

UPSTART FESTIVAL



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GLOUNTHAUNE VILLAGE
THIS SATURDAY 16-9-'23

COMMUNITY CENTRE NEWS



Welcome to Glounthaune Community Centre

We welcome back our fantastic teachers and community users. Our new classes begin in September and we have an array of classes to choose from. Check out what's on offer!

Contact Email: thegcacork@gmail.com or **Tel:** 021 4510470

Monday

- 9am Meals on Wheels - Volunteers needed. Pauline Walsh 087 287 0409
 10.30am Active Retirement Fitness Class. Jill McNamara 086 8138807
 4pm Irish Dancing with Suzanne O'Neill 086 026 6110
 5pm *Mindfulness for kids with Elizabeth* **NEW** 087 067 8013
 6.30pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002
 8pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002

Tuesday

- 9.30am Improvers (Level) Yoga, with Kate Cuddy 086 8214002
 11am Mother & Baby Yoga with Kate Cuddy 086 8214002
 3.15pm Children's Chess Club. Brendan O'Donovan 087 652 1824
 6.30pm Teen Yoga, with Kate Cuddy 086 8214002
 7pm Bridge Club. New members welcome. Contact Michael Deane 086 825 4745
 8pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

Wednesday

- 9am Meals on Wheels-. Volunteers needed. Pauline Walsh 087 287 0409
 9.30am Gentle Yoga with Kate Cuddy 086 821 4002
 9.30am 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291
 12.15pm Cork Parkinson's Support Group Meet 1st Wed each Month **NEW** : Jackie 087 204 7169
 3.30pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2nd Week)
 4pm Irish Dancing with Jacintha O'Sullivan 083 162 2570
 6.30pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291
 7pm Zumba Class. Contact Tiffeny Clery 086 162 6084

Thursday

- 10am Tai Chi & Qigong with Anne Marie Maguire *Email:* taichi.qigong.haven@gmail.com
 10.30am Dynamic Pilates with Mel Laybourn 085 854 6548
 5.00pm Yoga Bears Class 1, kids' yoga with Laura Maybury 085 732 2233
 6.00pm *Yoga Bears Class 2, Kids yoga with Laura Maybury* 085 732 2233

Friday

- 9am Parent, Baby & Toddler Group: Chat & Socialise: thegcacork@gmail.com
 9.45am 'Language Rockets' for 0-3 age group - languagerockets@gmail.com
 10.30am Active Retirement Fitness Class. Jill McNamara 086 813 8807
 3pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

Saturday

- 9am Meals on Wheels. *Volunteers needed.* Pauline Walsh 087 287 0409
 10am CADA Performing Arts for Children. 021 486 6389 **NEW**
 12pm Still life Oil Painting. Carmela 087 355 7683

Sunday

- 10am-1pm Church group meetings.

GLOUNTHAUNE TIDY TOWNS NEWS

Contributed by Gary Tomlins

We have been very fortunate in the GTT to have the assistance, talent and hard work of some very dedicated volunteers. In the first instance I would like to pay tribute to Yvonne Bowles who lives in the Village and has made this area into a very colourful one with her floral arrangements. This begins at the railway bridge into the Village where there are sighted flower boxes which are replanted annually. This then forms a perfect entrance through a virtual wonderland of colour where the hanging baskets form a great contrast with many of the wild flowers, trees and shrubs that have set in here and carefully nurtured over many years.

Secondly, I would like to pay tribute to Kieran Wash who joined us this year and has undertaken great work in planting at the iconic Dry Bridge, both above and below this structure. Kieran took over from Jim and Ingrid Murphy who cared for it over many years. Through his hard work and natural appreciation of plant growth requirements he has transformed this area into a place of beauty. Apart from this great work Kieran also helps us out with our mowing schedule throughout the season.

Lastly, but by no means least we have been assisted by our local artist Maeve O'Keefe. She has lent her artistic talent to our group by creating the very attractive mural on the South wall of the Railway station. This feature has been positively remarked on by the many visitors passing through our station. However, recently she has applied her talent to repainting some of our utility boxes with floral arrangements which have greatly enhanced the aesthetic effect of what are otherwise dull arrangements.



