

Glounthaune COMMUNITY NEWS

Sept / Oct
2024



Courtesy of Tara Connolly

Gairdín Oidhreachta larnróid

GLOUNTHAUNE COMMUNITY ASSOCIATION

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COMMUNITY CENTRE ACTIVITIES



AUTUMN CLASS SCHEDULE

Welcome to Glounthaune Community Centre's new Autumn classes. We are excited to welcome the return of our teachers and community users after the summer break. We have an array of classes to choose from, check out what's on offer below! For enquiries please contact the GCA office at: Email: thegcacork@gmail.com or Tel 021 4510 470

Monday

10.30am Active Retirement Fitness Class. Jill McNamara 086 8138807
10.30am Buzzi Bounce Box: Children's Movement Class - buzzi@bouncebox.ie
2.00pm Parkinson's Group: Tai Chi Exercise Class: Jackie 087 204 7169
4.00pm Irish Dancing with Suzanne O'Neill 086 026 6110
6.30pm Feeling Crafty Sewing Class: Joanna O'Dowd 086 856 3291
6.30pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002
8.00pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002



Tuesday

9.30am Improvers (Level 2) Yoga, with Kate Cuddy 086 8214002
4.00pm Group Guitar Class (Children): Alastair 089 966 1321
6.00pm Chess Club for Children: Brendan O'Donovan 087 652 1824
6.30pm Teen Yoga, with Kate Cuddy 086 8214002
7.00pm Bridge Club. New members welcome. Contact Séan 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
11.00am 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)
4.00pm Irish Dancing with Jacintha O'Sullivan 083 162 2570
6.30pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291
7.00pm Zumba Class. Contact Karine 087 784 0329
7.00pm Watercolour Art Class: Sarah Rohu 086 0619044

Thursday

10.00am Tai Chi & Qigong with Anne Marie Maguire Email: 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
7.30pm Exercise class with Conrad: 087 4199231

Friday

9.45am 'Language Rockets' for 0-3 age group 1 - languagerockets@gmail.com
11.00am 'Language Rockets' for 0-3 age group 2 - languagerockets@gmail.com
10.30am Active Retirement Fitness Class. Jill McNamara 086 813 8807
12.00pm Free Little Library for Children: 1st Friday (each month): 12 - 3pm 021 4510 470
3.00pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938
6.00pm Group Guitar Class (Adults) Alastair 089 966 1321

Saturday

10.00am CADA Performing Arts for Children. 021 486 6389
10.00am Maeve O'Keeffe Adult Art Class: 087 668 4021

Mon/Wed/Sat Meals on Wheels. Volunteers needed. Pauline Walsh 087 287 0409

George Eliot Quote: Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.

WELCOME!

Welcome!

Hello to all our readers, and a warm welcome to this edition of the Glounthaune Community News!

The editorial team is delighted to invite you to contribute to our bi-monthly newsletter! We're on the lookout for updates on local events, personal stories, community milestones, and even your thoughts on cinema and theatre. Historical articles, favourite recipes, photos, poems, book reviews and gardening tips are all welcome too! Let's celebrate the vibrant spirit of Glounthaune together. Your input and feedback are essential to making this newsletter a true reflection of our community!

Submission Details:

- **Topic:** Anything that will engage our readers!
- **Who Can Submit:** Writers of all ages are welcome.
- **Deadline:** The submission deadline for the Nov/Dec issue is 18th October.
- **Email:** Send your submissions to newsrgca2024@gmail.com.

Your Voice, Your Stories: This is your chance to get published in the Glounthaune Community News! We can't wait to see what you create.

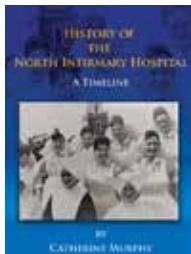
Interested in advertising? Contact our office at 021-4510470 or consider sponsoring a future issue!

A heartfelt thank you to all our contributors, advertisers and sponsors.

