1888 the docks were not yet in operation. When it did eventually open it did provide some work for tradesmen from the immediate local area particularly Queenstown and Ringaskiddy.

Captain Thomas Stuart died in January 1885 aged 80 and his wife Lucy died in November 1885. Both are buried in Caherlag graveyard.

[To be continued]

Glounthaune Community Association wins "Pride in our Community" award



Glounthaune Community Association recently won the Eco Friendly category of the Pride in our Community 20/21 awards based on the Harper's Island Wetlands project.

More than 150 community people attended the Kingsley Hotel event representing 65 communities from Cork City and County.

The photo shows (left) Seamus Forde, Chairman of the Cork County Muintir na Tire, Glounthaune Community Association's Conor O'Brien and presenting the award, Sean Holland Chairman of Pride in our Community.



POT IT UP. DON'T BIN IT.

Contributed by Mary Barry

As the Winter approaches you may be busy tidying up your flowerbeds - lifting dahlias, begonias, lilies etc. and weeding out invasive species which you planted in good faith some years ago. These invasive species in my garden (which are all beautiful plants in their own right) include astilbes, sedum, Japanese anemones, nepeta, persicaria, rudbeckia, houttynia cordata, cotoneaster, spireae - I could go on. But just visit any garden centre and you can pay anything from €6 for any of the above.

How about potting up these 'weeds' and maybe next Summer we could have a plant sale as a Community fundraiser possibly on The Ashbourne Way on a nice sunny day?

Just fill up some pots with compost, pop in your 'weeds' instead of putting them in the compost bin and Bob's your uncle, nature will do the rest. If everyone with a garden contributed ten plants - and I'm sure some of you have more interesting species than the list above - it would be super!

Watch this space in the Summer issue when we will arrange a date for the Fundraiser.

Happy potting!





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Men's Shed "Tidy Towns"

Contributed by Garry Tomlins

Big smiles all around from the gentleman of Men's Shed and Tidy Town's, with project volunteer Liam Murphy, install the fifth and last picnic table and benches in Craigs field. Three benches and tables were installed in Craigs field and two in the Ashbourne walkway. All greatly adding to the amenities in Glounthaune.



Cllr. Sheila O'Callaghan



For advice or
assistance on local
issues please contact
me.

086 1940762

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ESTUARY

Contributed by Jim Wilson

MUD, GLORIOUS MUD!

What is an estuary? The dictionary definition is 'the wide part of a river where it joins the sea'. Cork Harbour is one such estuary. In the past we tended to view estuaries as places to dump our rubbish, discharge our liquid waste, both domestic and commercial, and as a source of new land. For the latter we even used, and still use the term 'reclaim' when doing this, a misnomer because what we were 'reclaiming' was never land in the first place - we were in fact claiming it. Mud, one of the most obvious things you see on most Irish estuaries is the build-up of inorganic and organic matter. Rivers carry with them pieces of inorganic and organic matter that are very small, but the salt in seawater makes them clump together into bigger, heavier pieces that sink to the riverbed. When the seawater flows into the estuary at high tide, this stops the river water moving, so it deposits/drops the mud. It was and still is considered by some to be smelly, unsightly and useless, a wasteland only fit for 'development' - but this is not the case.

Estuaries, such as the one that can be seen from Glounthaune, contain a rich biodiversity of life - said to be the nurseries of oceans. They are one of the most productive ecosystems on Earth, some say as rich as the Amazon rain forest - playing an important and complex



role in the life of our coast. For example you can find up to a 1000 worms alone per square metre of mud! Their habitats are critical to the survival of many species. Thousands of fish, birds and other wildlife use estuaries to live, feed and reproduce. Many species use estuaries as nurseries to spawn and as a place for their young to grow.

As well as their huge benefit to wildlife, estuaries help maintain water quality through natural filtration. Surrounding marshes and wetlands help to filter out pollutants and sediments carried in through water drainage from the land. Wetland soils and plants that adjoin the estuary act as a natural buffer between land and sea, absorbing floodwaters from the land and storm surges from the sea. With Climate Change well and truly with us we are only just starting to learn the important role estuaries play in protecting us from the worst effects of increasing adverse weather events.

