

Glounthaune COMMUNITY NEWS

Jan / Feb
2025



Courtesy of Tara Connolly

GLOUNTHAUNE COMMUNITY ASSOCIATION

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Glounthaune Tidy Towns*

COMMUNITY CENTRE ACTIVITIES

GLOUNTHAUNE COMMUNITY CENTRE

JAN FEB 2025 CLASS SCHEDULE

Welcome to Glounthaune Community Centre's 2025 Schedule of classes. We extend a warm welcome to you all, please see below our classes available for Adults & Children. 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
11.30am Meditation with Anne Marie Maguire Email: taichi.qigong.haven@gmail.com
4.00pm Group Guitar Class (Children): Alastair 089 966 1321
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
8.00pm East Cork Community First Responders: 1st Wed Month: 086 2393676

Thursday

10.00am Tai Chi & Qigong with Anne Marie Maguire Email: taichi.qigong.haven@gmail.com
3.00pm Free Little Library for Children: 1st Thur (each month): 3pm 021 4510 470
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 Watercolour Art Class: Sarah Rohu 086 0619044
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
2.30pm Music tuition by Afric: Piano/Violin/Ukulele 087 6577 938
2.30pm Starstruck Studio : Ballet with Aisling Byrne - aisling@starstruckstudios.org

Saturday

10.00am CADA Performing Arts for Children. 021 486 6389

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

WELCOME MESSAGE



Courtesy of John Woodward

Wishing all our readers a joyful and prosperous 2025!

A huge congratulations to everyone involved in our Tidy Towns success—your hard work and dedication made it possible! Let's keep the momentum going as we aim even higher. Keep an eye out for details of an upcoming meeting where the **Going for Gold** Initiative will be further explained and explored. The success of this initiative depends on **all areas being supportive and engaged**, so let's come together and make it happen!

We'd also love your feedback on our newsletter and warmly invite new subscribers to join our growing community. Your input and support mean the world to us!

Deadline for March/April issue of Glounthaune Community News is Friday 21st February.

For advertising inquiries, please contact our office at 021-4510470 or consider sponsoring a future issue. A heartfelt thank you to all our contributors, advertisers and sponsors for your support and commitment. Here's to an exciting and successful year ahead!

Dan Leo, Editor
 Glounthaune Community News
news@glounthaune.ie





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GLOUNTHAUNE COMMUNITY ASSOCIATION

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Recipe Corner

Carrot & Walnut Cake with Cream Cheese Icing



Preparation Time: 15 mins
Cooking Time: 35 mins **Serves:** 8



Ingredients:

200 g carrots, peeled and coarsely grated
225 g light muscovado sugar
250 ml sunflower oil
300 g self-raising flour
2 tsp baking powder
1 tsp ground mixed spice
4 large eggs, beaten
1 tsp ground ginger
75 g walnuts, shelled and chopped (8 halves to decorate)

For the icing

25 g icing sugar
3 drops of vanilla extract
50 g butter (room temperature)
250 g full-fat cream cheese (Philadelphia) at room temperature

- Preheat the oven: 180C / gas mark 4. Grease two deep round sandwich tins (20cm/8in) and line the base of the tins with baking paper.
- In a large bowl, combine all the ingredients for the cake mixture. Divide mixture between the two cake tins. Bake in the oven for 35mins, or until golden brown. Transfer to wire rack to cool.
- To make the icing, combine the icing sugar, butter, cream cheese and vanilla extract together and whisk (electric whisk) until smooth and blended.
- Spread the icing between the two cakes and place together. On top spread the remaining icing, decorate with the halved walnuts.

FRAZZLED MAMMY ART CHARCOAL

Contributed by Maeve O'Keeffe



At this time of year it can feel like a never ending winter when the days are dark and dreary. However, even in damp foggy weather, there is still a lot of beauty to appreciate in nature. Sullen skies and the stark silhouettes of bare trees can be beautifully captured in artwork by charcoal.

I love using charcoal in my art classes because it's easy and fast to manipulate and can produce dramatic results. It doesn't matter if you make a mistake or draw wobblier lines than intended. Charcoal sticks have a powdery brittle texture, so you can easily smudge lines and build up your composition again. The downside is it's messy. Your fingers and clothes can get marked. I've sometimes come out of art classes with dark streaks on my face!