Dan Leo, Editor
Glounthaune Community News
newsrgca2024@gmail.com

THE HISTORY OF THE NORTH INFIRMARY HOSPITAL - A TIME LINE

Contributed by Catherine Murphy (Author)



This book takes the reader on a journey through time in the life of the North Infirmary Hospital.

It was the first general hospital opened in Cork. It opened in 1744 with just 14 beds. Lack of finance had delayed its opening from 1721 when the foundation was laid. Thankfully a musical society came to its aid and donated funds to the hospital.

It was thanks to the arrival of the French Sisters of Charity in 1867 that the Institution survived. Indeed this Hospital survived through many disasters and political upheavals in the country. In 1832 amid a horrific cholera outbreak it was taken over and used as a cholera hospital. Famine victims were treated, two and three to a bed, while others crowded outside unable to gain admission. Throughout two world wars, the war of independence and the civil war, patients were treated often covertly, regardless of colour, race, creed or political allegiance.

This Hospital closed on November 27th 1987 amid strong protest from the general public, having served the people of Cork city, especially those living on the north side, with dedication and commitment to the poor and the needy.

Its legacy and that of the people who served there must never be forgotten.





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Harper's Island News



Migration of Birds

Contributed by Jim Wilson



The onset of Autumn sees the end to the quietest time of the year out on the wetlands Harper's Island Wetlands Nature Reserve. Birds that have bred in places as far afield as Siberia, Scandinavia and Iceland have been returning to Cork Harbour and the reserve. The first to return are usually those who were unsuccessful at breeding, followed by those who were successful and finally their offspring born during the summer.

As well as being an internationally important site for wetland birds the reserve allows us to study the movements and migration of the birds using the reserve, helping us to understand its importance for their birds and monitor any changes in the health of their populations.

One way we can gather information on the movement and migration of the birds on the reserve is by looking for birds with metal rings and engraved colour rings on the birds. These rings are put on the birds by very experienced bird ringers, under strict license from their national governments, including here in Ireland. These rings can only be used if they cause not harm to the birds or affect their behaviour. To this end they are very light and placed where they will not interfere with the bird.

Colour ringed Mediterranean Gull, Harper's, 5th July 20

Photo: Mark Shorten



We had a very nice example of the information we can gather from the use of these rings in July when reserve regular Mark Shorten spotted a Mediterranean Gull with a colour ring on its leg. He was lucky enough to be able to read the engraved 'number plate' on the ring and get a photo of it. Just like cars, no two birds will have the same 'number plate'. This allows us track the individual without catching it again and is away cheaper than putting satellite tracking devices on them.

This gull was ringed near Hamburg in Germany in May 2021 and as you can see from the map it has taken a liking to Harper's Island and Cork Harbour and has moved about in northern France as well.

The Mediterranean Gull is a species whose range has been expanding west and north in recent decades from its stronghold in the Black Sea and southeastern Europe.

Harper's Island Nature Reserve is a fantastic natural amenity for the people of Glounthaune and beyond. Why not buy yourself a pair of binoculars and spend some quiet time in one of our viewing hides watching the comings and goings of these amazing birds.

GLOUNTHAUNE INDOOR BOWLS CLUB

Contributed by Joe Kirby



CORK COUNTY DIV ONE LEAGUE WINNERS

Glounthaune Indoor Bowls Club was founded in 1998 and has grown over the years. In recent times the club has achieved lots of success winning the Cork div1, div2, div3, and div4 league titles.

Other successes include winning the Cork Singles Cup, Cork Pairs Cup, Cork Triples Cup, Cork Fours Cup, Cork Over 55s Cup, Over 70s Cup, Crosshaven Singles Cup, Westgate over 60s Cup.

The club is based in Erin's Own GAA Hall and club nights are Monday and Thursday from 8-10 pm. We are open for new members and free trial nights are available for anyone interested commencing Monday the 2nd of September. The club also participates in bowls (hotel) breaks at various locations around the country.

Further information is available from the following, Marian Canning 087 9006471, Joe Kirby 087 9795005

Recipe Corner

Spicy Carrot & Lentil Soup

Ingredients:

140g split red lentils
600g carrots (coarsely grated/no peeling)
2 tsp cumin seeds
Pinch chilli flakes
2 tbsp olive oil
1 litre vegetable stock (hot)
125ml milk & plain yogurt



A warm bowl of soup is a classic comfort food, especially when the weather turns chilly.