Estuaries have commercial value to our fishing industry. Fish and shellfish use estuaries to

spawn their young, and their young are sustained in estuaries until they are able to move away, either out into the ocean or up rivers.

THE MUD LOVERS

Hundreds of thousands of wetland and water birds stop off at Ireland's estuaries and other wetlands each year to feed up (refuel) on their autumn migrations south to their wintering grounds or north to their breeding grounds in spring and some spend the winter here, before returning north to their breeding grounds. They come here from places as far apart as Canada, Iceland, Scandinavia, Siberia and southern Africa. In the estuary mud, millions of tiny animals live and provide food for these birds. One of the largest estuary complexes in Ireland, Cork Harbour, plays host to over 20,000 wetland and water birds each year.

If you can imagine a cross-section of mudflat as a pint of stout, then all the life to be found lives in the head of the pint - the top 30cm or so. That is why birds love the estuary mud in Cork Harbour, and especially around Glounthaune and along the north shore.

The amount of food to be found there is just too hard to resist and so birds have evolved to take advantage of the wide variety of mini-creatures that make mud their home. Some have evolved long legs to allow them to wade out into the shallow water to hunt mini-creatures immersing from their burrows as the tide comes in. That is why we call these birds 'waders'. They have evolved beaks of many shapes and sizes to allow them to specialise in feeding on mini-creatures such as worms and snails living at or near the surface of the mud or at different depths in the mud. This specialisation has meant that more birds can hunt on the same piece of mudflat without competing with each other for food.

Why not plan a visit to the estuary? Over the coming months is a time when most wetland and water birds are there, during the autumn/winter/spring, with very few during the summer -- when they are away on their nesting grounds. This gives the creatures they hunt in the estuary time to reproduce and build up their numbers. Find out when is high tide. Two hours either side of high tide is a great time to go and see these amazing birds because that's when they will be pushed closest to the land as the mud gradually covers with water too deep to hunt in. You can check out the high tide times here www.sailing.ie/Tides/Cork-Harbour

Why not visit Harper's Island Wetlands nature reserve at high tide and especially during a spring high tide, when wetland and water birds from many parts of the harbour use Harper's Island to rest and preen.

Finally, remember that wetland and water birds do not mind the weather so even on wet, windy or cold days they can be seen from the two viewing hides on the nature trail. So why not take a break from the hustle and bustle of daily life, fill up a flask with a hot drink, wrap up well, get a pair of binoculars and go sit in one of the viewing hides and watch the birds going about their business on the wetland. Medicine for the mind.

For more information on Harper's Island Wetlands check out www.harpersislandwetlands.ie and follow it on Facebook.

GLOUNTHAUNE MEADOW

Contributed by Ailbe Ryan



Wildflower Meadow at Johnstown, Glounthaune Supported by the Community Environmental Action Fund, CEAF



GLOUNTHAUNE SUSTAINABLE DEVELOPMENT

Contributed by Glounthaune Sustainable Development

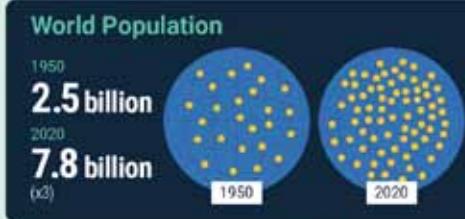
GLOUNTHAUNE SPEED SURVEY

This Speed survey was conducted in July on L3004. It indicates that a significant number of drivers are not adhering to the speed limits.