Here are some examples of artwork done in my children's art classes. The still life of jug and flowers in a vase is a gorgeous study of light and shade. The smudged background fills the space with a suggestion of colour. Lighter areas reflect the light source, in contrast to the darker shadows. Similarly in landscape, smudging techniques are used to evoke cloudy skies and a moody atmosphere in our castle ruin scene. The strong lines for the bare trees and blackened clouds add drama.

I will begin my Spring 13 week term of children's art classes in SNCN Glounthaune NS, Midleton and Glanmire in January 2025. If you're interested, follow me on Facebook at facebook.com/frazzledmammy, visit my website at frazzledmammy.com/art-classes, or contact me at 087 6684021 for more information.



Tech Corner



Exploring Wearable and Smart Tech: Types, Pros, and Cons

Contributed by Liam Wall

As we step into 2025, wearable and smart technology continues to transform how we monitor health, stay fit, and manage daily tasks. These devices, from smartwatches to medical monitors, provide valuable insights and functionality, catering to various needs and lifestyles. Here's a look at the key types of wearable tech, along with their pros and cons.

Smartwatches



Figure 1: Smart Watch

Smartwatches are multifunctional devices that combine fitness tracking, health monitoring, and smartphone connectivity. Popular brands like Apple, Samsung, and Garmin offer features such as heart rate monitoring, GPS, sleep tracking, and even ECG and SpO2 readings. With features such as on-wrist call answering and customizable apps, smartwatches are becoming indispensable tools for both health tracking and day-to-day productivity.

- Pros: Versatile, seamless smartphone integration, stylish designs, and offering advanced health features.
- Cons: High price points, limited battery life (1-2 days on average), and some models work best with specific phone brands.

Fitness Trackers



Figure 2: Fitness Trackers

Fitness trackers are streamlined devices worn on the wrist or in a ring form factor and are focused on physical activity and wellness. Brands like Fitbit and Oura offer step counting, sleep monitoring, calorie counting and heart rate tracking at a more affordable price.

- Pros: Lightweight, affordable, long battery life, and fitness-focused features.
- Cons: Fewer apps and features compared to smartwatches, Figure 2: Fitbit charge 6 wristband

Wearable Medical Devices

Designed for healthcare, wearable medical devices monitor specific conditions, such as blood glucose levels (Dexcom G6) or cardiac health (wearable ECG monitors). These devices often integrate with smartphones to share data with healthcare providers.

- Pros: By offering real-time insights, wearable medical devices empower users to take a proactive role in managing and monitoring their health, potentially preventing complications and improving healthcare outcomes.
- Cons: Expensive, often require calibration, and limited to specific use cases.

Smart Clothing

Smart clothing incorporates sensors into garments to track metrics like heart rate, muscle activity, and recovery. Companies like Under Armour and Sensoria lead this category.

- Pros: Comfortable and versatile for fitness and recovery tracking.
- Cons: Expensive, niche use cases, and reliance on companion devices or apps for data analysis.

Future Wearable Innovations

Emerging devices such as blood pressure monitors and non-invasive glucose monitors promise to revolutionize health tracking. These innovations aim to provide accurate, continuous measurements, making healthcare even more accessible and personalized.

Wearable tech continues to evolve, offering increasingly specialized and convenient solutions to improve health and daily productivity. Whether you're an athlete, a tech enthusiast, someone managing a chronic condition or just looking to move more in 2025 while making sure you get 10,000 steps per day, there's likely a wearable to fit your needs.

Gloonthaune Bowls Club

Contributed by Joe Kirby

Practice nights continue every Monday and Thursday in Erins Own GAA Hall from 8-10pm. We welcome our new members and we are still open to anyone interested in playing. Call in any practice nights for free or ring Marian Canning 0879006471 / Joe Kirby 0879795005

Our two league teams are showing great form with both teams in second place in their respective leagues.

Forthcoming matches sees the club playing in the Frances Cody club competition and also we have 2 teams in the Peg Tucker Shield competition.

The Club members Christmas party night was held in Blackrock Castle where a great night was enjoyed by all.



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SET DANCING- WHY NOT GIVE IT A GO!



Set dancing is a lively, full-body activity that combines rhythm and fun to improve fitness, balance, and coordination. It sharpens the mind as you memorize patterns and sequences while lifting your spirits and relieving stress. Dancing in groups fosters community, builds friendships, and celebrates cultural heritage.