Method:

1. Heat a large saucepan (no oil required) and add 2 tsp cumin seeds, pinch of chilli flakes and toast for 1 min.
2. Divide the toasted seeds/flakes and set one half aside. Add 2 tbsp olive oil, 600g coarsely grated carrots and 140g split red lentils to the remaining toasted seeds/flakes. Add 1 litre hot vegetable stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 mins until the lentils are softened and enlarged.
4. Blitz the soup in a food processor until smooth or leave chunky if you prefer. Season to taste and add a dollop of plain yogurt and a sprinkling of the halved toasted seeds/flakes you set aside.

Lentils, are the oldest crop ever known to human kind. There are traces of this crop in India, Egypt, Greece and Italy that date back 13'000 years BC! They belong to the legume family and are very rich in proteins.

FREE LITTLE LIBRARY



Our first Free Little Library event was held in Glounthaune Community Centre on the 19th July 2024 from 12 - 3pm. On the day we welcomed each child and parent to the centre. We had soft gentle music playing in the background while children and parents chose a book and picked out a comfy spot to read! It was a joy to watch the anticipation of the reader and the delight in the stories being told. Free Little Library request that each child bring a book to donate and chose a book to take home.



**Free Little Library Event:
1st Friday of every month 12 - 3pm**

Tech Corner



ELECTRIC BIKES - KEY POINTS FOR CHOOSING AN E-BIKE

Contributed by Liam Wall

Following the article¹ on e-bikes in the July-August 2024 Glounthaune Community Newsletter, several people asked if we had a short checklist with key points for choosing an e-bike that's suitable for them, and so this edition of the Tech Corner includes a list of 5 key points that will help you to join the e-bike revolution!

E-Bike Buying: Essential Considerations

- Intended Use** First, determine what you'll primarily use your e-bike for. Are you commuting to work, exploring off-road trails, or simply cruising around town? Different e-bikes are designed for specific purposes, such as city and hybrid bikes for urban commuting or greenway /cycle path use, mountain e-bikes for off-road adventures, and folding e-bikes for easy storage and portability.
- Motor Power and Battery Life** Given Ireland's varied terrain, motor power is a crucial consideration. A mid-drive motor is often preferred for its efficiency on steep climbs, and a power rating of 250W is typical to ensure compliance with Irish regulations. Additionally, assess the battery life based on your travel needs. A battery range of 50-100 KM should suffice for most daily commutes or weekend spins. Check charging times and consider how often you'll need to recharge, especially if you're planning longer journeys through remote areas.
- Weather Resistance** It's essential to choose an e-bike with good weather resistance. Look for features like waterproof seals on the battery and motor, corrosion-resistant materials, and sturdy mudguards to protect against road spray. High-quality disc brakes are also important for reliable stopping power in wet conditions.
- Legal Compliance** In Ireland, e-bikes are regulated by specific laws. Ensure the e-bike you're considering adheres to these regulations, particularly regarding motor power (maximum 250W) and speed (maximum 25 km/h). E-bikes meeting these criteria are classified as bicycles, meaning you won't need insurance, tax, or a driving licence.
- Test Rides, Price and Warranty** Finally, consider your budget and the long-term value of your investment. E-bikes vary widely in price, depending on features and brand. While it's tempting to opt for the cheapest option, remember that quality often correlates with price, especially regarding battery life and durability. 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 may also be 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. Many employers allow monthly payroll deductions to spread the cost over a 12 month or longer period.

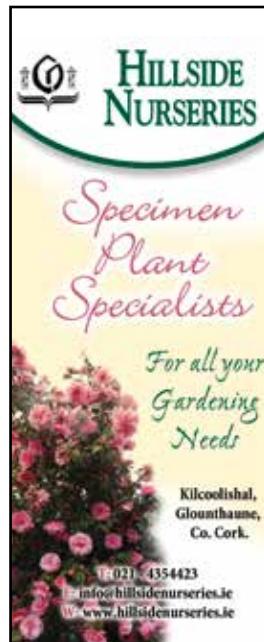
Conclusion Buying an e-bike in Ireland involves more than just picking the model that looks the best. By considering the terrain, motor power, weather resistance, legal requirements, and price, you can ensure you choose an e-bike that meets your needs and offers reliable performance.

