

# Glounthaune COMMUNITY NEWS

May / June  
2024



Ballyannan Woods, Midleton

GLOUNTHAUNE COMMUNITY ASSOCIATION

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**William Cuddy**



**2024**

## COMMUNITY CENTRE NEWS

### Classes available in May & June 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: [thegcackork@gmail.com](mailto:thegcackork@gmail.com) [www.glounthaune.ie](http://www.glounthaune.ie)



#### Monday

10.30am Active Retirement Fitness Class. Jill McNamara 086 8138807  
10.30am Buzzi Bounce Box: Children's Movement Class: [buzzi@bouncebox.ie](mailto:buzzi@bouncebox.ie)  
4pm Irish Dancing with Suzanne O'Neill 086 026 6110  
6.30pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002  
7pm Maeve O'Keeffe Art Class for Adults 087 6684021  
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  
7.00pm Highlands Bridge Club. New members welcome. Sean O'Breasail 087 242 9691  
8.00pm 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  
11.00am Mother & Baby Yoga with Kate Cuddy 086 8214002  
12.15pm Cork Parkinson's Support Group Meet 1<sup>st</sup> Wed each Month: Jackie 087 204 7169  
3.30pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2<sup>nd</sup> Week)  
4.00pm Irish Dancing with Jacintha O'Sullivan 083 162 2570  
6.30pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291  
8.00pm East Cork Community First Responders: 086 2393676

#### Thursday

10.00am Tai Chi & Qigong with Anne Marie Maguire Email: [taichi.qigong.haven@gmail.com](mailto:taichi.qigong.haven@gmail.com)  
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 East Cork Camera Group [www.eastcorkcameragroup.ie](http://www.eastcorkcameragroup.ie)  
7.00pm Dynamic Pilates with Mel Laybourn 085 854 6548

#### Friday

9.45am 'Language Rockets' for 0-3 age group - [language-rockets@gmail.com](mailto:language-rockets@gmail.com)  
10.30am Active Retirement Fitness Class. Jill McNamara 086 813 8807  
3.00pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

#### Saturday

10.00am CADA Performing Arts for Children. 021 486 6389  
10.30am East Cork Camera Group: [eastcorkcameragroup.ie](http://eastcorkcameragroup.ie)





## WELCOME

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

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 [newsgca2024@gmail.com](mailto:newsgca2024@gmail.com). Next deadline is 21st June.

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

Best regards,  
Dan Leo, Editor  
Glounthaune Community News

## Recipe Corner

### Serves 4 Vegetarian Carrot & Chickpea Burger



#### Ingredients:

800g Carrots (peeled & Grated)  
2 Spring Onions Chopped finely  
1 Celery Stick Chopped Finely  
1 Small onion roughly chopped  
410g Can Chickpeas drained  
2 garlic cloves, peeled  
Finely chopped fresh chives  
1 Egg  
60g Wholemeal Bread crumbed  
1 tbsp finely grated lemon zest  
1 tbsp sweet smoked paprika  
Salt & black pepper  
Low Calorie Cooking Spray

#### Dressing:

150g Fat Free Natural yogurt  
Some finely chopped fresh mint  
1 level tbsp sweet chili sauce  
1 tbsp finely grated lemon zest  
1 tbsp lemon juice.

Spray a large non-stick frying pan with cooking spray and heat. Add half the grated carrot, spring onion and celery and cook for 8-10 minutes or until softened.

In a food processor place the remaining carrots, onion. Then add chickpeas, garlic, chives and egg. Blend to a thick paste and place in a mixing bowl.

Drain the cooked vegetables and discard the liquid. Add this to the mixing bowl along with the breadcrumbs, lemon zest and paprika. Mix with your hands to form burger shapes. Cover the burgers and leave to chill for at least 3-4 hrs or overnight.

**To Cook:** Spray the burgers with cooking spray and cook for 3 mins on each side or until lightly golden.



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*For advice or  
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## GLOUNTHAUNE TIDY TOWNS NEWS

### Sprucing up Glounthaune for Spring!

Contributed by Garry Tomlins



Tara Connolly, Mike Gilligan, Colette Leo, Angela Reidy, Ailbe Ryan, Conor O'Brien, Maeve Tomlins and Mary Barry.

