

Glounthaune COMMUNITY NEWS

March / April
2024



Lá Fhéile Pádraig



ST. PATRICK'S DAY

Parade Starts @ 10.30am

17th March 2024

GLOUNTHAUNE COMMUNITY ASSOCIATION

www.glounthaune.ie

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Céad Míle Fáilte

St Patrick's Day Parade in
Glounthaune Village
Starting Time: 10.30am

Glounthaune Community Association

We are delighted to announce our
annual St. Patrick's Day Event

With Our Sponsor: **Fitzpatrick's** FOODSTORE

The event will feature....

A magician

Irish Dancing

Entertainers



Céilí Band

A Piper

Tidy Towns Book Stall



Face painting and balloons

Bouncy Castle

Food Stalls



Ford Vintage Cars

Knockraha Historical Society





COMMUNITY CENTRE NEWS

Classes available in March & April 2024

Welcome to Glounthaune Community Centre in the heart of Glounthaune Village, Co Cork. We have the following classes available for Children & Adults. Please contact the office for more information. Tel 021 4510 470 E: thegcacork@gmail.com www.glounthaune.ie



Monday

9am Fitness Class: Mother & Baby Danielle 087 4528498
10.30am Active Retirement Fitness Class. Jill McNamara 086 8138807
10.30am Buzzi Bounce Box: Children's Movement Class: buzzi@bouncebox.ie
4pm Irish Dancing with Suzanne O'Neill 086 026 6110
5pm Mindfulness for Kids: Elizabeth 087 0678013
6.30pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002
7pm Sarah Rohu: Spring Watercolour art class: 086 0619044
8pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002

Tuesday

9.30am Improvers Yoga, with Kate Cuddy 086 8214002
6.30pm Teen Yoga, with Kate Cuddy 086 8214002
7pm Highlands Bridge Club. New members welcome. Sean O'Breasail 087 242 9691
8pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

Wednesday

9.30am Gentle Yoga with Kate Cuddy 086 821 4002
9.30am Feeling Crafty Sewing lessons with Joanna O'Dowd 086 856 3291
11am Mother & Baby Yoga with Kate Cuddy 086 8214002
12.15pm Cork Parkinson's Support Group Meet 1st Wed each Month: 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 Dancing: Tiffany 086 1626084
8pm East Cork Community First Responders: 086 2393676

Thursday

10am Tai Chi & Qigong with Anne Marie Maguire Email: taichi.qigong.haven@gmail.com
4.30pm Children's Chess Club: Brendan 087 6521824
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
7.00pm Adult Crochet Class: Andrea - madebyforrestandcoco@gmail.com
7.00pm Dynamic Pilates with Mel Laybourn 085 854 6548

Friday

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

10am CADA Performing Arts for Children. 021 486 6389
10.30am East Cork Camera Group: eastcorkcameragroup.ie

WELCOME

Hello, to all our readers and welcome to this edition of the Glounthaune Community News.

My name is Dan Leo, and I am the newly appointed editor of Glounthaune Community News. I am truly excited to have been offered this role. Nonetheless, I do feel a bit apprehensive about maintaining the very high standards set by my predecessors, Conor, Garry, and Brian. I would like to express my deepest gratitude to the many contributors of this newsletter. Your invaluable input is what truly shapes Glounthaune Community News into the publication it is. Without you, there would be no publication. Likewise, without you, the readers, there would be no demand for a local newsletter.

New contributors are always welcome. Readers of all ages are warmly invited to submit articles on any topic they believe would interest the readership of the newsletter. Please send your submissions via email to news@glounthaune.ie.

Next deadline is 26th April.

I trust you will find enjoyment in this month's edition!

Best regards,
Dan Leo, Editor
Glounthaune Community News

GCA COMMUNITY QUESTIONS !!



If you have questions about your community please get in touch with the GCA office
Tel: 021 4510470 E: thegcacork@gmail.com

From Facebook, emails and telephone



Hello,
I would like to litter pick around my area once a week.
Does the GCA/Tidy Towns provide litter pickers & bags?
Can you help?

YES WE CAN

Please contact us at
thegcacork@gmail.com
Tel 021 450 0470 and we will organise these items.



Hello from a resident, can you tell me if I can help distribute the Newsletter to my neighbourhood?

We would love if you could help to distribute newsletters, if you contact the GCA office we can add you to our distribution list.

thegcacork@gmail.com
Tel 021 450 0470

SEACHTAIN NA GAEILGE 1 -17 MÁRTA/MARCH

Seachtain na Gaeilge is an international Irish language festival, one of the largest celebrations of our native language and culture, held annually in Ireland and in numerous other countries. This festival provides a chance for all to revel in Irish, whether you are a fluent speaker, a learner, or have just a few words.

Irish is for everyone, Seachtain na Gaeilge is for everyone - *Bain Trial Aisti - Surprise Yourself!*

Dia duit

Dia is Muire duit

Conas atá tú?