¹ Available to read at <https://glounthaune.ie/news/> or by emailing thegcacork@gmail.com, putting "Tech Corner" in the subject line.

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Tales from the school around the corner.....

Name: Jackie O'Reilly
(nee O'Mahony)

Year: 1970's

Living in the village and attending school came with its advantages and disadvantages! One day my mum 'Lil' saw me outside the prefab classroom and knew I had misbehaved. She walked past me and gave me the 'Wait till you get home' stare! You never got away with anything!



Would you like to share your memories of Glounthaune National School? Please send them to our Newsletter @ [news\(gca2024@gmail.com](mailto:news(gca2024@gmail.com)

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Saturday Classes:

Glounthaune Community Centre

Musical Theatre 4 - 7 yrs 10 - 11am

Musical Theatre 8 - 10 yrs 11 - 12pm

Musical Theatre 11 - 12 yrs 12 - 1pm





FRAZZLED MAMMY ART

CHILDREN'S & ADULT ART CLASSES IN GLOUNTHAUNE



Contributed by Maeve O'Keeffe

It's that time of year when children are back at school and parents are busy organising after-school activities. For those interested in art, I will be teaching after-school art for the primary school age group in Glanmire, Glounthaune and Midleton. My Glounthaune NS children's art classes, for example, begin on Monday Sep 23rd and Wednesday Sep 25th where I teach the Junior and Senior Infants age group at 1.40pm, followed later by the 1st-6th class age group at 2.55pm. During a thirteen-week term, I do drawing and painting, incorporating landscape, still life and cartoon. Course content is always new for each term.



And what about the adults? Last April I ran an art course for adults where we did some still life and landscape drawings and paintings.

This September I will run a similar course on Saturday mornings for 3 weeks starting Sept 28th, 10.00-12.00pm in Glounthaune Community Centre. The course will cover Still Life, Landscape, Light & Shade and Perspective. I will provide basic art supplies but I recommend that you bring your own materials – paints, sketchbook or canvas if your preference is to use acrylic, watercolour, etc. Looking forward to starting the autumn with lots of colourful artwork and creativity!



If you would like more information or to book a place in one of my classes please visit my website at frazzledmammy.com/art-classes. You can also follow me on Facebook at facebook.com/frazzledmammy, or contact me at 087 6684021.



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GLOUNTHAUNE'S DRINKING WATER

Contributed by Brian Cluer

"Water, water, everywhere nor any drop to drink"

Samuel Taylor Coleridge, *The Rime of the Ancient Mariner*

Today, most of us take for granted that when we turn on the tap, we get a good flow of safe-to-drink water delivered to our homes and businesses.

But if you lived in Glounthaune 75 years ago, you lived without piped water. Local historians like Patrick Twomey have written much on the subject. Of course, there were not many homes in Glounthaune then, but those that did exist had to find ways of ensuring their water supplies.

One way was to put a tank on the roof of your dwelling and collect rainwater. Or, if you had enough money, you could have a well drilled. In some areas, communal wells were drilled, and you had to walk to the well with your bucket, pump your water, and carry it home. One communal well was close to the present Fitzpatrick's shop, and another was at the Dry Bridge.

If you want to get a flavour of what it was like in those days, there is a wonderful online site that Gerry Ryng and his friends originated. Glounthaune Days. Growing up in the Cork countryside 1950s and 1960s. On the subject of water, they wrote as follows:

"We collected quite a lot of water from the chutes and downpipes of the house and had a couple of barrels on the go all the time.

The pump was a hundred yards or so over the road at the cross where the elderly Mrs. O'Keeffe lived. All the drinking water had to be pumped up and drawn from there. Sometimes the pump gave trouble. Then we simply shoved the manhole cover aside and attached a rope to the bucket and hauled it up from the deep well, no one, adult or child, giving thought to the danger.