The annual spring clean sponsored by An Taisce up took place on the 16th April in fine weather where the star Tidy Towns team picked up lots of rubbish from the walkway between Rockgrove and the Elm Tree. The 10+ bags collected were transported to Cork County Council yard and disposed of there. The sad part about this is that most weeks the team is out and every week there is new rubbish!

Sponsored by An Taisce, this is the 25th year of this sponsored event. The sponsor provided a copious supply of bags, pickers and gloves and we do have a supply of these available for aspirant pickers to join in! So, if a walk is boring on its own, try it with a picker and a bag or join the team on Tuesday mornings at 10am in the Parish Centre Carpark followed by coffee and a chat in the Elm Tree!

It's impossible for the team to get around all of Glounthaune as much as we'd like to. If you wish to volunteer to pick-up in your area or organise a group pick-up at a time that would suit you and need high-vis jackets, picker, bags and gloves then call Ailbe on 086 323 0337 and we will facilitate you in any way we can.

Glounthaune is looking good, let's keep it that way!

### Generous Donations!

Our budget for Tidy Towns is always under pressure: the annual grant from Cork County Council has been static for the last 5 years despite the increase in our population and inflation. So we welcome donations!

We would like to thank three members of our community who in this last month made generous donations to Tidy Towns. The money is fantastic in helping us stretch our budget - but the tangible recognition of our efforts is priceless. So thank you - you know who you are - it means so much.



### Bird's Eye View - New Arrivals

Contributed by Jim Wilson



We have had great excitement down on the reserve in the last couple of months. As mentioned before, we built a second Sand Martin nesting bank, next to the original one, expanding the number of wetland view 'apartments' from 24 to 48. These nesting banks can be watched from the comfort of the Borrow Dyke Hide. Sand Martins, returning from Africa, south of the Sahara Desert, were spotted around the nesting banks last March. Since then, birds have taken up residence in both the old and new nesting banks.

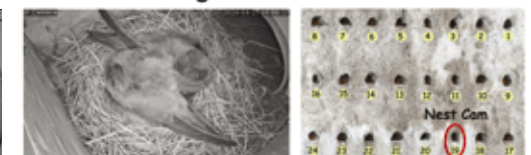
We also managed to install cameras (nest cams) in two of the burrows hoping one might be used by the birds. On the 2nd April we recorded our first visitors to burrow number 19 and they have settled in and now have a beautiful nest with four eggs. We had a few visitors to burrow number 21 but it was not to their liking. While we did not have enough time to set up a 24/7 on-line stream of the video from the cameras, we have been uploading clips on a regular basis on our Facebook Page and other social media and will continue to do so until the birds complete their nesting season, which if successful will last into August.

We are also uploading some videos to the reserve website. You can scan the QR code in this article or go to <https://birdwatchcork.com/news-upcoming/> to see these videos. Why not come down to the reserve and see the action at the nesting banks yourself, lots of birds coming and going and they will become particularly busy in about two weeks from now when chicks start hatching and looking for food.



Harper's Sand Martin Nest with Four Eggs  
29th April 2024.

Scan the QR Code with your phone camera to view videos of the Sand Martins nesting in Burrow Number 19 of our nesting banks.



The view from our 'Nest Cam' in Burrow 19.

The Camera is in Burrow 19 on the bottom row of the far nesting bank



## LIAM'S LIFT



The GCA is currently exploring the introduction of a transport service dedicated to addressing the transportation challenges faced by members of our community when attending appointments and treatments in Cork City. This service would be facilitated by volunteers from within the Glounthaune Community. A very good example of such a service is **Liam's Lifts**. This service has been provided in Fermoy and Mitchelstown since 2011 and was rolled out in the Mallow region in January 2015.

### How does it work?

To ensure that our passengers have the least level of disruption, we collect each passenger from their own home. Our volunteer drivers then drive to the hospital or clinic where the treatment or appointment is arranged, wait until this is completed and then drive our passenger back to their home.

