

# Glounthaune COMMUNITY NEWS

Nov / Dec  
2023



CELEBRATING  
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Glounthaune Tidy Towns



Men's Shed Glounthaune



St Patrick's Day



GLOUNTHAUNE COMMUNITY ASSOCIATION

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## COMMUNITY CENTRE NEWS

**Welcome to Glounthaune Community Centre in the heart of Glounthaune Village, Co Cork.** We have the following classes available in our centre for young and old alike. Please contact the office for more information. Tel 021 4510 470 E: [thegcacork@gmail.com](mailto:thegcacork@gmail.com) Postcode: T45 K124

**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 1<sup>st</sup> Wed each Month**NEW** : Jackie 087 204 7169  
 3.30pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2<sup>nd</sup> Week)  
 4pm Irish Dancing with Jacintha O'Sullivan 083 162 2570  
 6.30pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291

**Thursday**

10am Tai Chi & Qigong with Anne Marie Maguire Email: [taichi.qigong.haven@gmail.com](mailto: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](mailto:thegcacork@gmail.com)  
 9.45am 'Language Rockets' for 0-3 age group - [languagerockets@gmail.com](mailto: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**

**Sunday**  
 10am-1pm Church group meetings.





## GLOUNTHAUNE TIDY TOWNS NEWS



Contributed by Gary Tomlins

### After 50 years Glounthaune wins a Tidy Towns Bronze Medal

There were celebrations in Glounthaune at the recent ceremony held at Croke Park when we achieved national recognition with the award of a bronze medal. A gap of over 50 years since our last medal award! A bronze medal is awarded to communities who are within 20 points of the outright national winner which this year was Abbeyleix.

Michael Power, Angela Reidy and Terry Fleming attended the ceremony to collect the award from Minister Heather Humphries TD together with a €500 cash award.

An astounding 13 additional points were awarded to Glounthaune this year and we achieved a total of 357 points. This is a tribute to the hard work by everybody in the community over many years. Take a bow everyone!

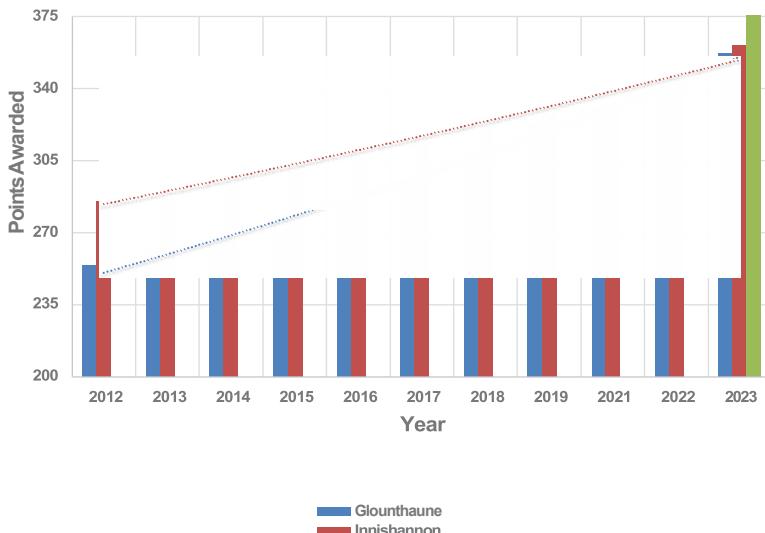
We have historically tracked and benchmarked our performance with Innishannon, who have for many years headed the table for Villages in South Cork -- they outscored us this year winning an extra 16 points as they recovered from Covid. but it was a matter of a point here and a point there.

Looking at our progress over the past 10 years to be within 20 points of the overall national winner Abbeyleix (376 points) puts us in striking distance of national recognition!

Dare we dream the dream of being a national winner?

### Where to from here for Tidy Towns in Glounthaune?

South Cork Tidy Towns  
(Glounthaune #2 Vs Innishannon #1 Area Winner) Vs Abbeyleix,  
National Tidy Towns Winner



# GLOUNTHAUNE TIDY TOWNS NEWS



So where are the differences between Glounthaune, Innishannon and Abbeyleix the national winner in Tidy Towns scoring for 2023? We've attempted to benchmark and show where we are winners and losers. The Table below shows the actual scores achieved per category and the bar graph is a useful visual representation.

We benchmark well in Tidiness and Litter Control, and Residential Streets and Housing Areas categories where Glounthaune is top dog!

We lag in Sustainability -- Doing More with Less, where Abbeyleix outscores us by a whole 9 points. We also lag in Community Involvement, Street Scraps and Public Spaces, and Approach Roads, Streets and Lanes.