Someone did think of it eventually and the manhole was bolted and locked in place. Then, we were in trouble when the pump failed to function. The nearest fresh water was

a spring in or adjacent to McSweeney's acre down in Carberytown, about a mile away from the house.

That wasn't too bad in summer, but I remember having to make the trek on a bitter winter's day. I got my water and started the long journey with a two gallon bucket in each hand. [15.1 litre total] The weather was freezing and my hands were going numb. I stopped by Geasly's house to rub them together and then noticed that the wire handle of one bucket - the protective wooden cylinder around it had long been broken and discarded - had dug deep into the flesh. Still, after a short break, I carried on and got the water home.

Today, we seem to be water illiterate. We take our water supplies for granted and use 133 litres of water per person per day. While water covers 72% of the earth's surface, less than 1% of that water is usable by humans. The water comes from a mix of sources - 80% is from rivers and streams. The diagram on the next page shows the process before it is piped to our dwellings.

What do we use it for?

- 30% becomes tap water
- 28% is used for showers or a bath
- 26% is used in our toilets
- 12% is used in washing machines or dishwashers
- 4% is used externally for watering gardens or washing cars

What can we do to reduce our usage?

Shower rather than bath and reduce the time spent on these activities.

Stop using a hose to water plants and flowers. Use a watering can.

Get a water butt for the garden.

Use a bucket of water and a sponge to clean the car.

Don't leave taps running.

Wait until you have a full load before using the washing or dishwashing machine.



To find out more about how we make raw water drinkable, visit www.water.ie or @IrishWater



Well Done!

Congratulations to all Glounthaune students on receiving their Leaving Cert results, and wishing you all the best in your future endeavours!

Best of luck to all Primary and Secondary students, as well as their teachers, as they embark on a new academic year.

Bridge Lessons Glanmire: (CBAI Accredited Teacher)

Beginners: 10 Weeks - Commencing Mon 23rd Sept 7-9 pm
Venue: Parish Centre Glanmire.

Intermediate / Improvers: 10 Weeks - Commencing Wed 25th Sept 2.30-4.30 pm
Venue: Community Room, Supervalu, Glanmire.

CONTACT: **085 853 7060** for further details.



LEGAL ISSUES

Submitted by Teresa O'Sullivan

DECISION SUPPORT SERVICES

In April 2023 the Decision Support Services (DSS) was created to provide support with decision making to individuals who have various levels of difficulty in this regard. Decision support arrangements include:

1. **Decision-Making Assistant Agreement**
2. **Co-Decision-Making Agreement**
3. **Decision Making Representation Order**

Also the DSS is the only access we have currently in providing for advanced planning arrangements such as Enduring Power of Attorney and advanced Healthcare Directives however, this article will deal only with the decision support arrangements and give a brief overview as follows:

1. **Decision-Making Assistance Agreement** - this agreement allows a person to appoint someone that they know and trust as a Decision Making Assistant. This allows a person who has difficulty making certain decisions on their own without help to appoint someone they trust under a Decision Making Assistance Agreement. The agreement must be in writing and include details of the decisions that the decision making assistant will help you with. Both parties must confirm that they understand and the agreement also needs to be witnessed by an approved person. It can be limited in duration and the maximum period it can last for is 3 years. In order to have legal effect this agreement must be notified to the DSS. In the event that you need to find out if someone else has a Decision Making Assistance Agreement you can ask them to see a certified copy of their agreement. This is issued once the DSS has reviewed the Decision Making Assistance Agreement and ensures that it meets the legal requirements. Complaints about the Decision Making Assistant can be made to the DSS.

2. **Co-Decision-Making Agreement** - a person who is unable to make certain decisions on their own can make a Co-Decision-Making Agreement. This agreement allows a person to choose someone they know and trust such as a friend or family member as a Co-Decision Maker. This agreement allows a person to write down decisions that they need help with and gives someone the legal authority to make those decisions jointly with them. This agreement must be in writing and must be signed by the person and the Co-Decision Maker. The agreement needs to be witnessed by two other people and it must contain details of the decisions that the person and their co decision maker will make together.

