

Glounthaune COMMUNITY NEWS

Sept. / Oct.
2022

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UPSTAR^T FESTIVAL

5 great bands in Glounthaune Village !!
Saturday 10th of Sept. from 4pm



Upstart Festival Glounthaune is brought to you by Glounthaune Community Association and supported by Cork County Council with funding from the Department of Tourism, Culture, Arts Gaeltacht, Sport and Media



Comhairle Contae Chorcaí
Cork County Council



An Roinn Turasóireachta, Cultúir,
Ealaíon, Gaeltachta, Spóirt agus Meán
Department of Tourism, Culture,
Arts, Gaeltacht, Sport and Media



UPSTART FESTIVAL

UPSTAR^{ART} FESTIVAL

Upstart Festival is organised by Glounthaune Community Association. The Organising team and Stewarding Team are entirely made up of local volunteers, your friends and neighbours, giving their time to bring this brilliant Community Event to Glounthaune. The event is supported by Cork County Council and receives funding from The Department of Tourism, Culture, Arts, Gaeltacht, Sport & Media.

Glounthaune Village this Saturday!
10/Sept/2022

3.45pm - gates open
4.00pm - The Cliffords
5.00pm - Little Known
6.15pm - FONDA
7.30pm - First Class & Coach
8.30pm - The Love Buzz

We have a treat of new Up-and-coming bands.
Our day starts with The Cliffords, 2022 UCC Battle of the Bands Winners, followed by rockers Little Known. Then Limerick garage-rock outfit FONDA bring their fuzzy guitar sound to our afternoon crowd. After dark it's First Class & Coach, loud alt-rock from West Cork, and ...finally...
..The Love Buzz headline Upstart Festival 2022 !!!

The festival has a strong community led ethos. Bands playing in 2021 took a chance on a new event run by "a bunch of music fans". Local Bands Pontious Pilate & The Naildrivers, A Cow in The Water and Flywheel all gave brilliant performances in 2021. Our first ever band, Fyunkay, stepped out in front of a small but eager and enthusiastic fans to kick it all off. A brilliant day was wrapped up in style with a loud and exhilarating performance from headliners Pretty Happy. The art rock trio have since gone on to tour Europe with Sonic Youth's Kim Gordon, and will play support to Pavement at gigs this coming October.

Last Year's headline act, Pretty Happy, are certainly one to watch.



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Cork County Council



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Ealaíon, Gaeltachta, Spórt agus Meán
Department of Tourism, Culture,
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Image: @leannexgabriel

Image: jesonelee.com

Upstart Festival's Community Spirit.

A rock festival run by volunteers? ...Fully outdoor festival without a sea of abandoned tents? ..no traffic chaos in a small village? How is this possible?

The festival's volunteers are local friends and neighbours who pitch in and help in ensuring the event runs smoothly and they also help bring a good community feel to the event. So our guests feel welcome and we hope they get with the volunteer spirit and help us keep the venue as clean as it was after the 2021 event. All guests are asked to do what they can to arrive on foot, by bike or by train/bus.

It is important to us that our neighbours in the Village and near by are supportive of the event. Cork County Council have been a great support as have the Glanmire Gardai.

"A huge thanks for all the preparation work to all our organising team, the stewards, the Men's Shed, to Nika @ Bits and Hues, and Brian Cluer for tireless work on GCA's Newsletter."

Come and join us for a fantastic day in Craig's Field, Glounthaune Village, this Saturday 10th of Sept. 4 to 9.30pm
So get your tickets on Eventbrite now:

Ages 16+ €20
+ Booking fee



Scan for ticket link
or got to:
www.upstartfestival.ie



Harper's Island News

Contributed by Gary Tomlins

NEW SIGNAGE FOR HARPER'S ISLAND

A working party from the **Men's Shed, Tidy Towns** supported by the loan of a digger by Bill Cuddy driven by Seamus O'Callaghan completed a project of making and installing new signage for Harper's Island. 13 new post signs have been erected at points of interest around the trail featuring: topics of flora and fauna in Irish and English, bats, orchids, hedgerows etc. Like the iceberg, the erection of the signs is the visible part of a large project including the development of website material and QR code links that can be accessed from your mobile phone and the making of the signage. Kudos to Jim Wilson and to CoCoCo (Sharon Casey) for organising this material that greatly adds to the visitor experience of visiting Harpers. BTW: don't know what a QR code is – find the nearest 10-year-old and they'll fill you in!