There is no cost for this service however, if our passengers are in a position to make a donation we would be very grateful.

The support provided by **Liam's Lifts** focuses on oncology appointments. The GCA would like to explore extending such a service to include other patients who have difficulty in getting to and from their appointments. Your views welcome. - thegcacork@gmail.com

**Further information on Liam's Lifts is available on [liamslifts.ie](http://liamslifts.ie)**

## LET'S TALK ABOUT FACIALS

Contributed by Ruth Murphy

There is a lot of focus on skincare at the moment so let's focus on facials. A facial is a noninvasive skincare treatment, performed by a certified skin care professional. They can be manual or machine based.

In general Machine based facials give more dramatic results as they enable the therapist to penetrate active ingredients to the deeper layers of the epidermis.

### Advantages of facials

- Regular facials promote the production of collagen by boosting your skin's cell regeneration. They leave your skin radiant and fresh resulting in a more youthful appearance.
- Boosts confidence: Achieving healthy, glowing skin enhances self-esteem and boosts confidence levels.
- Stress Relief: Pampering your skin can be a therapeutic experience, helping to alleviate stress and promote relaxation.
- Nourishment from within: Providing your skin with essential nutrients and hydration contributes to overall wellbeing and vitality.
- Mindfulness practice: Taking the time to yourself encourages mindfulness and enjoyment in being present in the moment.
- Ritual of self-love: Getting a skin care treatment is not only beneficial for your skin, it's a relaxing quiet time for yourself.

For any skincare queries you may have please feel free to contact us at  
**[waterfrontstudiosbeauty@hotmail.com](mailto:waterfrontstudiosbeauty@hotmail.com)**



## 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. Each new technology that comes along has its benefits and advantages, but also may have undesirable side effects and new capabilities and features that can be used to take advantage of or deceive others. In a previous edition (Nov/Dec 2023) we described how internet fraud and scams can be detected and avoided – in this edition we have a warning about ticket scams that are very active now as people plan their summer and are excited about going to concerts and gigs such as Taylor Swift, Bruce Springsteen, Electric Picnic etc. The next edition (Jul/Aug 2024) will include an overview of how electric bikes have been gaining popularity and allow cycling to be enjoyed by many more people, making leisure cycling and commuting more accessible by making it easier to cycle up hills, travel longer distances, and keep up with traffic. Feedback on any aspect of these articles or about technical topics that you'd like to see featured in future articles can be sent by email to thegcacork@gmail.com, putting "Tech Corner" in the subject line.

### Ticket Scams?

Taylor Swift's concerts in Ireland and the UK during June are entirely sold out as demand for tickets massively outstripped supply when they went on sale last year, prompting many disappointed fans to hunt for them online and on social media. That has created the ideal conditions for scammers to target people with a variety of online fraud schemes. So-called purchase scams involve someone being tricked into sending money via bank transfer to buy concert tickets or other items that do not exist. In many cases the fraudster has what looks like a legitimate account, with Ticketmaster or one of the other ticket sites. They write an on-line post to a group describing how they have some tickets that they no longer need and are willing to sell them so that "other fans can enjoy the concert", asking that money be transferred to a Revolut or other account. If you engage with the person they open up a private chat with you and have a polished credible story, including faked screenshots of the "tickets" that they are offering, once you send them some funds. However, the tickets don't exist, the fraudster disappears and the money in many cases is lost. So be careful! Buying directly from reputable, authorised platforms is the only way to guarantee you're paying for a genuine ticket. If you're being asked to pay by bank transfer, PayPal or Revolut particularly from a seller you've found on social media, that should immediately set alarm bells ringing. 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) and search for "how to avoid scams".





THANK YOU ALL !!



Glounthaune  
St Patrick's Day Parade  
2024



2024



Glounthaune  
St Patrick's Day



## FRAZZLED MAMMY ART FESTIVAL & ADULT ART CLASSES

Contributed by Maeve O'Keeffe

It's always good to set ourselves new challenges. Now and again people ask me if I hold art classes for adults, so for the month of April, I booked Glounthaune Community Centre and advertised a four week course on Monday nights, offering tuition in still life, light and shade, landscape and perspective. The room in Glounthaune is bright, cosy and lovely to work in. I set up the easel and began our first lesson doing a study of still life. The work produced was amazing. Well done to everyone.