Tidy Towns Adjudication Categories	Mark Awarded 2023 Glounthaune	Mark Awarded 2023 Innishannon	Mark Awarded 2023 Abbey Leix	Marks Delta Glounthaune Vs Abbey Leix
Community — Your Planning and Involvement	50	51	55	5
Streetscape & Public Places	47	53	52	5
Green Spaces and Landscaping	48	53	54	6
Nature and Biodiversity in your Locality	44	39	47	3
Sustainability — Doing more with less	25	22	34	9
Tidiness and Litter Control	66	65	54	-12
Residential Streets & Housing Areas	39	37	38	-1
Approach Roads, Streets & Lanes	38	41	42	4
<b>TOTAL MARK</b>	<b>357</b>	<b>361</b>	<b>376</b>	<b>19</b>

## Marks Awarded 2023 Glounthaune Vs Benchmarks

### Benchmarking Our Tidy Towns Score 2023



■ Mark Awarded 2023 Abbey Leix ■ Mark Awarded 2023 Innishannon

■ Mark Awarded 2023 Glounthaune

## GLOUNTHAUNE TIDY TOWNS NEWS



### Go For It!

The Tidy Towns Initiative gives the community a chance to reflect and benchmark our community versus leaders. Glounthaune is clearly improving and climbing up the ratings, and anecdotally, we all receive nice words about how Glounthaune has improved.

Two questions we should ask are "what do we want Glounthaune to be" and "how will we get there? To progress our community, we clearly need participation and involvement where we clearly lag our benchmark communities.

Glounthaune has come a long way from 2008 when a small group headed by Lloyd Hutchinson as chairman restarted Tidy Towns in Glounthaune. This mantle was taken up by Conor O'Brien followed by Angela Reidy who put in stalwart shifts before they retired (partially). Ailbe Ryan our current Chairman, aided by the committee, is continuing the great foundations established over the last decade -- it is clear however we do need more help.



Angela Reidy, Terry Fleming and Michael Power on the red carpet at Croke Park for the 2023 Tidy Towns.

The current committee have an average age .... well let's say well over retirement age - and just keeping up with what we have is an issue. We have great focus groups - the mowers, litter pickers, Harpers Island group, the Village who all do great work, but Glounthaune is a growing community and bandwidths are limited. We urgently need additional volunteers, fresh ideas, and organisers, to tackle our streetscapes, open spaces, approach roads etc.

One area for example where we need to up our game as a community and is highly relevant to our future is sustainability where Abbyleix do a great job, and we need to urgently a start a focus group here. If you want to help or have a grá for another project that you would like to see come to fruition email Ailbe our chairman at [ailbe.ryan@hotmail.com](mailto:ailbe.ryan@hotmail.com) or speak to any committee member. The best features of Glounthaune have all arisen from individual or local initiatives so go for it!



## Tidy Towns won a First Place in Muintir Na Tire - Pride of Place Awards.

What do they say about buses - you wait forever and then they all arrive at once!

Ailbe Ryan had the pleasure of receiving an award from **Muintir Na Tire** recently where Glounthaune took first place in the Biodiversity category. With a 400-euro prize on its way to our GTT account this was a nice, unexpected award from Cork County Council.



**Ailbe Ryan Pictured Receiving the Pride of Place Biodiversity award**  
where Muintir National President, Jackie Meally, Chairman of Cork Federation,  
Seán Finn, and Mayor of County Cork, Frank O'Flynn presented the awards.



## Fly-tippers dump Rubbish in Glounthaune village centre

Fresh from the wonderful news of Glounthaune's Bronze Medal came another piece of news – the fly-tippers were again trying to destroy the hard work of our Tidy Towns volunteers. On the morning of 16 October over a dozen bags of rubbish were dumped close to the village. The County Council were notified and the bags taken away.



### Hardwood Firewood for wood burning stoves

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## GLOUNTHAUNE CHRISTMAS CRAFT FAIR 2023

*Contributed by Kate Cuddy*

Glounthaune Christmas Craft Fair will be taking place on Saturday 2nd December from 11am-5pm.

Now in its third year, this mini craft fair is proving to be a draw to those interested in craft near and far, and hopefully becoming a family tradition to kick off the festive season.

There will be plenty of stalls to chose from, some familiar from previous years but with lots of new additions too. So come and fill your Christmas stockings with locally produced, handmade gifts.

There will be food and drinks available to sit down and enjoy with friends and neighbours. There will be music and singing from local choirs and musicians to add to the festive atmosphere.

And there will be lots and lots of great raffle prizes to be won throughout the day.

If you can volunteer your time to help in any way here are some things we will need:

- Book sale donations and stall sale volunteers
- Cake sale donations and stall sale volunteers
- Raffle prizes
- People to help set up the rooms on Friday night
- People to help put everything back to normal on Saturday night
- Parking/Traffic stewards

As always, the more helpers we have, the less time you need to give. Hopefully no one will need to give more than an hour of their time.