Committee of Glounthaune Winners of Tidy Villages Competition 1967, 68, 69

*Front Row (left to right) Breda Bowen, Sonny O'Sullivan, Edith Smith,
John Joe Donnelly, Mary Twohig*

*Back Row (left to right) Con Bary, Donal Twomey, Jim Twomey, Gerry Ryng,
Eddie Murphy, Visitor*



MEN'S SHED**Harper's Island Window Upgrade by Men's Shed**

Several groups have recently visited Harper's Island to view the birds accompanied by Jim Wilson of Birdwatch Ireland (Cork). It became apparent that the viewing arrangements in the Borrow Dyke Hide were unsatisfactory and the visitors were not getting the best experience.

The Men's Shed have been working with Birdwatch Ireland and have experimented on optimising the window configuration in one position with a view to (no pun intended) rolling out this design to all the other viewing positions if successful. The windows have been lowered, widened, and narrowed and bench seating raised.



The new Borrow Dyke viewing Arrangements



Derry Delaney and Brendan Howley Seated at the new Viewing Window

The Community Centre Floor Restoration

The GCA committee have asked the Men's Shed to undertake a major floor restoration in the big room after a "softness" was detected in spots when the Shed fitted the acoustic panels there recently. The County Council have monies available, and it was decided on health and safety grounds to undertake a rapid restoration which commenced on September 1.

Work has commenced with the stripping out of the existing floor – which was last refurbished in 1984 (November 9). Issues with the flooring were quickly identified as being undersized joists and patches of woodworm in the wooden flooring planks. The floor was unsafe and certainly need this work undertaken.

The old joists are being treated, reinforced, and covered with 1" marine ply and oak flooring. The work will provide a solid foundation for the next generations of yoga practitioners and Irish dancers and public events. Our apologies for inconvenience to the users but these works were necessary and will take some time to complete.



Exploring the Existing Floor Issues Brendan Howley assisted by Derry Delaney and Dan Leo



The Stripped Out Floor and Joist Re enforcement by Brendan Howley, Michael Bolger and Dan Leo.

CPR AND AED CLASSES

Date: 29th September

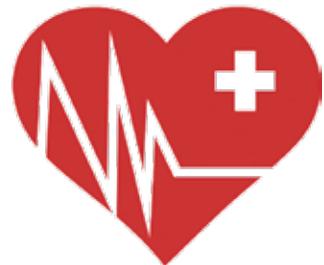
Time: 19.00 - 21.30

Place: Glounthaune Community Centre

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SENSORY GARDEN



New Fairy Garden



On Friday 25th August, we welcomed the arrival of many little children to the sensory garden in Glounthaune. Each child brought a beautifully crafted fairy door and house. The garden resounded to the sound of laughter as each child chose a special place for their decoration. The sense of wonder and magic was heartwarming to experience. Thank you to all the children, you are amazing.

Special thanks to Martin for all his help.





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Harper's Island News



Well its all go down on Harper's Island Wetlands nature reserve. Many of the wetland birds that bred further north in Europe are returning and at high tide people are treated to a spectacular view of over 2000 birds resting on the wetlands. We were lucky enough to see a very rare Bonaparte's Gull from north America two weeks ago.

On the 25th August we had the honour of a visit from Mary Fitzgerald, who was born in 1937 and grew up on Harper's Island. We are currently conducting an archaeological survey of the farmhouse where she lived, and Mary was invited to walk around the buildings. She was accompanied by her daughter Nuala and grandson Cian. She had a great time and recounted many fascinating stories about growing up and life on Harper's Island. We have recorded a number of interviews with Mary and hope to make these available on our website once edited.

