

Glounthaune COMMUNITY NEWS

July / Aug
2024



Glounthaune Village Garden

Courtesy of Tara Connolly

GLOUNTHAUNE COMMUNITY ASSOCIATION

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COMMUNITY CENTRE ACTIVITIES

Welcome to Glounthaune Community Centre
 Glounthaune Village, Co Cork. T45 K124
 Tel: 021 4510 470

www.glounthaune.ie
 E: thegcacork@gmail.com



Summer Schedule of Classes:

Monday

10.30 am Active Retirement Fitness Class. *Jill McNamara 086 8138807*
 7.00 pm Summer Yoga: Mixed levels with Kate Cuddy 086 8214002

Tuesday

9.30 am Summer Yoga: Mixed levels with Kate Cuddy 086 8214002 (outdoors)
 7.00 pm Summer Yoga: Mixed levels with Kate Cuddy 086 8214002 (outdoors/indoors)

Wednesday

11.00 am Mother & Baby Yoga with Kate Cuddy 086 8214002
 12.15 pm Cork Parkinson's Support Group Meet 1st Wed each Month: Jackie 087 204 7169
 03.30 pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2nd Week)
 06.00 pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291: 3rd July
 06.00 pm Group Guitar Classes: Alastair 089 9661321 alastairmsdouglas@gmail.com 4th July
 08.00 pm East Cork Community First Responders: 086 2393676

Friday

10.30am Active Retirement Fitness Class. Jill McNamara 086 813 8807

Saturday

10.00 am Tai Chi & Qigong with Anne Marie Maguire mail: taichi.qigong.haven@gmail.com
 20th July

Proverb

'Promise little and do much'

This simple yet profound saying serves as a reminder to be cautious with our words and to let our actions speak louder than our promises.

WELCOME

Hello to all our readers, and welcome to the July/August edition of the Glounthaune Community News!

We are always excited to welcome new contributors. Readers of all ages are encouraged to submit articles on any topics that might interest our newsletter audience. This is a fantastic opportunity for aspiring writers to showcase their talent. Please email your submissions to newsgca2024@gmail.com by Thursday, August 23rd.

Glounthaune Community News would not be there if not for the support of our contributors, our sponsors and those placing adverts. We hope you enjoy this month's edition!

Best regards,

Dan Leo, Editor

Glounthaune Community News

Thank You!

Recipe Corner

SUMMER RECIPE

AIR FRYER CHICKEN FAJITAS & HOMEMADE GUACAMOLE

CHICKEN FAJITAS

3 Skinless Chicken Breasts, sliced into strips.

1 Red pepper, 1 Yellow Pepper, seeds removed and sliced

1 Red chilli, seeds removed and sliced

1 tbsp vegetable oil

1 tsp garlic granules

1 tsp ground cumin

1 tbsp paprika

1 tsp Cajun seasoning

1 tsp ground coriander

Salt

4 Tortilla wraps, warmed

8 tsp sour cream

7oz Guacamole

METHOD

1. Add the peppers, chilli, spices and salt to oil & coat chicken
2. Air Fry at 200C for 15 minutes, shake the air fryer basket twice during this time.

GUACAMOLE

INGREDIENTS & METHOD

3 Ripe Avocados

2 Mild Chillies, finely chopped

2 Tomatoes, finely chopped, add salt

1 Onion, finely chopped

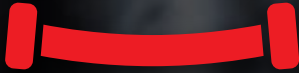
Half a lime, juice only

Bunch of coriander, chopped

Mash the avocado with a fork in a wide, flat shaped bowl. Mash until almost smooth, leave a few chunkier pieces for texture.

Crush the chillies, coriander, tomatoes, salt and onion to a fine paste. Add a little water and lime juice to make a looser mixture.





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Cllr. Sheila O'Callaghan



For advice or assistance on local issues please contact me.