To volunteer contact the office [admin@glounthaune.ie](mailto:admin@glounthaune.ie) or Kate Cuddy 086 8214002.

All proceeds this year will be split between Glounthaune Community Centre's ongoing building refurbishment works and the local branch of the St. Vincent de Paul Society.



Glounthaune Community Association

# CHRISTMAS CRAFT FAIR

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

**GLOUTHAUNE COMMUNITY CENTRE  
SATURDAY 2 DECEMBER  
11 AM - 5PM**

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

## TWO OCTOBER FLOOD EVENTS IN GLOUNTHAUNE

*Contributed by Glounthaune Sustainable Development (GSD)*

October was certainly a wet and dreary month. The Met Eireann monthly statement reports that the highest percentage of monthly rainfall values was 222% at Roche's Point, Co Cork and Cork Airport, Co Cork (monthly rainfall total of 242.1 mm and 307.2 mm) respectively. Monthly rainfall totals were highest at Cork Airport with 307.2 mm (222% of its long-term average), its highest October rainfall on record and its third highest overall monthly rainfall behind December 2015 and January 1974. The month's wettest day was also recorded at Cork Airport with 55.6 mm on Wednesday 18th (its highest daily fall for October since 1995).

Every month Met Éireann publish their synopsis at <https://www.met.ie/climate/past-weather-statements>

We would be interested to hear from anyone who has their own weather station in Glounthaune and can contribute weather reports or an annual summary to the newsletter. Please contact The Community Centre if you can help. The [GCACork@gmail.com](mailto:GCACork@gmail.com)

All of this rainfall had real consequences for Glanmire, Midleton and East Cork with terrible flooding experienced. In Glounthaune, Storm Babet brought flooding to the roads and several cars were damaged by flood waters. The hill at the Church sustained damage as the drains could not cope with the amount of stormwater entering the drain system.

Another event occurred on bank holiday Monday 30th October. A heavy but short downpour led to heavy runoff coming down from the steep hillsides above Glounthaune.

Rural pluvial flooding produces sheet flow of water over surfaces and in gullies. The surface flow gathers volume and velocity on hill slopes and can gather sufficient momentum to wash away walls, cause structural damage, scour fields of soil, stones and crops and carry these with the water to lower urban settlements, or into any landscape depressions where water may pond to considerable depth.

A characteristic of this type of flooding is the speed of the event, which can be termed a flash flood.

A month of high rainfall likely means that the water table is very high and agricultural lands have very little absorption capacity.

So pay attention to these short intense rain events, and if you must drive shortly afterwards, drive with caution.



Both the above images were taken on 30th October, 2023.



# ACE TREE SERVICES

PROFESSIONAL ADVICE  
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Lackenroe, Glanmire, Co. Cork.  
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Email: [info@acetreeservices.com](mailto:info@acetreeservices.com)

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## Caution when Driving in Flooded Areas

Here is some useful advise that should be shared with all drivers particularly young or novice drivers (for full article <https://www.allianz.ie/blog/your-car/tips-for-driving-in-flooded-areas-ireland.html>).

First, a simple test: DON'T drive if you can't identify the highest path through flood water; or if you aren't familiar enough with the area to gauge how deep the water is. As a general hint, the centre of the road could have the highest surface, as areas beside kerbs tend to have drains fitted.

The AA advises that you should never drive through any more than 10 centimetres (four inches) of moving water, or 15 centimetres (six inches) of standing water. Driving through levels higher than this increases the risk of aquaplaning, where your tyres lose their grip on the road and your vehicle starts skidding along the surface.

Always drive slowly and steadily – as one of the biggest motoring dangers during floods is the possibility that you could create waves which may then flow back under your bonnet.

By the same logic, always try to avoid driving through flood waters if there is traffic coming in the opposite direction – as there is the possibility that the waves caused by oncoming traffic can flood your engine.

## Glounthaune GOAL Mile



The GOAL Mile, sponsored by AIB, is held throughout December in villages, towns and cities across Ireland and around the world. One of Ireland's most popular events, it is a Christmas tradition for thousands of families who want to raise some funds for GOAL. Pre-event registration is encouraged but everyone is welcome on to come along to Glounthaune on St. Stephen's Day at 11.00. You can sign-up at [www.goalmile.org](http://www.goalmile.org)

## EMERGENCY NUMBERS

Problems such as flooding and road damage (including potholes) can be reported to the **Municipal District Office in Cobh: 021 486 6834**.

The council can also be contacted outside working hours via its "**Emergency Out of Hours**" number **(021) 4800048**. However, it is our understanding that this line only allows you to leave a message.