For some time we have been working on a project to brighten up the screening panels

on the way to the Borrow Dyke Hide. On the evening of the 29th August we put up a series of large, brightly coloured wildlife cut-outs, featuring some of the wildlife that lives on the reserve. Primarily aimed at budding young naturalists of all ages, we hope the cut-outs will help parents encourage their children to take an interest in the natural world around them. Designed and made by Jim Wilson with help from Clara Fuquen, Trish Ghosh and Derry Delany. Allan Farrell, Paul Moore and Ken Preston helped with installing them.

We will be starting our monthly free guided nature walks this month, watch our Facebook page and social media for dates etc. If you would like to join our Friends of Harper's volunteer group email volunteers@harpersislandwetlands.ie and we will notify you of any work mornings or ways you can help with the upkeep of the reserve in a practical way.

All images taken by Jim Wilson

CORK LIGHT ORCHESTRA WOVS IN SPITE OF WOEFUL WEATHER

Contributed by Brian Cluer with help from Ailbe Ryan

The marquee was set up on the village green for the outdoor concert by the Cork Light Orchestra(CLO) on Sunday the 16th of July. But as four o'clock approached the weather decided not to cooperate and everyone had to move into the Community Centre. It was a tight fit for the one-and-a-half-hour concert but everyone had a lovely time.

The CLO was originally formed in 2016 by a group of enthusiastic amateur and semi-professional musicians led by the well known cellist Llise de Ziah. The group, now under the direction of Michael Cummins used their diverse experience to bring a wide selection of music to the performances.

The repertoire was sometime modern, sometimes inspired by the salon, jazz and light orchestras of the 1920's and 30's. The audience joined in singing some of the more modern pieces.



*The refreshments completed the afternoon and the general question was
"When will they be coming back?"*



ERIN'S OWN GAA

GLOUNTHAUNE'S OWN SMALL PIECE OF IRISH HISTORY



Contributed by Brian Cluer

Hurling is one of the oldest field games in the world and has been popular for at least 3000 years in Ireland with the first literary reference dating back to 1272 BC.

Hurling is often referenced in Irish myths and legends, the most famous of which has to be the early account found in the *Táin Bo Cuailgn* – a legendary tale from early Irish literature, which describes the exploits of the Ulster hero Cú Chullainn (literally Hound of Cullen) who killed a fierce guard dog by driving a hurling ball down its throat.

The Celtic Brehon Laws provided for compensation for hurling accidents and provisions were also made for deliberate injuries or deaths caused while playing. When the Normans arrived, they outlawed it. But it survived..

But by the mid-nineteenth century hurling was declining rapidly except in a few strongholds such as Munster. Part of the problem was the variations in the forms of stick, ball and regulations – this acted as a restraint in the spread of the game.

But change was coming when, in the late 19th century, the upper classes started to take an interest in what they called "hurley". There were at least six hurley clubs for the gentry in Dublin by 1879. All this activity seems to have prodded the general population to action led by a Clare man, Michael Cusack, who realised that the game was going nowhere without a solid body of standard regulations. It was essentially Cusack's tireless efforts that resulted in the establishment, in November 1884, of the Gaelic Athletic Association (GAA). This organisation has profoundly impacted our social, cultural and economic life.

By all accounts the first matches played by the hurlers were still rough and ready affairs with fierce rivalry between the Tipperary and Cork teams. One of the biggest problems in those days was in getting pitches to play on.

Our Erin's Own Club, founded in 1963 followed the amalgamation of the Knockraha and Little Island clubs. The club initially operated at junior level but after winning four East Cork Junior titles the hurling team upgraded to the Cork SHC in 1980, winning their first SHC title in 1992.

Of course, Football, Camogie, Handball and Rounders also play their part in the GAA scene. A Saturday visit to the club's grounds in Catherlag sees 150 to 200 youngsters in training with their coaches – they all seemed to be having an enjoyable time. But the extensive grounds and facilities are expensive to maintain and the club has recently lost a major source of corporate funding that is cause for anxiety.

Thousands of young men and women in this area have learned some solid life experience from the training and camaraderie they received from their fellow players and coaches. More than a few of these people hold top jobs in local corporations and it is their children that are in training right now.