There are important legal implications when you make a Co-Decision Making Agreement. The decisions that are included in the agreement must be made jointly with the Co-Decision Maker. A person's capacity will need to be assessed by a doctor or other healthcare professional to confirm that the person is able to enter into the agreement. This agreement must be registered with the DSS before it can take legal effect. This agreement must be notified to a spouse or adult children and they must also be provided with copies of it. There are various forms to be completed in order to put in place a Co-Decision-Making Agreement. The application for a Co-Decision-Making Agreement is done through the DSS website. In order to be a Co-Decision Maker the individual must have character references from two people. The Co-Decision-Making Agreement must be taken to a doctor or other healthcare professional following which they will assess the capacity to enter into such an agreement. The agreement will be reviewed and the

supporting documentation is provided to check that they meet with legal requirements. The DSS will check that the person has followed the required steps and that the Co-Decision Maker is a suitable person to provide support. The DSS will decide whether to approve or decline the application. Once the application is approved a certified copy of the Co-Decision- Making Agreement will issue from the DSS. This agreement is put on a registrar and so therefore people or organisations who have a reason to view it can do so.

3. Decision-Making Representation Order - this allows a court to appoint a Decision Making Representative to make certain decisions on behalf of an individual who cannot make those decisions on their own behalf. The court will normally appoint someone that is known and trusted as a Decision Making Representative. However if there is no such person the court may appoint someone from a panel of trained experts. The Decision Making Representative can make decisions that are written down in the order and must consider the wishes of the person who needs support at all times during the decision making process. If the Decision Making Representative is from a panel of trained experts they will be paid for their work and this payment may be taken from the resources of the person for whom they are acting. The court can appoint more than one person to act as a Decision Making Representative and the court decides whether the Decision Making Representatives make decisions together or individually. The decisions included in a decision making representation order are kept under review by the court. Once the court makes a Decision Making Representation Order the DSS is notified and sent a copy. There is a register of Decision Making Representation Orders. Certain people and organisations such as banks, lawyers and doctors are able to search the register and they will also be able to request a certified copy of the Decision Making Representation Order. A record is kept of anybody who searches the register or receives a certified copy of the Decision Making Representation Order. A Decision Making Representative must submit a written report to the DSS every year. Each report must include any details of financial matters, costs and expenses relating to the decisions included in the order. If decisions relate to property and affairs the Decision Making Representative must submit a list of assets, liabilities, income and expenses so that these can be monitored by the DSS. In order to apply for a Decision Making Representation Order this must be supported by two medical Affidavits (written sworn statements) setting out the reasons why the person requires a Decision Making Representative or Representatives to be appointed to make decisions on their behalf. A Decision Making Representation Order may end if the court decides to end the order following an application by the person who is the subject of the Order. The Decision Making Representative or any other person with a genuine interest, if the court decides that you have regained capacity the order will be terminated. It will also be terminated if the Decision Making Representative is unwilling or unable to continue in their role. A Decision Making Representative Order is made by the Circuit Court. These applications are processed in timely manner. It is usual to instruct a Solicitor to prepare the forms that are required to be submitted to the court in respect of Decision Making Representation Order and the other necessary proofs. The Legal Aid Board provides a service in some incidences.



TIDY TOWNS - A COMMUNITY WORKING TOGETHER

Contributed by Garry Tomlins

The season for Tidy Towns 2024 Competition marking period is now closed. The efforts of the community this year have been magnificent and Glounthaune has never looked better.

We await the Tidy Towns adjudication in September with interest and confidence.

There are so many people involved and many efforts contributing here. In a few pictures, we have captured just some of those efforts. The Village has never looked better, kudos to all those involved.

Now is the time to plan for next year and figure out what projects should be targeted. If you have an idea or need some help for a project that will improve Glounthaune then please contact us. We may be able to help make it happen.