Suitable for all ages and skill levels, set dancing is an inclusive and social way to stay active. Whether you're a beginner or a seasoned dancer, it's an engaging way to enjoy music, movement, and connection. Step into the joy of set dancing today!

Set Dancing classes are held in John the Baptist Hall, Midleton on Fridays 19.30-21.30.

Contact Ber Sheehan on 087 960 1504.

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TIDY TOWNS - A COMMUNITY WORKING TOGETHER GLOUNTHAUNE GOING FOR GOLD



Contributed by Garry Tomlins

It was with great elation and joy that the community received the news that Glounthaune had won a **Silver** medal in the 2024 Tidy Towns National Awards.

This incredible achievement is thanks to a dedicated team who, over the past 15 years, under the leadership of several committed chairpersons, have spearheaded numerous projects that have transformed Glounthaune beyond recognition. Kudos to them all!

Glounthaune Tidy Towns Recent Chairpersons

Lloyd Hutchinson	2008 -13
Conor O'Brien	2013 -17
Angela Reidy	2017 -23
Ailbe Ryan	2023 – to date

Where do we go from here?

In reflecting on the award and planning the next steps, the current team has decided:

- The best option is to **“Go for Gold!”**
- This goal must become a **community-driven objective**, supported by a **plan endorsed by the community**. The formulation of this plan is crucial. To that end, the Tidy Towns committee is extending an open invitation to a meeting in February (date to be determined) to discuss how we can work together to achieve this goal.
- The recognition is that this is not a sprint, but a marathon, and achieving Gold may take several years.

The team believes the key questions for the community to be:

1. Is this something the community wants to achieve?
2. If so, where are the key areas where we need to raise our game?
3. How do we mobilise to achieve this goal?

To kick start this process, we are investing some of the proceeds from the Silver medal award into hiring the services of a consultant who is an experienced senior Tidy Towns invigilator. He will conduct a gap analysis and provide a detailed report highlighting the key areas we should focus on to achieve gold status. Once the report is available, we will convene an open meeting to review the gap analysis. Tidy Towns is a community-driven initiative, and we hope this report will serve as a foundation for a community-owned plan. Together, we can work towards achieving our shared goal of **Going for Gold**.

So what's involved?

Bill Cuddy conducted an insightful analysis to explore what the numbers reveal about how this goal could be achieved. The following draws heavily on his findings:

Glounthaune 2024 Scores Awarded				
Judging Category	2024 Mark	Maximum Mark	% Scored of available points	How did we do?
Community - Your Planning and Involvement	52	80	65%	Lower Honours
Streetscape and Public Spaces	49	80	61%	Lower Honours
Green Spaces and Landscaping	50	80	63%	Lower Honours
Nature and Biodiversity in your Area	46	55	84%	Merit
Sustainability - Doing more with less	27	55	49%	Pass
Tidiness and Litter Control	68	90	76%	Upper Honours
Residential Streets and Housing Areas	41	55	75%	Upper Honours
Approach Roads, Streets and Lanes	41	55	75%	Upper Honours
Total	374	550	68%	

Firstly, our 2024 score was 374 marks spread over the 8 scoring categories, see table below: Gold medals are awarded to communities generally scoring within 5 points of the overall Tidy Towns winner. This year's winner, Ballincollig, won with 386 points, meaning we need to increase our scoring by 12+ points to be in with a chance for gold.

By examining our 2024 results, we can rank them based on the following criteria:

Fail	-	up to 40%
Pass	-	up to 60%
Honours	-	up to 80%
Merit	-	Over 80%

- Out of the eight categories, we had 1 pass, 6 honours and 1 merit.
- Our average mark was 68% being 374 out of 550. Ballincollig averaged 70% with 386 marks.
- In 2024 we improved by 17 marks over the prior year or 4.8%.
- The progression in marks is shown in graph below vs Innishannon, and the overall winner for the past decade. It additionally shows a clear grade progression over the years and an element of grade inflation of circa 6 points per year.
- Visit www.tidytowns.ie and view the results catalogue and adjudication reports. A summary of this report is presented as an addendum to this paper.



Going for Gold - A Possible Strategy for the Next Phase:

Looking into 2025, let us assume that we garner a further 2% (last year 4.8%) to reach 386 marks. This would bring us to 70% overall. To achieve the gaining of 12+ points, we need to establish a picking list and see how achievable this might be and over how many years.