If the good work is to continue, it needs to be supported. The dividends are much higher than you can get from any investments you make. Think about it. More corporate support is needed.



FRAZZLED MAMMY - UTILITY BOX PAINTING 2023

Contributed by Maeve O'Keeffe

Top marks to our Glounthaune Tidy Towns who work so hard and continue to come up with new ideas to keep Glounthaune looking great. Another initiative this summer was to decorate two metal utility boxes by the stone bridge across from the church. I had already painted bird themes for the railway station, so I wanted to do something different that would tie in with this location. The colourful wildflowers that grow along the walkway seemed an obvious choice. It's a reminder, also, of the all-Ireland pollinator plan, which encourages people to plant areas with native flowers where bees can flourish. Each summer, it's a joy to see these flowers in bloom, filling our hedgerows and walkways with colour. I began by cleaning, priming, then painting large petals of poppies to fill the space and make an impact. I dotted in big yellow circles for the 'eye' of the Ox-eye daisies, and built up the meadow scene with more wild flowers. I similarly created images of poppies on the second metal casing. Luckily, the weather stayed dry for those few days while I got the job done. Although our beautiful wild flowers will soon wilt with the changing seasons, these painted versions will hopefully add a little colour during the dreary winter months!

My children's art classes in SNCN Glounthaune NS, Middleton and Glanmire will resume this September.

For more information, check out my website www.frazzledmammy.com/art-classes, Facebook page FB: www.facebook.com/frazzledmammy or contact me at 087 6684021



IMPORTANT BITS & BOBS

ROAD SAFETY



Garda to target illegally parked cars outside Glounthaune Station?

GCNews has learned that several complaints have been made about people parking on double yellow lines at the station. This is again causing problems for cars entering and leaving the station car park. If you want to avoid getting a ticket don't park illegally.

The problem with activating the pedestrian crossing at the station continues and has now been going on for almost three years. The Cork County Council is at logger heads with the Harper's Island developer over who is to pay the electricity bills.

This is a road safety issue. The responsible thing would be for the lights to be turned on NOW. Don't hold the population hostage to a minor commercial dispute.

Dispose of Unused Medicines Properly (DUMP)

The Health Service Executive (HSE) in conjunction with local pharmacies is organising a DUMP - (Dispose of Unused Medicines Properly) campaign supported by Cork City Council and Cork County Council. There is no charge for this service. The medicines can be prescription or over the counter. The aim of the campaign is to encourage the general public to return unused or out of date medicines to their local pharmacies. The following local pharmacies are participating in the campaign:

Carrigtwohill Pharmacy

Carrigtwohill Shopping Centre

Cotters Pharmacy

48 Main Street, Carrigtwohill

Care plus Pharmacy

Unit 6/7 Eastgate, Little Island

The campaign is running now and will continue until October 15th. Now is the time to safely get rid of medicines that are potentially dangerous to you, your family and/or the environment.

Senior Alarms Alert

Contributed by Brian Cluer

Anyone with a mobile phone will be aware of the increase in all sorts of fake messages and possible fraud attempts. It is not surprising that there is a growing tendency for many of us to ignore and even block unrecognised numbers. But there can be serious consequences when designated contacts fail to recognise emergency alert messages from the Senior Alarms Alert services.

During the past year there have been numerous crisis situations when an elderly person has triggered their personal alarm. When this happened the TASK phone monitoring staff attempted to notify the designated contacts (often a son or daughter) that there was an emergency. Failing to get any response the monitoring staff had to notify the Garda. Gardai were then sent to verify the situations. Delays like this can be fatal but most of the time turn out to have been unnecessary as the designated contacts had simply declined to answer the emergency calls.

Now it would be helpful if the monitoring services updated their systems so that the TASK name came up on the phone's display. But that is not going to happen any time soon. If you are a designated contact, write the TASK number down, add it to your "contacts" list, put it up on the fridge door. But above all answer the phone. It could save a life.