☎ 086 1940762

f Cllr. Sheila O'Callaghan

✉ sheila.ocallaghan@cllr.corkcoco.ie

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Cllr. Anthony
BARRY

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Harper's Island News



Harper's Island Children's Activity Books

Contributed by Jim Wilson



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



The 18th June saw the launch of our Harper's Island Children's Activity Books on the reserve. The official launch was carried out by the Mayor of County Cork, Cllr. Frank O'Flynn, in the presence of pupils from Glounthaune National School, Gaelscoil Uí Drisceoil, reserve volunteers from BirdWatch Ireland, Glounthaune Men's Shed, Glounthaune Tidy Towns and others.

A presentation was made to Éadaoin and Ciarán Farrell, prize winners at the BT Young Scientists Exhibition earlier this year to mark their achievement with a project carried out here at Harper's Island Wetlands Nature Reserve.

Aimed at primary school ages children the three activity books are based on the nature reserve and its wildlife and are packed with fun educational activities suitable for a family or school group and



Harper's Island Wetlands Nature Reserve Activity Books and Wader Migration Game



printed in both Irish and English. One guide focuses on activities at home or in the classroom, one on activities and games to be played during a visit to the nature reserve and the third focuses on environmental education games. Two sets of the printed books will be presented to 12 schools in the vicinity of the reserve. These resources are available to download as

a pdf for printing by clicking on the QR Code.



We hope it will be a useful resource for teachers and parents and guardians. The books are loose bound so activity pages can be easily photocopied for class or family. If a class would like to visit the reserve and try out some of the activities in the books please contact us at:

info@harpersislandwetlands.ie





LIAM'S LIFTS



WANTED



Volunteer Drivers

Liam's Lifts and Glounthaune Community Association are delighted to bring this very important and invaluable community based transport service to people in our community attending hospital appointments who are unable to drive due to illness or infirmity (referral by GP/Hospital).

Can you Help?

We hope to provide this service very soon and we seek volunteer drivers to assist us. Full training & insurance costs will be covered. The time commitment for volunteer drivers is on average once every fortnight, either a full morning or afternoon.

Please contact:

If you would like to volunteer with Liam's Lifts please call Glounthaune Community Centre on 021 4510 470 or email: thegcacork@gmail.com

LEESIDE UNITED



Leeside United were delighted to provide club jerseys to all of the children residing at Ashbourne House, many of whom play with our club. Pictured inset are some of the residents with members of Leeside's club committee

Submitted by

Eoghan Linehan, Leeside Utd AFC,
Club Treasurer

Tech Corner



Electric Bikes

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. This article will describe why electric bikes have been gaining popularity as they allow cycling to be enjoyed by many more people. Electric bikes make leisure cycling and commuting more accessible by making it easier to cycle up hills, travel longer distances, and keep up with traffic.

INTRODUCTION

Electric bikes, also known as e-bikes, have been gaining popularity in Ireland in recent years as a more environmentally friendly and cost-effective mode of transportation. They are similar to traditional bicycles but are equipped with an electric motor that provides assistance to the rider. This assistance can make it easier to ride up hills, travel longer distances, and keep up with traffic. In Glounthaune we are fortunate to have some excellent cycleway infrastructure that is improving every year. E-bikes are gaining traction all over Europe and sales numbers have been rising steadily. E-bikes are not just some sort of trend, they are one of the most important elements of a new generation of mobility, with many innovative new features and bike form factors arriving on the market in recent years.

There are several different types of electric bikes available on the market in Ireland. One of the main distinctions is between pedal-assist and throttle-controlled e-bikes. Pedal-assist e-bikes provide power to the motor only when the rider is pedaling, while throttle-controlled e-bikes can be operated without pedaling at all. Within these two categories, there are also various subtypes such as city e-bikes, mountain e-bikes, folding e-bikes and road e-bikes. Each type is designed for specific use and terrain. The pedal assist concept increases the range, makes climbs easier and reduces fatigue. Cargo e-bikes are designed for transporting cargo - parcels and shipments, but also for transporting people. An e-trekking bike will even allow you to transport luggage or children's trailers with considerably less effort, up to a speed of 25 km/h per hour. For pedal assist bikes the electric drive is only active when the cyclist applies power to the pedal. The bike can, however, also be used without motor support. Many e-bikes will offer you a choice of different modes. You can choose to have the electric motor give you a nice boost, especially when you're riding up hills or you could just cruise along when you're riding on a flat terrain, while your own legs do most of the work. This way you can still get a nice exercise while you ride your bike, but unless you want to, you really don't have to break a sweat. To recharge your bike all you have to do is plug it into a normal home socket.