Meantime, I was invited to participate as an artist in Cork's Corner, for the CurrentLee Arts Festival held in the Cork Opera House on April 10th. This was a one-day festival where artists, writers, poets, musicians and dancers provided workshops and performances. I was delighted to see people arriving with their sketchbooks and drawing materials. The festival

organisers set out chairs for them, and I began my sketching Tutorial/Workshop with a still life in charcoal. This was followed by a streetscape drawing of the Crawford Art Gallery, the view beside our vantage point in the Opera House. Once again, the artistic talent was amazing.

I may hold a course of art classes for adults again in Glounthaune Community Centre in September 2024. If you are interested, follow me on Facebook page FB: [www.facebook.com/frazzledmammy](https://www.facebook.com/frazzledmammy), check out my website [www.frazzledmammy.com/art-classes](http://www.frazzledmammy.com/art-classes) or contact me at 087 6684021 for more information.



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## 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, and if you haven't been yet, it's time to get along!!

Saturday, 14th of September, 2024.

**UPSTART  
FESTIVAL**



Clockwise from the top:  
2023 - God Alone,  
2021 - Pretty Happy,  
2021 - PP+T Naldrivers  
2022 - First Class & Coach  
2022 - The Love Buzz





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## HISTORY OF GLOUNTHAUNE INVOLVEMENT THE IN TIDY TOWNS COMPETITION

Contributed by Ned stack

There may be a perception that Glounthaune's Participation in the Tidy Towns Competition began in 1990's / 2000's. However, it dates back some 60 years to the 1960's, when the Village was very successful!



Front Row: Breda Bowen, Sonny O'Sullivan, Edith Smith, John Joe Donnelly, Mary Twohig  
Back Row: Con Barry, Donal Twomey, Jim Twomey, Gerry Ryng, Eddie Murphy, Visitor.

The original "Tidy Towns Competition" dates back to the 1940's under the aegis of Bord Failte Éireann. It had a Regional Structure, with just three Categories: Cities, Towns and Villages.

"Glounthaune Village" was victorious in 1967, 1968 and 1969; securing First Place in the Southern Tourism Region Tidy Towns Competition (See Certificate, signed by Dr. Timothy O'Driscoll, Director General Bord Failte Éireann)

The Presentation of Prizes was in Ballyjamesduff, Co. Cavan, who were overall National Winners. The long "trek" was undertaken by John Joe Donnelly, driving a Van, borrowed from Jack Corry, accompanied by Gerry Ryng, still very much with us, (Secretary of Glounthaune Tidy

Towns) to collect the Grand prize of £100 Punts. Evidently they arrived back safely the next day in Glounthaune, in one piece, TG.

In May 1967, the Newly Elected Taoiseach, Jack Lynch made a courtesy visit to Glounthaune Village, to Honour the Achievement; He was Welcomed by the renowned, notorious long serving TD, Martin Corry. The Parish Priest, Canon Matthew Mc Swiney gave the welcoming oration and an Taoiseach graciously replied, referring to his many happy summer holidays in Glounthaune (his first cousins being the Leahys, Horgans and Moroneys)

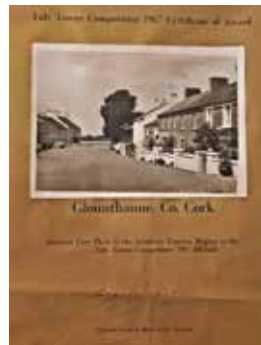
The Welcoming Ceremony was followed by a Reception in John Joe Donnelly's Bar (also cousins of Jack Lynch).



L to R Front Row: Fr. John O'Mahony CC; Cannon Matthew Mc Swiney PP; An Taoiseach Jack Lynch, TD; Martin Corry TD.