ASHBOURNE HOUSE

Contributed by Brian Cluer

"Never is a historic deed already completed when it is done but always only when it is handed down to posterity." Stefan Zweig (1881-1942)

The latest episode in the Ashbourne House property saga has now been written. But first let us recap what went before.

Barlow Properties own the house, which is a protected structure, and it is used as a Direct Provision Centre. In addition to the house itself, the associated gardens and woodlands are protected under law. Barlow submitted a number of plans for approval. The last submission was for 94 housing units and a cafe. The housing units consisted of eight blocks, one of them being Ashbourne House, with the remainder being groups of houses and apartments. Work on the protected building would have involved the demolition of modern structures that had been attached to the original building. Following refurbishment, the house would have been divided into apartments. The original gate house would have become a cafe. The work would have involved cutting down a substantial number of trees, including some that were protected.

Cork County Council approved a revised plan in April, 2022 that allowed for only 30 residential units. Barlow appealed this decision to An Bord Pleanála. On 17 July, 2023 the Bord refused permission pointing out that the Cork County Development Plan 2022-2028 sought to achieve a high density on one hectare of the site while protecting the trees and a woodland setting. The Bord said the plan could not meet these objectives.

The Bord went further pointing out that this was not just about bricks and mortar. The site had a high cultural and visual value providing a setting for Ashbourne House. The Barlow Plan called for the destruction of a significant number of trees including one champion tree and two heritage trees. The plan would be detrimental and contrary to proper planning.

The Tree Society of Ireland and the Tree Council of Ireland together started to register trees of national and local importance in the late 1990s. This register included, for every species, the tallest example nationally and by county; the largest example nationally and by county (Champion Trees) and also trees with special Heritage Value (Heritage Trees). Sixty-nine (69) of these are located in the Ashbourne Gardens, the largest such concentration nationally in any single location – including the National Botanic Gardens in Dublin.

Where are we now? This wonderful prospective amenity has again been saved. What happens next is up to Barlow. They can go for a judicial review. If not they are likely to try another planning application.

What really needs to happen is that the Cork County Council should provide a legal basis and funding to prevent any future residential development on the site.

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PROPERTY PRICE REGISTER GLOUNTHAUNE 2023

Prices are usually for new homes, but we cannot always be sure.
Prices are rounded to the nearest thousand.