Tá mé go maith

Lá Fhéile Pádraig Sona duit

Gurab amhlaidh duit

Fáilte romhat

Más é do thoil é

Tá fáilte romhat

Tar isteach

Gabh mo leithscéal

Tá brón orm

Go n-éirí leat

Go dté tú slán

Go n-éirí an bóthar leat

Feicfidh mé Dé Luain tú

Hello
Hello

How are you?
I am good

Happy St Patricks Day
And to you too

Welcome
Please

You are welcome
Come in

Excuse me
I'm sorry

Good luck
Go safely

Good luck on your journey
I'll see you on Monday



Irish Proverbs:



1. Tús maith, leath na hoibre.
A good beginning is half the work.



2. Ní neart go cur le chéile.
There is no strength without unity.



3. Gioraíonn beirt bóthar.
Two people shorten the road.



4. Mol an óige agus tiocfaidh sí.
Praise the young and they will do well.



5. Níl aon tinteán mar do thinteán féin
There is no place like home..




MEN'S SHED VOLUNTEERS HELP OUT BIRDWATCH ISLAND AT HARPER'S ISLAND

Contributed by Gary Tomlins

The very successful Sand Martin installation last year at Harper's Island is being supplemented by a new installation with another 24 nesting locations.

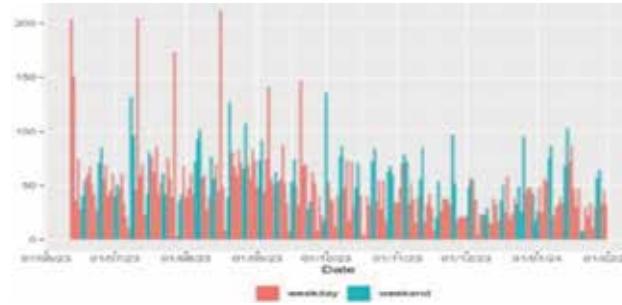
The Men's Shed built the frames in its workshop and joined Birdwatch Ireland on site to erect the new nesting facility. Working over a couple weekends it is expected that the first sand martins will be in place in early April.



Nearly 20,000 visitors to Harper's Island in 2023

The installation of a visitor counter at the entrance to Harper's Island has enabled estimates of the number of the visitors to be reliably produced. In 2023 total of 19829 were recorded all though this is likely to be an underestimate.

Since its opening Harper's Island has seen a steady increase in numbers with over 75 per day over a nice weekend. The car park is proving popular, and we would ask that it be used for Harper's Island visitor parking only.



FLOWER TEAM MEMBERS: SACRED HEART CHURCH GLOUNTHAUNE

We are looking for people who are available to join the team to share the flower arranging in the church over the year. The team consists of **two people per month**, and it is not a huge commitment. Even if you have no experience of flower arranging, you would be welcome as there is an experienced person with you.

Contact: Valerie Cuddy M: 086 384 1974 T: 021 4353 733



GLOUNTHAUNE TIDY TOWNS NEWS

The 2024 Tidy Towns Competition Has Started!

The Tidy Towns competition is a year-round effort by the community.

A big and largely unseen part of the effort is the preparation of the annual submission to the Tidy Towns Competition directorate. This is used by the inspectors to review and score the communities efforts. The preparation of this report takes over 100 hours of intense effort to compile, and a year-round effort of picture and note taking in gathering the material to include.

Kudos to Ailbe Ryan, Tidy Towns Chairperson, and the entire team for their dedication to improving the environment! It's often the quiet, behind-the-scenes work that makes such a difference in the liveability and beauty of an area. It's wonderful to see individuals and teams taking it upon themselves to make their community a better place for everyone. Their efforts contribute greatly to the sense of pride and well-being in the area.

Cycleway Maintenance

The provision of the new cycleway has been widely applauded by the community. The numbers of walkers and cyclists is significant, and the initial landscaping has been implemented to a high standard.

However, the upkeep does not appear to have been funded. The Tidy Towns group is very concerned about this as it simply does not believe there is sufficient community volunteer resource to keep it up to any sort of acceptable standard.

The large planting beside the Elm Tree is a case in point. In November with the help of 70 volunteers from Eli Lilly, Tidy Towns shifted over 20 cubic metres of cuttings and weeds that had accumulated since a similar exercise last year. The site was overrun with bindweed and is beyond a small groups capability to manage. Quotes obtained would seem to indicate that to maintain this area would cost more than €7,000 per annum.

The council is under pressure with budgets we know – but the installation of major infrastructure without adequate budgets to keep it needs a rethink. Either save the large sums spent in installing high maintenance landscaping and opt for simpler schemes that are easily maintained in the first place, or put a budget in place!



Far Left: Before the Clean-up
 Centre: The Eli Lilly Morning Clean-up Crew
 Above: The Results: After Circa 200 hours Voluntary Effort!



Harper's Island News

Harper's Island Wetlands Nature Reserve News

We continue to develop the reserve and have had a few volunteer work mornings over the winter, carrying out important maintenance work as well as having a well-earned cup of tea, a biscuit and a chat. As part of the long-term action plan for the reserve we are putting in a second Sand Martin nesting bank following the success of our first nesting bank, which was way beyond our expectations. This will add a further 24 nesting burrows to the 24 already in place. As part of our education plans, we are also setting up, under license from the National Parks and Wildlife Service, a nest camera in the hope of streaming on-line the fortunes of the nesting Sand Martins in their burrows. As we go to print, we are putting the finishing touches to the new Sand Martin nesting bank. The birds will be returning from Africa in the next few weeks, and we look forward to seeing them come and go as they raise the next generation of harper's Island Sand Martins from the Borrow Dyke Hide on the nature trail. If you scan the QR code at the end of this piece you can watch a short time lapse video of us building the new nest bank.