Back Row: Paddy Grandon; Gerry Ryng; John Joe Donnelly; Eddie Murphy; Peter O'Sullivan; Mary Donnelly; Tommy Donnelly; Margaret Donnelly.

More recently, Glounthaune's size and Tidy Towns Category has graduated from Population of 1,000 to 5,000 +; Area Stretches 1 Km, both East & West. We Scored 357 Pts (out of 550) in 2023; encompassing Community, Tidiness/ Litter, Nature & Biodiversity, Streetscape and Green Spaces.



## KEEP OUR CYCLE/WALKWAY SAFE



Contributed by Brian Cluer



You are driving along the old Cork-Cobh Road in the direction of Carrigtwohill; you pass the railway station noting that there are several cars behind you; you put on your turn indicator to signal that you are turning left onto Johnstown Close; as you slow to make your turn you glance in your left wing mirror and see a cyclist going at speed in the same direction as you on the cycle/walkway. You are on a potential collision course. What should you do? More on this later.

The cycle/walkway construction explosion across County Cork is being carried out despite a list of unanswered questions (like the above) about the rules

and signage that should provide guidance to users. This situation is not going to be resolved in the short term, and it is impacting all of us now.

In August 2023, the new **Road Traffic and Roads Act 2023** was signed into law. It is a wide-ranging and significant piece of legislation reflecting how people choose to walk, cycle, and drive. While the act tells us what to do, it does not tell us how to do it. The "how" part will only happen when the supporting regulations are implemented.

Implementation cannot begin until the **European Commission** reviews the regulations. This review, known as the TRIS process, has already been in progress for some months and is hoped to be completed by mid-2024. What are some of the important changes?

### E-Scooters

One of the most significant provisions in the Act is the resolution of the legal barriers to e-scooters. While you will see many of them on our cycle/walkways they are not legal. Two years ago, the Garda were confiscating them. But then the word went out that this should stop – and it did. But as they are still illegal, you cannot get insurance for them, and any accidents could result in serious costs. In recent months the **Road Safety Authority (RSA)** has reported three deaths and 42 serious injuries involving e-scooters. At least one user is facing a serious criminal charge following the death of a pedestrian.

E-scooters are being classified as a new class of vehicles called **Personal Powered Transporters (PPTs)**. The regulations are expected to specify the maximum permitted speed, engine power, and weight. The maximum speed is expected to be 25km/hr, and you will have to be at least 16 years of age to drive one legally. Only one person can be carried. The regulations will specify how and where the e-scooters can be used.

There are already e-scooters using our walk/cycle path going faster than this 25 km limit. While researching this article, I visited several outlets that sold these machines. When I asked the sales representative in one shop how fast I could go, I got a nod and a wink. "Well, it is supposed to be 25km/hr, but I can give it a few tweaks, and you can get quite a bit more than that".

### E-bikes

The Act clarifies the legal position of e-bikes. There is no change to the status of pedal-assist e-bikes with a power output of up to 250W and where the motor cuts out at 25km/h and does not operate without pedalling. These will continue to be classed as pedal cycles. If you are considering buying, either for yourself or your children, an e-bike that operates within these specs, then you do not need to register, tax or insure it. No driver's licence will be required and you can use it on the cycle/walkway.

## E-Mopeds

E-bikes with a power output over 250W or where the motor does not cut out at 25km/h or continues to operate without pedalling will now be classified as **Mechanically Propelled Vehicles** (MPVs). They must be registered, taxed, and insured to be used on our roads, and you will need an "AM" category driver's license. You will not be allowed to use MPVs on the cycle/walkways.

There will be many problems to solve over the months to come. The Glounthaune walk/cycle path currently has no lines painted on it or signage to provide guidance. This raises many questions: Should we walk/cycle to the left? Can cyclists ride two abreast? Who has the right-of-way if you are in a car and crossing a walk/cycle path? These and many more questions need answers.

Let's go back now to our original problem and how we conduct ourselves. Until we get some real guidance, it comes down to having a sense of social responsibility. Responsibility for ourselves, our children and our community. The incident detailed above really happened - to me. I started to make the turn but stopped as the cyclist shot across in front of my car glaring at me while the car following me on the road blasted the horn at me for stopping traffic. But no one got hurt. So when you use the cycle/walkway, be careful of yourself and those around you.