Local entities that helped here included **Carraig Print** (signage), **European Quality Hardwoods** (timber), **Birdwatch Ireland** (signage design, photographs and web copy material), **Cork County Council, Glounthaune Tidy Towns** and **Glounthaune Men's Shed**.



Bat's Sign - QR Code Link



Stonechat Information



The team hard at work.
Managers watching, workers working!



The team enjoying a mini break and
Fitzpatrick's sandwiches



Re-erecting the sign at the entrance Dan Leo,
Brendan Howley and Derry Delany



ECOSYSTEM BOARDS

Another part of the new signage is the Ecosystem Boards. These boards help to explain the interactions that take place between various parts of our ecosystem.

The doughty diggers that put these in place are (left to right): Richard Guinee, Josua Moore, Michael Bolger, Derry Delaney, Jim Wilson, Dan Leo, Terry Fleming and Brendan Howley. Hiding behind the camera is Garry Tomlins.

THE HOVERFLY

Hoverflies can be found in abundance at Harper's Island. Also called flower flies, they make up the insect family Syrphidae. They are often found hovering or nectaring around flowers. The larvae eat a wide range of foods and are important predators of pests such as aphids, scales, thrips and caterpillars. The adult fly is an important pollinator and can be found feeding at flower blossoms or around aphid colonies, where they lay their eggs. They cannot sting and their average life span is 12 days.

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MICHAEL COLLINS

Contributed by William Cuddy

Glounthaune Community Association wishes, in an unbiased and apolitical manner, to commemorate the centenary of the death of Michael Collins, as well as remembering his life and achievements. We plan to organise an event over the week-end of 16th and 17th September comprising the following.

A display of artifacts and memorabilia from the 1922 era in the community hall, together with

short talks given by knowledgeable historians covering Collins's role as the architect of Civil Service accountability & transparency, his involvement in the GAA and religion, and his relationship with Lady Lavery.

There will also be a short enactment of his last motor cavalcade from The Imperial Hotel in Cork to West Cork. This will consist of a veteran motor bike, troop carrier and open touring car, for which we need actors from our community to play the role of "the twelve apostles" and key passengers.

On arrival in Glounthaune village, (just like the St. Patrick's day parade) the troops to dismount, present arms and march. We seek the services of a bugler to sound the last post.

The benefit for all this is to learn of the transition of Ireland in 1922 to self governance while giving our younger people some sense of what it was like. To make this happen we need involvement from young and old alike. To this end we ask for support and encouragement. Bring your ideas to the table and make this an enjoyable and educational outing for all. Let us sit down and formulate a good plan for the week-end. Please do make contact with GCA Tel 451 0470 E-mail thegacacork@gmail.com or contact Jill direct 086 813 8807. It is your community and things will happen only with your encouragement and support.



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KATE CUDDY YOGA - YOGA FOR EVERYONE

KATE CUDDY YOGA

Yoga for the body

I would say that what brings the majority of people into my classes is the need to exercise the body. Many doctors and physiotherapists refer patients to yoga as an effective and gentle way of strengthening the core and lower back to alleviate pain. Often back pain can also be attributed to tightness in the glutes, hips, shoulders or sides of the body. By practicing different ways of moving and stretching the body we can help improve muscle tone, flexibility and posture, as well as ease out tightness and tensions in the body.



Yoga is completely non-competitive and is suitable for all ages and all levels of physical ability. All postures and exercises can be modified to suit particular needs. Many people find that regular yoga practice can help to alleviate certain conditions such as arthritis, high blood pressure, osteoporosis, migraine, insomnia and many others.

Yoga for the mind

What makes yoga different from other forms of physical exercise is the way we focus our attention on our breath. Firstly this helps us to work carefully and mindfully with our bodies to avoid injury. More importantly, this breath focus helps to quieten our busy minds and calms our nervous system which, in the busy lives we now all tend to lead, is more often than not stuck in our 'Fight or Flight' mode - always on alert, always thinking, planning, staying two steps ahead of ourselves. This is exhausting for our nervous system. We all need to take steps to unwind and learn how to relax. Once we learn to relax and focus we can start to experience an increase in our energy levels and concentration, counteract the effects of stress, and enhance the overall feeling of well-being.

I teach a mixture of styles of yoga from energetic 'sweaty' vinyasa flow for my intermediate classes, to gentle Hatha for my beginners, older clientele, or anyone recovering from injury.

Common Misconceptions:

'It looks boring': I have to admit, that this is why it took me so long to go to my first yoga class! I'm a busy person, always feeling like I need to keep moving. If you're watching a yoga class, it might not look as though much is happening, but you would be surprised how challenging the movement can be. It's a case of less is more - holding poses can do a lot more in the way of strengthening than a lot of other exercises. Some of the more advanced classes can also be quite fast paced and you can build up serious heat and sweat if you want to.