Bird sightings have been excellent over the winter months, with plenty wetland birds, especially around high tide. We were delighted to see a Short-eared Owl pay us a visit on and off over the winter. They are usually winter visitors to Ireland, but this winter saw a larger number than usually making their way here and we were lucky enough to host one on the reserve. Unlike a lot of owls, they often hunt in daylight and so there is a chance to see one on a visit. The reserve has become a favourite destination for nature photographers and ace photographer Michael Jones was lucky enough to get this great photo of the Short-eared Owl recently late one evening.



Jim Wilson, Harper's Island



Short-eared Owl Harper's 22nd Feb 2024
Wetlands Nature Reserve volunteers.
Michael Jones



Harper's Island Wetlands
 Harper's Island Wetlands
 www.birdwatchcork.com



Hester Forde's Garden - Coosheen-Glounthaune (by appointment only)
 Hesterforde
www.hesterfordergarden.com
www.gardensofireland.org

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Abbeyville Veterinary Hospital

DENTAL CARE FOR YOUR PET

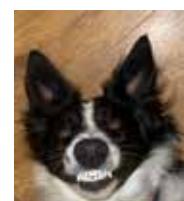
Did you know that pets require the same oral care as their owners?

Not caring for your pet's teeth can result in a build-up of plaque which eventually turns to **tartar** - increasing the risk of developing gum disease, bad breath, infected or decayed teeth, and pain.

Here are some tips to help you stay on top of your pet's oral care:



Eve Jennings
MVB
Veterinary
Surgeon



Model:Noa

1. Brushing your dog's teeth regularly - yes, same as ourselves! I advise you to start brushing your dog's teeth when they are a puppy, as they will grow up to tolerate it easier. However, it's never too late to start - you can find some tips online on how to train your dog to tolerate their teeth being brushed. Depending on the size of your dog, you can use a finger toothbrush or a soft human toothbrush. Make sure you use doggy toothpaste and not human toothpaste!

2. Water additives - a dental water additive is a liquid solution that you add to your pet's drinking water in order to freshen breath, help fight tartar, and promote good oral hygiene.

3. Regular checkups with your vet - veterinary dental checkups at least once a year are an important part of your pet's dental health to examine your pet's teeth and gums. The vet will be able to advise if a professional dental cleaning is required.

4. Dental chews or toys - you can make your own dental treats, such as raw carrot or cucumber (in moderation), or buy dental treats from your local store - **however, some dental treats can be high in calories and contribute to unwanted weight gain in your pet so keep an eye out on the kcal per treat.**



Tech Corner

Making your mobile phone more useful

Contributed by Liam Wall

In this section of the newsletter we are trying to provide some valuable and practical information to help people understand and more effectively use some of the technology that is an ever-growing part of modern life, and to help to cope with change and even come to enjoy it.

In the last edition (Jan/Feb 2024) of the newsletter Brian Cluer wrote about how to use some smartphone features like voice recognition to ask your smartphone questions and to get facts and data like weather, location and maps, train or bus timetables and many other kinds of useful information. In this edition we will give some guidelines and tips as to how you can make your smartphone more accessible - for example if at times you find it difficult to use the touch screen, read text due to small font or poor contrast, or find that your phone tends to slip from your hands and fall to the ground. Modern phones can understand spoken instructions and it's possible to set up your device to make phone calls, send messages, set reminders and many more tasks with voice commands, with advanced applications such as language translation and navigation being enabled by increasingly powerful Artificial Intelligence capabilities. The examples are for Apple iPhones but similar features are available on Android devices.

Apple has integrated various accessibility features into the iOS operating system to make iPhones more user-friendly for individuals with different needs. To enable these features, you need to change some Settings on your phone. So first unlock your phone using your PIN code, and then tap the Settings app as shown in Fig 1 (it looks like a gear icon). Note that your screen layout may look different from the diagram, with apps in different positions - look for the Settings app. Then navigate to the Accessibility option (Fig 2) and tap this to open and explore many accessibility features, including VoiceOver, Zoom and Display and Text Size. When VoiceOver is activated, the device reads out loud the content on the screen, providing spoken feedback and making it easier for users to navigate and interact with their phone. Zoom magnifies the entire screen making it easier to move about the screen and to read text. In the options under Display and Text Size you can increase the size of text and make changes to make it easier to see and read the information on your phone. You can try out the Magnifier function which uses your iPhone's camera to provide a magnified view of objects, making it easier to read small text or see objects such as labels or other fine details.

Siri is the voice-controlled virtual assistant available on iPhones and it's designed to perform various tasks based on voice commands and natural language. Siri uses artificial intelligence to understand and respond to spoken instructions, providing a hands-free

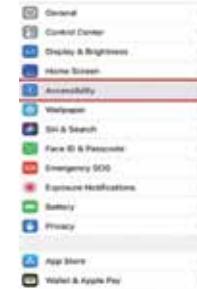
and convenient way to interact with your device, including making and answering calls, sending messages and a myriad of other functions.