Power outages or other disruptions to normal services:

**ESB Networks 1800 372 999.**



### Pet Corner



Hil

My name is Ciara and I am one of the vets at Abbeyville. I am here to offer some helpful advice as we head into those cold and busy Winter months.

Consider a coat/jacket for small dogs and sighthounds (Greyhounds/Lurchers) on those cold days!

Be aware that outdoor cats may hide in car engines in chilly weather to warm up. Always listen out for noises before you drive!

**Anti-freeze is highly Toxic to our pets so if using, please use carefully.**

With Christmas coming, make sure to keep your pets away from chocolates and other foods that are commonly used at this time of year like raisins for the Christmas cake, as well as things like onions for stuffing and much more.

**If your pet is quite anxious with fireworks, consider calming agents for them to get through New Years Eve relaxed and comfortable.**

Continue with anti-parasitic treatments into the Winter months. Unfortunately fleas are not just a Summertime issue!

**Please give us a call if you have any concerns whatsoever, or if you would like any advice ahead of the Festive season.**

**The number for our Little Island branch is 0214316906**

Do follow us and keep an eye on our Social media where we regularly post advice on current seasons and things to look out for!



**ABBEYVILLE**  
VETERINARY HOSPITAL



Unit 502, Euro Business Park, Little Island, T45AX63

021-4316906

[littleisland@abbeyvillevet.ie](mailto:littleisland@abbeyvillevet.ie)

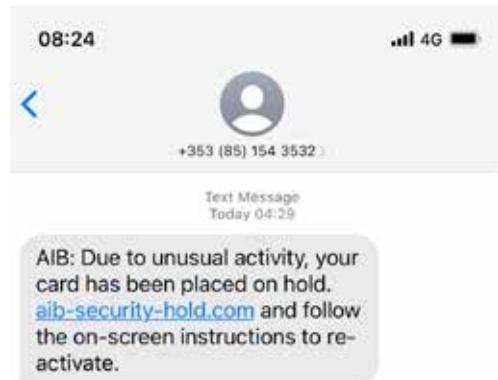
# Tech Corner



## Internet and Text Message Scams: How to Protect Yourself and Reduce the Risk.

Contributed by Liam Wall

Internet and text message scams are fraudulent schemes that use online platforms or mobile devices to trick people into giving money or personal information. These scams can take various forms, such as fake emails, phone calls, texts, websites, or online ads and social media posts. They may pretend to be from individuals, legitimate companies, government departments such as the HSE or the Revenue Commissioners or utility companies like Irish Water and An Post, and offer rewards, prizes, discounts, refunds, or assistance. They may also threaten to cause harm, legal action, account suspension or service interruption if the victim does not comply. Unfortunately, these scams have been increasing significantly in recent years, and have become more sophisticated, in many cases referring to recent events such as flooding due to Storm Babet or humanitarian crises occurring in Gaza or Ukraine. A recent estimate puts the cost to Irish individuals and businesses at more than €300 million per year, with €85 million fraudulently taken from people in Ireland in 2022. Here are some recent examples, with some tips to help avoid becoming a victim to internet and SMS scams.

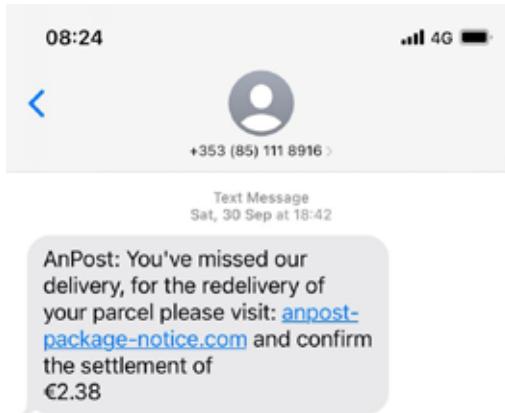


**DON'T CLICK THE LINK - IT'S A SCAM !!!**

Fake text message example - never click on links or open attachment in suspicious messages.

Do not respond to messages that offer too good to be true deals, prizes, refunds, or assistance.

Fraudsters are sending people fake messages pretending to be from a member of their family with a lost or damaged phone who needs access to money.



### DON'T CLICK THE LINK - IT'S A FAKE !!!

Clicking on fake links like this one will lead to fraud sites trying to collect banking or credit card details.

Do not give out your personal details, passwords, PINs, bank accounts, or card numbers to anyone you do not know or trust.

Be wary of unsolicited emails, calls, or texts that ask for money or personal information.

Never allow anyone to remotely access your computer or device without verifying their identity and purpose.

Do not buy anything from websites that do not have secure payment methods (look for https:// in the address bar and a padlock icon).

Do some research before making an online purchase or investment decision and check the reviews and ratings of the seller or company.

Contact your bank, service provider, or government agency directly if you receive any suspicious messages claiming to be from them.