The National Transportation Authority has recently published a new version of the National Cycle

### Parkinson's Ireland.ie

### East Cork Support Group News

Glounthaune Community Centre

Meet with your local group in Glounthaune Community Centre (T45 K124)

On the First Wednesday of every month at 11.15am.

We spend our time together to share ideas, information and just 'be there for one another' whilst enjoying a cuppa.

The first group meeting took place in April of last year and consisted of a group of six. The group has grown steadily since then and at our recent 1 year anniversary we had twenty one in attendance.

If you or someone you know has been diagnosed with Parkinson's and would like more information about our group please contact Jackie on 087 204 7169



Local PD Group  
Celebrating 1 year meeting at  
Glounthaune Community Centre



For information please call  
Jackie 087 204 7169

We are stronger together against Parkinson's

## KATE CUDDY YOGA

Contributed by Kate Cuddy

# KATE CUDDY YOGA



### Yoga during the Menopause

Why is it that Yoga is always, in pretty much every resource, article and medical journal, recommended during Perimenopause and Menopause?

The most basic explanation is that Yoga is designed to calm and soothe the nervous system, declutter the mind, to move our bodies in a way that increases strength and flexibility 'pleasurably' - releasing endorphins and 'happy hormones' to boost our mood.

Perimenopause indicates a fluctuation of the female reproductive hormones. By the time you enter full Menopause (which is one year after your last period) our Oestrogen and Progesterone have bottomed out. The thing is that these hormones don't only relate to and function within our reproductive system and reproductive organs. They have an effect on so many other systems in the body - our brain function and mental health, our cardiovascular system, our bones, joints and muscles, and more. In fact there are oestrogen receptors all over the body, which explains why the list of possible symptoms is so long and varied.

One of the major effects of our oestrogen decline is the automatic rise of our cortisol levels - it's like a see-saw effect. Cortisol is a stress hormone - it gets us up in the morning, it helps us react to dangerous situations, but when there is no oestrogen to balance it out it increases our stress levels on a regular basis - so even people who wouldn't have been prone to stress before now may start to feel more stress, anxiety, fear, brain fog, body tension, weight gain, increases in cholesterol levels... This is where Yoga comes in.

There are two main functions as I see it.

- 1) To soothe and calm the nervous system. Yoga is all about building awareness - becoming more mindful. A typical class or practice starts with observing the breath, then synchronising movement with the breath, then taking time for relaxation.
- 2) While we are moving we are building strength in our muscles and bones to help combat the natural decline in our bone density and muscle tone. Traditionally in yoga we use our own body weight for resistance and strength building. Research is showing that using extra weights and resistance bands can help even more.

### Awareness. Acceptance. Adaptation. Advocacy

So my take home for you today, is to be Aware of the changes

Accept them - it doesn't have to be all bad. Try to have a positive mindset.

Adaptation - make the necessary lifestyle changes



**Advocate** for yourself - make sure your family understands menopause and can support you. Make sure your doctor 'gets it'! If not, ask around and find a doctor who is better informed. Be supported. Mind yourself.

I have two **Day Retreats** focusing on self-care during the stages of Menopause coming up this year. They take place in the lovely surroundings of Ballymaloe Grainstore on Sunday 23 June and Sunday 29 September both from 10am to 5pm.

If you think you could do with a longer Retreat to really unwind, relax and get away from it all, I have two **Weekend Retreats** coming up too. The first is from 24-26th May on Heir Island in West Cork, the second is from 18th to 20th October in the Glen of Aherlow in the foothills of the Galty Mountains. These are for everyone (not just the menopausal lady). You can find more information about all my retreats on my website at [katecuddy.yoga/yoga-retreats](http://katecuddy.yoga/yoga-retreats)

If you would like to incorporate Yoga into your daily routine, and this would be ideal, why not start with a weekly class? You can find my class schedule on my website at [katecuddy.yoga/classes](http://katecuddy.yoga/classes)



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BEAGÁNAÍN GAEILGE



The Importance of the "Fada":

Contributed by Michael Daly

Some claim that the "síneadh fada" in Irish, has little significance. From examples below, however, its importance is undeniable.