IMPORTANT CONSIDERATIONS - POWER, TORQUE, BATTERY CAPACITY, RANGE

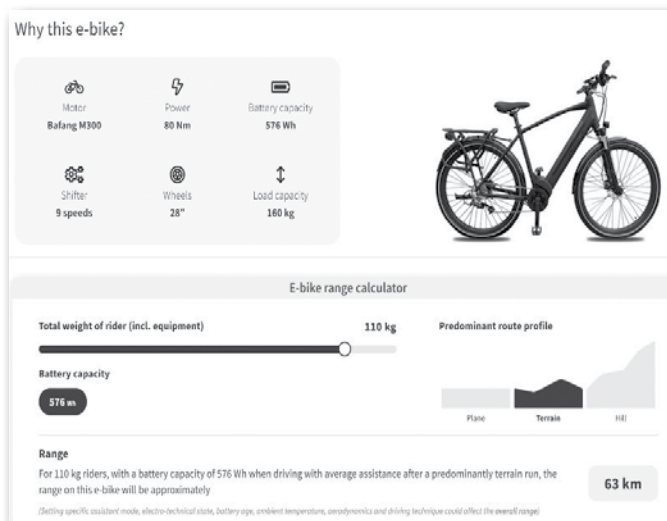
Another important aspect to consider when looking at electric bikes is the power output of the motor. This is typically measured in watts (W), and most e-bikes on the market in Ireland have motors that produce between 250W and 750W of power. The higher the power output, the more assistance the motor will provide to the rider. However, it's important to note that e-bikes with higher power outputs may also have higher battery consumption and shorter range.

Torque is another key factor when it comes to electric bike performance. Torque measures the rotational force that the motor produces, which affects how easily the bike can accelerate from a standstill and how well it can climb hills. E-bike motors typically produce between 20Nm and 100Nm of torque. As with power output, higher torque figures usually mean better performance, but may also result in lower range due to increased energy consumption.

The battery capacity is also crucial when considering buying an electric bike. Battery capacity is usually measured in ampere-hours (Ah) or watt-hours (Wh). The higher the battery capacity, the farther the bike can go on a single charge. Most electric bikes in Ireland come with batteries that have capacities ranging from 300Wh to 600Wh. Some high-end models even offer ranges over 1000Wh. It's worth noting that battery capacity alone doesn't determine the range of an e-bike, other factors like the rider's weight, terrain, and level of assistance used also play a role.

HOW TO CHOOSE A E-BIKE THAT'S SUITABLE FOR YOU

When shopping for an electric bike in Ireland, it's important to consider your specific needs and preferences. If you plan to use the bike mainly for short trips around town, a city e-bike with a lower power output and smaller battery might be sufficient. On the other hand, if you want to use the bike for longer commutes or more strenuous activities like off-road riding, a model with higher power output, more torque and larger battery would be more suitable.



It's also essential to test ride different models before making a purchase. In East Cork we have several excellent local bike shops, so take advantage of the opportunity to have a test ride to get a feel for how the bike handles and whether it meets your needs. The "Bike to Work" scheme is also available to help to pay for your bike in a tax efficient way by allowing up to €1500 of the

cost of the bike to be offset against tax and many employers allow monthly payroll deductions to spread the cost over a 12 month or longer period. For further information on electric bikes including regulations and classification, you can visit the website of the Road Safety Authority <https://www.rsa.ie/road-safety/road-users/special-purpose-vehicles/powered-personal-transportation>

Another option to try before you buy could be to rent an e-bike while on holiday - at many popular holiday destinations in Ireland and abroad you can hire an e-bike and other necessary equipment like a helmet and a lock for a few hours or for a whole day or more and join the e-bike movement on the greenways and cycle trails that are becoming more popular and accessible for all.