To find out more about online safety and to protect yourself from scams and fraud you can visit the Government of Ireland Citizens Information website [www.citizensinformation.ie](http://www.citizensinformation.ie), search for "how to avoid scams" and stay safe on the internet !

**Note from the editor:** We hope to make "Tech. Corner" a regular feature so if you have problems understanding any technology you are being asked to use, let us know. We will try and provide some answers. Send us a message at email: [thegcacork@gmail.com](mailto:thegcacork@gmail.com)



## **KNOW YOUR RIGHTS: SOCIAL WELFARE SUPPORT FOR PEOPLE WHO LIVE ALONE**

Did you know that there is an extra payment for people on social welfare payments who are living alone? It is a payment called the Living Alone Increase which is paid to people on certain social welfare payments who live alone.

### **How does one qualify for a Living Alone Increase?**

If you are 66 years or over and live alone, you will qualify if you are getting one of the following payments

- State Pension (Contributory)
- State Pension (Non-Contributory)
- Widow's, Widower's or Surviving Civil Partner's (Contributory) Pension
- Widow's, Widower's or Surviving Civil Partner's (Non-Contributory) Pension
- Widow's/Widower's Pension under the Occupational Injuries Benefit Scheme
- Incapacity Supplement under the Occupational Injuries Benefit Scheme
- Deserted Wife's Benefit

You will also qualify if you are under 66, live alone and are getting Disability Allowance, Invalidity Pension, Incapacity Supplement or Blind Pension.

### **I live in an extension of my daughter's home. Do I qualify for the living alone increase?**

To get the increase in your payment you must live completely alone. However, there are some exceptions.

If you are living in an extension of a family member's home, for example, in a granny flat, you can qualify for the increase if you can show that you have facilities to cook and eat alone. You must also have your own living/dining and sleeping accommodation.

People who live in sheltered accommodation may qualify if they are regarded as living independently within the institution. The Department of Social Protection provides a list of hostels/homes where Living Alone Increase is payable. You will not qualify if you share dormitory accommodation with others, or have round-the clock supervision or nursing care.

### **Can you get the living alone increase if you live in a nursing home?**

People who live in nursing homes will not qualify as they cannot be regarded as living completely or mainly alone.

## If I am getting the living alone increase, can anyone stay overnight with me?

You can qualify as living alone, if you are aged or infirm and have a friend or relative to stay for security reasons at night-time only. The friend or relative must not contribute to the household financially.

You can also qualify if you live alone during the day but stay with relatives or friends at night or if you live alone during the week but have a relative to stay at the weekend (the living alone condition is satisfied as long as the relative has a permanent home address elsewhere).

## Are there any other exceptional situations where I may qualify for the living alone increase?

You would be eligible to claim the living alone increase if you:

- Allow a person(s) who is not an employee or not an immediate family member to stay in your home rent free and you would be living alone, but for that person.
- Are renting for at least 28 consecutive days to a person(s) who is not an employee or not an immediate family member and you would be living alone, but for that person.
- Are renting for at least 28 consecutive days to a person(s) from Ukraine covered by the Temporary Protection Directive and you would be living alone, but for that person.
- Live alone but occasionally take in paying guests (for example, during a local festival). However, if you run a bed and breakfast business (even for part of the year) you will not qualify.

## How do I qualify for the Telephone Support Allowance?

If you're getting the Living Alone Increase together with the Fuel Allowance, you will automatically qualify for a Telephone Support Allowance of €2.50 per week. It is paid separately from your primary payment and is intended to help with the cost of communications and/or a home alert system. As this allowance is paid automatically to people who qualify, you do not need to apply for it.

## What is the current rate of Living Alone Increase?

Currently (2023) the living alone increase is €22 per week

## How do I apply for a Living Alone Increase?

You should complete the Living Alone Increase application form, which you can get from your local Social Welfare office or Citizens Information Centre. You should send the completed form to the section of the Department of Social Protection that pays your main pension or benefit.

You can contact your local Citizens Information Centre for help with completing the form.

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 4pm on 0818 07 6850, they will be happy to assist.

Alternatively you can email us on: [hollyhill@citinfo.ie](mailto:hollyhill@citinfo.ie) or log on to [www.citizensinformation.ie](http://www.citizensinformation.ie) for further information.

## GLOUNTHAUNE POPULATION HITS AN ALL-TIME HIGH OF 2055 PEOPLE

Contributed by Glounthaune Sustainable Development (GSD)

### Astonishing Growth of 43%

The Central Statistics Office has released refined data from Census 2022, which allows us to calculate the current population of Glounthaune at now over 2000!

Our population at Census 2016 was 1440, so this means Glounthaune has grown by an astonishing 43% in the intercensal period.