[a] Starting at the bottom of our report, Sustainability, our 2024 pass mark was 49% - (27 out of 55). There are 11 points to be picked up to reach our 70% target. Points here are difficult to win and no one does very well in this category.

[b] The next 3 (lower-level honours), Community, Streetscape and Nature achieved 151 out of 240. Our 70% target at 168 means we are on the lookout for 17 points, about 5 or 6 per each of the three categories.

If we went for 33% of this, surely this is possible given the two marks per category achieved in 2024 over the previous year. I ask therefore, how, and where do we search to achieve 6 points?

[c] The next 3 (higher level honours), Tidiness, Streets and Roads, yielded 148 out of 200.

By any chance could we do a little bit better here in 2025? In 2023 we improved by 8 points. How about half of that in 2025. So, how and where do we search to achieve 4 points?

[d] The merit category at 84% for Biodiversity is truly excellent.

Maybe just one extra mark for 2025? What do you think?

In summary:

- the sum of [a] [b] [c] and [d] targets 12 additional points in 2025
- We also need to recognise that grade inflation will raise the barrier due to the excellent competition provided by our fellow Tidy Towns entrants. They are applying their resources to many eye-catching projects and initiatives.

Conclusion and Discussion

Given the rate of improvement shown over the past number of years achieving gold seems plausible in 2 to 3 years. However, the easy pickings in projects have been garnered at this stage. We need new ideas and projects.

Resources are a challenge, both financial and manpower. Maintaining what we have absorbs our existing resources leaving little or no bandwidth for expansion. We need to increase our financial and manpower resources together with community involvement.

Next Steps

Be sure to keep an eye out for the meeting to discuss the Gap Analysis report and we would encourage you to attend. Each area of Glounthaune needs to be represented at this meeting and take ownership of our aspiration **Going for Gold**. Your voice matters—make sure it's heard

Look at the summary of **The Supervalu Tidy Towns Invigilator's** report below and see how can you help?

Our Tidy Towns efforts have made Glounthaune a more desirable place to live and raise families. **Going for Gold** will benefit us all, fostering pride in our community and elevating Glounthaune to the national stage. Your participation is vital—be sure to attend the meeting (date to be determined) and be part of this exciting journey!

Glounthane: A Model of Community Spirit, Biodiversity, and Sustainability

The Supervalu Tidy Towns Report in a Nutshell with 2024 Scoring

Community – Your Planning and Involvement. 52/80, 65%

- Comprehensive 3-year plan with clear roles enhances accountability and collaboration.
- Strong leadership and teamwork, involving area representatives, are key to success.
- Effective outreach and engagement with diverse community groups and newcomers.
- Recognition includes a biodiversity award and a successful video showcasing Harpers Ireland.

Streetscape & Public Places. 49/80, 61%

- Prominent landmarks like the Elm Tree, Fitzpatrick's, and train station blend modern upgrades with traditional charm.
- Green spaces, playgrounds, and sensory areas are well-maintained and widely used.
- Volunteer contributions, such as painting and landscaping, enhance public spaces.
- Artistic utility box designs and improved traffic measures preserve the village's character.

Green Spaces and Landscaping. 50/80, 63%

- Well-maintained green areas, such as Craig's Field and Johnstown Park, support biodiversity.
- Strategic use of containers and drought-resistant plants ensures year-round beauty.
- Projects like the Ashbourne Walkway and Sensory Garden offer tranquil, biodiverse environments.
- Community dedication evident in regular upkeep, including watering and planting.

Nature and Biodiversity in your Locality. 46/55, 84%

- Harpers Ireland serves as a biodiversity hub, with migratory birds and rare species.
- Informative signage and facilities like bird hides enrich community awareness.
- Biodiversity efforts include nesting boxes, wildflower planting, and eco-friendly landscaping.
- Beech hedges and natural mulch practices align with sustainable biodiversity goals.

Tidiness and Litter Control. 68/90, 76%

- Impressive cleanliness despite traffic challenges, aided by litter initiatives and audits.
- Annual clean-ups and dedicated volunteers address persistent issues like bindweed.
- Effective signage and dog-waste measures encourage community responsibility.
- Support from groups like An Gaisce students and local companies highlights collective effort.