There are many other settings to explore and experiment with, so we would encourage you to try to see if some of these help to make your phone more useful and accessible, maybe with the help of a tech savvy friend or family member. One further tip - it's a good idea to invest in a durable robust case and screen protector for your phone to give yourself a better grip and to protect it if it falls. We would suggest cases from brands like OtterBox and Quad Lock.

Fig 1 - finding the Settings



Fig 2 - finding the Accessibility option - tap on this to open up some powerful and useful features





ACE TREE SERVICES

Lackenroe, Glanmire, Co. Cork.
 Contact: Christy Murray on 086 2463585
 Email: info@acetreeservices.com

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ON ANY TREE PROBLEM.**
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Glounthaune,
Glanmire rural,
Knockraha & Little Island.



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sheila.ocallaghan@cllr.corkcoco.ie

FIANNA FAIL
THE REPUBLICAN PARTY

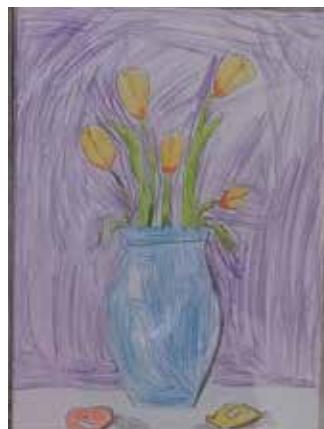


FRAZZLED MAMMY - PLANS FOR 2024



Contributed by Maeve O'Keeffe

Every season provides inspiration for creativity and artwork. With the arrival of spring flowers, there is once again, no shortage of ideas. I recently did a still life study of tulips in a vase for my children's art classes. The bright yellow petals contrast beautifully with the dark blue vase, while the complementary purple (opposite to yellow on the colour wheel), works well as a background colour. Our still life composition is also a study of light and shade. I encouraged the children to mark out areas on the vase and fruit which are not to be coloured in, as these are sections where the light shines on the objects. Similarly, we used darker colours on each object to show the shaded areas.



Lydia Tulips



James Tulips



Maeve Tulips

Later that week, I was thrilled to receive some photos from parents who framed their child's artwork to display at home. The tulips in the grey framed picture was done by 7 year-old James, while the wooden-framed artwork of tulips in a spotted blue vase was painted by 10 year-old Lydia. It made my day, as I love to see the children's artwork on display.

I am planning to hold some art classes for adults in Glounthaune Community Centre in April. If you are interested, check out my website www.frazzledmammy.com/art-classes or Facebook page FB: www.facebook.com/frazzledmammy or contact me at **087 6684021** for more information.

SNOWDROP DAY AND WINTER DELIGHTS AT COOSHEEN

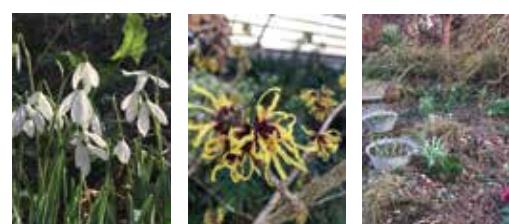
Contributed by Hester Forde

It was wonderful to see so many snowdrop enthusiasts visit Coosheen for a guided tour of the snowdrop collection and the winter garden. Weather was kind and the morning began with tea, coffee, and scones. The afternoon visit was just as busy with some local interest also. Winter is a very special time in the garden and a time to really see the backbone of the garden. Trees reveal a fine tracery of branches and provide amazing shapes, sculpture like when backlit by low sunshine. Lifting the "skirt" and limbing up were discussed in detail. Several Japanese maples have beautiful and elaborate, intricate shapes. Cultivars such Acer palmatum including "Inba Shidare", "Shaina", "Beni -Makio" and "Villa Taranto".

Scent is especially important in the winter and early spring. Hamamelis (Witch Hazel) are one of the best for scent and the wonderful spidery flowers of H. Aphrodite and H. Wisley Supreme were in abundance. Perhaps one of my favourites are Daphne known as the Goddess of the wood. Two new additions to the garden were greatly admired Daphne bholua "Mary Rose" and Daphne bholua "Cobahy Purple Clouds". Cultivars and hybrids of Daphne bholua are the most dramatic of the genus. Their scent is utterly intoxicating.

Snowdrops of course stole the show and drifts of Galanthus Atkinsii and Elwesii were at their best. Discussion on how to grow, feed and divide were among topics discussed. Hellebores already had begun to flower and make an impact and their great variation in colour, and form were giving of their best.

A winter garden is special and it enables us to go outdoors and embrace nature in that not so nice weather and can see also that spring is well and truly on the way.





**Official opening
of the
Martin O'Neill Astro
Saturday 6th April**



A new chapter in the story of soccer in the parish...

In a positive development for the future of soccer in the parish, the members of Leeside AFC and Glounthaune United AFC passed a motion in August 2022 to amalgamate the two clubs. Out of this show of support from the members, Leeside United was officially launched in August 2023! The amalgamation of the two clubs provided the opportunity to co-locate all members at our playing facilities at Leeside Park.