This puts Glounthaune strongly ahead of Watergrasshill, which had a population surge of 37%. However, as Glounthuane is not a "census settlement" it has been included in the Cork City urban area boundary. This means we have become "invisible" to anyone seeking information about Cork County towns.

Various news articles published in national papers including the Irish Times, have listed Watergrasshill as the fastest growing Cork County town, a town which we can now put into second place!!

The growth for Cork City and county was 8% over the period, so we can see what an exceptional growth level has been recorded.

### Glounthaune is having a baby boom!

The population data shows that Glounthaune is now home to 164 children aged 4 and under. This is one of the three largest age category cohort along with 35-39 year-olds (165 no.) and 40-44 year olds (163 no.).

And we continue to grow, given that the Cedars estate and Harpers Creek have both expanded since the data was collected in April 2022, you may well add another one or two hundred to that figure!

### Some findings from Census 2022

#### Glounthaune

A place for young families, with the highest proportion of families in Glounthaune having a youngest child aged 4 or under.

119 families had a youngest child aged 4 or under

61 families had a youngest child between 5 to 9 years old. 55 families had a youngest child aged between 10 and 14. 57 families had a youngest child aged 15 to 19.

106 families had a youngest child aged 20 and over.

## Primary Economic Status of persons aged 15 and over.

55% are at Work.

18% are retired.

12% are students.

8% look after the family/home.

3% are unable to work due to long-term illness or disability. 1.5% are short-term unemployed.

1% are long-term unemployed.

## We Volunteer

Glounthaune registered 366 volunteers in Census 2022, each one working to keep our clubs and community thriving.

1 year before census day, 145 people were living elsewhere, with 89 living elsewhere in County Cork, 17 living elsewhere in Ireland and 39 living outside Ireland.

Car Ownership - Most households in Glounthaune have 2 cars.

32 households are car-free, 203 households have a single car, 353 households have 2 cars and 74 households have 3 cars. 26 households have 4 or more cars.

## Self-reported Health Status

Census 2022 recorded high levels of self-reported "Very Good Health".

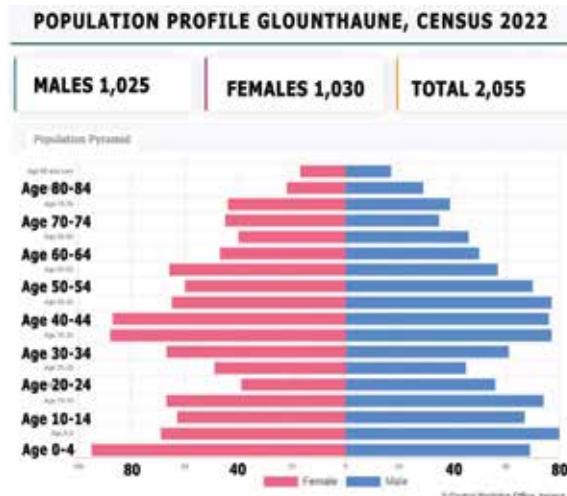
65% reported Very Good Health.

26% reported Good Health. 7% reported fair health.

6% reported bad health.

3% reported very bad health.

(Glounthaune reports 91% Very Good or Good health ahead of the Cork County average of 85% reporting very good or good health)



## GCA COMMUNITY QUESTIONS!

GCA COMMUNITY  
QUESTIONS !!

## From Facebook, emails and telephone



Hello,

Greetings from Australia. I'm trying to purchase Patrick Twomey's book "The Way we were: A History of Little Island and district" Published 2010

Can you help?

Please contact us at [thegcacork@gmail.com](mailto:thegcacork@gmail.com) and we will forward on your enquiry to Mr. Twomey.



Q: Can you tell me if there is a Glounthaune running group?

Q: Is there a Adult singing group in Glounthaune?

Q: I would like to start a walking group in Glounthaune, anyone interested?

**Get in touch and the GCA can help facilitate the groups.**

**If you have questions about your community please get in touch with the GCA office**

Tel: 021 4510470 E: [thegcacork@gmail.com](mailto:thegcacork@gmail.com)

Hello from a resident, can you tell me who has the right of way on the new walk/cycle path in Glounthaune?

**Shared use paths**

These paths can be used by pedestrians, cyclists, joggers and dog walkers.

There are no lanes marked on the path and **nobody has the right of way**, so all users are **equally responsible for their actions.**

**Advice from a cyclist**

As a cyclist it's important that you keep your speed down and watch out for others.

**Pay particular attention to vulnerable users such as the elderly and small children.**

When you're approaching people wearing headphones remember they may not be able to hear your bell.