As examples for what we can achieve by working together visit the Sensory Garden at the end of Craig's Field which has come on a treat. By working with CoCoCo (who undertook huge efforts in the construction) we now have a magnificent garden that has lifted a derelict and under used section of the field into a magnificent example of what can be achieved.



For next year the Station area, planting and upkeep is a real focus. A team from the Men's Shed helped Tidy Towns re-site some of the planters from the southside platform to the Northside platform – so that we could keep the plants watered. Painting and upkeep will feature over the next year.



The Railway Heritage Garden has gone from strength to strength with new efforts and is worth a stop to view it.

It's not all to do with flowersit needs vigilance to keep Glounthaune clean and people friendly! Dog Poo signs were renewed this year as part of that effort. Our stalwart team of litter pickers are hard at work every week around the parish keeping is clean and tidy and enjoy a nice coffee and social chat in the Elm Tree afterwards! **Meet every Tuesday at the Tree at 10:00am.** The mowers do a wonderful job on the verges in their own time that really lifts the whole of Glounthaune.



Things need to be refreshed too – on the left is a cheerful team from the Men's Shed refreshing the Borrow Dyke Hide in Harper's Island in time for the Tidy Towns competition this year.

The Tidy Towns Committee want to thank all who have donated, praised our efforts, planted, trimmed, cut, swept, keyboard jockeyed, tooted, planned and participated in our community. We have come a long way in the last decade. Thank you.

We have the **Glounthaune Tidy Towns AGM on October 3rd at 8:00pm** - so come along and have your say – we need your feedback. **Join us in making 2025 the best year ever for Tidy Towns!**

Do Widzenia (Goodbye to you)

On Friday the 16th of August we bade a fond farewell to Michalina our office administrator. We wish her all the best for the future and thank her for all her hard work in the GCA.





ERIN'S OWN GAA UPDATE



Contributed by Mary Bowen

Upcoming Fixtures:

- 07/09/2024: Intermediate A Hurling Cship v Bandon @4.30pm, Riverstick
- 08/09/2024: Premier Senior Hurling Cship v Midleton @4pm, Pairc Ui Rinn

Please note these fixtures can be subject to change so keep an eye on our social media.

Recent Results:

The Junior A footballers have had recent wins over Aghada and Castlemartyr which has guaranteed them a spot in the knock out stages of the East Cork Championship. Our Minor teams are deep in the throes of championship too and have recorded recent wins over Ballygarvan in football and had a narrow defeat to Ballygiblin in the hurling.

Cork All Ireland Final:

As a club and a community, we wish to send our congratulations to our own Robbie O'Flynn who was part of the Cork Senior Hurlers this year. The team gave Cork supporters a great year and we commiserate with Robbie and the team who narrowly missed out to Clare in the final after extra time. We are delighted to have Robbie back playing championship with our Senior hurlers and have no doubt that Cork will be back in the All Ireland stages next year.

DRIVE SAFELY: SLOW DOWN AND PROTECT LIVES ON GLOUNTHAUNE'S ROADS

Submitted by Dan Leo

Driving within the speed limit through Glounthaune is essential for ensuring the safety of all road users, especially given the specific challenges in the area. The side roads crossing the cycle and walkway significantly increase the risk of accidents, particularly where visibility is limited. High speeds make it harder to react to other users, motorists, cyclists and pedestrians, which is a particular concern considering the number of serious accidents that have occurred in the last year.

Additionally, parking near the crossing at the church presents difficulties, as vehicles parked close to this crossing, albeit legally, can obstruct views, making it harder for both drivers and pedestrians to see each other. This heightens the risk of accidents.

For the safety of everyone, it's critical to drive within the speed limit, stay alert and ensure that parking is done responsibly to avoid adding to the dangers.



Glounthaune is set to ROCK

Upstart Festival 2024 is here. With a growing reputation for hosting the most exciting guitar acts, this year will be even better than ever, with 6 great artists set to take to the outdoor stage at the beautiful harbour side location on **Saturday September 14th**.