- | | | |
|-------|-------------------------------------|----------------------|
| 08-04 | <i>The Cedars, Lackenroe</i> | €511,000 |
| 08-03 | <i>The Woods</i> | €280,000 |
| 07-25 | <i>The Hamlet, Harper's Creek</i> | €330,000 |
| 07-21 | <i>The Hamlet, Harper's Creek</i> | €415,000 |
| 07-20 | <i>The Hamlet, Harper's Creek</i> | €366,000 |
| 07-18 | <i>The Hamlet, Harper's Creek</i> | €339,000 |
| 07-17 | <i>Gort Fada</i> | €364,000 |
| 07-14 | <i>The Cedars, Lackenroe</i> | €551,000 |
| 07-07 | <i>The Hamlet, Harper's Creek</i> | €366,000 |
| 07-03 | <i>The Hamlet, harper's Creek</i> | €366,000 |
| 06-23 | <i>The Cedars, Lackenroe</i> | €485,000 |
| 06-15 | <i>The Cedars, Lackenroe</i> | €307,000 |
| 06-15 | <i>Cobh Junction</i> | €325,000 |
| 06-08 | <i>The Cedars, Lackenroe</i> | €524,000 |
| 06-07 | <i>The Hamlet, Harpers Creek</i> | €366,000 |
| 05-31 | <i>The Hamlet, Harpers Creek</i> | €286,000 |
| 05-25 | <i>The Hamlet, Harppers Creek</i> | €339,000 |
| 05-19 | <i>The Hamlet, Harpers Creek</i> | €330,000 |
| 05-19 | <i>The Cedars, Lackenroe</i> | €379,000 |
| 05-15 | <i>The Anchorage, Harpers Creek</i> | €242,000 |
| 05-15 | <i>The Anchorage, Harpers Creek</i> | €278,000 |
| 05-15 | <i>The Anchorage, Harpers Creek</i> | €278,000 |
| 05-15 | <i>The Anchorage, Harpers Creek</i> | €242,000 |
| 05-15 | <i>The Woods</i> | €255,000 Second-Hand |
| 05-10 | <i>The Hamlet, Harpers Creek</i> | €339,000 |
| 05-10 | <i>The Hamlet, Harpers Creek</i> | €366,000 |
| 05-04 | <i>Gort Fada</i> | €136,000 |
| 05-03 | <i>Cois Chuain</i> | €410,000 |
| 04-28 | <i>The Cedars, Lackenroe</i> | €304,000 |
| 04-20 | <i>The Cedars, Lackenroe</i> | €374,000 |
| 04-20 | <i>The Cedars, Lackenroe</i> | €308,000 |
| 04-18 | <i>Dawnings, Windsor Hill</i> | €650,000 |
| 04-06 | <i>The Cedars, Lackenroe</i> | €304,000 |
| 03-30 | <i>The Cedars, Lackenroe</i> | €350,000 |
| 03-28 | <i>The Cedars, Lackenroe</i> | €350,000 |
| 03-13 | <i>The Woods</i> | €370,000 Second-hand |
| 03-02 | <i>The Cedars, Lackenroe</i> | €425,000 |
| 02-27 | <i>The Cedars, Lackenroe</i> | €425,000 |
| 02-21 | <i>Valdemosa, Rougrane</i> | €300,000 Second-hand |
| 02-16 | <i>The Hamlet, Harper's Creek</i> | €405,000 |
| 02-10 | <i>The Cedars, Lackenroe</i> | €420,000 |
| 02-07 | <i>The Hamlet, Harper's Creek</i> | €371,000 |
| 01-27 | <i>The Cedars, Lackenroe</i> | €425,001 |
| 01-10 | <i>The Hamlet, Harper's Creek</i> | €374,000 |

Property Price Register Ireland

House prices in Ireland have fallen for the first time in three years in year-on-year terms, according to a new report. The latest Daft.ie report found that house prices in the second-quarter of 2023 were 0.5% lower than in the same period for 2022.

Cllr. Sheila O'Callaghan



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

086 1940762

Cllr. Sheila O'Callaghan

sheila.ocallaghan@cllr.corkcoco.ie

Recipe Corner

Quick & Easy Brown Scones

Ingredients

75g wholemeal flour
 150g self-raising flour
 25g oats
 1 tsp bread soda
 a pinch of salt
 45g butter, cubed
 1 egg
 100ml ice-cold buttermilk, plus extra to glaze



Serves: 6

Prep Time: 10 mins

Cooking Time: 20 mins

1. Preheat the oven to 180°C.
2. In a bowl mix the flour, salt and baking powder.
3. Add the butter and rub together using your fingers until it resembles breadcrumbs.
4. In another bowl, beat the egg with the milk.
5. Pour about $\frac{3}{4}$ into the flour mixture and mix together, adding extra egg and milk mix as needed, to form a soft but not sticky dough. Don't over-mix, a quick and light mix ensures the scones will rise higher.
6. Put the dough onto a lightly floured surface then roll out with a rolling pin to 2-2.5cm thickness. Cut to shape with a knife or scone cutter (even a cup will do!)
7. Place the scones on a lined baking sheet and brush the tops with milk. Bake for 20 minutes until risen and golden brown To check they are done, lightly squeeze the sides, the dough should be springy.
8. Allow to cool on a wire rack.

Add a dollop of cream, jam and a nice cup of Tea!

Would you like to see your favourite recipe printed in the newsletter? Please share with us:
 EMAIL: thegcacork@gmail.com

Glounthaune TYRE CENTRE

Hankook

4353940

WILD SEA SWIMMING

What is it: Swimming in the ocean in spring, summer, autumn, and winter.