**Keep to the left is the general rule**

Watch out and proceed with care at junctions and driveways

Use your bell politely to let others know you are coming

Always be ready to slow down or stop if needed

## FRAZZLED MAMMY - CHRISTMAS WINDOW PAINTING 2023

Contributed by Maeve O'Keeffe

No sooner is Halloween is over, than it's time to think of Christmas. This year I was delighted to be asked again to paint festive designs on the windows of Fitzpatrick's shop. Having done it now for a few years, I have a cast of characters in my head of silly snowmen, goofy reindeer and cute penguins. I like to create a design where the characters are depicted together in one scene. For instance, this year I have an outdoor vista on one side with snowmen immersed in a friendly snowball fight, a reindeer skating, oblivious to the snowball about to hit him, and penguins slipping and sliding on the ice.

The windows on the other side of the main door depict a Christmas Eve scene showing Rudolph poking his head through a window, eager to accept a carrot from cute elf Shannon. Shannon and Saoirse's stockings are hanging on the mantelpiece. Santa is struggling to get down the chimney, with his boots poking through the fireplace. Elf Saoirse is waiting patiently for him with a plate of cookies and glass of milk, but that little cat is keen to get at the milk! I finish the scene with presents under the Christmas tree, all ready for the excitement of Christmas morning.

If anyone wants some Christmas characters painted on their windows, contact me at 087 6684021. I will begin my Spring 13 week term of children's art classes in SNCN Glounthaune NS, Midleton and Glanmire in January 2024.

For more information, check out my website [www.frazzledmammy.com/art-classes](http://www.frazzledmammy.com/art-classes) or Facebook page FB: [www.facebook.com/frazzledmammy](http://www.facebook.com/frazzledmammy)





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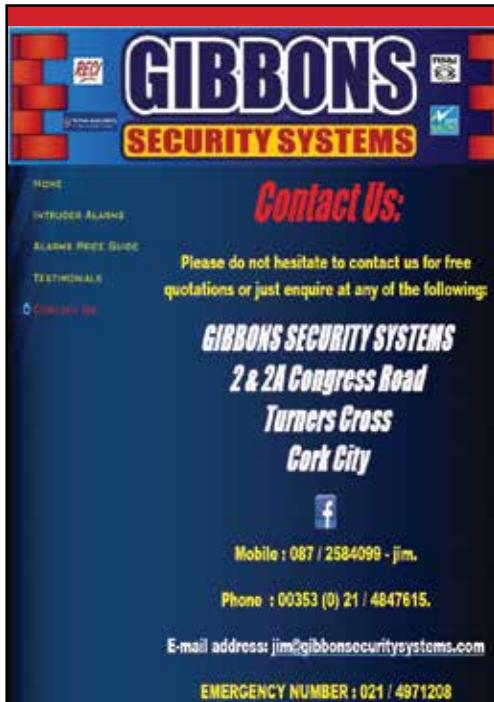
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## RAIL IMPROVEMENTS

Contributed by Brian Cluer



**Construction work** has started on a new platform at Cork's Kent Station that will allow high frequency commuter trains to run direct from Mallow to Midleton or Cobh.

The **new platform** will significantly increase passenger capacity and eventually lead to a train every 10 minutes in each direction from Glounthaune Station. All this is happening due to the Cork Metropolitan Area Transport Strategy (CMATS). CMATS implementation will enable up to 2,500 passengers per hour to move in and out of Cork.

The Midleton branch line will go from the present **single-track to full two-track service**. The total cost is estimated to be €245m. John Craddock Ltd. is the main contractor for the new platform.

Work on the refurbishment of the **Little Island** station is continuing with the overhead bridge and lift nearing completion.

### 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](mailto:sheila.ocallaghan@cllr.corkcoco.ie)

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## DUNKETLE PROJECT FIGHTING DELAYS DUE TO BAD WEATHER

Contributed by Brian Cluer



Crews at Cork's busiest interchange say that progress has been slowed due to the recent bad weather. Transport Infrastructure Ireland (TII) teams have been battling floods and other weather-related incidents through the entire month of October. Despite this TII says that the February 2024 finishing date of this €215m project should be met.

The work teams are once again stressing the importance of keeping to posted speed limits going through the interchanges. This is for your safety and theirs.

Still on the safety issue, thanks are due to the many drivers who are now observing the double-line no parking at Glounthaune station. Well done to all.