Sustainability – Doing More with Less 27/55, 49%

- Focused planning on sustainability spans energy, water conservation, and active travel.
- LED lighting on the greenway and rainwater irrigation systems improve resource efficiency.
- Community recycling initiatives and Men's Shed projects promote reuse and waste reduction.
- Educational programs drive retrofitting and energy-efficient practices.

Residential Streets & Housing Areas. 41/55, 75%

- Active participation from various residential areas ensures community-wide involvement.
- Well-maintained streets feature charming gardens and thoughtful boundary plantings.
- Integration of native and non-native plants creates visually appealing and biodiverse spaces.
- Unique touches like cottage gardens and ivy-covered walls enhance the village's charm.

Approach Roads, Streets & Lanes. 41/55, 75%

- Landscaping and traffic measures effectively manage the impact of heavy traffic.
- Attractive planting and landscaping create a strong sense of place.
- Replica bridges and stonework add character to the village's approach roads.
- Suggestions for scaling up planters at key locations could enhance visual impact.

Invigilator's Concluding Remarks

- Outstanding application showcases Glounthane's community spirit and achievements.
- Highlights include Harpers Island, Men's Shed projects, and biodiverse approach roads.
- Best wishes extended for future competition success.





Harper's Island News



Contributed by Jim Wilson



With winter well and truly upon us there is lots of activity on the reserve. We have a very confident Common Buzzard hunting regularly on the reserve and can be seen perched on treetops, electricity poles and even the farmhouse. Another regular bird of prey is the Kestrel which can be seen hovering over the meadow area and nature trail looking for small rodents such as mice and shrews.



Photo of the Marsh Harrier courtesy of Michael Jones

Our wetland creation work over the last few years is really paying off now with lots of ducks and waders taking full advantage of the new feeding opportunities. We had a record count of 800 Teal on the 17th October and a high count of 66 Snipe on the 31st of the month. Scarce and rare visitors also made appearances with two new species added to the list of birds seen on the reserve. A Marsh Harrier, on the 30th October and the star of the show of the last few months, an Avocet, first seen on the 8th of November. It entertained a large crowd of birdwatching admirers for about a week. A very distinctive bird with its upturned beak and black and white plumage. It hunts by sweeping the beak from side to side in the water, catching any small crustacean or fish that passes its beak. Its presence attracted many photographers

and even a talented young artist, Aisling Lynch, aged 14, who captured the essence of the bird brilliantly with her sketches.

A Great White Egret, possibly a returning individual from last year, has been seen on and off since October.

Harper's Island Nature Reserve is a fantastic natural amenity for the people of Glounthaune and beyond. As always, regular visits to the reserve will reward you with unexpected encounters with wildlife and sitting in one of the viewing hides with a pair of binoculars is a great way to unwind and take in some medicine for the mind.



Drawing courtesy of Aisling Lynch

THE NEW MIDLETON TO YOUGHAL GREENWAY

Contributed by Brian Cluer

Whether you take the train or drive, the journey from Glounthaune railway station to Midleton station takes about 12 minutes. The Greenway starts from Midleton station. When you get off the train, you cross the railway bridge (or take the lift) and you are at the starting point.

If you drive, take the first Midleton exit off the N25 (exit 5) and get on the Midleton Relief Road (left at the first set of traffic lights) and keep going until you go through a second set of lights. Take the second right after going through the lights (Ard Na Corran) and follow the signs into the station car park. There is plenty of parking.

The Greenway is an outstanding 23 km-long scenic country walk/cycle amenity with seating and picnic areas at regular intervals. It was opened to the public on Thursday, December 19, 2024. There is no traffic, so all you will see or hear are the sights and sounds of nature. It is all tarmac underfoot, and there are no steep climbs, making it suitable for all ages and abilities. You can also rent a bike at Midleton Greenway Bikes and Bites.

The first 8km will take you to Mogeely village, where you can exit or continue to Killeagh. The most extended section is from Killeagh to Youghal, and part of it runs through a beautiful, forested area. You can join or leave at any of the waypoints.

There is still some work to be done at the Youghal exit but this should be completed in the next few months and will not interfere with people using the Greenway.

The Cork County Council and various tourist organisations estimate that 250,000 people will use the Greenway annually. So, get in before the crowd and enjoy.



A typical rest area along the Greenway. Some have picnic and barbecue facilities.