Where: Youghal: *Front Strand, Claycastle*
 Whitegate: *Guileen, White's Bay*
 Kinsale: *Nohoval Cove, Sandy Cove*
 Crosshaven Beach



Duration: Up to 30mins in the summer and in the winter 5 - 10mins

Benefits Include: Good for you heart, soul, and body! Immersing yourself in cold water, you feel a dopamine rush as your body temperature changes, this can bring an immediate thrill but a sense of great, lasting wellbeing. Being in a large quantity of cold water can increase our white blood cell count and simultaneously stimulate the lymphatic system and boost blood circulation. Swimming helps to tone up muscle, the butterfly technique you burn 450 calories per 30mins, the front crawl burns 300 calories. Being in and near water reduces the stress hormones cortisol and adrenaline that course through our bodies and make us feel unwell.

Equipment: Dry robe (optional), Swimming suit or wetsuit, shoes, cap & goggles. Waterproof bag. A nice flask of hot tea!

Groups: Check out these groups on Facebook: Wild swimming East Cork, East Cork open water swimming, Wild swimming - Ireland.

Safety Advice:

- Do not swim on your own, try to swim with a group.
- Swim parallel to the coast.
- Watch out for currents: You will feel them, try, and move closer to shore.
- Stand up in water every few minutes to gauge your depth, if the tide is changing it will fill very quickly around you.
- Watch out for breakwaters, they break the power of the sea, and you could be pushed further into the sea.
- If a person has any medical conditions, they should proceed with caution and do not jump into the water very suddenly. Ask your GP for advice beforehand.

Wild swimming for me: From a resident of Glounthaune

It is so heavenly and glorious you feel on 'on top of the world.' I prefer to wear a swimsuit not a wet suit because I love the feeling of the water on my body. I walk into the water and then get down into the sea and then put my head under the water, it is the best medicine. I travel to Youghal and meet up with a swimming group, I look forward to our conversations and laughter. I swim in all the seasons, even winter but the water is cold, and I can only stay submerged for a few mins. I recommend sea swimming to everyone, go on try it.

CENSUS

February 1999: excerpt from the Glounthaune Newsletter

Population Trends: Scoil Náisiúnta an Chroí Naofa

"Despite steady growth in housing development in the Glounthaune area, the young population, 0-6yrs, appears to be in decline. The implications of this decline may be quite serious for our local primary school, with the possible loss of one teacher unless the trend of the decreased enrolments over the past 4 years is reversed".

However, by 2010 the school population had increased by 196 pupils, and today the school is still steadily growing with a school population of 438 pupils and 30 staff members in 2022. A new building was constructed in 2014 with 4 new classrooms and a new school hall. We hope Scoil Náisiúnta an Chroí Naofa will continue with their excellent teaching and have room for expansion with additional new classrooms for our growing population.

Year	Female Students	Male Students	Total
1999	116	134	250
2010	196	250	446
2011	262	191	453
2021	222	220	442
2022	217	221	438

The source for this date is the National School Annual Census, which is returned via the Primary Online Database (POD)

New Census Data: For the first time the population in Ireland has exceeded 5 million



KATE CUDDY
YOGA

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 for Adults, Teens and Children

Glounthaune Community Centre
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 Email. katecuddy@gmail.com
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SUPPORTING THE INDUSTRIES SUPPORTING OUR COMMUNITY

YOUR COMMUNITY CONTACT LIST

This list was compiled for the July-August 2023 issue of the Glounthaune Community News using information collected from several sources. While we have done our best to make it accurate, we cannot guarantee that all the details are correct. If you find any discrepancies let us know. If you feel anything has been left out, let us know at thegcacork@gmain.com

Suggestion: Cut this list out and put it up on the fridge door.

Cork County Council:

Municipal District Office Cobh: Tel: 021 486 6834 Signup to www.yourcouncil.ie

Report issues about your area. For example: Roads, Littering, Dog Fouling, Footpaths, Signs, Potholes, flooding etc.