# PROPERTY PRICE REGISTER GLOUNTHAUNE 2023

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

09-08	Ballynaroon	€700,000	Second-Hand	05-15	The Anchorage, Harpers Creek	€278,000
09-05	The Hamlet, Harper's Creek	€366,000		05-15	The Anchorage, Harpers Creek	€242,000
09-04	Gort Fada	€430,000		05-15	The Woods	€255,000
08-04	The Cedars, Lackenroe	€511,000		05-10	The Hamlet, Harpers Creek	€339,000
08-03	The Woods	€280,000		05-10	The Hamlet, Harpers Creek	€366,000
07-25	The Hamlet, Harper's Creek	€330,000		05-04	Gort Fada	€136,000
07-21	The Hamlet, Harper's Creek	€415,000		05-03	Cois Chuain	€410,000
07-20	The Hamlet, Harper's Creek	€366,000		04-28	The Cedars, Lackenroe	€304,000
07-18	The Hamlet, Harper's Creek	€339,000		04-20	The Cedars, Lackenroe	€374,000
07-17	Gort Fada	€364,000		04-20	The Cedars, Lackenroe	€308,000
07-14	The Cedars, Lackenroe	€551,000		04-18	Dawnings, Windsor Hill	€650,000
07-07	The Hamlet, Harper's Creek	€366,000		04-06	The Cedars, Lackenroe	€304,000
07-03	The Hamlet, Harper's Creek	€366,000		03-30	The Cedars, Lackenroe	€350,000
06-23	The Cedars, Lackenroe	€485,000		03-28	The Cedars, Lackenroe	€350,000
06-15	The Cedars, Lackenroe	€307,000		03-13	The Woods,	€370,000
06-15	Cobh Junction	€325,000		03-02	The Cedars, Lackenroe	€425,000
06-08	The Cedars, Lackenroe	€524,000		02-27	The Cedars, Lackenroe	€425,000
06-07	The Hamlet, Harpers Creek	€366,000		02-21	Valdemosa, Rougrane, €300,000	Second-hand
05-31	The Hamlet, Harpers Creek	€286,000		02-16	The Hamlet, Harper's Creek	€405,000
05-25	The Hamlet, Harpers Creek	€339,000		02-10	The Cedars, Lackenroe	€420,000
05-19	The Hamlet, Harpers Creek	€330,000		02-07	The Hamlet, Harper's Creek	€371,000
05-19	The Cedars, Lackenroe	€379,000		01-27	The Cedars, Lackenroe	€425,001
05-15	The Anchorage, Harpers Creek	€242,000		01-10	The Hamlet, Harper's Creek	€374,003
05-15	The Anchorage, Harpers Creek	€278,000				

Property Price Register Ireland

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# Recipe Corner

## Turkey Recipe



### Ingredients for the Turkey Brining

- 5 ½ kg Turkey
- 6 Lt Water (approx.)
- 1 Large Orange (or 2 small oranges quartered)
- 1 tbsp Caraway seeds
- 250g Maldon Salt (Dunnes/Tesco) (or 125g Table Salt)
- 4 Cloves
- 1 Cinnamon Stick
- 3 tbsp Tablespoons Black Pepper Corns
- 2 tbsp allspice berries
- 1 Bouquet Garni
- 4 star anise
- 2 tbsp White Mustard seeds
- 200g Sugar
- 2 Onions (quartered)
- 4 tbsp Maple Syrup & Runny Honey
- 1 Bunch of fresh parsley (stalks)
- 1 x 6cm piece of Fresh root ginger (cut into 6 slices)

### Basting Glaze:

- 75g Goose Fat or Butter
- 3 tbsp Maple Syrup

### A delicious juicy turkey recipe



### Instructions:

- Put the water into a large pot (large enough to fit Turkey). Squeeze the juice from orange into the water and add the husks in, then add all the other ingredients, stirring to combine the salt, sugar, syrup and runny honey.
- Remove any string or trussing from the Turkey, shake it free. Remove the giblets (if not done already) and put them in the fridge for the gravy. Add Turkey to the liquid in pot and top up with more water if it is not completely submerged.
- Keep the pot covered in a cold place overnight or for up to a day or two before you cook it. Remember to take the Turkey out of the liquid and wipe dry with kitchen paper, wait at least 1-2 hours before you cook in oven.
- **Preheat the oven to 200C or gas mark 6/400F**
- Melt the goose fat or butter and maple syrup together slowly over a low heat. Paint the turkey with the glaze before roasting in the oven, and baste periodically throughout the cooking time.
- **Roast for 2 1/2hrs or 24mins per kg.**  
To check the progress of cooking, pierce the turkey with a sharp knife where the body meets the leg. If juices run clear, it's cooked; if still pink, cook for longer until the juices run clear. You can also use a meat thermometer.
- When cooked remove Turkey from the oven, and let it sit, cover with foil for 20 - 40mins or longer.

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



# Harper's Island News

*Contributed by Edmund Stack*

## Romanian Delegation visits Harper's Island

Romania, like Ireland, is divided into counties and on the 6th of September a delegation from the county of Fagarasul visited Harper's Island.



Medieval Cetatea Fagarasului in Fagaras.

The delegation consisted of mayors and county officials and the visit was organised by the Romanian LAG Group which is very similar to our local SECAD (South East Cork Area Development) group. The Romanian group was addressed by Edmund Stack and William O'Halloran of SECAD's Wildworks programme.



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## 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

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**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

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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