'I can't do Yoga because I'm not flexible': The less flexible you are, the more you need yoga

to stretch out and lengthen tight muscles. Without stretching, you increase the risk of injury particularly in the hamstrings and lower back.

'It's only for Girls': Yoga is absolutely for everyone. A lot of professional athletes, soccer and rugby players use yoga as part of their strength and conditioning training. We have a number of men attending our classes but there is definitely room for a lot more!

Retreats

Sometimes you just need to step off the treadmill of your life, take a step back and get a chance to look at things from a fresh perspective. So, I offer weekend and day retreats. Lovely locations with a strong connection to nature, comfortable accommodation with delicious healthy food! You don't have to look after anyone but yourself, and even then, I'm there to guide and support you through the weekend's activities which normally include yoga movement, meditation and walks.

Class schedule:

Day	Time	Level
Monday	6.30pm 8.00pm	Beginners/Gentle Intermediate
Tuesday	9.30am 6.30pm 8.00pm	'Energetic' Beginners Teen Yoga (ages 12-17) Beginners/Gentle
Wednesday	9.30am	Beginners/Gentle
Thursday	6.30pm	Intermediate

Contact:

Email: katecuddy@gmail.com

Phone: 086 8214002

Web: www.katecuddy.yoga



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I am contactable by email and phone should you require assistance (see contact details below).

Stay safe and follow the public health guidelines.

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€ 190.00	€ 190.00	



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GLOUNTHAUNE TIDY TOWNS NEWS

Contributed by Garry Tomlins



NEW SENSORY GARDEN TAKES SHAPE

The August spell of good weather has enabled the Cork County Council team to make good progress on the sensory garden at the end of Craig's Field. In the past 3 weeks they have installed the network of paths, and created the bones of the structure of the garden.

The entrance via a pergola leads to a raised bed and a circular path constructed to take in a number of sensory experiences including a dry Japanese style bridge will provide interest and resonates nicely with the other somewhat older "Dry Bridge"! A nice design touch.

The planting over the next two months will reveal other design features watch this space!

The CoCoCo team are to be congratulated on their efforts and making the €25,000 grant received from central Government stretch to provide a wonderful new facility that will enhance our community greatly. The Tidy Towns team look forward to the planting out and presenting it in the 2023 Tidy Towns competition in June next year, when it should be well established and ready for judging.



The Sensory Garden in Progress

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KEEPING UP APPEARANCES....

We hate to be negative after such a lovely summer but we need to mention a few issues.

Mindless Behaviour!

The human sundial clock has been mindlessly vandalised over the past week with one of the marker stones removed. A search revealed that it has been dropped over the wall into the slob. Retrieval is in progress but why would someone do this!



Missing Stone

Anti-social Dog Ownership

Dog fouling is an offense and offensive. Poop-and-scoop by responsible owners is appreciated and applauded. Unfortunately in Craig's Field there are a number of regular "deposits" in the sundial area that are the proof that some do not subscribe: There is no excuse and it is not a dog toilet. There is nothing worse than removing dog detritus from a ball or a shoe or finding a lovely blue bag left for our litter pickers to dispose of - not to talk of the serious heath issues associated with dog poo including blindness.

We are in touch with Cork County Council and with the Dog Warden on this matter as our amenities cannot be ruined by a few.



Dog Deposit (1 of many) in Craig's Field

Graffiti In Harper's Island

The black boards in the bird hides are meant as a source of information and for the amusement for younger "birders". Unfortunately an elder cohort seem to use them for quite inappropriate messaging that is offensive to many. They even bring their own chalk. Please desist or we will be forced to remove this facility. Can users of the Craig's Field and Harper's please keep their eyes open and report miscreant behaviour to a member of the Tidy Towns committee please so that action can be taken.



GLOUNTHAUNE CHRISTMAS CRAFT FAIR



Glounthaune Community Association

CHRISTMAS CRAFT FAIR

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

GLOUNTHAUNE COMMUNITY CENTRE
SATURDAY 3 DECEMBER
11 AM - 5 PM

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

GLOUNTHAUNE CHRISTMAS CRAFT FAIR 2022

Contributed by Kate Cuddy

Due to the outstanding success of last year's Christmas Craft Fair, we are delighted to announce that we will be running it again this year on Saturday 3 December 2022.