Ballynroon	ATC5	10 July – 16 July	Cumulative 85% Speed	73kph	The 85 percentile speed is the speed that 85% of traffic were travelling below
Westbound (towards Cork)	Speed Limit	60kph			
no. of vehicles	23987		no. over speed	17497	72.90%
85% speed	74 kph				
mean speed	64.6 kph				
speed kph	No. in range				
0-10	12				
10-20	22				
20-30	80				
30-40	148				
40-50	766				
50-60	5462				
60-70	10854				
70-80	5381				
80-90	1062				
90-100	150				
100-110	33				
110-120	16				
120-130	1				
130-140	0				
140-150	0				
150-160	0				
Eastbound (towards Church/train station)	Speed Limit	73 kph			
no. of vehicles	26846		no. over speed	16494	61.40%
85% speed	61.9 kph				
mean speed	61.9 kph				
speed kph	No. in range				
0-10	15				
10-20	189				
20-30	354				
30-40	541				
40-50	1511				
50-60	7742				
60-70	10303				
70-80	4784				
80-90	1125				
90-100	226				
100-110	44				
110-120	7				
120-130	3				
130-140	2				
140-150	0				
150-160	0				
Total vehicles	5 day ave.	7 day ave.	No. > speed li	% > speed Limit	
Westbound	23987	3743.2	17497	72.90%	mean speed 64.6 85%ile speed 74
Eastbound	26846	4194.8	16494	61.40%	61.9 73
Cumulative	50833	7938	7262	66.90%	63.2 73

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Environmental Indicators Ireland 2021



ELM TREE
GLOUNTHAUNE

thank you for your
continued support.

- t: 021 4351024 - e: welcome@elmtree.ie
- w: www.elmtree.ie



KNOW YOUR RIGHTS: FUEL ALLOWANCE

Question

Who qualifies for Fuel Allowance and how is it paid?

Answer

Fuel Allowance is paid under the National Fuel Scheme, operated by the Department of Social Protection. It is intended to help people who are dependent on long-term social welfare payments and who are unable to meet their heating needs. The fuel season usually starts at the end of September and runs for 28 weeks until April of the following year.

Under the scheme, a Fuel Allowance of €28.00 per week is generally paid with your social welfare payment. In certain circumstances you can also opt to have the total allowance of €784 paid in two equal lump sums. The first lump sum is normally paid in early October and the second payment is in January.

Fuel Allowance is a means-tested payment. If you are getting a non-contributory social welfare payment, you are accepted as satisfying the means test.

You must live alone or with someone who also qualifies for the allowance - you cannot get the allowance if you live with

someone who does not qualify. Where two or more people living in the same household qualify for the allowance, only one allowance is paid. If your heating needs are met in other ways (for example, if you live in local authority housing where heating is provided), you do not qualify for Fuel Allowance.

If you think you are eligible, you should apply immediately because the allowance will not be backdated after the start of the fuel season in October. The application form for Fuel Allowance (NFS1) is available from your local Citizens Information Centre, post office or by texting FORM FUEL followed by your name and address to 51909. To get your Fuel Allowance paid in two lump sums, fill in the Change the Payment Frequency form at least one month before the first lump sum is due.

If you apply for the Fuel Allowance after the start of the Fuel Allowance season, it will not be backdated.

If you are getting a payment from the Department of Social Protection or a social security payment from a country covered by EU Regulations or a country with which Ireland has a bilateral social security

agreement, the Fuel Allowance will be included in your weekly payment. You do not need to reapply for the Fuel Allowance each year as long as your circumstances remain the same and you continue to get the same social welfare payment.

Know Your Rights has been compiled by Citizens Information Cork City Centre and North County which provides a free and confidential service to the public.

Glounthaune Community Centre Wheelchair

Glounthaune Community Centre has purchased a lightweight wheelchair, to help wheelchair users access all the rooms freely.



East Cork Physiotherapy, Balance & Acupuncture Clinic

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

For anyone needing information, advice or who has an advocacy issue, you can call a member of the local Citizens Information team in Cork City North weekdays from 10am to 4.30pm on **0761 07 6850**, they will be happy to assist. Alternatively you can email us on hollyhill@citinfo.ie or log on to www.citizensinformation.ie for further information.