Image by Fidelma Read

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GLOUNTHAUNE ACTIVE RETIREMENT

Contributed by Jill McNamara



The Glounthaune Active Retirement Association (ARA) was established in the Church Centre in 2014, beginning with just 10 members. Our goal has always been to maintain a small, close-knit group where friendships can flourish.

Today, we have 32 active members, the majority of whom are women. While we initially had 7 male members, this number has declined over time due to health and other factors. As we look to 2025, one of our key aims is to achieve a better gender balance within the group.

The ARA has become a vital hub of communication and connection, especially for members who live alone. It is part of a nationwide voluntary organization with over 500 groups across Ireland. At its core, the ARA empowers older people to take charge of their well-being, helping to prevent loneliness and isolation while fostering meaningful friendships.

We recognize the critical role that social connectivity plays in supporting both mental and physical health, enabling older adults to lead full and active lives. To this end, we meet every second Thursday at 2 PM in the Church Centre, offering a welcoming environment where members can stay active, engaged, and supported.

Our mission is to promote a wide range of activities and exercises that contribute to a vibrant, fulfilling lifestyle. Whether you're looking for companionship, fitness, or fun, ARA is here for you!

LIAM'S LIFTS



Help Us Get Liam's Lifts off the Ground!

To successfully launch and expand Liam's Lifts, we need the support of 2-3 more volunteer drivers. By giving just a little of your time, you'll play a crucial role in helping community members access vital healthcare appointments with ease and dignity.

If you have a valid driver's license, your own vehicle, and a desire to make a meaningful impact, we'd love to hear from you. Please email thegcacork@gmail.com or call 021-4510470 to register your interest. Together, we can make a difference!

How Does It Work?

Liam's Lifts provides a seamless and compassionate transport service for individuals needing assistance with healthcare appointments. Our volunteer drivers collect passengers directly from their homes, transport them to their hospital or clinic, wait until their appointment or treatment is complete, and then return them safely home. This service is completely free, though donations from those who can contribute are greatly appreciated.

Volunteer Training Meeting Coming Soon!

A meeting, for those who have signed up, will be held shortly to provide training for our new volunteers. This session will ensure everyone is fully prepared and confident in their role as a Liam's Lifts driver, helping our community member's access vital healthcare appointments. Make sure that you have provided your contact details to thegcacork@gmail.com or by phone to 021-4510470.

Thank you for your commitment to making a difference. Together, we're building a stronger, more supportive community.

THE HISTORY OF THE NORTH INFIRMARY HOSPITAL - A TIME LINE

Contributed by Catherine Murphy (Author)

Archdeacon Murphy



During research for this book, I came across many remarkable people, among them Father John Murphy, Archdeacon of Cork, who was a good friend to the North Infirmary. In his biography of this famous man, A. J. O'Reilly states that, 'Archdeacon Murphy was to Cork what his contemporary Daniel O'Connell was to all Ireland.'

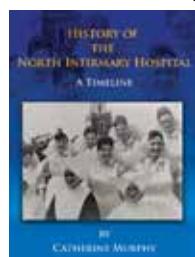
He was a man of 6ft, of powerful physique and strikingly handsome, and was second son of James Murphy, well-to-do merchant and ship-owner and founder of Murphy's Brewery. He did not enter the priesthood until he was 45, having spent an adventurous youth. He was a prompt and willing supporter of every effort for the alleviation of poverty and suffering, using his own personal wealth for such purposes.

A member of the medical staff of the North Infirmary wrote to a local newspaper to highlight the cramped and unhealthy living conditions of the Daughters of Charity. Father Murphy, having read the report, immediately visited the hospital and was met by Sister Teresa, who did not know the letter had been written. She invited the Archdeacon into the little chapel and showed him 'The House'. Father Murphy felt strongly that 'the Eucharistic King should be afforded a dwelling indicative of His great glory' and was appalled. He was in his 79th year and in retirement. The Archdeacon, out of his own personal funds, undertook to fund the cost of two additional Sisters to care for the sick. At this time he launched a fund-raising campaign for the building of a new wing and chapel for the hospital. In recognition of his significant contribution to the Infirmary, a plaque was placed in the lower corridor, which read:

"This building was erected through the zeal of the Venerable J. J. Archdeacon Murphy by subscriptions of the citizens, as a residence for the Sisters of Charity of St Vincent De Paul to whose care this hospital was confided by the Trustees with the approbation of right Rev. Dr Delaney Bishop of Cork A.D. 1875."