We are currently inviting local crafts people to contact us if they would like to take a stall. We can't guarantee that we will be able to accommodate everyone as space is limited and we would like to offer as much variety of produce as possible.

We also invite volunteers to help. Last year we had a great response with people helping to decorate the Community Centre, to perform music, to help set up and clear up afterwards, to bake and sell at cake sale and to sell raffle tickets on the day.

Let's come together again to make this another great Community event.

Contact us at admin@glounthaune.ie



GLOUNTHAUNE BRIDGE CLUB

Contributed by Kate Cuddy

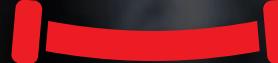


Glounthaune Bridge Club had been resident in the Community Centre for many years before Covid 19 brought gatherings to a halt. The Bridge Club is very pleased to announce that they will be returning on **Tuesdays at 7pm from 6th September 2022**.

New members are very welcome. Please contact Michael Dean on 086 8254745 for more information.

HALLOWE'EN IN GLOUNTHAUNE 22

We're looking for volunteers to organise this year's Pumpkin Carving Competition in Glounthaune Village contact admin@glounthaune.ie



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SUPPORTING THE INDUSTRIES SUPPORTING OUR COMMUNITY

PELICAN

Contributed by Maeve O'Keeffe

Memories of summer 2022 will be marked by great weather. Once we got past the rain in June, the sunshine settled and we could safely plan swims, walks, barbeques, or even hang out the washing without fear of a downpour. For me, the good weather was a bonus when I got to repaint the railway mural during the station closure in July. It was a pleasure to revamp the birds I had drawn there in 2019. Conditions couldn't have been better, with the sun continuously shining, and sounds of water lapping and birdsong from the estuary as a backdrop. The experience was even more special when I spotted an unusual visitor. A pelican appeared on the mudflats, happily preening and perfectly comfortable with the other water birds. Had it flown over from Fota? In due course,



it elegantly paddled off. How lucky we are to have the bird sanctuary and such natural beauty on our doorstep. In another month it will be time for birds to migrate and we can look forward to new fowl appearing on the mudflats.

It will be time, too, for classrooms to reopen. This September I will resume my children's art classes in Glanmire, Midleton, and I will return to Glounthaune National School (SNCN) on Monday and Wednesday afternoons for After School Art. For information about upcoming art classes, check out my website www.frazzledmammy.com or Facebook page FB: www.facebook.com/frazzledmammy or contact me at 087 6684021.



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MUSIC WORLD MOURNS THE DEATH OF CATHAL COUGHLAN

Submitted by Upsart Festival committee

The announcement of the death of the talented musician/songwriter Cathal Coughlan on May 23rd 2022, was met with shock and sadness, not just in Ireland and the UK but worldwide.

Cathal grew up in Glounthaune village, living next to the national school, where his mother Eleanor, was a popular national school teacher.

His musical career began in 1980, when he formed the band Microdisney, with guitarist Sean O'Hagan. The pair moved to London and released many albums including the critically acclaimed 'The Clock Comes Down the Stairs'. The group achieved chart success in both Ireland and the UK with their 1987 single 'Town to Town'. Following the breakup of Microdisney, Cathal went on to form Fatima Mansions who regularly appeared in Cork with high energy stage performances and were the notorious support act with U2 on their Zoo TV European tour in 1992. Subsequently, Cathal worked on solo projects and various music partnerships, continuing to write and release new music right up to his untimely death.

On the announcement of his death, obituaries and tributes were published across the media, including the Irish Times and the Guardian newspapers. To read more, we recommend Colm O'Callaghan's obituary piece published on theblackpoolsentinel.com and Paul McDermott's tribute published on independent.ie.

Below we print just a sample of tweets from friends and fans around the world following the announcement of Cathal's death.

@anthonyegregory

Cathal Coughlan has died. I'm numb with shock. The Fatima Mansions were one of the greatest groups I ever had the privilege to see, and Cathal was an astonishing singer, frontman and lyricist. His new work is brilliant too. Will be blasting these and others out in his honour. RIP

@sean_write

Sad to hear Irish singer-songwriter Cathal Coughlan has died at age 61. Whether solo or w/ his bands Microdisney and Fatima Mansions, he mined a righteous rage that allowed itself to be heard.

@backstreet74

Totally gutted to hear of the sad passing of Cathal Coughlan of Microdisney and The Fatima Mansions, he really was one of greatest front men ever and an amazing songwriter RIP

@_orson_

Quelle tristesse Scott Walker -> David Bowie -> Cathal Coughlan Nite Flights forever

@tracey_thorn

Sad to hear of the death of Cathal Coughlan. There are lines of songs that stay in your head and for some reason "Put that suitcase down before you answer me" has always stayed in mine.