ADD A LITTLE CHRISTMAS magic

For delicious Christmas recipes go to: www.ballymaloefoods.ie/christmas-ballymaloe or follow us on [Facebook](https://www.facebook.com/ballymaloe) [Instagram](https://www.instagram.com/ballymaloe/)

BALLYMALOE
AN IRELAND FAMILY FOOD COMPANY

KATE CUDDY YOGA
Movement & Mindfulness
for Adults, Teens and Children

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



Glounthaune House Prices Guide



13/09/2021	€440,000.00	THE WOODS, GLOUNTHAUNE, CORK
13/09/2021	€444,933.92	The Anchorage, Harpers Creek, Glounthaune
31/08/2021	€785,000.00	COIS CHUAIN, GLOUNTHAUNE, CORK
05/07/2021	€550,000.00	The Old Quarry, Ballynaroona, Glounthaune
22/06/2021	€277,533.00	The Anchorage, Harpers Creek, Glounthaune
10/06/2021	€248,458.00	The Anchorage, Harpers Creek, Glounthaune
10/06/2021	€250,000.00	THE WOODS, GLOUNTHAUNE, CORK
01/06/2021	€251,101.32	The Anchorage, Harpers Creek, Glounthaune
18/05/2021	€251,101.00	The Anchorage, Harpers Creek, Glounthaune
07/05/2021	€321,585.90	The Anchorage, Harpers Creek, Glounthaune
08/04/2021	€380,000.00	THE WOODS, GLOUNTHAUNE
25/03/2021	€35,000.00 **	SUNVILLE, GLOUNTHAUNE, CORK
24/03/2021	€560,000.00	THE WOODS, GLOUNTHAUNE, CO. CORK
09/03/2021	€425,000.00	TANGLEWOOD, UPPER ANNOUNT, GLOUNTHAUNE
04/03/2021	€281,938.00	The Anchorage, Harpers Creek, Glounthaune
26/02/2021	€395,000.00	THE WOODS, GLOUNTHAUNE, CORK
25/02/2021	€580,000.00	COULEA HOUSE, BALLYNAROON, GLOUNTHAUNE
24/02/2021	€290,748.89	The Anchorage, Harpers Creek, Glounthaune
24/02/2021	€272,475.00	The Anchorage, Harpers Creek, Glounthaune
22/01/2021	€281,125.00	The Anchorage, Harpers Creek, Glounthaune
19/01/2021	€292,952.00	The Anchorage, Harpers Creek, Glounthaune
08/01/2021	€230,000.00	ANNOUNT, GLOUNTHAUNE, CORK

Glounthaune TYRE CENTRE

HANKOOK 4353940

What's Going On

GCC= Glounthaune Community Centre CC= Church Centre

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

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

MEN'S SHED: Contact Garry Tomlins 086 231 3963, Tuesdays 10:00am to 12:00am, Wednesday 19:30 - 22:00 13, Rockgrove

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

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

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

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

ACTIVE RETIREMENT: Contact Jill McNamara 086 813 880

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

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

GLOUNTHAUNE RUNNING GROUP: Get fit for 2021. Meet at Fitzpatrick's. Tuesday Thurs, Sat. All welcome. Organised by "Whats App" send number to Richard on 086 834 4659 to be included in this group.

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

SEANOIRÍ: Contact Peggy Dunne 087 778 6357

GLOUNTHAUNE CHURCH CHOIR: Contact: Ita 0863553120 or Michael Burke 085 143 5080 8pm.

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

SENIOR LADIES EXERCISE CLASS: Contact Esther 087 236 1759

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

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

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

CHURCH OF IRELAND: Contact Neil Walker 087 247 9546

BAPTIST CHURCH: Contact Robert Ellis 083 346 7869

GLOUNTHAUNE RUNNING GROUP: The local Glounthaune running group started their annual couch to 5k program on June 9th last. 30 runners turned up for our first session, and in line with social distancing protocols, we established two groups within the larger group. We are slowly building up the time running with the aim of being able to run continuously for 30 minutes by the start of August. There is a great camaraderie amongst the group, and it feels great to be out in the fresh air on the warm summer evenings.