To help decide what e-bike is suitable for you there are very many useful and informative websites that provide more details, estimate range and other factors to enable you to make a decision. In the example output below one can learn about some of the key features such as motor type, wheel size and battery capacity for a particular model of e-bike and use the calculator to estimate the range for specified user and route parameters.

In conclusion, electric bikes offer a convenient, eco-friendly, and cost-effective mode of transportation in Ireland. With various types and models available on the market, it's crucial to understand the relationship between power, torque, and battery capacity when choosing the right e-bike for your needs. By considering factors like terrain, distance, and personal preference, you can find an electric bike that suits your lifestyle and helps you enjoy cycling.

FEEDBACK?

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.



**Fiona Twomey
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FRAZZLED MAMMY ART CHILDREN'S AFTER SCHOOL ART EXHIBITIONS

Contributed by Maeve O'Keefe

It's been a busy time as my spring term of After School Art Classes concluded, and exhibitions of the children's artwork from courses in Glounthaune, Glanmire and Midleton were to be organised. The end-of-year art exhibition is a lovely opportunity to showcase the children's work. We covered landscape, still life, figurative drawings including cartoon characters, and a Christmas comic.

I like to talk about the work of famous artists during my classes. One of the lessons we did was a version of surrealist painter Salvador Dali's melting clocks inspired by his famous painting 'The Persistence of Memory'. A sculpture of one of his famous melting clocks was recently on display in Castlemartyr Hotel with, I believe, a cool 1.1 million price tag! This free exhibition was a great opportunity to see the work of world famous artists like Dali, Warhol and Hirst. Meanwhile, artwork from my Tuesday Midleton classes was incorporated into the Midleton May Arts Festival launched on May 24th in My Place Hall, and here are some photos of the wonderful work that was on display in SNCN, Glounthaune NS.



I will soon update my website with dates of my autumn course of After School Art Classes in Glounthaune, Midleton and Glanmire, and I plan to hold a course of art classes for adults again in Glounthaune Community Centre in September 2024.

If you're interested, follow me on Facebook at www.facebook.com/frazzledmammy, visit my website at www.frazzledmammy.com/art-classes or contact me at 087 6684021 for more information.



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CITIZENS INFORMATION



KNOW YOUR RIGHTS: THE EUROPEAN HEALTH INSURANCE CARD

If you are planning to visit another EU country this year, you should apply for your European Health Insurance Card in case you need to access medical care while abroad.

What is the European Health Insurance Card?

The European Health Insurance Card (EHIC) allows you to access public healthcare in another EU/EEA state for free or at a reduced rate. You can use it when you are travelling abroad or when you are staying temporarily in another EU State. Each family member needs their own card. It does not cover private healthcare and does not replace travel insurance.

Can I get a European Health Insurance Card?

You can only apply for a European Health Insurance Card if you live in Ireland or if you live in another European Union (EU), European Economic Area (EEA) member state, or Switzerland.

If you live in Ireland but you are linked to another EU/EEA State's Social Security System, contact the health authorities in that country for more information.

If you live in Northern Ireland but are employed in Ireland, you can get an Irish-issued EHIC.

Where can I use it?

You can use your European Health Insurance Card in any European Union or European

Economic Area (EEA) country and in Switzerland. Currently, the EEA comprises of the 27 member states of the European Union together with Iceland, Norway, and Liechtenstein.

As Andorra and Monaco are not part of the EU or EEA, your EHIC is not accepted there. You should get private health insurance instead.

Can I use it in the UK?