@empiresend

Sad to hear of the death Cathal Coughlan, a bold, fearless and frequently confrontational singer/songwriter. Gone at 61. No age. My age. Rock In Peace.

@elainecalder

So sad to hear of the death of #CathalCoughlan his music helped me through some dark times. Remember seeing Fatima Mansions at Mcr Boardwalk and Mick Hucknall was in [t]he audience @treharrisboy1

His lyrics were brutal, scathing, beautiful. His vocals were sent from the heavens, a 'soul' singer to his core. A colossal talent. Rest In Peace.

@lbelieveInCoyot

What can you say about Cathal Coughlan? Certainly not enough in a tweet. Brave, highly moral and writer of brilliant lyrics & music. Anyone who writes a song called 'Gary Numan's Porsche' you know is wonderful, but then you hear it and you admiration soars. Likewise the LPs. RIP @canterburycat

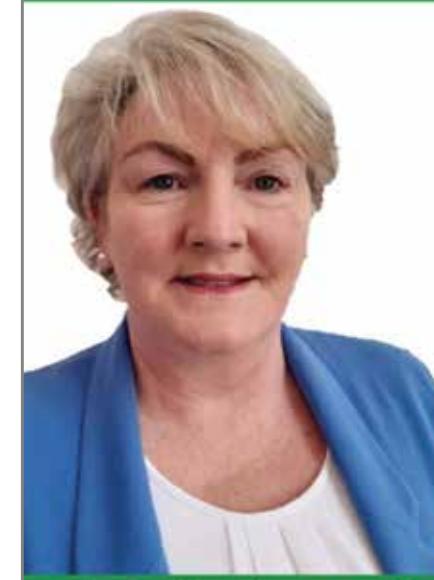
Oh feck. This makes me very sad indeed. 'When the daily parade of the troubles you made gets you down, Just consider the fate of the wide open space from town to town' John Peel loved him and so did I. Travel well, from town to town. RIP

@Tim_Burgess

Cathal Coughlan, music genius, has left this realm. His brilliant songs remain. Play them loud and remember him.

Cathal died at the age of 61 on May 18th after a long illness. We extend our condolences to Cathal's wife, Julie, his family and his many friends and fans around the world.

Cllr. Sheila O'Callaghan



**For advice or
assistance on local
issues please contact
me.**

086 1940762

f Cllr. Sheila O'Callaghan

sheila.o'callaghan@cllr.corkcoco.ie



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ACTIVE RETIREMENT: Jill McNamara 086 813 8807

BRIDGE CLUB: Michael Dean 086 8254745

COMMUNITY FIRST RESPONDERS: (CFR) 086 239 3676

ERIN'S OWN: Adult Club: Martin Bowen 086 4176345. Juveniles: Mark Jeffers 087 787 8880. Ladies Club: Catherine Cogan 086 257 7972

FRAZZLED MAMMY ART CLASSES: Maeve O'Keefe 087 668 4021

GAEILGE BHEO/ IRISH SPEAKING CLUB: Lena Ui Dhughail 021 435 3288

GLOUNTHAUNE BRIDGE CLUB: Jim Mason 086 2666792 or 086 435 3708

GRAMOPHONE CIRCLE: VALERIE 021 435 3733

HIGHLANDS BRIDGE CLUB: Michael Deane 021 482 1791

INDOOR BOWLS: Contact Erin's Own 087 900 6471

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80TH SCOUTS: Jim O'Donovan 087 910 1883 email 80thcork@gmail.com

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

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RELIGIOUS

CATHOLIC CHURCH: Parish Office 021 435 3366. Office Hours: 10am - 12 noon Mon-Fri. glounthauneparish@eircom.net Masses Sat. at 6pm. Sun. 12 noon. Mon-Wed at 10am. All masses recorded and on web site. Little Island, Sun 10.30am. Thur-Fri 10am. Knockraha Sun. at 9am. Working Holy Days: Knockraha 9am, Glounthaune 12 noon, Little Island 7pm.

CHURCH CHOIR: For information call Parish Office. Meetings held in Church Centre.

CHURCH CHOIR: St. Joseph's Church, Little Island. Claire Dunlea 087 697 9034.

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

BAPTIST CHURCH: Robert Ellis 083 346 7869. Sunday service at 10am in Community Centre

CHURCH OF IRELAND: Neil Walker 087 247 9546