As a club we have been experiencing a significant increase in our membership over the last five years, with 300+ children enjoying soccer within the academy (U6-U11) teams, and a further 300 boys and girls playing with the schoolboy/girl teams. The club also recently introduced an Adult Women's team for the first time, as well as an Adult Men's Over 35s team for those gents who are unwilling to hang up the boots!

This growth in membership has meant that we have been experiencing continuing capacity constraints in accommodating our members on our existing playing facilities. To maximise the potential of the facilities and allow us to adequately cater for our existing members, the club embarked on an ambitious project in 2022 to redevelop Leeside Park. Phase 1 of the redevelopment project was earmarked to be the replacement of the main grass pitch with a full size all-weather pitch, handrail fencing and floodlights, as well as some enabling works for phase 2. Phase 2 was to follow phase 1, with improvement works to the underage pitch, as well as the construction of new storage rooms for our coaches and toilet facilities for members and patrons.

From the outset the redevelopment was a very ambitious project. A project steering committee was appointed to oversee the delivery of the project. Faced with spiralling construction costs, the budget for the redevelopment project increased to in excess of €1.1m, thus requiring an enormous fundraising effort from the club. Sports capital grants were secured, and a commercial loan also drawn down. Our members came out in force to support the club's Super Draw in early 2023, and we are so grateful to all of the local businesses who supported the club's ambitious fundraising effort. We would specifically like to thank Geraldine O'Neill and the O'Neill family for their support of the project, as well as Pádraig O'Sullivan TD for his ongoing guidance.

We were so pleased to see the delivery of phase 1 of the project during summer 2023, with the all-weather pitch and floodlights installed in time for the start of the new season in September 2023. The feedback from our members thus far has been phenomenal, with the pitch offering a safe and reliable playing surface regardless of the Irish weather!

Community partnership...

From the outset the club wished for the all-weather pitch to be an accessible and inclusive amenity for the local community. To underline this commitment, Little Island National School has the exclusive complimentary use of the all-weather pitch for PE every week, and the residents of Ashbourne House direct provision centre will also enjoy similar access to the facility for recreation purposes.

The official opening of the all-weather pitch will take place on the afternoon of Saturday, April 6th. The event will include a naming ceremony with the pitch to be officially named the 'Martin O'Neill Astro', in recognition of Martin's role as a founding member of both Leeside AFC and Glounthaune United AFC.

We are busy planning for what will be a family-friendly event on April 6th, with lots of treats and activities for the kids. The event is open to everyone and we would love to see you on the day at Leeside Park. Stay tuned to the club's socials facebook.com/leeside.afc instagram.com/leeside_united for further details!

Yours in Sport,

Leeside United management committee

Membership enquiries - please contact Ed O'Mahony, Club Secretary (087) 267 0984

Fundraising support - if you would like to know more about how you may be able to help, please get in touch with Eoghan Linehan, Club Treasurer (086) 312 4475.

Contributed by Eoghan Linehan

UPSTART FESTIVAL

Upstart Festival is back

Glounthaune Community Association are delighted to announce that the FOURTH annual Rock Festival in our very own Craig's Field is taking place again this September. The festival has been a huge success. It's entirely run by local friends and neighbours. The music is brilliant, there's pizza and burgers and it's on your doorstep. So, stay tuned for details over the coming months: Line-up announcements, competitions, tickets and more. Be part of this brilliant event either as a guest or come and help out. If you haven't been yet, it's time to get along!!

Saturday, 14th of September, 2024.

TASTES OF MORE



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PLANNING UPDATE

Submitted by Glounthaune Sustainable Development Committee

An application for planning permission for a 4 storey apartment block containing 26 apartments situated adjacent to the Waterside Apartments and accessed by the Ashbourne Walkway was submitted to Cork County Council in late December. A decision to refuse permission for the apartment block was made by Cork County Council on the 22nd of February.



The recommendation to refuse was made by three planners within the council, the Area Planner, the Senior Executive Planner and the Senior Planner.

Unusually for a housing project the council did not seek further information and issued a straight refusal on the date the decision was due. A comment in one of the planning reports notes that any future development strategy that will protect the site's character would likely be fundamentally different in nature and thus warrant an entirely new application.

The sustainable travel unit within Cork County Council recommended that vehicle access to the Ashbourne walkway should not be permitted and noted that the measures proposed by the developer to address the road safety issues 'do not mitigate the increased risks posed by the development.'

The ecology unit were concerned with the proposed loss of trees and particularly the removal of two heritage trees, these are trees of high value due to age and size. The conservation officer also noted the loss of heritage trees on the attendant grounds of a protected structure.

In the final schedule accompanying the decision the three refusal reasons are in summary;

1 Having regard to the loss of a section of an established woodland which is of high ecological value and to the loss of 2 no. heritage trees, the loss of which cannot be suitably mitigated, it is considered that the proposed development would have a significant negative impact on habitats of high ecological value and would result in a net loss of biodiversity at the site.

2 It is considered that the proposed development, in particular the removal of 2 no. heritage trees which are of significant cultural value, would negatively impact on the cultural heritage value of the area and would have a significant adverse impact on the character and setting of Ashbourne House.