Garda Stations:

Glanmire Garda Station: Tel 021 455 6370 Mon-Sat 09.00 - 6pm, Sun 12 -1pm

Mayfield Garda Station: Tel: 021 455 8510 24/7 hrs

Anglesea Street, Divisional Headquarters: Tel 021 452 2000 24/7 hrs

Animal Care & Emergency:

Abbeyville Vet Clinic, Little Island, Tel: 021 431 6906

Midleton Veterinary Hospital Tel 021 461 3672

Cashman Veterinary Hospital Glanmire, Tel: 021 482 1243

Pharmacy Locations:

Care plus Pharmacy: Little Island Tel: 021 435 3961 www.careplus.ie

Phelans Pharmacy: Crestfield, Glanmire 021 482 2949

Pharmacy First Plus Glanmire: Hazelwood Road, Glanmire 021 482 2412

Carrigtwohill Pharmacy: Tel 021 4533755

McCarthy's Pharmacy: Carrigtwohill Tel: 488 2378

Cotter's Pharmacy: Carrigtwohill Tel: 488 3351

Late Night Pharmacy: Allcare Pharmacy: Wilton, Tel: 021 4344575 open till 10pm

Douglas, Tel 021 429 2329 open till 10pm

Phelans Pharmacy: Kinsale Road, Tel 431 0132 open till 10pm

Emergency Care: CUH Cork Tel: 021 492 2000 24hrs

Mercy Urgent Care (Gurranabraher) Tel: 021 492 6900 8am - 6pm



Local Organisations

GLOUNTHAUNE COMMUNITY CENTRE: TEL 021 451 0470

EMAIL: THEGCACORK@GMAIL.COM

WEBSITE: WWW.GLOUNTHAUNE.IE

PLEASE CONTACT THE CENTRE TO BOOK A ROOM/EVENT/BIRTHDAY.

GCC: GLOUNTHAUNE COMMUNITY CENTRE PC: PARISH CENTRE EO: ERIN'S OWN

ACTIVE RETIREMENT: Jill McNamara 086 813 8807, Glounthaune Comm Centre

BRIDGE CLUB: Highlands Bridge Club Michael Deane 086 825 4745 GCC

COMMUNITY FIRST RESPONDERS: (CFR) 086 239 3676

ERIN'S OWN: Martin Bowen 086 417 6345 Ladies Club: Catherine Cogan 086 257 7972

GAEILGE BHEO/ IRISH SPEAKING CLUB: Lena Ui Dhubhghail 021 435 3708 GCC

GRAMOPHONE CIRCLE: VALERIE 021 435 3733

HIGHLANDS BRIDGE CLUB: Michael Deane 021 482 1791

INDOOR BOWLS: Hazel Foley 087 220 1483 EO

MEALS-ON-WHEELS: Pauline Walsh 087 287 0409 New cooks/drivers needed GCC

MEN'S SHED: Garry Tomlins 086 231 3963.

PROBUS: Terry Fleming 087 254 7896

PARENT, BABY & TODDLER GROUP: Aisling: aislingwall18@gmail.com GCC

SEANOIRI: Peggy Dunne 087 778 6357

SENIORS STRETCHING, JOINT MOBILITY & MOVEMENT CLASS: Esther 087 236 1759 PC

ST VINCENT DE PAUL: 021 427 0444 / 087 1520 360

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

YOGA: Kate Cuddy 086 821 4002 katecuddy@gmail.com GCC

YOGA & BIRTH PREPARATION: Esther Wall 087 236 1759 PC

RELIGIOUS GROUPS

RC SACRED HEART CHURCH GLOUNTHAUNE: Parish Office: 021 435 3366 10am-12 Mon-Fri

glounthauneparish@eircom.net Mass: Mon-Wed 10am

Sat 6pm / Sun 12 noon.

RC ST JOSEPH'S, LITTLE ISLAND: Mass: Thur-Fri 10am - Sun 10.30am Tel: 021 353 3366

RC ST MARY'S, KNOCKRAHA: Mass: Knockraha Sun 9am Tel: 021 353 3366

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

CHURCH OF IRELAND: St Lappan's, Little Island Tel: 021 435 5208