If you are an Irish citizen, you have access to healthcare under the Common Travel Area while visiting the UK. However, other EU citizens should continue to use the EHIC, which is still accepted in the UK.

How much does a European Health Insurance Card cost?

There is no fee for the European Health Insurance Card or a Temporary Replacement Certificate. Renewing a European Health Insurance Card is also free.

What if I don't have my EHIC before I travel?

If you don't have your European Health Insurance Card for any reason, you can get a Temporary Replacement Certificate. This Certificate gives you the same entitlement as the Card, but for a shorter period.

You can apply online for this Certificate, in-person or by post to your Local Health Office. You can only receive a Temporary Replacement Certificate for yourself.

What does it cover?

- Free or reduced cost public healthcare in any of the EU and EEA countries.
- A temporary stay of up to 3 months.
- Pre-existing medical conditions.
- Routine maternity care – if you're not going there to give birth.
- If you're a student studying abroad, you'll be covered for up to an academic year.

What it does not cover

- Private healthcare.
- The cost to fly you back to Ireland.
- Ongoing or permanent healthcare.
- Medical expenses if your reason for going abroad is to have treatment.

Will I have to pay anything for healthcare with my EHIC?

In some EU member states, you may have to make some payment towards the cost of the services you receive, just as people in that state do. You will not receive a re-fund for this or for private healthcare.

How can I get a refund from the HSE if I paid for healthcare while abroad?

You may be able to get a refund if you had to pay because you did not have your EHIC card with you or because the healthcare providers charged you by mistake.

Apply for a refund by email. Send your receipts to E126.Refunds@hse.ie. Or email them to overseas.medservices@hse.ie if you live in Dublin, Wicklow or Kildare.

The HSE will send an E126 form to the health authorities in the other state to find out:

- If you used a public health service
- How much of a refund is due

When the HSE receive the completed E126 form from the other state, the HSE can see if

a refund is due or not. Further information is available on the HSE website.

How do I apply?

You complete an application form and send the completed form to your Local Health Office. You can download the form or pick one up from your local Citizens Information Centre. If you have a medical card or drug payment scheme card you can apply on-line.

If you already had an EHIC but it has expired, you can renew it online if you have your old EHIC number and your PPS number, provided that your address has not changed.

Citizens Information Phone Service (CIPS) is a nationwide service that can be reached on 0818 07 4000, Monday to Friday, 9am to 8pm.

Citizens Information Centres (CICs) provide free, impartial information, advice and advocacy from centres nationwide.

**Your local Citizens Information Centre:
Cobh CIC, 8 Pearse Square,
Cobh, P24 A526
Phone: 0818 07 7960**

Nature Corner



Bee Orchid



Common Blue Butterfly

Images courtesy of Jim Wilson

UPSTART FESTIVAL

Saturday, September 14th,
2024

Contributed by Jesper Pedersen



Glounthaune Music Festival is Back and Better than Ever!

This year's event will take place on Saturday 14th of September and tickets are now on sale via Eventbrite. Grab your ticket as soon as possible to get the special Early Bird offer!

The organising team are thrilled to have secured one of Ireland's most talked about young bands, **Cardinals**, who hail from Kinsale, to headline the one day music festival.

"The next great guitar band to emerge from Ireland" - Rolling Stone UK.

'Are Cork act Cardinals the best new band in Ireland?' asked RTE Journalist Alan Corr in a recent feature on the website.

Joining them this year are all female 5-piece Cork rock outfit *I Dreamed I Dream* who played the National Concert Hall in Dublin in February.

The Men from Manhole are three fifths of the 90's weirdo (legendary!) Cork band Manhole, who tell us they have "partially reformed to reassemble the fragments of their old repertoire from memory." There is huge buzz growing from Cork to Dublin and the UK, in anticipation of this performance!

Rounding out the list are three bands that deserve your attention, Single Men in Their Twenties, Galway band Telebox and popular 'shoegaze' band MOSSY.