3 Having regard to the proposed access arrangements... it is considered that the proposal will impact on the safe movement of pedestrians and cyclists ... The proposed development will lead to conflict between vehicular traffic, pedestrians and cyclists and would therefore endanger public safety by reason of a traffic hazard.

The planning application reference number is 236560 and the files and reports can be viewed on the Cork County Council planning portal.

EXCITEMENT IN CAHERLAG (SEIZURE OF CORN)

Contributed by Paddy Twomey

There was a lot of excitement in Caherlag over the last few weeks of October, 2019, when the participants and the organisers of Strictly Come Dancing and Strictly Lip sync were preparing and rehearsing for their fund raiser in the Radisson on 4th November. Likewise our footballers were preparing for their Cork County Junior football semi-final and final. There was some excitement there again as preparations were under way to celebrate the 60th anniversary of the club's formation in 1964 at the Radisson Hotel, Little Island on Saturday 9th March last. However we have to go back a long way to the thirteenth century to find out why there was excitement around there for the first time.

King Edward the First reigned for 43 years at times over Ireland, England, Scotland, and France. He was constantly at war in one area or the other, and sometimes both in Scotland and France at the same time. He from time to time had great difficulty in keeping up supplies to his greatly stretched armies and hence his levies over the crops. His effort to impose the levy on the clergy's crops was met initially with great resistance, on the basis that only the Pope had the authority to impose levies on the clergy, but Edward was having none of this, and put a few senior clergymen into jail and this sorted out the problem. He died suddenly on 7th July, 1307. Incidentally he is the King who featured in the film *Braveheart*- Edward Longshanks.

In 1295 King Edward the First invoked his prerogative of Royal Patronage and presented William De Munes to Holy Trinity in Cork City, thus compensating him for duties discharged in procuring provisions for the King's wars.

In March 1295 Royal writs commanding the Treasurer, Wm. De Estende to provide with all speed from merchants and others in the country about Cork, and Youghal. "ten or twelve shiploads of goods, wheat, and oats, and send them to BAYONNE, Lyons," etc.

An extraordinary levy on Cork was ordered in Cork only in 1297, and was extended to the clergy who were believed to have more than they required. Bishop MacDonncha of Cork, Bishop Effingham of Cloyne, and Philip Oshefeth, Dean of Cloyne, resisted the King's collectors, and caused to be excommunicated all those who put their hands on that corn.

When Wm. DeMunes of Holy Trinity seized corn at Caherlag, and other corn outside the town of Cork, Bishop MacDonnacha, and Thomas Delong "caused the corn so seized for the expedition to be threshed for their own will". At a special court in Cork both Delong and Dean Philip Osheafeth were sentenced to jail, and the Bishops threatened with confiscation of their temporalities, all later commuted to payment of a fine.

ACTIVE RETIRED GLOUNTHAUNE

Contributed by Conrad McGrath E: conrad@nrgfitness.ie

My journey with Active Retired Glounthaune began on the 22.02.2022

That number is a palindrome.

It is the same forward as it is back.

On top of that, if using a digital clock,

it is the same upside, as it is down.

The editor of this Newsletter was the one who brought this palindrome to my attention.
A man with great strength, patience, and kindness in his heart.

This Palindrome date.

Was the date I first became a personal trainer.

Where it all started for me.

Where it all started for us.

Since then,

we moved from the Little Island Gym to the Glounthaune Community Centre,
then the Glounthaune Community Centre to the Little Island Sports Complex,
then from the Little Island Sports Complex back to the Glounthaune Community Centre.

Where we belong. Not just us.

You, herself, yer'selves, the parade, the market, the locals, the yoga.. The Community.
All are welcome.

In Active Retired Glounthane.

We like being strong.

We like being flexible.

We partake in the occasional breathing session.

With a slice of standing on one leg.

And most importantly, a healthy chunk of dance steps.

Our dance steps include but are not limited to;

The outs and ins,

the crossover,

lungestep,

The slow twist,

and the hardest of all,

the 'ba ba ba BABA'.

We make it fun.

We like the chats.

The occasional scone and cup of tea (or coffee)

At Active Retired Glounthaune,

We do more than build strength,

We build community.

We have operated for 2 years now,

Each year being better than the last.

There are no signs of this trend changing anytime soon.

Here is to a blessed year ahead.

CALLING ALL RELUCTANT SINGERS!

Contributed by Mary Barry

'If we could engage more and more people in singing, I'm sure we would have a healthier nation'.

So said Professor Grenville Hancox, Director of the Sydney de Haan Research Centre for Arts and health in Kent. He has done extensive research on the benefits of choral singing on psychological well-being.

Choral singing

- enhances brain function,
- strengthens feelings of togetherness,
- releases endorphins (the brain's natural feel-good chemicals) and oxytocin,
- resulting in reduced stress and a general sense of wellbeing.

Group singing helps forge social bonds. People need people and coming together to sing is a beautiful way to satisfy this. You feel together, you feel like a team.

So what are you waiting for?

You already have a beautiful instrument.

You do not need to be able to read music.

Recordings of each new piece provided by our director Geraldine Conroy.

Glounthaune Church Choir would love to hear from you and particularly from any men

Where? Parish Centre. (across from Church.)

When? Practice every second Wednesday 7.30 - 9pm

Singing every second Sunday at 12 noon Mass with a short practice 30 mins. before Mass.