Archdeacon Murphy died in 1883 and the community annals of the In the death of Venerable Archdeacon Murphy this institution has lost one of the noblest friends. To him we owe the Chapel of this Institution, and the house where the Sisters live. When the funds of the institution could not afford the necessary expenditure for additional Sisters, so much required for the sick, he bore for many years the expenses at a cost to himself of £60 a year. The kindness of charity, this singleness of his purpose, the princely generosity which marked his life won for him the reverence of the poor - the respect of all good men.

I would encourage any readers interested in the life story of this remarkable man to source the book Fr. John Murphy - Famine Priest by A.J Reilly. It is available to borrow free of charge from the City Library.



Submitted by Teresa O'Sullivan

WHAT TO DO WHEN SOMEONE DIES

When a family member dies this can be a very upsetting period in your life. There are certain steps which need to be taken on a practical and legal basis.

1. Every death in Ireland must be recorded and registered at a Civil Registration Office. The death should be registered as soon as possible and it must be registered within three months. A doctor will complete a Death Notification Form and this can be brought to the Civil Registration Office of Births, Marriages and Deaths. If a death is sudden or unexplained a Coroner may be appointed to hold an inquest about the circumstances. In that case an Interim Death Certificate will be released and this will allow all the legal and practical steps to be taken post death while an inquest is awaited.
2. If the deceased person was in receipt of a State Benefit such as a State Pension, you must inform the Department of Social Protection that the person has died. This also applies if you are in receipt of a Carers Allowance or Carers Benefit for looking after the deceased person.
3. One of the first things that has to be done after a death is to make funeral arrangements. An Undertaker or Funeral Director will deal with most aspects of the funeral. Sometimes the deceased may have left instructions about the type of funeral they wanted, where they want their remains laid to rest and if they wanted a religious or non-religious funeral service. In some cases the deceased may have paid some or all of their funeral costs in advance or they may be covered by an insurance policy, otherwise the person who arranges the funeral may pay the funeral director for the cost of the funeral. There is a procedure with all major financial institutions that on receipt of the funeral directors bill of costs the financial institution will release those monies for the payment of the funeral. In the alternative if the person who arranges the funeral pays the funeral director the costs of the funeral these can be reimbursed out of the deceased's estate.
4. For many people the loss of a loved one can lead to a reduction in the amount of available income into a household. You may be entitled to help from the Department of Social Protection in this regard.
5. If the deceased is your spouse or civil partner you cannot in law be excluded from the Will and you have a right to a share in the estate called a legal right share. You should take legal advice in respect of the content of any Will or in the event that the person has died without a Will i.e. intestate. If you are divorced from the person who died or a civil partnership has been dissolved or there is a Court Order you may no longer automatically inherit from the estate. It is to be noted that cohabiting couples in Ireland have no automatic right of inheritance when their partner dies but the surviving qualified cohabitant has a right to apply to the courts in these circumstances. Once again legal advice should be taken in respect of this, if it arises.

6. Tax

It may be the case that you are entitled to some tax credits. There are special arrangements for income tax in the year of death of the deceased.

If you are a spouse and you receive an inheritance there is no tax payable, however if any other party receives an inheritance following a death you may have to pay tax on it. This is a type of Capital Acquisitions Tax (CAT) and it must be paid by the person who receives the inheritance. The amount of tax to be paid depends on the value of the inheritance and the relationship between you and the person who has died. Your solicitor will advise you in respect of this and whether or not a tax return needs to be made to the Revenue Commissioners.

7. Legal Issues

If the deceased person has left a Will then the person who is dealing with the estate is the Executor and is appointed under the Will. The Executor will take out a Grant of Probate. This confirms that:

- The Will is valid;
- All legal, financial and tax matters are in order.

The Grant of Probate establishes right of title to property and assets in accordance with the Will.

If there is no Will the person who deals with the deceased's persons estate is an Administrator, there is a right of entitlement in an intestacy as to who can extract the Grant of Administration Intestate and again legal advice is advised in this regard. In respect of an intestacy there is also an order in which people can inherit set down by statute and legal advice in this regard is essential.