BE A FESTIVAL SUPPORTER

As a huge community project we rely on YOU to get this event across the line. You can help by

1. Buy a ticket early to support the event
2. Make a donation towards our rising production cost, either as an individual or a company
3. Tell everyone! Like and share on our social media, your WhatsApp groups etc. Take some flyers to work or put up a poster/ digital notice at your workplace.

URGENT CALL FOR FESTIVAL SPONSORSHIP

We have launched a 'crowdfunder' to help us bring the best festival we can to Glounthaune. With rising production costs we urgently need commercial sponsors and partners to come on board and back this initiative. You will find all the details on: www.idonate.ie/crowdfunder/UpstartMusicFestival

The hard working team are busy creating what is becoming the most important contemporary music event in East Cork annually and we need all the support we can get. to make this better than ever. Contact the team at upstartfestival@gmail.com.

Find all the details and music links on www.upstartfestival.ie or by clicking on the QR Code provided.

Buy your tickets early to avail of the Early Bird offer.



“IT’S NOT YOUR DOG’S FAULT”

Contributed by Dan Leo

Owning a dog is a big commitment. If you own a dog, the dog is your responsibility. You must have a dog licence and get your dog microchipped.

Your dog must be under your control, or the control of another responsible person if it is outside your home or premises. This means that you should make sure your dog is not a nuisance to others and you must follow the rules about where dogs are welcome. It is also recommended that you keep your dog on a lead in public places.

Dog fouling:



Dog fouling is not just an inconvenience; it's a public health issue. The waste can carry diseases and parasites that are harmful to humans. Always carry poop bags to clean up after your dog.

If your dog poos in a public place, you, or the person in charge of the dog, must remove the poo and dispose of it in a proper and clean way. Otherwise, it is an offence.

If your dog poos in a public place and you don't pick it up, you can get a €150 on-the-spot fine.

Above image was taken in Craig's Field near the Children's Playground.

Remember: **It is not your dog's fault!**

Aggressive Behaviour:



If your dog attacks a person or another animal, you can be held liable for damages and there may be legal consequences for both dog & owner.

Socialise your dog & use reinforcement to reward quiet behaviour. Commands like “quiet” or “stop” can be helpful.

You can get an on-the-spot €300 fine if your dog is not under proper control. This fine can go up to €2,500 or 3 month's imprisonment if issue goes to the District Court.

Remember: **It is not your dog's fault!**

No Dogs Allowed:



Some places, such as children's playgrounds, sports grounds, and some beaches, might have "No Dogs Allowed" signs. It's important to respect these restrictions.

Remember: **It is not your dog's fault!**

Penalties:

1. Fines: There are fines for non-compliance with dog control laws. These fines can vary depending on the offense.
2. Legal Action: In severe cases of non-compliance, legal action can be taken, including court appearances and possible restrictions on dog ownership.

Don't Forget: **It is not your dog's fault!**

MOBILE LIBRARY SERVICE CORK COUNTY COUNCIL

Contributed by Dan Leo

Bringing more than books to you!

Serving Rural Communities across 7500 km² of County Cork.

Cork County Library's service is delivered through a network of 25 branches and 4 mobile libraries, located across the county. User-friendly, it is there to inform, entertain and educate.

The library service provides the community with a comprehensive range of material for information, study and recreation, as well as access to a growing number of online resources.

Library membership is free and open to all.

The mobile libraries deliver a library service to rural communities that do not have access to our branch library service.

Mobile South: Time Table -

Glounthaune	3.00 pm - 3.20 pm Thurs
Little Is. NS	10.40 am - 11.10 am Wed

Every second week
alternative week to
Glounthaune Area

The mobile libraries carry a wide range of adult and children's books, along with audio books, Internet access and a free request service for books not in stock. The mobile library service has been an integral part of Cork County Council's response to the reading and information needs of the public since the early 1960s.

Despite an expanded branch network, the mobile library service still plays a key role in delivering a library service to isolated communities, those with limited access to transport, people with disabilities and young people. The mobile library brings the local authority service to the heart of the rural community.