Contact. Mary Barry - 086 2048378



**Fiona Twomey
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We advise and represent both Commercial and Private Clients across all areas of Irish Law. Our staff are well experienced in all our practice areas.

OUR GOAL IS TO RESOLVE OUR CLIENTS' LEGAL ISSUES AS QUICKLY AND SUCCESSFULLY AS POSSIBLE BY PROVIDING SOLID PRACTICAL NO NONSENSE ADVICE

Simnel Traybake



A delicious fruit cake with two layers of marzipan

INGREDIENTS

- 175 g soft butter
- 175 g soft brown sugar
- 3 medium eggs
- 175 g plain (all-purpose) flour
- 3 teaspoon mixed spice
- 1 teaspoon baking powder
- 30 mill (2 tablespoon) milk
- 275 g mixed dried fruit e.g. Raisins, Sultanas, Currants
- 50 g glace cherries halved
- 1 orange, zest only
- 40 g ground almonds

For the topping

- 500 g marzipan almond paste
- 1 tablespoon icing sugar
- 1 tablespoon apricot jam or honey



Prep Time: 15 min



Cook Time: 25 min
Temp: 170 C

DID YOU KNOW!

A Simnel Cake is Traditionally decorated with eleven balls of marzipan, one for each of the disciples, except Judas!



DIRECTIONS

 18 servings

1. Heat the oven to 170C.
2. Line a tray-bake or roasting tin 30 cm x 23 cm (12" x 9") with baking parchment.
3. Place all the ingredients in a large mixing bowl. You can mix it with a wooden spoon or an electric hand mixer, until it is thoroughly mixed.
4. Put all of the mixture into the tin and spread evenly.
5. Bake for 25-30 minutes until the cake has risen and is evenly brown.
6. Leave to cool in the tin.
7. Once the cake is cool, sprinkle your work surface and rolling pin with icing sugar and roll out 350g of the marzipan into a rectangle the size of the bake.
8. Put a tbsp of apricot jam or honey into a pan with a little water, heat until the jam has melted. Brush the jam mixture all over the cake.
9. Place the marzipan on the cake, pressing down gently to stick it to the cake.
10. Use the remaining marzipan to make 18 balls and use a little more jam to stick them in place with one ball for each portion of the cake.
11. If liked, you may wish to brush the top of the marzipan and the decorations with more jam/honey then place under the grill to brown.
12. Leave to cool and cut into squares.

JUST FOR FUN

Wordsearch: Placenames



Annmount
Ballinglanna
Ballynaroon
Ballytrasna
Brooklodge

Caherlag
Corbally
Courtstown
Glounthaune
Johnstown

Kilcoolishal
Killahora
Lackenroe
Wallingstown
Knockraha
Kilquane

Sudoku Puzzle:

	8		6	2	4
3	1	2	5		
9			4	3	7
	3		9		
4	2	7	8	6	3
	9	4			2
	4		9	8	
			1	9	5
6	9	5	7	1	



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Glounthaune
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HANKOOK
4353940 **CENTRE**

CYCLE AND WALKWAY CODE OF PRACTICE

We are reliably informed that the National Roads Authority are putting together a code of practice for cycle & walkways. We will keep you informed.

In the meantime the following pathway etiquette guidelines may help.

- Practice Kindness: Being courteous goes a long way.
- Maintain Cleanliness: Avoid dropping litter on walkway – take it home.
- Stay Visible: Wear bright or reflective clothing in low-light conditions.
- Avoid Blocking: When stopping for a chat, don't obstruct the entire path.
- Cyclists, Signal and Slow Down: Use a bell to signal when passing and reduce speed.
- Consider Special Needs: Show extra consideration for young, elderly, and disabled users.
- Give Space: Allow ample room for all users.
- Take care at junctions – where cycle/walkway cross the roads.

By following these guidelines, everyone can enjoy the pathways safely and respectfully.

THE MYSTERY OF THE GIN AND TONIC LITTERBUG

Glounthaune is a beautiful and peaceful village, but lately it has been plagued by a mysterious litterbug who has been dumping hundreds of gin and tonic cans into the road ditches. Who is this careless culprit? Does he or she not care about the environment, the wildlife or the aesthetics of our lovely village? Is he or she unaware that the new Deposit Return Scheme could bring in a small fortune for recycling these cans? Or does he or she just like keeping our tidy towns and conscientious neighbours busy collecting his or her rubbish?



The "Glounthaune Gazette" has been investigating this mystery for months, but so far we have not been able to identify the litterbug. Some of our younger neighbourhood detectives have suggested various methods, such as:

- Setting up hidden cameras along the roads, but the litterbug might avoid them or wear a disguise.
- Interviewing the residents and visitors of Glounthaune, but the litterbug might be very good at keeping secrets.
- Analysing the fingerprints and DNA on the cans, but the litterbug could wear gloves and wipe them clean.

We are running out of ideas, and we need your help, dear readers. If you have any clues, tips, or suspicions about who the litterbug might be, please let the Community Association know. Together, we can solve this mystery and restore the beauty and harmony of Glounthaune and maybe, just maybe, we can also convince the litterbug to change his or her ways and join us in our efforts to make Glounthaune a greener and cleaner place.