When either a Grant of Probate or a Grant of Letter of Administration Intestate are applied for, then a Statement of Affairs 2 is returned to the Revenue Commissioners setting out all of the assets and liabilities of the deceased at the date of death. This document also sets out details of the applicant and details of the beneficiary/s and the amount that they received and any previous benefits that they would have received on foot of a gift or inheritance. It is also necessary for pre and post death tax clearance to be obtained on behalf of the deceased. It is also important to note whether a vacant house tax liability applies and other significant issues such as insurance in dealing with property and assets.

8. Help and Support

Of course families and friends are great support at this time but sometimes family and friends may be unable to help or there may be issues which you do not want to discuss. If this is the case bereavement counselling may help. Agencies such as Aware, Barnardo's or the Irish Association of Psychotherapists may be of use.

The Citizens Information Board has a document bereavement – a Practical Guide and the HSE have a booklet called Bereavement: when someone close dies and Care Allowance Ireland has a booklet for former carers called The Way Ahead – Resource to Support former family carers.

JUST FOR FUN

Word Search: No 6 Tidy Towns



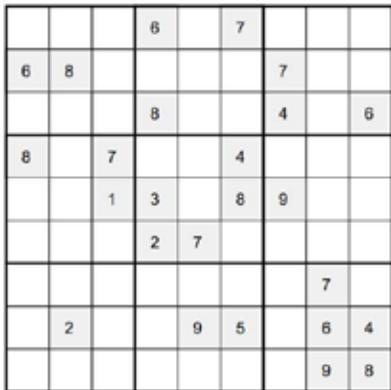
Tidy Towns:

AWARDS
BEAUTIFICATION
BIODIVERSITY
CIVICPRIDE
CLEANLINESS
COLLABORATION
COMMUNITY

CONSERVATION
ECOFRIENDLY
ENHANCEMENT
ENVIRONMENT
GREENSPACES
HERITAGE
IMPROVEMENT

LITTERFREE
PARTICIPATION
RECYCLING
SUSTAINABILITY
VOLUNTEERISM
WILDLIFE

Sudoku Puzzle: No 6



The 1% Glounthaune Club!

What number do you get if you multiply all the numbers on a telephone keypad together?

Bees love geometry. What's their favourite figure?

**Solutions will be available on the
Glounthaune Community Association Facebook in due course
They will also be available in the emailed edition**



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PARKINSON'S IRELAND CORK BRANCH

Contributed by Tara Connolly



New Nurse for Cork: Parkinson's Ireland is delighted that a Parkinson's Nurse Specialist has been hired for Cork. She will be based in Carrigaline.

Skibbereen Community & Family Resource Centre on the 21st Nov.

Parkinson's Ireland Cork Branch was invited to Skibbereen. Advice was given on how to establish a new coffee morning/meet-up in Skibbereen & other areas in West Cork.

St Multose Church, Kinsale: A huge thanks to Fred and Irene Treacy and all our friends in the Kinsale Support group for hosting the Parkinson's Ireland Cork branch and Perpetual Motion choir at our first-ever Ecumenical Service on the 27th Nov. A special thanks to Rev Eugene Griffin rector and his wife Johanna who sang beautifully with the choir.

CARU Regional Network - 3rd December - Oriel House, Ballincollig. We were invited by Mark Murphy, Caru Regional Lead to host a stand at the recent CARU~ Regional Network meeting.

Christmas Party: Glounthaune Community Centre. 4th December. We had a wonderful event with lots of good cheer and singing from our group who meet once a month in Glounthaune. Many thanks to Glounthaune Community Centre for all your help over the year!

Information Meeting: Sacred Heart Parish Hall, Victoria Cross. 8th December.

Advances in Medical Treatments: This was our second Information meeting a great crowd (approx 80- 90) attended to hear from a variety of speakers. The next Information meeting is on Sunday 16th February at the same venue.

Fundraiser: Blackrock National Hurling Club, Cork. 20th December.

The "Ballintemple Boys Club" annual Christmas Fundraiser which this year is in aid of Parkinson's Ireland -Cork Branch and the School of the Divine Child, (Lavanagh Centre). A fantastic evening was had by all, thank you to Blackrock Hurling Club, The Ballintemple Boys Club, The Tinny Shed Band, DJ Ken Murphy and our very own Perpetual Motion Choir.

Meet with your local group in Glounthaune Community Centre, Co Cork, T45

K124. First Wednesday of each month from 12.30.

Contact Jackie O'Reilly for more information at jackieoreilly@parkinsons.ie mobile 087 2047169 or <https://www.parkinsons.ie/>.