It appears that only a few people regularly avail themselves of this service.

If the people of Glounthaune don't make use of this valuable service, it may be lost to the community. This would be a pity!

Mobile South: Email: mobilelibrary.south@corkcoco.ie **Tel:** (085) 8518967

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Glounthaune Community Association



Please join us for
our AGM
on Monday,
1st July 2024 @
7pm



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ALL WELCOME



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GLOUNTHAUNE'S COMMUTER RAIL SERVICE

Contributed by Dan Leo

Exciting Developments in Glounthaune's Commuter Rail Service

Glounthaune residents can look forward to significant improvements in their commuter rail service, thanks to the upcoming projects set to enhance connectivity and reliability. Here's what you need to know about the changes coming our way:

Twin-Tracking Project

The existing single track between Glounthaune and Midleton will be upgraded to a twin track. This major development will allow for trains to run every 10 minutes, a significant increase from the current 30-minute intervals. This project includes:

- **Installation of a second track** along the entire 10 km stretch.
- **New sidings and turn-back facilities** at Midleton.
- **Modifications to bridges and level crossings** to accommodate the new track.
- **Signalling upgrades** to ensure efficient train operations.



Enhancing the Network

In addition to the twin-tracking project, the broader Cork Area Commuter Rail (CACR) programme includes:

- **New through platform at Kent Station:** Started in 2023, this platform will support the increased service frequencies.
- **Signalling and Communications Upgrades:** With a €180 million investment, this upgrade is crucial for facilitating the enhanced service intervals and improving network reliability

Impact and Benefits

Once completed, these projects will:

- **Triple the service frequency**, reducing wait times significantly.
- **Increase capacity**, making commuting more comfortable.
- **Improve reliability**, ensuring more consistent service schedules.

These upgrades are part of the National Transport Authority's Cork Metropolitan Area Transport Strategy (CMATS) 2040 and are funded under Project Ireland 2040 and the EU's Recovery and Resilience Facility.

Funded by the National Transport Authority under Project Ireland 2040, Iarnród Éireann has awarded a contract to TYP SA and Roughan & O'Donovan appointing them as multi-disciplinary consultants for the design, planning and construction of this phase of Cork commuter rail network investment **Work is expected to be completed by the end of 2026.**

Hardwood Firewood for wood burning stoves

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HANKOOK

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**GLOUNTHAUNE
TYRE
CENTRE**

JUST FOR FUN

Wordsearch: No 3

Months of the Year / as Gaeilge

d p i s m u m v y n c r n w q
 v e ú o h r a i b r e á n y t
 q s i l p h z s y h p y k f a
 s a l r n r m e i t h e a m h
 d m n h e o m m n k h t t m s
 v h q d b a l á l j r v a e g
 l a z a n b d l r j u z e á g
 ú i o o i i u h a t p r a n t
 n n d w e u u u f i a r n f i
 a m j q g w b g s ó g f á ó k
 s v v k x p b t j q m g i m i
 a b e a l t a i n e p h r h p
 q d y g m u g v p e m b a a d
 y f j s f e a b h r a f q i k
 v e s c y x x k r k o s y r r

An tEarrach / Spring	Feabhra	Márta	Aibreán
An Samhradh / Summer	Bealtaine	Meitheamh	Iúil
An Fómhar / Autumn	Lúnasa	Meán Fómhair	Deireadh Fómhair
An Geimhreadh / Winter	Samhain	Nollaig	Eanáir

Sudoku Puzzle: No 3

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

The 1% Glounthaune Club!

3	2	1	0		
1	9	2	0		
0	8	1	?		
7	5	2	7		

Which number should replace the question mark to form accurate equations, knowing that three numbers are shown per row (i.e. two of the numbers form a two-digit number)?

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 Seán O'Breasail
087 242 9691 GCC

Gramophone Circle

Valerie 086 384 1974

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 email: cork@lgfa.ie

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

Jackie 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

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