While it may be a lot smaller than Electric Picnic (and much much cheaper!) this year's UPSTART headline act, Cardinals, have just been announced for EP. The Kinsale 5-piece have been lauded by the international music press as the next great guitar band to emerge from Ireland. Now that is saying something!

The line-up also contains Cork notables, *I Dreamed I Dream*, *Single Men In Their Twenties*, *Mossy*, and the highly anticipated *The Men from Manhole*, formed from members of a legendary 1990s Cork punk/rock band. Filling out the bill is the dynamic Galway band *Telebox*.

The one day outdoor festival is organised and run by Glounthaune Community Association and is now in its 4th year. It is renowned for its friendly, relaxed and enjoyable atmosphere. It is a festival without the queues and hassle! Gates open at 3.30pm with the first band on at 4pm.

Tickets are available now on Eventbrite at just €25 plus booking fee.
Tickets also available at the gate: €25

Stage times for Upstart Festival 2024 in Glounthaune Village, Cork

Saturday the 14th of September

4pm Mossy	7pm The Men from Manhole
5pm Telebox	8pm I Dreamed I Dream
6pm Single Men in Their Twenties	9pm Cardinals

Attendees should be 15 or over. All the details and further information is on the website at www.upstartfestival.ie.

Cork's best rock festival is just up the road, what are you waiting for!

GLOUNTHAUNE CHRISTMAS CRAFT FAIR 2024

Contributed by Kate Cuddy

I know it's a bit soon for most people to be thinking of Christmas just yet, but if you are a crafts person this is when you need to be preparing your stock for sale at the Christmas markets and securing your stall space.

The Glounthaune Christmas Craft Fair this year will take place on **Saturday 30th November** at Glounthaune Community Centre.



This will be the fourth year we have run the event and it has become more and more popular each year. Last year we received far more applications for stalls than we could accommodate, so please be aware that we cannot provide a stall for all applicants. We also try to have a wide variety of crafts on sale on the day so we can only accept a certain amount of people selling the same type of product. Similarly, if you have already participated in the Craft Fair in the past, this does not automatically guarantee your place this year as we may need to give other crafts people a chance to take part.

We will soon be sending out the application form, so if you would like to be on our mailing list please send an email to admin@glounthaune.ie. All previous exhibitors should already be on the mailing list.

Finally, please remember that the Craft Fair is run by a hard working group of volunteers who hope to create a fun day out for the community and beautiful market for our stallholders - which it always is.

If you can help on the day in any way, we would be delighted to hear from you. The following are the ways you can help us:

- **Raffle prizes**
- **Cake sale donations**
- **Cake sale stall sales**
- **Traffic/Parking Stewards**
- **Decoration & Set Up and Tidy up**

All proceeds raised on the day will be given to a worthy cause (yet to be decided).

Hardwood Firewood for wood burning stoves

for sale

Mixed mainly hardwood offcuts from our manufacture of quality stairs, worktops and tables.

Good quality, low moisture, burns well with high calorific value, little ash. €6/bag circa 10kgs



Call Damian: 087 812 4067, Visit QEH: Eircode: P24 RR27, www.geh.ie

Quality European Hardwoods, Rossleague, Cobh (5minutes from Fota)



JUST FOR FUN

Wordsearch: No 4

UPSTART FESTIVAL

V	E	I	K	B	T	M	H	S	N	X	Z	F	C	W	Z	K	Y
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Cardinals

Dreamed I Dream

The Men from Manhole

SMITT

Telebox

Mossy

God Alone

The Love Buzz

Pretty Happy

Sultans of Ping

The Frank and Walters

Gina Birch

Sinead O'Brien

mhaol

Pretty Beast

Sudoku Puzzle: No 4

8			4									2					
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The 1% Glounthaune Club!

-		+		=	6
-		+		-	
+		-		+	14
+		-		+	
-		+		=	5
=		=		=	
9	10			4	

Enter numbers in each row and column to arrive at the end totals. Only numbers 1 through 9 are used, and each only once.

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 Dhughail 021 435 3708 GCC

Indoor Bowls

Hazel Foley 087 220 1483 EO

Probus

Richard Guinee 086 063 8933

Seanóiri

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