Editor's note: Thanks to the contributor who submitted the above item for publication and provided the picture that paints a thousand words.



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SUPPORTING OUR COMMUNITY

COLÁISTE AN PHIARSAIGH - 50 BLIAIN AG FÁS

Chuir Seán Ó Colmain isteach an píosa seo.

50 bliain ag fás, agus gach rud dá fheabhas amach romhainn. B'in téama na hóiche in Óstán Bhaile an Róistigh oiche Dé hAoine seo caite. Bhailigh idir óg agus aosta, idir dhionghbáilte agus dhéadla ó Choláiste an Phiarsaigh le céiliúradh a dhéanamh ar stair agus ar oidhreacht shaibhir na scoile.

Ghlac príomhoide na scoile, Mícheál Ó Tuama, ról an fhir tí agus bhí gnó na hoiche fréamhaithe ar thrí chiorcal cainte a phléigh réanna éagsúla na scoile. Cuireadh tús le pléaphainéil na oiche le Máire Ní Chonchubhair (iar-leasphríomhoide), a bhí ar an bhfód nuair a osclaíodh an scoil i 1973 faoi stiúir Eibhlín Úi Drisceoil. Rinn sí a cuimní cinn i dteannta an phríomhoide, Eoin Ó Tuama, a tháinig i gcomharbas ar Ní Drisceoil, ó 1991 go 2014.

Ina dhiaidh sin thug iarscoláirí na scoile Brian Tyres, tráchtair clúiteach TG4, agus Julie Ní Cheallacháin i dteannta le hiarmhúinteoir, Séamus Ó Súilleabáin, léargas ar an gcuma a bhí ar an scoil sna 1980aidí. Cuireadh clabhsúr le seisún iontach plé ar na laethanta a bhí le hiarscoláirí Maebh Ní Chionnaith agus Seán Ó Conaill.

Bhlátháigh an scoil thar na blianta toisc diógrais a pobail uile, agus le síneadh nua uirthi ag tosnú ar na bioráin, beidh Coláiste an Phiarsaigh ar an nGaelcholáiste is mó i gCúige Mumhan go luath agus leanfaidh sí uirthi ag freastal ar phobal Gaelach Ghleann Maghair agus níos faide i gcéin.



Eoin Ó Tuama, Sabrina Ní Chonchubhair, Seán MacGearailt agus Sarah Ní Laocha

Local Organisations

Clubs & Societies

Active Retirement

Jill McNamara 086 813 8807 GCC

Highlands Bridge Club

Sean O'Breasail

087 242 9691 GCC

Gramophone Circle

Valerie 021 435 3733

Gaeilge Bheo/Irish Speaking

Lena Úi Dhúbhghaile 021 435 3708 GCC

Indoor Bowls

Hazel Foley 087 220 1483 EO

Probus

Richard Guinee 086 063 8933

Seanoiri

Peggy Dunne 087 778 6357

Children's Groups/Clubs

Erin's Own

Martin Bowen 086 417 6345 Ladies Club:

Catherine Cogan 086 257 7972

80th Cork Scouts

Little Island, Co Cork 80thcork@gmail.com

Leeside United

Little Island, Co Cork www.leesideunited.ie

Church Groups

Sacred Heart Church Glounthaune

Parish Office: 021 435 3366 10am-12 Mon-Fri

office@glounthauneparish.ie

Mass: Mon-Wed 10am Sat 6pm /Sun 12 noon.

St Joseph's, Little Island

Mass: Thu-Fri 10am Sun 10.30am

St Mary's, Knockraha

Mass: Knockraha Sun 9am

Baptist Church

Robert Ellis 083 346 7869 Sun 10am

Community Centre

Church Of Ireland: Rev. Elise A. Hanley

rector@cobhglanmire.org. 087 790 2348

Cobh & Glanmire Union of Parishes.

Community Groups

Community First Responders

CFR 086 239 3676

Glounthaune Community Association.

New members always welcome

021 451 0470

Glounthaune Church Choir

New members welcome

Mary Barry 086 204 8378

Glounthaune Church Flower Team

Valerie: 086 384 1974

Meals-on-wheels

Pauline Walsh 087 287 0409

New cooks/drivers needed GCC

Men's Shed

Garry Tomlins 086 231 3963

Parkinson's Association: East Cork

J O'Reilly 087 204 7169 GCC

St Vincent De Paul

021 427 0444 / 087 1520 360

Tidy Towns

Ailbe Ryan 086 323 0337

Adult Classes

Seniors Stretching, Joint

Mobility & Movement Class

Esther 087 236 1759 PC

Yoga & Birth Preparation

Esther Wall 087 236 1759

Yoga

Kate Cuddy 086 821 4002

katecuddy@gmail.com GCC

Check out what's on in the

community centre!

Pilates/Zumba/Tai Chi/Active

Retired Exercise class/Feeling

Crafty Sewing Class/Crochet

Class/Painting Class.

Glounthaune Community Centre:

Tel 021 451 0470

Email: thegcacork@gmail.com

Website: www.glounthaune.ie

(GCC)Glounthaune Community Centre

(PC)Glounthaune Parish Centre (EO)Erin's Own