Focal	Brí	Focal	Bri
SEAN	OLD	SEÁN	A BOYS NAME
AIT	STRANGE	ÁIT	PLACE
FEAR	MAN	FÉAR	GRASS
CEAD	PERMISSION	CÉAD	A HUNDRED
BRISTE	BROKEN	BRÍSTE	TROUSERS
BAN	A FEMALE	BÁN	WHITE
LEAMH	WEAK	LÉAMH	READING
CISTE	REWARD	CÍSTE	CAKE
MALA	EYEBROW	MÁLA	BAG
CAS	TURN	CÁS	CASE

Condolence Messages as Gaelge

Contributed by Terry Fleming

As Gaelge	As Béala
Leaba i measc na naomh go raibh aige/aici. May he/she have a bed amongst the saints.	May he/she have a bed amongst the saints.
Suaimhneas síoraí dá (h)anam.	Rest in peace to his/her soul.
Níl sa bhás ach malairt bheatha.	Death is but a change of life.
Níl sa bhás ach an dorchadas roimh bhreacadh an lae.	Death is but the darkness before the dawn.
Braon de dhrúcht na bhFlaitheas agus deoch ó thobar na ngrást go raibh aige/aici.	May he/she have had a drop of the dew of Heaven and a drink from the fountain of grace.
Chomhbhrón ó chroí ar bhás ár gcarad dhílis.	Sincere condolences on the death of our dear friend.
A Íosa Críost a Rí na truamhéala, suaimhneas síoraí tabhair dó/di.	Jesus Christ King of the poor, grant him/her eternal peace.
Beannacht Dé lena (h)anam uasal.	God bless his/her noble soul.

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Web. [katecuddy.yoga](http://katecuddy.yoga)

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## JUST FOR FUN

Wordsearch: No 2

Climate Change Sustainability

L	O	R	E	C	Y	C	L	I	N	G	T	T	Y
L	A	R	T	U	E	N	N	O	B	R	A	C	T
C	T	M	E	H	R	T	O	E	S	O	W	T	I
O	R	E	R	T	E	E	I	S	H	S	A	E	S
N	E	L	G	N	N	M	T	T	T	O	R	C	R
S	S	T	R	O	E	P	A	E	D	E	M	O	E
E	T	I	E	I	W	E	T	W	N	C	I	L	V
R	O	N	E	T	A	R	S	A	D	O	N	O	I
V	R	G	N	A	B	A	E	R	R	S	G	G	D
A	A	T	H	G	L	T	R	D	O	Y	O	I	O
T	T	E	O	I	E	U	O	S	U	S	R	C	I
I	I	O	U	T	S	R	F	H	G	T	I	A	B
O	O	V	S	I	T	E	E	I	H	E	R	L	R
N	N	T	E	M	C	O	D	P	T	M	I	O	E

ECOLOGICAL  
CARBON NEUTRAL  
BIODIVERSITY  
STEWARDSHIP  
GREENHOUSE  
RECYCLING

RESTORATION  
CONSERVATION  
DEFORESTATION  
WARMING  
MELTING  
ECOSYSTEM

TEMPERATURE  
MITIGATION  
RENEWABLE  
DROUGHT

Sudoku Puzzle: No 2

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

2	0	5	8	3	
0	7	4	4	5	
1	8	3	9	1	
1	5	4	7	X	

The 1% Club!

Which number should replace X?

Solutions will be available on the  
Glounthaune Community Association Facebook in due course.



# 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 Ui Dhubhghail 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](http://www.leesideunited.ie)

## Church Groups

### Sacred Heart Church Glounthaune

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

[office@glounthauneparish.ie](mailto: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](mailto: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](mailto: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](mailto:thegcacork@gmail.com)**

**Website: [www.glounthaune.ie](http://www.glounthaune.ie)**

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